Our Health Counts
First Nations & Metis Winnipeg

Community Report #4: Mental Health & Wellbeing, Substance Use & Harm Reduction, and Criminal Justice

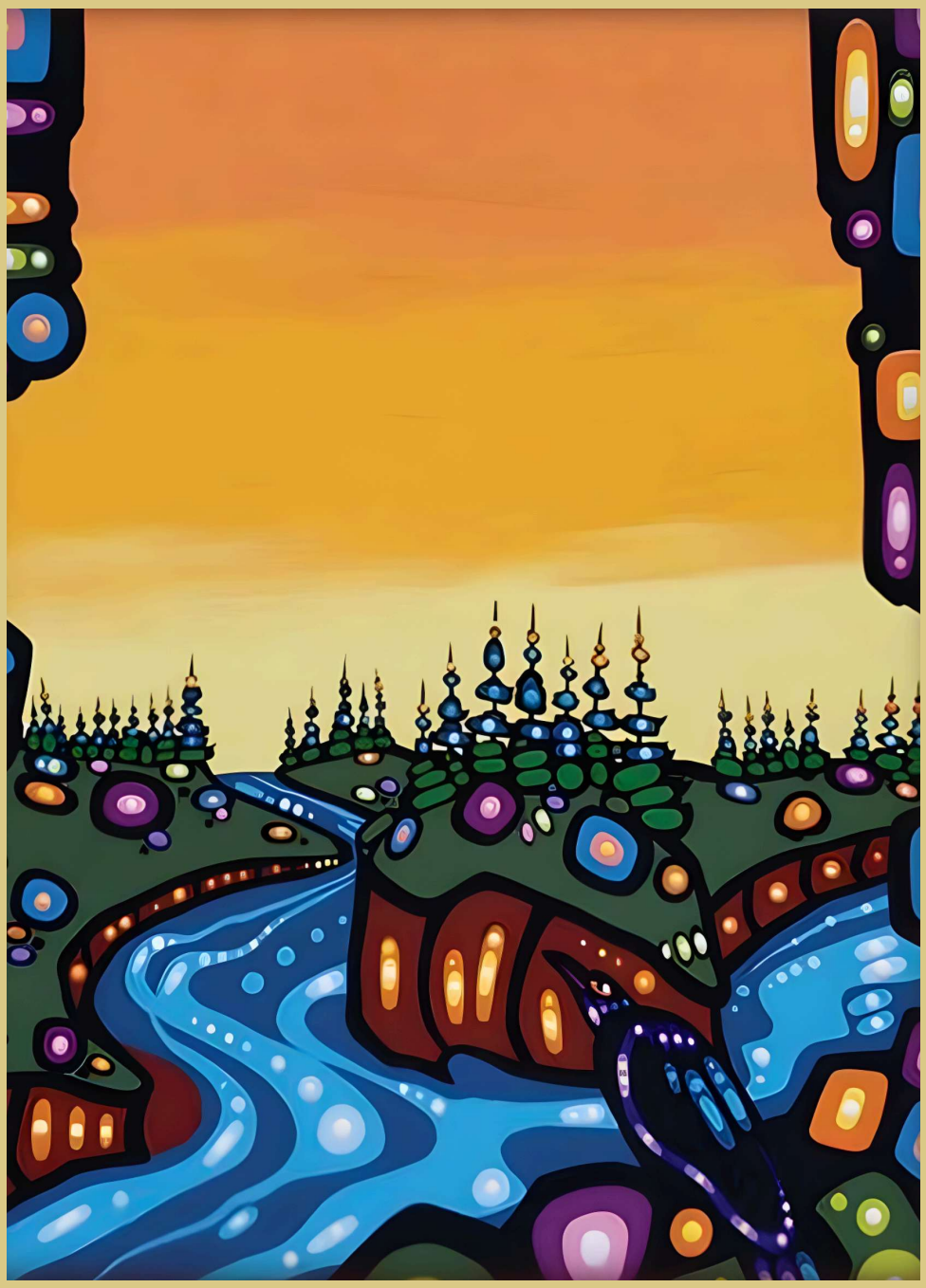
Aboriginal Health & Wellness Centre of Winnipeg, Inc.

FIRST NATIONS HEALTH AND SOCIAL SECRETARIAT OF MANITOBA

Well Living House

UNITY HEALTH TORONTO

CIHR IRSC
Canadian Institutes of Health Research / Instituts de recherche en santé du Canada



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First Nations Health and Social Secretariat of Manitoba

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"May Our Collective Spirit to Support Our Communities Continue to Shine!"

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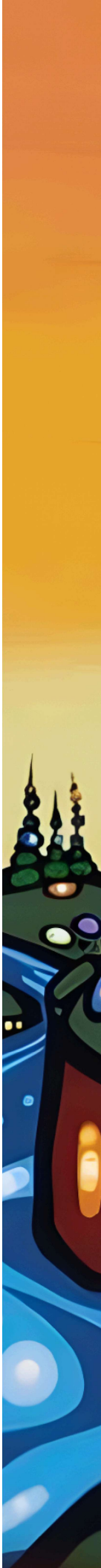

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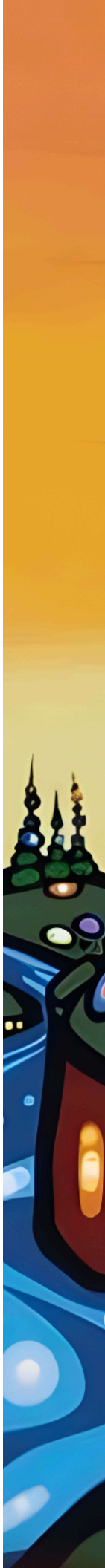
Who We Are

The OHC First Nations & Metis Winnipeg project represents a research partnership between the Well Living House Action Research Centre at Unity Health Toronto, the Aboriginal Health and Wellness Centre of Winnipeg, Inc. and the First Nations Health and Social Secretariat of Manitoba. The project is guided by the OHC Winnipeg Reference Circle.

Aboriginal Health and Wellness Centre of Winnipeg, Inc. (AHWC) is Manitoba's only urban Indigenous Community Health Agency. AHWC offers a continuum of holistic and contemporary healing services and aims to provide First Nations, Metis, Inuit, and Two Spirit, Trans, and Queer peoples in Winnipeg with integral services that are culturally safe, including healthcare, social support services, and other community-based supports that empower and equip community members to take control of their own health and wellbeing. AHWC is governed by Indigenous Peoples for Indigenous Peoples.

First Nations Health & Social Secretariat of Manitoba (FNHSSM) collaborates with 63 First Nations, 7 Tribal Councils and 3 provincial/territorial organizations to promote awareness of First Nations health issues and to enhance the wellbeing of individuals and communities. FNHSSM aims to empower First Nations to control their health through unified efforts, while respecting traditional knowledge. FNHSSM's mission is to assist Manitoba First Nations in achieving and maintaining total wellbeing by implementing effective programs, protecting Indigenous values, and supporting research that informs decision-making.

Well Living House (WLH) is an action research centre that aims to nurture places and spaces where Indigenous children, youth, adults, and elders can find peace, love, and joy. We do this by advancing generative health services for Indigenous Peoples through three priority areas: Indigenous population health assessment and response; interrupting anti-Indigenous racism in health services; and advancing Indigenous methodologies, knowledge, and practice in health.



Our Health Counts First Nations & Metis Winnipeg: Executive Summary & Key Recommendations

Mental Health & Wellbeing: Key Findings

- **Rates of mental health diagnoses are disproportionately high among First Nations and Metis adults in Winnipeg.** Other OHC studies have shown similar findings.
    - **3 in 10 First Nations and Metis adults in Winnipeg have been told by a health care worker that they have a psychological and/or mental health disorder.** First Nations and Metis adults diagnosed with a psychological and/or mental health disorder are most frequently diagnosed with anxiety (51%), major depression (40%), schizophrenia (27%), and/or Post-Traumatic Stress Disorder (PTSD) (25%).
    - Using the Primary Care PTSD Diagnostic Screening tool, **40% of First Nations and Metis adults in Winnipeg and related homelands screen positive for PTSD.**
    - **Using the Kessler Psychological Distress scale, which screens for symptoms of anxiety and depression, 53% of FN and Metis adults scored high or very high.** In comparison, in a recent study across 7 countries in Europe less than 10% of the population in all of these countries scored high or very high.[1]
- Despite historic and ongoing traumas, First Nations and Metis peoples in Winnipeg have maintained cultural practices and a strong sense of identity. The OHC First Nations & Metis Winnipeg Community Report #2 shows that more than half the population **participate in traditional ceremony and use traditional medicines or practices to maintain their spiritual, mental, and emotional health and wellbeing.**
- **Most First Nations and Metis adults in Winnipeg also show strength in their self-rated mental health. 59% rate their mental health as excellent, very good, or good, and 61% rate their ability to manage stress as excellent, very good, or good.**

Our Health Counts First Nations & Metis Winnipeg: Executive Summary & Key Recommendations

Recommendations Moving Forward

In alignment with the Truth and Reconciliation Commission's Calls to Action 21,[2] we call upon the City of Winnipeg, provincial, and federal governments to work in partnership with Indigenous organizations to adopt the following recommendations:

- **Provide sustainable funding to Indigenous-led healing programs** that address the physical, mental, emotional and spiritual harms caused by colonial disruptions.

- **Increase access to culturally appropriate healthcare services that centre Indigenous peoples' knowledges, practices, strengths, and healing.**

In alignment with the MMIWG Call for Justice 3.4,[3] we call upon the City of Winnipeg, provincial, and federal governments, and health service providers to work in partnership with Indigenous organizations to:

- **Provide immediate and necessary resources to establish and sustain permanent, barrier-free, and holistic wraparound mental health services**, including mobile trauma and addictions recovery teams serving Indigenous peoples in Winnipeg.

Research shows that undue psychological distress, thoughts of suicide, and suicide attempts increase when Indigenous peoples face socio-economic injustices, including racism and inadequate access to culturally safe mental health services. Social connectedness and cultural continuity are protective factors that support life promotion and mental wellness.[4]

Our Health Counts First Nations & Metis Winnipeg: Executive Summary & Key Recommendations

Life Promotion & Mental Wellness

- **64% of First Nations and Metis adults in Winnipeg have had a close friend or family member attempt to die by suicide.**
- **58% of First Nations and Metis adults in Winnipeg have had a close friend or family member die by suicide.**
- **48% of First Nations and Metis adults in Winnipeg have thought about dying by suicide.** This is 4x higher than the mainstream population in Canada.[5]
- **Almost 4 in 10 First Nations and Metis adults in Winnipeg have attempted to die by suicide.**
- **Over 1 in 4** First Nations and Metis adults in Winnipeg indicate that **mental health and suicide prevention services for Indigenous peoples in Winnipeg are inadequate.**

Recommendations Moving Forward

In accordance with the MMIWG Calls for Justice 7.3 and 16.13,[3] we call upon the City of Winnipeg, provincial, and federal governments, and health service providers to work in partnership with Indigenous organizations to adopt the following recommendations:

- Ensure sustainable funding for **Indigenous-led prevention initiatives that offer culturally safe, trauma-informed mental health and suicide prevention services** for First Nations and Metis adults, youth, and families living in Winnipeg.
- Take actionable steps to **increase funding and programming that supports connection to language, land, culture, and traditional foods** which have been shown to reduce substance use, decrease the risk of death by suicide, build self-esteem, and support mental health and connection.[6,7]

Our Health Counts First Nations & Metis Winnipeg: Executive Summary & Key Recommendations

Substance Use, & Harm Reduction: Key Findings

- **70% of First Nations and Metis adults in Winnipeg and related homelands currently smoke cigarettes.** This is 5x higher than the mainstream Manitoba population (14%).[8]

- **35% of First Nations and Metis adults in Winnipeg have you used an e-cigarette or nicotine vaping device in the last 12 months.** In comparison, 8% of the mainstream Manitoba population vape. Manitoba has the highest overall vaping rate in Canada.[8]

- **63% of First Nations and Metis adults in Winnipeg and related homelands have used cannabis in the past 12 months.** In comparison, 35% of the mainstream Manitoba population have used cannabis in the past 12 months.[9]

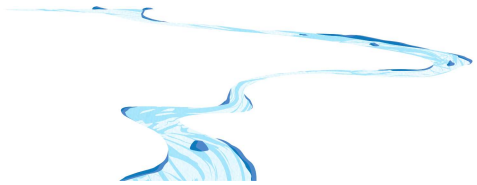
In the past 12 months,

- **22%** of First Nations and Metis adults in Winnipeg **have used amphetamines***
- **13%** have used **sedatives or sleeping pills***
- **11%** have used **prescription opiates***

- **3 out of 10** First Nations and Metis adults in Winnipeg **have experienced an opioid-related overdose.**

- **62%** have had a **close friend or family member die by opioid-related overdose.**

- **Almost half (47%)** of First Nations and Metis adults in Winnipeg **indicate that there are inadequate overdose prevention resources serving Indigenous people in the city.**



**used without a prescription or out of keeping with how they were prescribed*

Our Health Counts First Nations & Metis Winnipeg: Executive Summary & Key Recommendations

Recommendations Moving Forward

We call upon the City of Winnipeg, provincial, and federal governments, and health service providers to work in partnership with Indigenous organizations to:

- **Invest in and expand sustainable Indigenous-led harm reduction services, including safe consumption sites such as Rapid Access Addiction Medicine (RAAM) clinics and mobile services with wraparound services including health and social service referrals and cultural continuity of care.** This is a critical step in reducing opioid-related overdoses and barriers to culturally safe harm reduction for adults and youth.

