



TUESDAY  
SEPTEMBER  
**5**  
1:00-1:45 p.m.

**Ann Seymour**

*Indigenous Program Specialist, Mental Health Commission of Canada*



**Topic: Program Development and Vision**

A discussion of why and how the Mental Health First Aid (MHFA) for First Nations by the Mental Health Commission of Canada was adapted from the MHFA Basic course. The MHFA First Nations course will be examined, with specific attention to the overarching themes of walking in two worlds, circles of support, and EAGLE. The goals and visions of the course will also be discussed, such as: situating First Nations mental wellness in a colonial context and increasing community capacity for mental health approaches.



TUESDAY  
SEPTEMBER  
**12**  
1:00-1:45 p.m.

**Claire Crooks**

*Director, Centre for School Mental Health*

**Topic: Program Outcomes**

MHFA FN gives participants the skills and self-efficacy to have open and honest conversations about mental health problems. This webinar will present the impacts and outcomes of the Mental Health First Aid First Nations course. Course participants indicated an increase in their mental health knowledge, skills application, and self-efficacy to engage with and help a person with a mental health problem. Data from the 4 year mixed-methods evaluation of Mental Health First Aid First Nations will be shared.



TUESDAY  
SEPTEMBER  
**19**  
1:00-1:45 p.m.

**Andrea Lapp**

*Project Coordinator, Centre for School Mental Health*

**Topic: Importance of Cultural Safety in Programming and Research**

This webinar will describe the paradigm of cultural safety and the necessity of cultural safety within mental health promotion programming and research. Mental Health First Aid was modified significantly to increase cultural relevancy and safety for First Nations contexts. This webinar will present the extent to which the course was experienced as culturally safe by participants, and the factors that attributed to this experience. The mixed methods, multi-informant national evaluation of MHFA FN was developed in partnership with First Nations community members, First Nations consultants, and MHCC. Evaluators will reflect on this experience of culturally appropriate program evaluation and research.

# Mental Health First Aid First Nations

Webinar | September 05, 2017

Ann M. Seymour





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# Overview

- What is MHFA
- Why MHFA-FN
- Objectives
- Journey (Past, Present and Future)
  - Timeline, Recommendations, FN Adaptation, Goals, Statistics

# What is Mental Health First Aid



Mental Health First Aid (MHFA) is the **help** provided to a **person** developing a **mental health problem** or in a **mental health crisis**.

The first aid is given **until** appropriate professional **treatment is received** or until the **crisis is resolved**.



## Physical First Aid

Preserve life.

Stop injury or illness from getting worse.

Promote healing.

Provide comfort to the ill or injured.

## Mental Health First Aid

Preserve life if a person may be a danger to themselves.

Provide help to prevent the mental health problem from getting worse.

Promote the recovery of mental health and wellness.

Provide comfort to the person going through a mental health challenge.

# What is the First Nations course



## Our Journey to Wellness is:

A **lifelong journey** to achieve wellness and balance of body, mind and spirit...Mental wellness must be defined in terms of the values and beliefs of Inuit and First Nations people.

Source: Mental Wellness Framework, Mental Wellness Advisory Committee, 2002





# What are the Objectives of Our Training



- People learn to:
  - Practice active listening
  - Practice and share EAGLE actions
- Increase confidence and skills to help those in mental health distress
- Reduce stigma and shame
- Increase awareness of the signs and symptoms of the most common mental health disorders and treatments from First Nations viewpoints and Western perspectives

# Our Journey

## Mental Health First Aid – First Nations







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# PAST



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How the Mental Health First Aid First Nations Course was Developed

# Historical Context



***“To understand the present,  
we must understand the past.”***

**-Dr. Betty Bastien, Piikani First Nation**

# Timeline:

2001: Anthony Jorm & Betty Kitchener ( Australia) developed

2010: Health Canada Recommended MHFA be adapted for First Nations

2011: Course Development

2012: Guidance Group Developed

2013: Course Material Reviewed & Tested in 3 Pilot sites ( ON, MAN, BC)

