



National Summit on Indigenous Mental Wellness

Briefing report, Event Held October 16-17 2024 Calgary Alberta

Executive Summary



The Indigenous Initiatives team is committed to advancing Indigenous-specific advocacy, fostering meaningful relationships, and driving organizational responses to the Truth and Reconciliation Commission's Calls to Action. Our focus is on improving access to mental health care for Indigenous peoples across Canada, addressing disparities in mental health outcomes, and increasing Indigenous representation and leadership within the mental health care system. We strive to be responsive to needs of our indigenous CCPA members as well as non-indigenous member allies to improve mental health outcomes for indigenous peoples across the lands called Canada.

The team includes Karina Albert, Danika Charlebois, and Anangkwe Charity Fleming, and works in close collaboration with Angela Grier, the Indigenous Director at the Board of Directors level, the Indigenous Circle Chapter, and CCPA Elder Advisors.

Annually, we are honoured to be invited to the National Summit on Indigenous Mental Wellness. This year, Anangkwe attended in person while the rest of the team participated virtually.

In alignment with our commitment to knowledge sharing among our members, we have prepared this comprehensive briefing report. It highlights the organizations, initiatives, and key moments from the National Summit, with the aim of supporting and enhancing the work you do within Indigenous communities.





2024 NATIONAL SUMMIT



Charity emphasized key messages during discussions with Ministers Saks and Hajdu, asserting, “We need NIHB reform, and we need CCCs re-listed.”

INDIGENOUS YOUTH FOCUS

Presentations focused on the rising generation, funding, initiatives and councils that have been formed and responsive to indigenous youth needs.

20
24



Indigenous Youth Organizations



We Matter

offers a Collective Healing Guide, collection of wisdom from elders and youth centred resource

<https://wemattercampaign.org/resources/collective-healing-guide>



Ways of the Heart Youth Council

a newly established national indigenous youth council, part of Thunderbird Partnership Foundation and First Peoples Wellness Circle <https://thunderbirdpf.org/whyc/>



Ways of the Heart
Youth Council

Ways of the Heart Youth Council (WHYC) is a national Indigenous youth-led circle.

Inuit & Northwest Territories



Canadian National Inuit Suicide Prevention Strategy Guiding documents and Regional Action Plans.

Inuit Tapiriit Kanatami is a national organization of Canada's 60,000 Inuit, from four regions of Canada's Arctic the Inuvialuit Settlement region, Nunavut, Nunavik, and Nunatsiavut <https://www.itk.ca/wp-content/uploads/2016/07/ITK-National-Inuit-Suicide-Prevention-Strategy-2016.pdf>

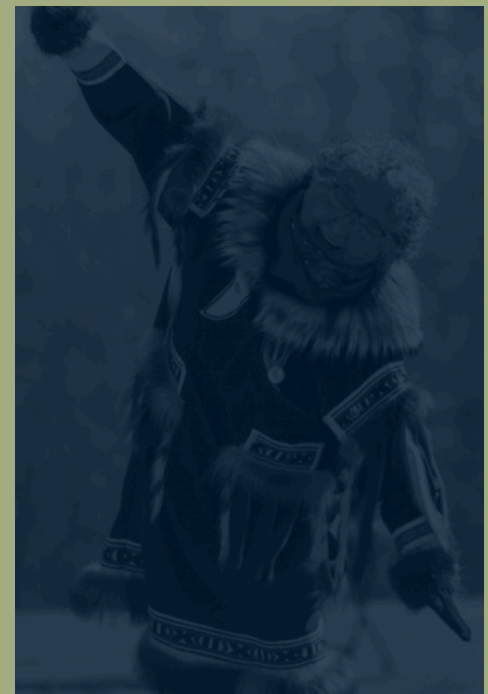
Qarjuit Youth Council collective – focus on Inuit in Nunavik and Chisasibi youth wellness <https://qarjuit.ca/>

Inuvialuit Regional Corporation – Health & Wellness, Inuit Health Survey, Inuit Child First Initiative, Nanilavut (Let's Find Them) Initiative

<https://irc.inuvialuit.com/services/health-and-wellness/>

Support Wellbeing on the Land – offering trauma informed on the land programming with indigenous on the land leader advisory circle.

