



First Nations
Health Council

RECLAIM

“Healthy, Self-Determining and
Vibrant BC First Nations
Children, Families and Communities”

Achieving our Shared Vision:
Mental Health and Wellness

Where We Were...



RECLAIMING OUR WELLNESS



First Nations
Health Council



- We are *reclaiming* our connection to the land.
- We are *reclaiming* our wealth and prosperity.

Where We Are

- We are *reclaiming* our traditional teachings and culture
- We are *reclaiming* our relationships to each other.
- We are *reclaiming* the wellness of our people.





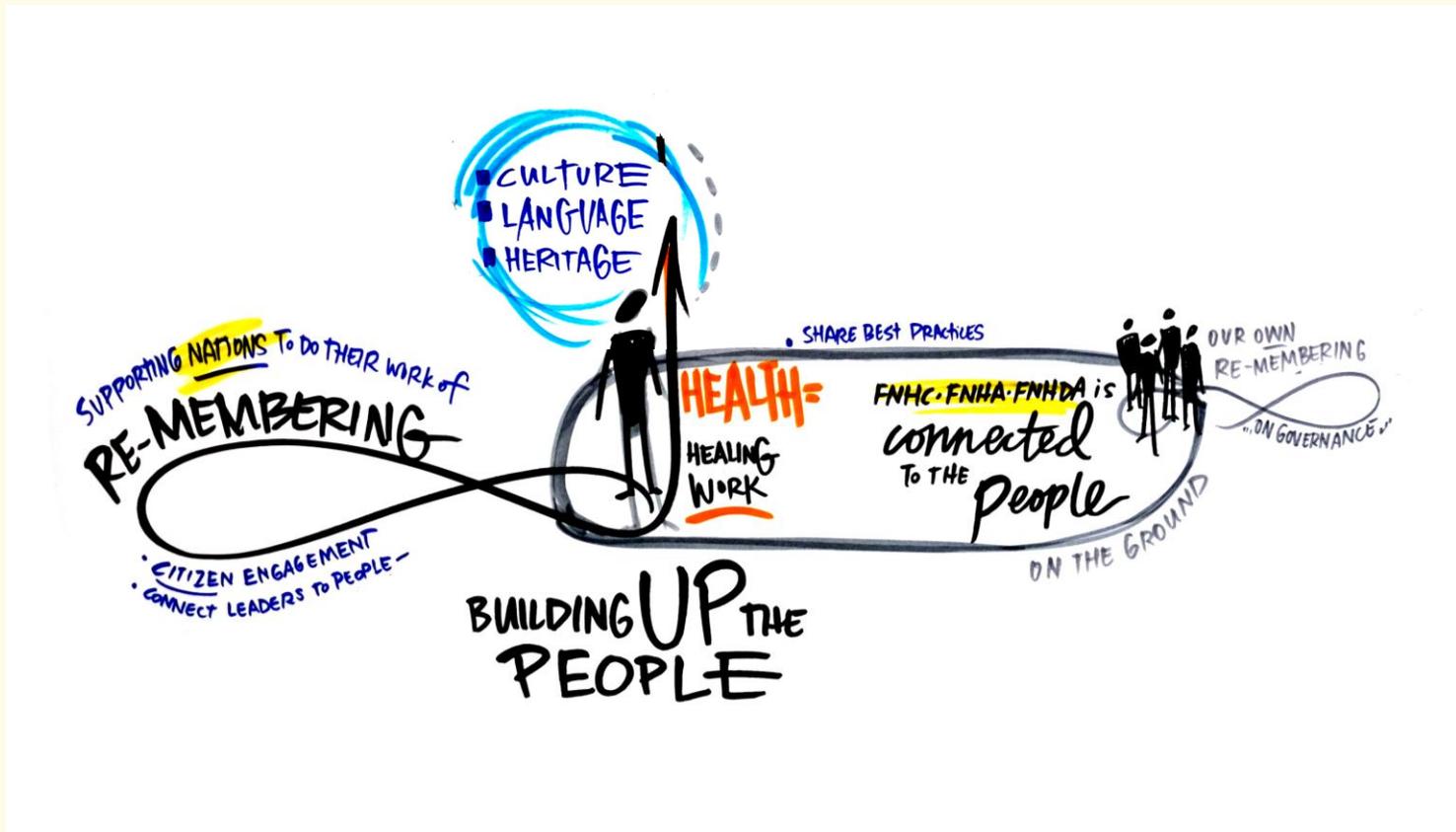
Mental Health and Wellness as a Priority