2016: Course Evaluation and Delivery

2017: 76 FN Co-Facilitators Trained & 2,427 people trained in MHFA-FN

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# Recommendations

Gathered at various intervals by the following:

- Health Canada
  - Assembly of First Nations
  - Mental Wellness Committee
  - First Nation Communities
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# Recommendations include:

- Revise for cultural safety
  - Use plain language
  - Increase length of the course
  - Consider a refresher for graduates
  - Develop a self assessment guide for community readiness
  - Develop a standard evaluation for course feedback
  - Community based model
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# PRESENT



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What the Mental Health First Aid First Nations course looks like





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# First Nations Adaption

CULTURAL SAFETY and DETERMINANTS OF HEALTH are taken into consideration, INCOMPASSING A HOLISTIC APPROACH including the following:

- Body
  - Spirit
  - Mind
  - Heart
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# Distinct Differences include:

- EAGLE
  - Circle of Support
  - Walking in Two Worlds
  - Elders
  - Support Persons
  - Sharing Circles
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# First Nations Adaptation

Module 1: Historical Component

Module 2: Foundations of MHFA

Module 3: Pathways to Recovery

Module 4: Substance Related

Module 5: Self Harm

Module 6: Anxiety & Trauma Related Disorders

Module 7: Psychotic Disorders

Module 8: Journey to Wellness

