

**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

**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.

**OPPORTUNITIES**

- Voice of communities identified mental health as #1 priority
- Literature and evidence supports the direction
- Aboriginal partners and agreements
- Population data
- Clinical data

**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

**APPROACH**

Informed by pathway for change and guiding principles

**GUIDING  
PRINCIPLES**

- Meaningful engagement
- Interconnectedness and impact
- Use of a consensus model
- Equity lens

- Integrating alternate service delivery models that meet the needs of Aboriginal clients
- Ensuring care is coordinated and timely

**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

