




Global Health

RESOURCE LIST



Developed by the NOSMU Global Health
Committee for those in the North



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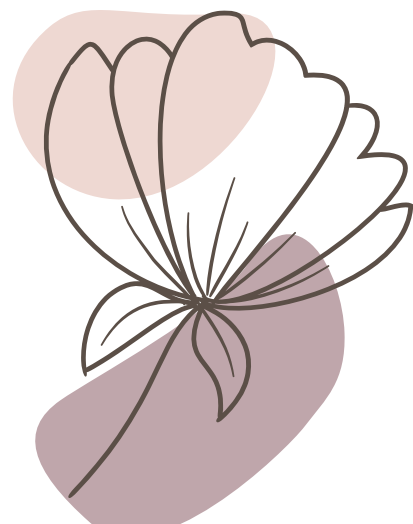
The following is a list of community based resources developed by the NOSMU Global Health Committee to aid in service navigation when providing care.

This resource list is meant to be a starting point for service navigation, and may not reflect all resources available in your community.

We hope you find this useful in providing socially accountable and just care to those residing in Northern Ontario.

Sincerely,

Ashlyn Kopanski, Katie Zugic, and the Global Health Committee



Intimate Partner Violence & Human Trafficking

Sudbury

Angels of Hope Against Human Trafficking

- Addiction counselling and support
- Indigenous counselling
- Human trafficking survivor groups
- Weekly check ins
- Life skills training

Voices For Women

- Individual counselling
- Workshops and therapeutic groups
- Safety planning
- Court accompaniment
- Public education, training, outreach, and advocacy

HSN: Violence Intervention and Prevention Program (VIPP)

- Medical assessment and treatment
- Forensic documentation and photography
- Safety planning and risk assessment
- STI and pregnancy testing
- Community liaison
- Public education, advocacy and training
- Individual and group counselling



Intimate Partner Violence & Human Trafficking

Thunder Bay

Thunder Bay Victim Services

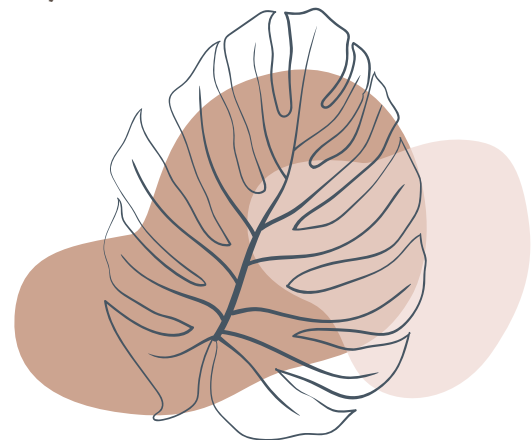
- On-scene Response
- Victim Quick Response Program - aids victims of human trafficking, domestic violence, etc
- Telephone Crisis Response

Sexual Abuse Centre Thunder Bay

- Free counselling
- Support groups
- Community outreach and education
- Client advocacy for legal support and medical statements

Beendigen

- Anishinabe Women's Crisis Home
- Wakaigin Housing: Transitional and supportive housing
- Anti-Human Trafficking program
- Counselling
- Community action program for children (0-6 years)
- Prenatal program



Intimate Partner Violence & Human Trafficking

Thunder Bay

Faye Peterson House

- Shelter Program:
 - 24 bed safe shelter and support to abused survivors/women and their children
 - In-house counselling
- 55+ Women's program:
 - Advocacy, support, counselling, safety planning, assistance with housing applications and legal aid to abused survivors/women age 55 and over
- Early Childhood Education program
- Transition planning and housing assistance
- Outreach program
- Family court support

TBRHSC: Sexual Assault / Domestic Violence Treatment Centre

- Emergency medical and psychosocial treatment
 - Treatment of injuries, STIs, possible post-assault pregnancy
 - Baseline and follow up testing
 - Forensic documentation and photographs
 - Risk assessment, safety planning, and referrals
- Follow-up care



Substance Use



Service Locator: Ontario Harm Reduction Distribution Program

Sudbury

Réseau ACCESS Network

- Supervised consumption site
- Supportive and clinical services
- Testing and treatment services (incl. HIV, HEP C, STI)
- Psychiatric services
- Counselling
- Community resource navigation

Sudbury Action Centre for Youth

- Youth drop in center
- Life skills, wellness program
- After school program
- Provincial youth outreach program
- Nest youth overnight shelter
- Support groups for Transgender youth
- Housing services
- Harm reduction