- Since 2015, the FNHC has been engaging BC First Nations on the social determinants of health
- Across all Regions, mental health and wellness emerged as a top priority
- This is consistent with the priorities set out in each Regional Health and Wellness Plan





How Do We Get There





A New Approach to Mental Health and Wellness

- The FNHC began discussions with its partners in the federal and provincial governments on a new partnership model for mental health and wellness
- At spring Caucus last year, the FNHC engaged each Region on the new flexible funding approach to mental health and wellness
- On July 26, 2018, the FNHC, BC and Canada signed a tripartite agreement to improve mental health and wellness; a new fund was created to support community-driven mental health and wellness planning and service delivery



“Action must include the full recognition and implementation of Indigenous rights”

Prime Minister Trudeau on February 14, 2018





“British Columbia shares Ottawa’s
commitment...this is a unique time in Canada’s
history where we are all partners at the table are
focused on transforming the relationship”

Premier Horgan on February 14, 2018



The Opportunity

There is an opportunity to work together to transform mental health in ways that best support the needs of our people.

Satsan, Steven Point and Sophie Pierre discuss the role of health, resilience and healing at GW IX





Working Together on the Island

Opportunity to recognize each other and our unique histories through:

- Rebuilding identity through language, culture and spirituality
- “Re-memembering” and reinstating OUR own laws
- Recognizing that our health; our cultural, emotional, spiritual health and wellbeing are connected to our land and languages

“Our job is to Re-memember who we are. Put ourselves back together by remembering who we really are, who we are taught to be, teaching these good ways to live.”

-Terry Cross, National Indian Child Welfare Association





The Role of the FNHC

- FNHC's role is health governance transformation
- FNHA's role is service transformation
- FNHDA's role is informing/supporting transformation at both levels

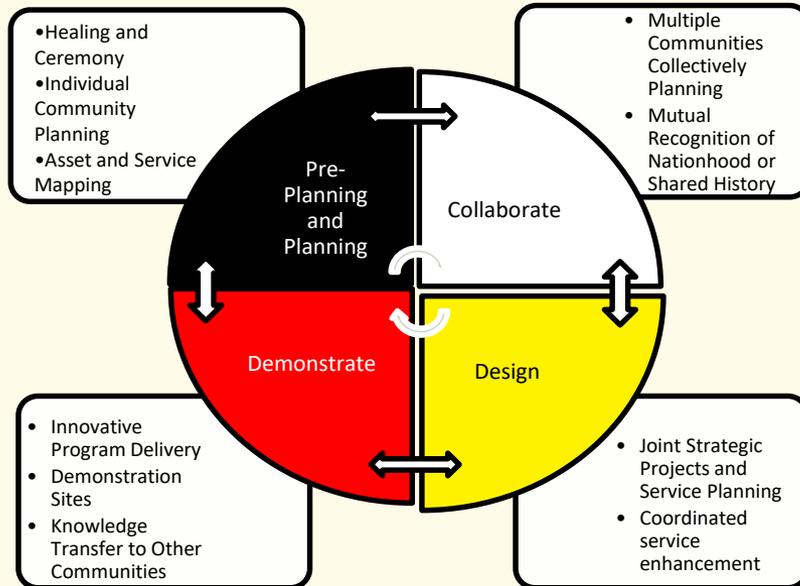


The Role of the FNHC cont'd.

- All three health partners are guided by their Shared Vision, the First Nations Perspective on Wellness, and the 7 Directives:
 1. Community-Driven, Nation-Based
 2. Increase First Nations Decision-Making and Control
 3. Improve Services
 4. Foster Meaningful Collaboration Partnership
 5. Develop Human and Economic Capacity
 6. Be Without Prejudice to First Nations Interests
 7. Function at High Operational Standard
- The FNHC facilitates/supports a Community-Driven, Nation-Based approach



Supporting Communities



- Communities are at different stages of rebuilding and have different levels of capacity.
- The mental health and wellness funding is flexible; Communities can undertake activities that meet their local needs while supporting each other in developing services that are culturally and linguistically legitimate.



Examples – Pre-Planning and Planning

- Healing and Ceremony
- Individual Community Planning
- Asset and Service Mapping

Pre-Planning
and Planning

A community begins remembering what it was like to be a healthy, vibrant and self-determining Nation of people.