- Develop, fund, and support **Indigenous-driven commercial tobacco reduction programs and policies** (including nicotine replacement therapy)**,** that address the structural and systemic factors that influence commercial tobacco use, such as systemic and institutional racism in places like the criminal justice system, and added stressors of colonial disruptions to family, economies, and resources.[10]

- Develop, fund, and support **Indigenous-led, community-driven vaping and cannabis use health information resources and use reduction programs.**

Our Health Counts First Nations & Metis Winnipeg: Executive Summary & Key Recommendations

Criminal Justice: Key Findings

First Nations and Metis people in Winnipeg experience disproportionately high rates of incarceration. Experiences of racism and ongoing colonial disruptions increase the likelihood of incarceration among these populations: systemic racism contributes to disproportionate incarceration. OHC First Nations & Metis Winnipeg findings show high rates of discrimination in the justice system, barriers to accessing health care and treatment in prison, and inadequate community justice resources in the City.

- **More than 7 in 10 First Nations and Metis adults in Winnipeg have been arrested by the police.**
- Nearly half of those arrested **(48%) have spent time in jail.**
- **Over 1 in 4 First Nations and Metis adults who served time in prison did not receive health care services at a time when it was needed.**
- **Over 1 in 4 First Nations and Metis adults who served time in prison did not receive treatment for substance use at a time when it was needed.**
- **42%** of First Nations and Metis adults in Winnipeg **who served jail time were treated poorly or unfairly by the justice system because they are Indigenous.**
- **Over 4 out of 10 First Nations and Metis adults indicate there are inadequate Indigenous and allied community resources** serving Indigenous people in Winnipeg to support the following:
    - **Dealing with the justice system and/or impacts of incarceration**
    - **Families and friends who have had family members apprehended by CFS**
    - **Addressing systemic and institutional violence**

Our Health Counts First Nations & Metis Winnipeg: Executive Summary & Key Recommendations

Recommendations Moving Forward

In alignment with the Truth and Reconciliation Commissions Calls to Action, we call upon all levels of government to work in partnership with Indigenous organizations and communities to undertake reforms to the criminal justice system. This includes:

- Provide sustainable funding to **prioritize realistic alternatives to detention for Indigenous individuals, including community-led diversion, restorative practices, and culturally based supports.**

- Provide sustainable funding for **criminal justice programs and legal services that serve Indigenous peoples in Winnipeg, including referral programs.** This includes the co-design of justice and wellness programs that emphasize healing, family connections, and displace carceral responses.

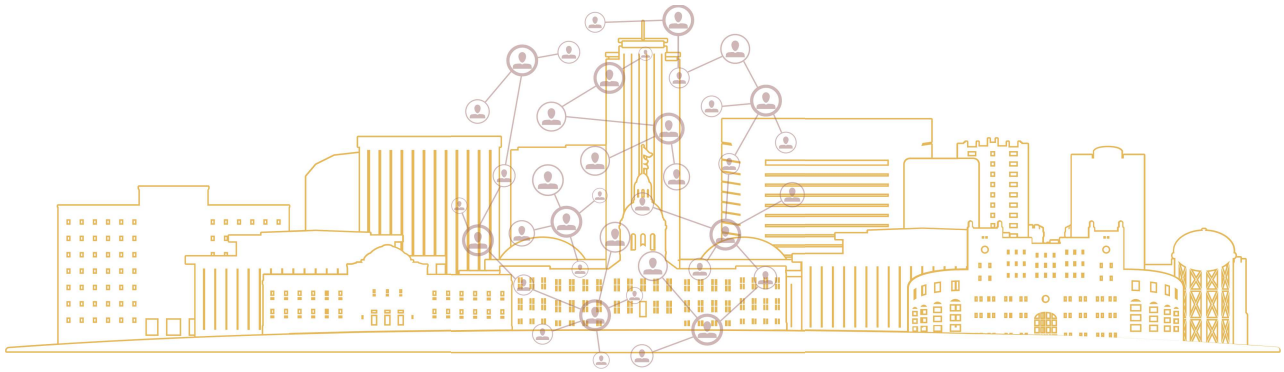
- **Mandate ant-Indigenous racism policies and cultural safety training across the criminal justice system, including prison-based training.** Ongoing training and accountability mechanisms must be implemented to dismantle systemic racism and trauma within police, legal, and correctional institutions.

- Research shows that Indigenous peoples are disproportionately impacted by inadequate access to health services and substance use treatment in prisons, and a lack of continuity of care after discharge from prisons. In alignment with the MMIWG Call for Action 14.6, we call upon Correctional Service Canada and Manitoba services to **provide comprehensive mental and physical health care, substance use treatment, and trauma-informed services for Indigenous peoples who are incarcerated, and to ensure that the term of care is needs-based and not tied to the duration of incarceration.**[11]

Community Report #4

This report is the fourth in a series of Our Health Counts (OHC) First Nations & Metis Winnipeg reports. In Report #4 we share key OHC findings regarding mental health and wellbeing, suicide, and post-traumatic stress disorder. This section also highlights mental wellness and strength in the face of colonial injustice. We then share OHC findings related to First Nations and Metis peoples' encounters with mental health challenges, substance use, access to harm reduction, and experiences with the criminal justice system in Winnipeg and related homelands.

While many First Nations and Metis peoples in Winnipeg and related homelands are thriving, the effects of institutional violence, everyday racism, and colonial disruptions to family, community, and culture are felt deeply. This is seen in the findings related to the criminal justice system, in elevated rates of substance use, and mental health challenges among First Nations and Metis relatives in the city.



Mental Health & Emotional Wellness

More than half (59%) of First Nations and Metis adults in Winnipeg rate their **mental health as good, very good, or excellent.**

57% of First Nations adults in Winnipeg rate their mental health as good, very good, or excellent.

64% Metis adults in Winnipeg rate their mental health as good, very good, or excellent.

Half (55%) of First Nations and Metis adults in Winnipeg and related homelands **report feeling happy almost every day or every day in the past month.**
17% felt happy **0-2 times in the past month.**

Most (68%) First Nations and Metis adults in Winnipeg and related homelands **report feeling interested in life almost every day or every day in the past month**,
14% felt interested in life **0-2 times in the past month**.

Over half (56%) of First Nations and Metis adults in Winnipeg and related homelands **report feeling satisfied with their life almost every day/every day.**
22% felt satisfied with thier life **0-2 times in the past month**.

Mental Health & Wellbeing: Handling Stress

Almost **8 in 10 (78%)** First Nations and Metis adults in Winnipeg feel that **most days are a bit stressful, quite a bit stressful, or extremely stressful** (Figure 1).

Among those who experience stress in their life, **61% rate their ability to handle stress as excellent, very good, or good** (Figure 2).

Figure 1: Thinking about the amount of stress in your life, would you say that most days are…

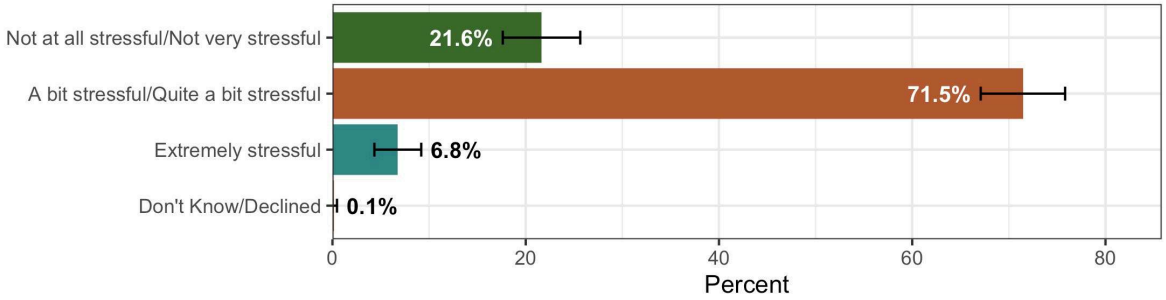
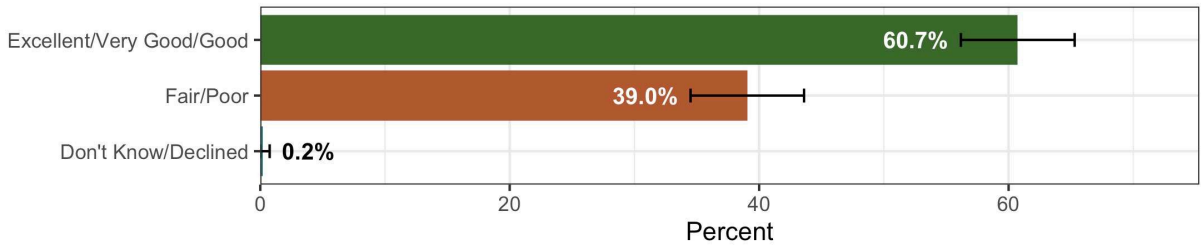


Figure 2: How would you rate your ability to handle stress?



Almost 8 in 10 (77%) First Nations adults in Winnipeg **feel that most days are a bit stressful, quite a bit stressful, or extremely stressful.**

Among those who experience stress in their life, **58% rate their ability to handle stress as excellent, very good, or good.**

Almost 9 in 10 (86%) Metis adults in Winnipeg **feel that most days are a bit stressful, quite a bit stressful, or extremely stressful.**

Among those who experience stress in their life, **71% rate their ability to handle stress as excellent, very good, or good.**

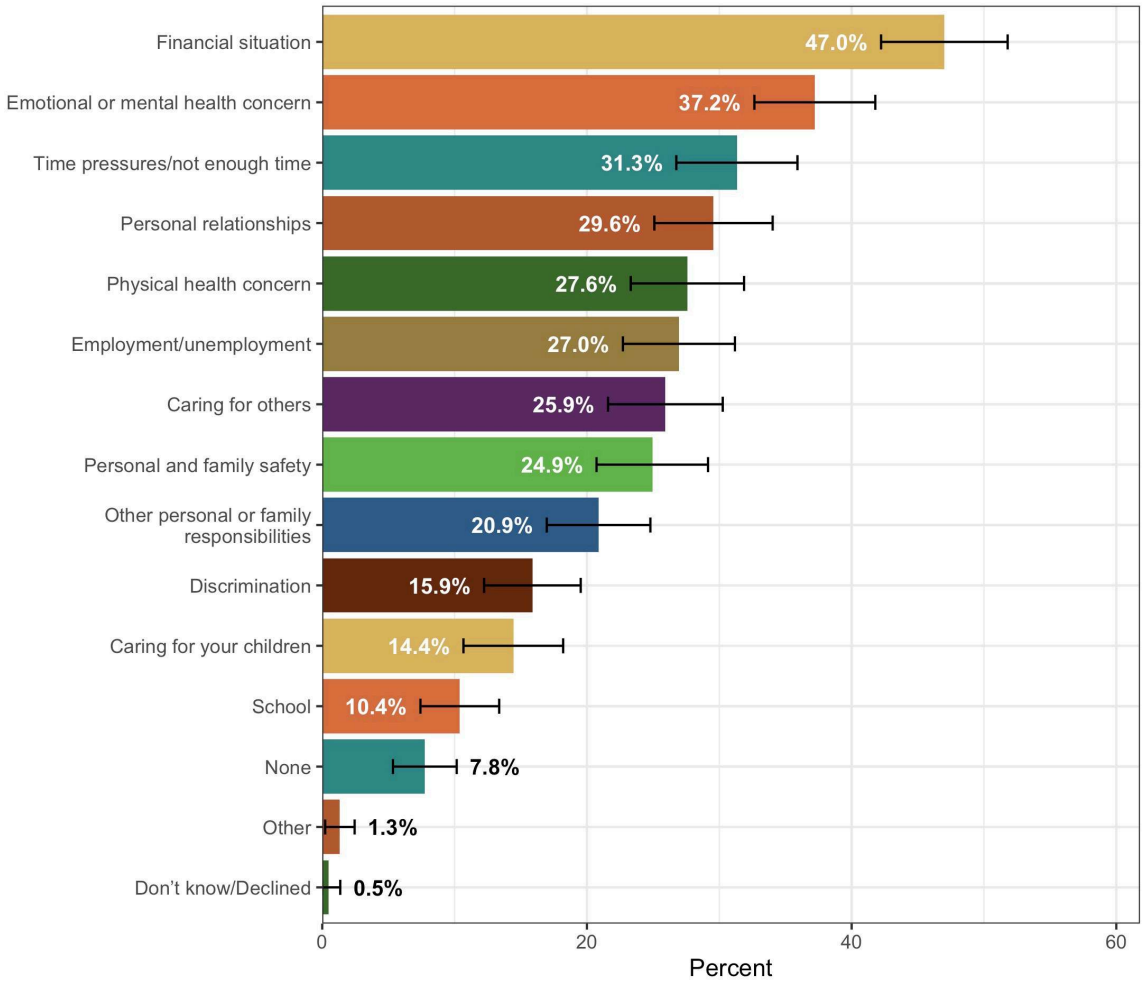
Mental Health & Wellbeing: Sources of Stress

Sources of stress vary. The most common sources of personal stress among **First Nations and Metis adults in Winnipeg** are **financial situation (47%), emotional or mental health concerns (37%)** and **time pressures (31%)**.

Of note, **employment (27%)** is also a high area of stress, as is family care, including the responsibility of **caring for others (26%)** and **personal or family responsibilities (21%)**.

