



ACCESS OPEN MINDS
ESPRITS OUVERTS

New Brunswick | Nouveau-Brunswick

Presentation by: Candice Pollack, Joanna Martin, Lise Richards, and Isabelle Godin

Funders | Bailleurs de fonds





WHERE IT ALL STARTED...

Access to timely and appropriate mental health care is *weakest* where the need is the *strongest*.

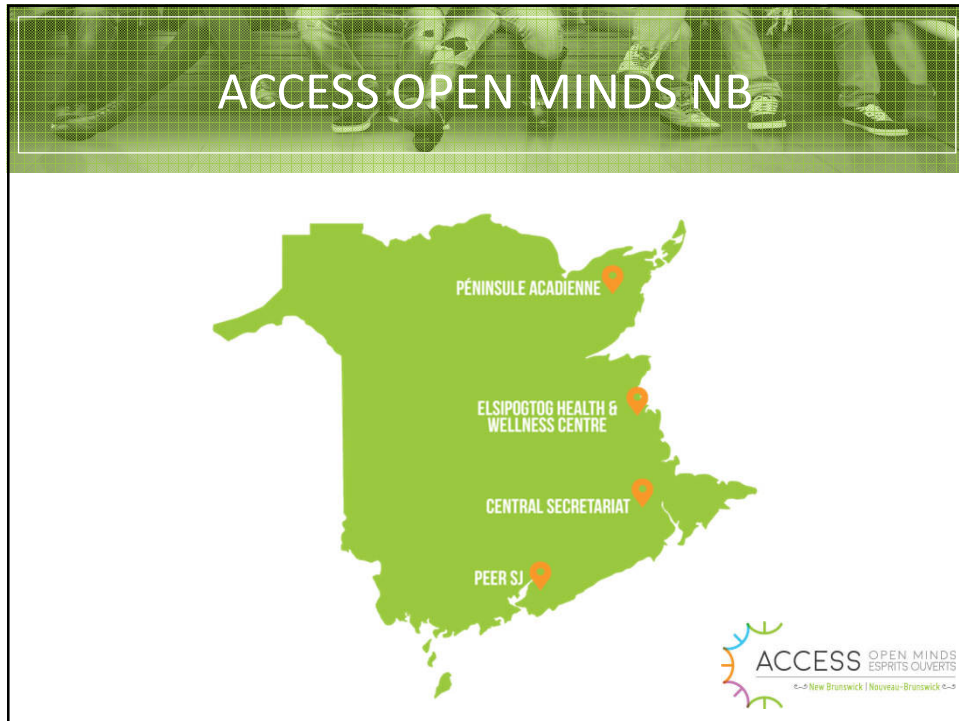


OUR TRANSFORMATION



- EARLY IDENTIFICATION
- RAPID ACCESS
- CONTINUITY OF CARE BEYOND THE AGE OF 18
- YOUTH & FAMILY PARTICIPATION
- APPROPRIATE CARE







ELSIPOGTOG FIRST NATIONS- A Strong Mi'kmaq Community

Elsipogtog First Nation is the *largest First Nation community* in New Brunswick and the second largest First Nation community in Atlantic Canada (after Eskasoni First Nation, Nova Scotia).

"Elsipogtog" or "L'sipuktuk" means "*River of Fire*". The area was also called the stronghold of Sikniktuk. The traditional district was assigned to the Mi'kmaq clan of Alguimou (L'kimu).



The flag of the Elsipogtog First Nation is displayed in a white-bordered box. It features a yellow sun with rays in the upper half, and three horizontal stripes of color (green, blue, and red) in the lower half.



The ACCESS OPEN MINDS ESPRITS OUVERTS logo is located in the bottom right corner of the slide. It consists of a stylized sun icon with the text 'ACCESS OPEN MINDS ESPRITS OUVERTS' and 'New Brunswick | Nouveau-Brunswick' below it.

ELSIPOGTOG COMMUNITY

Elsipogtog's population is 3,313, and has *grown steadily* over the years. Contrary to New Brunswick's aging population, almost 59% of the community's population is *under the age of 30* and almost half of community members are between 6 – 30 years old.

