

2015-2016

ANNUAL REPORT



Miyupimaatsiun
CHISASIBI WELLNESS

INTRODUCTION

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 funding was extended for the 2016-2017 fiscal year.

The CMWT is comprised of:

Larry House, CMWT Coordinator
Open, CMWT Case Manager
Open, CMWT Office Manager
Ioana Radu, Research Associate
Open, Community Addictions Workers (2)

THE CHISASIBI MENTAL WELLNESS

The following describes the work of the CMWT for the year 2015-2016 (April 2015 to March 2016). This year the CMWT focused on strengthening the local and regional partnerships to respond to the Health Canada objective of providing integrated services. We still have not secured the position of the office manager therefore the team remains considerably reduced. The Community Addictions Training (CAT) modules 5-8 was finalized this March 2016 with 9 graduates.

MWT Priority Goal	CMWT activity
Development of a coordinated continuum of mental wellness services	<ul style="list-style-type: none"> • Traditional healing gathering/Sundance (July 2015): group counselling, individual counselling, sweats • Joint activities with the Residential School Gathering (July 2015) and Gookoomnuch Gathering (Cree Women of Eeyou Istchee) (March 2016) • Aftercare services (throughout the year): individual and group counselling, sweats
Disseminate and share knowledge	<ul style="list-style-type: none"> • Ongoing activities posted on Facebook Page & website: www.chisasibiwellness.ca • Presentation to Chief and Council (ongoing throughout the year) • National Mental Wellness Team Gathering (March 2016) • Published article on land-based healing model with AFN Mental Wellness Bulletin (Fall 2015) • Community consultation – Chisasibi Innovation conference (March 2016) with report published in April 2016
Support and recognize the community as its own best resource	<ul style="list-style-type: none"> • Hired 23 local resources for culture-based activities/services • Financial contribution to Gookoomnuch Gathering (preparation of traditional materials) • Financial contribution to Residential School Gathering (onsite counselling)
Enhance the knowledge, skills, recruitment and retention	<ul style="list-style-type: none"> • Completed CAT Training (with Nechi Institute) in March 2016 (9 graduates) • Culture as Foundation Training with Thunderbird Foundation (reported for July 2016)
Clarify and strengthen collaborative relationships	<ul style="list-style-type: none"> • Attended CBHSSJB 2016 Eeyou/Eenou Regional Assembly on Health and Social Services (March 2016) • Secured external funding – Contribution Agreement with CBHSSJB Eeyou Ahtaawin planning process • Official collaboration with Chisasibi Justice Committee ongoing • Ongoing collaboration with Chisasibi Youth Council (Eddie Pash activities on the land with youth 2/year; other activities and consultation ongoing throughout the year) • New collaboration with Cree Women of Eeyou Istchee Association

WORK PLAN 2015-2016 (APRIL 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
Development of a coordinated continuum of mental wellness services	<ul style="list-style-type: none"> • Land-based program: 4 intakes • Residential School Awareness Initiative • Develop a continuum of care as detailed on <i>Eeyou culture integration pilot</i> document • Maintain external funding: Eeyou Athawin (CBHSSJB community planning process) + other federal programs (resubmit to NIBTrust in November 2016 and others)
Disseminate and share knowledge	<ul style="list-style-type: none"> • Presentation to Miyupimaatisiun Committee (3/year) • Presentation to CBHSSJB (depending on schedule) • Presentation to Chief and Council (3/year) • Presentation Justice Committee (ongoing collaboration)
Support and recognize the community as its own best resource	<ul style="list-style-type: none"> • Hire local resources for culture-based activities/services • Hire CMWT Case Manager and Office manager • Hire 2 Community Addictions Workers • Secure office space
Enhance the knowledge, skills, recruitment and retention	<ul style="list-style-type: none"> • Culture as Foundation Training with Thunderbird Foundation • Mental Health First Aid Training (2 local resources) • Other as need arises (POSSIBLY A 2ND Nechi training with outside participants)
Clarify and strengthen collaborative relationships	<ul style="list-style-type: none"> • Miyupimaatisiun Committee resolutions (as needed) • Justice Committee resolutions (as needed) • Chief & Council resolutions (as needed) • Eeyou Athawin mandate (as needed)

HIGHLIGHTS CMWT ACTIVITIES

