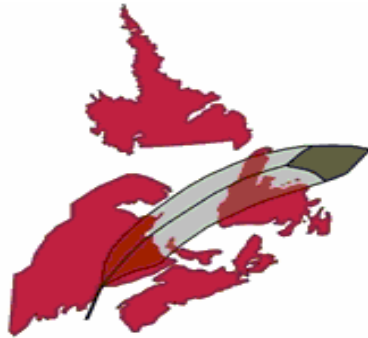


2012-2013



ATLANTIC POLICY CONGRESS OF FIRST NATIONS

CHIEFS SECRETARIAT

**FIRST NATIONS CHILD AND
YOUTH MENTAL HEALTH AND
ADDICTIONS NETWORK
ANNUAL REPORT 2012-2013**

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Note: Generally there are three meetings per year of the Child and Youth Mental Health and Addictions Network. Unfortunately we were unable to hold our third meeting due to weather.



ATLANTIC POLICY CONGRESS OF FIRST NATIONS CHIEFS SECRETARIAT

First Nation Child-Youth Mental Health & Addictions Network

July 10th, 2012 from 10:00am – 3:00pm

Location: IWK Health Centre, Parker Reception Room

Agenda

- 10:00am** Opening Prayer
- 10:15am** Welcome and Introductions *Amanda Peters, APC and Dr. Ruth Carter, Director, Mental Health and Addictions, IWK*
- 10:30am** Nova Scotia Mental Health and Addictions Strategic Plan (Child and Youth Components) *Patricia Murray, Special Advisor to the Associate Deputy Minister on Mental Health and Addictions, NS Department of Health and Wellness.*
- 11:00am** Pictou Landing First Nation – Bath Salts and Community Health; Mental Health Provider from DHA Serving the Community, *Philippa Pictou, Health Director, Pictou Landing First Nation*
- 11:30am** IWK Mental Health & Addictions Strategic Plan Update, *Barb Casey, Manager, IWK Mental Health and Addictions*
- 12:00pm** Lunch (on your own)
- 1:00pm** Mental Health Providers – Role of NIHB for First Nations, *Louise Cholock, Director NIHB, FNIHB Atlantic Region*
- 1:30pm** IWK Joint Facility with the Nova Youth Facility, Programs and Services, *Roz MacKinnion, Provincial Manager Youth Forensic Services, IWK Mental Health and Addictions*

- 2:00pm** Cultural Safety Module Pilot at IWK – AHTF, *Tyro Setlhong, IWK Diversity and Inclusion Coordinator; Jackie Spears, IWK Primary Health, Janet Pothier, Health Liaison Confederacy of Mainland Mi'kmaq (CMM)*
- 2:30pm** Roundtable and Closing Remarks – *Barbara Broom, FNIHB*
- 3:00pm** Closing Prayer

Notes on the July Meeting

There were approximately 25 attendees at the meeting with a lot of good conversation. Each year, the IWK hosts a meeting generally in June or July. It was helpful to hear about the province of Nova Scotia Mental Health and Addictions Strategic Plan and how it will specifically address children and Youth issues. It was also good to hear about community mobilization in a time of crisis with the Pictou Landing First Nation and the Bath Salts issue.

**Atlantic First Nations Child & Youth Mental Health and Addictions Network
presents
“Kids Under 3 Managing Stress” Conference**

Mawi Apoqnmuanen Kinijaninaq Wuleyasultinew

Location: Holiday Inn Harbourview,
99 Wyse Rd., Dartmouth, NS
Date: Friday, February 15, 2013

Agenda:

- 8:30 - 9:00am: Registration
- 9:00 - 9:15am: Welcoming and Opening Remarks
- 9:15 – 10:30am: Making the Connections. First 3 Years Parenting Resource & Training
- 10:30 – 10:45am: Morning Break
- 10:45 – 12:00pm: Making the Connections. First 3 Years Parenting Resource & Training
- 12:00 -1:00pm: Lunch provided
- 1:00 – 2:15pm: Presentation by Jeff O’Neil. “Kids Have Stress Too”
- 2:15 – 2:30pm: Afternoon break
- 2:30 – 4:00pm: Presentation by Jeff O’Neil. “Kids Have Stress Too”



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Notes on the Mini-Conference

We had approximately 20 people attend the session where the Psychology Association of Canada presented on two training sessions they offer on managing stress in children. The participants found the ideas in the sessions to be useful and were encouraged to contact the facilitators for more information or to set up training. FNIHB in the next fiscal plans on offering some of the training.



ATLANTIC POLICY CONGRESS OF FIRST NATIONS CHIEFS SECRETARIAT

First 3 Years Parenting Resource and Training Registration Form

Date of Conference: Friday, February 15, 2013.