HSN: Mental Health and Addictions

- Addictions Medicine Consult Service (AMCS)
- Addictions Medicine Unit (AMU)
- Outpatient addictions and gambling services (OAGS)
- Rapid Access Addictions Medicine (RAAM) Clinic
- Withdrawal Management Services (WMS)
- Safe beds program

Substance Use

Thunder Bay

Beendigen

- Transitional housing & support program
- Education and support services for those living with addiction

Dilico

- *Adult Residential Treatment Center*
 - Strength based approach to wellness for individuals struggling with alcohol and substance misuse
 - Post treatment supportive housing
- *Counselling services*
- *Rapid access addiction medicine services*
- *Seaway Inc.*
 - All male 18+ independent sober-living following addictions treatment and post treatment program: counselling, working towards personal goals, etc.
- *JSL Family Resource Center*
 - For single mothers from 16-24 years who are pregnant or have a child <6 years: counselling, parenting support, addictions services, etc.

NorWest Community Health Centres: RAAM Clinic

- Assessment of substance use concerns
- Review of treatment options including harm reduction and abstinence
- Prescription of addiction medications
- Education on withdrawal and overdose prevention
- Counselling and peer support services
- Referral to longer-term supports for ongoing care, if required
- Access to traditional healers and Indigenous cultural support

Housing Insecurity

Sudbury

Off the Street Emergency Shelter

- Emergency shelter for adults aged 18 and older
- Housing-focused referral services

Salvation Army - Cedar Place

- Emergency shelter for women 20 and older, or families with children
- Housing-focused referral services

Sudbury Action Centre for Youth

- Emergency shelter bed for youth aged 16-24
- Life skills, wellness program
- After school program
- Provincial youth outreach program
- Support groups for Transgender youth
- Housing services
- Harm reduction

Homelessness Network

- Assists those experiencing homelessness with Housing First core principles such as immediate access to permanent housing with no housing readiness requirements



Housing Insecurity

Thunder Bay


Shelter House Thunder Bay

- Emergency shelter for anyone aged 16 and older
- Community kitchen provides 3 free meals per day
- Kwae Kii Win: provides stable, supportive housing to those with alcohol use disorder and experiencing homelessness
- Housing support
- Clothing access

Faye Peterson House

- Shelter Program:
 - 24 bed safe shelter and support to abused survivors/women and their children
 - In-house counselling
- 55+ Women's program:
 - Advocacy, support, counselling, safety planning, assistance with housing applications and legal aid to abused survivors/women age 55 and over
- Early Childhood Education program
- Transition planning and housing assistance
- Outreach program
- Family court support

Housing and Outreach Services - CMHA Thunder Bay

- Housing First strategy for those experiencing homelessness and living with mental illness and/or addiction
 - Connects individual to food security, mental health support, access to primary care and addictions treatment
 - Offers financial rent supplement
- 

Newcomer Health

Federal **Service Locator**: Find free newcomer services near you

Sudbury

YMCA of Northeastern Ontario

- Needs assessment and supports clients in developing a settlement plan
- Referral to community agencies and services
- Coordinates language assessments and referrals to language instruction
- Facilitate English conversation circles
- Hosts welcoming community activities
- Settlement services in schools

Newcomer Settlement Program

- Provides health, education, housing, and translation services
- Needs assessment
- Completing government forms and applications

Newcomer Health

Thunder Bay

Newcomer Services — Thunder Bay Multicultural Association

- Needs assessment and information
- Social support service referrals
- Housing assistance
- Child Care
- School registration
- Translation and interpretation services
- Supportive counselling
- Job search preparation and training

Newcomer Legal Clinic

- Free legal support for immigrants, refugees, and individuals without immigration status in NWO
- Temporary foreign workers, citizenship, permanent residents, resettled refugees, etc.

