



Sioux Lookout
First Nations
Health Authority

**Overview of
“A Model for Mental Wellbeing in the
Communities”
March 23, 2026**

Land Acknowledgement

The Sioux Lookout First Nations Health Authority acknowledges that it is situated on the traditional territory of Lac Seul First Nation, signatory to Treaty #3

Mental Health & Addictions Review – September 2021 - May 2022

Literature review
(100+ articles)

Document review
(53 reports)

Community visit
report (15 key
informants)

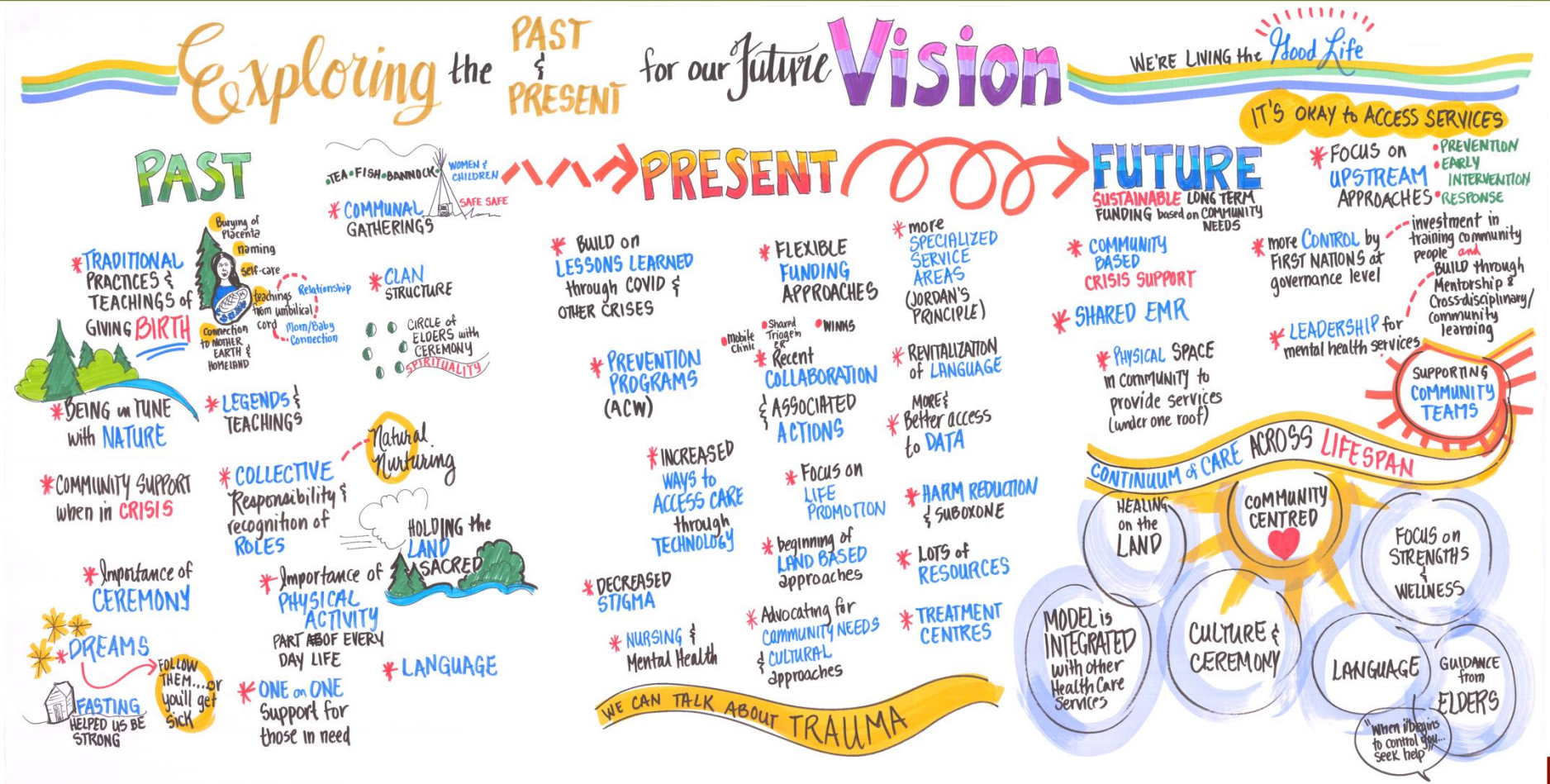
Gap Analysis

Youth Survey
report

87 key informants
including 21
community and 10
youth

75
recommendations

Exploring the past & present for our future Vision



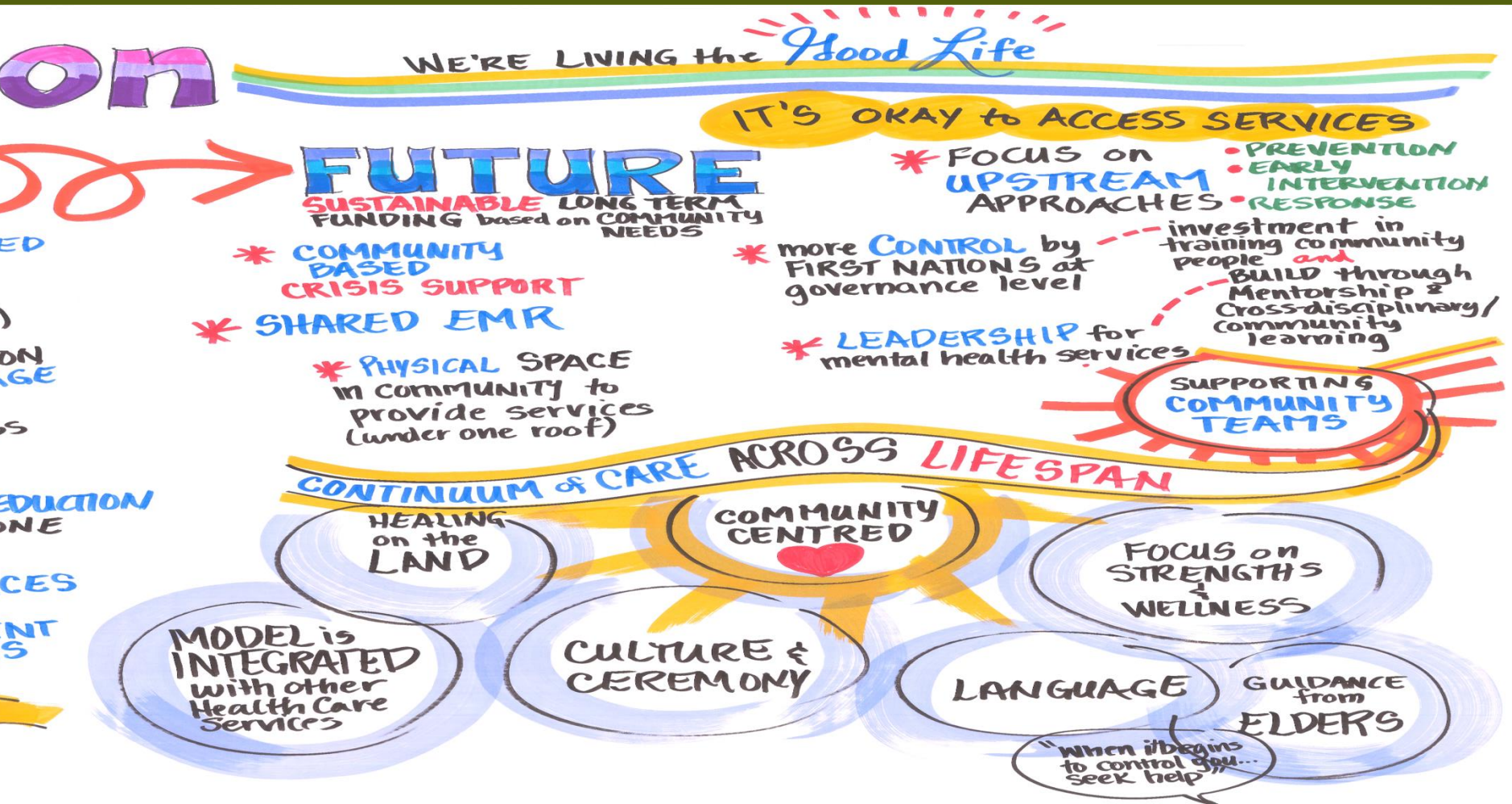
Exploring the past & present for our future Vision