Location: Holiday Inn Harbourview, 99 Wyse Road, Dartmouth, NS

Time: 9:00am – 4:00pm

Description: Making the Connection organization will be presenting First 3 Years Parenting and Resource Training.

Jeff O'Neil, the Atlantic Program Consultant from The Psychology Foundation of Canada will be presenting the "Kids Have Stress Too" program.

Kids Have Stress Too!® (KHST!) helps parents and caregivers understand childhood stress and how to provide children with the tools to deal with stress effectively. It is a broad-based primary prevention program to provide parents, caregivers, and communities with the knowledge, awareness, and skills to help young people become healthier and more resilient through learning how to manage their stress.

Logistics: APC will reimburse the first 25 participants who register for your travel costs based on APC travel rates (One representative per community please). Others are welcome to attend at own expense. **Registration to be submitted on or before February 4, 2013.** We will hand out travel forms at the end of the conference. Lunch will be served. Please be sure to save original receipts for hotel, parking, taxis, bridge, etc. and submit them with the completed Travel Claim form. *Note that the travel claim must be submitted within 30 days of the meeting or it will not be paid.*

Questions: If you have any questions or require further information, please contact Annette Waterman, at 902-435-8021 or via email at: Annette.waterman@apcfn.ca



ATLANTIC POLICY CONGRESS
OF FIRST NATIONS CHIEFS SECRETARIAT

Registration Form

February 15, 2013

Holiday Inn Harbourview, 99 Wyse Road, Dartmouth, NS

NAME	
POSITION/TITLE	
FIRST NATION	
MAILING ADDRESS	
EMAIL ADDRESS	
CONTACT NUMBER	
FAX NUMBER	

Any dietary requirements: _____

It is important that APC receive a completed registration form. This allows for better planning including catering and the number of packages we need to make.

Please carefully check over registration form to insure all information is correct and fax registration forms to (902) 435-8027 Attention: Annette Waterman or by email at Annette.waterman@apcfn.ca on or before **February 4, 2013**.

Briefing Note

First Nations Child-Youth Mental Health & Addictions Network

The “First Nations Child-Youth Mental Health and Addictions Network” was established in March 2008 in follow-up to First Nations Child-Youth Mental Health & Addictions Plenary Sessions held in NS, NB and PEI in 2007. The plenary sessions in 2007 occurred before the Aboriginal Health Transition Fund (AHTF) integration and adaptation projects. The plenary sessions were a first step, bringing together provincial and First Nation mental health and addictions providers and stakeholders to network and share information about programs, issues, gaps, access to services, assets & strengths, culture, traditional healing, etc., specific to First Nation children and youth.

The Network meets quarterly. The last meeting was February 23, 2010 in Truro, NS with guest speakers from Laing House in Halifax. The next meeting is being organized for July 13th in NB with the NB Ombudsman Bernard Richard as guest speaker.

Atlantic Policy Congress of First Nations Chiefs (APC) and First Nation & Inuit Health (FNIH), Health Canada, Atlantic Region, provide the co-chairs for the Network. Membership includes people from First Nation communities and organizations in NS, NB and PEI. Staff members of FNIH, Health Canada, Atlantic Region, participate in the Network. The IWK Health Centre in Halifax NS is a partner in the Network and is able to contribute in-kind with meeting space. There is representation from the national Mental Health Commission of Canada, the Nova Scotia Department of Health and links with the Departments of Health colleagues in NB and PEI. Staff members from provincial district health authorities and health regions also participate in the Network. Membership is fluid and attendance varies depending on what issues and guest speakers are on the agenda.

The Network has the potential to act as a link between the various projects and initiatives that are in progress across NB, NS and PEI First Nation communities. The agenda is not about policy and it is not going to duplicate work that was done by the AHTF projects. It can serve as a clearing house of best and promising practices, to prevent communities from reinventing the wheel. The Network also has the capacity to serve in an advisory role for research, projects, surveys, scans, etc. specific to child-youth mental health & addictions in First Nation communities NB, NS and PEI. This is an important distinction - child-youth versus adult services - because child-youth mental health & addictions has a distinct set of providers, skill and knowledge sets, ethical and legal issues, approaches to assessment and care, and other issues.

The focus of the Network currently is:

1. To promote First Nation child-youth mental health & addictions (advocacy and voice);
2. To gather best and promising practices specific to First Nation children and youth;
3. To network and share information between communities and with partners.

Amanda Peters, Atlantic Policy Congress of First Nations Chiefs (APC)

Barbara Broom, FNIH Health Canada, Atlantic Region

2012-13 Co-Chairs for the First Nation Child-Youth Mental Health & Addictions Network