

Mental Wellness Program

First Nations and Inuit Health Branch – Alberta Region (FNIHB-AB)



Indigenous Services
Canada

Services aux
Autochtones Canada

Canada

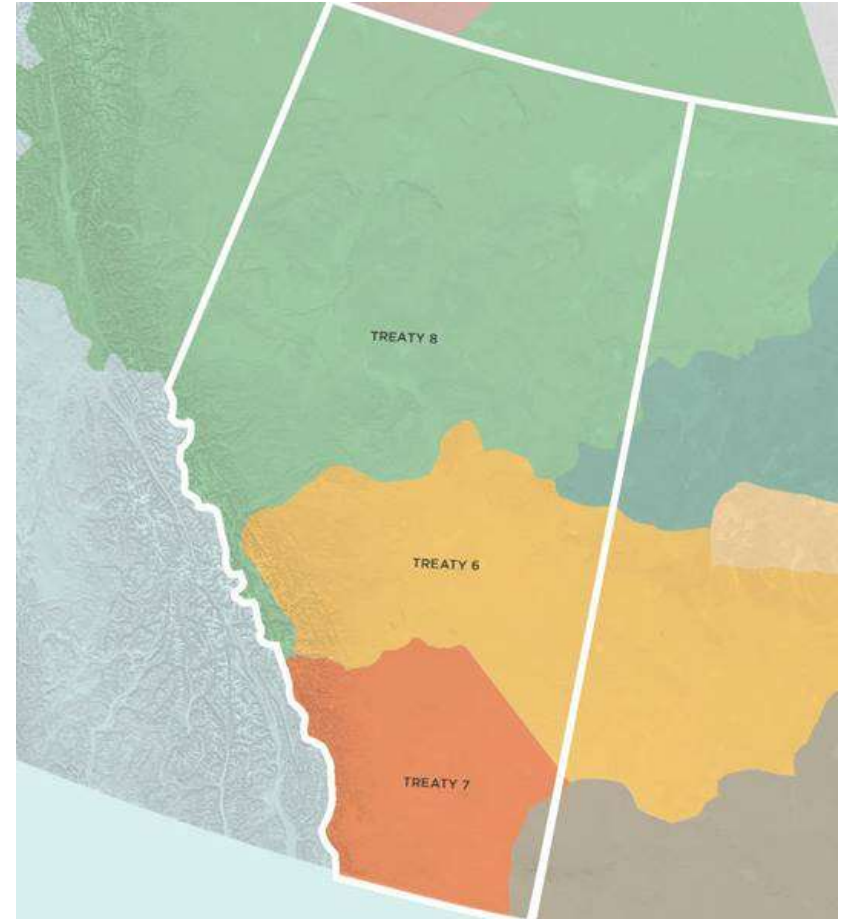
Program Mandate

Our Goal:

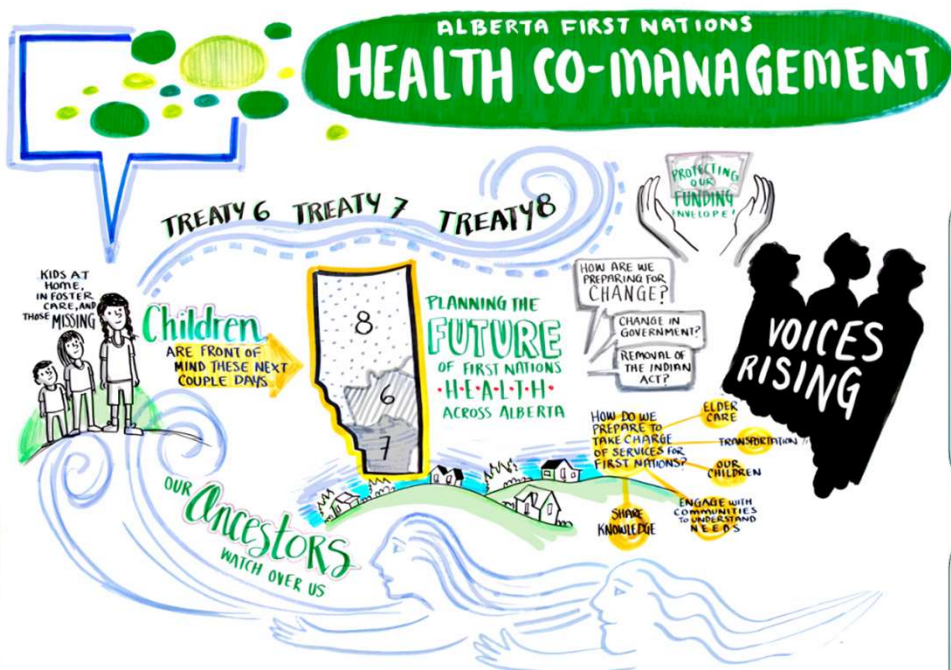
To provide First Nations communities, families, and individuals in Alberta, with mental wellness services and supports that are responsive to their needs.

