



Advanced Practice Nursing: CNS Role with Child-Youth Mental Health, First Nations & Inuit Health, in Atlantic Canada

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Hope, Health and Healing



Outcomes of this session

- Awareness of the mental health issues that affect First Nation & Inuit children and youth, families and communities in Atlantic Region
- Understanding of the CNS role with Health Canada, First Nation & Inuit Health

Atlantic Region Aboriginal Communities

Communautés Autochtones des Provinces de l'Atlantique

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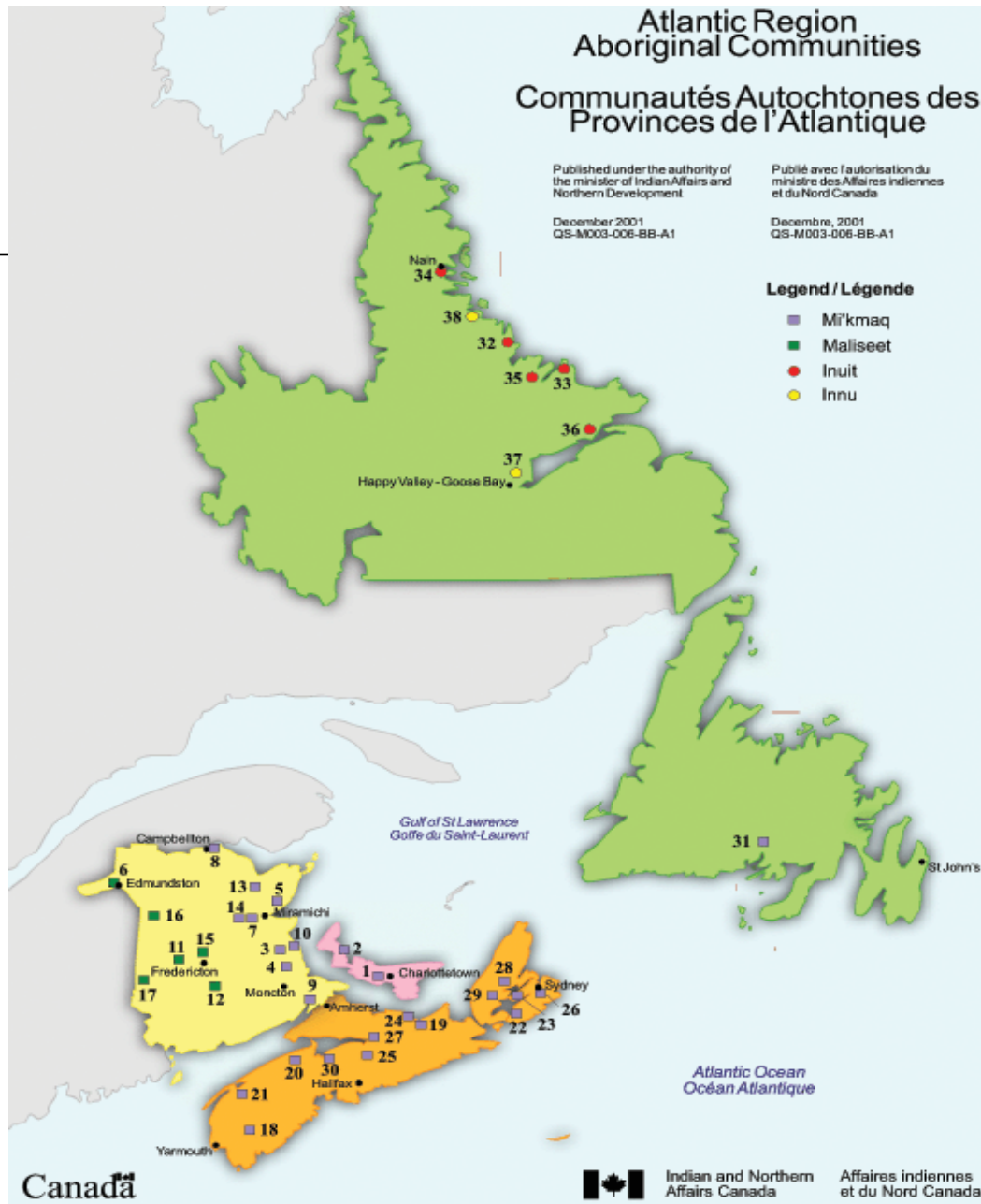
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Legend / Légende

