



First Nations Health Authority  
Health through wellness

# Mental Health and Wellness

Presentation for: Richard Jock, COO  
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## Engagement synthesized in Policy Statement on Mental Health and Wellness

Through our relationships and partnerships we will ensure that all First Nations people have access to a culturally-safe, comprehensive, coordinated continuum of mental health and wellness approaches that affirms, facilitates and restores the mental health and wellness of our people, and which contributes to Reconciliation and Nation rebuilding.

### When services are needed, a full continuum is equitably available and includes:

- culture and traditional healing;
- promotion, prevention, capacity-building, education;
- early identification and intervention;
- wrap-around supports, including aftercare;
- harm reduction;
- crisis response;
- trauma-specific services;
- withdrawal management/detox;
- trauma-informed in-patient and out-patient treatment & services;
- coordination of care and care planning

### Principles:

- Person-and family-centred
- Wellness-focused and Recovery-oriented
- Trauma informed and responsive
- Cultural safety & humility
- Culture and community centred



Shifting from:

Long waitlists and substandard service

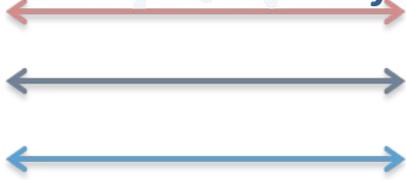
Western biomedical paradigm

Crisis response and focus on deficits and disease

Decisions made about and without First Nations

Fragmented and siloed systems and services

**To achieve this vision we need a paradigm shift. Co-designing provincial strategies and plans can contribute to this shift.**



Shifting to:

Improved quality of services

Best of western and traditional healing and wellness approaches

Mental health and wellness promotion across the continuum

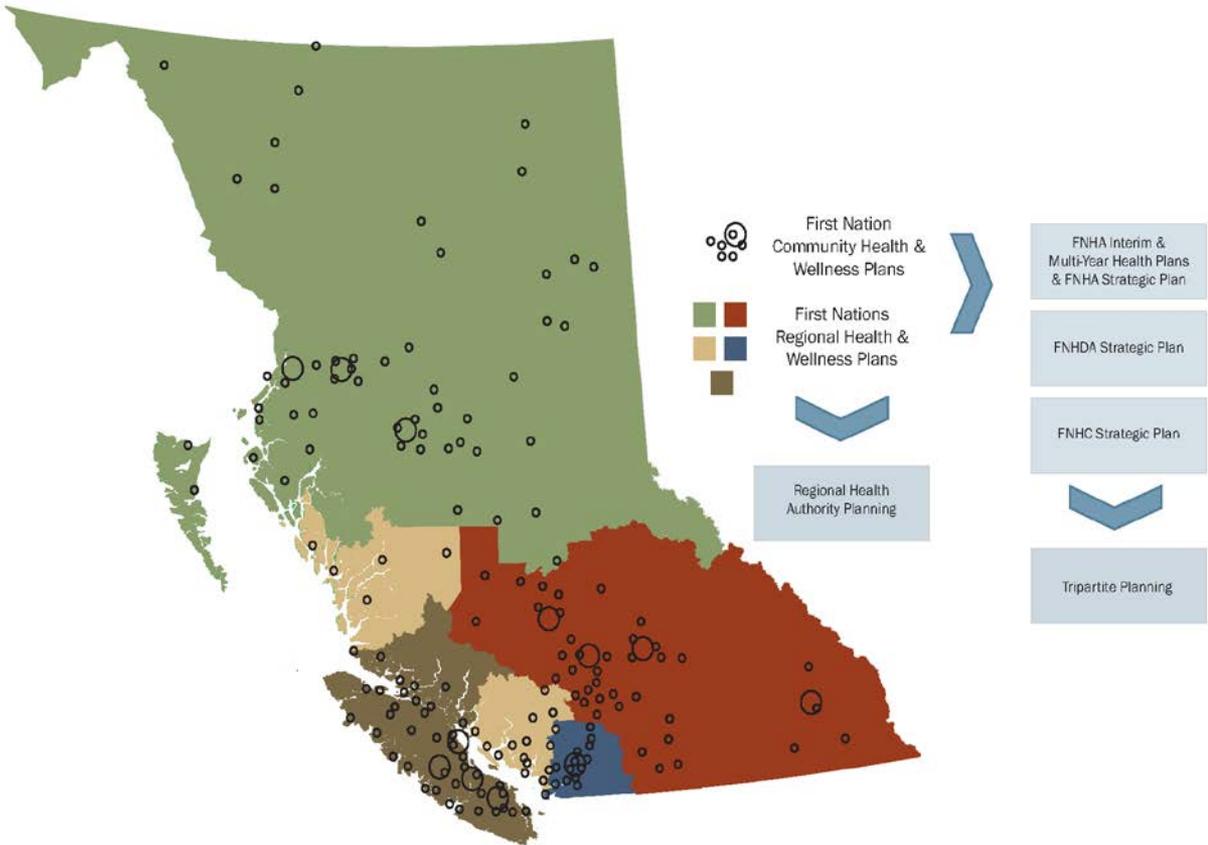
Community ownership through Nation-based and Nation rebuilding approaches