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### MODULE 1



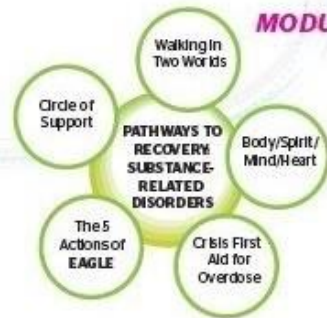
### MODULE 2



### MODULE 3



### MODULE 4



### MODULE 5



### MODULE 6



### MODULE 7



### MODULE 8



# EAGLE

**E**ngage and Evaluate the risk of suicide or harm

**A**ssist the person to seek professional help

**G**ive Reassurance & Information

**L**isten without Judgement

**E**ncourage self help strategies

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# EAGLE





# Circle of Support

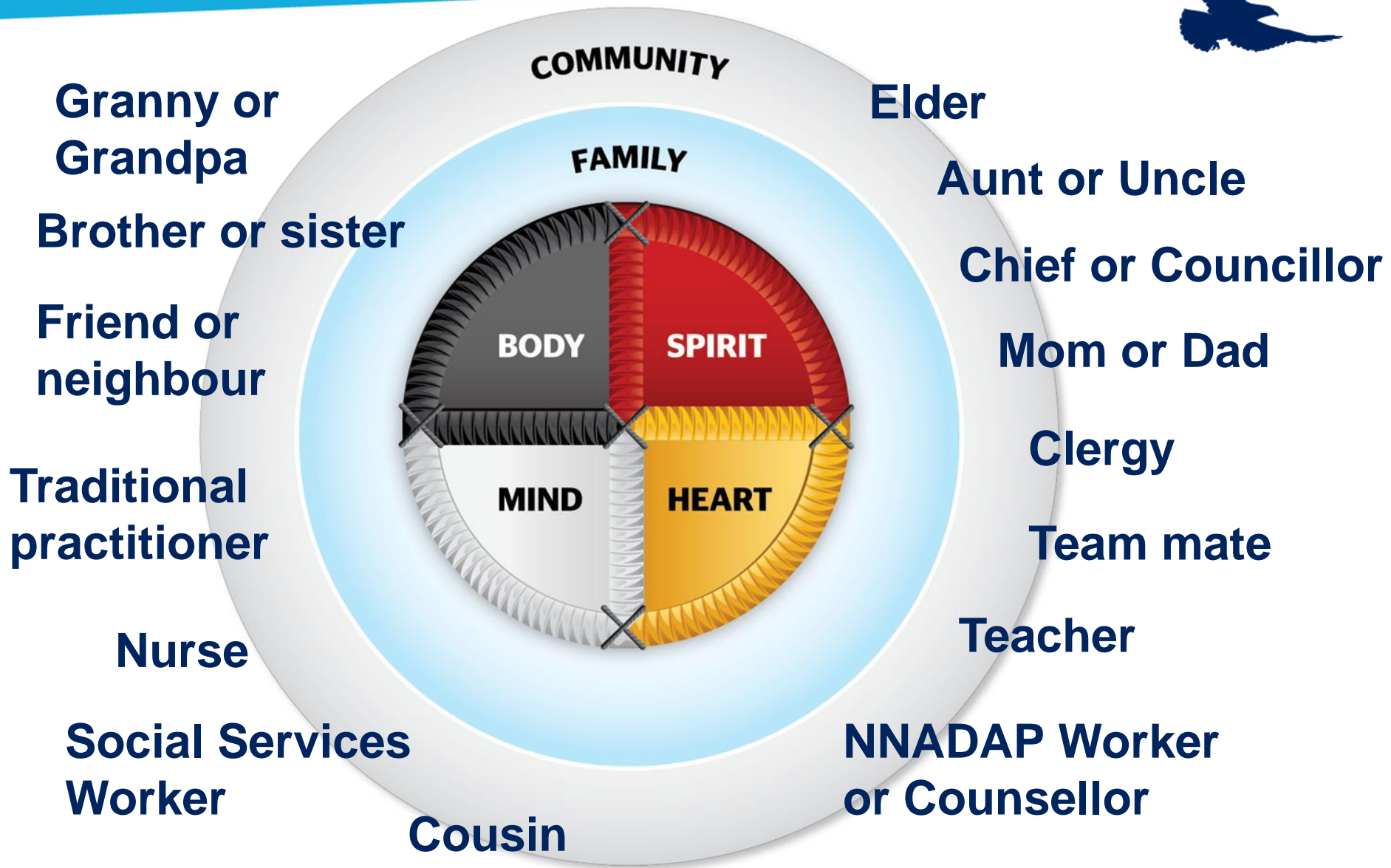
Based on the concept of the Medicine Wheel found in many First Nations traditions, this may include:

- Traditional Healers
- Ceremonies
- Community Service Providers
- Elders

***\* Each community will have services unique to their community needs.***

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# Circle of Support



# Walking in Two Worlds

Acknowledging our experiences of living in both the First Nations and mainstream /western world.

What that looks like for each individual will vary, pending in their role, experiences and connections to both lived experiences

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# MHFA-FN STATISTICS

Co-Facilitators Trained: 76

Participants Trained: 2,427

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MHFAFN trained co-facilitators from Prince George, BC; Opaskwayak Cree Nation, MB; and Sioux Lookout, ON



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# FUTURE



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Why Mental Health First Aid First Nations for your organization?



