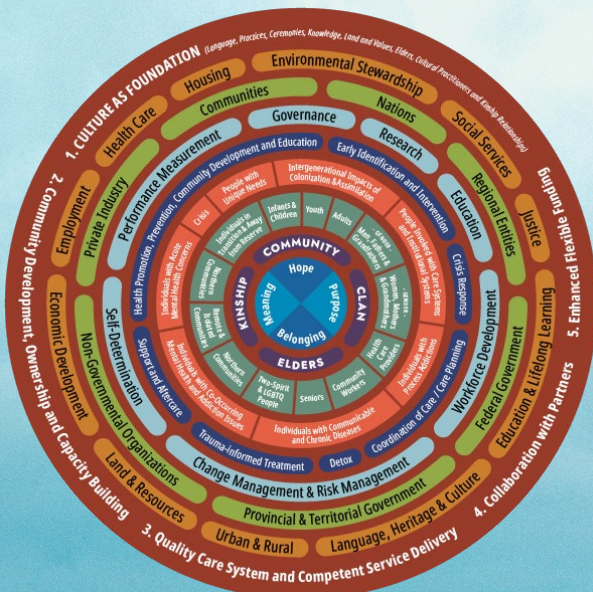




# Orientation to the First Nations Mental Wellness Continuum Framework

The [First Nation Mental Wellness Continuum Framework](#) (the Framework) outlines mental wellness approaches that are grounded in culture and span the social determinants of health. The Framework works to promote mental wellness in First Nations communities, provides a continuum of care through all life stages, and focuses on advancing systems change, culturally grounded program design and service delivery. The Framework uses a strengths-based approach and culture as a foundation to facilitate the outcomes of **Hope, Belonging, Meaning, and Purpose** for First Nations people and their communities.

The Framework Orientation Training was developed to offer a **high-level overview of the Framework** to help diverse audiences gain a greater awareness and understanding of the tool. The training focuses on case studies and discussion questions and is flexible to participants' level of knowledge and learning needs.



## Delivery

- Training can be delivered either in-person, online, or hybrid
- Geared towards one full day or two half days of learning, but is flexible

## Process

- The orientation process recognizes that learners come with different experience and knowledge
- Meant for both Indigenous and non-Indigenous learners
- Learners will be provided with a Participant's Manual to support their learning, including:
  - Reflection questions
  - Brief overview of relevant terminology and history of colonization
  - Staged approach to learning using case studies and group discussion
  - Appendices provide additional resources

## Trainers

- For those interested in delivering the training, a recommended approach is available including a more in-depth learning through [Thunderbird Partnership Foundation's 5-day Train The Trainer course](#)

**94% of participants who piloted the training and responded to the survey said they would recommend the training to colleagues, and 87% found it very or extremely valuable to their work.**



# Orientation to the First Nations Mental Wellness Continuum Framework

## Development of the Training

The Framework Orientation Training was developed by the First Nations Mental Wellness Continuum Framework Implementation Team Secretariat, a group of representatives from Indigenous organizations that work collaboratively to promote health and well-being among First Nations people in Canada. This includes [First Peoples Wellness Circle](#), [Thunderbird Partnership Foundation](#), [Assembly of First Nations](#), [We Matter](#), [Indigenous Youth Roots](#), as well as government partners (Indigenous Services Canada, Crown-Indigenous Relations and Northern Affairs Canada). Elders and youth also supported the creation of the Framework Orientation Training.

For more information, please contact [info@fpwc.ca](mailto:info@fpwc.ca)

## Content Warning

The information presented and discussed throughout this training may include content involving substance misuse, conflict, residential schools, colonialism, and other difficult subjects. As needed, we encourage participants to engage in self-care and wellness activities before, during, and/or after the training.

## Learning Goals

**The training uses a staged approach to the learning process, focusing on the first two stages below, and briefly touching on the third stage:**

- 1. Awareness:** Gain a basic awareness of Indigenous community protocols and cultural concepts, including holism, spirituality, being relational, kinship, the role of Elders, and common values. Participants will be introduced to the Framework and its different layers.
- 2. Basic Understanding:** Develop an understanding of the importance of culture in mental well-being, connecting it to identity and relationships through the critical role of Elders and cultural practitioners, language, ceremonies, etc.
- 3. Application:** Based on case studies, begin to identify the main strengths and challenges within the case study that are supported using the Framework.
- 4. Critical Analysis:** This goal is not specifically addressed in this orientation but is one that is anticipated that participants will develop as they gain experience in using the Framework over time.