DOORS to New Life Refugee Centre - Newcomer Settlement Services

- Facilitate Refugee Sponsorships
- Initial settlement support
- Immigration
- Housing support
- Employment services
- Citizenship applications



Newcomer Health

Federal / Provincial

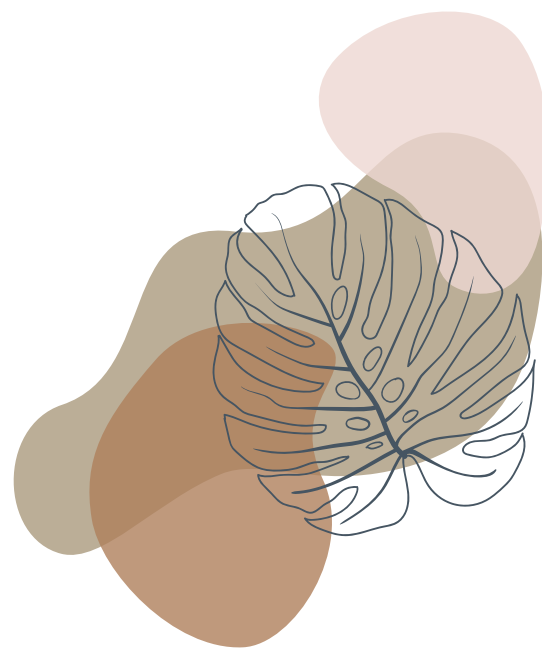
Ontario Temporary Health Program for Refugee Claimants - Health Care Professionals - MOHLTC

- Short-term essential and urgent health care coverage for most services received in a hospital, primary and specialist care, laboratory and diagnostic services provided in Ontario, as well as some medications equivalent to the Ontario Drug Benefit (ODB) formulary.
- An independent program administered by a third party provider, Medavie Blue Cross
 - Coverage for many services no longer covered through the Interim Federal Health Program or other Ontario programs.

Interim Federal Health Program – Information for health care professionals in Canada - Canada.ca

- Limited, temporary coverage of health-care benefits for specific groups of people in Canada who don't have provincial, territorial, or private health-care coverage.
 - Inpatient, outpatient hospital services. Services from MD, RN, including pre- and post-natal care, laboratory, diagnostic, ambulance services
 - Supplemental coverage: limited vision and urgent dental care, home care and long-term care
 - Services from allied health-care practitioners including clinical psychologists, psychotherapists, counselling therapists, occupational therapists, speech language therapists, physiotherapists
 - Assistive devices, medical supplies and equipment, including: orthopaedic and prosthetic equipment, mobility aids, hearing aids, diabetic supplies, incontinence supplies, oxygen equipment
 - Prescription drug coverage

The Canadian Centre for Refugee & Immigrant Health Care



Cultural Supports

Thunder Bay

TBRHSC: Indigenous Patient Navigators and Liaisons

- Advocate, assist, translate for those who may not speak English, or for those requesting additional support in healthcare environments
- Can request this service directly when on shift

Wake The Giant

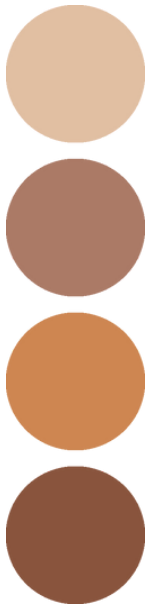
- Indigenous cultural awareness project.
- Identifies inclusive spaces, with a goal for businesses/organizations to be more welcoming to Indigenous Youth.

Diversity Thunder Bay

- Working to celebrate difference and end racism and discrimination in Thunder Bay
- Reporting racism phone number

Anishnawbe Mushkiki

- Primary healthcare
- Prenatal care
- Transgender healthcare
- Traditional wellness programs



Cultural Supports

Sudbury

HSN: Indigenous Health Services

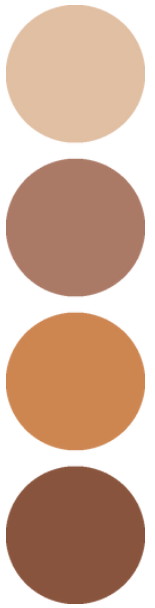
- Indigenous Patient Navigators
 - Culturally relevant support
 - Translation Services
 - Assistance with discharge planning and follow-up care
 - Liaison/support between patient, families and the health care team
 - Patient/Family advocacy
 - Coordination of traditional and non-traditional community resources
 - Support for culturally respectful end-of-life care focused on goals and wishes
- Mshkikii Gamik - Medicine Lodge
 - Opportunity to provide holistic healthcare for Indigenous patients through traditional health practices

BLM Sudbury

- Committed to fighting systemic racism.
- Provides education, events, and supports cultural creation

Anti-Racism Resources

- [Racism Archives - Project ECHO® Ontario Mental Health at CAMH and U of T](#)
- [Microaggressions - Project ECHO® Ontario Mental Health at CAMH and U of T](#)
- [Black Medical Students' Association of Canada - Home | Facebook](#)



CFMS Pocket Card Series: Human Trafficking

HUMAN TRAFFICKING

As a health care provider, you are in a unique position to recognize and provide help to victims of human trafficking. The emergency room or clinic may be the only opportunity victims have to get help.