- Mi'kmaq
- Maliseet
- Inuit
- Innu



History

- Children have a special place in Aboriginal cultures. According to tradition, they are gifts from the spirit world and must be treated well or they will return to that realm.
 - Royal Commission on Aboriginal Peoples





History

- At the outset, it should be noted that there is great diversity among Aboriginal peoples
- Urban and rural
- Status and non-status
- On and off reserve First Nations
- Inuit
- Métis



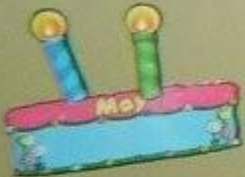
Demographics

- While the Canadian population as a whole is ageing at a rapid rate, the Aboriginal population is much younger
- Statistics Canada predicts that the Aboriginal population aged 0 to 14 years will grow from 6% of all children in Canada in 2001 to over 7.4% in 2017



MY FAVORITE THING TO DO IS

HAPPY BIRTHDAY



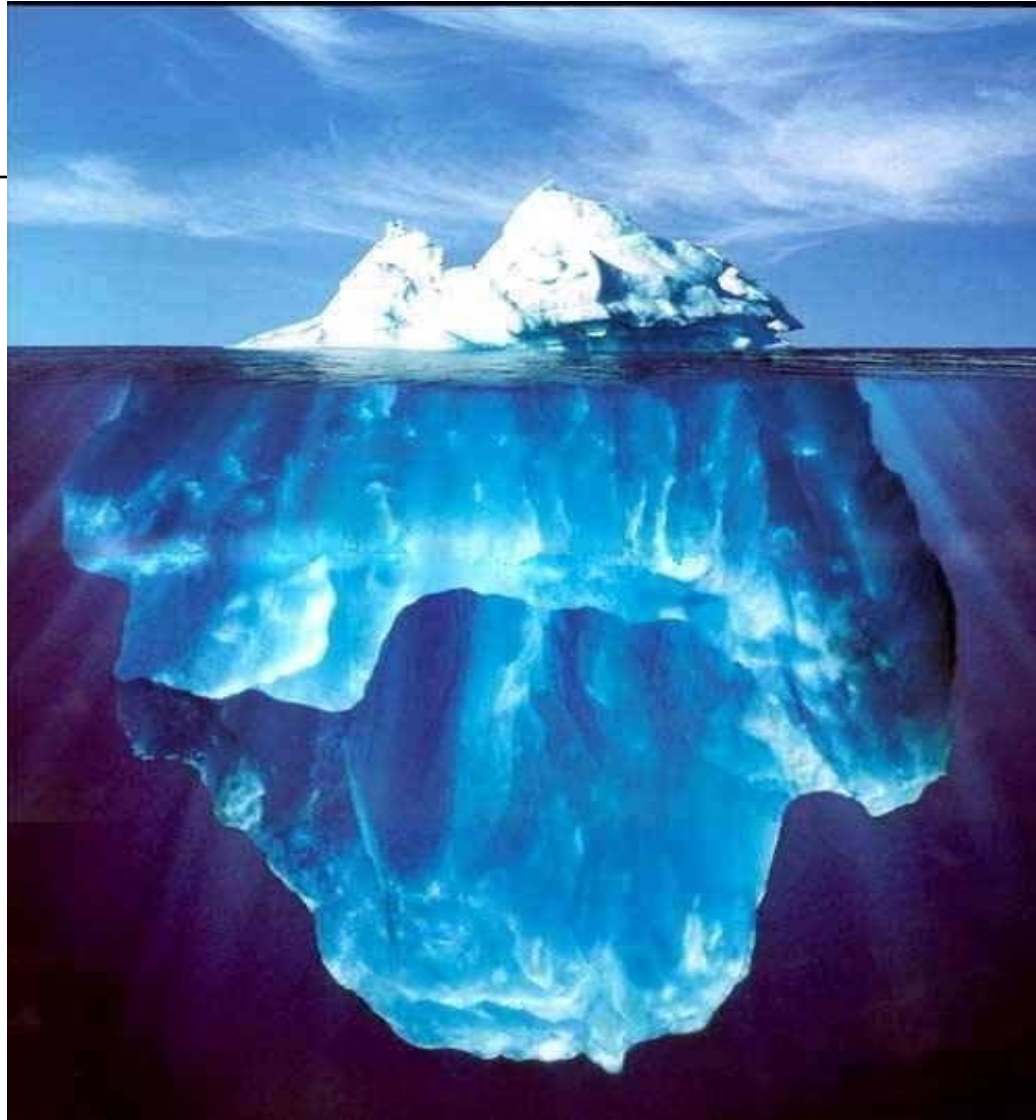
Teen Support Group
'06
Hopedale

Teen Support Group
'06
Hopedale



Contextual Issues

- Colonial trauma
- Historical trauma
- Residential Schools
- Loss of cultural identity
- Loss of language
- Health status differences
- Geography
- Access to health services





Historical trauma

