

IMPROVED MENTAL HEALTH AND REDUCED SUBSTANCE USE CHALLENGES FOR FIRST NATIONS PEOPLE IN FIRST NATIONS COMMUNITIES IN THE ATLANTIC REGION.

GOALS AND CHANGE STATEMENTS

There are five aspirational goals towards which we are collectively striving. Within each goal, we have defined the changes we wish to see as a result of our collective actions.

1

TO VALUE CULTURE AS THE FOUNDATION

First Nations community mental health and addiction services and supports are centred in, and continuously driven by, cultural and community knowledge.

First Nations clients experience more culturally competent and safe mental health and addiction care when using services within and outside of First Nations communities.

First Nations cultural and traditional approaches are available to all First Nations community members to promote mental health and prevent substance use.

2

TO CREATE A HIGH QUALITY FIRST NATIONS COMMUNITY-BASED CONTINUUM OF MENTAL HEALTH AND ADDICTION SERVICES AND SUPPORTS TO SUPPORT HEALING AND WELLNESS

First Nations clients have increased access to a high quality continuum of culturally competent and safe mental health and addiction services and supports based in First Nations communities.

First Nations communities have strengthened capacity to support culturally-centred, community-based wellness.

First Nations communities have strengthened ability to effectively respond to mental health and addiction-related crisis situations.

3

TO PROVIDE CULTURALLY APPROPRIATE AND HIGH QUALITY CARE FACILITATION FOR EVERY FIRST NATIONS CLIENT

First Nations clients are supported in culturally appropriate ways along seamless mental health and addiction healing journeys.

4

TO SUPPORT AND GROW A COMPETENT FIRST NATIONS COMMUNITY-BASED MENTAL HEALTH AND ADDICTION WORKFORCE

An increased number of competent mental health and addiction staff are working in First Nations communities.

First Nations community-based mental health and addiction staff are supported in their work.

5

TO DEMONSTRATE A FIRST NATIONS-LED, STRENGTHS-BASED CHANGE PROCESS THAT KEEPS FIRST NATIONS PEOPLE AT THE CENTRE OF ALL INITIATIVES

First Nations community mental health and addiction services and supports are centred in, and continuously driven by, strengths in First Nations cultural and community knowledge.

First Nations clients have increased access to a high quality continuum of culturally competent and safe mental health and addiction services and supports based in First Nations communities.