

# A Culture of Well Being

Collaborative Mental Health Care  
Winnipeg, Manitoba  
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A bald eagle is shown in flight, its wings spread wide, against a clear blue sky. A large, soft white cloud is visible in the upper left portion of the image. The eagle's feathers are detailed, showing the texture of the wings and tail.

# A Culture of Well-Being

“There is no health without mental health”

World Health Organization, 2004

Relationship between mental health and physical health is bi-directional

# A Culture of Well Being: Overview

- Introduction
- The Mental Health System
- Aboriginal Peoples and Mental Health Systems
- The 'Mental Health and Aboriginal Peoples Project'
  - The Resource Guide for Consumers / The Took Kit
- Next Steps



# A Culture of Well-Being

A bald eagle is shown in flight, its wings spread wide, against a clear blue sky. The eagle is positioned in the lower half of the frame, with its head turned slightly to the left. The background is a gradient of light blue, suggesting a bright, open sky.

## Introduction

- Culturally distinct ways of understanding and caring for emotional wellness and mental health
- Current promising and emerging practice in mental health service delivery

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A bald eagle is shown in flight, wings spread wide, against a clear blue sky. The eagle's head is turned to the left, and its wings are fully extended, showing the intricate details of its feathers. The background is a solid, light blue color.

## 3 Key Elements within a Modern Mental Health System

- Recovery
- Integrated Service Delivery Systems
- Population Health Perspective

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## Consensus on 6 International Priorities

- Mental Health as a public priority, promoting mental well being
- Improving access and enhancing the range of services
- Making consumer involvement, a response to individual needs, and recovery and wellness the focus of mental healthcare
- Integrating and linking mental healthcare with general healthcare and other sectors and service
- Promoting evidence based , measurable and accountable mental healthcare
- Assuring an adequate and competent workforce

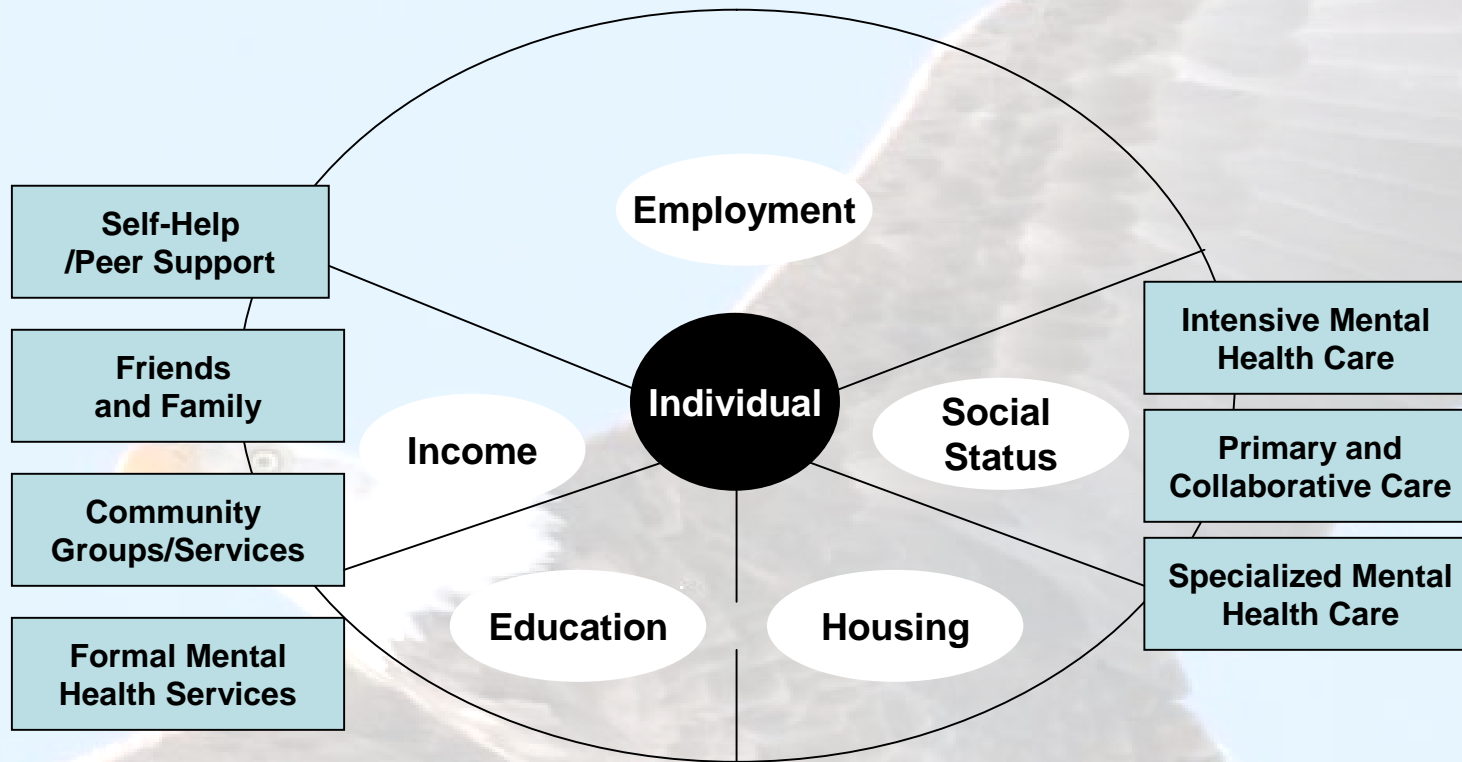
# A Culture of Well-Being: Mental Health Commission of Canada

