



Sioux Lookout
First Nations
Health Authority

Current Tools, Capacity Building, and Training Opportunities

March 24, 2026
Approaches to Community Wellbeing

Approaches to Community Wellbeing

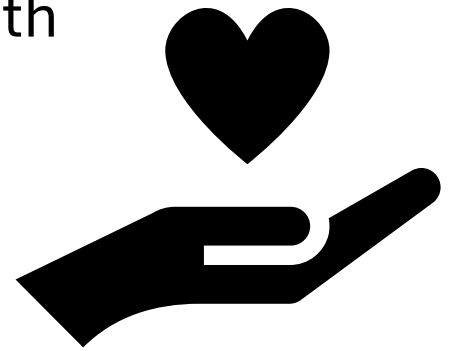


Approaches to Community Wellbeing is the name of the public health system in the Kiiwetinoong, and a department within SLFNHA. Approaches to Community Wellbeing (ACW) looks at the health of the community or population as a whole, instead of on an individual level. It focuses on the prevention of illnesses and the promotion of healthy lifestyles, as opposed to treating illnesses. ACW looks at what needs to be in place in systems or communities to keep people as healthy as possible for as long as possible.

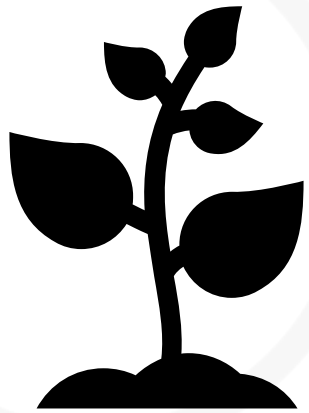
Mental Health and Substance Use Key Goals

1. Build Community Capacity for Mental Health and Wellbeing

- Equip community members, frontline workers, and health staff with skills to recognize, respond to, and support individuals experiencing mental health challenges, trauma, or crisis.
- Deliver core trainings to increase culturally safe intervention capacity.
- Strengthen postvention and community-based healing supports.



Mental Health and Substance Use Key Goals



2. Strengthen Suicide Prevention and Life Promotion

- Increase awareness of suicide risk factors, protective factors, and culturally relevant life promotion strategies across age groups.
- Embed suicide prevention education into existing community wellness programs.

Mental Health and Substance Use Key Goals

3. Enhance Harm Reduction Knowledge and Services

- Expand access to harm reduction supplies in all partner communities.
- Provide training to promote safe practices and reduce overdose-related harms.
- Strengthen education campaigns to reduce stigma and increase understanding of harm reduction as a wellness approach.



Mental Health and Substance Use Key Goals



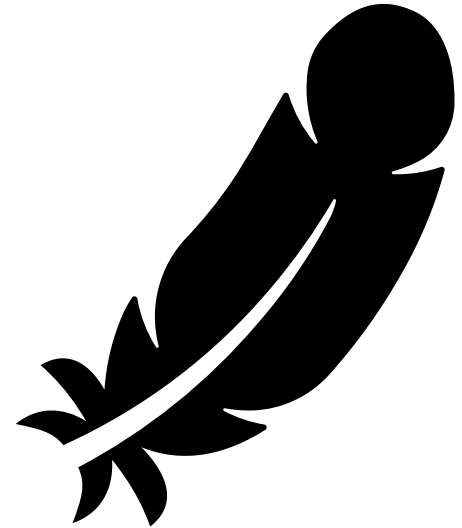
4. Improve Community Preparedness and Response

- Deliver training to strengthen community readiness and coordinated response to critical incidents or emergencies.
- Support the development of local crisis response teams with clear communication and leadership structures.

Mental Health and Substance Use Key Goals

5. Promote Wholistic Health and Wellness Education

- Develop and deliver culturally grounded health promotion materials addressing mental wellness, substance use, and community safety.
- Offer ongoing education sessions and awareness campaigns aligned with community needs and seasonal priorities.
- Integrate traditional teachings and community strengths into all training and education initiatives.



