



# **FIRST PEOPLES WELLNESS CIRCLE**

**SOUTHERN CHIEFS' ORGANIZATION**

**Mobile Crisis Response Team 1st Annual Wellness Gathering**

**"Caring for the Caregiver"**

Winnipeg | November 15, 2022



FIRST PEOPLES  
WELLNESS CIRCLE

**We respectfully acknowledge that Winnipeg is  
located on the traditional lands of  
the Anishinabe (Ojibway), Ininew (Cree), Oji-  
Cree, Dene, and Dakota, and is the Birthplace  
of the Métis Nation and the Heart of the Métis  
Nation Homeland.**

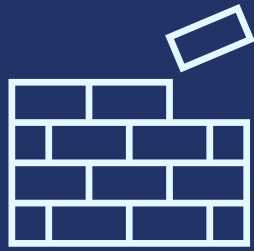


FIRST PEOPLES  
WELLNESS CIRCLE

## Purpose:

- To share about First Peoples Wellness Circle
- To show how we support the First Nations Mental Wellness Workforce
- To offer an opportunity to share with us what you believe are the focus areas that we could support with training, resources, tools, etc.

# Our Roots



**1975**

Year Native  
Mental Health  
Association of  
Canada (NMHAC)  
was established

**2015**

Culminated  
partnerships

**2018**

Year FPWC was  
established

**2022**

Growth of  
organization

# Board Members



**Denise McCuiag**  
Chair



**Dr. Ed Connors**  
Vice Chair



**Rosanne Sark**  
Secretary/Treasurer



**Dr. Carol Hopkins**  
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**Carla Cochrane**  
Board Member



**Carol McCorristor**  
Board Member



**Brent Bisailon**  
Board Member



**Dr. William Mussell**  
Thought Leader

# Team Members

**Dr. Brenda Restoule**  
Chief Executive Officer

**Claire Scanlan**  
Operations Manager

**Despina Papadopoulos**  
Director, Strategic Initiatives and Programs

**Marilyn Kimewon**  
Executive Assistant

**Haley Laronde**  
Senior Communications Lead

**Anne Duquette**  
Manager, Mental Wellness Team Supports

**Dr. Emily Kirk**  
Principal Researcher

**Maxine Peltier**  
Program Manager, Special Projects

**Brianna Purcell**  
Support Officer, Mental Wellness Team Supports

**Becky Carpenter**  
Policy Analyst

**Trisha Trudeau**  
Support Officer, Special Projects

**Keith Martin**  
Workforce Development Lead

**Catherine Graham**  
Evaluator

**Lisa Wabange**  
Knowledge Exchange Facilitator

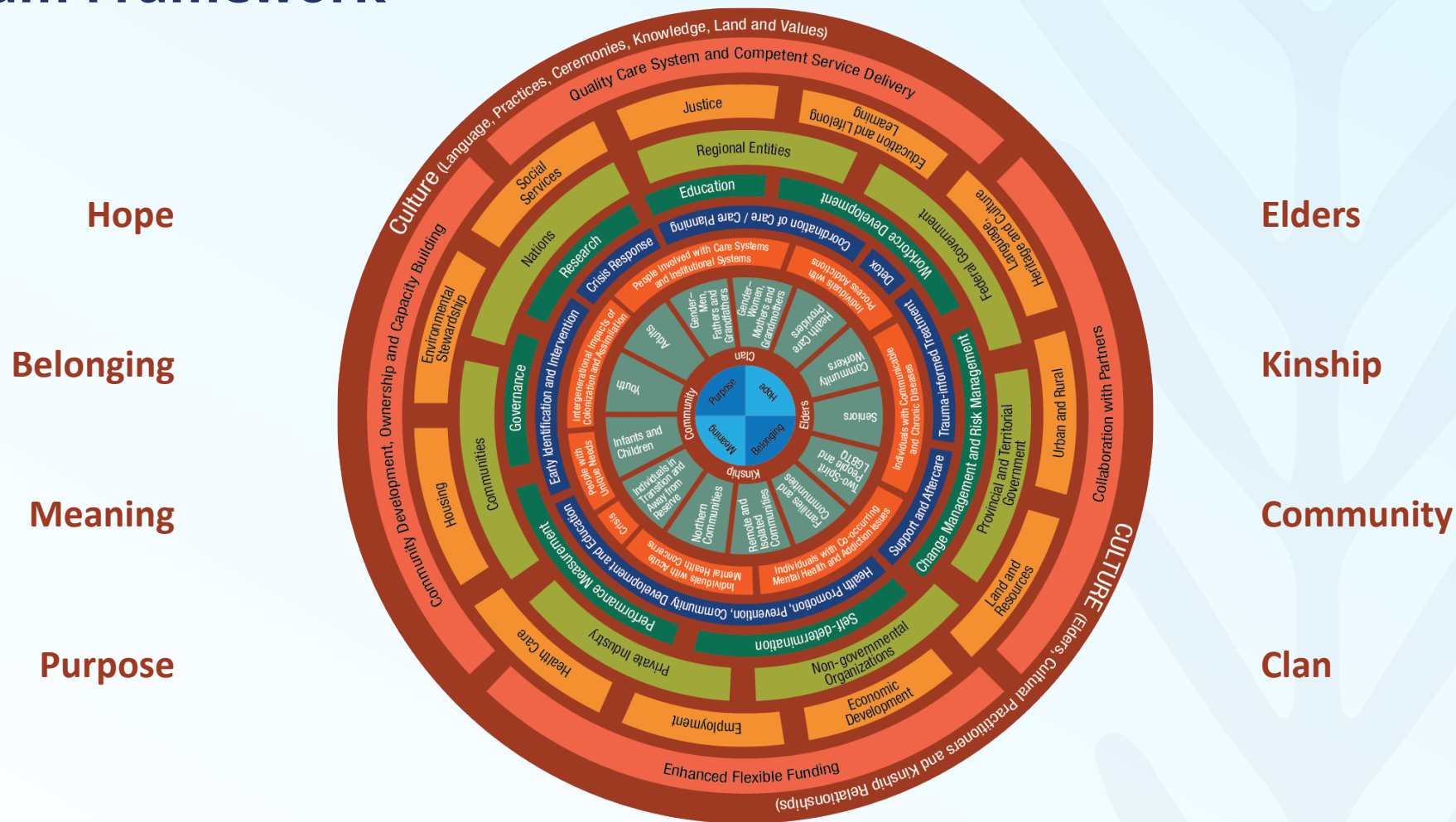
**Melissa Dedemus**  
Support Officer, Workforce Development



