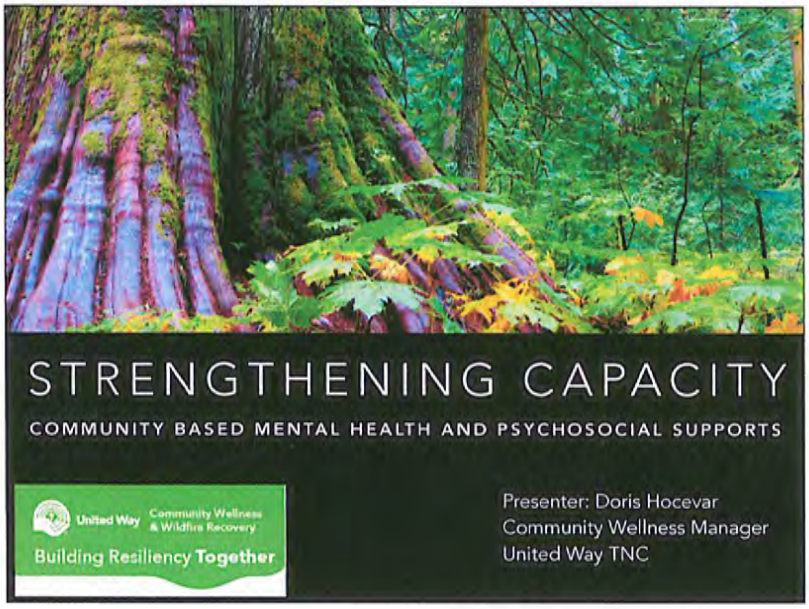
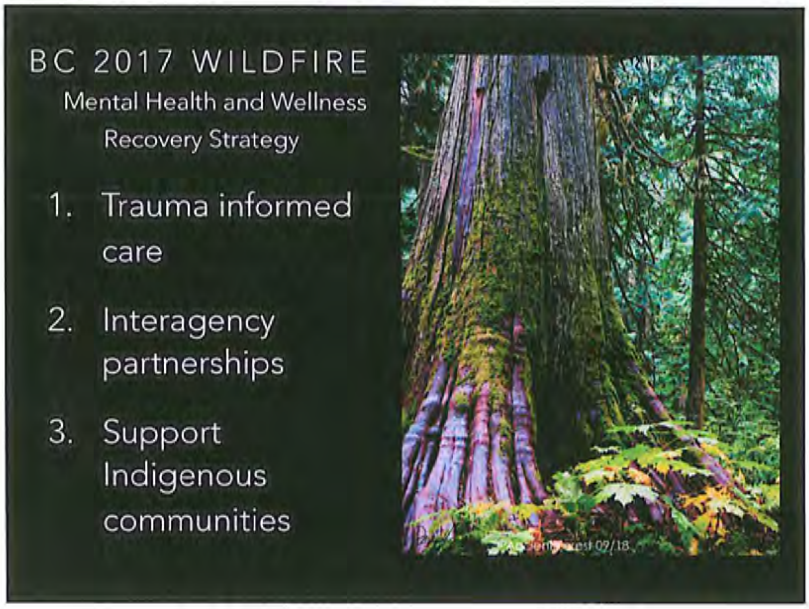


- Acknowledge the traditional territory of Lhtako Dene Nation.
- Thank you for the invitation.
- RE: Overview pertaining to the community wellness and mental health initiative
- [CMHA under the wildfire recovery umbrella.]



Trauma informed care: Awareness of how trauma impacts people differently - complex trauma

Safety and trustworthiness: Physical, emotional and cultural safety are paramount values that drive the work.

Opportunity for choice and collaboration: Safe spaces to dialogue, promote dignity and self-determination.

Strengths based skill building: Cultivating and building on existing skills and strengths.

Interagency partnerships: Develop a working group, identify mental health service gaps related to wildfire recovery,

- Creation of local programs to address identified needs within existing mandates
- Promotion of programs and services through organizational communication channels
- Recommendations with regard to new programs/services to meet community needs
- Pro-active identification of known risks to specific community populations

Support Indigenous communities: MoH, FNHA, Red Cross and United Way have actively engaged in dialogue with local leaders.

Learning about the mental health and psychosocial impacts r/t wildfires. Recently FNHA was given additional funds to support mental health and wellness initiatives to 28 of the nations impacted by wildfires - each nation is eligible for
$84, 000. Funding grants provided to FNHA by RC.

