



Light the Fire Project

SURVEY

1. On a scale from 1 to 10, how well are the present mental health and addiction services reaching the needs of your home community or a community you are connected to (if applicable) and the Ottawa community?

Home/ Connected Community

1	2	3	4	5	6	7	8	9	10
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Ottawa Community

1	2	3	4	5	6	7	8	9	10
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What are the present services in your home/connected community?

What are the needs of your home/connected community?

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What services are you aware of in Ottawa?

What are the needs of the Ottawa First Nation / Metis / Inuit communities with regards to mental health and addiction?

2. What definition of mental health/ wellness do you align with?

- A) Wellness from an Indigenous perspective is a whole and healthy person expressed through a sense of balance of spirit, emotion, mind and body. Central to wellness is belief in one's connection to language, land, beings of Creation, and ancestry, supported by a caring family and environment. (Thunderbird Partnership Foundation - [Wellness Framework](#))
- B) Mental health and wellness include both the mental and emotional aspects of being, such as how you think and feel. ([Indigenous Services Canada](#))
- C) Mental wellness is a positive sense of emotional and spiritual well-being that respects the importance of culture, equity, social justice, interconnections and personal dignity. ([Canadian Public Health Association](#))
- D) If none of the above apply, please share a definition that suits you: _____

3. What do you think are some key factors that influence mental health?

- A) Income and social status
- B) Employment and working conditions
- C) Education and literacy
- D) Childhood experiences
- E) Physical environments
- F) Social/community supports and coping skills
- G) Healthy behaviours
- H) Access to health services
- I) Biology and genetics
- J) Gender
- K) Culture
- L) Race / Racism
- M) Intergenerational/Historical Trauma
- N) Supportive relationships with family, friends
- O) Others: _____

4. What definition of addiction do you align with?

- A) Any behaviour that gives a person temporary relief and pleasure, but also has negative consequences, and to which the individual will return time and again. ([Gabor Mate](#))
- B) A condition that leads to a compulsive engagement with a stimuli, despite negative consequences. This can lead to physical and/or psychological dependence. ([CMHA Ontario](#))
- C) The problematic use of a substance. The harms of substance use can range from mild (e.g., feeling hungover, being late for work) to severe (e.g., homelessness, disease) ([CAMH](#))
- D) The Truth and Reconciliation Commission report highlights that substance use in Indigenous communities can be a result of trying to cope with traumatic experiences. This can lead to health and social problems that can span across generations ([Indigenous Perspectives of Trauma and Substance Use](#))

E) Other: _____

5. Are there different service needs for different groups? (for youth, men, women, 2SLGBTQIA)? Can you describe any? If so, what are they?

6. Which of the following standard training or certifications should be required for Indigenous mental health and/or addictions workers?

- A) Mental Health First Aid

- B) Concurrent Disorders Training (CMHA)
 - C) Trauma-Informed Care
 - D) Crisis Intervention
 - E) First Aid / CPR
 - F) Cultural Sensitivity Training
 - G) Suicide Intervention Training
 - H) Others _____
- _____
- _____

7. What existing mental health and addictions training do you know of that are available to support Indigenous front-line workers in your community?

- Can you describe the basic topics of the training program? Do they include traditional, non-Western healing methods?

8. Have you personally attended any online training sessions?

- If so, do you know which organization / institution offered the training?

- What was the length of the training?

- What were the key takeaways? Did you receive a certificate?

9. Which topics do you think are critical for Indigenous frontline workers to know about / learn?

- Indigenous Wellness Framework - Life Promotion
 - Cultural / Ceremonial Practices
 - Traditional Healing Methods and Medicine
 - Indigenous Harm Reduction
 - Trauma-informed Care
 - Indigenous Law
 - Mental Health Across the Lifespan
 - Interviewing and Helping Skills
 - Historical Context of Trauma (residential schools, 60's scoop, Inuit tags...)
 - Land-based learning/healing approaches
 - Prevention, Harm Reduction, Relapse and Recovery Management
 - Pharmacology for Mental Health and Addictions
 - Kinship Custody and Guardianship
 - Ancestral Trauma Healing
 - Ethics, Legislation and Social Policy in Mental Health and Addictions
 - Workplace Communications and Accountability
 - Other? _____
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10. Considering the topics listed above, which are the most important for healing/ wellness?

- Indigenous Wellness Framework - Life Promotion
- Cultural / Ceremonial Practices
- Traditional Healing Methods and Medicine
- Indigenous Harm Reduction
- Trauma-informed Care
- Indigenous Law & Restorative Justice
- Mental Health Across the Lifespan
- Interviewing and Helping Skills
- Historical Context of Trauma (residential schools, 60's scoop, Inuit tags...)

- Land-based learning/healing approaches
 - Prevention, Harm Reduction, Relapse and Recovery Management
 - Pharmacology for Mental Health and Addictions
 - Kinship Custody and Guardianship
 - Ancestral Trauma Healing
 - Ethics, Legislation and Social Policy in Mental Health and Addictions
 - Workplace Communications and Accountability
 - Other? _____
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