

Addiction & Mental Health: Prevention & Promotion What Works?

Resource & Reference Links

A Path Forward: BC First Nations and Aboriginal People's Mental Wellness and Substance Use – 10 Year Plan: https://www.fnha.ca/Documents/FNHA_MWSU.pdf

Aboriginal Practices Tried & True: <https://cbpp-pcpe.phac-aspc.gc.ca/aboriginalwtt/>

About Problematic Substance Use Government of Canada:
<https://www.canada.ca/en/health-canada/services/substance-use/about-problematic-substance-use.html#s2>

AHS Reducing Stigma: <https://www.albertahealthservices.ca/assets/info/hrs/if-hrs-reducing-stigma.pdf>

Bernie Francis reads to four year olds in the Aboriginal Head Start Program:
<https://www.youtube.com/watch?v=xEYK9xnrmI8>

CAMH (2014). Best practice guidelines for mental health promotion programs: Children (7–12) & youth (13–19)
<https://www.porticonetwork.ca/documents/81358/128451/Best+Practice+Guidelines+for+%20Mental+Health+Promotion+Programs+-+Children+and+Youth/b5edba6a-4a11-4197-8668-42d89908b606>

Canada Best & Promising Practices in Canada Portal: <https://cbpp-pcpe.phac-aspc.gc.ca/interventions/>

Chipewyan Prairie First Nation- Sekewha Youth Program: <http://www.cpfm.ca/departments/youth>

First Nations Perspective on Wellness: <https://www.fnha.ca/wellness/wellness-and-the-first-nations-health-authority/first-nations-perspective-on-wellness>

First Nations Mental Wellness Summary: https://thunderbirdpf.org/wp-content/uploads/2015/01/24-14-1273-FN-Mental-Wellness-Summary-EN03_low.pdf

Guidelines to Ethical Youth Engagement: <https://fncaringociety.com/sites/default/files/ethical-youth-engagement/Guidelines-Ethical-Youth-Engagement.pdf>

Harm Reduction: https://thunderbirdpf.org/wp-content/plugins/pdfjs-viewer-shortcode/pdfjs/web/viewer.php?file=/wp-content/uploads/2021/05/FS_Harm-Reduction_EN-WEB.pdf&dButton=true&pButton=true&oButton=false&sButton=true#zoom=auto&pagemode=none

Harm Reduction: <https://albertahealthservices.ca/info/Page15432.aspx>

Indigenous Mental Health Promotion, Recommended Resources:
<https://cmha.bc.ca/documents/indigenous-mental-health-promotion-recommended-resources/>

Maskwakis Skills Training <https://cbpp-pcpe.phac-aspc.gc.ca/aboriginalwtt/maskwacis-life-skills-training/>

Ottawa Charter: <https://www.canada.ca/content/dam/phac-aspc/documents/services/health-promotion/population-health/ottawa-charter-health-promotion-international-conference-on-health-promotion/charter.pdf>

Preventing Problematic Substance Use in Youth: <https://www.canada.ca/content/dam/phac-aspc/documents/corporate/publications/chief-public-health-officer-reports-state-public-health-canada/2018-preventing-problematic-substance-use-youth/2018-preventing-problematic-substance-use-youth.pdf>

Ready Set Engage:
http://thenewmentalityca.weebly.com/uploads/1/3/1/9/13192135/ready_set_engage.pdf

Sensible Cannabis Education a Toolkit for Educating Youth:
<https://cssdp.org/uploads/2018/04/Sensible-Cannabis-Education-A-Toolkit-for-Educating-Youth.pdf>

Social Determinants of Health from a First Nation Perspective:
<https://www.youtube.com/watch?v=aD-wYpDsooQ> (13:37 minutes)

Upstream Public Health: <https://www.youtube.com/watch?v=xYeAmafTGCA>

Youth Engagement Toolkit Resource Guide:
<https://www.ubcm.ca/assets/Resources~and~Links/Youth~Engagement/BC%20Minsitry%20-%20Resource%20Guide.pdf>