

ASI Online Workshop: Report

Atlantic First Nations

March 9, 2023

Raising healthy children is the responsibility of all Canadians. Supporting and promoting infant, child and youth mental health is central to enabling them to become lifelong, positive contributors to their communities and society. Strengthening policies and programs that support positive mental health for children and youth is vital to creating a sustainable and inclusive Atlantic Canada.

Atlantic Summer Institute on Healthy and Safe Communities (ASI)

[The Atlantic Summer Institute on Healthy and Safe Communities](#) (ASI) is a bilingual, not-for-profit organization established in 2003 with a mission to serve as a catalyst for social change, ultimately resulting in more inclusive and equitable Atlantic Canadian communities. Since 2014, ASI's area of priority has been upstream promotion of child and youth mental health.

During 2020–2021, ASI developed a [policy brief](#),¹ in partnership with A Way Home Canada and a policy brief working group, to promote investment in [upstream](#)² policies and supportive actions for child and youth mental health. This work is based on the belief that with collective action, we can shift the ways in which community and government drive policy and fund innovation.

ASI proposes transformative change by calling for action in four broad priority areas to support the mental health of children and youth, their families, and communities. These areas are:

- A “whole of government approach” by implementing a *Mental Health in All Policies Framework*
- A “whole of community approach” through *Investment in Community Action*

¹ ASI Policy Brief (2022). *Upstream Investment: Placing infant, child and youth mental health at the forefront*. <https://asi-ia.ca/en/asi-policy-brief/>

² Upstream Definition: “Upstream interventions and strategies focus on improving fundamental social and economic structures in order to decrease barriers and improve supports that allow people to achieve their full health potential.” National Collaborating Centre for Determinants of Health. (2014). *Let's Talk: Moving upstream*. Antigonish, NS: National Collaborating Centre for Determinants of Health, St. Francis Xavier University.

- A “whole of society approach” through development of a *Multi-Stakeholder Platform* with representatives from diverse communities, Indigenous organizations, academia, governments, and the private sector
- A *Sustainable and Integrated Funding Model* that supports these comprehensive approaches to invest in and maximize social capital in our communities

Background

In February 2022, ASI received funding from the Public Health Agency of Canada’s Intersectoral Action Fund for a one-year project to advance upstream investment in policies that promote equity and mental health amongst infants, children and youth in Atlantic Canada and beyond. The aim was to enhance capacity through knowledge mobilization for intersectoral action amongst governments, private sector and civil society. During the winter of 2023, ASI partnered with local organizations representing a range of communities and regions, i.e., urban, rural, francophone, First Nations and Labrador in Atlantic Canada to host a community workshop.

Regional Workshop – Atlantic First Nations

“Culture as part of the process is important!”

– quoted from participant

On March 9, 2023, twelve First Nations community organizers and champions across Atlantic Canada came together online with the goal of learning more about upstream initiatives and how to advocate for First Nations community mental health and well-being. See Participant List – Appendix A. ASI was able to reach a wide range of participants through partnering with The Atlantic Policy Congress of First Nations Chiefs Secretariat (APC).

The workshop was collaboratively designed with the ASI Indigenous Working Group to meet the following objectives:

1. Introduce ASI Policy Brief
2. Explore promotion of infant, child and youth mental health in First Nations communities
3. Recommend next steps in implementing “upstream” policy from a First Nations perspective.

In consultation with APC, Wendy Kraglund-Gauthier, was contracted as the lead facilitator to design and facilitate a consistent online workshop process in the two regional workshops hosted by ASI in the winter of 2023. Local facilitators recruited by the host organization, in this case

from the Atlantic Policy Congress of First Nations Chiefs, were provided with links and instructions (Appendix B - Facilitator Instructions) to facilitate discussions on Zoom using Jam Board.

Workshop Process

The workshop was promoted through the media, social media and personal invitation. The invitation is provided in Appendix C; media release in Appendix D. An agenda was circulated in advance. The agenda can be viewed in Appendix E.

Miranda Pierrot, Program Manager, APC welcomed all participants and acknowledged that this workshop was dedicated to the memory of Eva Sock, a former ASI Board Member and First Nations leader from Elsipogtog First Nation who passed away on January 28, 2023. Elder Judy Clark, Abegweit First Nation opened the workshop and Roxanne Sapier, Tobique First Nation spoke in memory of Eva Sock.

Malcolm Shookner, President of ASI, made a PowerPoint presentation on the ASI Policy Brief (Appendix F - ASI Policy Brief Slideshow) elaborating on the concept of upstream, showing the video “[Introduction to Upstream](#)” produced by the Canadian Centre for Policy Alternatives. The presentation prompted conversation amongst the workshop participants, both in small and large groups online.

Local facilitators, who had previously been trained in using Google Jam Board, lead discussions in virtual/online breakout rooms around the follow questions:

- a. Who are the champions of infant, child and youth mental health in your communities?
- b. What policy initiatives are currently underway to promote First Nations’ infant, child and youth mental health?
- c. What capacity (alliances, resources, administrative structures, and skills) currently exists (or are needed) to promote infant, child and youth mental health in your First Nations Communities?

The local facilitators then shared the key discussion points from each breakout room with the large group, and Wendy Kraglund-Gauthier engaged all participants in a discussion of the following questions using the Zoom microphone, chat and Jam Board features:

- Does the ASI Policy Brief support the work of First Nations in building resilient communities? If so, how?

- What recommendations would you have for implementing “upstream” policy to support mental health promotion for infants, children and youth in Atlantic Canada?

