

Consultation

Consultation means sharing knowledge. The First Nations Worker shares knowledge with people who work with First Nations people but who are not First Nations themselves. He or she may share knowledge about the things listed below:

- Culture
- Mental health
- Why First Nations people may be nervous about getting help
- How to figure out what help a person needs, or
- How to make a program better for First Nations people

Service Referrals

The First Nations Worker helps connect First Nations people with mental illness to the help they need. He or she also helps to make a plan that may bring more than one group together to help.

Direct Clinical Services

The First Nations Worker usually does not give medical help. Sometimes he or she will work with other medical staff to help people. Sometimes the worker may be their main therapist. The Worker may also advocate for people and their caregivers. This means the Worker may help them explain their needs to others, like hospital workers.

This usually happens during an emergency, like when a person needs to go to the hospital because they are having a serious problem with their mental illness.

For more information

Contact the First Nations Mental Health Liaison Worker at the office below:

<http://www.vch.ca/mentalhealth>
or CONTACT:

Aboriginal Mental Health Program

604-675-2551 x 22240

Mental Health

Adults - Intake
Access and Assessment Centre (AAC)
604-875-8289

Children and Youth - Intake
604-675-3895

Older Adults - Intake
604-709-6785

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www.vch.ca

First Nations Mental Health

First Nations Mental Health
& Addictions Liaison Worker



We are called Vancouver Community Mental Health and Addictions Services (VCMHA). We work in the community to help people who have mental illness and addictions. We want First Nations people to get the best care they can. Our goal is to make sure we do things in a way that makes First Nations people feel comfortable. The most important way we do this is by having a special worker who knows about First Nations ways.

First Nations Mental Health Liason Worker

Some First Nations people have serious mental illnesses or addictions. The First Nations Worker works with these people if they live in Vancouver or Richmond. The worker may also connect these people with other workers and services at VCMHA.

What does this Worker do?

The Worker has four main things to do. He or she:

- Teaches people about mental illnesses (Education)
- Gives ideas to doctors and others about how to make the services comfortable for First Nations people (Consultation)

- Tells First Nations people how and where to get help (Service Referrals)
- Works together with both First Nations people and people with special training (for example, doctors) so First Nations people feel comfortable getting the help they need (Direct Clinical Services)

Here is more information about these four areas.

Education

The First Nations Worker works with four groups:

- The First Nations community
- First Nations workers who work with other First Nations people in the community. These workers are called front line workers. For example, this may be a support worker at a place that helps First Nation people
- Staff of VCMHA and other places that help First Nations people with mental illnesses
- Other people who help First Nations in areas like education, welfare, corrections, and community forums

Each of these groups needs to know different things. The Worker makes sure the information he or she gives makes sense to the group they are talking to. Some of the things the First Nations Worker may talk about are listed below.

- The worker may talk about what a mental illness is. He or she may explain different types of mental illnesses
- The worker may talk about stigma. Stigma refers to the way people judge someone with a mental illness. Sometimes they see the person with the mental illness in a bad way. This is stigma
- He or she may talk about how to help a person decide what they want to do about their mental illness. Sometimes people can choose different things to do. There are sometimes both traditional and non-traditional choices
- The worker may teach people to use spiritual and other cultural ways such as wellness to help First Nations people
- He or she may talk about ways to get the help that First Nations people feel the most comfortable getting
- He or she may also talk about how to make services for everyone more comfortable for First Nations people