Mental Health and Substance Use Key Goals



6. Foster Collaboration and Sustainability

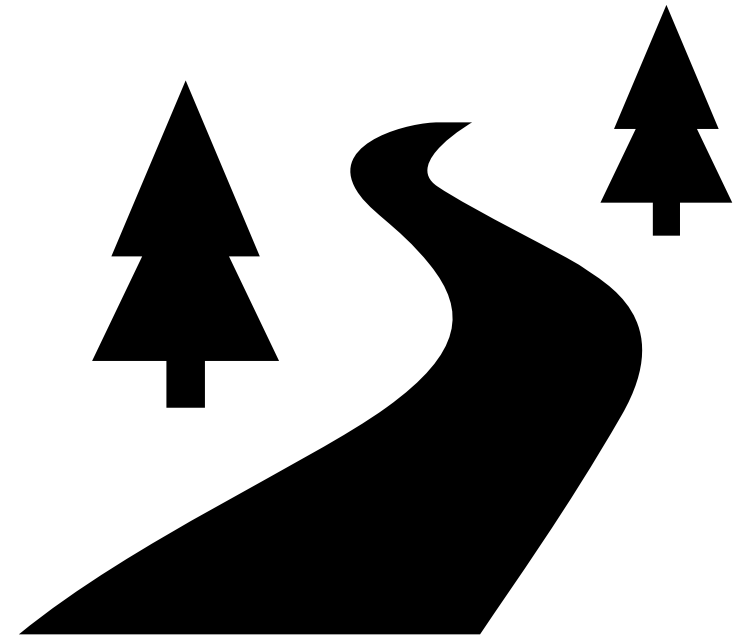
- Strengthen partnerships to share training resources, lessons learned, and supports available

ACW Training

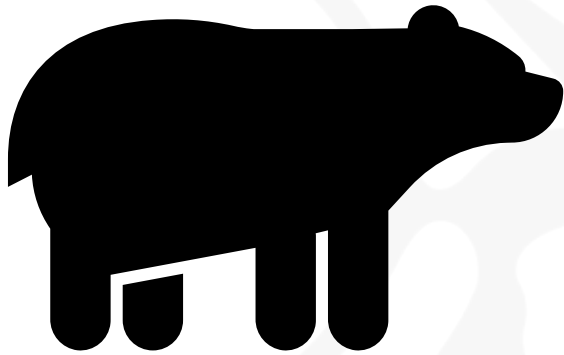
Mental Health First Aid First Nations

Mental Health First Aid First Nations equips First Nations individuals and those who work with them with the knowledge and skills to recognize, understand, and respond to mental health crisis and challenges, fostering a culturally safe and relevant approach to mental wellness within First Nations communities. It aims to build community capacity for mental health support and promote a culture of prevention and early intervention.

Mental Health First Aid First Nations is a spark that awakens the courage to have open and honest conversations about mental health with family, friends, and others. It is part of a larger journey that helps strengthen the connections within communities.



ACW Training Centre for Suicide Prevention – Little Cub

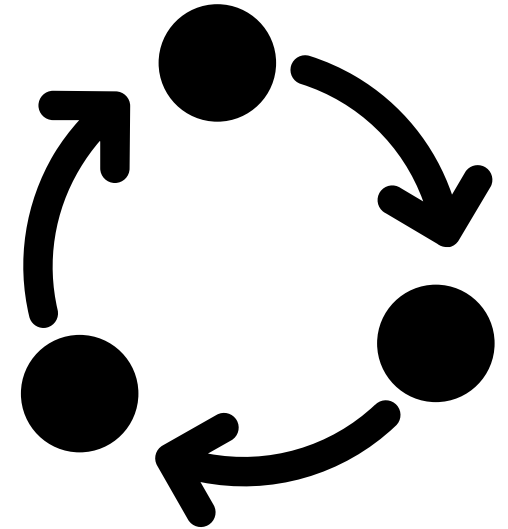


Little Cub is a powerful half-day discussion-based virtual workshop for adults working with Indigenous children aged 12 and under in SLFNHA-serviced communities. Rooted in storytelling and oral traditions, the workshop explores key risk and protective factors and addresses the unique suicide-related challenges faced by Indigenous children. Participants will gain practical knowledge and tools to support children in crisis and connect them with appropriate resources.

