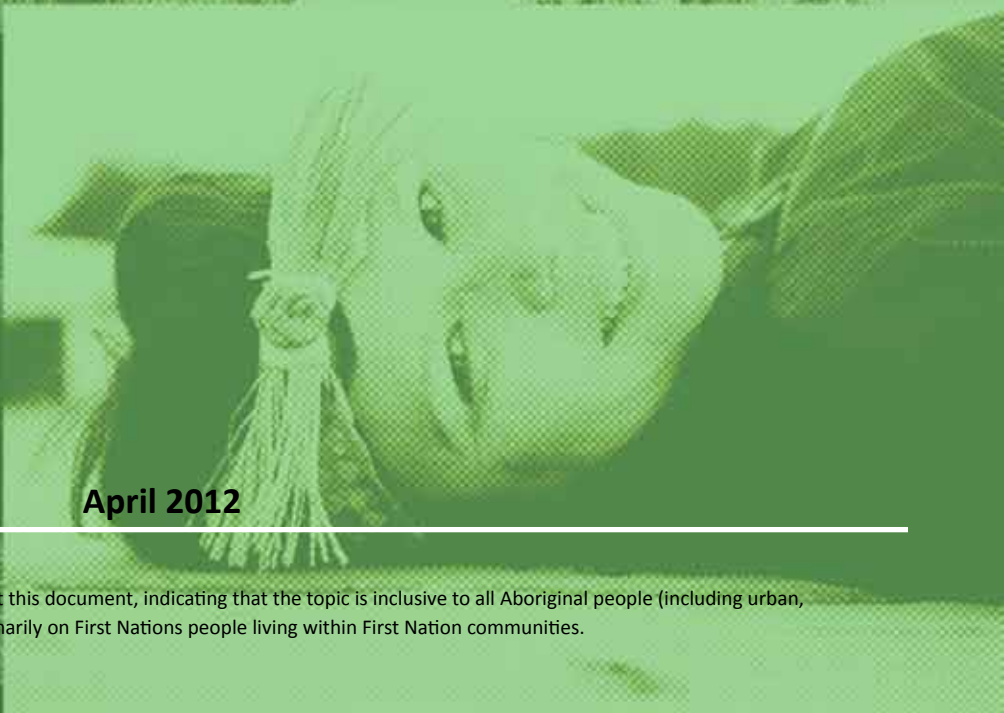




Priority Setting: A Future First Nations and Aboriginal People's Mental Wellness and Substance Use Ten-Year Plan¹



April 2012

¹ Terminology Note:

First Nations and Aboriginal will be used throughout this document, indicating that the topic is inclusive to all Aboriginal people (including urban, rural, remote, Métis and Inuit) and not focused primarily on First Nations people living within First Nation communities.

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Introduction

The Transformative Change Accord: First Nations Health Plan (TCA: FNHP) and the Tripartite First Nations Health Plan (TFNHP) has three actions related to mental health, addictions and suicide prevention, including Action Items # 8, which states: “Adult mental health, substance abuse as well as young adult suicide will be addressed through an Aboriginal Mental Health and Addictions Plan.”

A British Columbia (BC) First Nations and Aboriginal Mental Wellness & Substance Use Strategy Council (Strategy Council) was established in 2011 to begin the process of addressing the action items put forward in the TCA: FNHP and TFNHP. The tripartite partnership has broad representation that includes the interim First Nations Health Authority; Ministry of Health; Ministry of Children and Family Development; Provincial Health Services Authority; Northern Health Authority; and Health Canada.

The transformation of health systems and services in new collaborative ways to benefit the health of First Nations individuals, families and communities is one of the main principles of the Strategy Council. Also important to the Strategy Council is to ensure that its work includes not only urban, rural, remote First Nations communities, but is also inclusive of Métis, Inuit Peoples, and non-status First Nations. The BC Association of Aboriginal Friendship Centers (BCAAFC) and the Métis Nation British Columbia (MNBC) are important partners in the Strategy Council's efforts to address First Nations and Aboriginal mental wellness and substance use issues and are committed to working together to chart a path forward.

Many factors have contributed to the issues First Nations and Aboriginal people face with respect to mental wellness and substance use, including colonization and assimilation, systemic discrimination, loss of tradition, loss of language and culture, residential schooling, and child apprehension. Despite these challenges, our communities continue to try to address these issues through passionate efforts in promoting health, preventing or treating illness and reducing harms. They need support in all areas, from direct service delivery to high level planning.

Systems transformation is seen as an important avenue for change because it looks at addressing the underlying socioeconomic and other systemic factors that inhibit wellness in our communities. A key element of transformation is the acknowledgement of an Indigenous world view and perspective on health and wellness, and the integration of this perspective into health, education, justice and other social services.

For some time, the iFNHA (formerly the FNHS) has been gathering wisdom, advice and guidance from First Nations communities, which they have shared at forums, meetings and regional caucus sessions hosted by the iFNHA between 2007 and 2011. Priorities put forward through these engagement activities were used to shape the development of plans and strategies in the area of mental wellness and substance use. Recognizing that community and stakeholder voices are critical for shaping relevant and effective policies and strategies, the Strategy Council initiated an Input Request survey to seek further health action-specific information to complement existing input and advice. The main purpose of this Input Request was to gather feedback from communities and stakeholders on perceptions of mental wellness and substance use and suggested approaches to improve health and reduce illness and other harms.

All of the feedback, priorities, input and suggestions from First Nations and Aboriginal people have helped to give shape to the proposed “draft” Vision, Goals, Strategic Directions, and Actions for a future First Nations and Aboriginal Mental Wellness and Substance Use Ten-Year Plan.