The seven goals for a transformed mental health system are:

- People of all ages living with mental health problems and illnesses are actively engaged and supported in their journey of recovery and well-being.
- Mental health is promoted, and mental health problems and illnesses are prevented wherever possible.
- The mental health system responds to the diverse needs of all people living in Canada.
- The role of families in promoting well-being and providing care is recognized, and their needs are supported.
- People have equitable and timely access to appropriate and effective programs, treatments, services and supports that are seamlessly integrated around their needs.
- Actions are informed by the best evidence based on multiple sources of knowledge, outcomes are measured, and research is advanced.
- People living with mental health problems and illnesses are fully included as valued members of society.

**Figure 1: Mental Health Treatment, Support and Services**

Types of mental health  
treatment, support and services



*Individual situated within a complex set of  
social determinants of health*

Source: Final Report of Standing Committee on Social Affairs, Science and Technology (2006) *Out of the Shadows at Last: Transforming Mental Health, Mental Illness and Addiction Services in Canada.*



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## Current Status – Mental Health Service Delivery

### Main Stream Mental Health Services

- Range from Acute inpatient to community based to grassroots community services and supports
- Range from:
  - specialized
  - intensive
  - 1<sup>st</sup> line services
  - X jurisdictional services and supports
  - MH Promotion
- Range from crisis >case management>specialized clinics > collaboration and consultation> treatment and therapeutic interventions
- Treatment, rehabilitation and support components

# Best Practice – Effective Services & Supports of a Comprehensive Community Support System



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## Introduction

- Issues affecting

Emotional  
Wellness

Mental  
Health



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First Nations, Métis & Inuit Peoples of Winnipeg

**Table 1. Aboriginal Population in Winnipeg, 2001 and 2006.**

Reproduced from United Way of Winnipeg, *2008 Environmental Scan*, page 3.

Source: 2006 Census *Aboriginal Population Profile* and 2001 Census.

	2001	2006	% change
<b>First Nations*</b>	22,995	25,900	12.6%
<b>Métis</b>	31,390	40,980	30.6%
<b>Inuit</b>	180	350	94.4%
<b>Other Aboriginal</b>	1,190	1,150	-3.4%
	<b>55,755</b>	<b>68,380</b>	<b>22.6%</b>

\*First Nations includes Status, Non-Status, Treaty and Non-Treaty people.

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## Comparison of 2006 Census Data

**Table 2. Comparison of 2006 Census Data for Aboriginal and General Population**

**Winnipeg Census Metropolitan Area.**

Reproduced from United Way of Winnipeg, 2008 *Environmental Scan*, page 3.  
Source: Statistics Canada, Aboriginal Population Profile, 2006 Census and Statistics Canada, 2006 Community Profiles.

