



First Nations Health Authority
Health through wellness

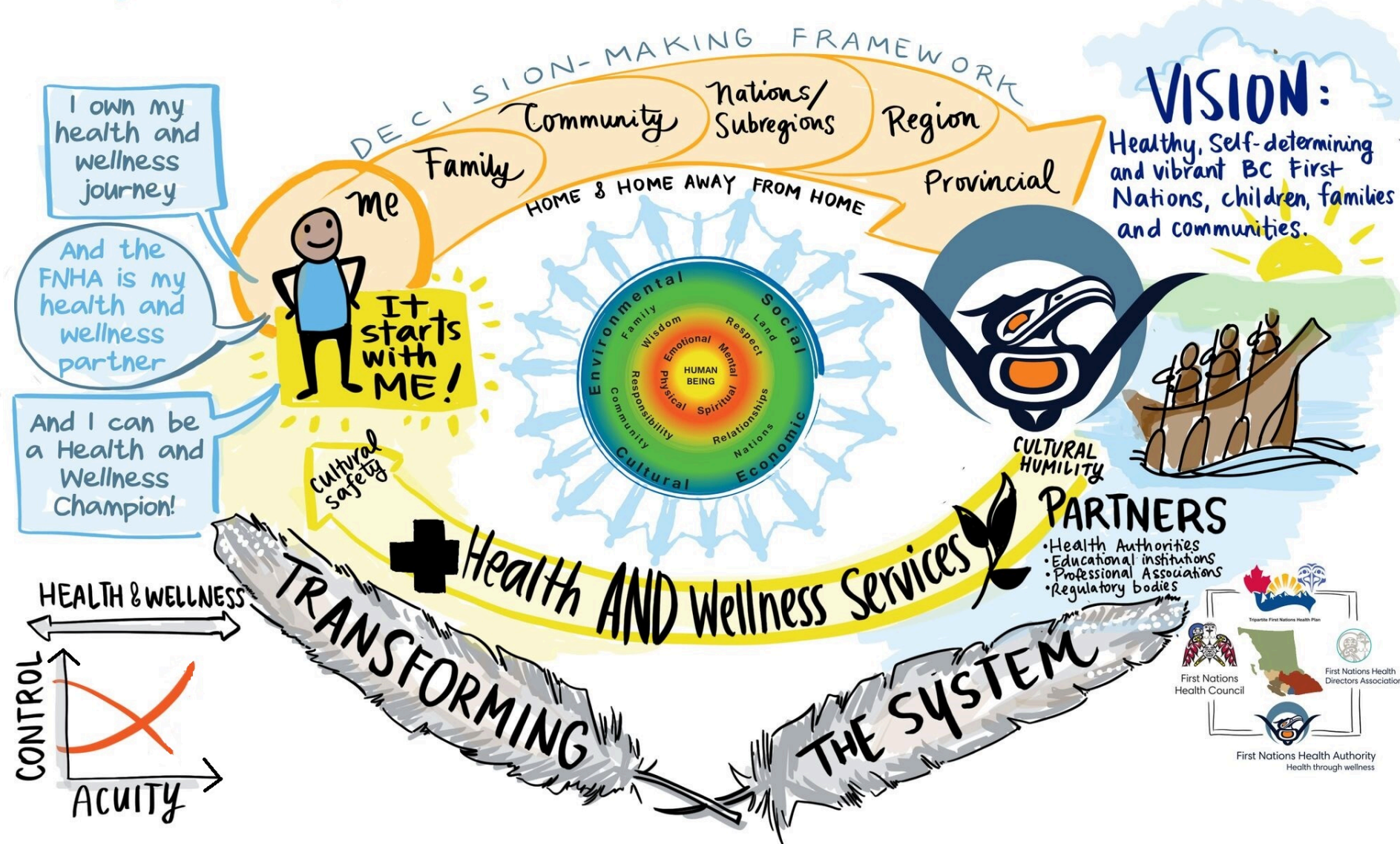
Overview: Pediatric Mental Health & Wellness

December 8, 2021



INTRODUCTIONS

Ecosystem of Health and Wellness





It starts in the spirit world..

- https://www.youtube.com/watch?v=xlqeJlGf7V0&list=PLDKOxTJMuk_9Zwzra6KxjZapcitFrpZZb&index=3

About the Videos

- The FNHA has created a video series that aims to support life-givers and their families before and after the sacred ceremony of birth.
- In the videos, Elders and Knowledge Keepers share traditional teachings along with messages and words of encouragement for expectant mothers.



Our Mental Health & Wellness Approach

- Celebrating, enabling, and restoring the mental health and wellness of our people is a shared responsibility that is integral to the broader national project of Reconciliation
- Roles involved with First Nations Health and Wellness should be guided by First Nations Perspective to ensure care is human-centered, relationship-based, holistic, community and culturally-grounded, values-driven and responsive to the social determinants of health
- Meeting each individual and community wherever they are at on their journey, supporting their resilience and inherent capacity for mental wellness



Directive #3: Improve Services

Protect, incorporate and promote First Nations knowledge, beliefs, values, practices, medicines and models of health and healing into all health programs and services that serve BC First Nations.

Improve and revitalize the Non-Insured Benefits program.

Directive #4: Foster Meaningful Collaboration and Partnership

Collaborate with other First Nations and non-First Nations organization and governments to address social and environmental determinants of First Nations health (e.g. poverty, water quality, housing, etc.).