- Upper Nicola Grandmother's Declaration

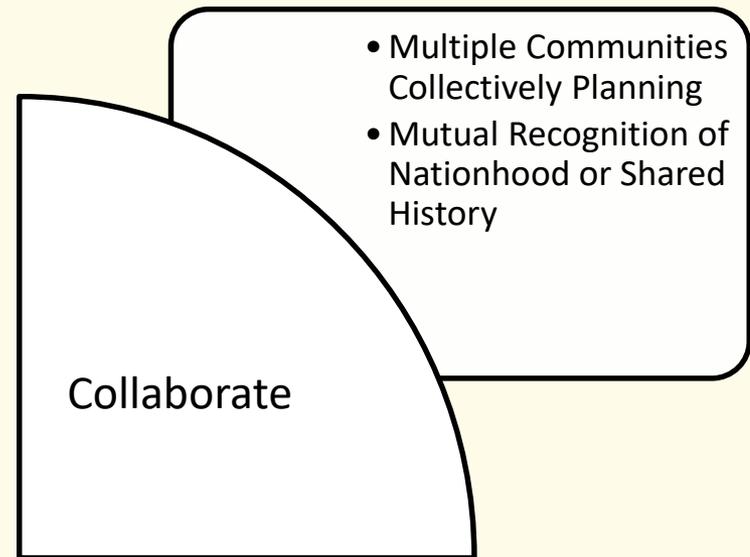




Examples – Collaborate

Communities begin working together where it makes sense (e.g. language rejuvenation or service delivery) and develop culturally legitimate plans and approaches.

- Syilx Wellness Framework

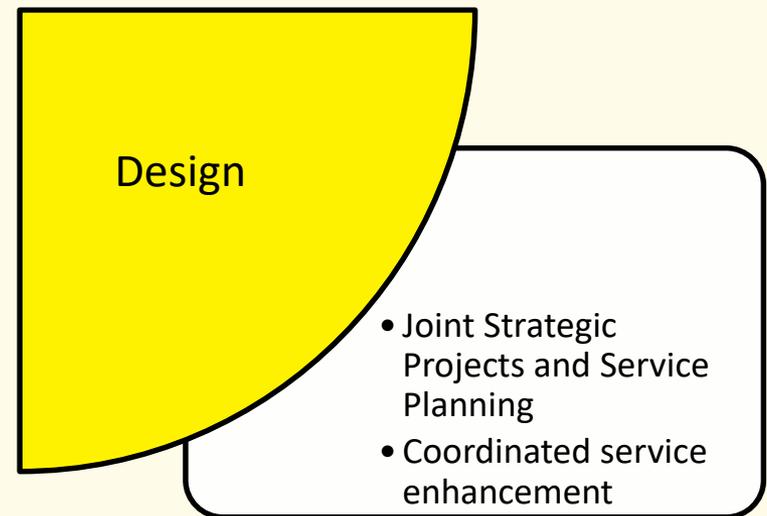




Examples – Design

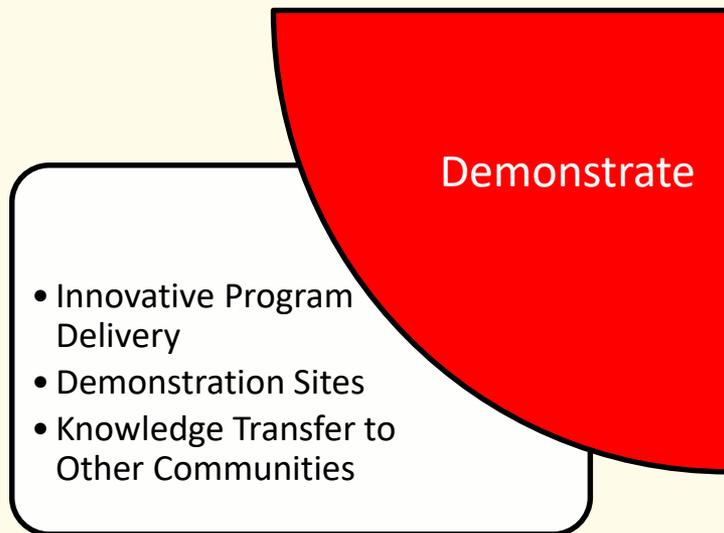
Communities are working, building capacity and designing services that will meet their local needs and align with quality standards that they define.

- Interior Nation Shared Services





Examples – Demonstrate



Communities are working together, capacity has been built and quality services are being delivered.

- Stikine Wholistic Working Group



Next Steps

1. Through regional and sub-regional meetings, engage with leadership to identify how the FNHC can support their Mental Health and Wellness planning and capacity building.
2. Through the implementation of the MOUs, coordinate actions and investments across governments, to align mental health and wellness resources with Community needs.
3. Secure long-term funding for BC First Nations to transform the mental health and wellness system serving their citizens



Discussion

How can we support you in this new approach?

What tools and capacity supports do you need?