

## Evidence-base/Mental Wellness Research Forum (Ottawa, February 23)

### Key Findings

#### **Introduction** (Greg Graves, Senior Policy Analyst, Addictions Unit)

- Information sharing, knowledge exchange, collaboration
- Tracking research progress
- Lessons learned to date
- Collaboration and assisting each other's research
- Strengthen research through feedback and collaboration
- Shaping a Renewed Program Framework for NNADAP

#### **NNADAP Renewal Process** (Darcy Stoneedge, Policy Analyst, Addictions Unit)

- Regional needs assessment
- First Nations Advisory Panel
- Movement towards accountable programs and defensible for funding
- Assessment of current needs
- Profile needs
- Establish critical gaps
- Best and promising practices
- Identify optimal service configuration
- Melding the culturally based approaches with main stream evidence
- Regional needs assessment and research papers
- Renewed Program Framework for NNADAP

#### **Mental Wellness Teams** (Dr. Patricia Wiebe, Director General's Office, Community Programs Directorate)

- Interdisciplinary teams (Elders, nurses, mental health/community workers)
- Community involvement with teams
- Network with police/schools
- Discussion on the purpose for implementation of the teams
- Improving continuity of care and awareness to community
- Teams in the early stages of development
- BC team established and engaged the whole community
- Participatory evaluation

#### **Culture and Tradition** (Carol Hopkins, Executive Director, Nimke Nupigawagan Healing Center)

- Culture and Healing Practices
- Methodology (e.g., consultation with key stakeholders/website review)
- Holistic Approach to Treatment (connection to family, community, land, spirit)
- Connection to ancestors
- Role of Culture and Ceremony (e.g. sweat lodge and fasting ceremonies)
- Role of Traditional Practitioner
- Strength-based approaches

- Community-based approaches and limitation of individual-based approaches
- Client's holistic journey of recovery

**Improving Mental Health Services and Supports** (Dr. Rod McCormick, University of British Columbia)

- Training of traditional healers
- Western and Traditional Practices
- Stages of healing (separation, transformation, and reconnection)
- Methodology (interviews, literature review, document review)
- Best and promising practices
- Continuum of care
- Logistics of service delivery
- Staff qualifications
- Funding Issues
- Service delivery gaps (rural areas, assessment, mental health and addiction services)
- Service reforms

**Historical Review of NNADAP** (Dr. Richard Thatcher, Socio-Tech Consulting)

- NNADAP History
- Social determinants and population health
- Social movements
- Cultural framework
- Standardization and barriers
- Community-based approaches
- NNADAP strengths and limitations
- Promising practices
- Rural and remote services
- Modernization of services (funding)

**Prevention Services** (Dr. Heather Gifford, University of Calgary/Elbow River)

- Gaps and challenges with prevention
- Best and promising practices
- Strategies/actions to strengthen prevention
- Methodology (literature review, interviews, case studies, document review)
- Evidence-based, community driven, population health, and holistic approach to wellness
- Existing best practices, complexity of problem, indigenous research, evaluation of services
- System, program, community level changes
- Funding considerations
- Limitations of current approach
- Barriers to community development or public health approaches
- Need to increase funding
- Aboriginal Leadership in driving strategic direction for prevention
- Training and certification and need to improve working conditions
- Provincial level coordination and support

**Participatory Evaluation Research** (Dr. Brad Cousins, University of Ottawa)

- Evaluation framework/mental wellness teams
- Evaluation findings to help decision making
- Program workers develop an understanding of evaluation
- Participatory evaluation: those trained in research/evaluation methods work with members of the program community
- Use evaluation for social change/to help communities problem solve/understand
- Spectrum of stakeholders who participate
- Either direct (training people) or indirect (through doing evaluation or being close to it)
- The capacity is both *do* and *use* evaluations
- Community engagement in evaluation and resulting buy-in to process and change.

**Closing** (Greg Graves, Senior Policy Analyst, Addictions Unit)

- There was consensus that learning objectives were met
- Agreement that the meeting moved forward with exploring all types of evidence
- Linkages with different resources
- Using evaluation
- Direction on research
- Knowledge exchange, see reception, respond, communication moving back and forth.
- Ideas on how to move forward