- Past events shape current reality
- “Historical trauma is defined as cumulative and collective emotional and psychological injury over the life span and across generations, resulting from a cataclysmic history of genocide.”
- Marie Yellow Horsebrave Heart, 1999



June 2009 Article in “The Lancet”

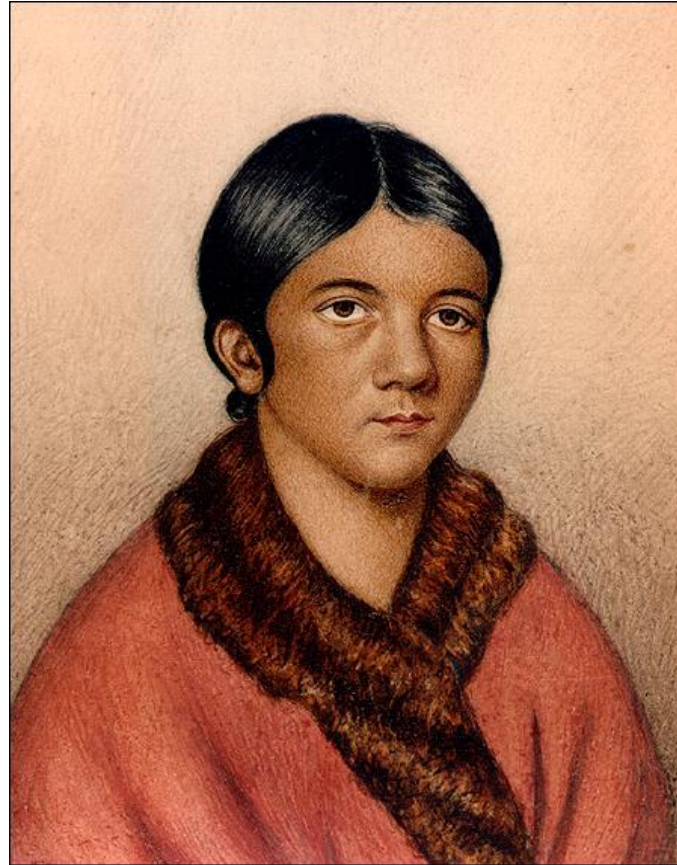
- King et al (2009) attribute many of the underlying causes of poor Aboriginal health to the lingering effects of cultural dislocation, such as loss of language and removal from the land.



Symptoms of Colonial Trauma

- Substance abuse
- Cirrhosis
- Depression
- Suicide
- Overeating
- Obesity
- Diabetes
- Hypertension
- Health disease
- Poverty
- Crime
- Low education levels
- Accidental death
- Child abuse
- Domestic violence
- Wounding of the soul

Beothuk Woman - Shanawdithit





Language is health

- “Language is crucial to identity, health and relations.”
- “Language revitalization can be seen, therefore, as a health promotion strategy.”
 - King et al (2009)



Self-determination is health

- The King (2009) study also found that the healthiest Aboriginal communities are those with the most control over their own decision making.