A list of Jam Board postings that informed the closing discussions is provided below:

| |
|---|
| <ul style="list-style-type: none"> • Does the ASI Policy Brief support the work of First Nations in building resilient communities? If so, how? |
| <ul style="list-style-type: none"> - Reminder that raising health children is the responsibility of ALL Canadians - NO Child left behind- not just our children, it is ALL children - Two statements that reflect the differences - Canadian and First Nations - Speaks to doing it together- co-designing is good terminology - Two-Eyed Seeing- use it with the co-designing - Talks about specific approaches to policy, which reflects the goal of culture at foundation (reflects two-eyed seeing) in moving policy and practice - Looks at the importance of determinants of health and culture - Creates opportunities - Also, is an inclusive process...top down/bottom up |

| |
|--|
| <ul style="list-style-type: none"> • What recommendations would you have for implementing “upstream” policy to support mental health promotion for infants, children and youth in Atlantic Canada? |
| <p>Working Together</p> <ul style="list-style-type: none"> - Need to build alliances as First Nations. ASI contribute to move the lessons forward - Asset approach - Important that we are all moving collectively at different levels. - A working understanding of intersectionality and how to function as a system together, rather than in tiny subsections. How can we navigate holistic approaches? <p>Evidence Based – Culturally Sensitive</p> <ul style="list-style-type: none"> - Bring the knowledge and awareness that we can make it a better place to live - Work with different levels of training or the people working with youth, child, and family (need a bigger picture of the context) - Look at where the cycle impacts an individual (build into the training, supports, care and supports for victims and survivors (MMIWG). - Livable wages for the people working these jobs, so they can also focus on helping the people rather than questioning how they can help when they're struggling too. - Cultural training for RCMP; GOOD de-escalation training - Work to build more trust and understanding with administrators <p>Cultural Considerations</p> <ul style="list-style-type: none"> - Mainstream is learning of our traditions. Trauma is not part of our culture. Canadians are seeing an Indigenous Way of Life |



- Knowledge keepers with lived experience have a better way of explaining the effects of what they have experienced.
- Need to build our own cultural safety policy, requirement. Can't let others design or define what that means

Systems Change

- A development of Pilot projects to boost economic disparities in an attempt to put the people forward and take weight off of financial stressors.
- Where are the (outcomes, money, accountability) - share the results of the spending of the money?
- Noticing the current policies that cause harm and calling that out ... address it, avoid "this is the way it has always been"
- Co-design, co-develop, dialogue... allocate monies (Canada-NB agreement on mental wellness and promotion)
- We need governments and NGO's to invest long term in our communities, infants, child and youth based on our needs.

Workshop Analysis

“We’re all in the same world...raising healthy children is all our responsibility. No child left behind should be the policy. It’s not just our children, it’s all children.”

– quoted from participant

Common Themes

1. Importance of culture being at the centre of all considerations
2. Needing programs and policies led and driven by First Nations members
3. Importance of having an accessible and supportive space where intergenerational and intercultural community members and organizations can come together
4. Importance of having an organized, facilitated event where intergenerational and intercultural community members and organizations can come together
5. Needing enhanced capacity in all programs to prevent fatigue and burnout (it’s working, we just need more (i.e.: more funding)

“Trauma is not part of our culture.”

– quoted from participant

Common Barriers

1. People from outside the community lack understanding of what the culture is like



2. Ability to connect
 - a) Lack of access to support and resources: identified space, culturally specific, transportation, technology, COVID restrictions
 - b) Lack of communication and coordination
 - c) Lack of effective leadership within the community
3. Organizations are consumed with busy work; they end up working in silos and are unable to know what similar organizations are doing
4. Lack of long-term sustainable funding

Commitment to Action

All see value in extending the approach advocated by Eva Sock - Continue to work together to strengthen relationships across sectors and cultures

“We need a working understanding of intersectionality and how to function as a system together, rather than in tiny subsections. How can we navigate holistic approaches?”

– quoted from participant

Considerations Moving Forward

“Who’s throwing those kids into the water? It’s the policy makers, the government, etc. There must be a strong message to these people to stop throwing our kids into the water!

Think – co-design, co-develop, collaborate on this work.”

– quoted from participant

Transformative change will require leaders (including community and Indigenous leaders, provincial, federal, and municipal leaders) to undertake fundamental changes in the way we connect, share, do work together, and care for one another.

Sustaining upstream work will require policy change at the federal and provincial level that will extend beyond the timeframe of investment for:

- a) short-term projects, and
- b) the elected official’s term in government.

Evaluation

Participants were invited to share their experience at the workshop by completing an online exit <https://www.surveymonkey.com/r/Regionalonline>. A full evaluation report of the two regional workshops is available as a separate document.

Acknowledgements

The Atlantic First Nation Online Workshop held March 9 was a heartfelt celebration of community and the legacy of Eva Sock, who passed away on January 28, 2023. Eva was committed to her home community of Elsipogtog First Nation. She also served on the Board of Directors of the Atlantic Summer Institute on Healthy and Safe Communities (ASI) since 2020, building relationships with Indigenous non-Indigenous individuals, communities and organizations with the belief that we need to work together to improve the health and well-being of our children, youth, families, and communities. In acknowledgement of her contributions, the ASI Board dedicated this workshop to her memory.

This workshop was important to Eva as one expression of our work together. Thank you to Miranda Pierro, Atlantic Policy Congress First Nations Chiefs for partnering with ASI to host the workshop and to her colleagues Ken Long and Elizabeth Camus for facilitation; to Elder Judy Clark, Abegweit First Nation for the healing words she shared in her Opening Prayer, and to Roxanne Sappier, Tobique First Nation for her dedication to Eva – sharing memories of her as an empathic mother and strong warrior – a force who left us with a tremendous legacy.

