



Building a True Partnership to Improve Mental Health and Wellbeing Together

Prepared for: FNHC Vancouver Island Regional Caucus
Date: December 12, 2017
Prepared by: Ministry of Mental Health and Addictions

Today

Presentation Purpose:

Introduce Ministry of Mental Health and Addictions (MMHA), build relationships, continue the conversation

Presentation Outline:

- Ministry of Mental Health and Addictions overview
- Mental health and addictions in BC
- Recognizing and building on the work to date
- Moving forward in partnership

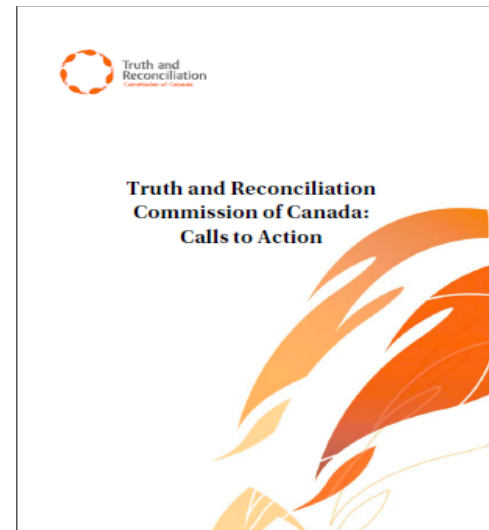
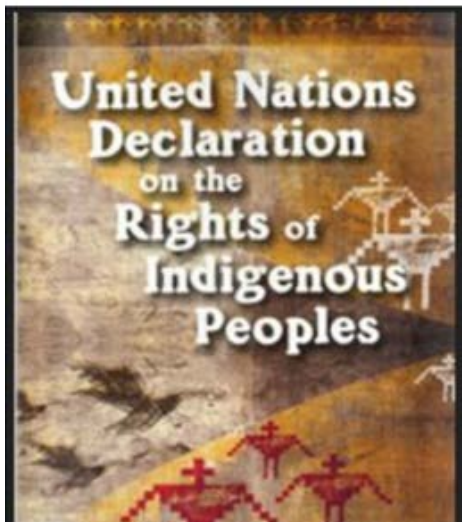
Today's Vision

Opportunity to
partner with First
Nations in designing
the mental health
and addictions
services system in
BC

A coherent mental health and wellness system where First Nations have access to high quality, culturally-safe mental health and wellbeing services and supports.

Minister Darcy's 2017 Mandate Letter

- Develop an immediate response to the overdose crisis
- Create a mental-health and addiction strategy
- Consult with internal and external stakeholders
- Fully adopt and implement the UNDRIP and the Calls to Action of the TRC



Ways of Working with First Nations

UNDRIP	Article 3	Right to self-determination
	Article 23	Right to be actively involved in developing and determining health ... and other social programmes affecting them
	Article 24	Right to traditional medicines ... [and] have an equal right to the enjoyment of the highest attainable standard of ...mental health

TRC	Call to Action 18	Acknowledge that the current state of FN health is a direct result of previous policies
	Call to Action 21	Provide sustainable funding for existing and new FN healing centres
	Call to Action 33	Address and prevent FASD, and develop, in collaboration with First Nations peoples, FASD preventive programs