ACW Training

Centre for Suicide Prevention - Walk With Me

- Walk With Me is a 1-day workshop exploring the suicide grief cycle in Indigenous communities. It draws heavily on culture and tradition as it takes participants through the cycle of suicide grief.
- Participants go on a journey from the past to the present and look to the future; it creates a context for people to examine where they are in the grief cycle and how they can move forward to hope.



ACW Training Centre for Suicide Prevention – River of Life

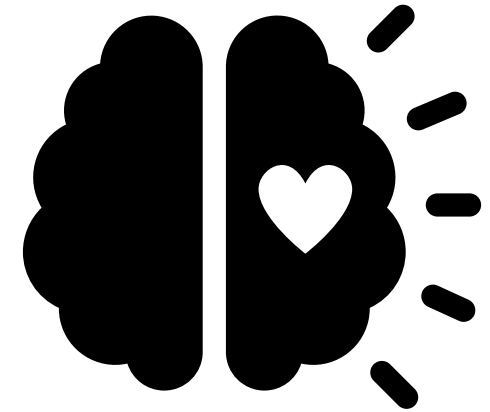


River of Life is an interactive half-day workshop created for individuals working with Indigenous young people 12 and up. This workshop discusses ways to strengthen the protective factors of young people considering suicide and focuses on providing participants with knowledge to competently respond.

ACW Training

Applied Suicide Intervention Skills Training

Applied suicide intervention skills training (ASIST) is a two-day suicide first aid workshop for anyone 18+. ASIST teaches participants to recognize when someone may have thoughts of suicide and how to keep them safe and connect them with other supports, services, and resources.



ACW Training

Perinatal Mood and Anxiety Disorders

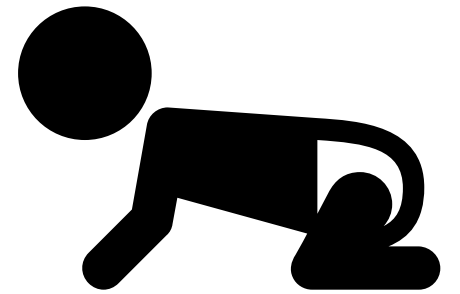


This training prepares community members and workers to facilitate groups with parents experiencing symptoms of mild to moderate Perinatal Mood and Anxiety Disorders (PMADs).

ACW Training

Attachment and Infant Mental Health

This workshop explores the critical role of early relationships in shaping infant mental health and lifelong wellbeing. Grounded in attachment theory, participants will learn how secure, responsive caregiving supports healthy brain development, emotional regulation, and resilience in infants and young children. The session examines different attachment styles, the impact of stress and trauma on early development, and the importance of attuned, consistent caregiving. Participants will also explore how caregiver wellbeing, cultural context, and community supports influence the caregiver–infant relationship. Through discussion, reflection, and practical examples, participants will build skills to recognize early signs of emotional distress, strengthen caregiver–child connections, and promote nurturing, responsive environments. This workshop is ideal for professionals and caregivers seeking to support healthy development and foster strong, secure relationships in the earliest years of life.



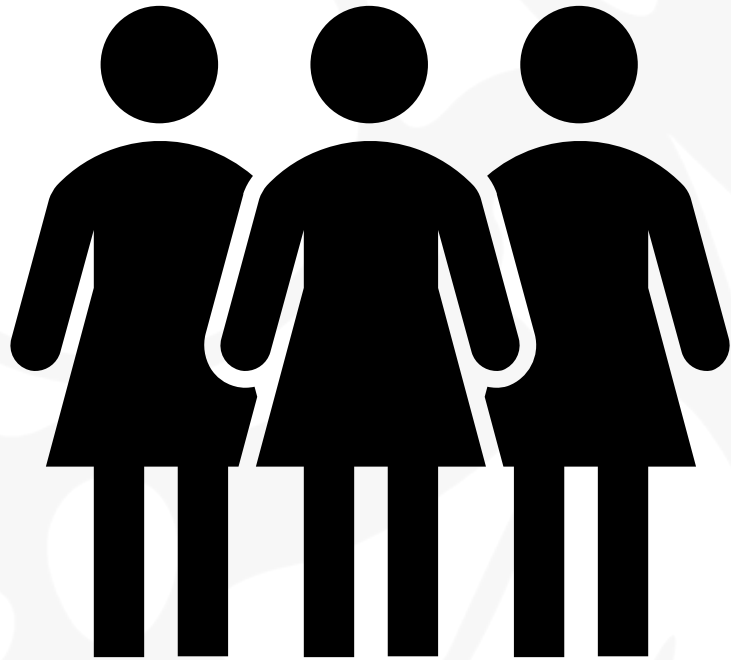
ACW Training

Gender-Based Violence Prevention

This series of engaging and culturally responsive training modules focuses on reducing gender-based violence through education, reflection, and skill-building. These modules create safe, supportive spaces for participants to explore key concepts that strengthen personal agency, respect, and healthy relationships.