ENGAGEMENT

- 85+ EMAILS
- MULTIPLE FACE TO FACE INTERVIEWS
- 6 QWWG MEETINGS
- 1 STRATEGIC PLANNING SESSION
- 1 QUESNEL MENTAL HEALTH AND WELLNESS PLAN FOR WILDFIRE RECOVERY
- 2 CMHA ADVISORY MEETINGS

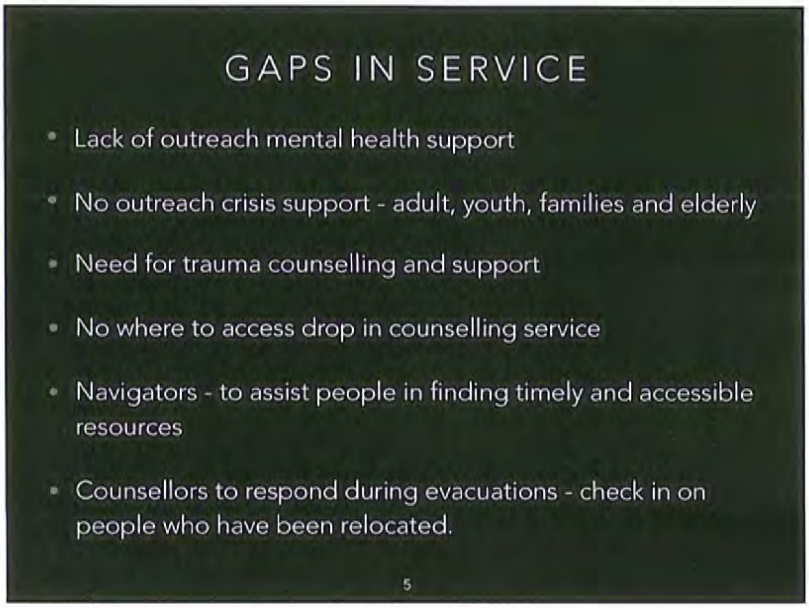


3

- Ministry of Health, Project Lead, Victoria
- Red Cross, Safety Wellbeing Manager
- Provincial, Regional and Municipal government representation
- Local First Nations Health Directors/Band Managers
- MCFD, CYMH and School District #28
- Non-profits: WRC, Amata, Victim Services, Long Name, Axis Family Resources,
- Baker Creek Enhancement Society, Better at Home - to name a few…
- Ministry for Forests, Lands and Natural Resources



14 people provided input into the strategic planning session. Many community stakeholders informed the goals and strategies outlined in the Draft - *Mental Health and Wellness Plan for WF Recovery 2018-2023.*



- Lack of outreach mental health support
- No outreach crisis support for adult, youth, families or seniors
- Need for trauma counselling and support
- No where to access drop in counselling service
- Navigators - to assist people in finding timely and accessible resources
- Counsellors to respond during evacuations - check in and offer support to people who have been relocated due to evacuations.

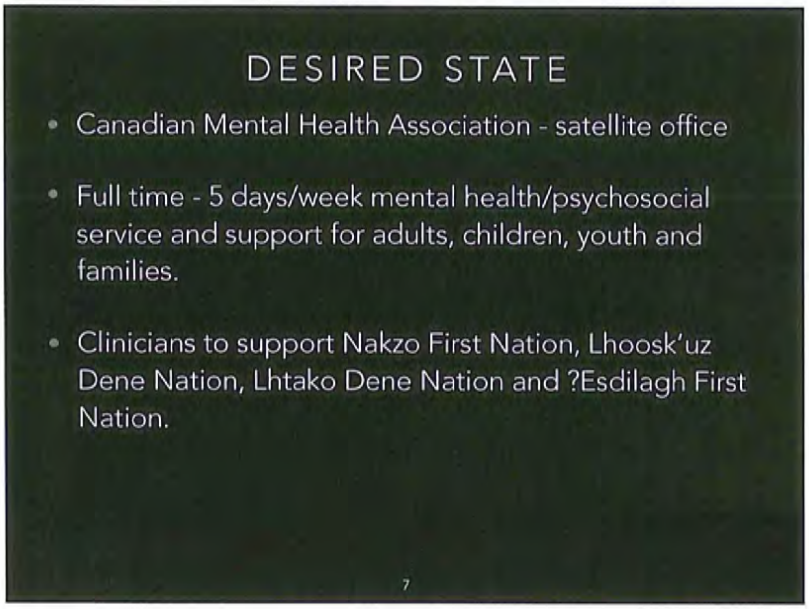
VULNERABLE POPULATIONS

- Seniors - living alone
- Youth
- First Nations Elders
- Children
- Homeless
- People who live with addictions, mental illness, disabilities
- ESL and ethnic minorities



6

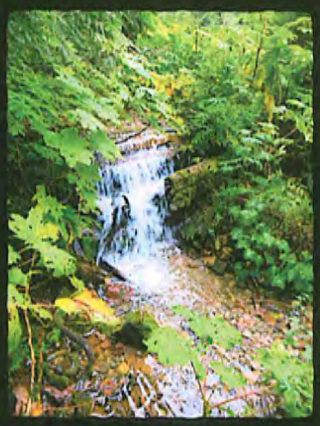
Each of these indicators informed by agencies working on behalf of these respective populations.



