



First Nations Health Authority
Health through wellness

Healing Centres and Modalities

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Background



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- Focus on approaches to **healing** and **wholistic wellness**
- Unresolved **trauma** and disenfranchised **grief** brought to forefront
- Compounding traumas and emergencies **increased** need for mental health and wellness supports
- TRC Call to Action 21#: Sustainable funding for existing and new Aboriginal **healing centres**



Healing Centres and Modalities



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FNHA's Vision: Provincial network of healing centres and modalities as part of a comprehensive continuum of care

- Complement existing services along this continuum (e.g. treatment centres)
- Supporting healing from trauma
- Reflecting what communities envision healing looks like for them
- This process will help develop Mental Health and Wellness Healing Framework





Site Selection



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Region-led Process

- Initial approach of one per region
- Work with region and your FNHC representatives to identify initial sites
- This will pave the way for future site selections
- Funding available to support hiring regional coordination leads





Initial Approach 2022/23



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**Development of
FNHA funding
approaches and
parameters**



**Identification of
5 initial Healing
Centres and
Modalities**



**Preplanning and
Planning**

FY 2023/24
Progress 5 sites
Planning for expanded network with more
potential sites



Enaahtig Healing Lodge

- Healing and wellness facility
- Combines Traditional healing with Western modalities
- 4 Lodges
- Does not function as crisis or detox
- Open to FN, Metis, Non-Status





Enaatig North Healing Lodge

Programs

- Offers 3 residential programs
- Indigenous One Week Adult Wellness program
- Indigenous 14 day Residential Trauma program
- Indigenous Family Residential program



Rebuilding the Circle (Vancouver Island)

