

2014-2015

# 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  
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 2014-2015 (April 2014 to March 2015). This year the CMWT focused on strengthening the local and regional partnerships to respond to the Health Canada objective of providing services to other communities. We have unfortunately lost the office manager therefore the team has been considerably reduced. Due to administrative issues we have not been able to finish the Community Addictions Training (CAT) modules 5-8, nevertheless we are hoping the first CAT training to be finalized in the new fiscal year. We have extended our prevention services with a Cultural competency workshop at the local high school, an activity that has been greatly appreciated. Finally we secured a Council resolution supporting the official collaboration with the Justice Committee which should facilitate sharing resources to establish a consistent land-based program schedule in the coming year.

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>• Traditional healing gathering/Sundance (July 2014): group counselling, individual counselling, sweats</li> <li>• memorial Dances X 2 (Spring &amp; Fall, 2014)</li> <li>• Cultural competence workshops (suicide prevention – NYASPS) at high school (Nov. through March)</li> <li>• Cultural competence workshop for youth (March, 2015 with NNAPF)</li> <li>• Aftercare services (throughout the year): individual and group counselling, sweats</li> </ul>
<b><i>Disseminate and share knowledge</i></b>	<ul style="list-style-type: none"> <li>• Ongoing activities posted on Facebook Page &amp; website: <a href="http://www.chisasibiwellness.ca">www.chisasibiwellness.ca</a></li> <li>• Planning session with community entities (Oct. 14-16, 2014)</li> <li>• Presentation to Chief and Council (January, 2015)</li> <li>• Presentation to CBHSSJB Addictions Working Group (November, 2015)</li> <li>• National Mental Wellness Team Gathering (October, 2014)</li> <li>• <b>Published article</b> on land-based healing model with Decolonization: Indigeneity, Education &amp; Society (Nov., 2014)</li> <li>• Planning session with local frontline workers (March, 2015)</li> </ul>
<b><i>Support and recognize the community as its own best resource</i></b>	<ul style="list-style-type: none"> <li>• Hired 26 local resources for culture-based activities/services</li> </ul>
<b><i>Enhance the knowledge, skills, recruitment and retention</i></b>	<ul style="list-style-type: none"> <li>• Cultural safety in service provision workshop (March 2015 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>• Chief &amp; Council resolutions (#2015-17 through -19)</li> <li>• Official collaboration with Chisasibi Justice Committee</li> </ul>

## 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
<b>Development of a coordinated continuum of mental wellness services</b>	<ul style="list-style-type: none"> <li>• Land-based program: 4 intakes</li> <li>• Spring &amp; Fall goose dance ceremonies</li> <li>• Fall fasting and Fasting Ceremony/Sharing circles</li> <li>• Develop a continuum of care as detailed on <i>Eeyou culture integration pilot</i> document</li> <li>• Secure external funding: Eeyou Athawin (CBHSSJB community planning process) + other federal programs</li> </ul>
<b>Disseminate and share knowledge</b>	<ul style="list-style-type: none"> <li>• Community Restorative Justice Symposium (Chief &amp; Council supporting resolution)</li> <li>• Presentation to Miyupimaatsiun Committee (3/year)</li> <li>• Presentation to CBHSSJB (depending on schedule)</li> <li>• Presentation to Chief and Council (3/year)</li> <li>• Presentation Justice Committee (ongoing collaboration)</li> </ul>
<b>Support and recognize the community as its own best resource</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>Enhance the knowledge, skills, recruitment and retention</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>• Other as need arises (POSSIBLY A 2<sup>ND</sup> Nechi training with outside participants)</li> </ul>
<b>Clarify and strengthen collaborative relationships</b>	<ul style="list-style-type: none"> <li>• Representative on CBHSSJB Addictions Working Group</li> <li>• Miyupimaatsiun Committee resolutions (as needed)</li> <li>• Justice Committee resolutions (as needed)</li> <li>• Chief &amp; Council resolutions (as needed)</li> <li>• Eeyou Athawin mandate (as needed)</li> </ul>



# HIGHLIGHTS CMWT ACTIVITIES

