



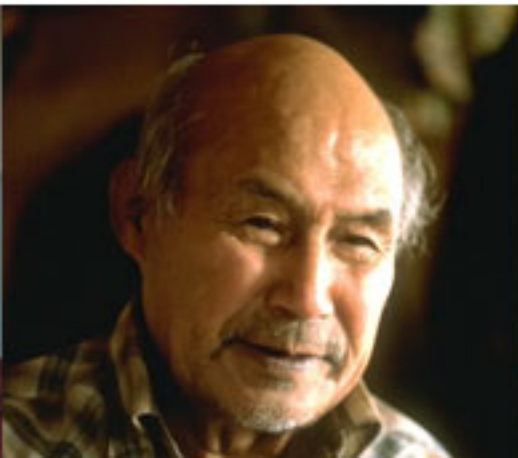
Health
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First Nations Mental Wellness

**National Association of State Mental Health
Program Directors (NASMHPD)**

**Sunday, July 13, 2008
Nashville, Tennessee**



Mental Wellness Teams

- Multi-disciplinary teams comprised of a mix of mental health service providers with various types of training, working collaboratively
 - Variable composition based on community resources and needs, including traditional healers
 - Linkages to existing community services including addictions community-based prevention and addictions treatment centres
 - Links to provincial services, eg outreach psychiatry
 - Range of clinical and community development approaches
 - Provide important opportunities for peer support and clinical supervision, the latter important in dealing with complex cases, eg concurrent disorders.
- Increased access to comprehensive, client-centered, culturally-safe, community based mental health and addictions services in First Nations communities.

