

Focus on Substance Use in Yukon

Highlights from the 2015 Yukon Health Status Report

“When people are having problems, it’s time to stop asking what’s wrong with them, and start asking what happened to them.” *

Substance use has a substantial impact in Yukon



Many Yukoners ages 20 and over report heavy drinking: over 35% of men and 27% of women.

1,000

Yukon adults ages 25 and over make an average of over 1,000 visits to the Emergency Department annually for problems directly associated with drug and/or alcohol use.

46%

46% of the Yukon population indicated they had experienced at least one harm in the last year as a result of another person’s drinking or drug use.



Children and youth in Yukon are more likely to use substances than their Canadian counterparts.

Learning from the First Nations perspective on substance use and addictions

35%

More First Nations people are non-drinkers than among Canadians overall (35% vs. 20%).



The impacts of residential schools continue to influence well-being for many families and individuals, including the children and grandchildren of survivors.



Healing is a long, gradual and multigenerational process that must occur at both the community and the individual level.

Rethinking addictions



We now know that addiction is much more than behaviour: it is a disease rooted in the brain, and unless adequately treated, is an unrelenting chronic condition.



Addiction is a disease without boundaries. Successful business people, teachers, professionals, religious leaders, single mothers, wives or husbands who stay at home...any of these people can struggle with addictions.



There is growing evidence that problematic substance use is shaped by multiple early and ongoing life experiences, factors and conditions.

The road to recovery is long...but possible



Whether for tobacco, alcohol, or drugs, it may take several attempts to achieve a goal of abstinence.

Successful addiction treatment may require setting aside the view that problematic substance use is a personal or moral failure.

A wide range of services are available to Yukon residents who are facing challenges with substance use. Primary care providers, the Government of Yukon and services provided by First Nations and non-profit or private organizations all play a role.

To read the full report, visit: hss.gov.yk.ca