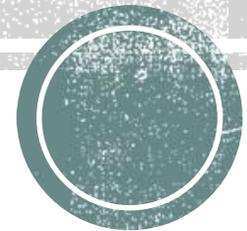


Inshiyuu Miyuupimatisiun

The Chisasibi Mental Wellness Team



Inshiyuu Miyuupimatisiun



- Engaged in Mental Wellness Team fund transfer with Health Canada
- Registered non-for-profit with the following mission:
 - Develop and implement services and activities that promote wellness and improve the quality of life for Chisasibi's population specifically, and support, more globally, regional Cree wellness by promoting Cree culture and language
 - Initiate and participate in research, community development, and social innovation process and activities that respond to the needs and priorities of our community
 - Support and reinforce knowledge mobilization and transfer of local Cree knowledge related to wellness by strengthening intergenerational knowledge transfer
 - Receive and manage donations, funding, and other valuables (property, securities, etc.)

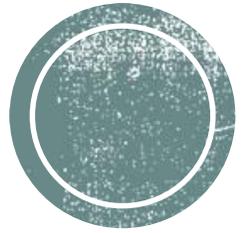




Board of Directors:

Lawrence House, President; Eddie Pashagumiskum, Vice President; Beverly Cox, Programs Manager; Emily Sam, Treasurer





How we got here

A brief chronology

Community Initiatives Fund (CHB)

- **Transfer of Traditional Knowledge project** (various culture based services)
- **3 Community Symposia on Wellness** (identify service gaps & priorities)
- **2 Land-based healing intakes** (documented experiences)

2013-2014

Mental Wellness Team (Health Canada)

- **Won best workshop** at *Honouring Our Strengths National Conference* (2014)
- **Land-based and other services in the community** (ongoing)
- **Chisasibi Wellness Plan** (2015-2020)
- **Training** (Community Addictions Workers with Nechi Institute)

2015-2016

2009-2012

- Initial submission in Sep. and **funds secured in Jan.**
- **Land-based healing model developed** in consultation with the Nishyiuu Department (CHB)

2014-2015

- Group & individual counselling; **Gookoomnuch Gathering** (CWEIA); Residential School Gathering
- **Training** (Culture as Foundation with Thunderbird Foundation)
- Attended **MWT Gatherings** (2014-2016)

Mental Wellness Team (Health Canada)

Mental Wellness Team (Health Canada)

Mental Wellness Team (Health Canada)

- **1 Land-based healing intakes** (family model)
- **Cultural week**
- Intensive week-long **training – Nomadic University** - in collaboration with DIALOG-Aboriginal peoples research and knowledge network/INRS
- Traditional Healing Gathering; Residential School Gathering; ongoing counselling

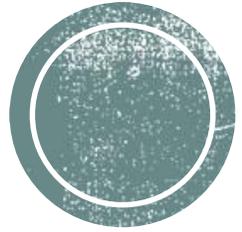
2017-2018

2018

- **Incorporation Inshiyuu Miyuupimatisiun** to access additional funding
- **Multi-Year Work Plan for Transitional Funding Model** with Health Canada (flexible 3 year guaranteed funding)
- Land-based program with Rehab Team (CHB); **planning sessions with grandmothers; parenting workshop** with elders

Mental Wellness Team
(Health Canada)

Funding Transition confirmed by Health Canada – awaiting signature of funding agreement



Core principles of Inshiyuu Miyuupimatisiun



Continuum of care

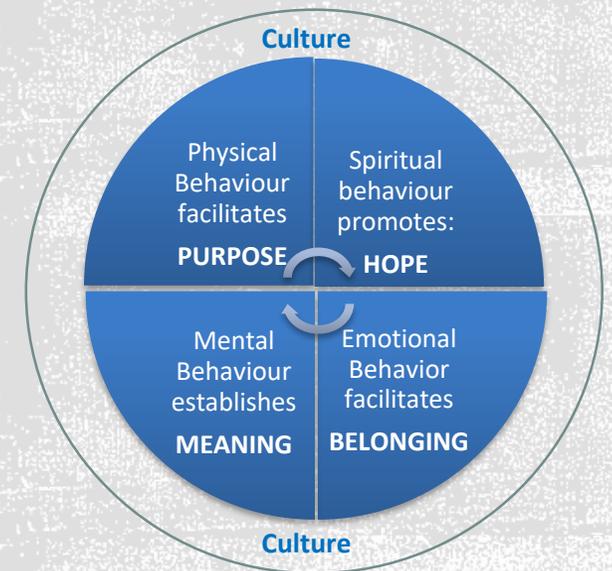
- The Continuum aims to support all individuals across the lifespan, including those with multiple complex needs. Physical and mental health conditions usually develop gradually, and depending on the ailment, people may go more or less rapidly through the stages from health, to having risk factors, to actually having symptoms.
- Thus the continuum of care includes a repertoire of prevention, intervention and aftercare activities
- Broadly speaking the continuum includes:
 - Education, Promotion, Prevention, and Community Development
 - Early Identification and Intervention
 - Crisis Response
 - Coordination of Care/Care Planning
 - Trauma-Informed Treatment
 - Support and Aftercare



- Whole health refers to the interconnection between mental, physical, spiritual and emotional behaviour – purpose, hope, meaning, and belonging. A balance between all of these elements leads to optimal wellness.
- Culture therefore is viewed as an intervention model. We borrow the following concept from the First Nations Mental Wellness Continuum Framework (FNMWC).