Informed during data collection phase April to August 2018 then, reiterated at the strategic planning session. Rated #1 priority.

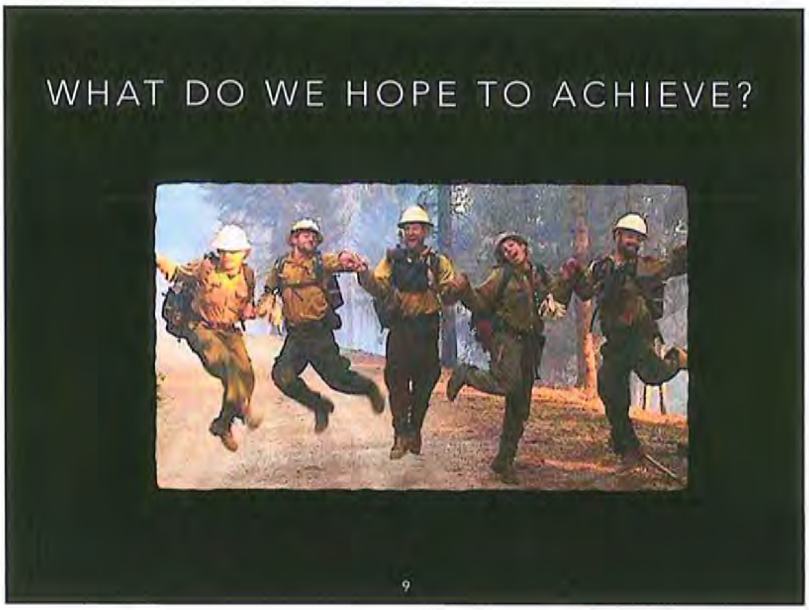
OUTCOME

- CMHA Prince George - Engaged with me one year ago.
- Recently awarded funds to support 1 FTE MH Coordinator/Clinician + PTE Admin support



8

Job posted until June 26, 2019
Interviews - begin July 15-26th - currently two applicants.



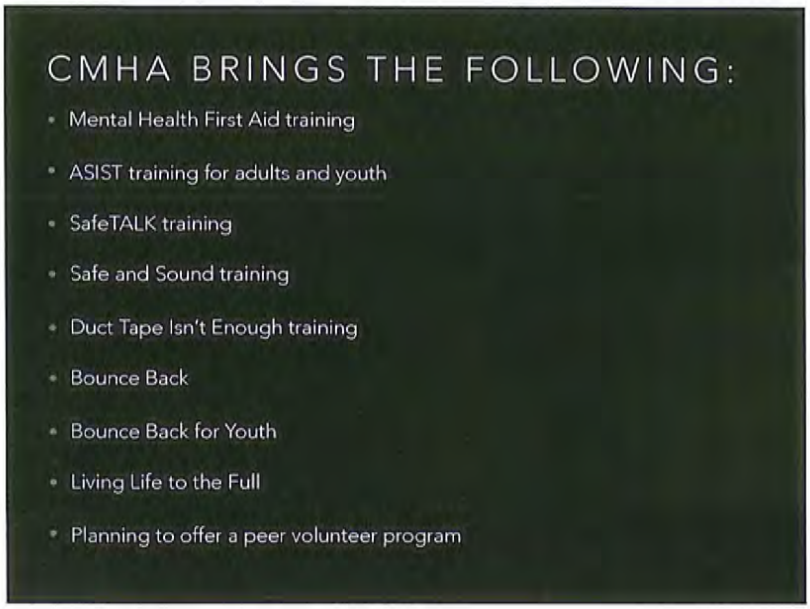
To identify and provide healing through skills based therapeutic interventions to individuals/families who have been impacted by both fires and floods [everyone in the community and surrounding area has been impacted by these disasters]

To support and enhance natural peer support in the community AND support those who've been dealing with Complex PTSD.

Sustainability: To identify and apply for ongoing funding to stabilize and solidify the services permanently in the community - ED, CMHA PG currently looking at two funding options.

Need political representation at the provincial level - represent communities in the N. C. Cariboo Region - mental health agenda is lost in the mix of competing demands.

Once we hire the clinician, they will take the lead for setting up the office in addition to being involved in hiring admin support person.



- MHFA - Basic mental health awareness training for lay persons
- ASIST - Suicide intervention training
- SafeTALK - Suicide intervention training to support youth with their peers
- Safe and Sound - Creating a psychologically safe work environment
- Duct Tape - Resilience training for first responders
- Bounce Back - Online coaching program to support clients with depression/anxiety
- LLTTF - 14 hour in person workshop for adults, seniors experiencing social isolation/depression/grief/loss.
- Peer Volunteer training program



Maureen Davis, E.D. CMHA PG wishes to extend her thanks and gratitude for the opportunity to work in partnership with the city "the space is awesome!"