Thank you to all who participated in the workshop, for your reflections and for picking up the torch! We have work ahead – together.

With acknowledgement to the contributions of Wendy Kraglund-Gauthier, Lead Facilitator; Malcolm Shookner, ASI Board President; and Mandy Walker, NCCDH Knowledge Translation Specialist, Patsy Beattie-Huggan, ASI Coordinator.

Organizing partner: Atlantic Policy Congress of First Nations Chiefs Secretariat

Atlantic Policy Congress (APC) of First Nations Chiefs Secretariat, was federally incorporated in 1995 and is a policy research and advocacy Secretariat for 33 Mi'kmaq, Maliseet, Passamaquoddy and Innu Chiefs, Nations and Communities. APC is governed by a board of directors comprised of the Chiefs.

With the support of the First Nation communities in Atlantic Canada, APC Secretariat follows a relationship vision that concentrates on partnership and cooperation, government to government

relationships, dialogue and education, quality of life, and self-determination in First Nations Communities. In order to accomplish this, APC works closely with community members and leadership to get direction by providing all information in order that communities can make informed decisions.

Funding Acknowledgement

Funding for these workshops was provided through the Public Health Agency of Canada's Intersectoral Action Fund as part of a one-year project (2022-2023) to advance upstream investment in policies that promote equity and mental health amongst infants, children and youth in Atlantic Canada and beyond, enhancing capacity through knowledge mobilization for intersectoral action amongst governments, private sector and civil society.



Appendix A

Participant List

| ASI Atlantic First Nations Online Workshop, March 9, 2023 | | | | | | |
|--|-------------------|-------------------|--|--|--|--|
| No. | First Name | Last Name | | | | |
| 1 | Barb | Martin | | | | |
| 2 | Ronald | Brun | | | | |
| 3 | Judy | Clark | | | | |
| 4 | Roxanne | Sappier | | | | |
| 5 | Marie | Levi | | | | |
| 6 | Nyanza | Julian | | | | |
| 7 | Miranda | Pierro | | | | |
| 8 | Ken | Long | | | | |
| 9 | Elizabeth | Camus | | | | |
| 10 | Rachel | Collier | | | | |
| 11 | James | Tuplin | | | | |
| 12 | Alanna | Peters | | | | |
| | ASI | | | | | |
| 1 | Malcolm | Shookner | | | | |
| 2 | Wendy | Kraglund-Gauthier | | | | |
| 3 | Patsy | Beattie-Huggan | | | | |
| 4 | Mandy | Walker | | | | |



Appendix B

Facilitator Instructions



Mobilizing Intersectoral Policy for Upstream Investment in Infant, Child and Youth Mental Health in Atlantic Canada

Regional Workshop Facilitator Notes

Labrador: March 7, 9:00-11:30 Atlantic time
First Nations: March 9, 10:00-12:00 Atlantic time

Instructions and recorded facilitator training session are below

Facilitator Instructions:

As noted on the agenda, there will be a breakout room session of 30 minutes to explore three questions. **We will use Zoom and Jam Board for breakout rooms**

Breakout rooms will be set up with a Jam Board to explore the questions (see agenda for questions):

Jamboard links:

- Labrador: https://jamboard.google.com/d/1dYuk6SZZx_gLuWleIB7JMoMUadKWDrijXQ2JCF9xpDZw/edit?usp=sharing
- First Nations: https://jamboard.google.com/d/1LGz8jtV1gtpNY-MG691ka5LAsmYGO_laoOKTe9LcJA/edit?usp=sharing



Steps for a smooth session:


1. Reboot your computer before the Zoom session.
2. Close any programs not needed (email, messaging, etc.)
3. **Cueing up Jamboard so it is ready:**
 - a. Open the Jamboard link provided
 - b. Exit full screen of your browser, so Jamboard is still visible on your desktop (not minimized).
 - c. Navigate to the slide showing the question you have been assigned.
4. Join Zoom with the link provided.

In Zoom, you can move back and forth between full screen and smaller screen (“exit full screen” see top right corner). You need to make sure Jamboard is still open on your desktop (i.e., do not minimize it)

As group facilitator, you and your breakout room will be assigned a colour that corresponds to which question you will **start with** in your breakout room

Pink: Starts with **Question A** and uses the pink  sticky in JamBoard

Blue: Starts with **Question B** and uses the blue  sticky in JamBoard

Green: Starts with **Question C** and uses the green sticky  in JamBoard

When in the breakout room *(note there is no recording feature available in breakout rooms):*

1. When you get to your Breakout room, exit Zoom’s full screen
2. Share the Jamboard link in the chat with your room participants if they need it
3. In Zoom, Click Share screen (bottom green icon)
4. Select the Jamboard option (if Jamboard is not in the list, it is not open in the background)
5. Double-click the Jamboard to share (or single-click and select “share” at the bottom right of the screen).

Now everyone in the breakout room can see whatever Jamboard slide **you** are on.

- Remember to select your colour sticky and remind participants to also select the same colour.
- As you discuss the answers, you and participants can add the big ideas via the stickies.
- As the Jamboard fills, you can move stickies around (it may get messy!)
- Folks on mobile devices may choose to speak the ideas or add to the chat, so these ideas will need to be captured. **We will be collecting the chats from the main room and the breakout rooms.**



After 10 minutes, you will get a notification via zoom that it is time to start discussing the next question. Move to the next Jamboard slide, and **using the colour you were assigned**, continue to add to the discussion

- Pink** started with Question A, so moves to B with pink stickies;
- Blue** started with Question B, so moves to C with blue stickies
- Green** started with Question C, so moves to A with green stickies

After another 10 minutes, you will be asked to move to the next (final question) and respond using **your same colour assigned**.