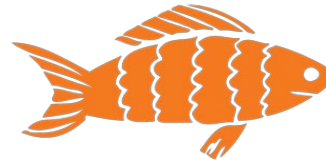
FNHA WELLNESS STREAMS



BE ACTIVE



NURTURE SPIRIT



EAT HEALTHY



RESPECT TOBACCO

These streams represent wellness areas that, if pursued, could greatly improve First Nations health and wellness. Setting goals in each of these areas can have major impacts on your health



Simple messaging supporting Health and Wellness:

Live 5-2-1-0 message: 5 vegetables and fruits, 2 hours at most of recreational screen time, 1 hour of physical activity, 0 sugar-sweetened beverages each day.

<https://bcmj.org/articles/live-5-2-1-0-toolkit-family-physicians-mixed-methods-evaluation-resource-facilitate-health>



Indigenous Pediatrics

- Pediatric health is sacred as our babies and children are the closest living thing to the spirit world as their transition is so recent. We nurture and wrap our children in our ways to raise them through ceremony, various life stages, and traditional practices.

Elements of Care

Spirit-Centred	Connected	Resiliency-focused	Holistic Supports	Community-focused
Respectful	Balanced	Shared Responsibility	Culturally Competent	Culturally Safe



FOR MENTAL HEALTH & WELLNESS TELEPHONE & ONLINE SUPPORTS:

- **Virtual Substance Use and Psychiatry**

Service. A free, referral-based service for First Nations people in BC and their family members. Health care providers, including the Virtual Doctor of the Day program, can refer you to this service. Available Monday to Friday.
[FNHA.ca/Virtual Health](https://fnha.ca/VirtualHealth)

- **KUU-US Crisis Services** available 24/7 to support Indigenous people.
<https://www.kuu-uscrisisline.com>
Toll-Free: 1-800-KUU-US-17 (1-800-588-8717)
Adult/Elder: 1-250-723-4050
Child/Youth: 1-250-723-2040

- **FNHA First Nations Health Benefits Mental Health Provider List**

First Nations Health Benefits provides coverage for clients to attend virtual and in-person counselling sessions. See Mental Health in Health Benefits:
<https://www.fnha.ca/Documents/FNHA-First-Nations-Health-Benefits-Mental-Health-Provider-List.pdf>.

- **Kids Help Phone**

1-800-668-6868

- **First Nations & Inuit Hope for Wellness Counselling Services**

1-855-242-3310

- **Vancouver Island Crisis Line**

1-888-494-3888 (24/7)

- **Tsow-Tun-Le-Lum Society**

1-888-403-3123

- **Vancouver Island Crisis Society**

<https://www.vicrisis.ca>. Crisis chat 7 nights a week from 6:00—10:00 p.m.

- **Vancouver Island Crisis Text Services**

1-250-800-3806. Text this number, available 7 nights a week from 6:00-10:00 p.m.

- **Mental Health Support Line**

310-6789



FOR COMMUNITY-BASED MENTAL HEALTH & WELLNESS SUPPORTS:

Snuneymuxw Territory

- **Island Health Adult Mental Health and Substance Use Services**

- Crisis Counselling Clinic at Brooks Landing & Intake Services (250) 739-5710; Mon-Fri 10:00am-17:00pm
- Baron's Road MHSU Counselling Services Walk-in (250) 739-5880; Mon 08:30am-11:00am and Wed 13:00pm-15:00pm
- Community Outreach Response (COR) Team; COR VI Crisis Line 1-888-494-3888 or COR Homeless Outreach (250) 741-7645; Operates 7 days a week from 08:30am-21:00pm);
- Substance Use Outreach Team; (250) 713-5118; Operates 7 days a week from 08:30am-17:00pm

- **Tillicum Lelum Friendship Centre** (250) 753-6578; **Friendship Lelum Youth Safe House** (250) 753-8266

- **Nanaimo Family Life** Counselling Support (250) 754-3331

- **Haven Society Transition House** (250) 756-2452; 24/7 Crisis Line: 1-888-756-0616

- **Canadian Mental Health Association Mid-Island** (250) 244-4042

- **Nanaimo Hospice** (250) 591-8811

Snaw-naw-as and Qualicum Territory

- **Island Health Oceanside Mental Health Walk-in Clinic** (250) 951-9550; Monday to Friday, 10:00am-6:00pm

Stz'uminus Territory

- **Ladysmith Resources Centre Association** (250) 245-3079

- **Discovery Youth & Family Substance Use**

- Nanaimo/Ladysmith: (250) 739-5790
- Parksville/Qualicum: (250) 947-8215



FOR OTHER SUPPORTS:

- **Mid-Island Métis Association**

250-585-7441

- **Legal Aid BC**

1-866-577-2525

- **Native Court Worker**

1-877-811-1190 ext. 356

*For more information please call 1-250-202-9382 or email Alexis.Stuart@FNHA.ca.
This information is up to date as of June 1, 2021.*



British Columbia Jordan's Principle Enhanced Service Coordination Indigenous Services Canada British Columbia Region

Jordan's Principle Service Coordination Hub hosted by the BC Aboriginal
Childcare Society (BCACCS).

Service Coordinators are available to support any First Nations Child or family
who contacts them requesting services.

**To Contact the Jordan's Principle Service Coordination Hub:
jordansprinciplehub@acc-society.bc.ca**

**To Contact Jordan's Principle ISC BC Region:
principedejordancb-bcjordansprinciple@sac-isc.gc.ca**



Representative for Children and Youth

Are you in contact with a child or youth that is needing support around accessing services that support their health and well being?

Are you working with a youth that you're worried is not having their basic needs met by a care provider?

The Representatives Office is a Provincial mechanism for youth to access supports when their basis human rights are being infringed upon.

Toll Free: 1 800 476 3933