



BRITISH  
COLUMBIA



# Building a True Partnership to Improve Mental Health and Wellbeing Together

Prepared for: FNHC Vancouver Coastal Regional Caucus  
Date: November 29, 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

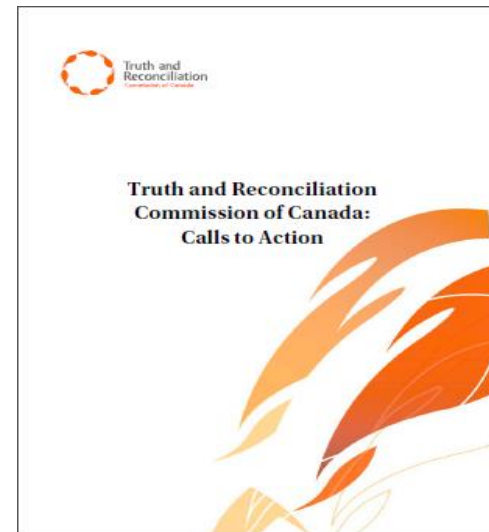
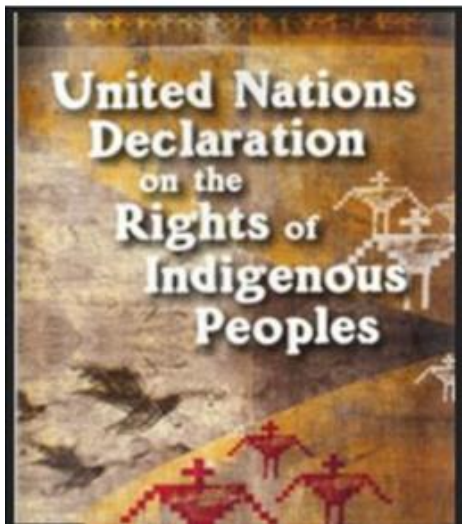
# Today's Vision

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

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

# A Commitment to Improving Mental Health and Wellness

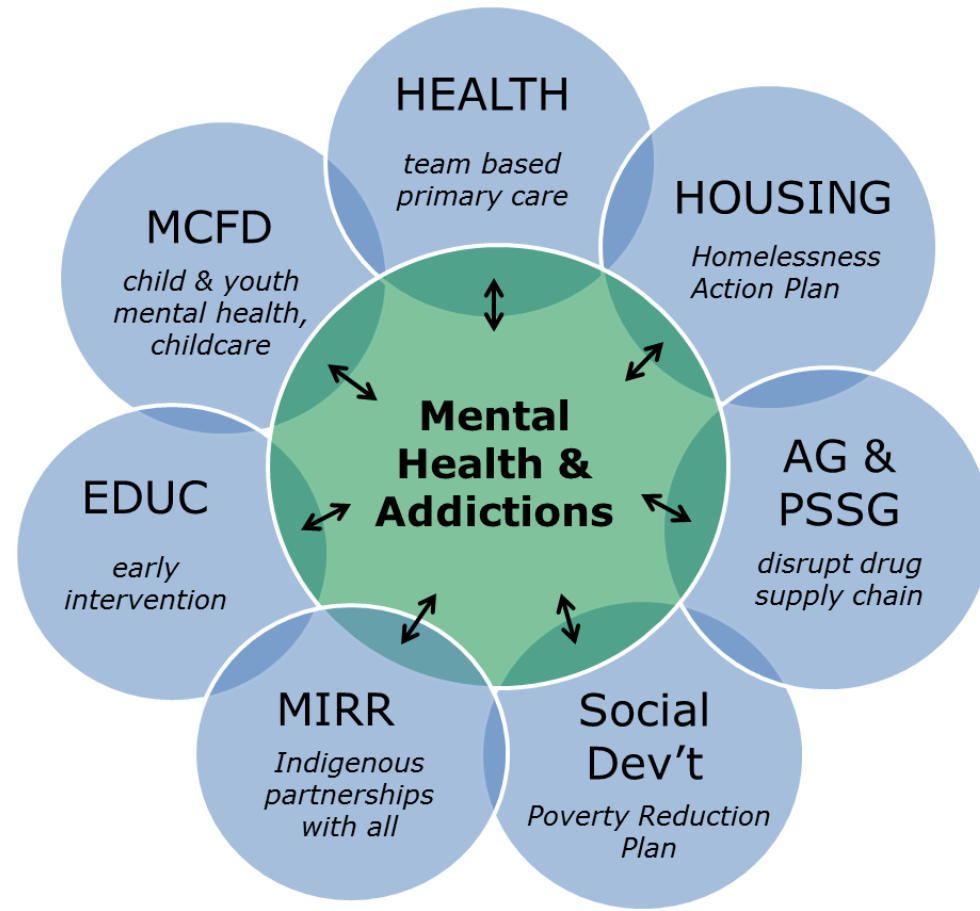
Social and health services have not served First Nations well. We want to build a coordinated system that:

