



Eagle Healing Lodge kihew na-tahwey ka-mik

Saddle Lake Health Care Center



Mental Wellness Strategies/Activities at Eagle Healing Lodge

Mental Wellness is a balance of the mental, physical, spiritual and emotional aspects, which is supported by culture, language, Elders, families and Creation and is necessary for healthy individual, community and families.

The intent of the program is to provide culturally appropriate counselling services, addiction prevention services, health promotion services and mental wellness services.

Programs within this component include: Building Healthy Communities (BHC), Brighter Futures Initiative (BFI), National Native Alcohol and Drug Abuse Program (NNADAP) and Indian Residential School Program (IRS)



Multi Year Work Plan

Mental Health and Addictions (MHA)

Brighter Futures Initiative

Building Healthy Communities

National Aboriginal Youth Suicide Prevention Strategy

National Native Alcohol and Drug Abuse Program



Building Healthy Communities

Grief Recovery Workshops

*Families

*Groups

*Individual

*Loss from Trauma

*Suicide in Families

Eagle Healing Lodge

- Goals
- Objectives
- Activities
- Schedule of Activities



Goals

- To provide support and healing opportunities to community members to prevent and decrease the impact of intergenerational trauma
- To decrease the suicide rates within our community of Saddle Lake
- To create a healthy community by working towards reducing the use and effects of addictions

Objectives

- 1. Trauma: To raise awareness and provide understanding of the effects of trauma. To develop holistic programs and services to address trauma.
- 2. Suicide: To raise awareness and provide understanding of the signs and symptoms of suicide. To engage community and programs in the development of programs and services to address suicide.
- 3. Addictions: To support community members in making choices for healthier lifestyles. To provide and increase access to programs and services. To develop a community based addictions program.



Workshops and Conferences

- Self –Care – Men, Women, and Youth
- Men’s and Women’s Wellness Workshops
- Knowing Our Spirits Conference

Weekly Programs

- Wellbriety – Adults
- Guitar Lessons – Community
- Natural Helpers – Youth
- Rainbows – Grief and Loss – Community
- Drum Group – Youth
- Community Sweats – Biweekly

NNADAP

- Matrix – 16 week in-patient treatment program Adults (3 programs per year)
- Youth Matrix -3 week program@ EHL – (August)
- Youth Matrix - provided @ Kihew Asiniy School
- Well-briety – weekly
- Weekly one-one sessions with clients for support
- NAAW – National Native Addictions Awareness Week (November)
 - Sober Walk, Talent Show, Round Dance

Brighter Futures Initiative

- Natural Helpers Program – Suicide Training for Youth (year program)
- Workshops/Presentations – at Onchaminahos and Kihew Asiniy
- Win Youth Conferences – twice yearly
- Kihew Asiniy Fieldtrips, Onchaminahos Fieldtrips, Oskaya Outtings
- Annual Rodeo Children's Activities
- Baby Celebrations
- Girls Rites of Passage
- Boy's Cultural Camp

Building Healthier Communities

- Anger Management Workshops – as needed
- Grief and Loss – Rainbows – Community – Weekly
- Family Grief and Loss Retreats – as requested
- Kokum's Camp
- Community Craft Nite
- Harvest Fair
- Christmas Hampers
- Remembering our Loved Ones
- FASD Day
- Grandparents Guide
- And seasonal events

Special Projects Funding

- Prescription Drug Misuse Workplan \$50,000.00
- Wellness Community Crisis Project \$31,202.00
- Honouring Life: Indigenous Youth Suicide Prevention Program
2018-2019 \$50,000.00
- * Murdered and Missing Indigenous Women \$27,966.00

Training for Frontline Workers Staff

- Aboriginal Walk With Me
 - Asist – Applied Suicide Intervention Skills Training
 - Matrix Facilitator Training
 - Supporting Challenging Clients Workshop – clients affected by FASD-
 - Prescription Drug Misuse Training - Certificate
 - Harm Reduction – Saves Lives Workshop
 - Street Works – Naloxone Training for Front Line Workers
- **Trauma training for First Responders – October – provide supports to first responders ie: Water truck drivers,

Mental Wellness Supports

Psychologists – available 3 days per week

Hypnotherapist – Wednesdays

Dragonfly Counselling – Wednesdays

Grief and Loss Counsellor – as requested

Medium – quarterly

Massage Therapist – weekly

NNADAP counsellors – daily

Elders – as requested

Crest Team – one on one's daily when needed