

2017-2018

# 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, 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 2017-2018 (April 2017 to March 2018). 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
<b>Development of a coordinated continuum of mental wellness services</b>	<ul style="list-style-type: none"> <li>• Traditional healing gathering/Sundance (July 2017): group counselling, individual counselling, sweats</li> <li>• Joint activities with the Residential School Gathering (July 2017), Cultural week (Chisasibi Heritage and Cultural Center &amp; The Elders Council of Chisasibi &amp; Chisasibi Kuumnuuch - March 2018)</li> <li>• Aftercare services (throughout the year): individual and group counselling, sweats</li> </ul>
<b>Disseminate and share knowledge</b>	<ul style="list-style-type: none"> <li>• Ongoing activities posted on Facebook Page &amp; website redesign: <a href="http://www.chisasibiwellness.ca">www.chisasibiwellness.ca</a></li> <li>• Presentation to Chief and Council (ongoing throughout the year)</li> <li>• Community Development Dialog (partnership with various local and regional institutions – see poster highlights section)</li> </ul>
<b>Support and recognize the community as its own best resource</b>	<ul style="list-style-type: none"> <li>• Hired 20 local resources for culture-based activities/services</li> <li>• Financial contribution to Cultural week (Fees for Cultural resources-Elders)</li> <li>• Financial contribution to Residential School Gathering (onsite counselling)</li> </ul>
<b>Enhance the knowledge, skills, recruitment and retention</b>	<ul style="list-style-type: none"> <li>• Trauma informed training with Thunderbird Foundation (did not take place – schedule conflicts)</li> <li>• Nomadic University – 5-days intensive training Living the good life: the wellbeing of Indigenous Peoples (collaboration with Institut national de la recherche scientifique/DIALOG Network, Cree School Board, Cree Health Board – approx 60 people attended)</li> <li>• Submitted but was not successful INAC New Pathways to education GED equivalency project for the Land-based program</li> <li>• Collaborated with CBSC (Chisasibi) and Victoriaville College on food security research project – one traditional cooking activity on Fort George Island and interviews on nutrition with community members (July/August 2017)</li> </ul>
<b>Clarify and strengthen collaborative relationships</b>	<ul style="list-style-type: none"> <li>• Ongoing collaboration with Chisasibi Youth Council (Eddie Pash activities on the land with youth X 2; other activities and consultation ongoing throughout the year)</li> <li>• Continuing collaboration with Cree Women of Eeyou Istchee Association</li> </ul>

## HIGHLIGHTS CMWT ACTIVITIES



**NOMADIC**  
UNIVERSITY 13<sup>th</sup> edition

**Living a Good Life**  
The Wellbeing of Indigenous Peoples



July 3-7 2017  
Chisasibi, Eeyou Istchee



Nomadic University field visits Fort George Island, Chisasibi Cultural Center, Cree Nation Justice Department.






# Quill Craft Workshop

For more information contact:  
Larry House 819-855-7736

Floral  
Quillwork  
Techniques  
will be  
taught



Date:  
September  
1-3, 2017

Location:  
Inuit  
Complex

Everyone  
Welcome!



## Community Development Dialog

March 27 & 28 – 1PM to 5PM - Auditorium

### Agenda

- Opening Prayer
- Introductions and Orientation
- Feasibility study
- Business Plan Model and Governance
- Draft letter of Intent

### Partners



Department of Justice and Correctional Services  
The Cree Human Resources Development  
Cree Board of Compensation