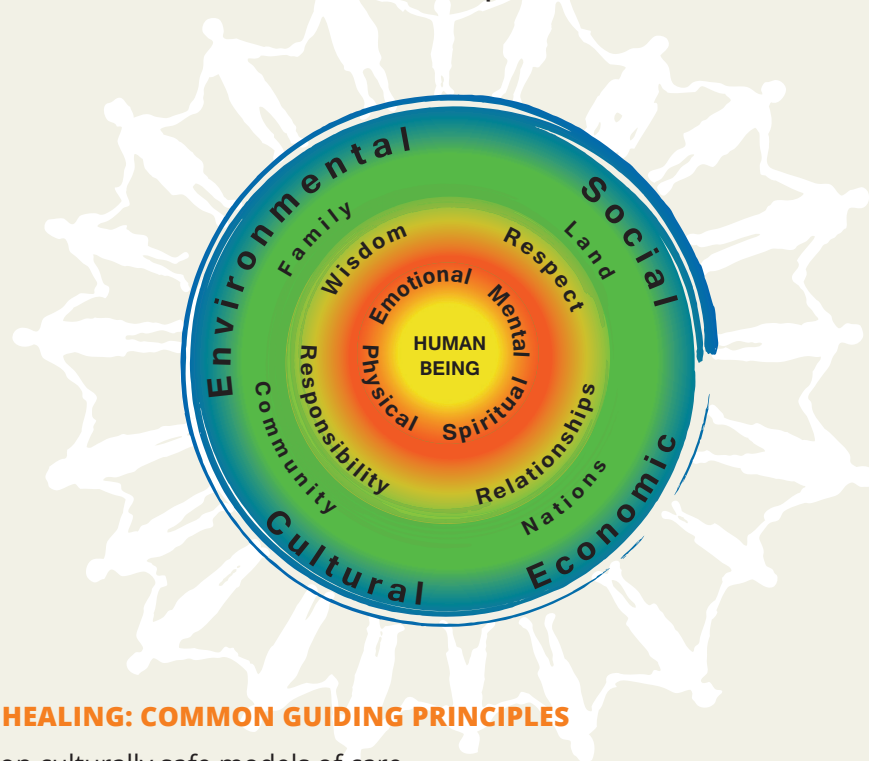




First Nations Health Authority  
Health through wellness

# What is Land-Based Treatment and Healing?

Land-based treatment and healing can take place when we return or reconnect to the land while utilizing supports to relearn, revitalize, and reclaim our traditional wellness practices. This is because the land is foundational to our Indigenous identity, but over generations of colonization, we have been disconnected and dispossessed from our traditional territories.



## LAND-BASED HEALING: COMMON GUIDING PRINCIPLES

- Focuses on culturally safe models of care
- Views Indigenous languages as foundational
- Is controlled locally, fosters collaborations
- Improves the quality of life of individuals, families, and communities
- Honours local strengths and resources, building the expertise at home
- Targets multiple determinants of health, e.g., self-determination, language acquisition, cultural values, life skills, human-nature relations, ethics, and social cohesion
- Is viewed as an essential element of a quality health system
- Fosters connection to our traditional territories and land-based values
- Integrates the First Nations Wellness Model

## EXAMPLES OF LAND-BASED HEALING INITIATIVES

- Culture and language camps (not including capital investments at this time)
  - Traditional food harvesting projects with education around nutrition and wellness while supporting community berry picking, fishing, hunting, trapping, etc.
  - Cultural activities for people struggling with addiction, helping them to spend time on the land doing these
  - Programs for Elder and youth knowledge transfer of traditional land uses such as the revitalization of ceremonial practices, rites-of-passage activities, reconnection to land/history/teachings, traditional medicine gathering, etc.
  - Programs for teaching traditional birthing and parenting practices
  - Programs for integrating local Indigenous healers into existing land-based activities
  - Programs for revitalizing local Indigenous ceremonies and celebrations on the land
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## ONLINE RESOURCES FOR LAND-BASED TREATMENT AND HEALING

### Traditional Healing Resources

First Nations Health Authority

<http://www.fnha.ca/what-we-do/traditional-healing>

### Existing Treatment Centres in BC

First Nations Health Authority

<http://www.fnha.ca/what-we-do/mental-wellness-and-substance-use/treatment-centres>

### Guidebooks, Toolkits, and Resources for Land-based Healing

Thunderbird Foundation

<https://thunderbirdpf.org/nnapf-document-library/>

### Land for Healing: Developing a First Nations Service Delivery Model

Thunderbird Foundation

<https://thunderbirdpf.org/land-based-service-delivery-model/>

### Land-based Healing: Carrier First Nations' Addiction Recovery Program

Carrier Sekani Family Services

<http://caid.ca/LanBasHeaJIW2016.pdf>

### Designing a Culturally Safe Land-Based Healing Program in Chisasibi

Chisasibi Wellness Team

<https://www.fnhma.ca/archive/conference/2014/Files/Workshop%20G%20Bill%20House.pdf>

### Land-based Treatment and Healing in First Nations Communities

Centre for Addiction and Mental Health

<https://www.camh.ca/en/camh-news-and-stories/land-based-healing-in-first-nations-communities>

### Learning from the Land: Indigenous Land-based Pedagogy and Decolonization

Wildcat. Et. Al.

<https://jps.library.utoronto.ca/index.php/des/article/view/22248/18062>

### Land Based Treatment Programs: Promising Practices, Key Considerations, and Ideas for Action

Council of Yukon First Nations

[http://www.kwanlindun.com/images/uploads/CYFN%20Report%20-%20Land%20Based%20Treatment%20Programs%20-%20Practices,%20Considerations%20&%20Ideas%20\(2013\).pdf](http://www.kwanlindun.com/images/uploads/CYFN%20Report%20-%20Land%20Based%20Treatment%20Programs%20-%20Practices,%20Considerations%20&%20Ideas%20(2013).pdf)