Our Focus:

Mental Health and Wellness community-based programming and services that aim to reduce risk factors, promote protective factors, and improve health outcomes associated with the mental wellness of First Nations.



Health Co-Management (HCoM)



Established in 1996 as an agreement between First Nation signatories and the Minister of Health to increase First Nations participation in the decision-making process for health programming funded and/or provided by First Nations and Inuit Health Branch (FNIHB) in Alberta.

The Co-Management Committee includes two Chiefs from each signatory area (i.e. Maskwacis, Yellowhead Tribal Council, Treaty 7 and Treaty 8) and the FNIHB-AB Regional Executive Officer, as well as the Regional Director of Policy, Planning and Transformation.

The Co-Management Agreement and its processes are foundational to the relationships between First Nations and FNIHB-AB. In particular, the Mental Wellness Program is managed through the Mental Health & Addictions subcommittee, which reports to the Health Co-Management Committee.

Health Co-Management Subcommittees



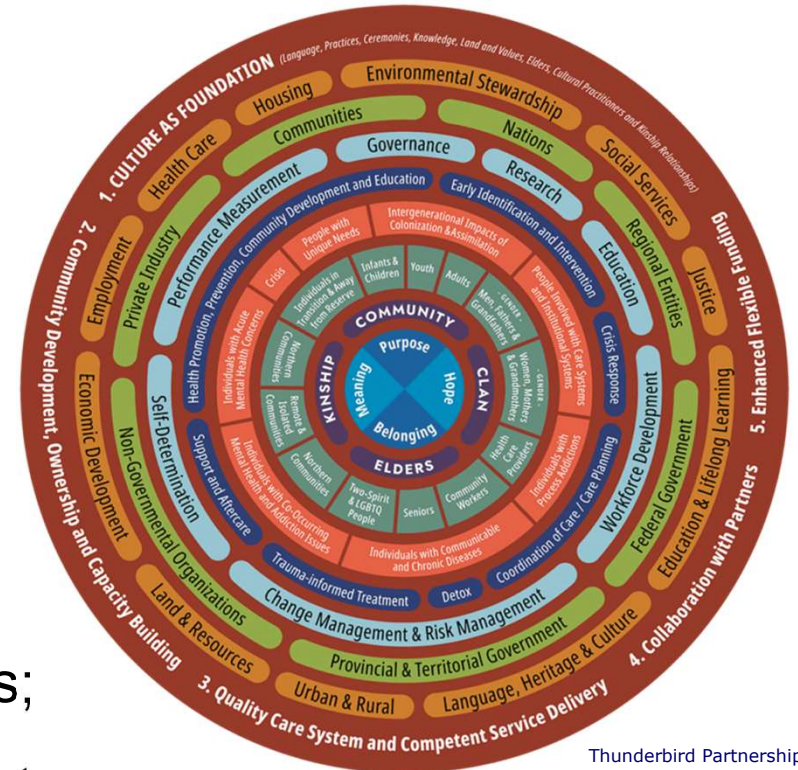
Mental Wellness Alignment

Program Area 2019/2020	Program Area 2020/2021	Notes
Building Healthy Communities	Mental Wellness Program Q21G	The goal of alignment is to provide communities and organizations with more flexibility to develop their programming in a way that meets their needs and priorities. The new program plan suggests objectives and activities for programs and services across a continuum of care aligned with the First Nations Mental Wellness Continuum Framework.
Brighter Futures		
National Aboriginal Youth Suicide Prevention Strategy (NAYSPS)		
Mental Wellness Teams		
National Native Alcohol and Drug Addiction Program (NNADAP) – In Community		
Canadian Drug and Substance Strategy (CDSS)		

Mental Wellness Program Summary

As a result of the alignment, ISC now funds the following suite of programs and services in support of First Nations and Inuit communities, families, and individuals' mental wellness:

- Mental Wellness Program;
- Adult & Youth NNADAP Treatment Centres;
- Trauma Informed Health & Cultural Supports
 - **NON-SPA:** MMIWG, IDS, Expanded Trauma Informed Supports.
 - **SPA:** Childhood Compensation, Cultural Support Program, and Residential Health Support Worker (RHSW).