- Pink** was on B, so moves to C with pink stickies;
- Blue** was on C, so moves to A with blue stickies
- Green** was on A, so moves to B with green stickies

When we return to the main room, we will do a large group debrief per question. The Jamboard will be shared to the whole group, and you will be asked to focus on ONE big idea generated by your group (colour): **one response to each question per group**.



National Collaborating Centre
for Determinants of Health
Centre de collaboration nationale
des déterminants de la santé



Atlantic
Summer
Institute
on Healthy
and Safe
Communities



l'Institut
d'été sur les
collectivités
sûres et en
santé au
Canada atlantique

Appendix C

Invitation



Letter of Invitation to ASI Atlantic First Nations Online Workshop

Greetings:

The Atlantic Summer Institute on Healthy and Safe Communities, Inc. (ASI), would like to invite you to participate in a regional **online** workshop to be held on **March 9 from 10:00-12:00** through **Zoom**. The workshop will be hosted by Miranda Pierro, Mental Wellness Project Manager, Atlantic Policy Congress of First Nations Chiefs, on behalf of the ASI Indigenous Working Group.

This Atlantic First Nations Online workshop will introduce you to the policy brief (see background information below); engage your participation in small group discussion to explore programs promoting of infant, child and youth mental health in First Nations communities; and recommend next steps in implementing “upstream” policy from a First Nations perspective.

This is an opportunity to network, learn and to have your voice heard!

Your input will be used to inform the Atlantic Policy Congress of First Nations Chiefs, Atlantic Council of Premiers and other Atlantic policy makers of the importance of upstream investment in mental health promotion.

There is no fee to register. Registration is limited to 40 people, first come first served. If you are not able to attend, please encourage someone else from your organization to register. Please register as soon as possible:

Dedication to Eva Sock

The Board of Directors of the Atlantic Summer Institute on Healthy and Safe Communities (ASI) is mourning the loss of one of our valued and respected members, Eva Sock, who passed away on January 28, 2023. Eva was a resident of Elsipogtog First Nation in New Brunswick. She was extremely dedicated to working for her home community and for the betterment of all Indigenous people. She had served on the ASI Board since 2020, helping us to build working relationships with indigenous people and organizations as we work together to improve the health and well-being of our children, youth, families and communities. This workshop is one expression of our work together. We would, therefore, like to dedicate this workshop to the memory of Eva Sock. As she was known to say: *"If it is to be, it is up to me."*

“Upstream interventions and strategies focus on improving fundamental social and economic structures in order to decrease barriers and improve supports that allow people to achieve their full health potential.
“Downstream interventions and strategies focus on providing equitable access to care and services to mitigate the negative impacts of disadvantage on health.”
(NCCDH 2014, 6).

Registration <https://ASIAtlanticFirstNationsOnlineWorkshop.eventbrite.ca>

Background: In March 2022, ASI released a policy brief advocating for “upstream” investment in mental health promotion entitled ***Upstream Investment: Placing infant, child and youth mental health promotion at the forefront***. The policy brief proposes transformative change in policy development outlining four priorities:

1. Mental Health in All Policies
2. Multisectoral Platform
3. Community Investment
4. Sustainable Funding Model

ASI’s policy brief can be accessed through the following links:

- Infographic (two pages): www.asi-iea.ca/en/files/2022/03/ASI-2022-Infographic-03-07.pdf
- Full policy brief: www.asi-iea.ca/en/files/2022/03/ASI-Policy-Brief-2022-03-09.pdf
- Executive Summary: www.asi-iea.ca/en/files/2022/03/Policy-Brief-ES-.pdf

Funding for these workshops is provided through the Public Health Agency of Canada’s Intersectoral Action Fund as part of a one-year project to advance upstream investment in policies that promote equity and mental health amongst infants, children and youth in Atlantic Canada and beyond, enhancing capacity through knowledge mobilization for intersectoral action amongst governments, private sector and civil society.

Think Positive – Think Summer!! Save the date!!

It is still 7 months away, but we want to confirm that plans are indeed underway! ASI 2023 is an Atlantic Policy Forum on infant, child and youth mental health promotion, with the theme ***Inspiring Hope through Community Action***. To be held in Charlottetown, PEI **August 21-23, 2023**.



National Collaborating Centre
for Determinants of Health
Centre de collaboration nationale
des déterminants de la santé



Atlantic
Summer
Institute
on Healthy
and Safe
Communities

l'Institut
d'été sur les
collectivités
sûres et en
santé au
Canada atlantique

Appendix D

Media Release

English

&

French

FOR IMMEDIATE RELEASE: Wednesday February 22, 2023



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ASI COMMUNITY AND REGIONAL WORKSHOPS THROUGHOUT ATLANTIC CANADA

The Atlantic Summer Institute on Healthy and Safe Communities (ASI) is inviting you to take part in their mission, to promote mental health and well-being for all – beginning with a focus on our infants, children and youth.

Are you interested in advocating for a sustainable funding model for long-term investment in community mental health and well-being? If so, join us for our upcoming Community Workshop Series in February and March throughout Atlantic Canada put on by ASI to network and learn about the importance of mental health promotion.

