

2013-2014

# ANNUAL REPORT



*Miyupimaatsiun*  
CHISASIBI WELLNESS

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## INTRODUCTION

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During the period 2007 through 2013, Health Canada through its National Anti-Drug Strategy has been working with First Nations and Inuit communities in the implementation of Mental Wellness Team (MWT) pilot projects.

This important work in the area of mental wellness is informed by the Mental Wellness Advisory Committee (MWAC), established in 2005. The goals of MWTs align with the five priority goals of MWAC's Strategic Action Plan which are:

1. To support the **development of a coordinated continuum of mental wellness services** for and by First Nations and Inuit including traditional, cultural and mainstream approaches.
2. To **disseminate and share knowledge** about promising traditional, cultural and mainstream approaches to mental wellness.
3. To **support and recognize the community as its own best resource** by acknowledging diverse ways of knowing, and by developing community capacity to improve mental wellness.
4. To **enhance the knowledge, skills, recruitment and retention of a mental wellness and allied services workforce** able to provide effective and culturally safe services and supports for First Nations and Inuit.
5. To **clarify and strengthen collaborative relationships** between mental health, addictions and related human services and between federal, provincial, territorial and First Nations and Inuit delivered programs and services.

These Mental Wellness Team pilot projects each comprise **unique models** which **respond to their respective community needs** but nonetheless share the goal of demonstrating the 5 pillars of the MWAC strategy.

The Chisasibi Mental Wellness Team (CMWT) received a three year (2013-2016) funding envelope of \$250,000.00/year.

The CMWT is comprised of:

Larry House, CMWT Coordinator  
Open, CMWT Case Manager  
Natasha Bates, CMWT Office Manager  
Ioana Radu, Programming and Planning Coordinator  
Open, Community Addictions Workers (2)

## THE CHISASIBI MENTAL WELLNESS

The following describes the work of the CMWT for the year 2013-2014 and 2014-2015 (February to October 1<sup>st</sup>, 2014)

MWT Priority Goal	CMWT activity
<b><i>Development of a coordinated continuum of mental wellness services</i></b>	<ul style="list-style-type: none"> <li>• Land-based program: 2 intakes</li> <li>• Sundance (July)</li> <li>• Elders Lodge (Feb. 24 to Mar. 08, 2014)</li> <li>• Round Dance (March)</li> <li>• PowWow (August)</li> <li>• Secured external funding: \$16,100.00 NYASPS; Justice Canada pending</li> </ul>
<b><i>Disseminate and share knowledge</i></b>	<ul style="list-style-type: none"> <li>• Launched Facebook Page</li> <li>• Launched website: <a href="http://www.chisasibiwellness.ca">www.chisasibiwellness.ca</a></li> <li>• Presentation to Miyupimaatisiun Committee (April, July, 2014)</li> <li>• Presentation to CBHSSJB local directors (February, April &amp; July 2014)</li> <li>• Presentation to Chief and Council (October 2013; March 4, 2014)</li> <li>• Presentation to Addictions Working Group (March 17)</li> <li>• Healing with the Land (Whitehorse) MWT Conference</li> <li>• Honoring our Strengths Conference               <ul style="list-style-type: none"> <li>○ Ranked Best workshop and selected to produce toolkit for NNAPF</li> </ul> </li> <li>• First Nations Health Managers Conference (Vancouver)               <ul style="list-style-type: none"> <li>○ Received travel support for New Zealand Healing our Spirit Worldwide (2015)</li> </ul> </li> </ul>
<b><i>Support and recognize the community as its own best resource</i></b>	<ul style="list-style-type: none"> <li>• Hired 23 local resources for culture-based activities/services</li> <li>• Hired CMWT Administrative Manager</li> </ul>
<b><i>Enhance the knowledge, skills, recruitment and retention</i></b>	<ul style="list-style-type: none"> <li>• 10 participants – Community Addictions Workers with Nechi Institute</li> <li>• Developed Land-based program manual (with CBHSSJB)</li> <li>• Developed Land-based toolkit (with NNAPF)</li> </ul>
<b><i>Clarify and strengthen collaborative relationships</i></b>	<ul style="list-style-type: none"> <li>• Representative on CBHSSJB Addictions Working Group</li> <li>• Miyupimaatisiun Committee resolutions (#2014-05-0001 through 2014-05-0006)</li> <li>• Justice Committee ongoing (presentation February 2004)</li> </ul>

## WORK PLAN 2014-2015 (OCTOBER TO MARCH)

The following is a tentative annual work plan. Other activities may take place depending on emerging needs and contexts.

MWT Priority Goal	CMWT activity
<b><i>Development of a coordinated continuum of mental wellness services</i></b>	<ul style="list-style-type: none"> <li>• Land-based program: 3 intakes</li> <li>• ASIST workshop , Storytelling Workshop, Cultural competency workshop, Elders lodge (life-skills/rites of passage) – received funds from NAYSPS (total \$53,284.00)</li> <li>• Spring &amp; Fall goose dance ceremonies</li> <li>• Fall fasting and Fasting Ceremony/Sharing circles</li> <li>• Other as need arises and availability of funding</li> <li>• Secure external funding: Eeyou Athawin (CBHSSJB community planning process) + federal programs</li> </ul>
<b><i>Disseminate and share knowledge</i></b>	<ul style="list-style-type: none"> <li>• Planning session – 15-17 October</li> <li>• Community Restorative Justice Symposium (pending)</li> <li>• Presentation to Miyupimaatisiun Committee (October 2014; March, 2015)</li> <li>• Presentation to CBHSSJB (October 2014; March, 2015)</li> <li>• Presentation to Chief and Council (November 2014; March, 2015)</li> <li>• Presentation Justice Committee (October 2014; March 2015)</li> <li>• MWT National Meeting – 28/29 October, 2014 (Saskatchewan)</li> </ul>
<b><i>Support and recognize the community as its own best resource</i></b>	<ul style="list-style-type: none"> <li>• Hire local resources for culture-based activities/services</li> <li>• Hire CMWT Case Manager</li> <li>• Hire 2 Community Addictions Workers</li> </ul>
<b><i>Enhance the knowledge, skills, recruitment and retention</i></b>	<ul style="list-style-type: none"> <li>• 10 participants – Community Addictions Workers with Nechi Institute</li> <li>• Mental Health First Aid Training (2 local resources)</li> <li>• Acquire Path Data Management System (Path DMS)</li> </ul>
<b><i>Clarify and strengthen collaborative relationships</i></b>	<ul style="list-style-type: none"> <li>• Representative on CBHSSJB Addictions Working Group</li> <li>• Miyupimaatisiun Committee resolutions</li> <li>• Justice Committee resolutions</li> <li>• Eeyou Athawin mandate</li> </ul>

# HIGHLIGHTS CMWT ACTIVITIES