	Aboriginal Population	All Winnipeggers	Difference
<b>Population</b>	<b>68,385</b>	<b>694,668</b>	
<b>Percent of Winnipeg's population</b>	10%		
<b>Increase since 2001 Census</b>	22.6%	2.7%	+19.9
<b>Percent aged 14 and under</b>	30%	17.8%	+12.2
<b>Median age</b>	26	39	-13
<b>Lived at same address 5 years ago</b>	43.4%	60.3%	-16.9
<b>Median household income</b>	\$40,339	\$51,314	-10,975
<b>Labour force participation, 15 years and over</b>			
<b>Employment rate</b>	57%	65%	-7
<b>Participation rate</b>	66%	69%	-3
<b>Unemployment rate</b>	11%	5%	+6

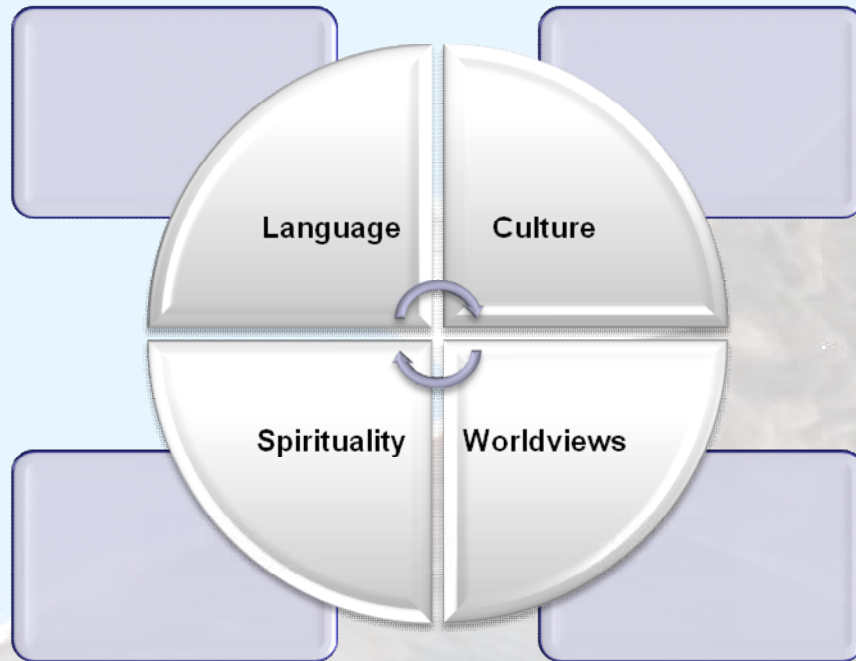
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## General

- Nearly half of Aboriginal people in Winnipeg living in poverty
- Victims of Violence - 3 X the rate
- Child Welfare – ¼ of children in Manitoba in care, and 85% were Aboriginal
- Justice – 1/5 of children in Manitoba were in secluded and 75% were Aboriginal

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## The Context:

- Colonization
  - Cultural Assimilation
  - Aboriginal worldviews and holistic approach to health and wellness

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## Legislation and Policies

- Institutional Racism – structures of society – codified in institutions of practice, law and governmental inaction in the face of need
- Personally Mediated Racism – prejudice and discrimination – lack of respect, suspicion, devaluation, scapegoating
- Internalized Racism – when stigmatized, individuals accept these messages about their own abilities and intrinsic lack of worth.

**Result: resignation, helplessness, lack of hope**



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## Issues

- Legislation & Policies
- Education (residential schools)
- Health (federal / provincial differentials)
- Culture (Banning of traditional healing and ceremony)
- Child Welfare systems (Sixties Scoop)

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## The Impact:

- Environmental
  - Disparities
  - Poverty
  - Unemployment
  - Housing
  - Education
- Individual
  - Abuse
  - Violence
  - Racism

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## Old Knowledge

- Culturally distinct understandings, knowledge and practices
- Principles of holism, relationships, and balance

## New Practices

- Holism guides traditional and present day practices
- Spirituality / cultural understandings are inseparable from emotional wellness and mental health

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## Mental Health Services and Aboriginal Peoples Project

- Differing world views
- Mental Health and Well Being vs. Mental Illness
- The 'client' as individual, family and community
- Access to appropriate levels of service

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## Mental health – a new perspective

- Moving towards a more holistic understanding of and approach to emotional wellness and mental health:

Corey Keyes – ‘whether or not we flourish as individuals depends as much upon our ability to feel positive and function well psychologically and socially as it does upon the presence or absence of mental illness’.

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## What Works...

- Elements of treatment plan should complement each other
  - Individual counselling – Elder, counsellor, therapist
  - Group work – traditional sharing circle, healing circle, peer support group
  - Information sharing / skill building
  - Ceremony / community activities

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## What works...

