Implementing Culturally Relevant Care in Ontario’s Healthcare System

Presenter: Renee Linklater, PhD
Director, Aboriginal Engagement and Outreach

First Nations Health Authority Mental Health and Wellness Summit
Vancouver 2018
Historic Location Since 1850’s
The Centre for Addiction and Mental Health (CAMH)
CAMH is Canada's largest mental health and addiction teaching hospital, as well as one of the world's leading research centres in its field.

**SIX STRATEGIC DIRECTIONS**

1. Enhance recovery by improving access to integrated care and social support
2. Earn a reputation for outstanding service, accountability and professional leadership
3. Build an environment that supports recovery
4. Ignite discovery and innovation
5. Revolutionize education and knowledge exchange
6. Drive social change
GUIDING DIRECTIONS
A Plan to Strengthen Our Practices and Partnerships with First Nations, Inuit and Métis Peoples

COURAGE RESPECT EXCELLENCE

Support capacity development, research and knowledge exchange

Enhance culturally responsive clinical support to service providers

Build internal capacity and structures to better meet the needs of First Nations, Inuit and Métis peoples

Improve collaborative partnerships with service providers
CAMH in the Community
Internal Initiatives at CAMH

CANADA 150: DEVELOPING A RECONCILIATION AGENDA FOR CAMH

TUESDAY, JUNE 27, 2017
1PM-2:30PM
QUEEN ST.
CEREMONY GROUNDS

Lori Spadouria, Vice-President, Communications & Partnerships and Renee Linklater, Director, Aboriginal Engagement & Outreach, invite you to a conversation to contribute your ideas on reconciliation between Indigenous and non-Indigenous peoples within health care settings.

For more information, please contact, Nadia.Greem@camh.ca
Aboriginal Services provides culturally safe clinical and traditional care using a wholistic approach that is based on Aboriginal values, beliefs and traditions.
Aboriginal Services Room
Ceremony Grounds
Bringing Culture into Policy

3.4 In accordance with the Smoke-Free Ontario Act, this policy acknowledges the traditional use of tobacco that forms part of Aboriginal culture and spirituality; therefore, culturally related use, purchase or cultivation of tobacco will be permitted for clients/patients, staff, students, and visitors under the supervision of CAMH’s Aboriginal Staff/Aboriginal Services staff.
Clinical Program – Telepsychiatry and ECHO Ontario

Aboriginal Telemental Health

ECHO Ontario First Nations, Inuit and Métis Wellness

Project ECHO model uses telemedicine technology to bring the best practices in complex mental health care to communities where access to specialized care for clients with complex needs is limited or not available.
Telemental Heath Room
Institute for Mental Health Policy Research (IMHPR) Research in Indigenous communities

- Using a mobile research lab to understand and address mental health, substance use and violence challenges in diverse communities
- A strengths-based approach to understanding how First Nations people cope with trauma and stress

CAMH mobile research lab

Community based research

All research initiatives involve working closely with community representatives at all stages of the research, including the research plan, data collection, knowledge sharing and applying knowledge to the development of strengths based programming.
Institute for Mental Health Policy Research (IMHPR)
A participatory action approach to addressing First Nations boys’ and men’s mental health

- This study uses Participatory Action Research (PAR) to address the mental health needs of First Nations boys and men
- Respects and prioritizes the experiences of First Nations boys and men
- Uses Photovoice to give traditionally silenced people the opportunity to capture, reflect on and critique personal and community issues in a creative way
- Establishes a comprehensive, well-integrated and culturally appropriate program of services

Indigenous males have a suicide rate of 126 per 100,000 compared to a rate of 24 per 100,000 for non-Indigenous males

“This reminds me of my healing journey. The stem of the feather is my life and each little hair represents all the paths I need to go down to heal.”
VISION
Transforming Systems—Improving Lives

Working together with partners across sectors, the Provincial System Support Program moves evidence to action to transform mental health and addictions systems in Ontario.
We use a variety of skills and approaches to achieve our mandate.