- The Self-Esteem module supports individuals in building confidence, recognizing their inherent worth, and developing a positive sense of identity. Participants learn how self-esteem influences decision-making, boundaries, and vulnerability to harm.
- The Lateral Kindness module addresses the impacts of lateral violence and promotes empathy, respect, and accountability within communities and workplaces. It encourages participants to reflect on their interactions with others and develop practical strategies to foster kindness, collaboration, and collective wellbeing.
- The Body Autonomy module emphasizes the fundamental right individuals have over their own bodies. Participants explore personal boundaries, bodily integrity, and the importance of respecting others' choices, laying a foundation for safer and more respectful relationships.
- The Consent module provides clear, practical guidance on what consent is and is not. Through discussion and real-life scenarios, participants build skills to communicate consent effectively, understand power dynamics, and recognize situations where consent cannot be freely given.

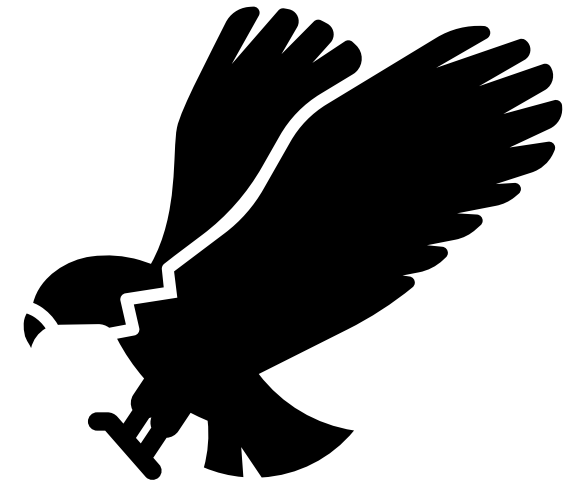
ACW Training Women's Leadership



This training honours and uplifts the vital role of First Nations women as leaders, knowledge keepers, and caregivers within their families and communities. Grounded in traditional teachings and cultural values, the program creates a safe and supportive space for participants to explore their strengths, reconnect with identity, and deepen their understanding of leadership from an Indigenous perspective. Participants engage in teachings that emphasize balance, responsibility, respect, and the interconnectedness of all relationships. The training supports personal growth, confidence-building, and the development of leadership skills rooted in community care, cultural continuity, and collective wellbeing. Through reflection, sharing, and experiential learning, participants are encouraged to embrace their voices, honour their roles, and lead with strength, humility, and purpose.

ACW Training Youth Leadership

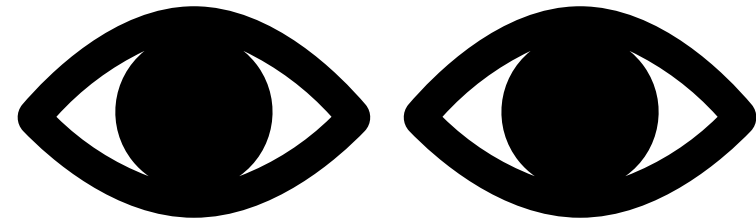
This interactive training empowers youth to recognize their potential as leaders and changemakers within their communities. Participants explore key leadership skills such as communication, teamwork, decision-making, and goal setting, while building confidence and a strong sense of identity. The program creates an inclusive and engaging environment where youth can share their experiences, develop critical thinking skills, and learn how to advocate for themselves and others. Emphasis is placed on respect, resilience, and positive relationship-building, alongside opportunities to explore culture, community values, and personal strengths. By the end of the training, youth are equipped with practical tools and inspiration to take on leadership roles, contribute to their communities, and create meaningful, positive change.