Better Health

- “Some of the bright spots are communities that have taken measures of self-determination – community control of health and education services, of social services” said Malcolm King, a researcher at the University of Alberta’s Medical School.

- Halifax Chronicle Herald, July 3, 2009, p. B3





First Nation & Inuit Health (FNIH)

- Health Canada's FNIH program in Atlantic Canada works in partnership with First Nations and Inuit people to improve and maintain the health of Aboriginal peoples.



FNIH Programs and Services

- Community Programs
- Health Protection
- Primary Health Care
- Supplementary (non-insured) Health Benefits
- Governance and Infrastructure



FNIH Transformation Strategy 2001-02

- “Clinical Nurse Specialists will work with key stakeholders to achieve mutual health goals through a focus on primary health care and public health principles”



Mental Health CNS's with FNIH

- First CNS's hired in 2004
- Currently there are seven mental health CNS's working with First Nations & Inuit communities across Canada.
- The 7 CNS's are located in Nova Scotia, Quebec, Ontario, Manitoba, Saskatchewan and BC.





What is a Clinical Nurse Specialist?

- RN with a master or doctoral degree in Nursing with in-depth knowledge, skills, clinical expertise and advanced judgement in the clinical nursing speciality.
- CNS is an advanced practice nursing role.



Domains of CNS Practice

- Clinical
- Education
- Consultation
- Research
- Leadership
- Change Agent (Catalyst)



So, what does a CNS do in FNIH?

What population does the mental health CNS serve as a nursing specialist resource with FNIH?

- Field nurses - CHN's, HCC nurses
- Health Directors
- Chief & Council (as employers of nurses and health staff)
- Mental health & addictions staff
- First Nation communities





Child-Youth Mental Health

- The service providers in the adult system make up the bulk of MH providers and child-youth services can get overlooked or lumped-in with adult services.
- C-Y MH involves different providers, treatments, approaches to care, moral and ethical issues, etc.- is a sub-speciality area of MH



Think Evidence

- There is a lack of evidence about best and promising practices for Aboriginal children and youth, with respect to mental health care.



Stigma and fear

“Popular media continues to reinforce misconceptions and prejudice against persons with mental illness and may contribute to increased fear of their presence in the community.”

(Frankish, Bishop & Steeves, 1999)



Think Big Picture

- Provincial mental health services are not always easily accessible
- There is no current core FNIH mental health program
- Many Aboriginal communities are in crisis
- Suicide rate for Aboriginal youth is five to six times greater than that of non-Aboriginal youth (Health Canada, 2003)

Child-Youth Mental Health Plenaries

- Brought together the providers of Mental Health & Addictions services for First Nations and Inuit children and youth for purposes of networking and information sharing





Aboriginal Health Transition Projects

- Integration & adaptation
- Improve access to provincial primary health care services
- Create a provincial health system more sensitive to the cultural needs of Aboriginal peoples
- Improve data on Aboriginal health
- Increase participation of Aboriginal people in the design, delivery and evaluation of health programs and services





Think Evidence

- “As we look towards solutions, current evidence is mounting with regard to the link between cultural continuity, cultural resiliency, and increased overall health and well-being.”

(Greenwood, 2005)

Think Strategic Partnerships, Multi-Sectors and Multi-Strategies

- Collaboration within and between First Nation and Inuit communities.
- Making mental wellness an integral part of healthy lifestyle programs/activities, across the lifespan.
- Linking with external partners to achieve a systematic approach to mental wellness.



Think Health Determinants

- Culture
- Language
- Income & social status
- Social support
- Education & literacy
- Employment & working conditions
- Healthy child development
- Gender
- Physical & Social environments
- Housing
- Personal health practices & coping skills
- Biology and genetic endowment
- Health services





Link to further information

- <http://www.hc-sc.gc.ca/fniah-spnia/index-eng.php>

Health Canada - First Nation & Inuit
Health



Link to further information

- <http://www.naho.ca/english/>

NAHO is the National Aboriginal Health Organization whose purpose is to advance the well-being of First Nation, Inuit and Metis



Dreams

“I want all of our children to have dreams – not bad dreams, but good dreams. Dreams about what they want to become, how they can strengthen each other.”

- Ovide Mercredi

Thank you

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