Building on the success of our first community workshop held December 5, 2022 in Port Hawkesbury, Cape Breton, NS in partnership with Raising the Villages, the **four upcoming community workshops** will introduce you to the [ASI policy brief: “Upstream Investment – Placing child and youth mental health promotion at the forefront”](#) and give you the opportunity to explore initiatives happening in your community and innovative models from other regions. You will connect in-person and share experiences; identify barriers and opportunities for investing upstream; and identify next steps in promoting community resilience and mental health of infants, children and youth through upstream action.



The **two regional online workshops** will be a more condensed program where participants will also be introduced to ASI Policy Brief, explore promotion of infant, child and youth mental health in their communities, and recommend next steps in implementing “upstream” policies.

Register for the ASI Regional Online Workshops:



- [February 22nd – 10:00-12:00pm](#), on Zoom, hosted by Atlantic Policy Congress of First Nations Chiefs Secretariat
- [March 7th – 9:00-11:30am](#), on Zoom, hosted by Labrador Friendship Centre

Register for the ASI Community In-Person Workshops:

- [February 24th, 2023 – St. Johns, NL: https://NLCommunityWorkshop.eventbrite.ca](https://NLCommunityWorkshop.eventbrite.ca)
- [March 2nd, 2023 – Petit Rocher, NB:](#)
French: <https://AtelierCommunautaireNB.eventbrite.ca>
English: <https://NorthernNBCommunityWorkshop.eventbrite.ca>
- [March 14th, 2023 – Charlottetown, PEI: https://PEICommunityWorkshop.eventbrite.ca](https://PEICommunityWorkshop.eventbrite.ca)
- [March 20th, 2023 – Saint John,](#)
NB: <https://SaintJohnNBCommunityWorkshop.eventbrite.ca>

Background: In March 2022, ASI launched the policy “*Investing Upstream: Placing infant, child and youth mental health at the forefront*”. The brief proposes a transformative change in policy development and outlines four priorities: Mental Health in All Policies, Multisectoral Platform, Community Investment, and Sustainable Funding Model. Click on the following hyperlinks to access the [full policy brief](#), [infographic](#), and its [executive summary](#).

Funding for these workshops is provided through the Public Health Agency of Canada’s Intersectoral Action Fund as part of a one-year project to advance upstream investment in policies that promote equity and mental health amongst infants, children and youth in Atlantic Canada and beyond, enhancing capacity through knowledge mobilization for intersectoral action amongst governments, private sector and civil society.

FOR MORE INFORMATION, PHOTOS & INTERVIEWS, CONTACT:

Patsy Beattie-Huggan, ASI Coordinator: info@asi-iea.ca / 902-894-3399

POUR PUBLICATION IMMÉDIATE : mercredi 22 février 2023



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ATELIERS COMMUNAUTAIRES ET RÉGIONAUX DE L'IEA AU CANADA ATLANTIQUE

L'Institut d'été sur les collectivités sûres et en santé au Canada atlantique (IEA) vous invite à participer à sa mission, soit de promouvoir la santé mentale et le mieux-être de tous, en commençant par les nourrissons, les enfants et les jeunes.

Le mouvement visant un modèle de financement durable pour un investissement à long terme dans la santé mentale et le mieux-être des collectivités vous intéresse? Si oui, joignez-vous à notre prochaine série d'ateliers communautaires animés par l'IEA dans tout le Canada atlantique en février et en mars. C'est l'occasion de faire du réseautage et d'en apprendre davantage sur l'importance de la promotion de la santé mentale.

Continuant dans l'élan d'un premier atelier communautaire très réussi le 5 décembre 2022 à Port Hawkesbury, au Cap-Breton (Nouvelle-Écosse), en partenariat avec Raising the Villages, les **quatre prochains ateliers communautaires** sont une introduction au [mémoire de l'IEA](#), [Investissement en amont : la promotion de la santé mentale des nourrissons, des enfants et des jeunes au premier plan](#). Ils vous donneront aussi l'occasion d'explorer les initiatives actuelles dans votre collectivité ainsi que des modèles novateurs dans d'autres régions. Vous aurez par ailleurs la chance de faire des rencontres en personne et d'échanger vos expériences; de cerner les obstacles et les possibilités d'investissement en amont; et de déterminer les prochaines étapes pour la promotion de la résilience communautaire et de la santé mentale des nourrissons, des enfants et des jeunes grâce aux initiatives en amont.

Le programme des **deux ateliers régionaux en ligne** est plus condensé. Les participantes et les participants exploreront le mémoire de l'IEA ainsi que la promotion de la santé mentale des



nourrissons, des enfants et des jeunes dans leur collectivité. Enfin, ils pourront recommander des étapes à suivre pour la mise en œuvre de politiques « en amont ».

Inscrivez-vous aux ateliers régionaux en ligne de l'IEA :

- [le 22 février de 10 h à 12 h](#) sur Zoom, organisé par l'Atlantic Policy Congress of First Nations Chiefs Secretariat
- [le 7 mars de 9 h à 11 h 30](#) sur Zoom, organisé par le Labrador Friendship Centre

Inscrivez-vous aux ateliers communautaires de l'IEA en personne :

- le 24 février 2023 à St. John's (Terre-Neuve-et-Labrador) :
<https://NLCommunityWorkshop.eventbrite.ca>
- le 2 mars 2023 à Petit Rocher (Nouveau-Brunswick) :
 - en français : <https://AtelierCommunautaireNB.eventbrite.ca>
 - en anglais : <https://NorthernNBCommunityWorkshop.eventbrite.ca>
- le 14 mars 2023 à Charlottetown (Île-du-Prince-Édouard) :
<https://PEICommunityWorkshop.eventbrite.ca>
- le 20 mars 2023 à Saint John (Nouveau-Brunswick) :
<https://SaintJohnNBCommunityWorkshop.eventbrite.ca>

Contexte : En mars 2022, l'ASI a publié un mémoire intitulé ***Investissement en amont : la promotion de la santé mentale des nourrissons, des enfants et des jeunes au premier plan.*** Le mémoire avance l'idée d'un grand virage dans l'élaboration des politiques et s'appuie sur quatre grandes priorités : un cadre de travail pour la santé mentale dans toutes les politiques, une plateforme pour les groupes à intérêts multiples, l'investissement dans l'action communautaire et un modèle de financement viable. En cliquant sur les liens suivants, vous pouvez consulter [le mémoire en entier](#), [le document infographique](#) et le [résumé](#).