# Our Intentions

- Implementation of the **First Nations Mental Wellness Continuum Framework**.
- **Capacity building of the mental wellness workforce** through the development and delivery of training, tools, and resources based on Indigenous knowledge and evidence. (*Mental Wellness Teams, Crisis Response Teams, Indian Residential School (IRS) Resolution Health Support Program*)
- Building evidence through research and evaluation on the effectiveness of **Indigenous knowledge and evidence** in mental wellness programming.
- **Systems change** through advocacy by meaningful inclusion and promotion of Indigenous knowledge and practice-based evidence.
- **Creating opportunities for knowledge exchange**, sharing of best practices, networking and developing and strengthening relationships/partnerships with Indigenous and non-Indigenous organizations.

# First Nations Mental Wellness Continuum Framework



For more information about the framework, please see: <https://thunderbirdpf.org/fnmwc/>



## **Purpose** - *the reason we exist*

To walk with and support First Peoples and communities to share collective intelligence for healing, peace-making, and to live a good life.

## **Hope** - *our vision for a better future*

A nation where First Peoples and communities experience holistic health and wellness, through living diverse cultural values, beliefs, and practices.



## **Meaning** - *the work we do*

FPWC advocates for collaborative transformative change to create pathways to wellness and whole health for First Peoples shaped by diverse Indigenous cultural lenses.

## **Belonging** - *we are all connected*

There are many lenses through which we understand our relationships to the communities we serve, the work we do, and the world.

# Who are the First Nations Mental Wellness Workforces?

## **Mental Wellness Teams / Crisis Response Teams**

- Community-based, multidisciplinary teams that support mental wellness in communities
- Over 50 Teams across Turtle Island proving service to over 300 First Nations communities

## **Indian Residential School (IRS) Resolution Health Support Program**

- Support survivors of Residential Schools and other Traumas
- Teams across Turtle Island

## **Supporters / Volunteers**

- Those who support these Teams in their work. They include (but are not limited to):
  - Elders
  - Knowledge Keepers
  - Cultural Resource People
  - Health Departments and Health Authorities

# Mental Wellness Teams Comprehensive Needs Assessment

June 2019

- In 2018, the First Peoples Wellness Circle began to plan for a comprehensive needs assessment (CNA) of all new and existing Mental Wellness Teams (MWTs). The goal was to determine MWT needs related to capacity, governance, infrastructure, training, networking, evaluation and defining practice-based evidence.
- In summary, it was found that MWTs provide services in a complex and high needs environment, where there is generally little access to appropriate mental wellness services for First Nations people and where highly qualified mental wellness workers and professionals are urgently needed to support multigenerational healing.