Integrated system design and service delivery



# First Nations Planning Approach

A comprehensive planning model, grounded in community and regional plans and priorities



- FNHA Multi-Year Health Plan Goals:*
- 1. Enhance First Nation Health Governance*
  - 2. Champion the BC First Nations Perspective on Health & Wellness*
  - 3. Advance Excellence in Programs & Services*
  - 4. Operate as an Efficient, Effective, and Excellent First Nations Health Organization*



# Joint Project Board Projects

## Next Steps:

- Policy support
- Service model development
- Operational alignment
- End to End Integration



## Regional Projects

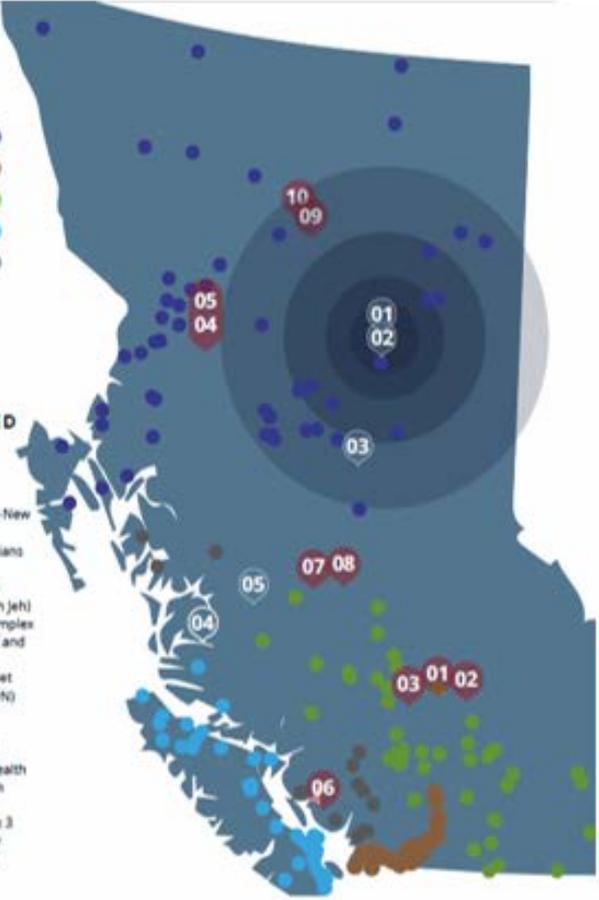
- North
- Fraser Salish
- Interior
- Vancouver Island
- Vancouver Coastal



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NUMBER OF NEW PROJECTS FUNDED

- Carrier Sekani Family Services Primary Care Expansion Project
- Northern Nurse Practitioner Project
- Northern Primary Health Care Teamlet
- Northern MWSU Mobile Support Teams
- Primary Health Care at Stó:lō Nation Health
- Primary Health Care at Seabird Island
- Fraser Salish Wellness System Navigators
- Fraser Salish Youth Suicide RHP Coordinator
- Fraser Salish Riverstone Home/Mobile Detox and Daytox Expansion
- Shuswap Carrier Chilcotin Community Mobile Treatment Program
- Interior Nations Mental Health Clinicians and Nurse Practitioners
- Vancouver Coastal-New Regional MWSU Services and Clinicians
- Vancouver Coastal We are Related (Jeh Jeh) Circle of Care - Complex Care Management and
- Coast Salish Teamlet (+Huł'qum'num LPN)
- Kwakwaka'wakw Primary Maternal, Child and Family Health Collaborative Team
- Nurse Navigators x 3
  1. Kwakwaka'wakw
  2. Nuu-chah-nulth
  3. Coast Salish

