

OUR VISION: HEALTHY MINDS, HEALTHY COMMUNITIES

VISION

UTILIZE THE **MEDICINE WHEEL**

CHAMPIONING **SOVEREIGNTY**
 Community health workers
 from local Indigenous
 communities

EXPERTISE OF ELDERS
 Gather with
 the
 wisdom of
 the
 Elders

INDIGENOUS HEALTH ADVISORY

INDIGENOUS MEDICAL NURSING STUDENTS
 to be involved

MUNICIPAL LEADERS + LOCAL LEADERS IN CONVERSATION

COMMUNITY BASED HEALTH CARE

CREATE SPACES FOR HEALTHY PLAY, HOMES + LAND SO THAT PEOPLE EXPERIENCE BELONGING

and FIND A PATH HOME to BE THE INDIVIDUAL, SON, DAUGHTER, MOTHER, FATHER, COMMUNITY MEMBER THEY WANT TO BE.

INDIGENOUS RESOURCES

IT'S TIME FOR **BRAIN HEALTH** WHERE EACH INDIVIDUAL MATTERS

AS WE MOVE FORWARD IN A POSITIVE WAY WE HAVE THE ABILITY TO MOVE TO HEALTHIER COMMUNITIES

BE STRONG + PERSEVERE FOR MORE LEARNING + GROWING

HEALTHY YOU HEALTHY COMMUNITY

WE DON'T LIVE IN FEAR

EARLY INTERVENTION IN SCHOOLS

FULLY STAFFED SCHOOL
 building complete for year 2022-2023

HOMELESSNESS
 NO LONGER EXISTS

HAVE MORE INDIGENOUS PEOPLE EDUCATED IN THE MEDICAL HEALTH PROFESSION SO THAT WE COME TOGETHER AS A COMMUNITY IN ORDER TO OVERCOME BARRIERS THAT IMPED OUR HOLISTIC CULTURAL MENTAL HEALTH WELLBEING

AND BECOME ONE COMMUNITY



AN **INDIGENOUS, CULTURALLY INTEGRATED HEALTH CARE SYSTEM**

Being aware that there is a transitional period as we move toward sovereign health care to secure funding separate from government

GUIDING PRINCIPLES

BREAKING THE STIGMA

BY CHANGING HOW WE TALK ABOUT AND DEFINE BRAIN HEALTH emotional + spiritual

RESPECTING CULTURAL KNOWLEDGE OF MEDICINES, APPROACHES AND WAYS OF KNOWING

Approach it from a strength + resilience perspective

INCORPORATING THE **MEDICINE WHEEL** IN CARING FOR THE COMMUNITY

HARNESS THE **FOUR ELEMENTS** water - air - mother earth - fire to RESTORE BALANCE

RESTORING THE **HEALTHY FAMILY SYSTEM** BY SUPPORTING PARENTS, ELDERS + CAREGIVERS

FOCUS ON THE POSITIVE