Safety and discrimination are also key areas of personal stress: Adults report **personal and family safety (25%)** and **discrimination (16%)** as sources of stress (Figure 3).

Figure 3: Sources of stress among First Nations and Metis adults in Winnipeg (Select all that apply)



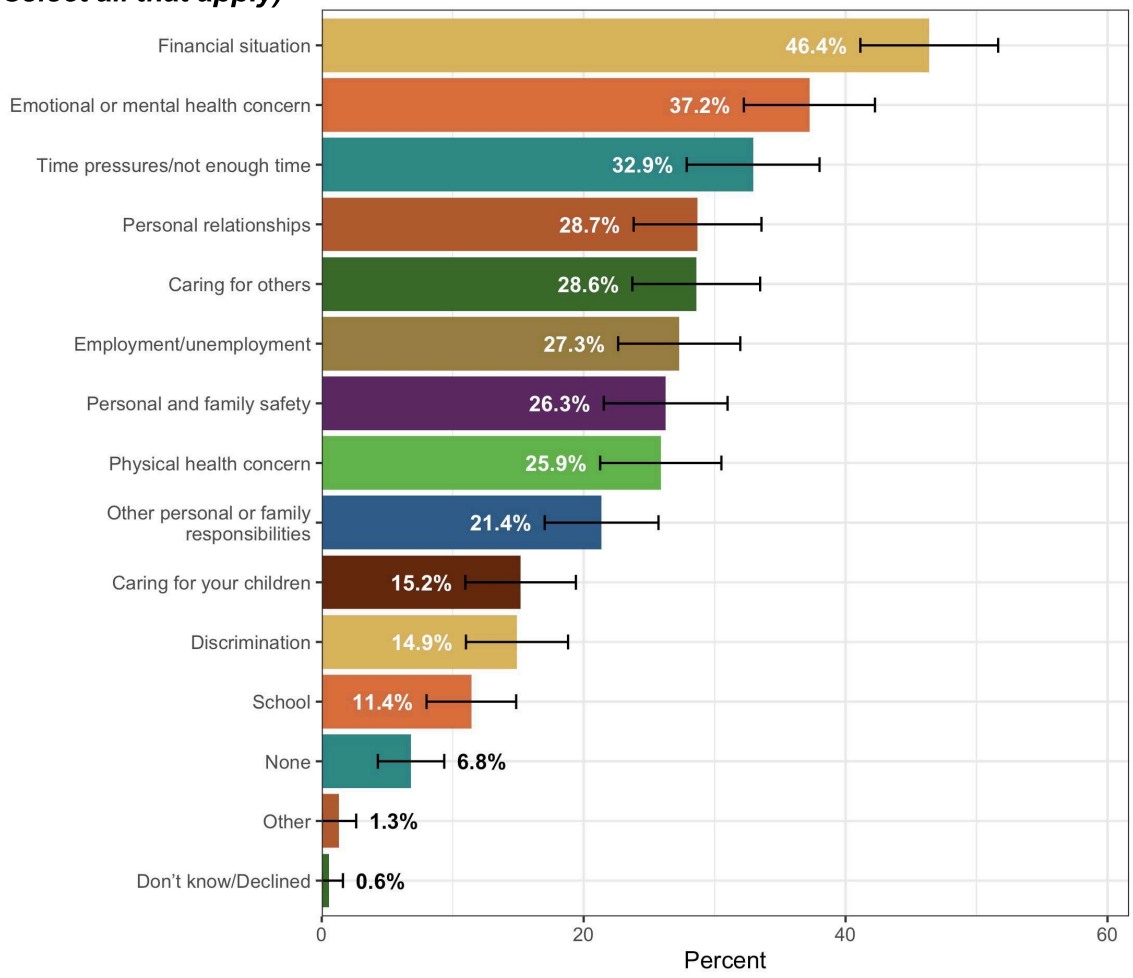
Mental Health & Wellbeing: Sources of Stress

The most common sources of stress among **First Nations adults** in Winnipeg are **financial situation (46%)**, **emotional or mental health concerns (37%)** and **time pressures (33%).**

Other common stressors include **personal relationships (29%)**, **employment (27%)**, **physical health (26%)**, and caregiving: **caring for others (29%)** and **personal or family responsibilities (21%).**

Safety and discrimination are also key areas of personal stress for First Nations adults in Winnipeg: Adults report **personal and family safety (26%)** and **discrimination (15%)** as sources of stress (Figure 4).

Figure 4: Sources of stress among First Nations adults in Winnipeg (Select all that apply)



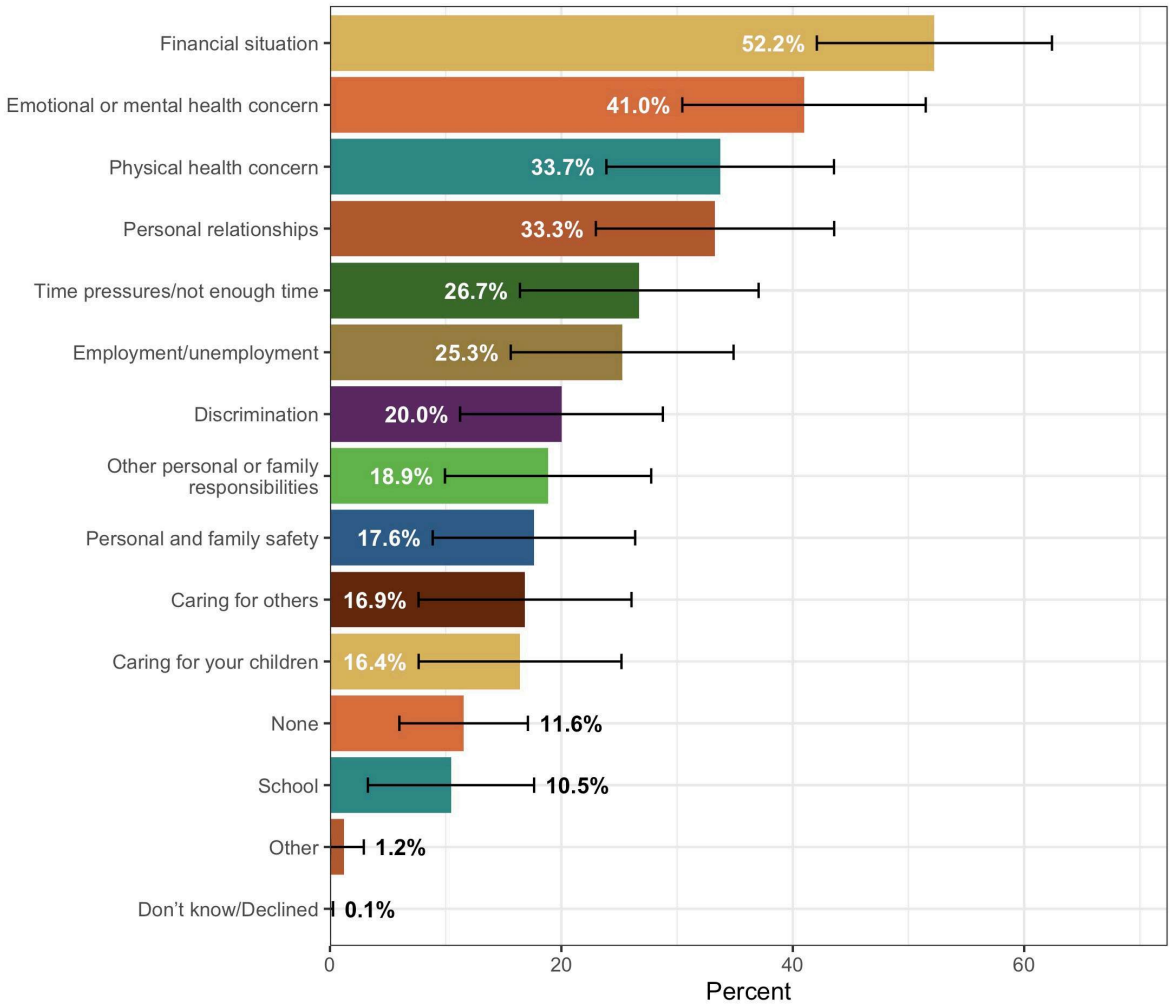
Mental Health & Wellbeing: Sources of Stress

The most common sources of stress among **Metis adults** in Winnipeg are **financial situation (52%)**, **emotional or mental health concerns (41%)** and **physical health concerns (34%).**

Other common stressors for Metis adults in Winnipeg include **personal relationships (33%)**, **time pressures (27%)**, **employment (25%)**, and **discrimination (20%).**

Caregiving is another common stressor, including **personal or family responsibilities (18%), personal/family safety (18%)**, and **caring for others (17%)** (Figure 5).

Figure 5: Sources of stress among Metis adults in Winnipeg (Select all that apply)

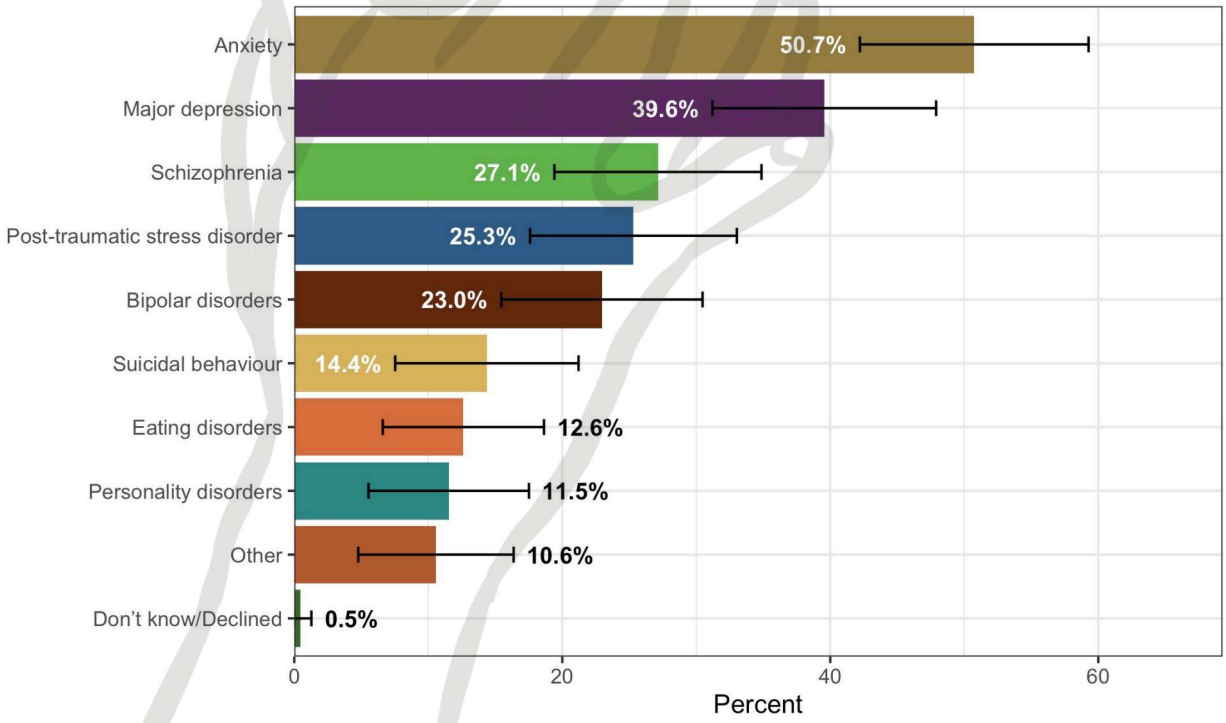


Mental Health Diagnosis

3 in 10 First Nations and Metis adults in Winnipeg have been **told by a health care worker** that they have a **psychological and/or mental health disorder.**

First Nations and Metis adults diagnosed with a psychological and/or mental health disorder are most frequently diagnosed with **anxiety (51%)**, **major depression (40%)**, **and/or schizophrenia (27%)**. Approximately **1 in 4** First Nations and Metis adults in Winnipeg are diagnosed with **Post-Traumatic Stress Disorder (PTSD) (25%)** and/or **bipolar disorders (23%)** (Figure 6).

Figure 6: Psychological and/or mental health disorders among First Nations and Metis adults in Winnipeg diagnosed by a health care worker



A significantly **higher proportion of First Nations and Metis females (58%)** have been **diagnosed with a psychological and/or mental health disorder compared to First Nations and Metis males (41%)** in Winnipeg.

Kessler Psychological Distress Scale (K-10)

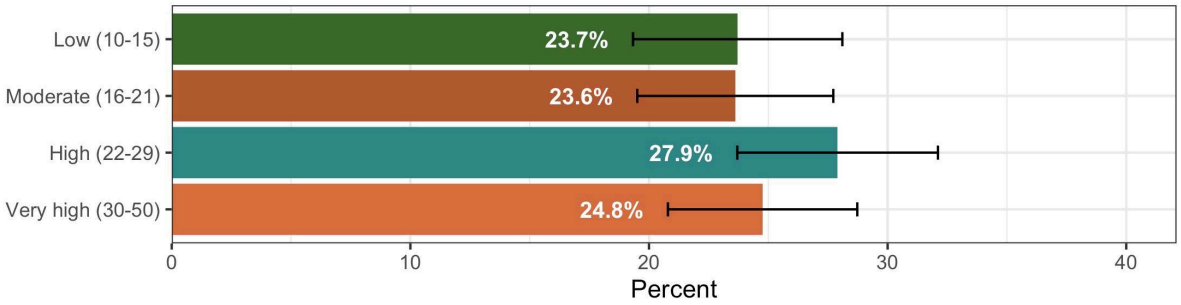
As shown above, mental and emotional health concerns are one of the greatest stressors for First Nations and Metis adults in Winnipeg and related homelands.