What is the purpose of this Priority-Setting Tool?

This *Priority-Setting Tool* is intended to be utilized by the Tripartite Partners (Federal Government, Provincial Government, the interim First Nations Health Authority and Aboriginal partners) to engage with our respective members, stakeholders and systems. The Vision, Goals, Strategic Directions and Actions proposed in this Priority-Setting Tool have been developed through input from First Nations and Aboriginal people through forums, reports, input requests, accumulated data and the Tripartite process.

The purpose of this *Priority-Setting Tool* is to collectively affirm the proposed Vision Statement, Goals, and Strategic Directions, Actions and finally, to gather any further feedback as part of the overall engagement process. The affirmations, and feedback we elicit through this Priority Setting Tool will shape the development of a *First Nations and Aboriginal Mental Wellness and Substance Use Ten-Year Plan (the "Plan")*.

Priority-Setting: an opportunity for further involvement

This exercise of priority setting provides an opportunity for those involved in the area of mental wellness and substance use to:

- work together to build upon existing resources and strengths;
- identify common areas of focus; and
- collaboratively transform the system to improve the health status of First Nations and Aboriginal people.

What will my feedback for this Priority-Setting Tool be used for?

This Priority-Setting Tool introduces proposed strategic directions and high-level actions for consideration as the main components of a draft Plan, based on what we have heard from First Nations and Aboriginal people as well as tripartite partners and planning committees. Your involvement in this Priority-Setting exercise will help ensure and confirm that the plan identifies the necessary strategic directions and actions for system transformation in the area of mental wellness and substance use.

Next Steps

Prioritization and feedback from this Priority-Setting Tool will be synthesized to help inform the Plan. The Plan is anticipated to be finalized in the fall of 2012. In the years to follow, focus will be on the development of a shared Accountability Framework and then implementation of the Plan itself.

How to use this Priority-Setting Tool

Please indicate your responses to all questions in the pages that follow. Please select as many (or all) of the Actions that you feel are a good reflection of First Nations' and Aboriginal priorities. At the end of the exercise, there is an opportunity to provide additional feedback.

This is an online questionnaire that can be found at: <http://app.fluidsurveys.com/s/prioritysettingtool>.

It is preferred that you fill out this questionnaire online; however, if this is not possible please submit the questionnaire manually or in a hard-copy format. You may contact or fax the relevant organizations/entities, found on the last page, depending on your system and/or affiliation. Please see the full list of contacts on the back of the form.



General Respondent Information

Please identify the group below that best describes you:

- First Nations
- Métis
- Inuit
- Non-Aboriginal
- Other (please specify) _____

If you identified as Métis please specify the following:

- Métis citizen
- Métis self-identified
- Other (please specify) _____

If you have identified as First Nations please specify the following:

- Live primarily urban
- Live primarily rural
- Live primarily remote
- Please identify your Nation: _____

If you have identified as First Nations please specify the following:

- Status First Nation
- Non-Status First Nation
- Other (please specify) _____

Vision

All First Nations and Aboriginal people in BC are supported in a culturally relevant manner to achieve and maintain mental wellness and positive healthy living regardless of where they live.

“To be mentally well means to me that my traditional teachings are restored. This includes the use of traditional teachings from dreams and vision quests to visualize new and more hopeful outcomes”

- Survey Respondent

Goals:

1. To improve services, supports and health outcomes for First Nations and Aboriginal people in BC regardless of residency.
2. To keep First Nations and Aboriginal people's interests at the center of our initiatives and function at a high operational, cross-sectoral and integral standard.
3. To ensure that mental wellness and substance use strategies and actions for First Nations and Aboriginal people reflect individual needs and are community-driven and nation based.
4. Enhance reach and engage First Nations and Aboriginal people in mental wellness promotion, illness and problematic substance use prevention, addiction treatment, aftercare and related support service continuum, regardless of residency

These goals are also in keeping with the Seven Directives that originate from the Consensus Paper². In 2011, a Consensus Paper was written that describes a historic level of agreement amongst First Nations and Aboriginal people in BC about their health and well-being. The paper establishes the collective wisdom and direction of First Nations in BC with respect to the new health governance arrangement. The Consensus Paper sets out Seven Directives which also give shape and influence this Plan.

Do you agree that the vision statement and goals are a good reflection of First Nations and Aboriginal priorities? Please indicate your level of agreement:

- Agree
- Disagree
- Don't Know

² Consensus Paper: http://www.fnhc.ca/pdf/FNHC_Consensus_Paper_-_WEB.pdf



First Nations and Aboriginal People's Mental Wellness & Substance Use - Ten Year Plan: Strategic Directions and Actions

