

Culture Is An Intervention: Community Wellness & Treatment

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Outline

- Demographics
- Community Wellness Programs
- Community Wellness Indicators
- FN Mental Wellness Framework
- Questions & Discussion



Community “Wellness” Programs

- Community based Suboxone* programs designed & delivered in the community (*brand)
- Network of 22 programs in northern Ontario
- Over 2000 clients; many tapered to low dose & off
- Community ownership & Band Council authority to deliver treatment
- Includes grief & loss counselling as over 500 suicides
- Traditional land-based programs, strengthening ties to culture and language, reconnect individuals to their families and communities = Strengths Based Approach

Community Wellness Indicators



- Drug-related medical evacuations (assaults, suicide attempts, overdoses, and sexual assaults believed to be related to drugs or addiction) **fell by 30.0%**
- Needle exchange dispensing decreased by **more than 50%**
- Children and elderly patients were being brought in for medical care at earlier stages of illness

- Nursing Station became more of a primary health care centre than a trauma centre as **less drug-related violence** and its medical complications
- Seasonal influenza immunizations had dramatically **increased by 350%**
- School attendance **increased by 33.3%**
- child protection cases fell by **58.3%**

- attendance at community events increased
- sales at the local store **increased by 20%**
- Police criminal charges had **decreased by 61.1%**

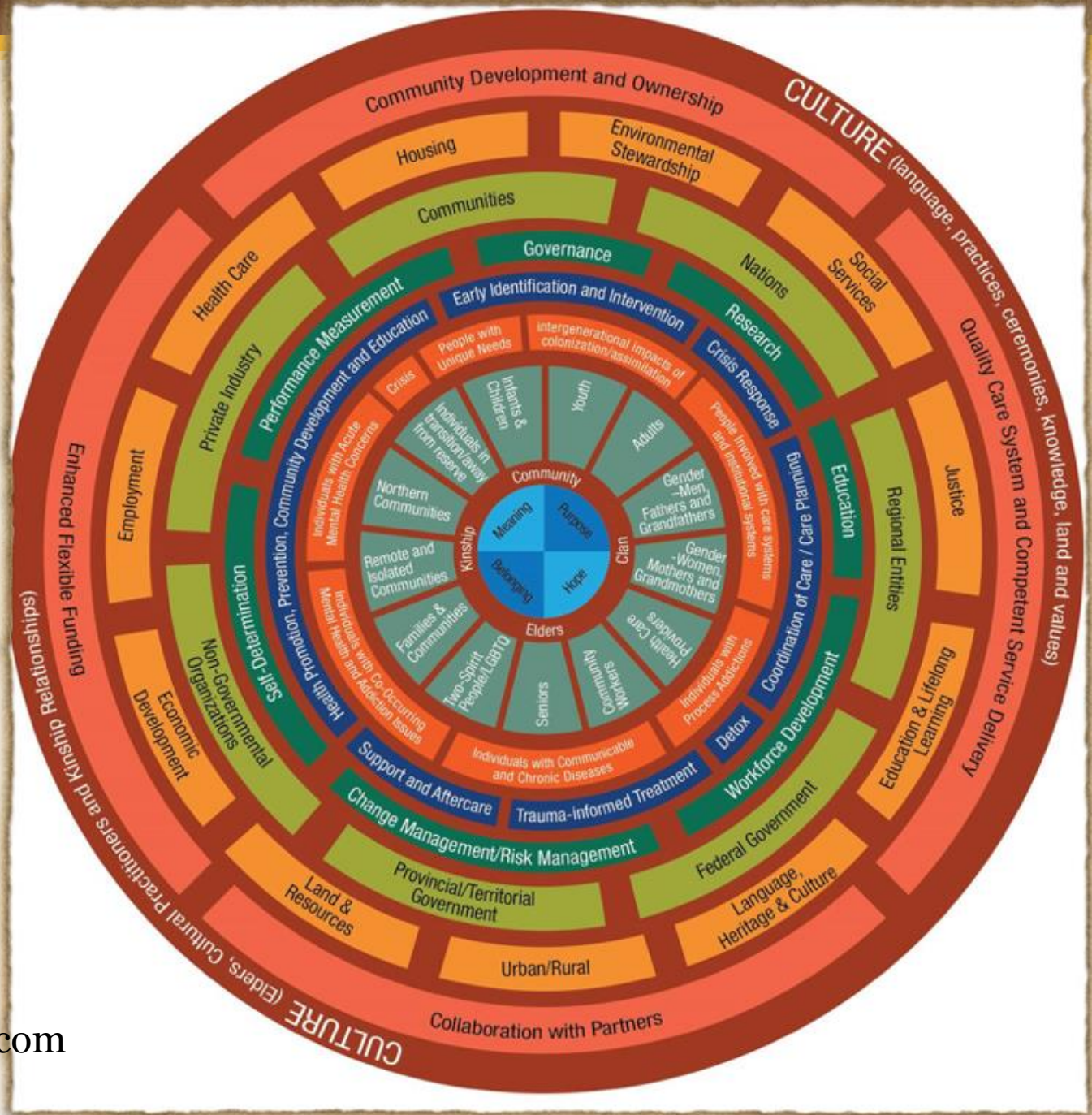


- **High retention @ 6, 12 & 18 months - 84%, 78%, 72%**
- 6 communities had dramatic **decline in suicides**
- Studies (2) indicating Bup/Nx or Bup alone is **safe** in pregnancy
- **low rates of Neonatal Abstinence Syndrome** attributed to low dose treatment (under 8 mg)

- **Culture & land based** activity focus on healthy living for children & youth, positive parenting & respect for all ages are essential to ensure that the healing is promoted to future generations
- Intergenerational & Historical Trauma & PTSD support and recovery
- Goals: Hope , Meaning, Belonging
& Purpose



First Nations Mental Wellness Continuum Framework



Mental health should be a priority ... What we're talking about is pain, emotional and psychological pain. That pain is transmitted from one generation to the next"



People need to start talking to communities who are generally developing all kinds of ways to help their youth & children."