

## Measuring What Matters:

### Please Help the FNHC Measure Future Improvements in Mental Health and Wellness

#### Opportunity for Input

- ❖ The First Nations Health Council is seeking your direction on developing a culturally relevant mental health and wellness reporting framework
- ❖ The FNHC has retained the National Indian Child Welfare Association (NICWA) to assist in engaging communities to define outcomes important to them
- ❖ NICWA will be travelling to each Region, to at least one community, gathering or event, and talking to Leaders, Elders, Youth, and Helpers
- ❖ They will be using culturally-based methods of turning community voice into actionable outcome measures

#### Supporting the New Approach to Mental Health and Wellness

 On July 26, 2018, the FNHC signed a tripartite MOU with Canada and BC to transform mental health

**\$** 30 Million in flexible funding committed over 2 years to support community-driven and Nation-based mental health planning and services

#### Outstanding MOU Commitments

- Community-defined measurement framework to support evolving investment strategies
- Support for Nations to identify strengths based indicators, as part of the framework
- Commitment from Partners to align other funding to Nation-based approach

#### Tracking What Matters to First Nations



Communities and Nations are supported to come together to plan and prioritize on mental health and wellness



Communities and Nations define what outcomes matter to them. We measure agreed-upon key indicators related to mental health and wellness over time



This will shape long-term supports from our Partners

#### Questions to Consider

1. What does a mentally, emotionally, and socially well child look like in your community?
2. What is a mentally healthy, strong First Nation family?
3. When you see a First Nations person who you know is an example of wellness, what indicates that to you?
4. How will we know that things are getting better?

#### Your Voice Matters

NICWA and the FNHC are seeking your direction in defining what matters to BC First Nations. Several ways to provide input:

- ✓ Teleconference Interview with NICWA
- ✓ Online Survey
- ✓ Participate/support a NICWA event in your community

Events are planned for June, July and August. If you are interested in participating, please call or email **Betty Bryant at [betty@nicwa.org](mailto:betty@nicwa.org) or (503) 222-4044 x121.**

**“Measure what you value, and people will value what you measure.”**