

2016-2017

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, this funding was extended for another two years (2016-2018).

The CMWT is comprised of:

Larry House, CMWT Coordinator
Beverly Cox, Chisasibi Heritage and Cultural Center liaison
Ioana Radu, Research Associate
Open, CMWT Office Manager
Open, CMWT Case Manager
Open, Community Addictions Workers (2)

THE CHISASIBI MENTAL WELLNESS

The following describes the work of the CMWT for the year 2016-2017 (April 2016 to March 2017). This year the CMWT focused on expanding and diversifying culture-based services in order to strengthen the continuum of mental health services. As of May 2017 we still have not secured the position of the office manager therefore the team remains considerably reduced, we thus maximized local partnerships with various institutions in delivering services and organizing activities.

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 2016): group counselling, individual counselling, sweats • Joint activities with the Residential School Gathering (July 2016), Land-based intake with Local Justice Initiatives (March 2017), and Cultural week (Chisasibi Heritage and Cultural Center & The Elders Council of Chisasibi & Chisasibi Kukuumnuch - March 2017) • Aftercare services (throughout the year): individual and group counselling, sweats • Secured Land-based equipment (8 canoes, paddles, safety equipment, trailer)
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) • On The Land Summit in Northwest Territories (March 2017)
Support and recognize the community as its own best resource	<ul style="list-style-type: none"> • Hired 20 local resources for culture-based activities/services • Financial contribution to Cultural week (Fees for Cultural resources-Elders) • Financial contribution to Residential School Gathering (onsite counselling)
Enhance the knowledge, skills, recruitment and retention	<ul style="list-style-type: none"> • Native Wellness Assessment Tool training with Thunderbird Foundation (July 2016) • Storytelling & writing workshop with Edmund Metatawibin (July 2016)
Clarify and strengthen collaborative relationships	<ul style="list-style-type: none"> • Attended CBHSSJB Regional Addiction Conference (October 2016) & Addiction Planning Working Group (November 2016) • Secured external funding – Contribution Agreement with CBHSSJB Eeyou Ahtaawin planning process • Ongoing collaboration with Chisasibi Justice Committee • Ongoing collaboration with Chisasibi Youth Council (Eddie Pash activities on the land with youth X 2; other activities and consultation ongoing throughout the year) • New collaboration with Cree Women of Eeyou Istchee Association

WORK PLAN 2017-2018 (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 • 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 (submission to INAC New Paths for Education)
Disseminate and share knowledge	<ul style="list-style-type: none"> • Presentation to Miyupimaatisiuun 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
Enhance the knowledge, skills, recruitment and retention	<ul style="list-style-type: none"> • Strength-based counselling training with Thunderbird Foundation • Mental Health First Aid Training (2 local resources) • Other as need arises (POSSIBLY A 2ND Nechi training with outside participants) • Develop GED equivalency for adult education participants in the land-based program (contingent on securing INAC funding)
Clarify and strengthen collaborative relationships	<ul style="list-style-type: none"> • Miyupimaatisiuun Committee resolutions (as needed) • Justice Committee resolutions (as needed) • Chief & Council resolutions (as needed) • Eeyou Athawin mandate (as needed)

HIGHLIGHTS CMWT ACTIVITIES