ACW Training

Opioid Use Disorder Training

This workshop was designed to provide community members with updated information about opioid use disorder, addiction, treatment options, and aftercare in a way that is accessible to everyone. Participants will learn about why and how addiction may occur in our lives, key details about opioid use disorder, and the side effects of using opioids, the treatment options available for OUD using the Two-Eyed seeing approach to healing and recovery, and ways to care for yourself and others throughout recovery.



ACW Training

Opioid Use Disorder Training



- **Naloxone Training**

This training equips participants with the knowledge and practical skills needed to recognize and respond to opioid overdoses using naloxone. Participants learn how opioids affect the body, how to identify the signs of an overdose, and the steps to take in an emergency, including calling for help, providing rescue breathing, and administering naloxone safely. The training also addresses stigma, harm reduction principles, and strategies for supporting individuals who use substances with dignity and respect. By the end of the session, participants feel confident and prepared to act quickly and effectively in an overdose situation, helping to save lives in their communities.



- **Naloxone Train-the-Trainer**

The train-the-trainer program prepares participants to deliver naloxone and overdose response training within their own organizations or communities. In addition to mastering overdose recognition and naloxone administration, participants build facilitation skills, learn how to adapt content for diverse audiences, and practice delivering key messages in a clear, engaging, and culturally safe manner. The training emphasizes trauma-informed approaches, addressing stigma, and creating supportive learning environments. Participants leave with the tools, resources, and confidence to train others, expanding community capacity to prevent and respond to opioid overdoses.

ACW Training

Substances, Risks, and Long-Term Effects

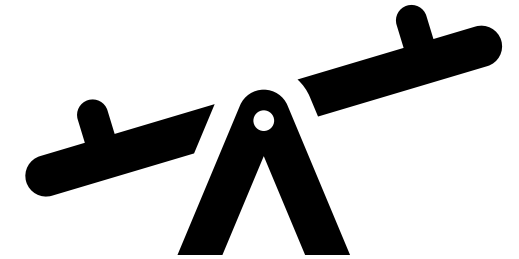


The objective of this workshop is to provide detailed information about the most commonly used substances and their risks, overdose prevention, and how our mental health and overall lifestyle can affect our substance use. Participants will learn the long-term effects of, and risks associated with commonly used substances within each category of substances, how our mental health or social landscape can affect our substance use, and how to find a healthy balance in our relationships to substances.

ACW Training

Youth Choices – Substances and Safety

The Youth Choices – Substances and Safety presentation is essentially the same workshop as Substances, Risks, and Long-Term Effects, but it has been geared towards a youth audience. The objective of this workshop is to provide detailed information about the most commonly used substances and their risks, overdose prevention, and how our mental health and overall lifestyle can affect our substance use. Participants will learn the long-term effects of, and risks associated with commonly used substances within each category of substances, how our mental health or social landscape can affect our substance use, and how to find a healthy balance in our relationships to substances.



ACW Training

Basic Emergency Management for First Nations

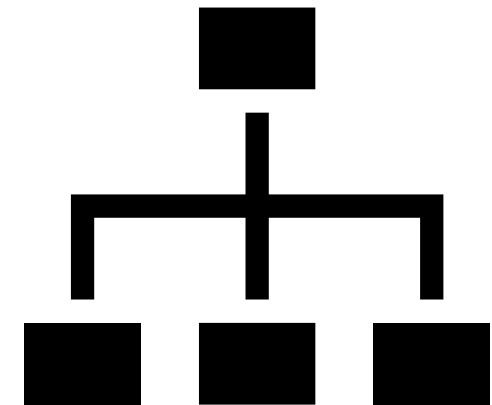


Basic Emergency Management for First Nations (EM201) provides foundational knowledge of emergency management tailored to First Nations communities. Participants learn the four pillars of emergency management—mitigation, preparedness, response, and recovery—through a community-focused lens. The course emphasizes culturally appropriate planning, community risk assessments, and the development of emergency plans that reflect local realities, including remote and isolated settings. It also introduces coordination with external partners and government agencies.