Using the Kessler Psychological Distress Scale, **53% of First Nations and Metis adults in Winnipeg and related homelands score high or very high indicating they experience more severe symptoms of depression and/or anxiety** (Figure 7). In comparison, in a recent study across 7 countries in Europe, less than 10% of the population in all of these countries score high or very high.

49% of First Nations adults in Winnipeg and related homelands score high or very high indicating they experience more severe symptoms of depression and/or anxiety. (Figure 8).

73% of Metis adults in Winnipeg and related homelands score high or very high indicating they experience more severe symptoms of depression and/or anxiety. (Figure 9).

Figure 7: Kessler Score, First Nations and Metis Adults in Winnipeg



How are Kessler Scores Determined?

The Kessler Psychological Distress Scale (K-10) is used to measure psychological distress and depression and anxiety symptoms in populations.

K-10 is a validated mental health screening tool that measures a person's psychological distress. It has been used in previous OHC studies, the Aboriginal Peoples Survey, and the First Nations Regional Health Survey.

Adults are asked 10 questions about emotional and mental wellbeing in the previous month. Responses range from 1 ("none of the time") to 5 ("all of the time"). Values between 1 and 5 are assigned to each response. All responses are then added based on these categories. Total scores range between 10 and 50. **A score of 10 indicates no distress and a score of 50 indicates severe distress.**

Scores are categorized into **four categories of distress: low (10–15), moderate (16–21), high (22–29), and very high (30–50).**[12]

Figure 8 : Kessler Score, First Nations Adults in Winnipeg

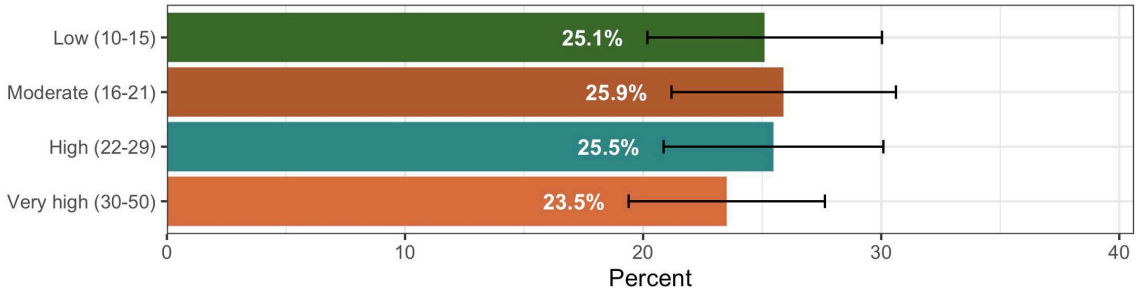
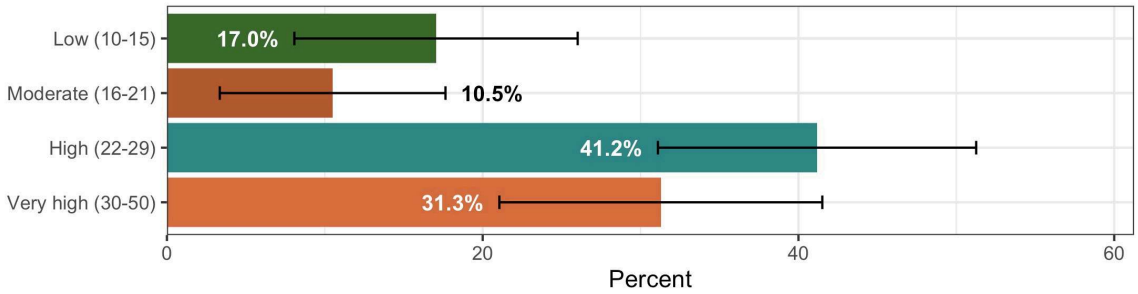


Figure 9: Kessler Score, Metis Adults in Winnipeg



Primary Care PTSD Diagnostic Screen (PC-PTSD)

The Primary Care PTSD Diagnostic Screen (PC-PTSD) was used to measure PTSD symptoms in First Nations and Metis adults in Winnipeg and related homelands.

40% of First Nations and Metis adults in Winnipeg and related homelands have 3 or more PTSD symptoms (Figure 10). 30% of First Nations and Metis adults in Winnipeg have been told by a health care worker that they have a psychological and/or mental health disorder. 1 in 4 of those who received a diagnosis were diagnosed with PTSD. These findings point to gaps in access to mental health diagnoses for PTSD.

41% First Nations adults in Winnipeg and related homelands **have 3 or more PTSD symptoms.**

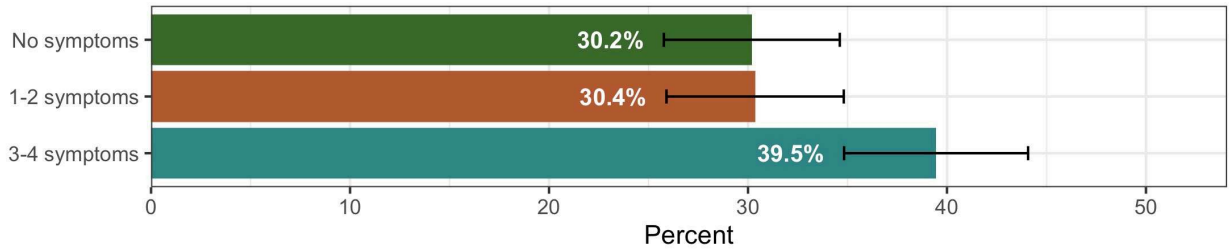
37% Metis adults in Winnipeg and related homelands have 3 or more PTSD symptoms.

HOW DOES THE 4-ITEM PC-PTSD MEASURE PTSD SYMPTOMS?

The PC-PTSD is a 4-item scale used to diagnose PTSD through screening for symptoms of PTSD, such as re-experiencing traumatic events, avoiding situations, being on guard and easily startled, and/or feeling numb/detached from others and surroundings.

Participants who respond "yes" to a minimum of 3 of the 4 PTSD indicators are considered to have a positive PTSD diagnosis.[4,12]

Figure 10: PC-PTSD Diagnostic Screen, First Nations & Metis adults in Winnipeg



Life Promotion & Mental Wellness

Undue psychological distress, thoughts of suicide, and suicide attempts increase when people face socio-economic injustices, including racism and inadequate mental health services, life promotion supports, housing, food, income, and employment opportunities. Cultural connection, freedom from discrimination and violence, and community resources based in First Nations and Metis approaches are central to supporting mental wellness among adults and youth. [5-7]

64% of First Nations and Metis adults in Winnipeg **have had a close friend or family member attempt to die by suicide.**

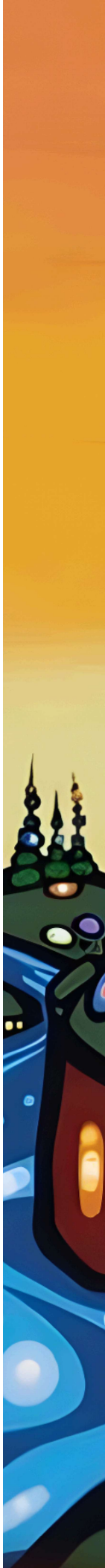
58% of First Nations and Metis adults in Winnipeg **have had a close friend or family member die by suicide.**

67% of First Nations adults in Winnipeg have had a close friend or family member attempt to die by suicide.

64% of First Nations adults **have had a close friend or family member die by suicide.**

51% of Metis adults in Winnipeg have had a close friend or family member attempt to die by suicide.

37% of Metis adults **have had a close friend or family member die by suicide.**



Life Promotion & Mental Wellness

41% of First Nations and Metis adults in Winnipeg have harmed themselves on purpose.

48% of First Nations and Metis adults in Winnipeg **have thought about dying by suicide.** This is **4x higher** than the mainstream population in Canada, where 12% have thought about dying by suicide.

Almost 4 in 10 First Nations and Metis adults in Winnipeg have **attempted to die by suicide.**

41% of First Nations adults in Winnipeg have harmed themselves on purpose.

48% of First Nations adults in Winnipeg **have thought about dying by suicide.**

38% of First Nations adults in Winnipeg **have attempted to die by suicide.**

44% of Metis adults in Winnipeg have harmed themselves on purpose.

More than half (**56%**) of Metis adults in Winnipeg have **thought about dying by suicide.**

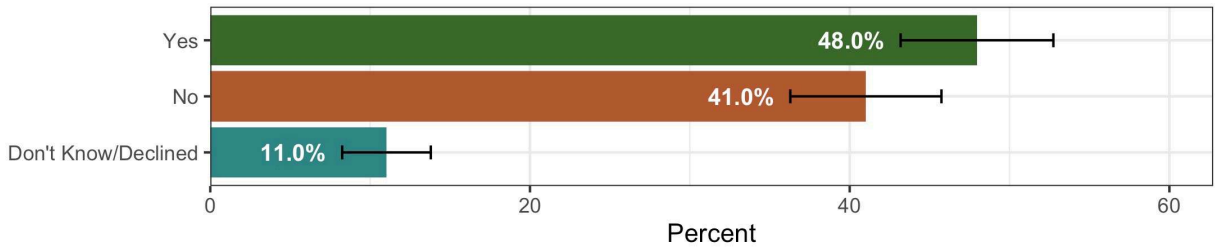
35% of Metis adults in Winnipeg **have attempted to die by suicide.**

When asked about access to community resources, over **1 in 4 First Nations and Metis adults indicated that mental health and suicide prevention services for Indigenous peoples in Winnipeg are inadequate** (Figure 11).

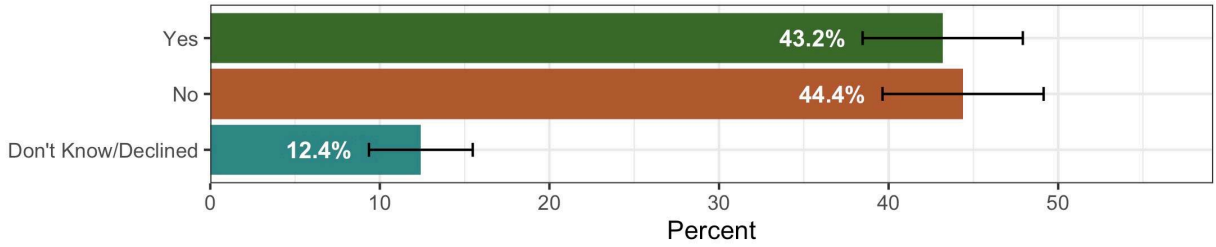
Access to Mental Health & Life Promotion Resources

Figure 11: Do you think there are adequate Indigenous and allied community resources serving Indigenous people in Winnipeg to support the following...?

...mental health services?



...suicide prevention?



Access to Mental & Emotional Health Supports

1 in 4 (25%) First Nations and Metis adults in Winnipeg have experienced discrimination from others because of an emotional or mental health issue. 56% of those who experienced discrimination indicated that it **delayed or prevented them from getting the care or support they needed.**

24% of First Nations adults in Winnipeg have experienced discrimination due to an emotional or mental health issue. 58% of those who experienced discrimination indicated that **it delayed or prevented them from getting the care or support they needed.**

33% of Metis adults in Winnipeg have experienced discrimnation due to an emotional or mental health issue. 59% of those who experienced discrimination indicated that **it delayed or prevented them from getting the care or support they needed.**

Commercial Tobacco, Vaping, & Alcohol

70% of First Nations and Metis adults in Winnipeg and related homelands currently smoke cigarettes. **70% of First Nations adults** and **64% of Metis adults** smoke cigarettes.

These smoking rates are 5x higher than the mainstream Manitoba population (14%).[8]

35% of the First Nations and Metis adult population in Winnipeg have used an e-cigarette or nicotine vaping device in the past 12 months.

32% of First Nations adults have used an e-cigarette or nicotine vaping device in the past 12 months, as have **44% of Metis adults** in Winnipeg.

In comparison, **8% of the mainstream Manitoba population vape.**[8]

63% of the First Nations and Metis adult population in Winnipeg and related homelands have used cannabis in the past 12 months.

66% of First Nations adults have used cannabis in the past 12 months, as have **52% of Metis adults** in Winnipeg.

In comparison, **35% of the mainstream population in Manitoba have used cannabis in the past 12 months.**[9]

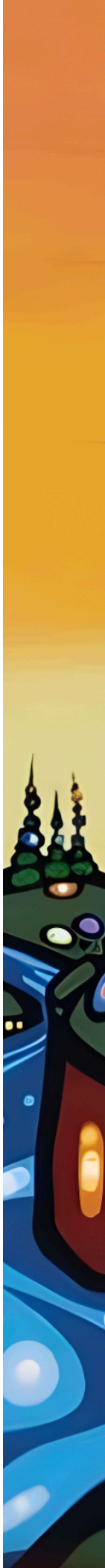
57% of First Nations and Metis adults in Winnipeg consumed alcohol in the past 30 days.

37% of First Nations and Metis females abstain from alcohol or rarely engage (less than once per month) in heavy drinking (4 or more drinks on one occasion).

20% of First Nations and Metis males abstain from alcohol or rarely engage (less than once per month) in heavy drinking (5 or more drinks on one occasion).

62% of First Nations adults in Winnipeg have consumed alcohol in the past 30 days.