Number of youth between 11 and 25 living in the area served by ACCESS OM NB site:

Ages 11-14: *265 youth*

Ages 15-19: *306 Youth*

Ages 20-24: *308 youth*



ELSIPOGTOG PARTNERS

Elsipogtog Health and Wellness Center

Elsipogtog Education

Elsipogtog Crisis Center

Elsipogtog Child and Family

Elsipogtog Community Leisure and Cultural Development (CLCD)

Elsipogtog Economic Development

Elsipogtog Church

Lone Eagle Treatment Center

Elsipogtog Headstart

Elsipogtog Family Resource Center

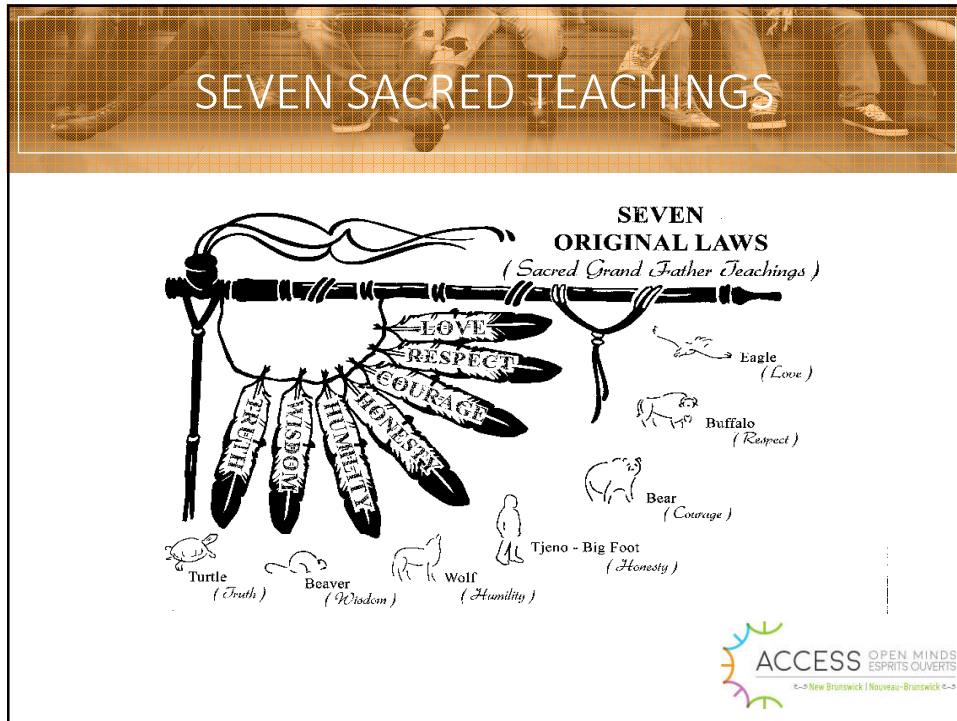
Elsipogtog Justice Program

Elsipogtog Social Development

RCMP

Elsipogtog Band Office





MEDICINE WHEEL

The Four Aspects of Life:

- Mental:** The things we know, learn and think
- Emotional:** Our feelings, reactions, and our mood
- Physical:** Our bodies, our environment and our physical being
- Spiritual:** Our self, our meaning and our relationship to something greater than ourselves

The diagram is a circular medicine wheel divided into four quadrants: Physical (red), Mental (white), Emotional (blue), and Spiritual (yellow). A white cross is in the center. The outer ring contains the word 'ELSIPOGTOG' at the top and 'Health & Wellness Centre' at the bottom. The ACCESS logo is in the bottom right corner.

ACCESS OM NB- ELSIPOGTOG

Elsipogtog Safe Space is *a drop in program for children ages 6 – 18*. It runs for three different age groups Monday to Friday.

Culture, language and traditions are the foundation of all the programs. Safe Space is run out of the youth centre and is situated next to a community playground.



ELSIPOGTOG SAFE SPACE

Young adults can convene at the *Elsipogtog Economic Development* after normal work hours, where an ACCESS Peer Support Person can *help guide them* and be their first contact.

Services provided at the EC. Dev are:

- Career Counselling
- Public Computers Access Centre
- Employment Training Placement
- Employment Referrals
- Boardroom Meetings
- Job Bank Access
- College Applications & Funding
- Guidance For Marketing/Book Keeping
- Employment Training Programs
- Resume & Cover Letter Assistance
- Free Telephone Access
- Student Summer Employment Programs
- Printing/Copying/Faxing
- Business Information Literature/videos
- Business Loan/Grant Applications
- Assistance In Business Plan Writing



MEDICINE WHEEL: MENTAL

Resiliency is enhanced through the *seven sacred teachings*. Staff deliver “Proud of Who I am” and “Breath of Life” (suicide prevention and tobacco strategy initiatives respectively)

Life skills are modelled and practiced at weekly cooking sessions.

Staff development is a focal point to upgrade skills. *Mentorship and student placement* are encouraged for capacity building.



MEDICINE WHEEL: EMOTIONAL

Staff support the youth on a daily basis through *personal and community crises*.

ACCESS Supporter assists in screening, providing support.

Language and healthy lifestyle (Tobacco strategy) are prominent in the drop in activities.



MEDICINE WHEEL: PHYSICAL

The building was built as a youth centre. It has a game room, a gathering room and a kitchen. *Outdoor activity* is encouraged during pleasant weather. *Exercise* is part of the program.