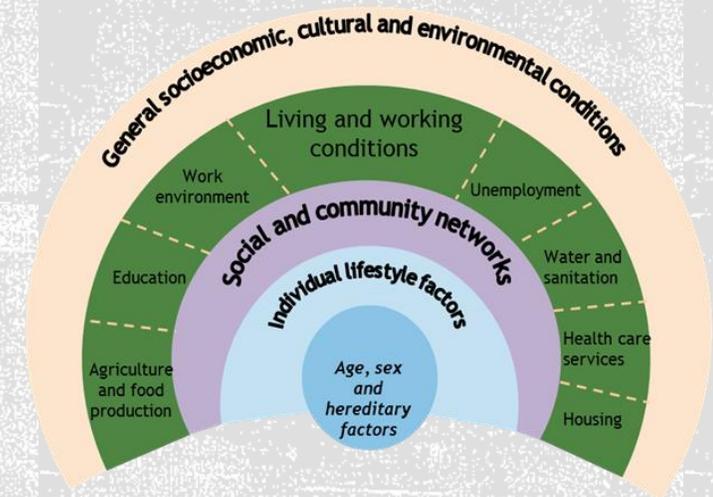
The key task for supporting wellness is to facilitate connections at each of these levels and across the four directions. This balance and interconnectedness is enriched as individuals have purpose in their daily lives whether it is through education, employment, care giving activities, or cultural ways of being and doing; hope for their future and those of their families that is grounded in a sense of identity, unique indigenous values, and having a belief in spirit; a sense of belonging and connectedness within their families, to community and culture; and finally a sense of meaning and an understanding of how their lives and those of their families and communities are part of creation and a rich history (FNMWC, 2014: 5).

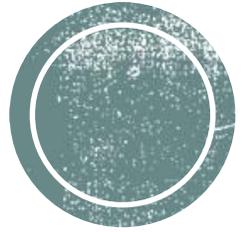
Whole health



Social determinants of health

- At every stage of life, health is determined by complex interactions between social and economic factors, the physical environment, and individual behavior. These factors are referred to as 'determinants of health'.
- They do not exist in isolation from each other; rather, their combined influence determines health status.
- The Public Health Agency of Canada (PHAC) recognizes twelve determinants of health: culture, gender, health services, income and social status, social support networks, education and literacy, employment and working conditions, social environments, physical environments, personal health practices and coping skills, healthy child development, and biology and genetic endowment.
- In Indigenous contexts social justice issues such as racism, discrimination and inequalities in peoples' power and resources function as determinants of health due to the particular colonial history and contemporary discrimination





Objectives & Structure of Mental Wellness Team

The role and priorities of Inshiyuu Miyuupimatisiun

What is a Mental Wellness Team



- The Mental Wellness Teams (MWT) concept is a community-based and multi-disciplinary team approach to providing mental health and addictions services in First Nations and Inuit communities that **blends or enhances traditional, cultural and mainstream approaches**.
- The MWT approach is designed to **complement and support efforts** that are currently in place in First Nations on-reserve and Inuit communities.
- Each Mental Wellness Team comprises **unique models which respond to their respective community strengths and needs** but nonetheless **share the goal of demonstrating the five pillars of the MWAC strategy**.



What is a Mental Wellness Team



- Mental Wellness Teams are **multi-disciplinary in nature** and **have flexible service delivery models** spanning the whole spectrum of services from prevention to post-treatment follow up.
- Their goal is to **enhance collaboration** among clinical and community experts in order to increase and improve culturally safe mental health and addictions services.
- By design, they **promote** community **engagement**, community **development** and support **self-determination** with respect to mental wellness with the aim of improving health outcomes.



What is a Mental Wellness Team

- Mental Wellness Advisory Committee's (MWAC) First Nations and Inuit Mental Wellness Strategic Action Plan identified five priority goals or pillars:

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.

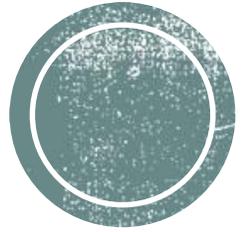
To **disseminate and share knowledge** about promising traditional, cultural and mainstream approaches to mental wellness.