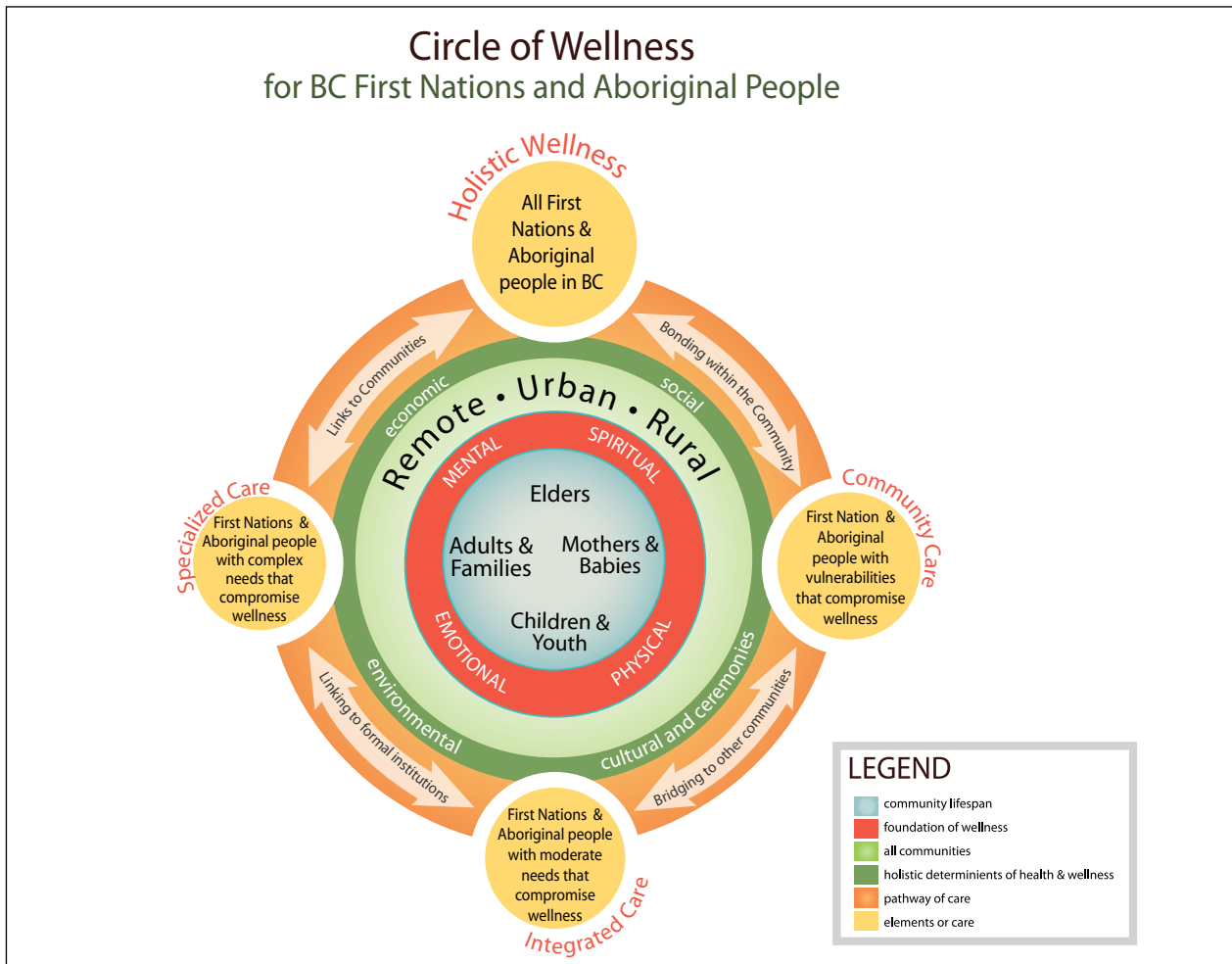
Strategic Directions: A vision statement that outlines parameters for action based on reviews, plans, and information gathered at First Nations and Aboriginal forums.

Action: High-level steps to achieve the Strategic Directions

All of the feedback, priorities, input and suggestions have flowed from the Tripartite process, reports, accumulated data, visioning and the Input Request from First Nations communities and Aboriginal individuals which has helped to give shape to the proposed “draft” Vision, Goals, Strategic Directions, Actions of a First Nations and Aboriginal Mental Wellness and Substance Use Plan.

A key element of this transformation is the acknowledgement of an Indigenous view and perspective of health, wellness and treatment options/approaches, and the integration of these approaches into our current health care delivery model services.

The “Circle of Wellness” model is our conceptual frame of reference. The proposed Strategic Directions and Actions are organized to reflect this model. The framework components that drive the strategic directions are based on the four quadrants: Holistic Wellness, Community Care, Integrated Care, Specialized Care. Further, these components will support the development and implementation of a culturally appropriate, integrated and comprehensive continuum of care system



Mental Wellness and Substance Use: Strategic Directions

Please review the following 15 Strategic Directions, divided into: Holistic Wellness; Community Care; Integrated Care; and, Specialized Care