ACW Training

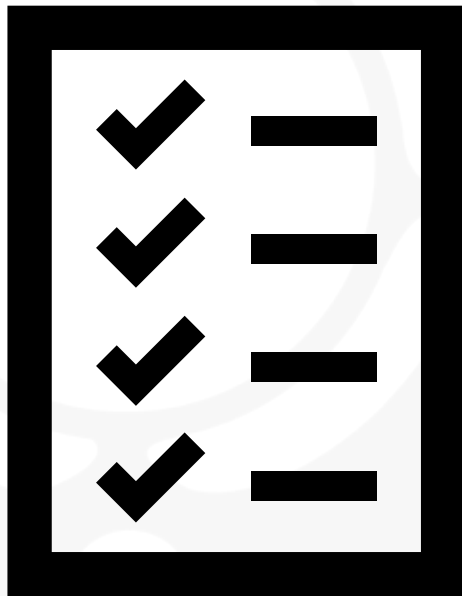
Introduction to the Incident Management System

The Introduction to the Incident Management System (IMS100) course provides a basic understanding of the Incident Management System (IMS), a standardized approach used across Canada for emergency response. Participants learn key concepts such as roles and responsibilities, command structure, communication flow, and the principles of effective incident coordination. The course is designed for all personnel who may be involved in emergency response, regardless of role.



ACW Training

Basic Incident Management System

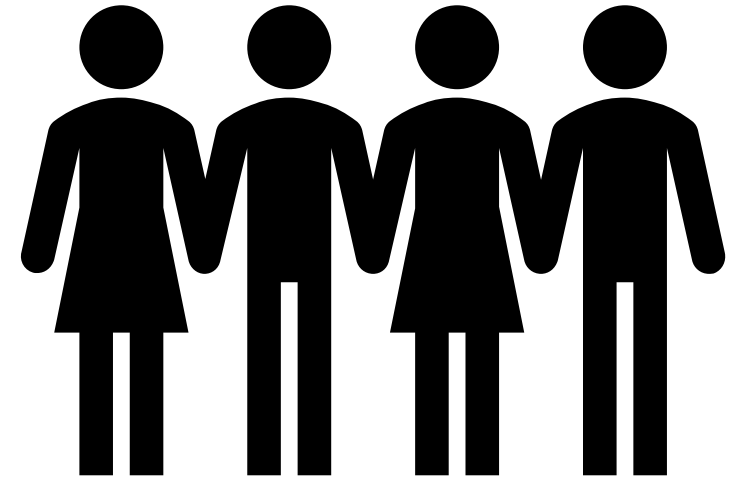


Basic Incident Management System (IMS200) builds on IMS100. This course provides more in-depth training on the application of IMS in real-world incidents. Participants gain practical knowledge of managing resources, establishing incident objectives, and operating within an incident command structure. The course includes scenario-based learning to strengthen decision-making, coordination, and operational effectiveness during emergencies.

ACW Training

First Nations Liason Workshop

First Nations Liaison Workshop focuses on strengthening collaboration between First Nations communities and external response partners. It highlights the importance of cultural awareness, respectful communication, and relationship-building in emergency management. Participants explore the role of liaison personnel, community engagement strategies, and best practices for ensuring First Nations priorities, governance, and protocols are respected during emergency planning and response.



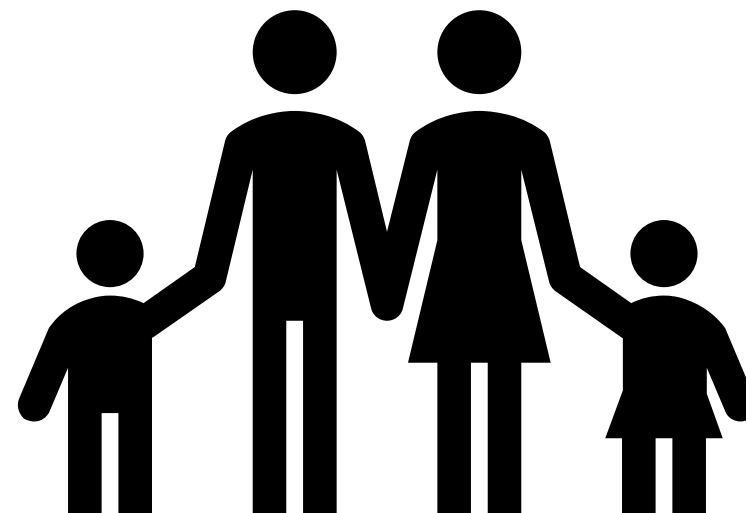
ACW Training FireSmart



FireSmart Training offers communities practical wildfire mitigation strategies—such as vegetation management and community risk assessments—helping to reduce fire risk while also protecting health and wellbeing by minimizing smoke exposure, stress, and disruption during wildfire events.