<https://youtu.be/9v2I088RcZI>



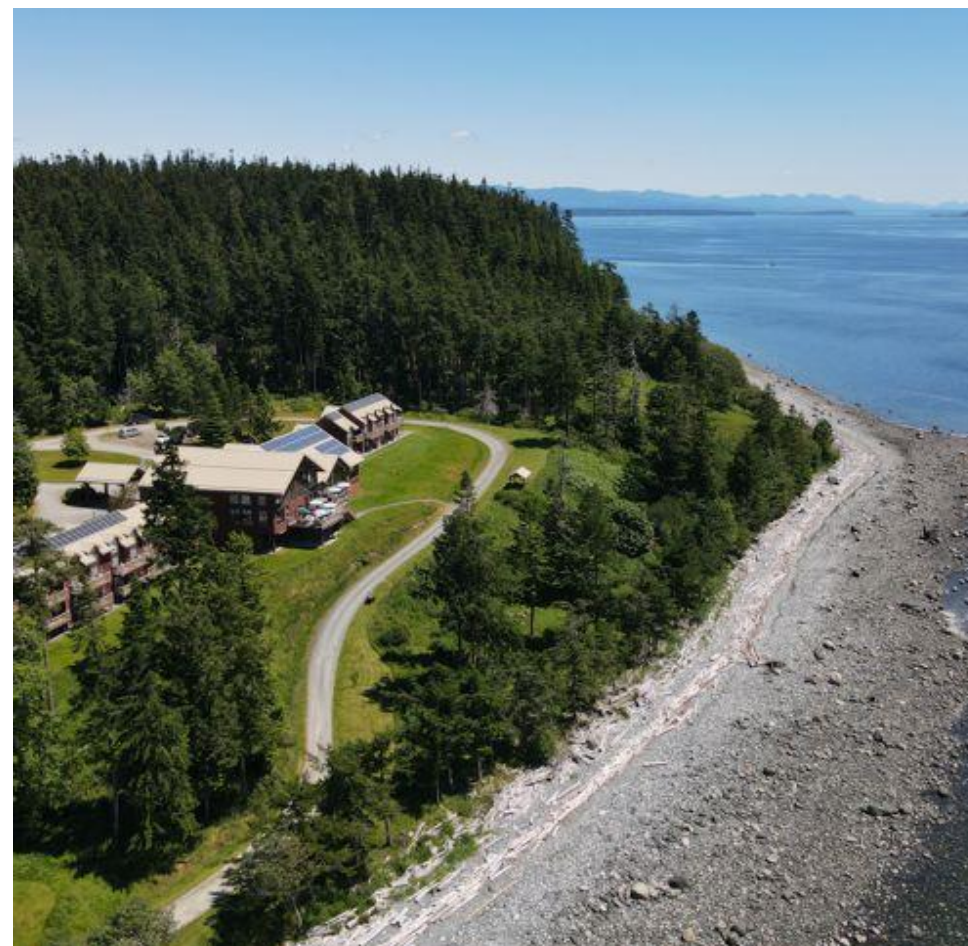
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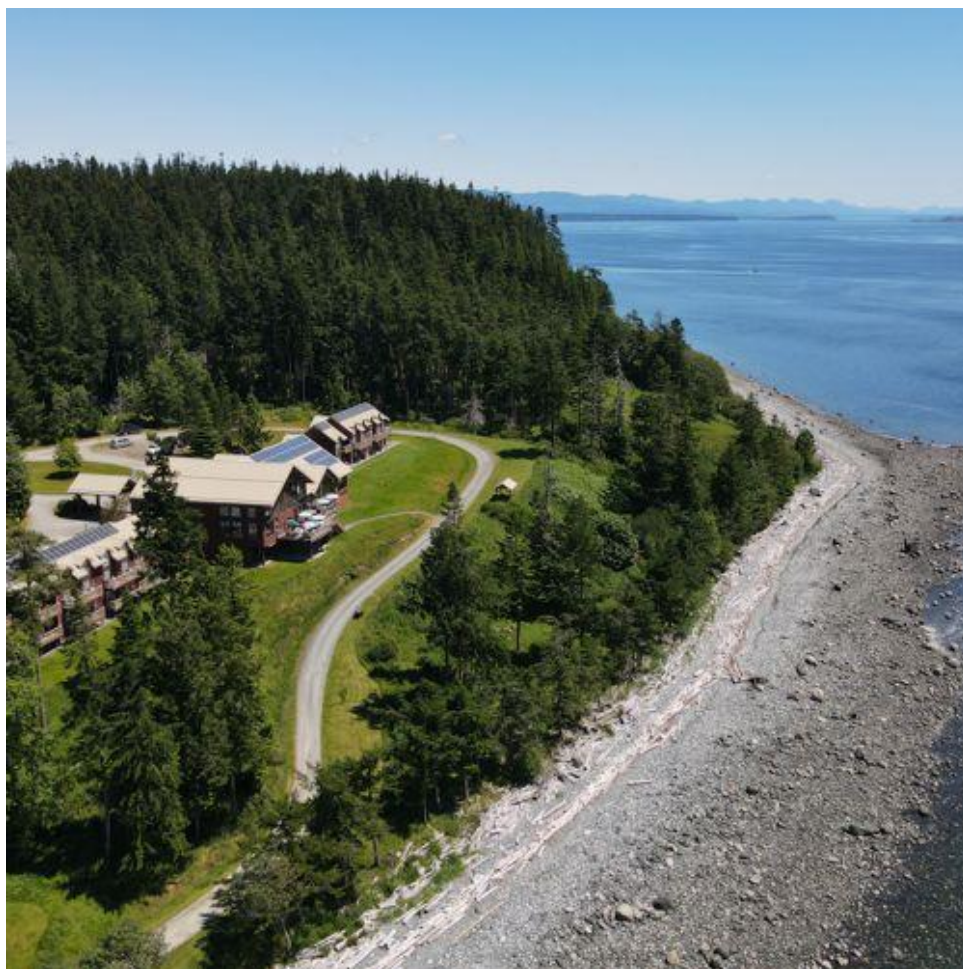
First Nations House of Healing

How it began ...





First Nations House of Healing



- Funded by AHF
- 2 to 3 week healing programs
- Elders
- Trauma specific groups
- Evaluations
- Lessons learned
- Follow up/ Aftercare
- Staff wellness
- Ongoing evaluations



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