Holistic Wellness: All First Nations & Aboriginal people in BC	A. Strategic Direction: First Nations and Aboriginal people have equitable access to and are effectively reached by culturally appropriate programs and services regardless of residency
	B. Strategic Direction: Systems transformation overcomes systemic and structural barriers that impact mental wellness and problematic substance use and associated harms for First Nations and Aboriginal people
	C. Strategic Direction: All British Columbians understand the intergenerational impacts of colonization and residential school experiences and their effects on mental wellness and substance use for First Nations and Aboriginal people
	D. Strategic Direction: First Nations and Aboriginal traditional models of wellness are available to promote mental wellness and prevent problematic substance use or associated harms
	E. Strategic Direction: Educational and life-long learning opportunities that incorporate indigenous knowledge improve mental wellness and reduce problematic substance use and associated harms among First Nations and Aboriginal people
	F. Strategic Direction: A broad range of initiatives, services and supports are offered locally to prevent problematic substance use or associated harms in First Nations and Aboriginal communities
Community Care: First Nations & Aboriginal people with vulnerabilities that compromise wellness	G. Strategic Direction: The capacity for First Nations and Aboriginal communities to deliver prevention and early intervention services throughout the lifespan is strengthened and sustained
	H. Strategic Direction: First Nations and Aboriginal people experiencing mental wellness and substance use problems who are involved in the criminal justice system are supported through culturally relevant programs, services and diversion approaches
	I. Strategic Direction: Culturally relevant approaches are used to address suicide prevention, intervention and post-vention in First Nations and Aboriginal communities
Integrated Care: First Nations & Aboriginal people with moderate needs that compromise wellness	J. Strategic Direction: The effects of intergenerational and other forms of trauma for First Nations and Aboriginal people are addressed in a culturally relevant manner
	K. Strategic Direction: The effectiveness of the primary health care system and primary care providers in the management of mental wellness and problematic substance use for First Nations and Aboriginal people are enhanced
	L. Strategic Direction: Therapeutic interventions are integrated with cultural healing practices for First Nations and Aboriginal people experiencing mental wellness and/or substance use problems
	M. Strategic Direction: The capacity of community-based mental wellness and substance use services for First Nations and Aboriginal people is enhanced
Specialized Care: First Nations & Aboriginal people with complex needs that compromise wellness	N. Strategic Direction: Culturally relevant community interventions are available for First Nations and Aboriginal people experiencing severe and complex mental wellness and/or substance use problems
	O. Strategic Direction: First Nations and Aboriginal people living with Fetal Alcohol Spectrum Disorder (FASD) are supported through integrated holistic community-based programs and services

All of the feedback, priorities, input and suggestions have flowed from the tripartite process, reports, accumulated data, visioning and the Input Request from First Nations communities and Aboriginal individuals which has helped to give shape to the proposed "draft" Vision, Goals, Strategic Directions, Actions of a First Nations and Aboriginal Mental Wellness and Substance Use Plan.

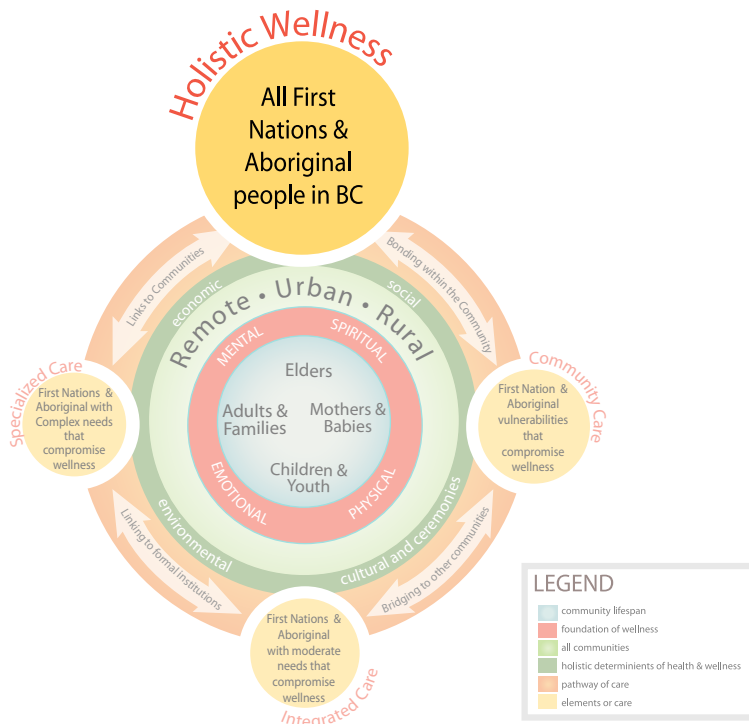
Do you agree these strategic directions are a good reflection of First Nations and Aboriginal Priorities?

- Agree
- Disagree
- Don't Know

Do you have any further ideas or feedback regarding these strategic directions?

Mental Wellness and Substance Use: Action Items

Holistic Wellness: All First Nations and Aboriginal people in BC



Please select as many (or all) of the Actions that you feel are a good reflection of First Nations' and Aboriginal priorities. At the end of the exercise, there is an opportunity to provide additional feedback.

A Strategic Direction: First Nations and Aboriginal people have equitable access to and are effectively reached by culturally appropriate programs and services regardless of residency

Please check the action items (or all) that you feel would be a priority in achieving Holistic Wellness.

- Action:** Develop further linkages, bridges and collaborative partnerships among First Nations and Aboriginal communities, the regional, provincial and federal systems and non-governmental sectors to address service reach and access challenges.
- Action:** Promote increased reach of a range of culturally relevant health promotion, illness prevention, harm reduction and early intervention initiatives.
- Action:** Ensure that services and programs are locally situated where possible.
- Action:** Develop policies and standards to support equitable access and reach in the provision of health and human services to First Nations and Aboriginal communities.
- Action:** Identify and address transportation and funding barriers encountered by First Nations and Aboriginal people that affect access to and reach of initiatives to address mental wellness and substance use.

Please assist us to determine an indicator or a way of measuring our collective success by answering the following question: **By what measure or benchmark will we know that the Strategic Direction and the Actions have been achieved?**

Please select as many (or all) of the Actions that you feel are a good reflection of First Nations' and Aboriginal priorities. At the end of the exercise, there is an opportunity to provide additional feedback.

B Strategic Direction: Systems transformation overcomes systemic and structural barriers that impact mental wellness and problematic substance use and associated harms for First Nations and Aboriginal people

Please check the action items (or all) that you feel would be a priority in achieving Holistic Wellness.