- Holistic understanding can support and empower people
- Service providers understand historic and present day context of Aboriginal peoples' experiences and needs
- Ongoing impacts of historic trauma, present day socio-economic and political conditions and cultural values, understandings, and practices

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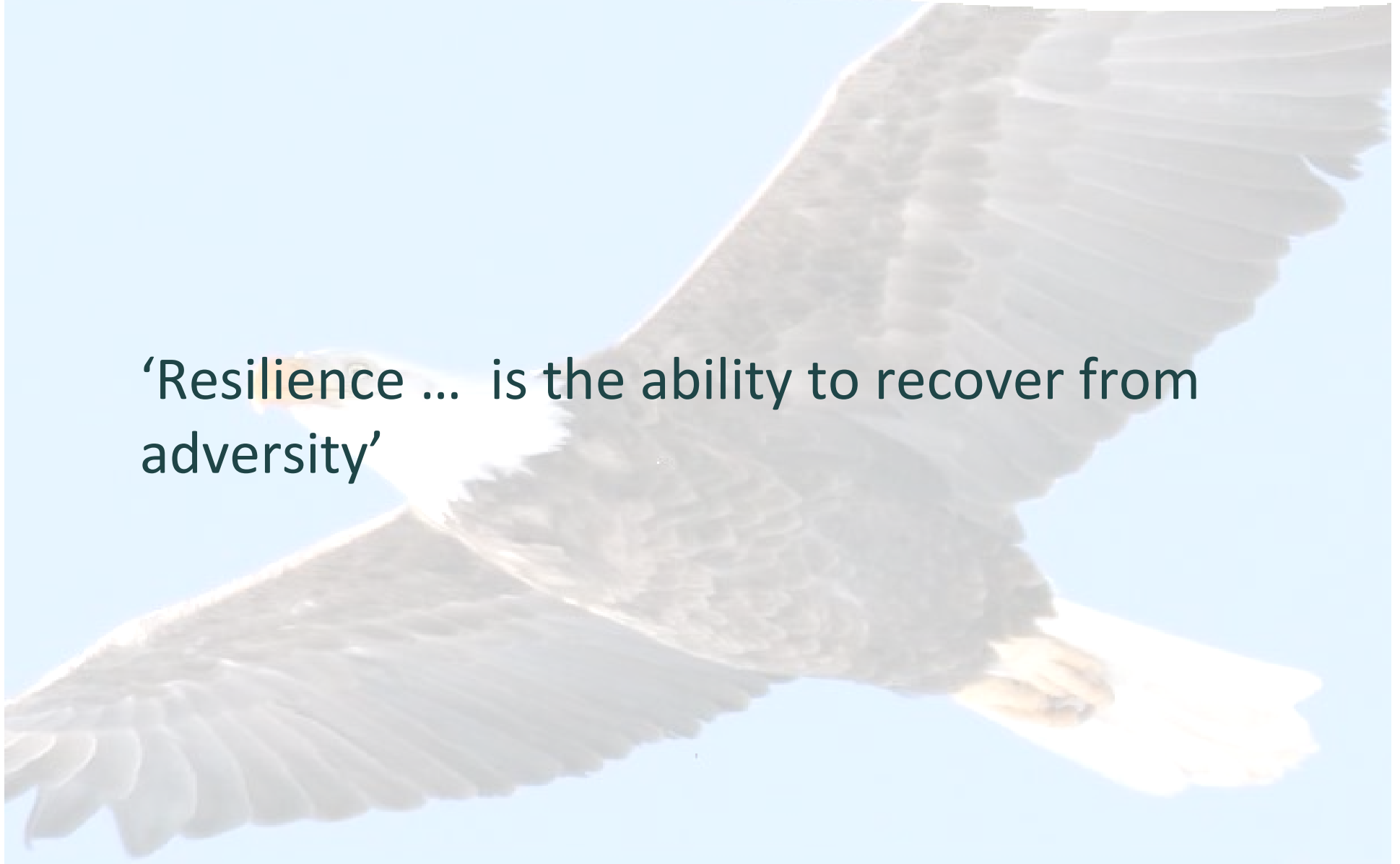
## Cultural Safety and Cultural Capacity

- **Cultural safety**
  - Interacting with others in ways that support the integrity of their cultural identity
  - Take note of and reflect on power imbalances, institutional or systemic discrimination and the historic and present day impacts of colonization
- **Cultural Capacity**
  - Developing skills that let other people feel safe in sharing their own culturally distinct perspectives, experiences and knowledge



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‘Resilience ... is the ability to recover from adversity’