A Commitment to Improving Mental Health and Wellness

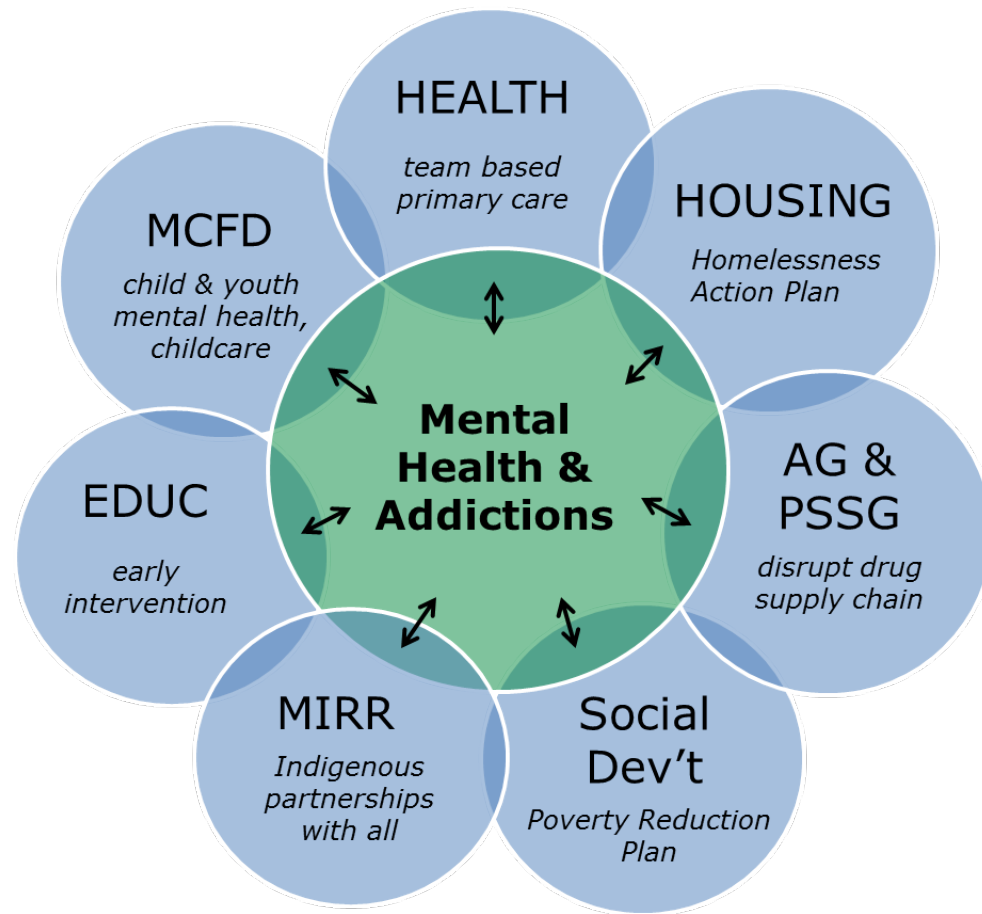
Social and health services have not served First Nations well. We want to build a coordinated system that:

- Is **culturally appropriate** and responsive to communities
- Allows all people to **ask once, get help fast**
- Emphasizes **preventative** health initiatives and services
- Ensures that individuals of **all ages** have timely access to the full spectrum of services
- Takes action on **Social Determinants of Health** (SDOH)

Ministry of Mental Health and Addictions

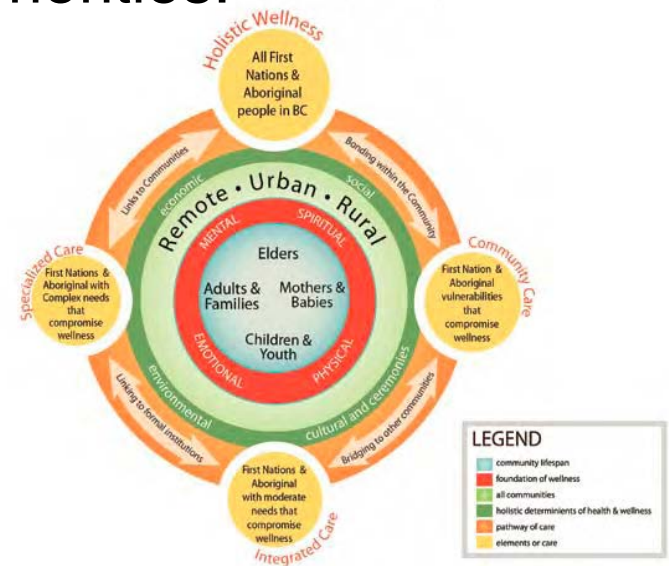
10 different ministries involved in mental health and addiction services