- Action:** Maintain a comprehensive and collaborative multi-system approach to mental wellness promotion, problematic substance use prevention and harm reduction that addresses underlying systemic socio-economic determinants of health.
- Action:** Strengthen linkages between First Nations and Aboriginal communities and service providers to build culturally relevant capacity where few or no services exist.
- Action:** Build on alliances and partnerships with service providers to coordinate and leverage additional funding and investment in mental wellness and substance use services and supports for First Nations and Aboriginal people in BC.
- Action:** Develop education and awareness initiatives to reduce stigma against First Nations and Aboriginal people who have mental wellness or substance use problems.
- Action:** Engage and involve First Nations and Aboriginal people to develop strategies and interventions that promote mental wellness and prevent problematic substance use or associated harms.

Please assist us to determine an indicator or a way of measuring our collective success by answering the following question: **By what measure or benchmark will we know that the Strategic Direction and the Actions have been achieved?**

Please select as many (or all) of the Actions that you feel are a good reflection of First Nations' and Aboriginal priorities. At the end of the exercise, there is an opportunity to provide additional feedback.

C Strategic Direction: All British Columbians understand the inter-generational impacts of colonization and residential school experiences and their effects on mental wellness and substance use for First Nations and Aboriginal people

Please check the action items (or all) that you feel would be a priority in achieving Holistic Wellness.

Action: Promote public education and awareness—including cultural competency training within schools and work-places—about the effects of colonization and residential schools on mental wellness and substance use among First Nations and Aboriginal people

Action: Ensure that health and human service providers have an understanding of and respect for the history of First Nations and Aboriginal people (including intergenerational trauma) and work in ways that respect the Indigenous worldview and social and political contexts.

Please assist us to determine an indicator or a way of measuring our collective success by answering the following question: **By what measure or benchmark will we know that the Strategic Direction and the Actions have been achieved?**

Please select as many (or all) of the Actions that you feel are a good reflection of First Nations' and Aboriginal priorities. At the end of the exercise, there is an opportunity to provide additional feedback.

D Strategic Direction: First Nations and Aboriginal traditional models of wellness are available to promote mental wellness and prevent problematic substance use and associated harms

Please check the action items (or all) that you feel would be a priority in achieving Holistic Wellness.

Action: Foster mental wellness through the use of traditional medicines, practices and initiatives that are culturally competent and that reflect First Nations and Aboriginal people's customs, values, beliefs and ceremonies.

Action: Provide safe, inclusive and culturally relevant health and human services for First Nations and Aboriginal people that reflect traditional models of wellness.

Action: Build on existing approaches and develop promising practices using culture to strengthen self-esteem and identity.

Action: Promote the use of healing and talking circles and other traditional practices to promote mental wellness and reduce problematic substance use or associated harms.

Action: Develop initiatives that promote and encourage collaborative youth, adult and Elder inter-generational education, knowledge exchange and community participation.

Please assist us to determine an indicator or a way of measuring our collective success by answering the following question: **By what measure or benchmark will we know that the Strategic Direction and the Actions have been achieved?**

Please select as many (or all) of the Actions that you feel are a good reflection of First Nations' and Aboriginal priorities. At the end of the exercise, there is an opportunity to provide additional feedback.

E Strategic Direction: Educational and life-long learning opportunities that incorporate indigenous knowledge improve mental wellness and reduce problematic substance use and associated harms among First Nations and Aboriginal people

Please check the action items (or all) that you feel would be a priority in achieving Holistic Wellness.

- Action:** Encourage life-long learning (in and beyond formal education systems) as a means of promoting mental wellness and preventing problematic substance use and associated harms.
- Action:** Support early childhood, primary, secondary and post-secondary education initiatives and programs to promote positive First Nations and Aboriginal cultural identity including history, language, ceremonies, spirituality, food, art and music.
- Action:** Expand First Nations and Aboriginal Early Childhood Education (ECE) initiatives to support healthy development.
- Action:** Increase collaboration among schools, school districts, health authorities and other partners to develop First Nations and Aboriginal child and youth mental wellness and substance use programs that are culturally appropriate
- Action:** Develop policies and programs that promote school connectedness for First Nations and Aboriginal children and youth.
- Action:** Promote culturally relevant education initiatives to share knowledge about mental wellness and well-being in First Nations and Aboriginal communities.

Please assist us to determine an indicator or a way of measuring our collective success by answering the following question: **By what measure or benchmark will we know that the Strategic Direction and the Actions have been achieved?**

Please select as many (or all) of the Actions that you feel are a good reflection of First Nations' and Aboriginal priorities. At the end of the exercise, there is an opportunity to provide additional feedback.

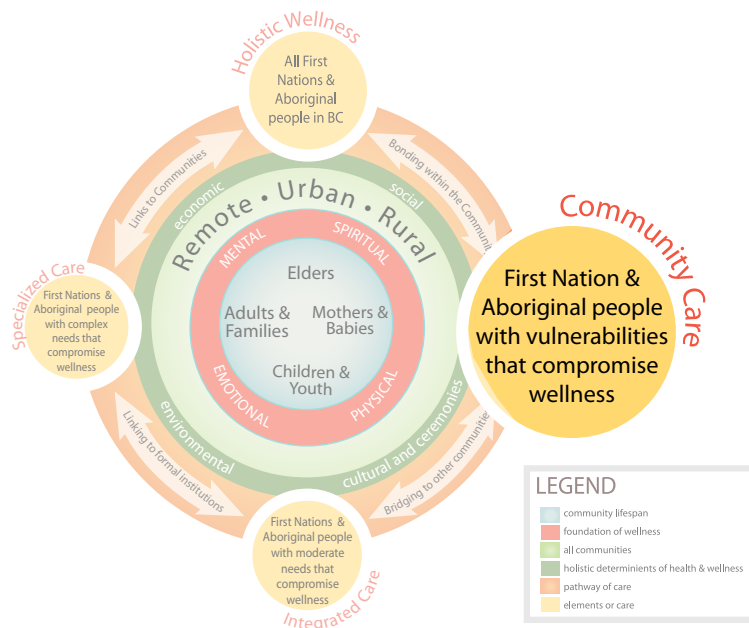
F Strategic Direction: A broad range of initiatives, services and supports are offered locally to prevent problematic substance use or associated harms in First Nations and Aboriginal communities

Please check the action items (or all) that you feel would be a priority in achieving Holistic Wellness.