Ces ateliers sont financés par le Fonds d'action intersectorielle de l'Agence de la santé publique du Canada dans le cadre d'un projet d'un an visant à promouvoir l'investissement en amont dans des politiques qui favorisent l'équité et la santé mentale chez les nourrissons, les enfants et les jeunes dans la région de l'Atlantique et ailleurs au pays en renforçant les capacités par la mobilisation des connaissances pour une action intersectorielle au sein des gouvernements, du secteur privé et de la société civile.

POUR AVOIR DES RENSEIGNEMENTS, PHOTOS ET ENTREVUES :

Patsy Beattie-Huggan, coordinatrice de l'IEA

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Appendix E

Agenda



Mobilizing Intersectoral Policy for Upstream Investment in Infant, Child and Youth Mental Health in Atlantic Canada

First Nations Workshop Agenda March 9, 2023 from 10-12:00 AST

Objectives

1. Introduce ASI Policy Brief
2. Explore promotion of infant, child and youth mental health in First Nations communities
3. Recommend next steps in implementing “upstream” policy from a First Nations perspective.

Agenda

| | |
|------------------|--|
| 10:00 | Welcome – Miranda Pierro, Atlantic Policy Congress Dedication to Eva Sock: Roxanne Sappier, Tobique First Nation Opening: Elder Judy Clark, Abegweit First Nation Introduction of Lead Facilitator – Wendy Kraglund-Gauthier |
| 10:15 | Lead Facilitator: Review objectives, logistics, introduce Patsy Beattie-Huggan, Malcolm Shookner, Mandy Walker, Indigenous Working Group NOTE: We are recording; ask people to introduce themselves in the chat |
| 10:20 | Opening Remarks – ASI Policy Brief Presentation – Malcolm Shookner, ASI President |
| 10:40 | Breakout Room Facilitators: Miranda Pierro, Ken Long, Elizabeth Camus https://jamboard.google.com/d/1LGz8jtV1gtpNY-MG691ka5LAsmYGO_laoOKTe9LcJA/edit?usp=sharing Breakout rooms will be set up with a Jam Board to explore the questions: <ol style="list-style-type: none"> a. Who are the champions of infant, child and youth mental health in your communities? b. What policy initiatives are currently underway to promote First Nations’ infant, child and youth mental health? c. What capacity (alliances, resources, administrative structures, and skills) currently exists (or are needed) to promote infant, child and youth mental health in your First Nations Communities? |
| 11:10 - 11:35 | Large Group Debrief – Local Facilitators <ul style="list-style-type: none"> • Highlight each Jam Board – one response to each question per group |

| | |
|-------------|---|
| | <p>Discussion – Lead Facilitator (Chat, mic, Jam Board options)</p> <ul style="list-style-type: none"> • Does the ASI Policy Brief support the work of First Nations in building resilient communities? If so, how? • What recommendations would you have for implementing “upstream” policy to support mental health promotion for infants, children and youth in Atlantic Canada? |
| 11:35-11:45 | <p>Future Activities – Patsy Beattie-Huggan, ASI Coordinator</p> <ul style="list-style-type: none"> a. Workshops in local communities in Charlottetown, PEI; Saint John, NB b. Council of Atlantic Premiers, Atlantic Policy Congress of First Nations Chiefs |
| 11:45-11:50 | <p>Thank you and Going Forward – Miranda Pierro</p> <ul style="list-style-type: none"> a. Ongoing Communications with ASI and Partners b. Evaluation – Online evaluation to follow c. Send communications to info@asi-iea.ca or Miranda.pierro@apcfnc.ca |
| 11:55 | Closing: Elder Judy Clark, Abegweit First Nation |
| 12:00 | Adjourn |



Appendix F

Presentation Slides



Investing Upstream: Placing infants, children and youth first

Atlantic First Nations Online Workshop
 Malcolm Shookner, ASI President
 March 9, 2023



Introduction to ASI

The Atlantic Summer Institute on Healthy and Safe Communities, Inc. (ASI)

- Non-profit organization established in 2003, based in PEI
- Catalyst for social change in Atlantic Canada focusing on the determinants of health
- Managed by a regional board of directors
- Annually host a policy forum in August on PEI





Background: ASI Policy Brief

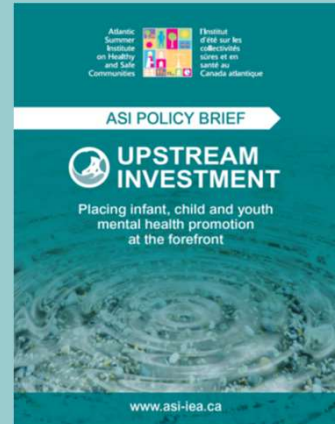
Since **2015**, we have focused on child and youth mental health promotion:

Whole of government – intersectoral action
Whole of society – multi-stakeholder forum
Whole of community – supporting community resilience

2017-18 Call for Action on policies, programs, resources, and funding

2020-21 Policy Brief - Upstream Investment in Child and Youth Mental Health

Upstream Investment: Atlantic RN Online Workshop March 9, 2023



- A Way Home Canada
- National Collaborating Centre for Determinants of Health
- National Collaborating Centre for Healthy Public Policy
- Atlantic Policy Congress, First Nations Chiefs Secretariat
- Mental Health Commission of Canada
- Canadian Families and Correction Network
- Raising the Villages, Nova Scotia
- IWK Children's Hospital
- Nova Scotia Health
- PEI Department of Health and Wellness
- Independent Researchers and Consultants
- INSPQ, Quebec

Policy Contributors and Advisors
A total of more than 35 people





Policy Brief – Introduction

Raising healthy children is the responsibility of all Canadians.