Thunderbird Partnership

Mental Wellness Program

Goal: To address the greater risks and lower health outcomes associated with the mental wellness of First Nation and Inuit individuals, families, and communities across a comprehensive continuum of care, including:

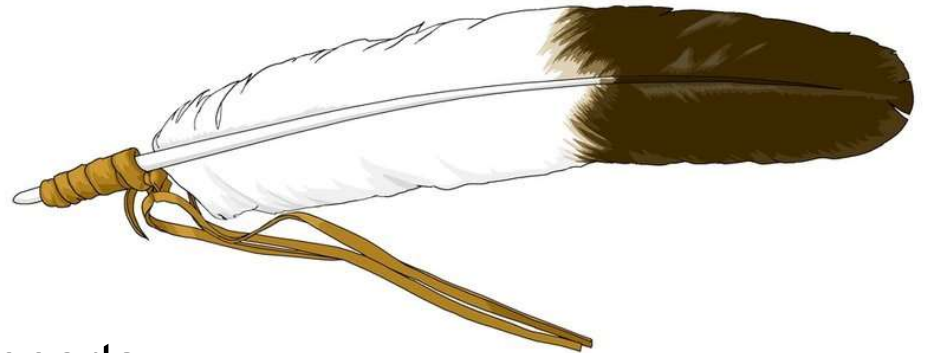
- Health Promotion, Prevention, Community Development and Education;
- Early Identification and Intervention;
- Crisis Planning & Response
- Coordination of Care and Care Planning
- Trauma-informed Treatment
- Support and Aftercare
- Workforce development; and
- Mental Wellness Teams*



Regional Mental Wellness Crisis Response Teams (MWCRTs)

Goal: Provide a range of mental wellness services including direct clinical services, cultural supports and care coordination in response to community crisis situations.

- **Types of Crisis:** Fire & Flood Evacuation, Sudden Death due to Motor Vehicle Accident, death by Suicide, Homicide, etc.
- **Response Coordination:**
 - Community Engagement
 - Action Planning
 - Deployment of Crisis Intervention Supports
 - Updates are provided until supports are complete
- **Key Partners:** First Nations Health Organizations, Regional Crisis Response Teams, NIHB Mental Health Therapists, Health and Cultural Support Workers, etc.



Regional Mental Wellness Crisis Response Teams (MWCRTs)

Regionally funded Mental Wellness Crisis Response Teams:

Enhanced – Mental Wellness Crisis Response Teams

- Maskwacis Health Services
- Bigstone Health Commission
- Siksika Health Services