34% of Metis adults in Winnipeg have consumed alcohol in the past 30 days.



Substance Use, Overdose, & Access to Treatment

In the past 12 months,

- **23% of First Nations and Metis adults in Winnipeg** have used **crack/cocaine**
- **22%** have used **amphetamines***
- **13%** have used **sedatives or sleeping pills***
- **11%** have used **prescription opiates***

25% of First Nations and Metis adults in Winnipeg have used a needle to inject a drug that wasn't prescribed. 93% of those who injected a drug know where to get clean needles/works in Winnipeg.

In the past 12 months,

- **24% of First Nations adults in Winnipeg** have used **crack/cocaine**
- **21%** have used **amphetamines***
- **13%** have used **sedatives or sleeping pills***
- **12%** have used **prescription opiates***

36% of First Nations adults in Winnipeg have experienced an overdose.
63% have had a close friend or family member die by overdose.

26% of First Nations adults in Winnipeg have used a needle to inject a drug that wasn't prescribed. 92% of those who injected a drug know where to get clean needles/works in Winnipeg.

In the past 12 months,

- **18% of Metis adults in Winnipeg** have used **crack/cocaine**
- **27%** have used **amphetamines***
- **15%** have used **sedatives or sleeping pills***
- **9%** have used **prescription opiates***

14% of Metis adults in Winnipeg have experienced an overdose.
61% have had a close friend or family member die by overdose.

19% of Metis adults in Winnipeg have used a needle to inject a drug that wasn't prescribed. 90% of those who injected a drug know where to get clean needles/works in Winnipeg.

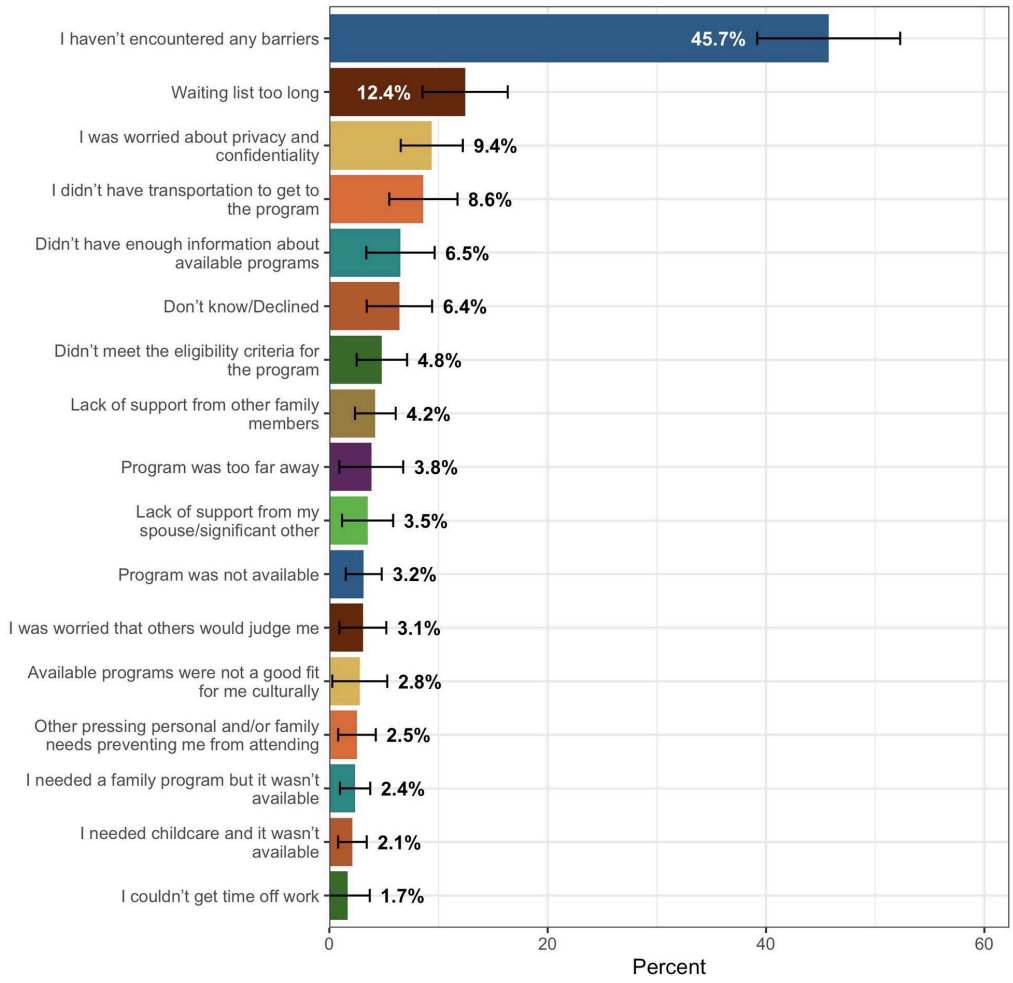
**without a prescription or out of keeping with how they were prescribed*

Substance Use, Overdose, & Access to Treatment

55% of First Nations and Metis adults in Winnipeg have participated in a treatment program for substance use/substance addiction.

Among those who participated in a treatment program, the most frequent barriers to participation include **long waiting list (12%), worries about privacy and confidentiality (9%), and lack of transportation to get to the program (9%)** (Figure 12).

Figure 12: Have you ever encountered any of the following barriers to enrolling and/or participating in substance use/addiction treatment (including after care)?



Almost half (47%) of First Nations and Metis adults in Winnipeg indicate that **there are inadequate overdose prevention resources serving Indigenous people in the city** (i.e., safe consumption sites, mobile overdose prevention services, RAAM clinics)

Criminal Justice

Indigenous adults and youth face disproportionately high incarceration rates. Research shows that higher rates of incarceration among Indigenous people is clearly associated with colonial harms, including systemic racism, histories of family disruption, including CFS involvement, residential schools, and traumatic loss.[14]

More than 7 in 10 First Nations and Metis adults in Winnipeg have been arrested by the police. Half of those arrested **(48%) have spent time in jail.**

70% of Metis adults in Winnipeg have been arrested by the police.

72% First Nations adults in Winnipeg have been arrested by the police.

Access to Health Care & Treatment in Prison

Over 1 in 4 First Nations and Metis adults who served time in prison **did not receive health care services at a time when they needed it.**

28% First Nations adults did not receive health care services at a time when it was needed. 22% Metis adults did not receive health care services at a time when they needed it.

Over 1 in 4 First Nations and Metis adults who served time in prison **did not receive treatment for substance use at a time when they needed it.**

28% of First Nations did not receive treatment for substance use at a time when it was needed. 29% of Metis adults did not receive treatment for substance use at a time when they needed it.

Discrimination in the Justice System

42% of First Nations and Metis adults in Winnipeg who served jail time were treated poorly or unfairly by the justice system because they are Indigenous.

41% of First Nations adults who were incarcerated were treated poorly or unfairly because they are Indigenous.

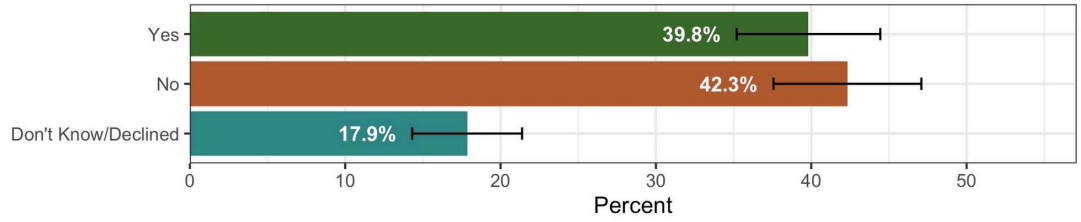
37% of Metis adults who were incarcerated were treated poorly or unfairly because they are Indigenous.

Access to Indigenous & Allied Community Resources

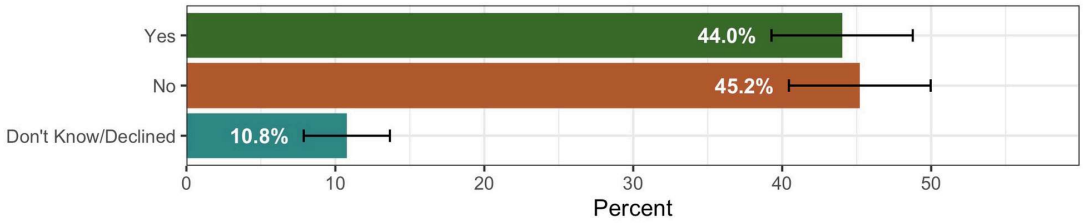
Approximately 4 out of 10 First Nations and Metis adults indicate that there are **inadequate resources in Winnipeg to serve Indigenous people in the following areas related to criminal justice** (Figure 13).

Figure 13: Do you think there are adequate Indigenous and allied community resources serving Indigenous people in Winnipeg to support the following...?

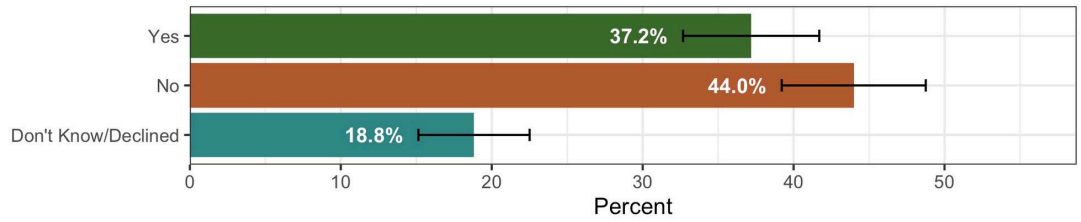
...those dealing with the justice system and/or impacts of incarceration?



....legal services (e.g. justice system, going to court)?



...addressing systemic and institutional violence (police, government, church, industry, outside home)?



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FIRST NATIONS HEALTH AND SOCIAL SECRETARIAT OF MANITOBA

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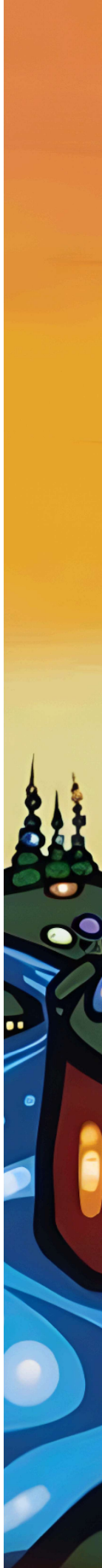
Appendix: Survey Reference Tables

Survey Question (First Nations & Metis Adult Population)	RDS Prevalence Estimate (95% Confidence Interval)
In general, would you say your mental health is…	
Excellent/Very Good/Good	58.6% (54.0, 63.2)
Fair/Poor	41.2% (36.6, 45.8)
Don't Know/Declined	0.2% (0.0, 0.5)
In the past month, how often did you feel happy?	
Every day or almost everyday	55.4% (50.8, 60.1)
1-3 times a week	27.1% (22.8, 31.4)
Once or twice	12.8% (10.1, 15.5)
Never	3.9% (2.8, 5.1)
Don't Know/Declined	0.7% (0.3, 1.1)
In the past month, how often did you feel interested in life?	
Every day or almost everyday	68.3% (64.1, 72.5)
1-3 times a week	16.5% (13.0, 20.0)
Once or twice	5.5% (3.6, 7.5)
Never	8.2% (6.2, 10.3)
Don't Know/Declined	1.5% (0.9, 2.1)
In the past month, how often did you feel satisfied with your life?	
Every day or almost everyday	56.0% (51.4, 60.7)
1-3 times a week	20.9% (17.2, 24.7)
Once or twice	6.6% (4.4, 8.8)
Never	15.2% (12.2, 18.2)
Don't Know/Declined	1.3% (1.1, 1.4)



Appendix: Survey Reference Tables

Survey Question (First Nations & Metis Adult Population)	RDS Prevalence Estimate (95% Confidence Interval)
Thinking about the amount of stress in your life, would you say that most days are…?	
Not at all stressful/Not very stressful	21.6% (17.6, 25.6)
A bit stressful/Quite a bit stressful	71.5% (67.1, 75.8)
Extremely stressful	6.8% (4.3, 9.2)
Don't Know/Declined	0.1% (0.0, 0.5)
Among those who experience stress, how would you rate your ability to handle stress?	
Excellent/Very Good/Good	60.7% (56.2, 65.3)
Fair/Poor	39.0% (34.5, 43.6)
Don't Know/Declined	0.2% (0.0, 0.8)
Sources of personal stress	
Financial situation	47.0% (42.2, 51.8)
Emotional or mental health concern	37.2% (32.7, 41.8)
Time pressures/not enough time	31.3% (26.8, 35.9)
Personal relationships	29.6% (25.1, 34.0)
Physical health concern	27.6% (23.3, 31.9)
Employment/unemployment	27.0% (22.7, 31.2)
Caring for others	25.9% (21.6, 30.3)
Personal and family safety	24.9% (20.7, 29.1)
Other personal or family responsibilities	20.9% (17.0, 24.8)
Discrimination	15.9% (12.2, 19.5)
Caring for your children	14.4% (10.7, 18.2)
School	10.4% (7.4, 13.4)
None	7.8% (5.3, 10.2)
Other	1.3% (0.2, 2.4)
Don’t know/Declined	0.5% (0.0, 1.4)