Supporting and promoting infant, child, and youth mental health is central to **enabling them to become life-long, positive contributors** to their communities and society.

Strengthening policies and programs that support community wellbeing and promote positive mental health for children and youth is **vital to creating an inclusive and equitable Atlantic Canada.**



Policy Brief – Investing Upstream

The focus of the ASI Policy Brief is upstream, on **mental health promotion**, which aims to enable people and communities to optimize their well-being by influencing multiple determinants of health.

An **upstream** focus works to **equitably improve** the mental health of the **entire population** and reduce the likelihood of mental deterioration throughout the life course.

Source: Mental Health is more than you can imagine! ASI 2017



- Upstream - Canadian Centre for Policy Alternatives (1:22 Minutes)
<https://www.youtube.com/watch?v=qarQXqKbmLg>

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When we think of mental health, we often think of emotional difficulties and mental health problems and how we can resolve a crisis once it has occurred. This thinking demands an investment after the fact or “downstream.” Thinking “upstream” means that we view mental health as a resource for all that requires a whole-of-government and a whole-of-society approach.

ASI 2017 Keynote Speaker, Professor Margaret Barry, WHO Collaborating Centre for Health Promotion Research, National University of Ireland, Galway

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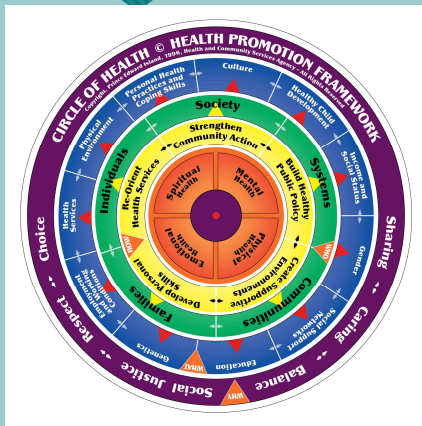


ASI Policy Brief Intention

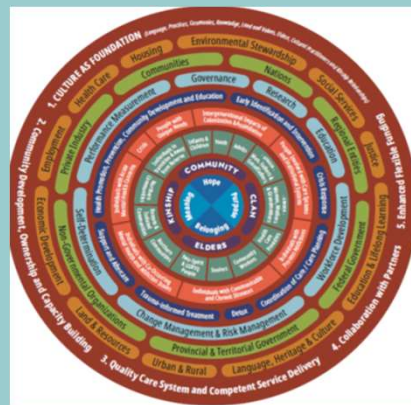
A Call for Transformative Change

This policy brief makes the case for a **commitment** to transformative change, **challenging leaders** (provincial, federal, municipal, and Indigenous) to undertake **fundamental change** in the way we **build healthy public policy**.

Guided by Frameworks & Grounded in Evidence



Circle of Health



First Nations Mental Wellness Continuum Framework



ASI Policy Brief Overview

Policy Brief Goal

- To enhance intersectoral action amongst governments, private sector, and civil society to advance upstream investment in policies that promote equity and mental health amongst infants, children and youth in Atlantic Canada and beyond.

Anticipated Outcomes

- Wider engagement of the public and leaders in support of upstream investment and resource allocation for mental health promotion.
- Increased collaboration between stakeholders in infant, child and youth mental health from various sectors and communities.
- New policies throughout communities and governments.
- A sustainable funding model for upstream policies.

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Priority Areas

1. A “whole-of-government approach” by implementing a **Mental Health in All Policies Framework**
2. A “whole-of-society approach” through development of a **Multistakeholder Platform**
3. A “whole-of-community approach” through **Investment in Community Action**
4. A **Sustainable and Integrated Funding Model** that supports these comprehensive approaches to invest in and maximize social capital in our communities

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Recommendations



There are nine recommendations; Recommendation#3 is specific to Indigenous Peoples:

3. Governments work to develop relationships and strengthen collaboration with Indigenous Peoples in all settings to:
 - prioritize the development of mutually respectful relationships between settler and Indigenous communities;
 - strengthen provincial and Indigenous relationship-building and collaboration through codesign of policies and programs specific to Indigenous communities;
 - provide resources and supports for pre-existing and future Indigenous-led initiatives; and
 - draw on Indigenous knowledge for policy development for all of Atlantic Canada.