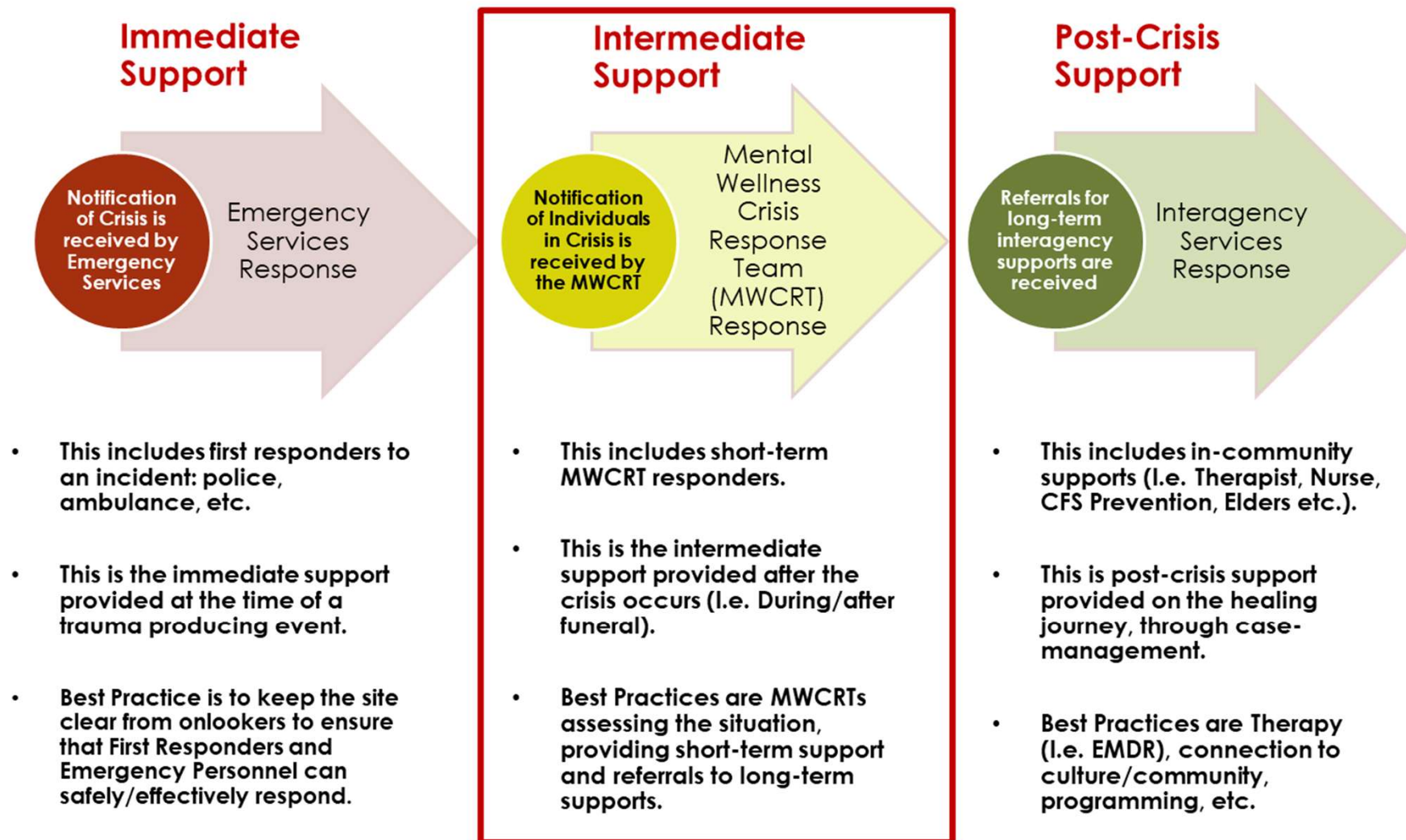
Mental Wellness Crisis Response Teams

- Lesser Slave Lake Regional Indian Council
- Little Red River Cree Nation
- Nunee Health Board Wellness
- Kee Tas Kee Now Tribal Council
- Yellowhead Tribal Council
- Bearspaw (Eden Valley)
- Tribal Chief Ventures Inc.
- Stoney Health Services
- Blood Tribe
- Tsuut'ina
- North Peace Tribal Council



MWCRT Services Summary

Crisis Response Continuum



NNADAP Treatment Centres



Regionally funded Treatment Centres:

- Mark Amy (Fort McMurray First Nation),
- Kapown (Kapaweno First Nation),
- Footprints (Alexander First Nation),
- Beaver Lodge Wah Pow (Beaver Lake Cree Nation),
- Kainai Wellness (Blood Tribe),
- Kainai Youth Wellness (Blood Tribe),
- Clear Hills Youth Treatment Center



National Youth Solvent Abuse Program (NYSAP) - Treatment Centre

Goal: To provide culturally appropriate, evidence and strengths-based in-patient treatment that is culturally sensitive and supports First Nations youth with substance use disorders.



Clear Hills Youth Treatment Centre in Horse Lake First Nation was awarded the funding to deliver these services in the Alberta Region.

The Centre is now accepting youth!

- **Phone:** 587-771-0112
- **Fax:** 587-771-3512
- **Email:** info@chyt.ca
- **Website:** www.clearhills.ca



NNADAP Referral Desk Coordination

- Assistance is provided to community referral agents to help clients access **transportation** for treatment through NIHB and to process **medical invoices** prior to residential treatment.
- Assistance may also be provided to community referral agents to support First Nation clients to gain access to residential treatment.
- Funding was previously provided for clients to access provincially funded treatment centres; however, in October 2020, the Alberta Government announced the province would no longer charge user fees for any resident of Alberta.