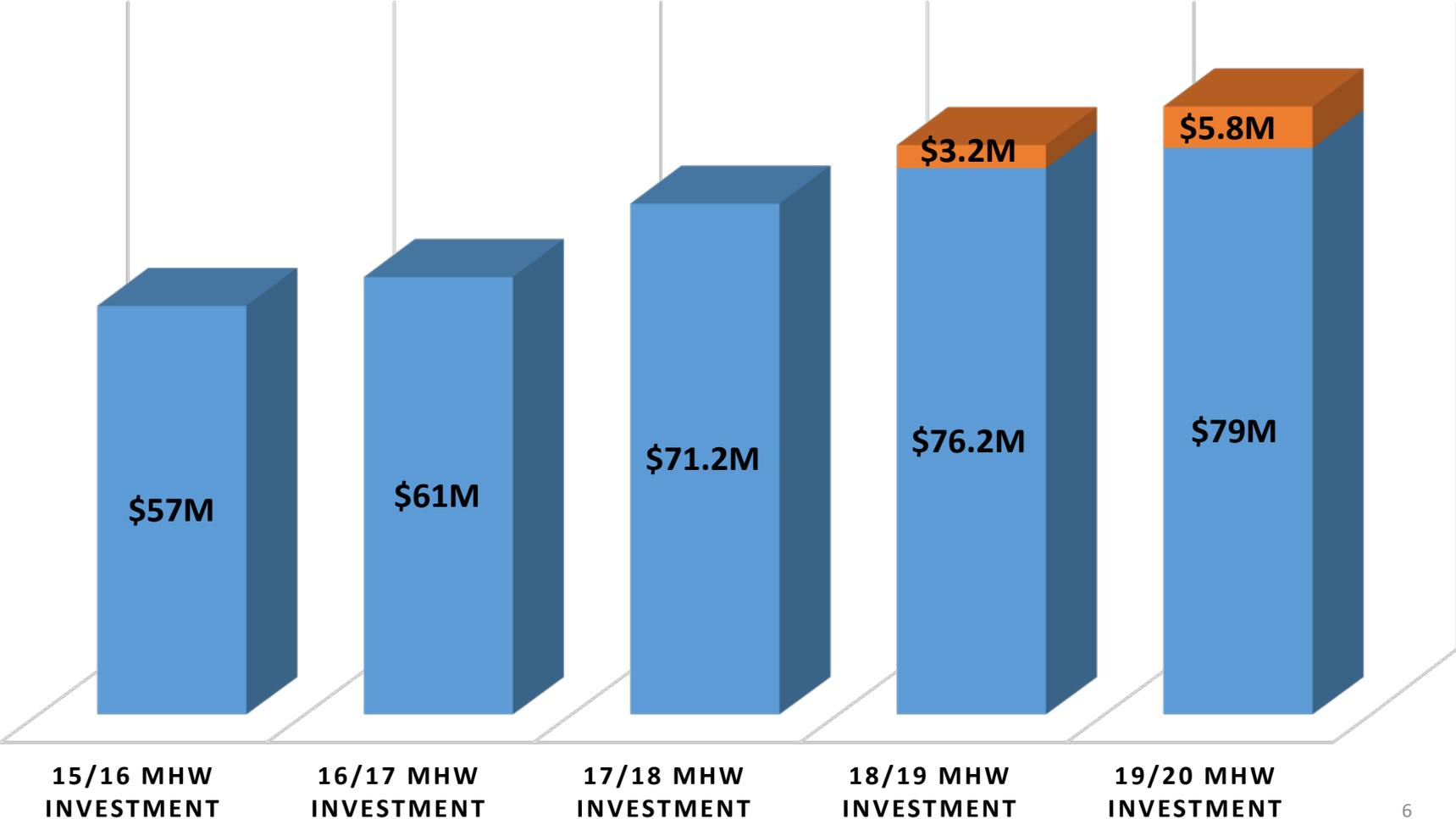


- Projects focused mainly on primary care (42% of funding) and mental health and wellness (58% of funding), and were jointly developed by communities, FNHA, RHAs
- Projects approved by JBP consisting of representatives from both FNHA & MoH
- We all have a collective responsibility to ensure that they are implemented successfully



# MENTAL HEALTH AND WELLNESS INVESTMENTS 2015 - 2020

■ Confirmed Funding    ■ Projected NEW Funding





# Opportunities

## New Provincial Resources

- Land based treatment and ASCIRT (\$750k/\$750k)
- \$5M/\$10M/\$15M submission completed (pending review and confirmation)
- Opioid Resources (\$4M/\$8M/\$8M)
  - iOAT
  - Intensive Case Management
  - Expanded scope for nursing
  - Harm Reduction Grants
- Regional Health Authorities resources (need refreshed update on plans for the funds received approach including specifically for Indigenous/FNs)

## New Federal Resources

- Mental wellness action teams
- NIHB has revised guidelines to include cultural / Elders

Setting up integrated federal / provincial funds –MMHA/FNHC/GoV Can

Opportunity to work with FNHC on the development of a Mental Health and Wellness Fund