## Mental Wellness Teams Comprehensive Needs Assessment

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VALIDATION OF FINDINGS BASED ON KEY INFORMANT  
INTERVIEWS AND FOCUS GROUPS

### FINAL REPORT

Prepared by:

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Dr. Marion Maar, PhD

Aidan Fyffe, Ba (psych), BSW, MSW

In Collaboration with the MWT CNA Working Group

Commissioned by FPWC

June 2019

# Programs and Projects

First Nations Mental Wellness Continuum Framework

Mental Wellness Teams Needs Comprehensive  
Needs Assessment

Knowledge Exchange Events:  
Training, webinars, learning circles and gatherings

IRS Qualitative Assessment

Curriculum Development & Training Offerings

Soar Above Stigma Campaign

Comprehensive Mental Wellness Team Database

Knowledge Exchange and Resource Sharing Hub

Worker Wellness Strategy

IRS Formative Analysis

Indigenous Crisis Debriefing Model

Indigenous Student Wellness Toolkit

# Workforce Wellness Strategy

## Current Progress

- Based on the *Mental Wellness Teams Comprehensive Needs Assessment*, the purpose is to develop a strategy focused on supporting the well-being of Mental Wellness Service Providers that serve First Nation communities.
- Process was a nationwide engagement and included:
  - Being guided by a working group comprised primarily of Mental Wellness Service Providers
  - A literature review of the most current publications around Mental Wellness from an Indigenous perspective (including international works)
  - A nationwide survey of Mental Wellness Service Providers that serve First Nation communities
  - Nationwide focus groups to expand on the literature review and survey

# Workforce Wellness Strategy (cont.)

## Draft Strategy

The following principles are interwoven throughout and in the three focus areas outlined below:

- We all have a responsibility to ensuring service provider wellness and creating an environment to support overall wellness.
- Indigenous wellness workforces are unique given connection to community, culture, and interrelationships.
- Support of all 3 pillars is necessary to enhance service provider wellness.
- Safety and safe work environments are critical in supporting wellness.

### Individual / Myself

- What I can do
- What I can control
- Internal & Existing Available Supports

### Organizational and Environmental

- What organizations and teams can do/change
- What is needed in the work environment
- External Supports

### Systemic / Funder and Political

- What does the system need to do/change
- What is needed at the funding level
- How can politicians support wellness



# Knowledge Exchange Events

## Knowledge Exchange Events

- Knowledge Exchange Events are learning, sharing, and relationship-building opportunities that aim to expand knowledge and build capacity at an individual and Team level.
- Events are primarily hosted online for First Nations Mental Wellness Workforces (*Mental Wellness Teams, Crisis Response Teams, Indian Residential School (IRS) Resolution Health Support Program*).

### Facilitation of Care Learning Series (FCLS)

- aims to provide a learning space to share knowledge to support wellness outcomes for First Nations communities and their members

### FPWC Learning Circle

- aims to provide subject matter expertise on subject/topics identified by the Mental Wellness workforce

### FPWC Learning Series

- aims to provide a deeper understanding which explores a subject/topic over a series of 4-6 virtual sessions

# Knowledge Exchange Events

## Facilitation of Care Learning Series

- Aims to provide a safe learning space to share knowledge to support wellness outcomes for First Nations communities and their members
- Primarily intended for clinicians.
- Includes a case study for review, reflection, and discussion.

## Previous Topics and Speakers:

### **Western Door Healing Journey: Grief & Loss**

Dr. Brenda Restoule



Perry McLeod-Shabogesic



### **Belonging and Connection: How do these concepts support life and prevent premature unnatural death?**

Dr. Ed Connors



Waabkaniikwe (Christine) King



# Knowledge Exchange Events

## FPWC Learning Circle

- Aims to provide subject matter expertise on subject/topics identified by the Mental Wellness workforce
- Intended for all members of the First Nations Mental Wellness Workforce
- Includes a presentation and Q&A

## Previous Topics and Speakers:

### **Practical Strategies for Supporting First Nations Youth Mental Health**

Dr. Christopher Mushquash



### **Building Helper Safety for Better Client Outcomes**

Suzanne Methot



### **Gathering Our Medicine: Recovering Resilience Through Cultural Affirmation & Safe Relationships**

Denise Findlay



### **Through Reconciliation, Weaving in Cultural Revitalization**

Norma Rabbitskin



# Knowledge Exchange Events

## FPWC Learning Series

- Aims to provide a deeper understanding which explores a subject/topic over a series of 4-6 virtual sessions
- Intended for all members of the First Nations Mental Wellness Workforce
- Includes a presentation and Q&A

## Previous Topics and Speakers:

### Traditional Virtual Gathering: Connecting to Our Traditional Knowledge to Support Wellness



Imelda  
Perley



Dr. Alan  
Corbiere



Dr. Loran  
Williams



Mary  
Deleary



Joe  
Pitawanakwat

### Virtual Care Learning Series: Supporting the First Nations Wellness Workforce



John  
Rabeneck



Sarah  
Huebert



Dr. Christopher  
Mushquash



Lawrence  
Murphy, MA



Robert  
Solomon, LL.B.



**We want to offer an opportunity to share with us what you believe are the focus areas that we could support with training, resources, tools, etc.**

Event coordinators will share:

- This presentation
- A link to a voluntary survey (with a draw to win 1 of 5 “Indigenous Boxes” from [www.indigenousbox.ca](http://www.indigenousbox.ca))



Miigwech • Maarsii • Nakurmiik • Merci • Thank you



[www.fpwc.ca](http://www.fpwc.ca)

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Miigwech • Maarsii • Nakurmiik • Merci • Thank you