MEDICINE WHEEL: SPIRITUAL

Naming Ceremonies, sweat lodges, drumming and smudging are performed by guest *elders*.



Language, drumming and traditional dances (Shawl, jingle and grass) are taught to *nurture the connection each youth and staff has with creation* and creator.



ELSIPOGTOG TEAM



P.E.E.R. SJ (SAINT JOHN)



P.E.E.R. SJ- OUR STORY

In January 2012, *Horizon Health Network* entered into a partnership with *Medavie Health Foundation* to support the development of a youth recovery program in Saint John, NB. The funding commitment is for five years.

In 2017, P.E.E.R. SJ joined the *ACCESS OM NB* team. This will keep us operational for the next 5 years as well.

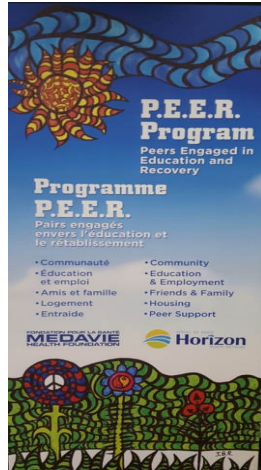


MISSION

P.E.E.R. SJ is designed to ensure youth with addiction and mental health concerns have the support needed to live *productive* and *fulfilling* lives.



MANDATE



We are a team of *Addiction and Mental Health professionals*, Human Service Workers and trained Peer Supporters provide services and support to members with their recovery plan.

- Peer-led
- Part of the continuum of services within the Addictions and Mental Health Program
- Community-based
- Recovery-based
- Links members to both formal and informal services



MEMBERS AT P.E.E.R. SJ

Our *members* are:

- Ages 16-25
- Have an addiction or mental health concern or simply want to remain well
- Attempting to live a life of *recovery*



RECOVERY MODEL OF CARE

“Recovery involves different things for different people.” For some, recovery means the complete absence of the symptoms of mental illness. For others, recovery means living a full life in the community while learning to live with ongoing symptoms.”

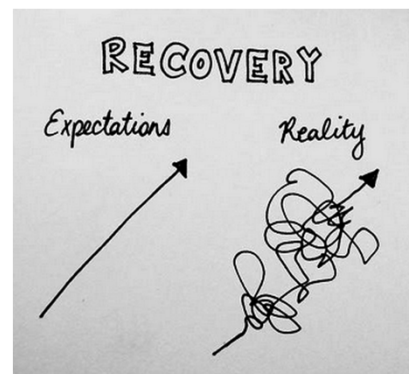
What is Recovery?



SUPPORTING RECOVERY

P.E.E.R. SJ individualizes recovery by:

- **Empowering** members
- **Encouraging** informed and supportive decision making
- **Creating** individualized wellness plans
- **Providing** ongoing supportive goal reviews
- **Customizing** plans for participation as needed



SUPPORTING RECOVERY

P.E.E.R. SJ requires that a person is attempting to live a life of recovery. However, *everyone's recovery journey is different*.

Ups and downs are expected and *we support members through good times and bad*. At P.E.E.R. SJ, we believe that it is important to ensure that one person's relapse does not affect others' recovery. This can mean that participation with P.E.E.R. SJ may look different at different stages of recovery.

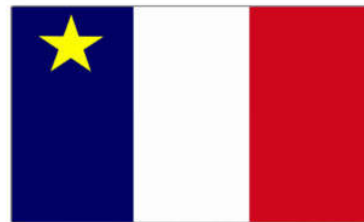
We will support members in our facility or in another community location as required.



LA PÉNINSULE ACADIENNE

La Péninsule acadienne est une communauté francophone de près de *50 000 habitants* qui couvre une superficie d'environ 2 000 km².

La Péninsule acadienne compte les villes principales suivantes : *Caraquet, Lamèque, Shippagan et Tracadie*.



CENTRE DE BÉNÉVOLAT DE LA PÉNINSULE ACADIENNE

ACCESS Esprits ouverts PA a comme objectifs d'apporter une **complémentarité aux services** en santé mentale déjà existants dans la Péninsule acadienne, de permettre à des jeunes **d'avoir des services dans un milieu moins formel** et de **donner une voix aux jeunes** pour aider à améliorer les services déjà existants.



LE CONCEPT "SAFE SPACE"

Concept « safe space »
Famille
Intervenants
Clinicienne
Programmation
Pairs aidants
Autres ressources



PROGRAMMATION

Présentement plus de **40 jeunes** sont inscrits au programme.

Programmation :

- Sessions d'expression par la musique, l'art, le contact avec les animaux;
- Ateliers mieux-être (saine alimentation, activité physique, budget, gestion des émotions, relaxation, méditation, etc.)



ACTIVITÉS ACCESS EO N.-B.