- Action:** Foster bonding, bridging and linking within communities to develop policies, programs and services that prevent problematic substance use and associated harms.
- Action:** Encourage partnerships between all levels of government and First Nations and Aboriginal people to develop healthy public policies relating to alcohol.
- Action:** Promote a culturally-relevant harm reduction approach to alcohol consumption.
- Action:** Promote knowledge and awareness among both health professionals and First Nations and Aboriginal communities about pharmaceutical medications and over-the-counter drugs, in order to maximize therapeutic benefits and to prevent or reduce harms.
- Action:** Ensure linkages with culturally relevant injury prevention and chronic disease prevention/management initiatives
- Action:** Develop and implement initiatives, services and supports that reflect current evidence on the complexity of addiction, with multiple contributing causal factors that can start early in life and be compounded over the life course.
- Action:** Develop partnerships and approaches with communities to deliver tobacco use prevention, cessation programs and resources while respecting the cultural use of tobacco (e.g., display health warnings and signage that are relevant to First Nations and Aboriginal people).
- Action:** Enhance and develop culturally relevant initiatives to reduce harmful effects of tobacco, including exposure to second hand smoke.

Please assist us to determine an indicator or a way of measuring our collective success by answering the following question: **By what measure or benchmark will we know that the Strategic Direction and the Actions have been achieved?**

Community Care: First Nations & Aboriginal people with vulnerabilities that compromise wellness



Please select as many (or all) of the Actions that you feel are a good reflection of First Nations’ and Aboriginal priorities. At the end of the exercise, there is an opportunity to provide additional feedback.

G Strategic Direction: The capacity for First Nations and Aboriginal communities to deliver prevention and early intervention services throughout the lifespan span is strengthened and sustained

Please check the action items (or all) that you feel would be a priority in achieving Community Care.

- Action:** Enhance initiatives to prevent Elder abuse in First Nations and Aboriginal communities.
- Action:** Enhance education about domestic violence and its prevention among First Nations and Aboriginal people.
- Action:** Increase available services and supports to First Nations and Aboriginal pre-natal, peri-natal and post-natal women and their partners.
- Action:** Develop culturally relevant and comprehensive approaches to problematic substance use prevention that emphasize traditional teachings and address associated wellness concerns, such as HIV/AIDS and hepatitis C.
- Action:** Develop culturally relevant wrap-around services to address homelessness in First Nations and Aboriginal communities.

Please assist us to determine an indicator or a way of measuring our collective success by answering the following question: **By what measure or benchmark will we know that the Strategic Direction and the Actions have been achieved?**

Please select as many (or all) of the Actions that you feel are a good reflection of First Nations' and Aboriginal priorities. At the end of the exercise, there is an opportunity to provide additional feedback.

H Strategic Direction: First Nations and Aboriginal people experiencing mental wellness and substance use problems who are involved in the criminal justice system are supported through culturally relevant programs, services and diversion approaches

Please check the action items (or all) that you feel would be a priority in achieving Community Care.

- Action:** Develop culturally relevant, gender specific and developmentally appropriate strategies that are responsive to the mental wellness and problematic substance use needs of First Nations and Aboriginal youth and adults involved in the criminal justice system.
- Action:** Ensure that First Nations and Aboriginal youth and adults involved in the criminal justice system are reached by culturally relevant mental wellness and substance use services (including harm reduction education and other interventions for First Nations & Aboriginal inmates with chronic health conditions, such as HIV/AIDS and hepatitis C).
- Action:** Develop and implement initiatives, services and supports to ensure that First Nations and Aboriginal youth and adults experiencing mental wellness and/or substance use problems who are in or transitioning from the criminal or youth justice system are reached by culturally relevant transition and support services.
- Action:** Increase access to Elders and traditional healing practices for First Nations and Aboriginal youth and adults involved in the criminal justice system.
- Action:** Develop diversion approaches with First Nations and Aboriginal people experiencing mental illness or substance use problems as culturally relevant alternatives to sentencing.

Please assist us to determine an indicator or a way of measuring our collective success by answering the following question: **By what measure or benchmark will we know that the Strategic Direction and the Actions have been achieved?**

Please select as many (or all) of the Actions that you feel are a good reflection of First Nations' and Aboriginal priorities. At the end of the exercise, there is an opportunity to provide additional feedback.