Appendix: Survey Reference Tables

Survey Question (First Nations & Metis Adult Population)	RDS Prevalence Estimate (95% Confidence Interval)
Have you ever been told by a health care worker that you have a psychological and/or mental health disorder(s)?	
Yes	31.2% (26.8, 35.6)
No	67.5% (63.0, 71.9)
Don't know/Declined	1.3% (0.6, 2.0)
If yes, which psychological and/or mental health disorders have you been told that you have?	
Anxiety	50.6% (42.1, 59.2)
Major depression	39.4% (31.1, 47.7)
Schizophrenia	27.1% (19.4, 34.9)
Post-traumatic stress disorder	25.2% (17.5, 32.9)
Bipolar disorders	22.8% (15.3, 30.4)
Suicidal behaviour	14.4% (7.5, 21.2)
Eating disorders	12.6% (6.6, 18.6)
Personality disorders	11.5% (5.5, 17.5)
Other	10.6% (4.8, 16.4)
Don't know/Declined	0.5% (0.0, 1.3)
Have you ever experienced discrimination from others because of an emotional or mental health problem?	
Yes	24.9% (20.6, 29.1)
No	73.8% (69.5, 78.1)
Don't know/Declined	1.4% (0.6, 2.2)
Did this prevent or delay you from getting the care or support you needed?	
Yes	56.2% (47.5, 64.8)
No	42.3% (33.8, 50.9)
Don't know/Declined	1.5% (0.0, 3.9)
Among people who have been told they have a mental health disorder	
Female	57.8% (49.5, 66.1)
Male	40.6% (32.4, 48.8)
Trans/Gender Queer	0.9% (0.0, 3.6)
Scores on the Kessler Psychological Distress Scale (K10)	
Low (10-15)	23.7% (19.3, 28.1)
Moderate (16-21)	23.6% (19.5, 27.7)
High (22-29)	27.9% (23.7, 32.1)
Very high (30-50)	24.8% (20.8, 28.7)
Total Number of PTSD Symptoms	
3-4 symptoms	39.5% (34.8, 44.1)
1-2 symptoms	30.4% (25.9, 34.8)
No symptoms	30.2% (25.8, 34.6)

Appendix: Survey Reference Tables

Survey Question (First Nations & Metis Adult Population)	RDS Prevalence Estimate (95% Confidence Interval)
Has a close friend or family member ever attempted to die by suicide?	
Yes	63.7% (59.0, 68.3)
No	34.4% (29.8, 39.1)
Don't know/Declined	1.9% (0.6, 3.1)
Has a close friend or family member ever died by suicide?	
Yes	58.4% (53.7, 63.2)
No	39.9% (35.2, 44.6)
Don't know/Declined	1.7% (0.4, 2.9)
Have you ever harmed yourself on purpose?	
Yes	40.6% (36.0, 45.2)
No	58.5% (53.9, 63.1)
Don't know/Declined	0.9% (0.0, 1.9)
Have you ever thought about dying by suicide?	
Yes	48.3% (43.6, 53.0)
No	50.6% (45.9, 55.4)
Don't know/Declined	1.1% (0.0, 2.1)
Have you ever attempted to die by suicide?	
Yes	36.5% (32.2, 40.9)
No	62.4% (58.0, 66.8)
Don't know/Declined	1.1% (0.1, 2.2)

Appendix: Survey Reference Tables

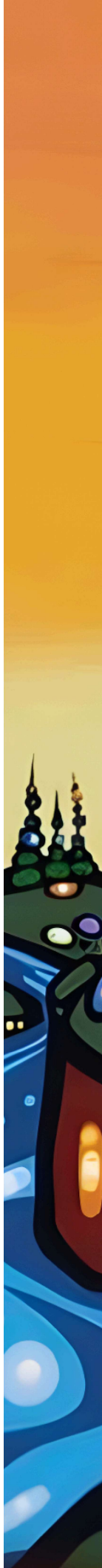
Survey Question (First Nations & Metis Adult Population)	RDS Prevalence Estimate (95% Confidence Interval)
At the present time, do you smoke cigarettes?	
Yes	70.1% (65.7, 74.5)
No	29.9% (25.5, 34.3)
Have you used an e-cigarette or nicotine vaping device in the last 12 months?	
Yes	34.9% (30.3, 39.4)
No	65.1% (60.6, 69.7)
During the past 30 days, have you had a drink of beer, wine, liquor or any other alcoholic beverage?	
Yes	56.7% (52.0, 61.4)
No	41.5% (36.8, 46.2)
Don't know/Declined	1.8% (0.8, 2.9)
During the past 12 months, how often have you had 5 or more drinks on one occasion (identify as female)?	
Never	11.8% (6.4, 17.1)
<1 a month	25.2% (16.0, 34.4)
1-3 times a month	34.8% (25.9, 43.7)
Once a week	5.6% (2.6, 8.5)
More than once a week	14.8% (9.9, 19.7)
Every day	7.7% (2.1, 13.3)
Don't Know/Declined	0.1% (0.0, 0.3)
During the past 12 months, how often have you had 4 or more drinks on one occasion (identify as male)?	
Never	9.3% (5.9, 12.6)
<1 a month	10.3% (5.0, 15.6)
1-3 times a month	42.3% (34.2, 50.4)
Once a week	13.7% (7.8, 19.6)
More than once a week	16.2% (10.3, 22.1)
Every day	7.9% (4.5, 11.3)
Don't Know/Declined	0.4% (0.0, 0.8)
Have you used cannabis/marijuana in the last 12 months?	
Yes	63.2% (58.5, 68.0)
No	35.9% (31.2, 40.6)
Don't know/Declined	0.9% (0.1, 1.6)
Have you used crack/cocaine in the last 12 months?	
Yes	22.9% (19.1, 26.6)
No	76.3% (72.5, 80.1)
Don't know/Declined	0.9% (0.0, 1.8)

Appendix: Survey Reference Tables

Survey Question (First Nations & Metis Adult Population)	RDS Prevalence Estimate (95% Confidence Interval)
Have you used sedatives or sleeping pills in the last 12 months?	
Yes	12.8% (9.7, 16.0)
No	87.1% (83.9, 90.2)
Don't know/Declined	0.1% (0.0, 0.6)
Have you used heroin in the last 12 months?	
Yes	1.8% (0.7, 2.9)
No	98.1% (97.0, 99.2)
Don't know/Declined	0.1% (0.0, 0.2)
Have you used prescription opiates in the last 12 months?	
Yes	10.6% (7.6, 13.6)
No	89.4% (86.4, 92.4)
Have you used hallucinogens in the last 12 months?	
Yes	3.7% (2.1, 5.4)
No	95.8% (94.1, 97.6)
Don't know/Declined	0.4% (0.2, 0.7)
Have you used amphetamines in the last 12 months?	
Yes	21.8% (18.6, 25.0)
No	78.2% (74.9, 81.4)
Don't know/Declined	0.1% (0.0, 0.1)
Have you used inhalants/solvents in the last 12 months?	
Yes	0.8% (0.4, 1.3)
No	99.1% (98.7, 99.6)
Don't know/Declined	0.0% (0.0, 0.1)
Have you ever experienced an overdose?	
Yes	32.4% (27.7, 37.1)
No	67.4% (62.6, 72.1)
Don't know/Declined	0.2% (0.0, 0.6)
Has a close friend or family member ever died by overdose?	
Yes	62.1% (57.4, 66.9)
No	35.0% (30.3, 39.7)
Don't know/Declined	2.9% (1.9, 3.9)
Have you ever participated in a treatment program for substance use/substance addiction?	
Yes	54.1% (49.4, 58.9)
No	45.6% (40.9, 50.4)
Don't know/Declined	0.2% (0.0, 0.4)

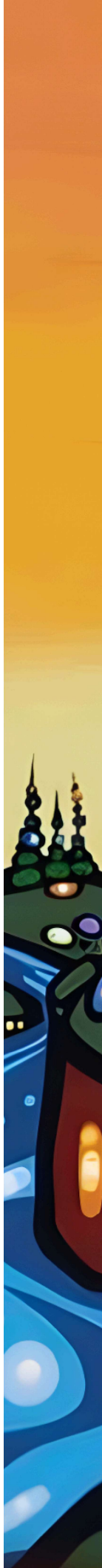
Appendix: Survey Reference Tables

Survey Question (First Nations & Metis Adult Population)	RDS Prevalence Estimate (95% Confidence Interval)
Have you ever encountered any of the following barriers to enrolling and/or participating in substance use/addiction treatment (including after care)?	
I haven't encountered any barriers	45.7% (39.2, 52.3)
Waiting list too long	12.4% (8.5, 16.3)
I was worried about privacy and confidentiality	9.4% (6.5, 12.2)
I didn't have transportation to get to the program	8.6% (5.5, 11.7)
Don't know/Declined	6.5% (3.4, 9.6)
Didn't have enough information about available programs	6.4% (3.4, 9.4)
Didn't meet the eligibility criteria for the program	4.8% (2.5, 7.1)
Lack of support from other family members	4.2% (2.4, 6.1)
Program was too far away	3.8% (0.9, 6.8)
Lack of support from my spouse/significant other	3.5% (1.2, 5.8)
Program was not available	3.2% (1.5, 4.8)
I was worried that others would judge me	3.1% (0.9, 5.2)
Available programs were not a good fit for me culturally	2.8% (0.3, 5.3)
Other pressing personal and/or family needs preventing me from attending	2.5% (0.8, 4.3)
I needed a family program but it wasn't available	2.4% (1.0, 3.7)
I needed childcare and it wasn't available	2.1% (0.8, 3.4)
I couldn't get time off work	1.7% (0.0, 3.7)
Have you ever used a needle to inject any drug that wasn't prescribed to you?	
Yes	24.6% (20.6, 28.7)
No	75.1% (71.1, 79.2)
Don't know/Declined	0.2% (0.0, 0.5)
Do you know where to get clean needles/clean works in Winnipeg?	
Yes	93.2% (87.1, 99.4)
No	6.1% (0.0, 12.3)
Don't know/Declined	0.6% (0.0, 1.6)



Appendix: Survey Reference Tables

Survey Question (First Nations & Metis Adult Population)	RDS Prevalence Estimate (95% Confidence Interval)
Do you think there are adequate Indigenous and allied mental health services serving Indigenous people in Winnipeg?	
Yes	48.0% (43.2, 52.7)
No	41.0% (36.3, 45.7)
Don't know/Declined	11.0% (8.3, 13.8)
Do you think there are adequate Indigenous and allied community resources serving Indigenous people in Winnipeg to support suicide prevention?	
Yes	43.2% (38.5, 47.9)
No	44.4% (39.6, 49.1)
Don't know/Declined	12.4% (9.4, 15.5)
Do you think there are adequate Indigenous and allied community resources serving Indigenous people in Winnipeg with legal services (e.g. justice system, going to court)?	
Yes	44.0% (39.3, 48.8)
No	45.2% (40.5, 50.0)
Don't know/Declined	10.8% (7.9, 13.7)
Do you think there are adequate Indigenous and allied community resources serving Indigenous people in Winnipeg with supports for overdose prevention (i.e., safe consumption sites, mobile overdose prevention services, RAAM clinics)?	
Yes	47.4% (42.7, 52.2)
No	39.0% (34.3, 43.8)
Don't know/Declined	1.5% (10.4, 16.3)
Do you think there are adequate Indigenous and allied community resources serving Indigenous people in Winnipeg to support those dealing with the justice system and/or impacts of incarceration?	
Yes	39.8% (35.2, 44.4)
No	42.3% (37.6, 47.1)
Don't know/Declined	17.9% (14.3, 21.4)
Do you think there are adequate Indigenous and allied community resources serving Indigenous people in Winnipeg to address systemic and institutional violence (police, government, church, industry, outside home)?	
Yes	37.2% (32.7, 41.7)
No	44.0% (39.2, 48.8)
Don't know/Declined	18.8% (15.1, 22.5)



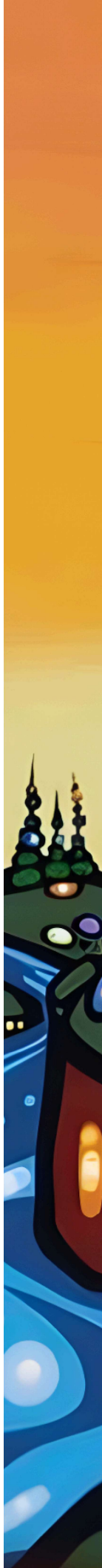
Appendix: Survey Reference Tables

Survey Question (First Nations & Metis Adult Population)	RDS Prevalence Estimate (95% Confidence Interval)
Have you ever been arrested by the police?	
Yes	71.6% (67.0, 76.2)
No	27.8% (23.2, 32.4)
If yes, have you ever done time in jail?	
Yes	48.1% (43.4, 52.9)
No	51.4% (46.7, 56.2)
Don't know/Declined	0.5% (0.0, 1.5)
While in prison or youth detention, was there a time you felt you needed health care services but did not receive them?	
Yes	28.3% (22.3, 34.3)
No	70.9% (64.8, 77.0)
Don't know/Declined	0.8% (0.0, 1.7)
While in prison or youth detention, was there a time you felt you needed treatment for substance use but did not receive it?	
Yes	26.4% (20.2, 32.6)
No	73.1% (66.9, 79.4)
Don't know/Declined	0.4% (0.0, 1.0)
Thinking about your most recent encounter with the justice system, were you treated poorly or unfairly because you are Indigenous?	
Yes	41.8% (34.8, 48.7)
No	58.2% (51.3, 65.2)