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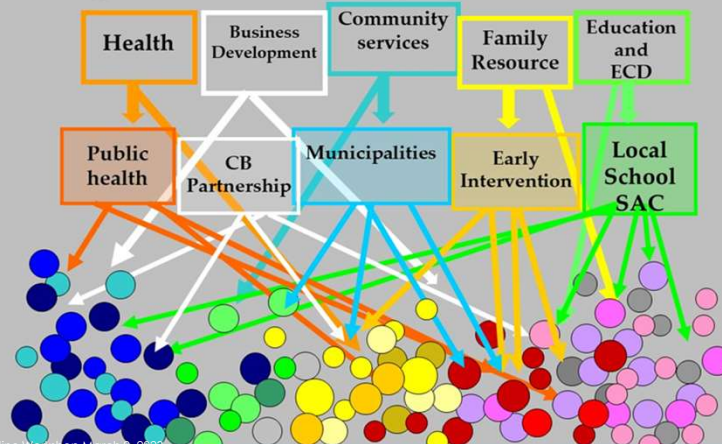
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Current system

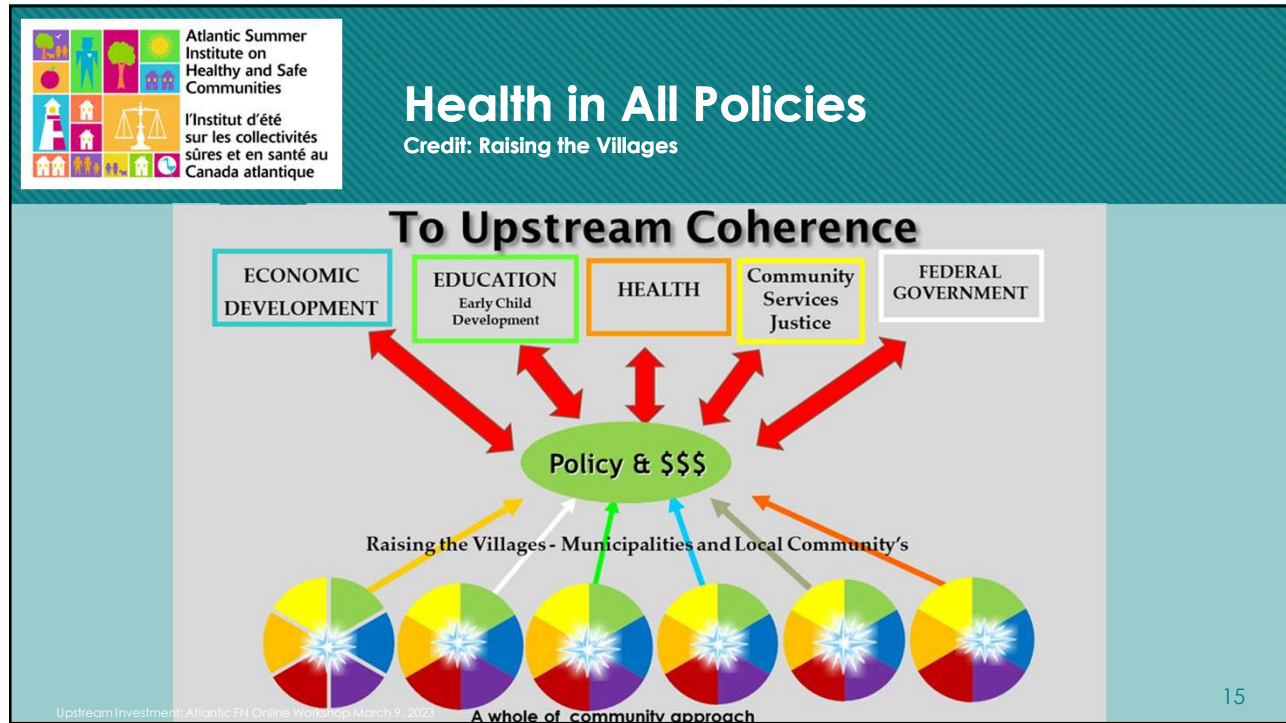
Credit: Raising the Villages

Early Years – Patchwork and Silos



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Atlantic Summer Institute on Healthy and Safe Communities
l'Institut d'été sur les collectivités sûres et en santé au Canada atlantique

Policy Brief - Released March 9, 2022

Full policy brief: www.asi-iea.ca/en/files/2022/03/ASI-Policy-Brief-2022-03-09.pdf

Executive Summary: www.asi-iea.ca/en/files/2022/03/Policy-Brief-ES-.pdf

Newsletter/Infographic (2 pages): www.asi-iea.ca/en/files/2022/03/ASI-2022-Infographic-03-07.pdf

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ASI Commitment

- ASI views resilience as more than “an individual's capacity to sustain mental well-being during adversity or toxic stress” – it is also about “the capacity for renewal, re-organization and development” (Folke, 2006).
- COVID 19 awakened us that it is time for system renewal.
- A time to focus further **upstream** and **foster more resilient communities** that can promote mental health for all!

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Policy Brief Action Area #3 Whole of Community

Investment in Community Action

Community groups and organizations are already doing the work to create supportive environments for their children and youth. Ensuring ***communities are valued as partners with government*** and have the support necessary to do this work is vital.

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Policy Brief Action Area #4 Long term funding commitment

Sustained and Integrated Funding Model that supports these comprehensive approaches to invest in and **maximize social capital in our communities**

- A cross-sector child and youth mental health fund
- Core/multi-year foundational funding
- A rigorous approach to innovation and evaluation
- Outcome-based



Q&A



Next Steps

Mobilizing Action for Policy Change

- Meet with Premiers and provincial politicians; Council of Atlantic Premiers, public service **to explore fit with provincial policy direction**
- Inform leaders in communities, municipalities, private sector and engage in discussion of **how to embrace the brief**
- Inform the public **to seek their support**
- Work collaboratively **to take action**

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Thank you!



Working together we will achieve great things.

“Inspiring Hope through Community Action”
ASI Policy Forum – August 21-23, 2023

For more information please contact:

patsy@thequaich.pe.ca

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