



*Indigenous Mental Health and Addiction
Program Feasibility Study*

Light the Fire Project

Thunderbird Partnership Foundation Wellness Framework - Table Questions

<p><u>Physical</u> creates purpose way of being/doing/wholeness</p> <ul style="list-style-type: none"> → What does wellness look like to you? (Consider 5 senses: what does it feel like? Sound like? Smell like? Taste like?) → Where do you feel safe, brave, well/whole? → What places/spaces in your home community do you go to for wellness? → What places/spaces do you/ others go to for help? 	<p><u>Mental</u> creates meaning rational/intuition/understanding</p> <ul style="list-style-type: none"> → How does mental health/addictions/healing/wellness define who you are? → Do you/others rely on self or others in your/their healing journey? → What would help you/others? → What would you like to see as treatment/wellness/healing options?
<p>Collective Question: Can you describe the connection between emotional, physical, mental and spiritual wellness?</p>	
<p><u>Emotional</u> creates belonging family/community/relationships/attitude</p> <ul style="list-style-type: none"> → What is the community's attitude to mental health and addictions? → Are there people in your community that you/others rely on for emotional support? → Are there organizations in your community that you/others rely on for emotional support? → What cyclical or seasonal /changes do you experience? 	<p><u>Spiritual</u> creates hope Values / belief / identity</p> <ul style="list-style-type: none"> → Do the current mental health and addictions supports in your home community and local community include any spiritual programming? → Do you think it's important to include spirit/culture in healing/wellness programming? Why? Why not? → What mental health/addictions programs/supports would bring hope to your community?