<https://supportingwellbeing.ca/about/>



British Columbia



·**Kackaamin Indigenous Family Treatment** program, Rebuilding the Circle (using Nuu-chah-nulth and western practices to address sexual abuse and assault <https://www.kackaamin.org/who-we-are>

·**Métis Nation of British Columbia** promoting Métis Wellness through the Métis Wellness Experience Circle <https://www.mnbc.ca/work-programs/programs-services/metis-health-experience-program>

·**Gathering our bundles** – creating safe space, leading through culture, training and leadership support <https://www.cultivating safespaces.com/css-professional-series>

·**Dr Peter Centre** – compassionate care and hospice support for those living with AIDS. Indigenous specific programming with elders, knowledge keepers, ceremony, culture. <https://www.drpeter.org/care-services/clinical-care-&-harm-reduction/>

·**Chee Mamuk** indigenous program - BC Centre for Disease Control: culturally appropriate training, education resources, wise practice models in STIs, hepatitis and HIV. <http://www.bccdc.ca/our-services/programs/chee-mamuk>

·**Ktunaxa First Nations** framework for providing patient-centred wellness care for indigenous community <https://www.ktunaxa.org/five-pillars/social-3/>



The Métis Nation Government in British Columbia

Developing & enhancing opportunities for Métis
Chartered Communities in British Columbia



Saskatchewan



• **Talking Stick** app indigenous peer support <https://trycycle.ca/talking-stick/> and <https://trycycle.ca/first-nations-app-opens-dialogue-through-new-platform/>

• **Métis Nation of Saskatchewan** mental health and addiction cultural and clinical services for inpatient treatment, 90 day land based healing, crisis, mobile outreach, mental health and wellness support workers.

<https://metisnation.sk.com/2023/08/08/mental-health-and-addictions-program/>



talking stick
EVERY VOICE MATTERS

Manitoba



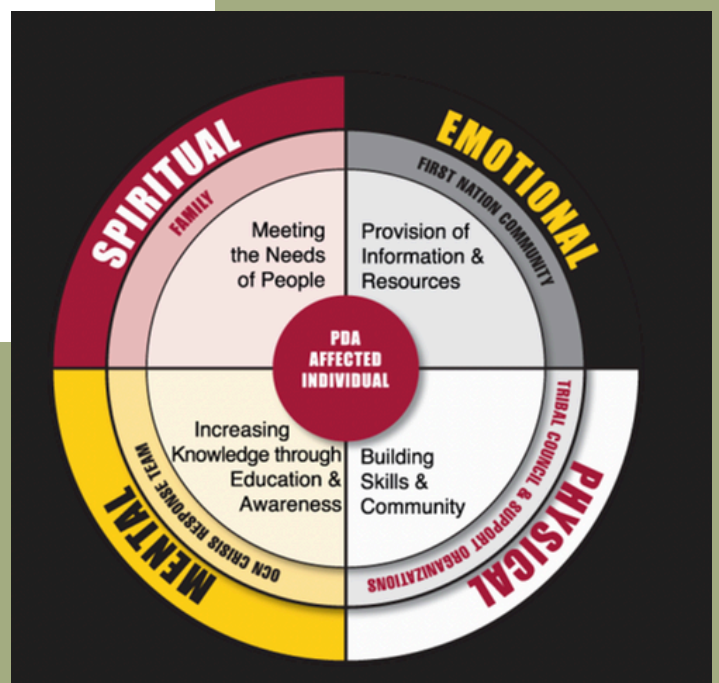
•Na Ki Chi toon Pimatisiwin First Nations

Health and Social Secretariat developing community based suicide prevention based on two eyed seeing Gatekeeper training Interlake Reserves Tribal Council

<https://pubmed.ncbi.nlm.nih.gov/23761133/>

•**Opaskwayak Health Authority** – Prescription Drug Abuse psychoeducation, Opioid Crisis psychoeducation and resources https://www.oha-pda.ca/education_documents

•**Southern Chiefs Organization** – 33 Anishinaabe and Dakota Nations, provide child and family, health, justice, mental health approaches and Harm Reduction – quantitative and qualitative research being conducted to evaluate the program. Resources available online. <https://scoinc.mb.ca/harmreduction/>



Ontario



Sioux Lookout
First Nations
Health Authority

Métis Nation
of Ontario 

·**Métis Nation of Ontario** – the wellness of citizens of the Métis Nation before and during covid-19 <https://cancovid.ca/grant/the-mental-wellness-of-citizens-of-the-metis-nation-before-and-during-covid-19/>

·**Anishiniwug Ajimoowin Animisewiinan** : Mental Health & Substance Use Report Sioux Lookout First Nations Health Authority https://www.slnha.com/wp-content/uploads/2024/07/MWSU_Report_Web.pdf

·**Noojimo Health** all indigenous virtual mental health services <https://noojimohealth.ca>

·**Mino Bimaadiziwin School Mental Wellness** <https://www.wbe-education.ca/apps/pages/minobimaadiziwinoverview>

·**Matawa First Nations Tribal Council** offers Matawa Case Management Process as an effective model of collaboration and holistic process to support community members healing. <https://www.matawa.on.ca/about-us/>

·**Ontario Native Women's Association** – Love Builds the Bundle 2SLBTQQIA+ Toolkit, parent and youth journal, worksheets on filling my bundle through each moon cycle, video resources <https://www.onwa.ca/love>



New Brunswick & Nova Scotia



Promoting holistic health, safety and wellness for the Wolastoqewiyik people at Neqotkuk

• **Neqotkuk Health Programs** and Services – health, medical, well baby, talking circles, family violence prevention, mental wellness prevention
<https://neqotkukhealthcenter.ca/services/>

