



GOAL
Improve
Aboriginal Mental
Wellness

FOCUS AREAS

Participate in
meaningful engagement

Increase equitable access,
improve transitions and reduce barriers

Develop and enhance family and
community based prevention, promotion,
awareness and self-care supports

Build trauma-informed,
culturally safe Mental Health and
Substance Use (MHSU) services

Apply a continuous quality
improvement lens

OPPORTUNITIES

Voice of communities
identified mental health
as #1 priority

Literature and evidence
supports the direction

Aboriginal partners
and agreements

Population data

Clinical data

ACKNOWLEDGEMENTS

We acknowledge the ancestral, unceded,
and traditional territories of the Dākelh Dené,
St'at'imc, Syilx, Tsilhqot'in, Ktunaxa, Secwepemc,
and Nlaka'pamux Nations and recognize the
Métis people for their contributions to
Aboriginal ways of being and knowing
in Canada.

PATHWAY FOR CHANGE

Ensuring MHSU services are
trauma-informed and culturally safe

Engaging with and collecting input from Aboriginal
patients, their families and communities along with
MHSU providers and other organizations, to develop
and make improvements to programs and services

Integrating alternate service delivery models
that meet the needs of Aboriginal clients

Ensuring care is coordinated and timely

APPROACH

Informed by
pathway for
change and
guiding
principles

GUIDING PRINCIPLES

Meaningful engagement

Interconnectedness
and impact

Use of a consensus model

Equity lens

LESSONS LEARNED

Select a project management approach that
is appropriate for the context of the work

Organizational restructures and human resource capacity
issues will slow down momentum

Ongoing perseverance, communication and
engagement are key to success

NEXT STEPS

Evaluation (collecting stories from clients and families,
gathering staff experience, utilizing Aboriginal data for
planning, service delivery, and monitoring)

Ongoing engagement with Aboriginal
partners and internal stakeholders

Focus on quality improvement to ensure
sustainability and meaningful change

Embed in structures and processes
where able