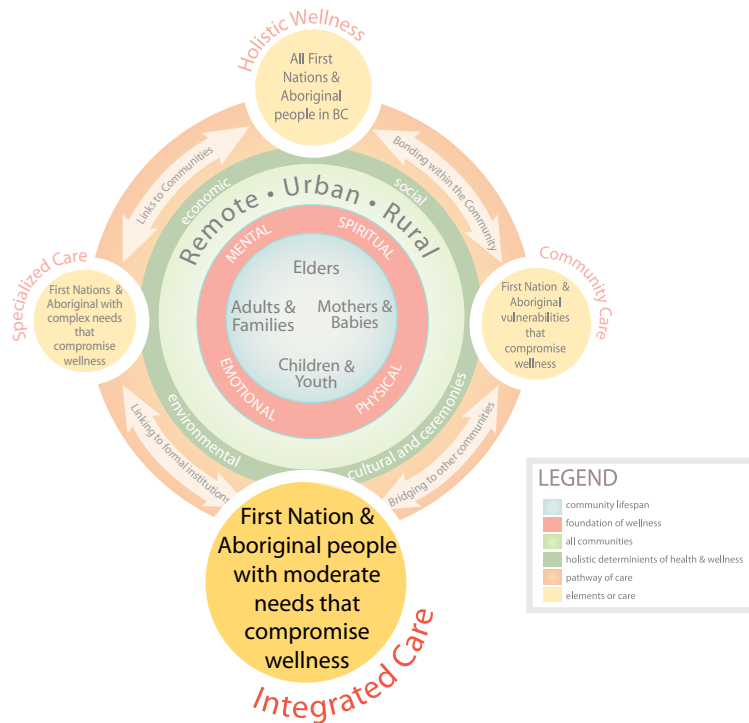
Strategic Direction: Culturally relevant approaches are used to address suicide prevention, intervention and post-vention in First Nations and Aboriginal communities

Please check the action items (or all) that you feel would be a priority in achieving Community Care.

- Action:** Support culturally-based initiatives and practices to promote cultural identity and family, community and school connectedness, and to strengthen protective factors against suicide in First Nations and Aboriginal communities.
- Action:** Increase the reach of culturally relevant grief counselling for First Nations and Aboriginal people experiencing loss from suicide.
- Action:** Develop targeted suicide prevention strategies for vulnerable populations who are also experiencing mental wellness and/or substance use problems, such as First Nations and Aboriginal youth, individuals who are street-involved, and two-spirited (lesbian, bisexual, gay, transgender, questioning).

Please assist us to determine an indicator or a way of measuring our collective success by answering the following question: **By what measure or benchmark will we know that the Strategic Direction and the Actions have been achieved?**

Integrated Care: First Nations & Aboriginal people with moderate needs that compromise wellness



Please select as many (or all) of the Actions that you feel are a good reflection of First Nations' and Aboriginal priorities. At the end of the exercise, there is an opportunity to provide additional feedback.

J Strategic Direction: The effects of intergenerational and other forms of trauma for First Nations and Aboriginal people are addressed in a culturally relevant manner

Please check the action items (or all) that you feel would be a priority in achieving Integrated Care.

- Action:** Promote the inclusion of traditional healers and healing approaches as integral to the provision of trauma informed services for First Nations and Aboriginal people.
- Action:** Ensure that service providers are trained and readily available to provide culturally safe treatment and care for First Nations and Aboriginal people living with the effects of intergenerational trauma, including associated grief and losses.
- Action:** Develop new or expand existing policies, programs and services to break the cycle of intergenerational trauma.

Please assist us to determine an indicator or a way of measuring our collective success by answering the following question: **By what measure or benchmark will we know that the Strategic Direction and the Actions have been achieved?**

Please select as many (or all) of the Actions that you feel are a good reflection of First Nations' and Aboriginal priorities. At the end of the exercise, there is an opportunity to provide additional feedback.

K Strategic Direction: The effectiveness of the primary health care system and primary care providers in the management of mental wellness and problematic substance use for First Nations and Aboriginal people are enhanced

Please check the action items (or all) that you feel would be a priority in achieving Integrated Care.

- Action:** Promote culturally relevant mental wellness and substance use training and support for primary care providers in applying new skills, practices and tools for diagnosis, treatment and aftercare of First Nations and Aboriginal children, youth, adults and Elders.
- Action:** Support primary care providers in establishing individual holistic care plans for First Nations and Aboriginal people experiencing mental wellness and/or substance use problems.
- Action:** Ensure an integrated approach to culturally relevant assessments, referrals, diagnosis, treatment and aftercare for First Nations and Aboriginal people experiencing mental wellness and/or substance use problems.
- Action:** Promote culturally relevant programs and services that encompass a continuum of treatment for First Nations and Aboriginal people experiencing problematic substance use (including, but not limited to, withdrawal management, substitution treatment, outreach, out-patient, day-patient, residential treatment, relapse and follow-up programs and services).

Please assist us to determine an indicator or a way of measuring our collective success by answering the following question: **By what measure or benchmark will we know that the Strategic Direction and the Actions have been achieved?**

Please select as many (or all) of the Actions that you feel are a good reflection of First Nations' and Aboriginal priorities. At the end of the exercise, there is an opportunity to provide additional feedback.

L Strategic Direction:Therapeutic interventions are integrated with cultural healing practices for First Nations and Aboriginal people experiencing mental wellness and/or substance use problems

Please check the action items (or all) that you feel would be a priority in achieving Integrated Care.

- Action:** Increase the capacity of clinicians to deliver culturally relevant therapeutic practices to children, youth, adults and families in a variety of settings.
- Action:** Deliver culturally based therapies within the context of a comprehensive assessment and treatment planning that helps to determine the right type, intensity and appropriate setting of the required intervention, taking into account the needs and preferences of the individual and/or family being served.

Please assist us to determine an indicator or a way of measuring our collective success by answering the following question: **By what measure or benchmark will we know that the Strategic Direction and the Actions have been achieved?**

Please select as many (or all) of the Actions that you feel are a good reflection of First Nations' and Aboriginal priorities. At the end of the exercise, there is an opportunity to provide additional feedback.