• **NADACA** Native Alcohol and Drug Abuse Counselling Association – online culturally based wellness program <http://www.nadaca.ca/>



VIRTUAL SERIES

Online Wellness Programs

[LEARN MORE](#)

NADACA
Native Alcohol and Drug Abuse Counselling Association of Nova Scotia

Join us for our series of **Online Wellness Programs**

PROGRAM TOPICS

- Cultural Teachings
- 7 Sacred Teachings
- Sweets
- Learn to Bead
- Staff Recovery Stories
- Mental Wellness
- Medicine Wheel Teachings
- Anxiety & Stress
- Self Help Groups
- Mindfulness
- Goal Setting

PROGRAM FACTS

- 4-Week Certificate Online Wellness Program
- Utilize Google Classroom
- Monday-Friday
- Videos posted every day at 1pm
- Certified Addiction Counsellors watch comment sections from 1-3pm daily
- Referrals to our Clinical Therapist as needed
- Every Friday you will receive a phone call regarding the weekly reflections

Thank you to the following individuals who are featured in this video:
Dr. Louise Stelmach, Cultural Therapist, Muskeg (Ojibwa), Traditional Counselor,
Ms. Sherry Teichmann (Ojibwa), Help Worker, Traditional Counselor, Youth Workers, Christy Phillips,
Franka Brown, Traditional Counselor, Rose-Anne Stirling, Traditional Counselor, Jodie LaPointe, Rose-Anne (Ojibwa),
Viviane Bernard, Manager of Prevention, Maryse Huet and Sophie D'Am, and Sarah-Bernice, Traditional Counselor

NATIONAL ASSOCIATIONS



National Association
of Friendship Centres

·Health Navigation, Community Workforce Development, Language, Mental Health <https://nafc.ca/?lang=en> ; indigenous perspectives on death and dying
<https://www.cpd.utoronto.ca/endoflife/Modules/Indigenous%20Perspectives%20on%20Death%20and%20Dying.pdf>



THUNDERBIRD
PARTNERSHIP FOUNDATION

Thunderbird Partnership Foundation – BIRCH Developing a Virtual Hub for Substance Use Treatment Programming within First Nations Communities.

- Cultural Wellness Bundle
- Worker Wellness Bundle
- Cannabis Education Bundle

- First Nations Mental Wellness Continuum Bundle
- Youth Wellness Bundle

- Opioid Methamphetamine Crisis Bundle

·Health Navigation, Community Workforce Development, Language, Mental Health <https://nafc.ca/?lang=en> ; indigenous perspectives on death and dying
<https://www.cpd.utoronto.ca/endoflife/Modules/Indigenous%20Perspectives%20on%20Death%20and%20Dying.pdf>

NATIONAL ASSOCIATIONS



- Qualitative Assessment Report – how the Resolution Health Support Program has assisted survivors of trauma; Formative Analysis explores capacity, priorities and needs of RHSP workforce <https://fpwc.ca/projects/indian-residential-school-resolution-health-support-program-irs-rhsp-formative-analysis/>
- Other Reports: <https://fpwc.ca/what-we-do/projects/>
 - Workforce Wellness Strategy
 - Life Promotion & Suicide Prevention
 - Substance Use Treatment and Land Based Healing
 - Workforce Wellness
 - Family Violence Prevention
- Gathering our Knowledge Bundles: Supporting the development and mobilization of community owned self-determined culturally relevant mental wellness tools and resources
- First Nations knowledge and evidence: taking action on systemic racism through cultural safety
 - Indigenous wellness toolkits in Ontario
 - Indigenous Crisis Debriefing Model
 - Mental Wellness Team Toolkit
- Protected: Introduction to First Nations Mental Wellness
 - FNMWC Progress Report
 - PTSD First Nations Briefing Note
- Mental Wellness Teams Comprehensive Needs Assessment
 - First Nations Mental Wellness Continuum

NATIONAL ASSOCIATIONS



Assembly of First Nations



- Assembly First Nations health sector reports:
- First Nations Health Priorities to reducing problematic opioid use;
 - First Nations Policy Recommendations for the development of a wholistic long-term and continuing care framework;
 - Summary report on the AFN National Dialogue for the NIHB program;
 - Sharing honouring practices in the continuum of care
 - Seven Generations Continuum of Care
 - Indian Residential Schools Resolution Health Support Program
 - National Wellness Gathering for Indian Residential School Survivors Health Support Program Workforce 2024
 - Honouring our strengths a renewed framework to address substance use issues
 - Orientation to the First Nations Mental Wellness Continuum
 - <https://afn.ca/community-services/health-wellness/>

POSTER PRESENTATIONS

20
24





**MIIGWECH MARSEE
KINAHNASKOMIHTIN
NAKURMĪK NIAWEH
THANK YOU**

INDIGENOUSINITIATIVES@CCPA-ACCP.CA