NWT ASSOCIATION OF COMMUNITIES

2023 ADVOCACY DAYS

MENTAL HEALTH

AND SOCIAL DETERMINANTS OF HEALTH



NWT Association of Communities

Connecting Community Governments Since 1966

NWT Association of Communities

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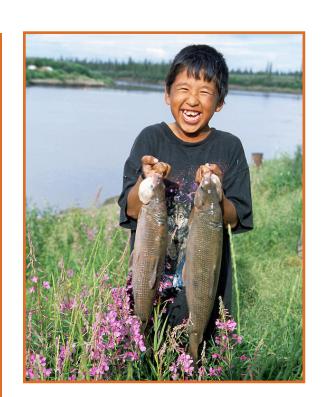
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MENTAL HEALTH

AND SOCIAL DETERMINANTS OF HEALTH

KEY FACTS:

- Proportion of heavy drinkers in NWT is double the national average (43% vs 19.1%).
- Suicide rate in NWT is nearly double the national average (9.2 vs 5.1 / 100,00 citizens).
- Access to quality broadband is limited thereby restricting virtual options.
- 31.7% of NWT have a housing problem.
- 19% of NWT households are in core housing need.
- Substance use cost \$4,047 per person in NWT (regardless of age), compared to \$1,258 per person in Canada. Costs are distributed between: lost productivity, healthcare, criminal justice, and other direct costs.



RECONCILIATION AND SOCIAL DETERMINANTS OF HEALTH

So much of the ability of the NWT to move forward is tied to Reconciliation and the social determinants of health including mental health and addictions and other areas like employment, education, early childhood development, food security, and housing and homelessness.

TRUTH AND RECONCILIATION CALL TO ACTION #21

We call upon the federal government to provide sustainable funding for existing and new Aboriginal healing centres to address the physical, mental, emotional, and spiritual harms caused by residential schools, and to ensure that the funding of healing centres in Nunavut and the Northwest Territories is a priority.

UPSTREAM VERSUS DOWNSTREAM

There are actions that can be taken to support community healing. When we think of the analogy of a person falling into a river who may face the danger of drowning, 'upstream' interventions are actions that are taken to prevent people from falling into the river, where 'downstream' actions are taken to either provide the person in the river with a lifejacket, or farther along the way, to pull them from the river to prevent them from drowning.

Effective and meaningful actions can be taken at any point along the river, but the really impactful actions for the both the individual and the community, are those that address the root causes to prevent people from falling into the river in the first place. They are investment in social, economic, policy and regulatory structures that make it possible for everyone to meet their full potential.

NWTAC RECOMMENDATIONS:

- Implement the Arctic and Northern Policy Framework to create a future where Northern and Arctic people are thriving, strong and safe.
- Implement the Truth and Reconciliation Commission's Calls to Action and the National Inquiry into Missing and Murdered Indigenous Women and Girls' Calls for Justice in partnership with First Nations, Inuit and Métis Peoples.
- Adequately fund the provision of Mental Health and Addictions treatment to allow the Territories to move beyond the harm reduction model that is not even being achieved.

NORTHWEST TERRITORIES BY THE NUMBERS

TOTAL POPULATION **44,469**

33 Communities from Kakisa of 54 residents to Yellowknife of 20,960

1,183,000 km²

Official Languages 11

Residents who are Aboriginal **50.3%**

Homes without Internet 20.3%

GDP \$ 3,745 million

HIGHEST FOOD PRICE INDEX

Colville Lake 2X
Yellowknife

67.3% Employment Rate

of 33 communities receive telecoms by satellite

Senate Seat

1
House Seat

31.7%Households with Housing Problem

19.8% in Core Housing Need