Trauma Informed Health and Cultural Supports Program (TIHCSP)

Goal: To ensure that former IRS students and their family member(s) have access to an appropriate level of mental wellness support services and can safely address a broad spectrum of mental wellness issues related to the disclosure of childhood abuse(s).

- **Resolution Health Support Workers (RHSWs)** provide emotional support to clients and provide referrals (e.g. professional counselling services) as needed
- **Cultural Support Providers (CSPs)** provide services such as dialogue, ceremonies, prayers and traditional healing to clients when and where required

Non-Insured Health Benefits (NIHB) Activities:

- Professional counselling support is provided by therapists (psychologists and clinical social workers) who have been approved by NIHB.
- Transportation assistance may be approved for claimants who must travel to appointments with the CSP and/or professional counsellor.





Missing & Murdered Indigenous Women & Girls (MMIWG) and Indian Day School (IDS) Programs

Goal: To ensure that survivors, family members and those affected by the issue of MMIWG/IDS have access to an appropriate level of mental wellness support services and can safely address mental wellness issues related to the impacts of MMIWG/IDS.

- Address the mental health concerns affecting survivors, family members and those affected by the issue of MMIWG/IDS in a community-based, holistic and integrated manner
- Ensure integrated and coordinated care for survivors, family members and those affected by the issue of MMIWG/IDS by coordinating human service sectors (e.g. health, social services, justice, education, employment, etc.)

Tools and Resources for Communities

AB & NWT ONEHEALTH HEALTH PORTAL

Employees working in Health Care Facilities in First Nations Communities can find a number of tools and resources at OneHealth:

www.onehealth.ca

–Additional Resources listed under “Health Emergency Resources” tab.



THUNDERBIRD PARTNERSHIP FOUNDATION

- **Website:** thunderbirdpf.org
- **Toll Free:** 1-866-763-4714
- **E-Mail:** info@thunderbirdpf.org



Mental Health Supports

➤ **Missing and murdered Indigenous women, girls and 2SLGBTQI+ people**

- Toll Free: [1-844-413-6649](tel:1-844-413-6649)
- 24 hours a day, 7 days a week.

➤ **The National Indian Residential School Crisis Line**

- Crisis support is available to former Indian Residential School students and their families
- 24 hours a day, 7 days a week at **1-866-925-4419** (toll-free).

➤ **Hope for Wellness Help Line**

- Call **1-855-242-3310** (toll-free) or connect to the [online Hope for Wellness chat](#).
- Available 24 hours a day, 7 days a week to First Nations, Inuit, and Métis Peoples seeking emotional support, crisis intervention, or referrals to community-based services.
- Support is available in English and French and, by request, in Cree, Ojibway, and Inuktitut.

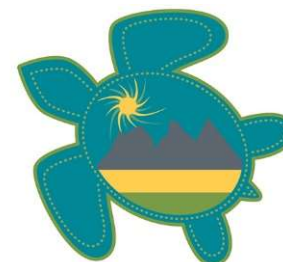
➤ **Alberta Indigenous Virtual Care Clinic**

- Toll Free: [1 888-342-4822](tel:1-888-342-4822)
- Website: <https://aivcc.ca/>
- Email: info@aivcc.ca



➤ **The Alberta Indigenous Support Line** is a confidential telephone service that provides culturally safe and supportive listening, connections to health resources, and help with navigating the healthcare system for First Nations, Métis, and Inuit peoples and their families.

- Toll-free: **1-844-944-4744**.
- 12pm to 8 p.m., Monday to Friday.
- Website: <https://www.alberta.ca/family-violence-prevention-resources>