RED FLAGS

- ACCOMPANIER ANSWERS QUESTIONS FOR PATIENT
- ACCOMPANIER REFUSES TO LEAVE PATIENT
- INCONSISTENT HISTORY
- LACK OF MEDICAL FOLLOW-UP OR DELAY IN SEEKING CARE
- LACK OF PERSONAL IDENTIFICATION DOCUMENTS OR ACCOMPANIER HAS DOCUMENTS
- SIGNS OF ABUSE
- YOUNGER THAN STATED AGE
- CHILD/ADOLESCENT WITH NON-GUARDIAN
- MULTIPLE VISITS TO EMERGENCY ROOM
- ACCOMPANIER IS IN A HURRY
- INAPPROPRIATE DRESS FOR WORK/WEATHER
- AGE INAPPROPRIATE FAMILIARITY WITH SEXUAL TERM
- INABILITY TO LEAVE JOB
- FEAR OF DEPORTATION
- NON-ENGLISH SPEAKING DESPITE BEING IN CANADA FOR EXTENDED PERIOD OF TIME
- AFRAID/SUBMISSIVE
- BEING CONTROLLED BY ACCOMPANIER
- TATTOO MARKING OWNERSHIP BY TRAFFICKER
- DOES NOT KNOW ADDRESS/UNFAMILIAR WITH LOCAL SURROUNDINGS

PATIENT IS UNLIKELY TO IDENTIFY HIMSELF/HERSELF AS A VICTIM

HUMAN TRAFFICKING

1.

LET YOUR TEAM KNOW THAT YOU ARE GOING TO SCREEN THE PATIENT FOR HUMAN TRAFFICKING.

2.

TALK TO THE PATIENT WITHOUT THE ACCOMPANYING TRAFFICKER PRESENT.

3.

PROVIDE A SAFE ENVIRONMENT AND LET THE PATIENT KNOW THAT YOU ARE HERE TO HELP.

4.

ALLOW THE PATIENT TO DECIDE THE STEPS THEY WANT TO TAKE IN RECEIVING CARE.

CFMS Pocket Card Series: Social Determinants of Substance Use

SOCIAL FACTORS THAT CONTRIBUTE TO HEALTH OF DRUG USERS



*Social determinants and the health of drug users: socioeconomic status, homelessness, and incarceration.
Adapted from Galea S and Vlahov D, 2002.¹*

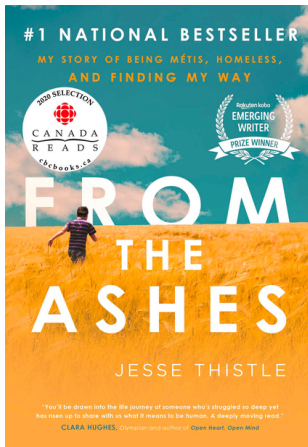
- **Socioeconomic status** – affects risk behaviour itself, access to quality care, discrimination, poor education and lack of preventive behaviour
- **Homelessness** – increases risk behaviours, decreases access to medical care including drug treatment (ie, methadone maintenance programs), lack of social support
- **Incarceration** – can increase risk behaviour and create cycle of incarceration-low SES for repeat offenders (return to high-risk environments)
- **Ethnicity** – minorities experience disproportionately high adverse health outcomes from drug use
- **Inequality** – unequal income distribution independently associated with overdose risk²
- **Built environment** – deterioration of external environment associated with fatal drug overdose³

