

Wapekeka First Nation

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July 18, 2016

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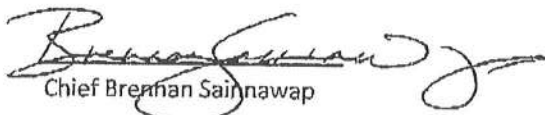
Dear Tracey,

Re: Youth Mental Health Submission

Please see our application, enclosed, for your review and acceptance. We are in direct need of addressing some mental health needs and supports. We have had some dire experiences with youth suicides in the past and we are hoping to establish support systems in place to help out our young people in their mental health struggles.

I thank you kindly for your understanding.

Sincerely,



Chief Brennan Sainnawap

Cc Wapekeka First Nation Council

**Wapekeka First Nation
Youth Mental Health Program**

Submitted to: Health Canada

2016

WAPEKEKA FIRST NATION

YOUTH MENTAL HEALTH PROGRAM

SUBMITTED TO: HEALTH CANADA

JULY 2016

Objective

To create a mental health team in the community of Wapekeka that will implement programming and counselling sessions to prevent suicides among the youth and to promote mental, emotional and behavioural well-being in the community. This team would also assist in the prevention of underage drinking, non-medical use of prescription pain reliever drugs by youth and to work on reducing the occurrence of mental, emotional and behavioural disorders among youth.

Rationale

From 1982-1999, Wapekeka First Nation experienced 16 tragic deaths as a result of suicides in the community. Through community leadership and outside agency assistance a suicide prevention model, Survivors of Suicide (SOS), was developed. The SOS gathering was hosted in Wapekeka annually and was open to all other First Nations to attend. This gathering had been successful during its 22 years of operation, however, with funding cuts the program has not been offered for the last two years. The leadership in the community is very concerned about this program not continuing in the future as they have already identified many negative experiences since its sudden end. There has been a substantial increase in oxycotin and non-prescription drug abuse in the community. As well there have been many suicide attempts by youth in the past year and it is believed that there is a suicide pact with a group of young females.

The population of Wapekeka First Nation is approximately 500 members living on reserve with half of the population being youth. There are limited activities for the youth and there is no youth mental health worker that is available on a consistent basis.

Increasing evidence indicates that:

- promotion of positive aspects of mental health is an important approach to reducing disorders and related problems.
- Early alcohol use is an important risk factor for many chronic diseases, involvement in violent behaviors, suicide attempts among youth, and other emotional/behavioral problems, including bulimia, borderline personality disorder, obsessive-compulsive disorder and anxiety disorders.
- Mental, emotional and behavioral disorders are developmental and their severity is likely to worsen without treatment
- Every suicide is preventable. Suicide and suicide attempts are associated with depression. Youth with suicidal risk behaviors and substance abuse disorders are more likely to have experienced trauma, an event more overwhelming than a person ordinarily would be expected to encounter, such as sexual abuse, or witnessing a murder

Wapekeka First Nation would like to create a mental health team that would provide the necessary services to reduce the high rate of suicide attempts, to create a healthy well being community environment, reduce the alcohol and non prescription rate among the youth.

The workers would be supervised by the health director and their duties would include the implementation of land based activities as well as delivering prevention and intervention programs that embraced a holistic approach. Counselling and case management of files would be completed with a wrap around approach to include family and extended family members in the development of individual treatment plans.

Work Plan

Activity	Description
Design job description And advertise job postings	Create a job description to be advertised in online and in other suitable mediums such as Wawatay News and on community radio stations. Job description will provide an extensive outline of expectations, as well as skills and training that are required or preferred.
Fill job postings	Review applicants and hold interviews
Train workers	After workers are hired, a two day strategic training session will be held to introduce the workers and establish their workplans
Create awareness	When workers have been selected and have begun in their roles it will be necessary to alert and inform local residents of the services offered. Workers will be required to host a community forum plus utilize local media services such as radio to introduce themselves to the community and talk about the services offered. In addition, many communities have local radio stations that can be utilized.

Annual Budget

Item	Description	Cost
Salaries	4 workers @ \$52,500	\$210,000
Benefits	4 workers @ \$13,125	\$52,500
Rent	4 workers @ 250.00 per month x 12 mths	\$12,000
Training	4 workers @ \$2500 per year	\$10,000
Materials	Office and program supplies	\$15,000
Travel	Gas to conduct home visits	\$19,200
Computers	Start up computers/desks/phones/filing cabinet	\$18,000
Networking	4 workers @120.00 per mth x 12mths	\$5760
Subtotal		\$342,460
Administration	@ 10% of subtotal	\$34,246
Total		\$376,706