ACW Training Workshops and Presentations

ACW also offers a wide variety of workshops and presentations on topics including supporting 2SLGBTQIA+ community members, human trafficking, healthy relationships, bullying, eating disorders, parenting, and more.



How?



TRAINING IS DELIVERED TO SLFNHA STAFF,
PARTNER ORGANIZATIONS, COMMUNITY
WORKERS, AND COMMUNITY MEMBERS



CURRENT PROCESS FOR TRAINING IS BY
COMMUNITY REQUEST, WITH SEVERAL
“OPEN” COURSES OFFERED ANNUALLY FOR
STAFF AND PARTNER ORGANIZATIONS

Goal: Build Community Capacity for Mental Health and Wellbeing

Challenges: Limited access to trainers; high travel costs; inconsistent capacity to offer follow-up support

Supports / Strategies:

- Deliver blended (in-person and virtual) training options
- Use “train-the-trainer” models to build local facilitators
- Provide ongoing mentorship and refresher sessions
- Offer participant supports such as meals, travel, and childcare

Goal: Strengthen Suicide Prevention and Life Promotion

Challenges: Geographic isolation; limited crisis services; stigma around suicide

Supports / Strategies:

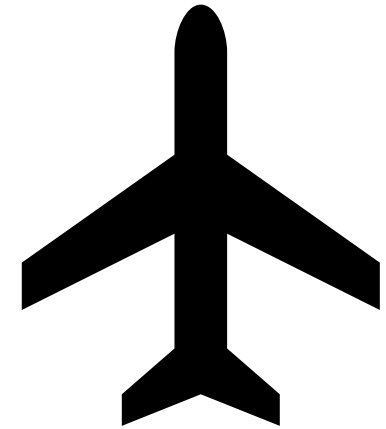
- Embed *River of Life* and *Little Cub* training within community wellness programs
- Support postvention debriefs and sharing circles after incidents

Goal: Enhance Harm Reduction Knowledge and Services

Challenges: Stigma around substance use

Supports / Strategies:

- Ensure regular delivery of harm reduction supplies
- Deliver *Naloxone* and *Safer Partying* training for all frontline staff
- Normalize harm reduction as a wellness and safety approach



Goal: Improve Community Preparedness and Response

Challenges: Small team; limited coordination during emergencies

Supports / Strategies:

- Deliver Incident Management Systems (IMS) training for local responders
- Establish clear communication and leadership protocols for crises
- Support regional community member networks for emergency response
- Develop community emergency plans incorporating health and cultural perspectives

Goal: Promote Wholistic Health and Wellness Education

Challenges: Competing priorities; limited time and staff capacity for outreach

Supports / Strategies:

- Integrate health promotion messaging into existing programs and gatherings
- Use local radio, posters, and events for outreach
- Develop visual, plain-language materials
- Highlight traditional knowledge and community strengths in messaging

Goal: Build Local Capacity and Sustainability

Challenges: High community staff turnover; limited training budgets

Supports / Strategies:

- Train community members as local facilitators and champions
- Offer certification opportunities to build professional credentials



Goal: Strengthen Partnerships and System Supports

Challenges: Fragmented coordination; limited shared data systems

Supports / Strategies:

- Strengthen partnerships between communities, Tribal Councils, and health organizations
- Develop shared training calendars and evaluation plans
- Apply OCAP™ and CARE principles in data sharing and reporting

Goal: Foster Ongoing Support and Follow-Up

Challenges: Limited post-training contact; burnout among staff

Supports / Strategies:

- Provide regular virtual or in-person follow-ups from trainers
- Create peer support or wellness circles for trained staff
- Offer debriefing and self-care supports for frontline workers
- Recognize and celebrate local champions to sustain engagement





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