CFMS Pocket Card Series: Migrant & Refugee Health

MIGRANT & REFUGEE HEALTH

Infectious Diseases	LEGEND	Women's Health
Mental Health & Physical and Emotional Maltreatment	Chronic and Non-Communicable Diseases	
Chest X-Ray	All immigrants and refugees 11 years of age and over	
Urinalysis	All immigrants and refugees 5 years of age and over	
DO VACCINATE		
Diphtheria, pertussis, tetanus and polio	All adult and children immigrants with missing or uncertain immunization records	
Hepatitis B	Those who are negative for all three markers	
HPV	9-26 year old female patients	
Measles, mumps and rubella	All adult and children immigrants with missing or uncertain immunization records	
Varicella	All immigrant children < 13 years of age without prior serologic testing	
DO SCREEN		
Cervical cytology	Sexually active women	
Contraception	Immigrant women of reproductive age	
Dental disease	All adult immigrants and all immigrant children and adults	
Depression	Adults, if an integrated treatment program is available	
Diabetes mellitus (Type II)	Immigrants and refugees > 35 years of age from ethnic groups at high risk for type 2 diabetes (those from South Asia, Latin America and Africa)	
Hepatitis B	Adults and children from countries where the sero-prevalence of chronic hepatitis B virus infection is moderate or high (i.e. ≥ 2% positive for hepatitis B surface antigen), such as Africa, Asia and Eastern Europe	
Hepatitis C	All immigrants and refugees from regions with prevalence of disease ≥ 3% (this excludes South Asia, Western Europe, North America, Central America and South America)	
HIV	With informed consent, all adolescents and adults from countries where HIV prevalence is greater than 1% (sub-Saharan Africa, parts of the Caribbean and Thailand).	
Schistosoma	Refugees newly arriving from Africa	
Iron-deficiency anaemia	Immigrant women of reproductive age and immigrant/refugee children aged one to four years	
Syphilis	All immigrants and refugees 15 years of age and older	
Strongyloides	Refugees newly arriving from Southeast Asia and Africa	

Book Suggestions



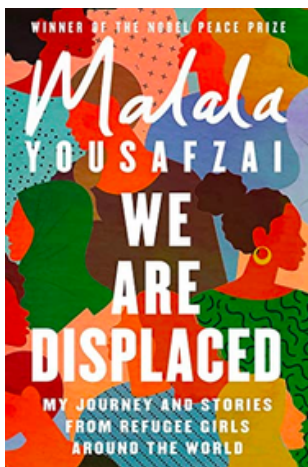
From the Ashes: My Story of Being Métis, Homeless, and Finding My Way *Jesse Thistle*

"In this extraordinary and inspiring debut memoir, Jesse Thistle—once a high school dropout and now a rising Indigenous scholar—chronicles his life on the streets and how he overcame trauma and addiction to discover the truth about who he is."



The Skin We're In: A Year of Black Resistance and Power *Desmond Cole*

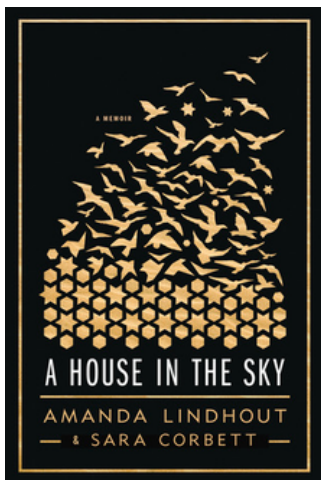
"A bracing, provocative, and perspective-shifting book from one of Canada's most celebrated and uncompromising writers, Desmond Cole. *The Skin We're In* will spark a national conversation, influence policy, and inspire activists."



We Are Displaced *Malala Yousafzai*

"In this powerful book, Nobel Peace Prize winner and New York Times bestselling author Malala Yousafzai introduces the people behind the statistics and news stories about the millions of people displaced worldwide."

Book Suggestions



A House in the Sky

Amanda Lindhout, Sara Corbett

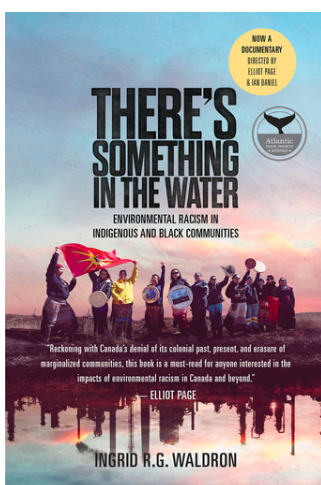
"The dramatic and redemptive memoir of a woman whose curiosity led her to the world's most beautiful and remote places, its most imperiled and perilous countries, and then into fifteen months of harrowing captivity—an exquisitely written story of courage, resilience, and grace."



SOLD

Patricia McCormick

"Told in a series of haunting vignettes, **SOLD** is a harrowing account of a sexual slavery. Alternating lyrical imagery with precise detail, McCormick gives voice to the terror and bewilderment of a young girl robbed of her childhood but who finds the strength to triumph."



There's Something in the Water

Ingrid R.G. Waldron

"In *There's Something in the Water*, Ingrid R. G. Waldron examines the legacy of environmental racism and its health impacts in Indigenous and Black communities in Canada, using Nova Scotia as a case study, and the grassroots resistance activities by Indigenous and Black communities against the pollution and poisoning of their communities."