Appendix: Survey Reference Tables

Survey Question (Metis Adult Population)	RDS Prevalence Estimate (95% Confidence Interval)
In general, would you say your mental health is…	
Excellent/Very Good/Good	64.1% (53.5, 74.8)
Fair/Poor	35.9% (25.2, 46.5)
Don't Know/Declined	0.0% (0.0, 0.2)
In the past month, how often did you feel happy?	
Every day or almost everyday	56.2% (45.8, 66.7)
1-3 times a week	33.7% (23.3, 44.0)
Once or twice	5.6% (3.0, 8.1)
Never	4.4% (0.0, 9.0)
Don't Know/Declined	0.1% (0.0, 0.6)
In the past month, how often did you feel interested in life?	
Every day or almost everyday	68.4% (59.1, 77.6)
1-3 times a week	20.1% (12.5, 27.7)
Once or twice	8.0% (3.2, 12.9)
Never	3.3% (0.0, 7.6)
Don't Know/Declined	0.1% (0.0, 0.4)
In the past month, how often did you feel satisfied with your life?	
Every day or almost everyday	56.0% (45.3, 66.7)
1-3 times a week	26.7% (17.3, 36.1)
Once or twice	6.8% (2.0, 11.6)
Never	10.1% (3.4, 16.8)
Don't Know/Declined	0.4% (0.1, 0.7)

Legend
Low variance (<+/-10)
Moderate variance (<+/-15)
High variance (>+/-15)



Appendix: Survey Reference Tables

Survey Question (Metis Adult Population)	RDS Prevalence Estimate (95% Confidence Interval)
Thinking about the amount of stress in your life, would you say that most days are…?	
Not at all stressful/Not very stressful	14.4% (7.3, 21.6)
A bit stressful/Quite a bit stressful	75.2% (66.2, 84.1)
Extremely stressful	10.3% (4.3, 16.3)
Don't Know/Declined	0.1% (0.0, 0.5)
Among those who experience stress, how would you rate your ability to handle stress?	
Excellent/Very Good/Good	70.8% (60.8, 80.9)
Fair/Poor	29.2% (19.1, 39.2)
Sources of personal stress	
Financial situation	52.2% (42.1, 62.4)
Emotional or mental health concern	41.0% (30.5, 51.5)
Physical health concern	33.7% (23.9, 43.6)
Personal relationships	33.3% (23.0, 43.6)
Time pressures/not enough time	26.7% (16.4, 37.0)
Employment/unemployment	25.3% (15.6, 34.9)
Discrimination	20.0% (11.2, 28.8)
Other personal or family responsibilities	18.9% (9.9, 27.8)
Personal and family safety	17.6% (8.9, 26.4)
Caring for others	16.9% (7.7, 26.1)
Caring for your children	16.4% (7.7, 25.2)
None	11.6% (6.0, 17.1)
Other	1.2% (0.0, 2.9)
Don’t know/Declined	0.1% (0.0, 0.3)

Appendix: Survey Reference Tables

Survey Question (Metis Adult Population)	RDS Prevalence Estimate (95% Confidence Interval)
Have you ever been told by a health care worker that you have a psychological and/or mental health disorder(s)?	
Yes	40.5% (29.8, 51.2)
No	59.5% (48.8, 70.2)
Don't know/Declined	0.0% (0.0, 0.2)
If yes, which psychological and/or mental health disorders have you been told that you have?	
Anxiety	62.4% (45.2, 79.6)
Major depression	59.6% (41.7, 77.4)
Post-traumatic stress disorder	42.4% (24.6, 60.3)
Suicidal behaviour	41.6% (21.9, 61.3)
Eating disorders	39.8% (22.2, 57.4)
Bipolar disorders	33.8% (18.5, 49.0)
Schizophrenia	30.7% (14.5, 46.8)
Personality disorders	29.7% (13.7, 45.7)
Other	14.6% (1.2, 28.0)
Have you ever experienced discrimination from others because of an emotional or mental health problem?	
Yes	32.8% (22.5, 43.2)
No	67.1% (56.8, 77.4)
Don't know/Declined	0.1% (0.0, 0.5)
Did this prevent or delay you from getting the care or support you needed?	
Yes	58.9% (40.3, 77.5)
No	41.1% (22.5, 59.7)
Scores on the Kessler Psychological Distress Scale (K10)	
Low (10-15)	17.0% (8.1, 26.0)
Moderate (16-21)	10.5% (3.3, 17.6)
High (22-29)	41.2% (31.1, 51.3)
Very high (30-50)	31.3% (21.1, 41.5)
Total Number of PTSD Symptoms	
3-4 symptoms	37.2% (26.7, 47.6)
1-2 symptoms	24.5% (15.3, 33.7)
No symptoms	38.4% (28.0, 48.7)

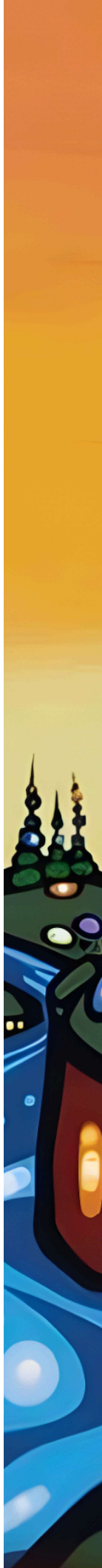
Legend
Low variance (<+/-10)
Moderate variance (<+/-15)
High variance (>+/-15)

Appendix: Survey Reference Tables

Survey Question (Metis Adult Population)	RDS Prevalence Estimate (95% Confidence Interval)
Has a close friend or family member ever attempted to die by suicide?	
Yes	51.4% (40.8, 62.0)
No	47.8% (37.3, 58.4)
Don't know/Declined	0.8% (0.0, 3.8)
Has a close friend or family member ever died by suicide?	
Yes	37.0% (26.5, 47.5)
No	62.1% (51.6, 72.6)
Don't know/Declined	0.9% (0.0, 4.2)
Have you ever harmed yourself on purpose?	
Yes	43.9% (33.0, 54.7)
No	55.6% (44.7, 66.5)
Don't know/Declined	0.6% (0.0, 3.3)
Have you ever thought about dying by suicide?	
Yes	55.7% (45.3, 66.1)
No	43.8% (33.4, 54.1)
Don't know/Declined	0.6% (0.0, 3.3)
Have you ever attempted to die by suicide?	
Yes	35.3% (24.7, 46.0)
No	64.1% (53.4, 74.7)
Don't know/Declined	0.6% (0.0, 3.3)

Appendix: Survey Reference Tables

Survey Question (Metis Adult Population)	RDS Prevalence Estimate (95% Confidence Interval)
At the present time, do you smoke cigarettes?	
Yes	64.2% (53.9, 74.4)
No	35.8% (25.6, 46.1)
Have you used an e-cigarette or nicotine vaping device in the last 12 months?	
Yes	44.1% (33.3, 54.8)
No	55.9% (45.2, 66.7)
During the past 30 days, have you had a drink of beer, wine, liquor or any other alcoholic beverage?	
Yes	33.8% (23.2, 44.4)
No	66.2% (55.6, 76.8)
During the past 12 months, how often have you had 5 or more drinks on one occasion (identify as female)?	
Never	13.4% (0.0, 34.8)
<1 a month	34.3% (11.7, 56.9)
1-3 times a month	13.6% (0.6, 26.6)
Once a week	20.6% (12.4, 28.7)
More than once a week	3.3% (0.0, 8.8)
Every day	13.2% (0.0, 39.4)
Don't Know/Declined	1.6% (0.0, 3.5)
During the past 12 months, how often have you had 4 or more drinks on one occasion (identify as male)?	
Never	10.3% (0.0, 26.0)
<1 a month	8.1% (0.0, 17.5)
1-3 times a month	45.9% (23.9, 67.9)
Once a week	6.5% (0.0, 21.7)
More than once a week	26.5% (4.9, 48.1)
Every day	2.7% (0.0, 7.1)
Have you used cannabis/marijuana in the last 12 months?	
Yes	52.1% (41.8, 62.4)
No	46.4% (36.0, 56.7)
Don’t know/Declined	1.6% (0.0, 3.4)
Have you used crack/cocaine in the last 12 months?	
Yes	18.3% (10.0, 26.6)
No	81.1% (72.8, 89.4)
Don’t know/Declined	0.6% (0.0, 1.4)



Appendix: Survey Reference Tables

Survey Question (Metis Adult Population)	RDS Prevalence Estimate (95% Confidence Interval)
Have you used sedatives or sleeping pills in the last 12 months?	
Yes	14.6% (7.1, 22.0)
No	85.4% (78.0, 92.9)
Have you used heroin in the last 12 months?	
Yes	2.3% (0.1, 4.5)
No	97.2% (94.9, 99.5)
Don't know/Declined	0.5% (0.0, 1.1)
Have you used prescription opiates in the last 12 months?	
Yes	9.2% (1.9, 16.4)
No	90.8% (83.6, 98.1)
Have you used hallucinogens in the last 12 months?	
Yes	4.5% (0.0, 9.5)
No	95.5% (90.5, 100.0)
Have you used amphetamines in the last 12 months?	
Yes	26.8% (18.4, 35.1)
No	73.0% (64.7, 81.4)
Don't know/Declined	0.2% (0.0, 0.5)
Have you used inhalants/solvents in the last 12 months?	
Yes	0.9% (0.0, 2.1)
No	99.0% (97.8, 100.0)
Don't know/Declined	0.1% (0.0, 0.3)
Have you ever experienced an overdose?	
Yes	14.1% (4.7, 23.6)
No	85.9% (76.4, 95.3)
Has a close friend or family member ever died by overdose?	
Yes	61.4% (50.8, 72.0)
No	37.9% (27.3, 48.5)
Don't know/Declined	0.7% (0.0, 2.9)
Have you ever participated in a treatment program for substance use/substance addiction?	
Yes	53.7% (43.0, 64.4)
No	46.3% (35.6, 57.0)

Appendix: Survey Reference Tables

Survey Question (Metis Adult Population)	RDS Prevalence Estimate (95% Confidence Interval)
Have you ever encountered any of the following barriers to enrolling and/or participating in substance use/addiction treatment (including after care)?	
I haven't encountered any barriers	63.2% (48.0, 78.3)
I didn't have transportation to get to the program	10.8% (1.5, 20.0)
Waiting list too long	10.1% (2.6, 17.5)
I needed a family program but it wasn't available	7.0% (0.3, 13.6)
I was worried about privacy and confidentiality	5.7% (0.0, 14.2)
Lack of support from other family members	5.1% (0.6, 9.5)
I was worried that others would judge me	4.3% (1.6, 7.0)
I needed childcare and it wasn't available	2.9% (1.9, 4.0)
Didn't have enough information about available programs	2.5% (0.0, 6.8)
Program was too far away	2.3% (0.0, 10.9)
Available programs were not a good fit for me culturally	1.8% (0.0, 5.1)
Program was not available	1.5% (0.0, 4.0)
Didn't meet the eligibility criteria for the program	0.9% (0.0, 4.7)
Lack of support from my spouse/significant other	0.9% (0.0, 4.1)
I couldn't get time off work	0.7% (0.0, 3.5)
Other pressing personal and/or family needs preventing me from attending	0.6% (0.0, 4.0)
Don't know/Declined	0.1% (0.0, 0.4)
Have you ever used a needle to inject any drug that wasn't prescribed to you?	
Yes	18.7% (10.0, 27.5)
No	81.2% (72.4, 90.0)
Don't know/Declined	0.1% (0.0, 0.6)
Do you know where to get clean needles/clean works in Winnipeg?	
Yes	89.7% (69.5, 100.0)
No	10.3% (0.0, 30.5)

Legend
Low variance (<+/-10)
Moderate variance (<+/-15)
High variance (>+/-15)

Appendix: Survey Reference Tables

Survey Question (Metis Adult Population)	RDS Prevalence Estimate (95% Confidence Interval)
Have you ever been arrested by the police?	
Yes	70.4% (59.9, 81.0)
No	29.6% (19.0, 40.1)
If yes, have you ever done time in jail?	
Yes	49.1% (38.3, 59.8)
No	50.9% (40.1, 61.7)
Don't know/Declined	0.0% (0.0, 0.0)
While in prison or youth detention, was there a time you felt you needed health care services but did not receive them?	
Yes	21.5% (7.6, 35.3)
No	78.5% (64.7, 92.4)
While in prison or youth detention, was there a time you felt you needed treatment for substance use but did not receive it?	
Yes	28.8% (12.0, 45.5)
No	70.6% (53.8, 87.3)
Don't know/Declined	0.7% (0.0, 2.7)
Thinking about your most recent encounter with the justice system, were you treated poorly or unfairly because you are Indigenous?	
Yes	36.9% (19.8, 54.1)
No	63.1% (45.9, 80.2)

Legend
Low variance (<+/-10)
Moderate variance (<+/-15)
High variance (>+/-15)

FIRST NATIONS HEALTH AND SOCIAL SECRETARIAT OF MANITOBA

Well Living House

Appendix: Survey Reference Tables

Survey Question (First Nations Adult Population)	RDS Prevalence Estimate (95% Confidence Interval)
In general, would you say your mental health is…	
Excellent/Very Good/Good	56.8% (51.7, 61.8)
Fair/Poor	43.0% (37.9, 48.1)
Don't Know/Declined	0.2% (0.0, 0.5)
In the past month, how often did you feel happy?	
Every day or almost everyday	54.3% (49.2, 59.5)
1-3 times a week	26.5% (21.8, 31.2)
Once or twice	11.4% (11.4, 17.9)
Never	3.7% (2.9, 4.5)
Don't Know/Declined	0.8% (0.3, 1.3)
In the past month, how often did you feel interested in life?	
Every day or almost everyday	67.7% (63.1, 72.4)
1-3 times a week	16.0% (12.1, 19.9)
Once or twice	5.5% (3.4, 7.6)
Never	9.1% (6.7, 11.4)
Don't Know/Declined	1.7% (1.0, 2.4)
In the past month, how often did you feel satisfied with your life?	
Every day or almost everyday	55.8% (50.8, 60.9)
1-3 times a week	19.9% (15.9, 23.8)
Once or twice	6.4% (4.0, 8.9)
Never	16.4% (13.1, 19.8)
Don't Know/Declined	1.4% (1.3, 1.6)