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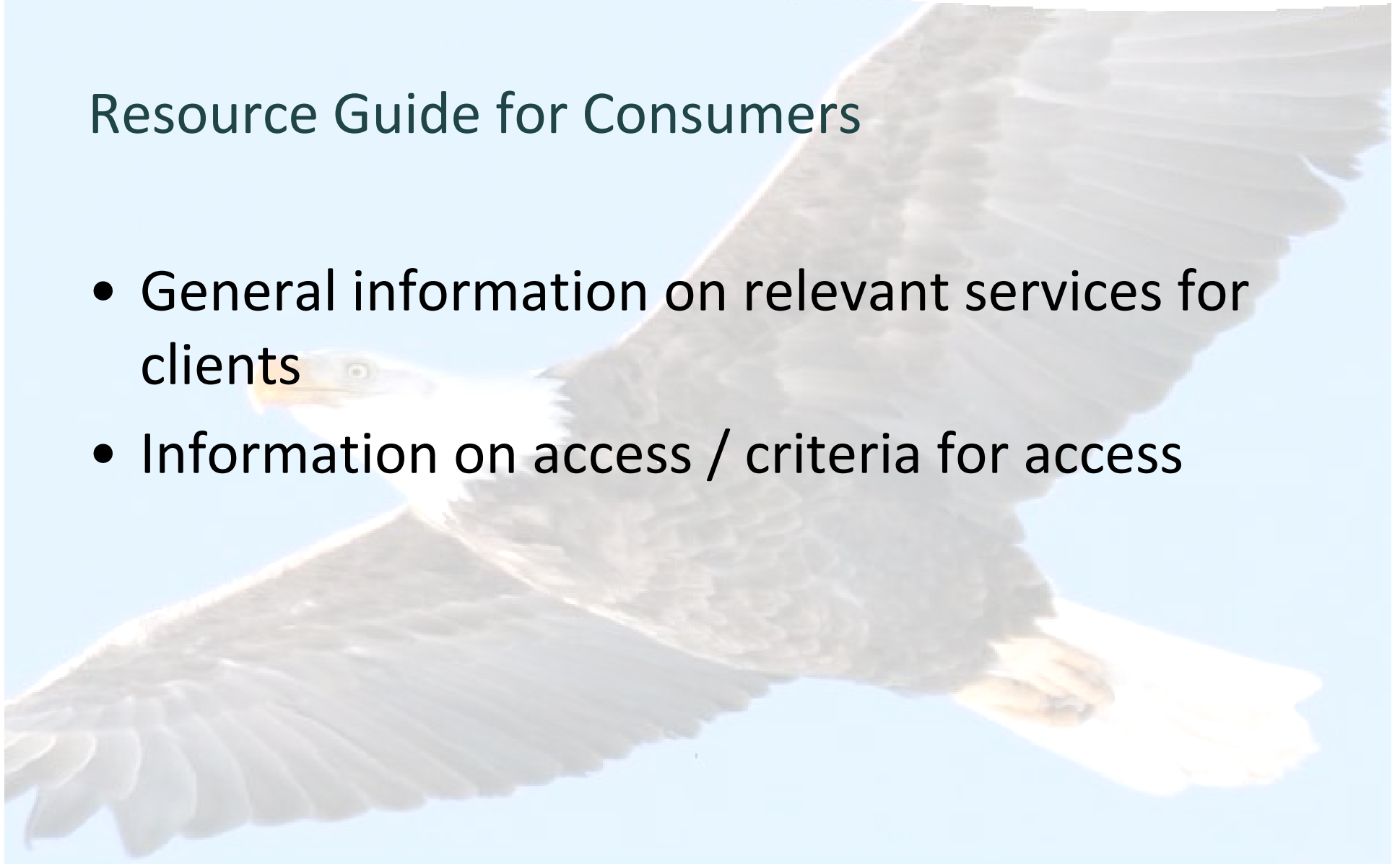
## Mental Health Services and Aboriginal Peoples Project

- Resource Guide for Consumers
- The Tool Kit for Service Providers

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## Resource Guide for Consumers

- General information on relevant services for clients
- Information on access / criteria for access



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## The Tool Kit

Designed to assist service providers in supporting the emotional wellness and mental health needs of First Nations, Métis & Inuit people

- Issues that may affect the emotional wellness and mental health
- Culturally distinct ways that First Nations, Métis and Inuit people may understand and care for emotional wellness and mental health
- Current promising, emerging and best practices in the delivery of emotional wellness and mental health supports

Available resources in the Winnipeg region

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Questions....Comments