Additional Mental Health Supports

- **Non-Insured Health Benefits – Urgent Mental Health Counselling Services**
 - Individuals are eligible for mental health counselling services under the NIHB or IRS programs can contact the Edmonton Regional Office at:
 - Toll Free: **1-800-232-7301**
 - Monday to Friday from 8AM to 4PM.
- **The Kids Help Phone** is available 24/7 offering counselling and information to youth on how to access community support services.
 - Toll-free: **1-800-668-6868**.
- **The Alberta Mental Health Help Line** is available 24/7 to provide information about mental health services, as well as referrals to other agencies if needed.
 - Toll-free: **1-877-303-2642**.
- **The Alberta Health Services - Indigenous Health Cultural Support Line** provides afterhours support Monday, Tuesday, Thursday and Friday from 4-8PM.
 - Toll free: **1-855-735-6766**.
- **Family Violence Resources:** <https://www.alberta.ca/family-violence-prevention-resources>
- **24/7 Crisis Line:** for immediate emotional assistance call **1-844-413-6649**





Mental Wellness

Key Program Contacts

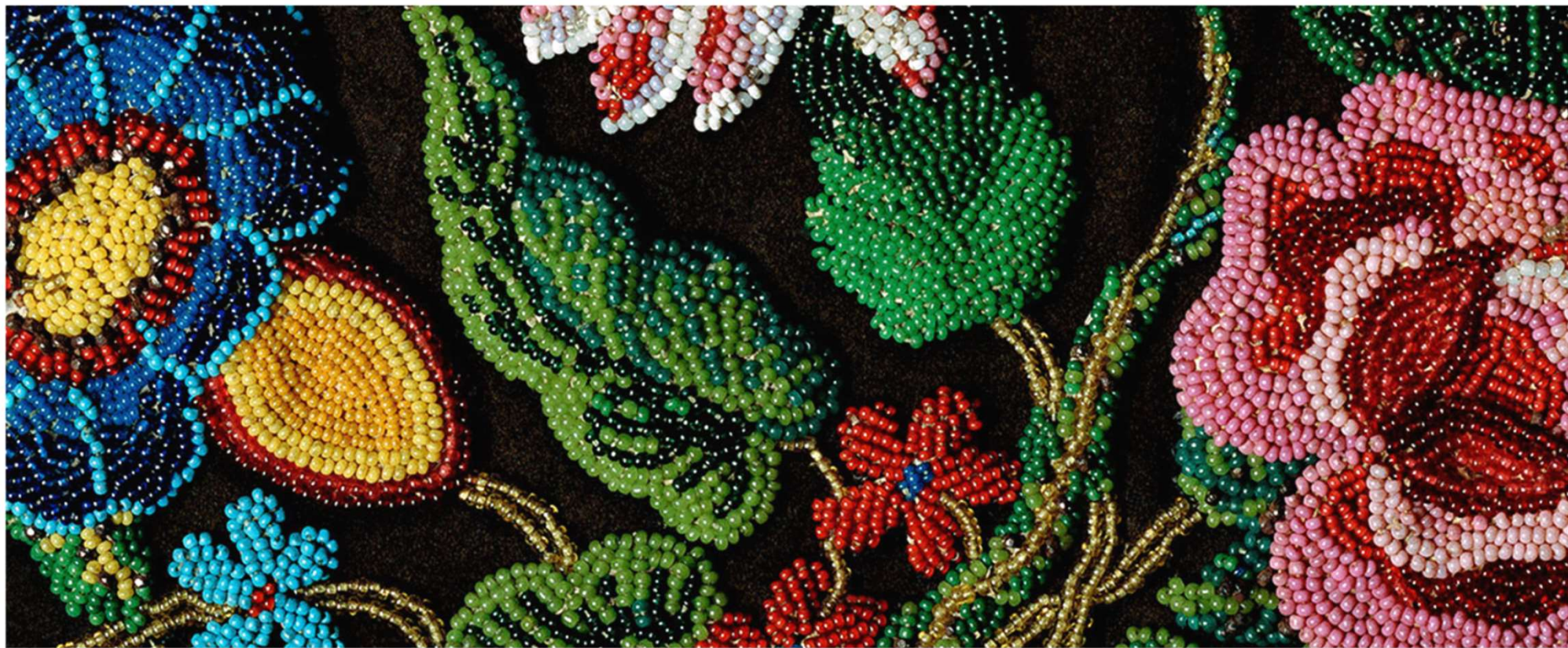
Mental Wellness General Inbox

abmwu-ubm@sac-isc.gc.ca

AB Region Referral Coordinator

Phone:780-495-2345

Chanz Thomas, A/Director of Mental Wellness



Thank you!
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Antonia Arlia

Senior Program Officer

Mental Wellness, First Nations and Inuit Health Branch