Appendix: Survey Reference Tables

Survey Question (First Nations Adult Population)	RDS Prevalence Estimate (95% Confidence Interval)
Thinking about the amount of stress in your life, would you say that most days are…?	
Not at all stressful/Not very stressful	23.2% (18.6, 27.8)
A bit stressful/Quite a bit stressful	70.0% (65.1, 74.9)
Extremely stressful	6.6% (4.1, 9.2)
Don't Know/Declined	0.2% (0.0, 0.5)
How would you rate your ability to handle stress?	
Excellent/Very Good/Good	57.9% (52.8, 63.0)
Fair/Poor	41.8% (36.8, 46.9)
Don't Know/Declined	0.3% (0.0, 0.9)
Sources of personal stress	
Financial situation	46.4% (41.1, 51.7)
Emotional or mental health concern	37.2% (32.2, 42.2)
Time pressures/not enough time	32.9% (27.9, 38.0)
Personal relationships	28.7% (23.8, 33.6)
Caring for others	28.6% (23.7, 33.5)
Employment/unemployment	27.3% (22.6, 32.0)
Personal and family safety	26.3% (21.5, 31.0)
Physical health concern	25.9% (21.3, 30.5)
Other personal or family responsibilities	21.4% (17.0, 25.7)
Caring for your children	15.2% (11.0, 19.4)
Discrimination	14.9% (11.0, 18.8)
School	11.4% (8.0, 14.8)
None	6.8% (4.3, 9.4)
Other	1.3% (0.0, 2.6)
Don’t know/Declined	0.6% (0.0, 1.6)

Appendix: Survey Reference Tables

Survey Question (First Nations Adult Population)	RDS Prevalence Estimate (95% Confidence Interval)
Have you ever been told by a health care worker that you have a psychological and/or mental health disorder(s)?	
Yes	30.5% (25.7, 35.4)
No	67.9% (63.0, 72.8)
Don't know/Declined	1.6% (0.7, 2.4)
If yes, which psychological and/or mental health disorders have you been told that you have?	
Anxiety	47.7% (38.3, 57.2)
Major depression	31.8% (23.0, 40.5)
Schizophrenia	25.1% (16.3, 33.9)
Post-traumatic stress disorder	19.5% (11.5, 27.4)
Bipolar disorders	18.9% (10.6, 27.3)
Other	9.6% (3.3, 16.0)
Suicidal behaviour	8.3% (2.2, 14.3)
Eating disorders	8.2% (2.0, 14.3)
Personality disorders	6.3% (0.5, 12.2)
Don't know/Declined	0.6% (0.0, 1.5)
Have you ever experienced discrimination from others because of an emotional or mental health problem?	
Yes	23.7% (19.1, 28.3)
No	74.7% (70.1, 79.3)
Don't know/Declined	1.6% (0.7, 2.6)
Did this prevent or delay you from getting the care or support you needed?	
Yes	58.1% (48.8, 67.4)
No	39.9% (30.8, 49.1)
Don't know/Declined	1.9% (0.0, 5.0)
Scores on the Kessler Psychological Distress Scale (K10)	
Low (10-15)	25.1% (20.2, 30.0)
Moderate (16-21)	25.9% (21.2, 30.6)
High (22-29)	25.5% (20.9, 30.1)
Very high (30-50)	23.5% (19.4, 27.6)
Total Number of PTSD Symptoms	
3-4 symptoms	41.3% (36.1, 46.4)
1-2 symptoms	30.7% (25.7, 35.6)
No symptoms	28.1% (23.3, 32.8)

Appendix: Survey Reference Tables

Survey Question (First Nations Adult Population)	RDS Prevalence Estimate (95% Confidence Interval)
Have you ever been arrested by the police?	
Yes	72.3% (67.3, 77.4)
No	27.0% (22.0, 31.9)
Don't know/Declined	0.7% (0.0, 2.0)
If yes, have you ever done time in jail?	
Yes	49.2% (44.2, 54.7)
No	50.0% (44.8, 55.3)
Don't know/Declined	0.6% (0.0, 1.8)
While in prison or youth detention, was there a time you felt you needed health care services but did not receive them?	
Yes	28.4% (22.0, 34.7)
No	70.7% (64.3, 77.1)
Don't know/Declined	1.0% (0.0, 2.0)
While in prison or youth detention, was there a time you felt you needed treatment for substance use but did not receive it?	
Yes	27.9% (21.2, 34.5)
No	71.8% (65.1, 78.5)
Don't know/Declined	0.3% (0.0, 0.9)
Thinking about your most recent encounter with the justice system, were you treated poorly or unfairly because you are Indigenous?	
Yes	41.1% (33.7, 48.6)
No	58.9% (51.4, 66.3)

Appendix: Survey Reference Tables

Survey Question (First Nations Adult Population)	RDS Prevalence Estimate (95% Confidence Interval)
Has a close friend or family member ever attempted to die by suicide?	
Yes	67.3% (62.3, 72.3)
No	30.7% (25.7, 35.6)
Don't know/Declined	2.1% (0.7, 3.4)
Has a close friend or family member ever died by suicide?	
Yes	64.1% (59.0, 69.2)
No	34.1% (29.1, 39.1)
Don't know/Declined	1.8% (0.5, 3.1)
Have you ever harmed yourself on purpose?	
Yes	40.7% (35.7, 45.7)
No	58.3% (53.3, 63.3)
Don't know/Declined	1.0% (0.0, 1.9)
Have you ever thought about dying by suicide?	
Yes	47.7% (42.5, 52.9)
No	51.2% (45.9, 56.4)
Don't know/Declined	1.2% (0.1, 2.3)
Have you ever attempted to die by suicide?	
Yes	37.8% (33.1, 42.6)
No	61.0% (56.2, 65.8)
Don't know/Declined	1.2% (0.1, 2.3)

Appendix: Survey Reference Tables

Survey Question (First Nations Adult Population)	RDS Prevalence Estimate (95% Confidence Interval)
At the present time, do you smoke cigarettes?	
Yes	70.3% (65.5, 75.1)
No	29.7% (24.9, 34.5)
Have you used an e-cigarette or nicotine vaping device in the last 12 months?	
Yes	32.3% (27.5, 37.1)
No	67.7% (62.9, 72.5)
During the past 30 days, have you had a drink of beer, wine, liquor or any other alcoholic beverage?	
Yes	61.6% (56.4, 66.8)
No	36.2% (31.0, 41.3)
Don't know/Declined	2.2% (0.9, 3.5)
During the past 12 months, how often have you had 5 or more drinks on one occasion (identify as female)?	
Never	11.6% (6.4, 16.8)
<1 a month	24.4% (14.6, 34.1)
1-3 times a month	36.8% (27.2, 46.5)
Once a week	4.2% (1.0, 7.4)
More than once a week	15.8% (10.3, 21.3)
Every day	7.2% (1.8, 12.6)
During the past 12 months, how often have you had 4 or more drinks on one occasion (identify as male)?	
Never	9.0% (6.6, 11.3)
<1 a month	10.2% (4.3, 16.1)
1-3 times a month	40.9% (31.8, 49.9)
Once a week	14.2% (7.7, 20.6)
More than once a week	17.0% (10.3, 23.8)
Every day	8.4% (4.4, 12.3)
Don't Know/Declined	0.4% (0.0, 1.0)
Have you used cannabis/marijuana in the last 12 months?	
Yes	66.0% (60.8, 71.2)
No	33.0% (27.8, 38.2)
Don't know/Declined	1.0% (0.1, 2.0)
Have you used crack/cocaine in the last 12 months?	
Yes	24.3% (20.1, 28.5)
No	70.5% (70.5, 79.1)
Don't know/Declined	0.9% (0.0, 2.0)

Appendix: Survey Reference Tables

Survey Question (First Nations Adult Population)	RDS Prevalence Estimate (95% Confidence Interval)
Have you used sedatives or sleeping pills in the last 12 months?	
Yes	13.3% (9.7, 16.8)
No	86.6% (83.0, 90.2)
Don't know/Declined	0.1% (0.0, 0.7)
Have you used heroin in the last 12 months?	
Yes	1.6% (0.4, 2.8)
No	98.4% (97.1, 99.6)
Don't know/Declined	0.0% (0.0, 0.1)
Have you used prescription opiates in the last 12 months?	
Yes	11.7% (8.3, 15.2)
No	88.3% (84.8, 91.7)
Have you used hallucinogens in the last 12 months?	
Yes	3.6% (1.9, 5.4)
No	95.9% (94.1, 97.7)
Don't know/Declined	0.5% (0.2, 0.8)
Have you used amphetamines in the last 12 months?	
Yes	20.6% (17.3, 24.0)
No	79.4% (76.0, 82.7)
Don't know/Declined	0.0% (0.0, 0.1)
Have you used inhalants/solvents in the last 12 months?	
Yes	0.9% (0.4, 1.4)
No	99.1% (98.6, 99.6)
Don't know/Declined	0.0% (0.0, 0.0)
Have you ever experienced an overdose?	
Yes	35.8% (30.5, 41.1)
No	63.9% (58.6, 69.2)
Don't know/Declined	0.3% (0.0, 0.7)
Has a close friend or family member ever died by overdose?	
Yes	63.1% (57.9, 68.2)
No	33.7 (28.5, 38.8)
Don't know/Declined	3.3% (2.1, 4.4)
Have you ever participated in a treatment program for substance use/substance addiction?	
Yes	55.1% (49.8, 60.3)
No	44.7% (39.4, 49.9)
Don't know/Declined	0.3% (0.0, 0.5)

Appendix: Survey Reference Tables

Survey Question (First Nations Adult Population)	RDS Prevalence Estimate (95% Confidence Interval)
Have you ever encountered any of the following barriers to enrolling and/or participating in substance use/addiction treatment (including after care)?	
I haven't encountered any barriers	43.1% (36.0, 50.2)
Waiting list too long	12.3% (8.0, 16.7)
I was worried about privacy and confidentiality	9.8% (7.1, 12.6)
I didn't have transportation to get to the program	8.7% (5.5, 11.9)
Don't know/Declined	7.5% (4.0, 11.1)
Didn't have enough information about available programs	7.1% (3.5, 10.8)
Didn't meet the eligibility criteria for the program	5.6% (2.9, 8.4)
Lack of support from other family members	4.0% (1.1, 6.9)
Program was too far away	3.9% (1.2, 6.6)
Lack of support from my spouse/significant other	3.9% (1.9, 5.9)
Program was not available	3.4% (1.4, 5.3)
Available programs were not a good fit for me culturally	3.0% (0.1, 5.8)
Other pressing personal and/or family needs preventing me from attending	2.8% (1.0, 4.7)
I was worried that others would judge me	2.7% (0.2, 5.2)
I needed childcare and it wasn't available	1.8% (0.3, 3.4)
I couldn't get time off work	1.8% (0.0, 4.2)
I needed a family program but it wasn't available	1.2% (0.8, 1.6)
Have you ever used a needle to inject any drug that wasn't prescribed to you?	
Yes	25.9% (21.4, 30.4)
No	73.8% (69.3, 78.3)
Don't know/Declined	0.3% (0.0, 0.5)
Do you know where to get clean needles/clean works in Winnipeg?	
Yes	92.3% (85.1, 99.5)
No	7.0% (0.0, 14.1)
Don't know/Declined	0.7% (0.0, 1.9)

Appendix: Survey Reference Tables

Survey Question (First Nations Adult Population)	RDS Prevalence Estimate (95% Confidence Interval)
Have you ever been arrested by the police?	
Yes	72.3% (67.3, 77.4)
No	27.0% (22.0, 31.9)
Don't know/Declined	0.7% (0.0, 2.0)
If yes, have you ever done time in jail?	
Yes	49.2% (44.2, 54.7)
No	50.0% (44.8, 55.3)
Don't know/Declined	0.6% (0.0, 1.8)
While in prison or youth detention, was there a time you felt you needed health care services but did not receive them?	
Yes	28.4% (22.0, 34.7)
No	70.7% (64.3, 77.1)
Don't know/Declined	1.0% (0.0, 2.0)
While in prison or youth detention, was there a time you felt you needed treatment for substance use but did not receive it?	
Yes	27.9% (21.2, 34.5)
No	71.8% (65.1, 78.5)
Don't know/Declined	0.3% (0.0, 0.9)
Thinking about your most recent encounter with the justice system, were you treated poorly or unfairly because you are Indigenous?	
Yes	41.1% (33.7, 48.6)
No	58.9% (51.4, 66.3)

Ambe Widamidnid Ishi Ma'am

A-ya-mi-hi-na-n

Vien t'assir pi parli avec nosoote

Tunngasugit

Talk With Us

Aboriginal Health & Wellness Centre of Winnipeg, Inc.

FIRST NATIONS HEALTH AND SOCIAL SECRETARIAT OF MANITOBA

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