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.**

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.

To **clarify and strengthen collaborative relationships** between mental health, addictions and related human services and between federal, provincial, and First Nations programs and services.





Inshiyuu Miyuupimatisiun Wellness Priorities

Eeyou Healing



- **Meet increasing needs and requests from community members and clients for traditional healing and medicine:**
 - Establish regular visit schedule for healers & counselors (monthly)
 - Maintain Eeyou healing activities
 - Diversify healing activities based on clients' need and requests
 - Co-host cultural events, seasonal ceremonies and celebrations and encourage CBHSSJB employee and physician attendance
 - Reach out to local resource people, especially elders, for input and participation in Eeyou healing programming and delivery
 - Increase the role of healers and elders in the programming



Community Health



- **Enhance services for children and families, mostly focused on workshop-type activities that can include but are not limited to:**
 - Pre-natal health
 - Traditional parenting
 - Conflict resolution training
 - Legal training (linking with the Justice Department)
 - Residential School Commemoration & Memorial
 - On-the-land programs and Weekend retreats

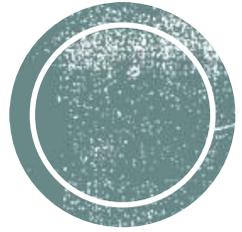


Uschinnichissu lifeworlds



- **Strengthen individual self-esteem and build capacity for youth**
 - Collaborate with Youth Clinic in programming
 - Youth outreach programs including
 - Rites of passage training & awareness
 - On-the-land programs
 - Food security & healthy lifestyles
 - Sexual abuse
 - Violence
 - Suicide prevention





Inshiyuu Miyuupimatisiun 3-Year Work Plan

Goal # 1	Coordinated continuum of mental wellness services		
Objectives	Activities	Schedule of Activities	Outcome Measures
Improve access to culture-based wellness services	Land-based program delivery	Four times a year	Number of participants and Native Wellness Assessment (Thunderbird Partnership Foundation)
	Cultural week	Twice a year	Number of participants; number of participating elders; number of participating partners
	Traditional Healing Gathering	Once a year	Number of participants; number of traditional healers; number of interventions
	Community kitchen	Ongoing throughout the year	Number of participants; number of participating elders; number of participating partners
	Group & individual interventions	Bi-monthly	Number of participants; number of traditional healers; number of interventions
	Family retreats/Mother & child	Twice a year and punctual activities throughout the year (linked with community kitchen)	Number of participants; number of traditional healers; number of interventions; number of participating elders; number of participating partners

Goal # 2	Disseminate and share knowledge		
Objectives	Activities	Schedule of Activities	Outcome Measures
<p>Improve the participation of community members in defining wellness priorities</p>	<p>Annual Community Wellness gathering</p>	<p>Once a year</p>	<p>Number of participants; number of participating partners; final report</p>
<p>Participation at local and regional gatherings</p>	<p>Presentations and membership in various local and regional working groups</p>	<p>Ongoing (as needed)</p>	<p>Number of gatherings attended</p>
<p>Participation at national and other events</p>	<p>Presentations at events</p>	<p>Ongoing (as needed)</p>	<p>Number of presentations</p>
<p>Knowledge mobilization tools</p>	<p>Develop various toolkits and other products connected to the work of the CMWT</p>	<p>Ongoing (as needed)</p>	<p>Number of products (eg. pamphlets, blogs, radio programs, etc.)</p>