# GOALS

- Have Co-Facilitators trained in each province
  - Look for Champion communities
  - Indigenize the program further i.e. Application process, Manual recommendations, cultural inclusiveness
  - Manual is a live document and being reviewed at this current time
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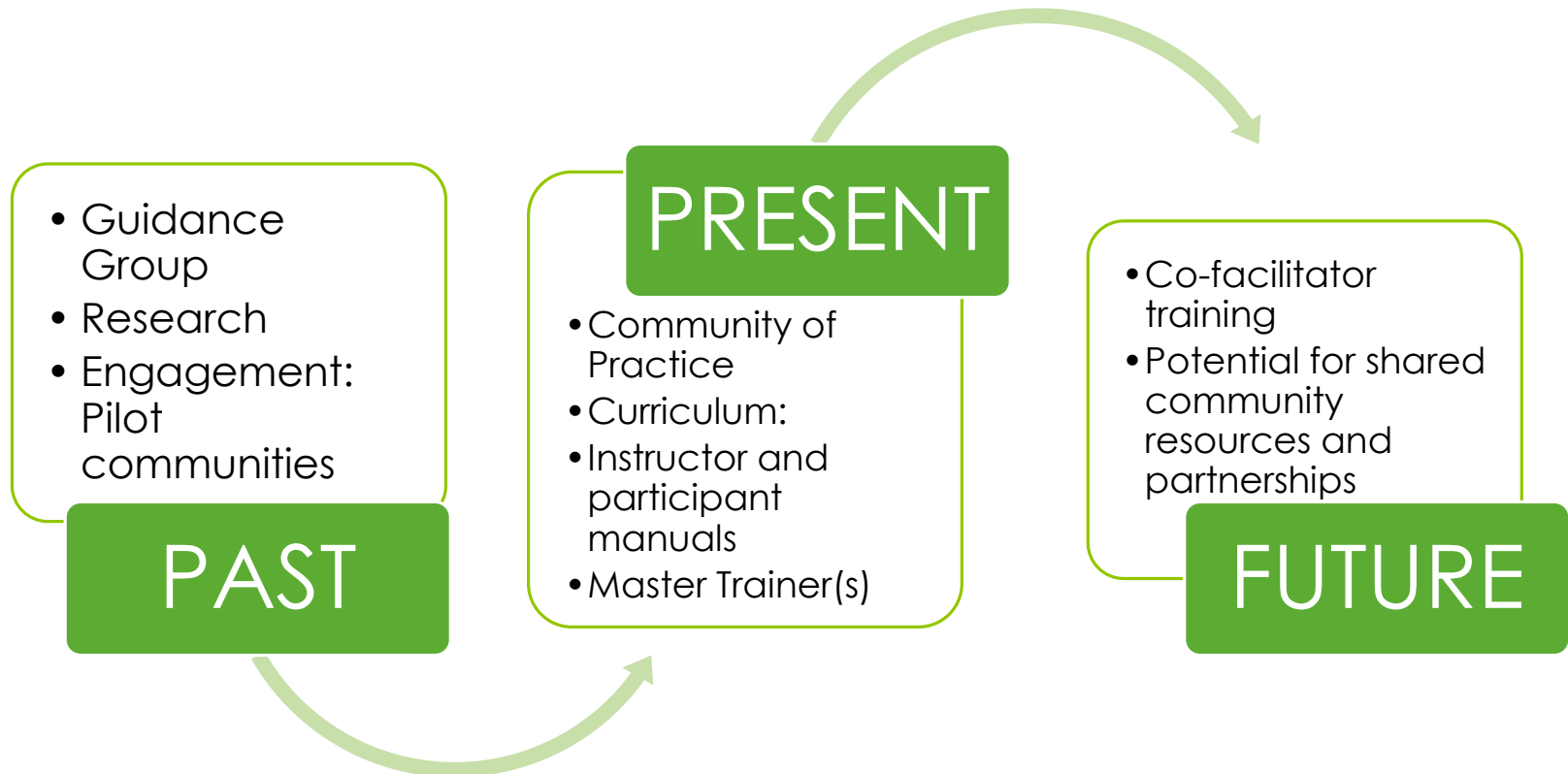
# How do I sign up for a course?

- Need a minimum of 8 participants to take MHFA-FN
  - Community – organization
  - Commitment of 3 days
  - Go online and check out the website
  - Send in a request
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# Our Journey Summary:

## Mental Health First Aid – First Nations





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613 914 2533 (cell)



# Thank You for our journey today

For more information on  
Mental Health First Aid First Nations

Check out our website at:

<http://www.mhfa.ca/en/course-info/courses/first-nations>

Or email us at :

[mhfirstnations@mentalhealthcommission.ca](mailto:mhfirstnations@mentalhealthcommission.ca)