- Knowledge exchange
- Implementation science
- Performance measurement and evaluation research
- Health equity and engagement
- Information management
Provincial System Support Program
Aboriginal Engagement and Outreach (AEO)

AEO has 18 staff located in the provincial office (Toronto) and throughout seven of the nine regional offices in Ontario.
Provincial System Support Program
Aboriginal Engagement and Outreach (AEO)

- Building relationships and collaborative partnerships;
- Providing training to support workforce development;
- Advancing culturally relevant systems initiatives; and
- Improving practice through research and knowledge exchange.
Service Collaboratives
What are Service Collaboratives?

• A group of local service providers who work together to improve access to and coordination of mental health and/or addiction services.

Statement of Purpose

Service Collaboratives will bring together service providers and other stakeholders from various sectors that interact with people who have mental health and/or addictions problems, in particular children and youth agencies, justice programs, health providers, and education organizations. By working together to identify and implement system level changes, the Collaboratives will improve individuals’ ability to access services, their service experience, and their health outcomes.

(Government of Ontario, 2011)
Who is Participating?

- Service Users
- Children & youth services
- Mental health and addictions
- Justice programs
- Community programs
- Hospital services
- Culture-specific services
- Family health care centres
- Educational institutions

Community-led Service Collaborative
Aboriginal Workforce Development
WHAT IS MTTI?
Engagement Sessions: Focus Groups

Timmins Native Friendship Centre (Timmins)

Moore River Lodge (Moosonee)
Virtual Engagement Session

Aboriginal Engagement and Outreach
Mobile Training Initiative

2014/2015
1. Acceptance and Commitment Therapy
2. Child-Adult Relationship Enhancement
3. Dancing with Spirit: Conversations about change
4. Foundation for Understanding Trauma and the Health of Aboriginal Peoples
5. Honoring Children, Mending the Circle
6. Quality Behavioural Competencies
7. Solution-Focused Brief Therapy
8. Structured Relapse Prevention
9. Trauma-Informed Care: Framework for Practice with Aboriginal Peoples
10. Understanding Opiate Addiction: The Continuum of Care
TRAINING TEAM MODEL

- MTTI Project Team
- AEO Provincial Team and PSSP Regional Teams
- Clinical programs at CAMH
  - Aboriginal Services
  - Addiction Medicine Clinic
  - Concurrent Addiction In-Patient Treatment Services
  - Forensics (Law and Mental Health)
  - Problem Gambling Institute of Ontario
- External resources
  - University of Toronto/University Health Network
  - University of Oklahoma Health Sciences Center
  - Aboriginal agencies and First Nations communities
TRAINING MODEL

Face-to-face
Virtual Learning Circles
Communities of Practice
Online learning
POST TRAINING SUPPORTS
ACCREDITATION

Indigenous Certification Board of Canada:
126 hours (8 training sessions)
21 hours post-training implementation supports
Partnership Building
Engagement & Partnership Wheel

- Renewal
- Strengthening Alliances
- Forming Partnerships
- Initial Engagement
- Building Relationships
- Reciprocity
- Respect
- Receptivity

(Beaulieu & Linklater, 2014)
New Tools Project

- Trauma and Substance Use assessment tool for First Nations, Inuit and Métis

- Culturally appropriate tool that will gather essential information necessary for identifying healing pathways, compiling addiction referral information, planning for client care, and collecting relevant systems data

- Ten partners across Ontario: Dilico Anishinabek Family Care, Enahtig Healing Lodge and Learning Centre, Fort Frances Tribal Area Health Services Behaviour Health Unit, Native Child and Family Services of Toronto, Nodin Child and Family Intervention Services (Sioux Lookout First Nations Health Authority), Six Nations Mental Health Team, Tungasuvvingat Inuit-Mamisarvik Healing Centre, Weechi-it-te-win Family Services, Métis Nation of Ontario
Mind Chatter

For the full story and link to the video, click here.
For more information:

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