Exploring the past & present for our future Vision



Exploring the past & present for our future Vision



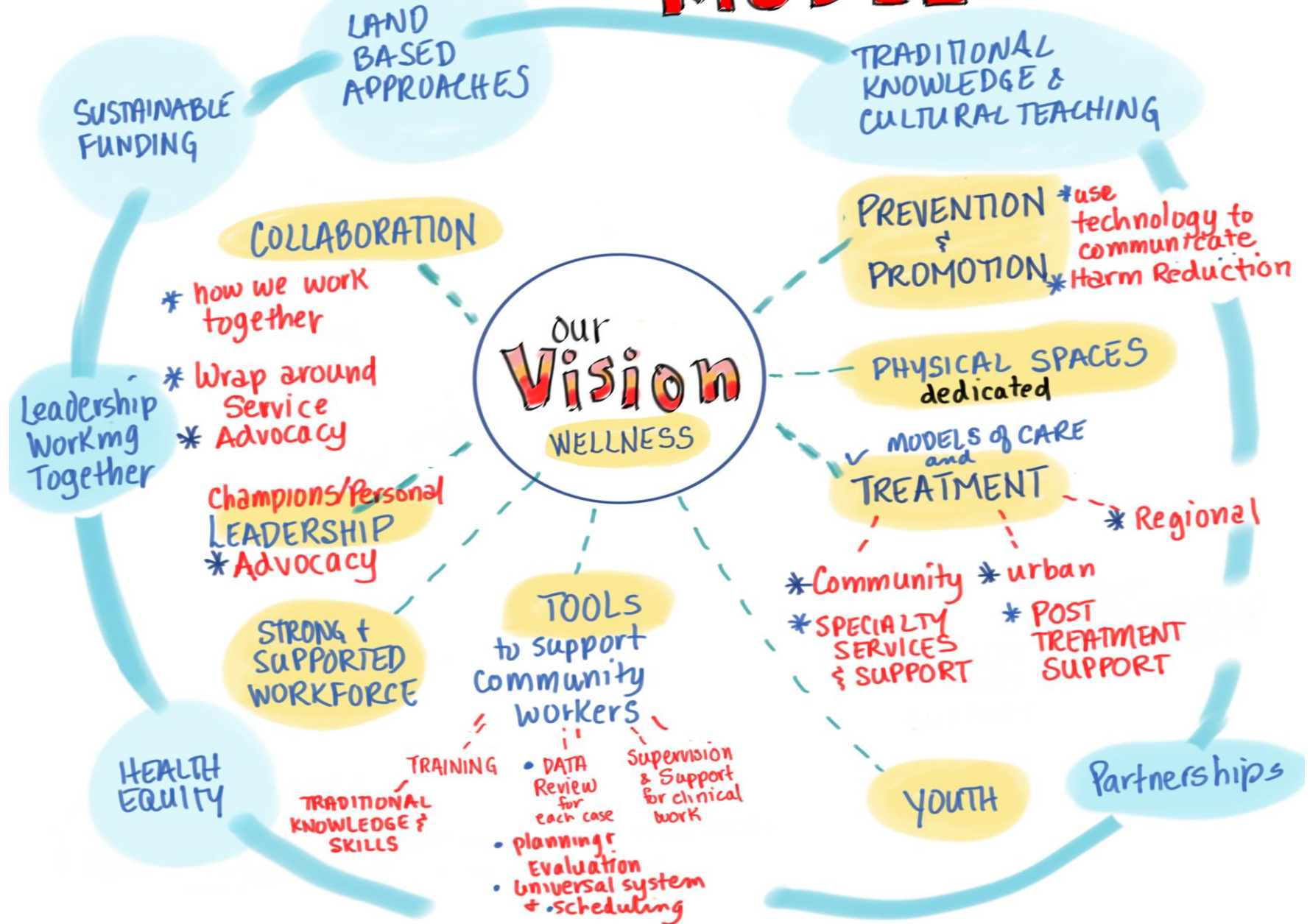
CORE Principles

- * **COMMUNITY** driven & owned.
Recognizes community knowledge & community informed.
- * **DIVERSITY** recognizing each community is unique in different ways ~ geographically, language
Accepting diversity, different custom practices
- * **INCLUSION** **MUTUAL RESPECT/ ACCEPTING**
ENSURING THAT NO ONE IS LEFT BEHIND
HONOURING & ACCEPTING ALL PERSONS
- * **CONNECTION** - FOSTER & STRENGTHEN FAMILIES & COMMUNITIES. It's through RELATIONSHIPS that we HEAL
- * **WORKING TOGETHER** so that people experience seamless care.
- * We commit to use the **SACRED KNOWLEDGE** of the communities.
- * **CAPACITY** - UTILIZE & SUPPORT the inherent GIFTS in the Communities.
- * **PLANNING** for the **FUTURE** Investing in addressing youth needs in order for them to lead us in the future.



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DEVELOPING A Mental Health & Addictions MODEL



Model Description – Anishinabe Vision of community wellness

- *Anishnabe of this land have a strong cultural identity and follow traditional wisdom to acknowledge and address issues impacting mental wellbeing. Communities are a safe space without judgement. Our people are vibrant. All of this supports wellness for our land and its people.*
- Communities are strong in their approach to mental wellbeing.
- We have health equity in communities including access to services, clean water, housing, employment etc..
- We are actively promoting, preventing and supporting with approaches that utilize traditional land activities and education interwoven with western practices to ensure good physical, spiritual, emotional and mental health - creating a wholistic healthy state of being.
- Services are accessible, acceptable and collaborative.

Model description – key elements

- Surrounding this vision are key elements of the model including:
 - Collaboration
 - Leadership and advocacy
 - Strong and supported workforce
 - Prevention and promotion
 - Physical spaces
 - Treatment
 - Youth
 - Tools

Model Description – Supports and structures needed

- The outer circle includes all of the necessary supports and structures needed to make this work including:
 - Land based approaches
 - Traditional knowledge and cultural teaching
 - Partnerships
 - Health Equity
 - Leadership working together
 - Sustainable funding



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DEVELOPING A *Mental Health & Addictions* **MODEL**