- 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

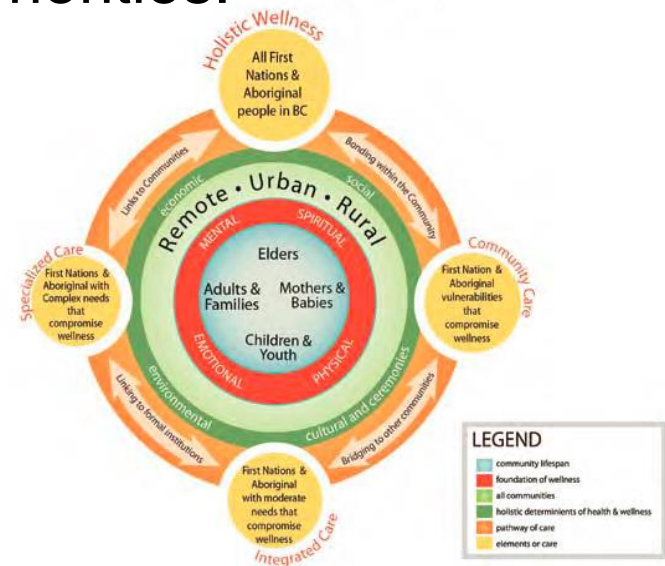
**10** different ministries involved in mental health and addiction services

→ need a single point of accountability and coordinated system



# Mental Health and Addictions

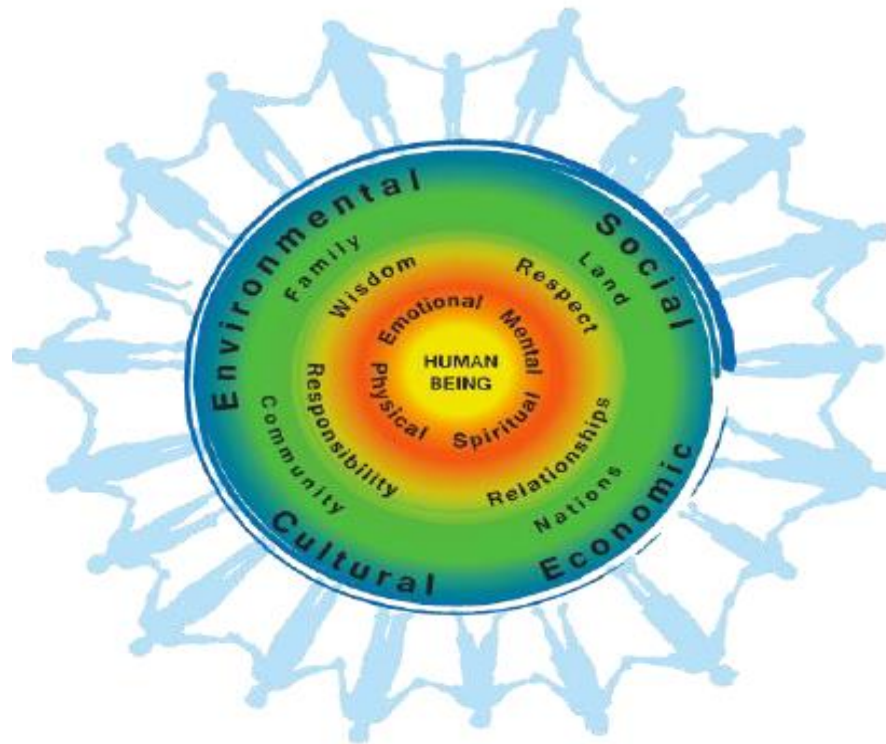
- Mental health, addictions and/or trauma are, in many cases, at the root of the current statistics we see in health, child welfare and criminal justice
- Mental wellness underpins other priorities:
  - Child and family wellbeing
  - Early childhood experiences
  - Income and employment
  - Child welfare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