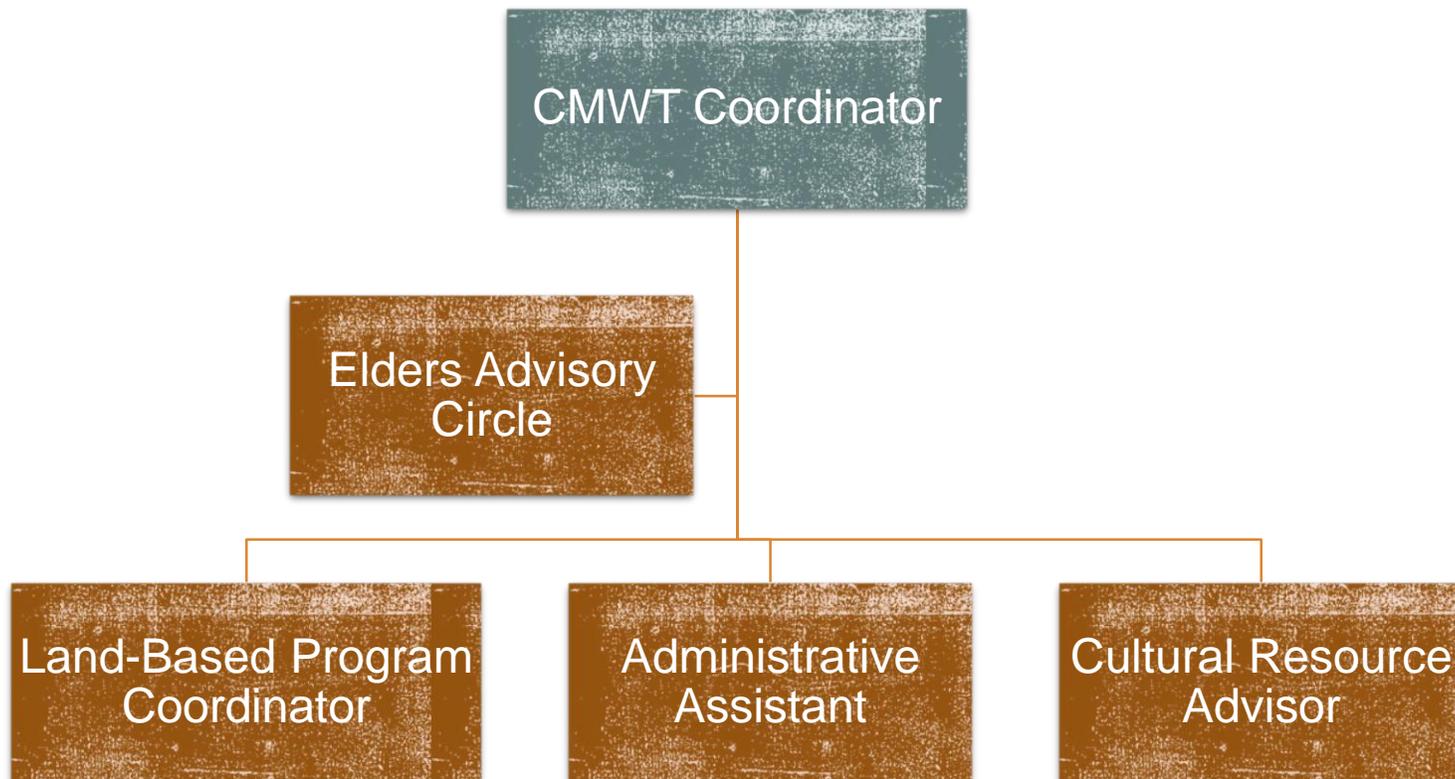
Goal # 3	Support and recognize community as its own best resource		
Objectives	Activities	Schedule of Activities	Outcome Measures
Engage elders in the design, delivery and evaluation of wellness programs and services	Meetings with Elders Advisory Circle	Four times a year	Number of participating elders
Increase local capacity	Hire local resources (traditional healers, land-based camp helpers, cultural resources, elders, etc.)	Ongoing (as needed)	Number of hired help (seasonal, part-time)
Goal # 4	Enhance mental wellness and allied services workforce		
Objectives	Activities	Schedule of Activities	Outcome Measures
Deliver staff training	Aboriginal-based training and skill development (eg. Thunderbird Partnership Foundation, ICBOC)	Twice a year	Number of certified participants
Deliver customized community capacity building and training	Workshops	Four times a year	Number of participants; number of participating partners

Goal # 5	Clarify and strengthen collaborative relationships		
Objectives	Activities	Schedule of Activities	Outcome Measures
Build multi-party partnerships to advance the integration of Eeyou (Cree) culture in service provision	Develop Intake/Outtake procedures and structured aftercare through the development of a postvention treatment plan for each client	Ongoing	Finalize procedures by end of Year 1
	Develop a systematic and coordinated case management process/system	Ongoing	Finalize care management process by end of Year 1
	Conclude partnership agreements between entities within the Cree territory for referral/intake process, for intervention, and aftercare.	Ongoing	Formal memoranda of understanding with the CBHSSJB and the Justice Department by end of Year 2
Broader engagement of partners, regions and provinces that is likely to lead to significant and lasting improvement in the integration of health systems	Symposium on health governance (with local and regional institutions and service providers)	Once a year	Number of participating partners
	Access specialist services through CBHSSJB network	Ongoing	Secure part-time specialized psychosocial services (eg. psychiatrist, additions workers, mental health nurse)



Inshiyuu Miyuupimatisiun Governance Structure

We recognize that the long-term health and wellness of clients and community members at large rests on the availability of an array of services and programs in the community (from prevention to postvention). The Three-Year Health Plan will primarily focus on community designed and delivered programs based on **traditional and cultural teachings that ensure holistic health and healing services**. The goal is to develop an effective continuum of care, from prevention and promotion, to intervention and postvention.



Inshiyuu Miyuupimatisiun Management Structure



Community health management structure





Meegwetch

Larry House

819-855-7736

houlawm@gmail.com

info@chisasibiwellness.ca

www.chisasibiwellness.ca