GOALS

Collaboration
Bridging partnerships +
networks that support strong
service delivery.

Leadership Champions

Build youth self-esteem thru
community heroes + role models
Provide program development +
education in leadership to build
community capacity + awareness.
Dream Big

Strong + Supported Workforce

There is a variety of
workers with clear roles
who are trained + connected
with the knowledge, skills + resources to
provide services that support community needs
Their mental + emotional needs are supported.

PHYSICAL SPACE

welcoming, safe, private, equipped
+ adequately funded

TOOLS

The necessary tools are in
place to provide programs
+ care

PREVENTION + PROMOTION

Land based + healthy
activities ^{to engage} youth +
families to face the world

TREATMENT

multidisciplinary approach
which is trauma informed + includes
emergency care access, community first
responders, additional specialized services
which are interwoven + traditional +
western approaches

YOUTH

Youth have a sense of purpose +
feel valued + connected.

Goals

- Collaboration – Bridging partnerships and networks that support strong service delivery
- Leadership champions – Building youth self esteem through community heroes and role models. Provide program development and education in leadership to build community capacity and awareness.
- Strong supported workforce – There is a variety of workers with clear roles who are trained and connected with knowledge, skills and resources to provide services that support community needs. Their mental and emotional needs are supported.
- Tools – the necessary tools are in place to provide programs and care

Goals

- Physical space – welcoming, safe, private, equipped and adequately funded physical space is available in all communities
- Prevention and promotion – land-based and healthy activities to engage youth and families are in place
- Treatment – multi-disciplinary approach which is trauma informed and includes emergency care access, community first responders, additional specialized services, which are interwoven with traditional and western approaches
- Youth – youth have a sense of purpose and feel valued and connected

A Model for Community Wellbeing

- Mental Health and Addictions Review in 2021-2022
- Feedback from communities and tribal councils in December 2022
- Model prepared by summer 2023
- Discussion Question:
- What do you like about the model? What additions would you make? What needs additional emphasis?