→ need a single point of accountability and coordinated system



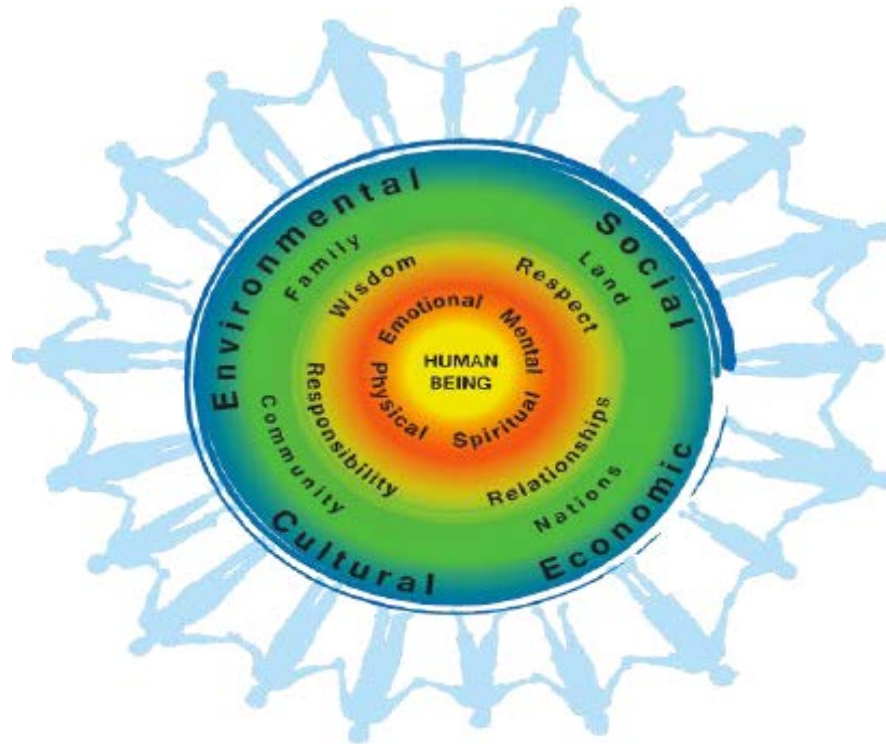
Mental Health and Addictions

- Mental health, addictions and/or trauma are, in many cases, at the root of the current statistics we see in health, child welfare and criminal justice
- Mental wellness underpins other priorities:
 - Child and family wellbeing
 - Early childhood experiences
 - Income and employment
 - Child welfare
 - Education
 - Justice



Mental Health and Addictions

Shift the paradigm of mental illness and addiction to better incorporate First Nations' perspectives of health and wellness

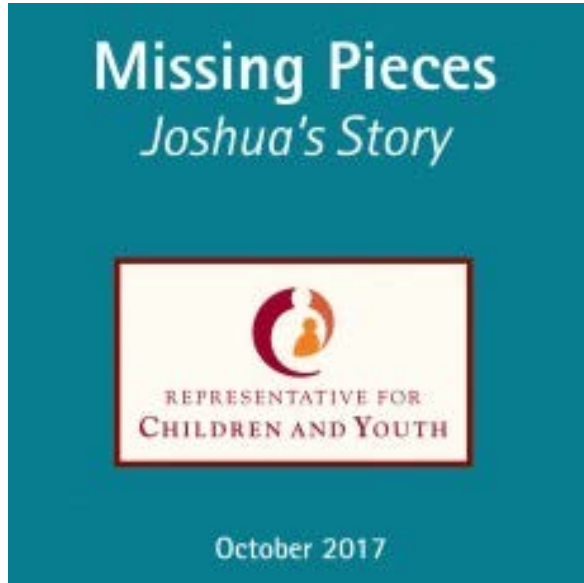


Building on the Work to Date

- Social factors such as culture have been profoundly affected; continued poverty, racism, and health disparities
- Speaking a traditional language is a protective factor against a variety of poor mental health outcomes such as addiction, depression, anxiety, and suicide
- Significant barriers to accessing services



A Focus on Children and Youth



RECOMMENDATION: MMHA lead the planning and implementation of a full continuum of mental health services for children and youth in BC – in partnership with MCFD, Health and Education – and that the provincial government provide the resources needed to support this comprehensive system.

The comprehensive plan to be developed **within 12 months (October 2018)** and implementation of the components to begin within 24 months (October 2019).

Building on the Work to Date

- Facilitate the full participation of First Nations in provincial health planning and decision-making
- Re-centering First Nations voices in the design and delivery of health services
- MMHA is well positioned to partner with the FNHA, FNHC and First Nations through established partnerships and linkages within the provincial system.



Tripartite Committee on First Nations Health

Shared principles:

- Person-and family-centred
- Wellness-focused and Recovery-oriented
- Trauma informed and responsive
- Cultural safety & humility
- Culture and community centred

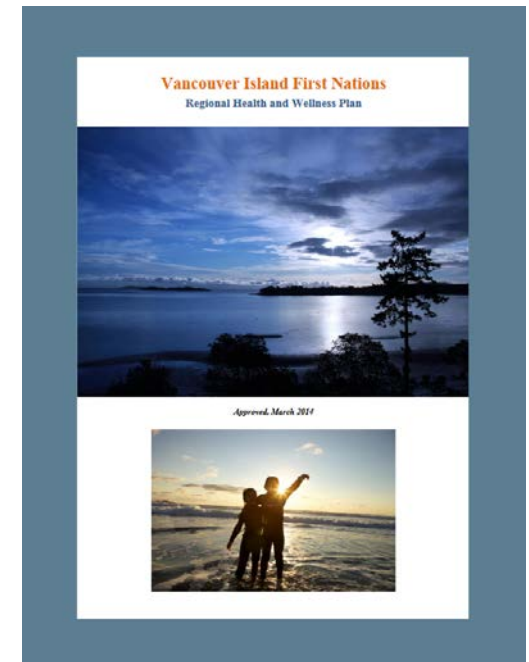
Shared actions:

- Support promising practices
- Incorporate First Nations perspectives and needs into policy work
- Identify policy barriers to incorporating First Nations perspectives

Furthering our Relationship and Work

Ministry of Mental Health and Addictions:

- recognizes the mental health and addiction systems have not served First Nations well
- wants to build on the excellent work underway, and regional and community priorities and actions
- supports strategic planning of new and future federal investments



Discussion

