

What will we do over the next 3 years?

Oct 2017 → Sept 2020

1	2	3	4	5	6	7	8
Provide specialized mental health services for youth and their families/guardians, initially 1-2 weeks per month.	Gradually 'ramp up' mental health services to ensure 'the right help at the right time' is available within 24-72 hours.	Provide mental health training to youth workers, lay counsellors and youth who want to help other youth.	Enhance programs and services with mental health supports to ensure youth know 'who to ask, how to ask, and where to go'.	Reduce the social stigma associated with mental illness and encourage help seeking for mental health challenges.	Better coordinate the delivery of services to youth and families.	Evaluate the improvement of services and client satisfaction.	Involve you and listen to your ideas about how to improve youth and family mental health services in Mistissini.

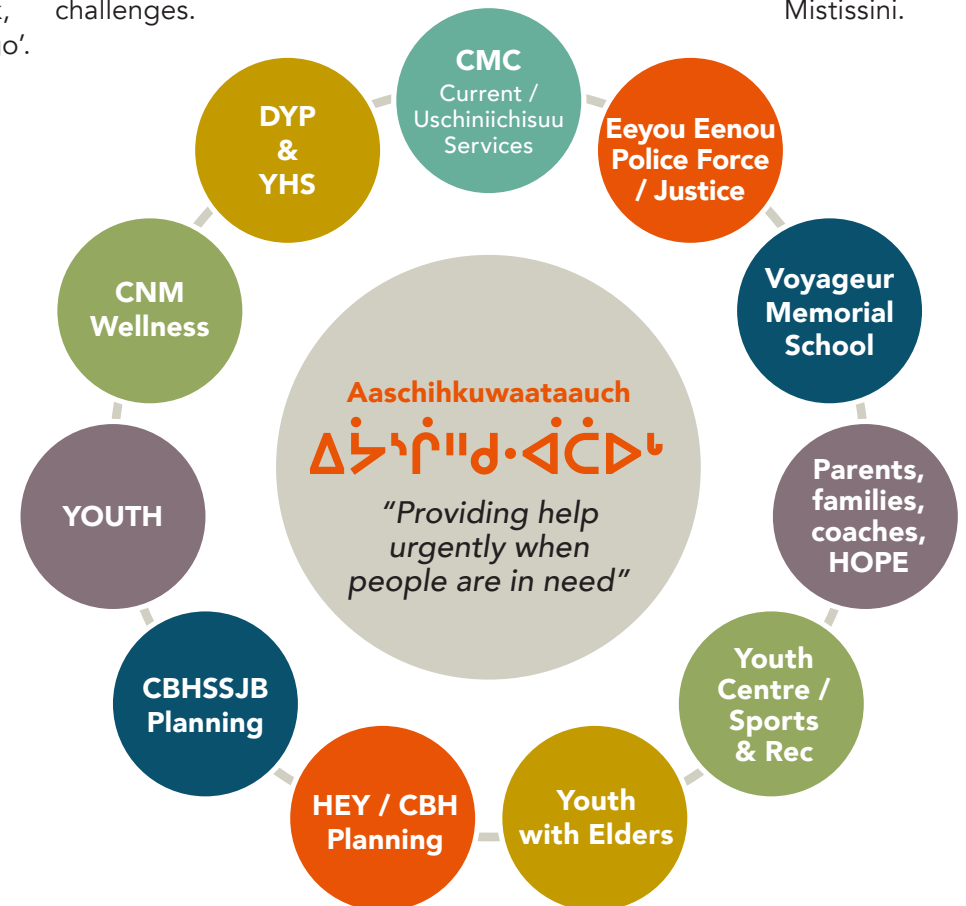
Where will Aaschihkuwaataauch ᐱᓰᓂᓂᓂᓂᓂᓂᓂ activities take place?

Activities will take place at the **Family Resource Centre**. The availability of clinical support services such as a psychologist, therapist, or counsellor will be advertised on the radio or posted in public places.



Who are the Aaschihkuwaataauch ᐱᓰᓂᓂᓂᓂᓂᓂᓂ clinicians? How can I go see them?

Dr Gerald Kroetsch and **Dr Peggy O'Byrne** are currently providing clinical services at the Family Resource Centre. The community will be notified by the local radio station when they are in Mistissini.



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- means 'providing help urgently when people are in need'. Our goal is to improve mental health services and supports for youth in crisis and families—help that is effective and timely. To do this well, we must work together in Mistissini.
- is a community development project that will identify, address and fix what needs to be fixed.
- represents an important opportunity for the Cree Nation of Mistissini (CNM), the Cree Board of Health and Social Services of James Bay (CBHSSJB), and key partners leading this project.

Like to book
an appointment?
Call **Tanya Coon**
at

Health and Social Department
418-923-3461, x261
tcoon@mistissini.ca

In Crisis? Need help?
1-866-277-3553
Kids Help Phone
1-800-668-6868

If you have any questions or
concerns about your care and/or
your participation:

Ashley Iserhoff
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Aaschihkuwaataauch

Providing help urgently
when people are in need



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CONSEIL CRI DE LA SANTÉ ET DES SERVICES SOCIAUX DE LA BAIE JAMES
CREE BOARD OF HEALTH AND SOCIAL SERVICES OF JAMES BAY