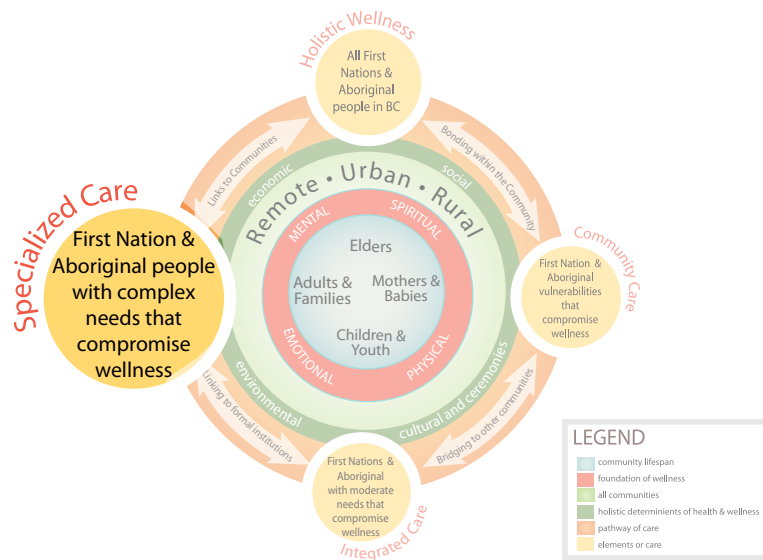
M Strategic Direction: The capacity of community-based mental wellness and substance use services for First Nations and Aboriginal people is enhanced

Please check the action items (or all) that you feel would be a priority in achieving Integrated Care.

- Action:** Ensure that community based and multi- level programs and services for First Nations and Aboriginal people are available to provide the least intrusive interventions.
- Action:** Enhance availability of community-based mental wellness and substance use services for First Nations and Aboriginal children, youth, adults and Elders.
- Action:** Increase community-based outreach programs and services in settings such as homes, schools, streets, institutions and facilities.
- Action:** Promote and enhance the use of tele-health services for First Nations and Aboriginal people experiencing mental wellness and/or substance use problems.
- Action:** Promote culturally-sensitive screening and brief intervention for substance use problems for First Nations and Aboriginal people.
- Action:** Support the development of programs and services that address process addictions, such as problem gambling, in First Nations and Aboriginal communities, while respecting cultural practices.
- Action:** Increase holistic and culturally relevant after care services, including relapse prevention programs for First Nations and Aboriginal communities in BC.

Please assist us to determine an indicator or a way of measuring our collective success by answering the following question: **By what measure or benchmark will we know that the Strategic Direction and the Actions have been achieved?**

Specialized Care: First Nations and Aboriginal People with Complex Needs that compromise wellness



Please select as many (or all) of the Actions that you feel are a good reflection of First Nations' and Aboriginal priorities. At the end of the exercise, there is an opportunity to provide additional feedback.

N Strategic Direction: Culturally relevant community interventions are available for First Nations and Aboriginal people experiencing severe and complex mental wellness and/or substance use problems

Please check the action items (or all) that you feel would be a priority in achieving Specialized Care.

- Action:** Enhance the integration of culturally based primary and community care for First Nations and Aboriginal people.
- Action:** Ensure equitable access to optimal medication treatments for First Nations and Aboriginal people that are aligned with cultural healing practices.
- Action:** Enhance culturally based forms of community case management and supports for First Nations and Aboriginal people recovering from, or living with, severe and complex mental wellness and/or substance use problems.
- Action:** Enhance culturally relevant rehabilitation services for First Nations and Aboriginal people, including but not limited to employment, education, training, recreation and wellness.
- Action:** Expand integrated community based services and supports for First Nations and Aboriginal people with mental wellness or substance use problems who are also managing other serious chronic health conditions, such as diabetes, HIV/AIDS, or hepatitis C.
- Action:** Develop or enhance housing and support services for First Nations and Aboriginal people who are homeless and experiencing mental wellness and/or substance use problems.
- Action:** Support programs and services for First Nations and Aboriginal people for whom abstinence is not feasible, such as 'low threshold' housing.

Please assist us to determine an indicator or a way of measuring our collective success by answering the following question: **By what measure or benchmark will we know that the Strategic Direction and the Actions have been achieved?**

Please select as many (or all) of the Actions that you feel are a good reflection of First Nations' and Aboriginal priorities. At the end of the exercise, there is an opportunity to provide additional feedback.

0 Strategic Direction: First Nations and Aboriginal people living with Fetal Alcohol Spectrum Disorder (FASD) are supported through integrated holistic community-based programs and services

Please check the action items (or all) that you feel would be a priority in achieving Specialized Care.

- Action:** Enhance and further develop programs and services to reach First Nations and Aboriginal people living with FASD, along with their families and communities.
- Action:** Provide individualized assessments, intensive support, residential placements, alternatives to custody (when needed), and family follow-up services for First Nations and Aboriginal people living with FASD.
- Action:** Develop a wrap-around approach of culturally-relevant programs for hard-to-reach and homeless First Nations and Aboriginal people living with FASD.
- Action:** Enhance parent, family and community capacity to effectively support First Nations and Aboriginal children, youth and adults living with FASD.

Please assist us to determine an indicator or a way of measuring our collective success by answering the following question: **By what measure or benchmark will we know that the Strategic Direction and the Actions have been achieved?**

If you have any questions regarding feedback and/or need to submit the questionnaire manually or in a hard-copy format, please contact or fax the relevant organizations/entity below depending on your system and/or affiliation:

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