# Mental Health and Addictions

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

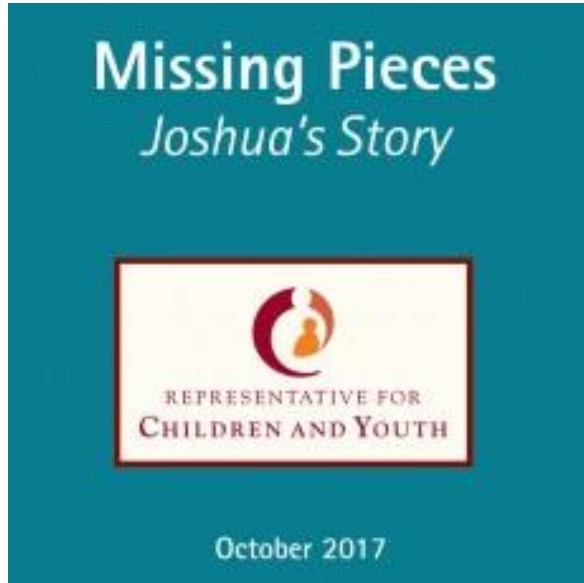


# Building on the Work to Date

- 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

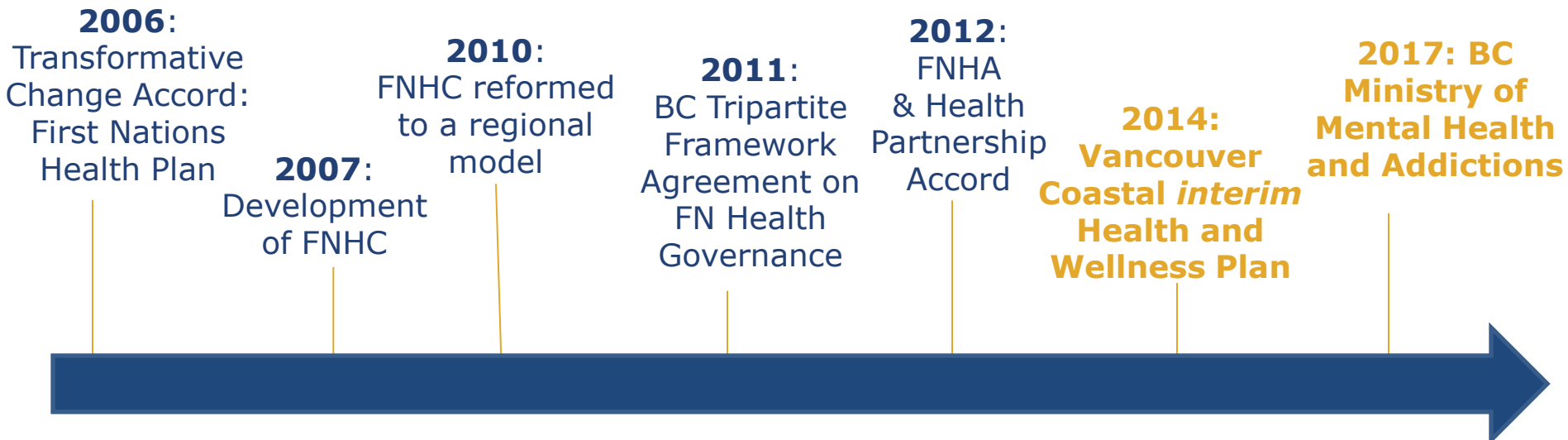


**RECOMMENDATION:** MMHA lead the planning and implementation of a full continuum of mental health services for children and youth in BC – in partnership with MCFD, Health and Education – and that the provincial government provide the resources needed to support this comprehensive system.

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

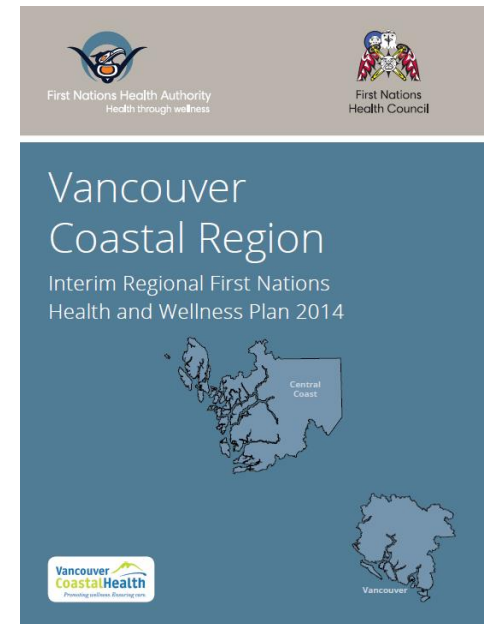
## Shared actions:

- 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

If you would like to TEXT questions/comments to the panel we will be able to receive throughout the day?

📱 Text **CAUCUS** to **37607** once to join, then text your message

🕶️ Answers to this poll are anonymous

