



Virtual Services for Addictions and Mental Health - Best practices and lessons learned.

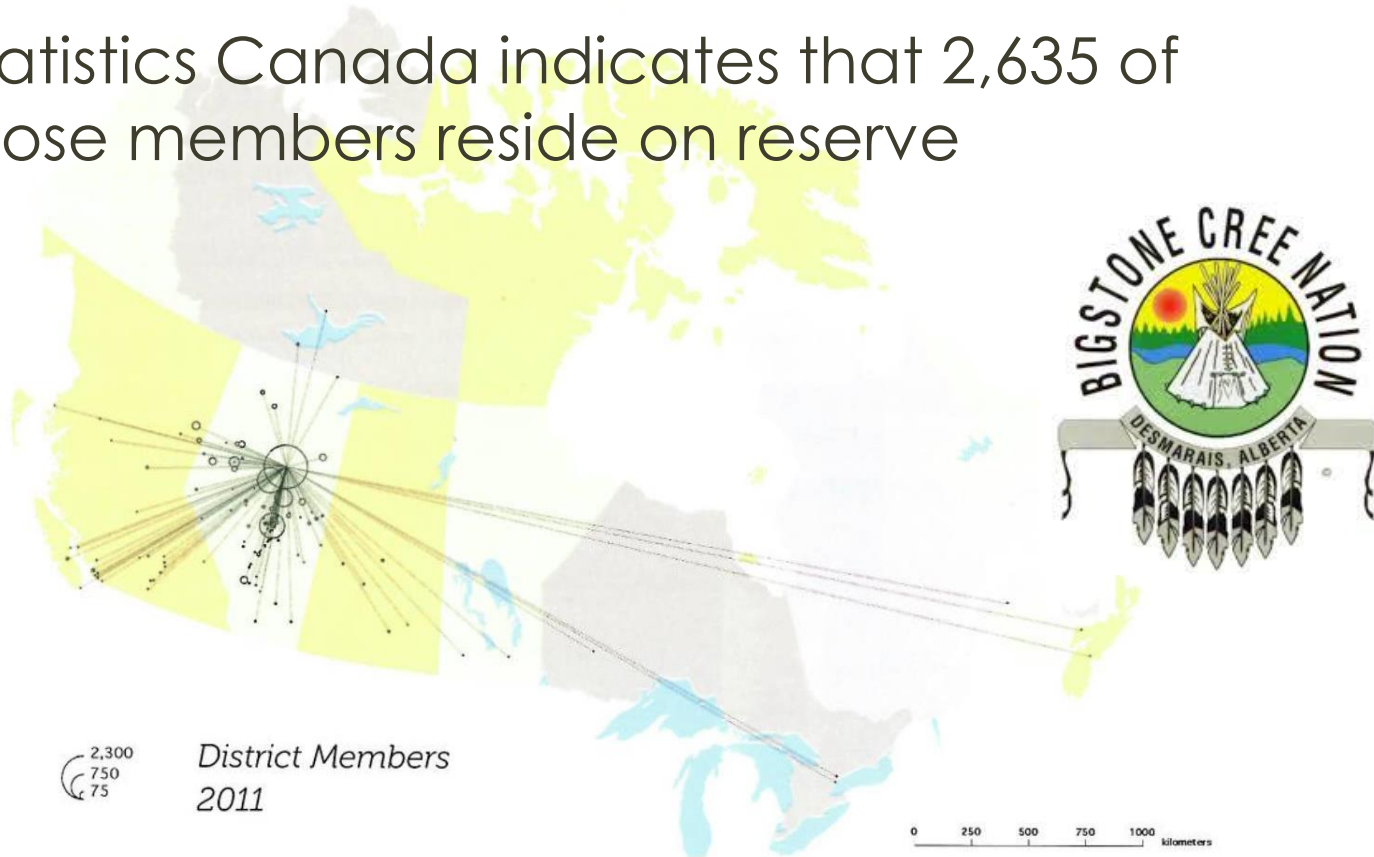
Andy Alook, CFNHM

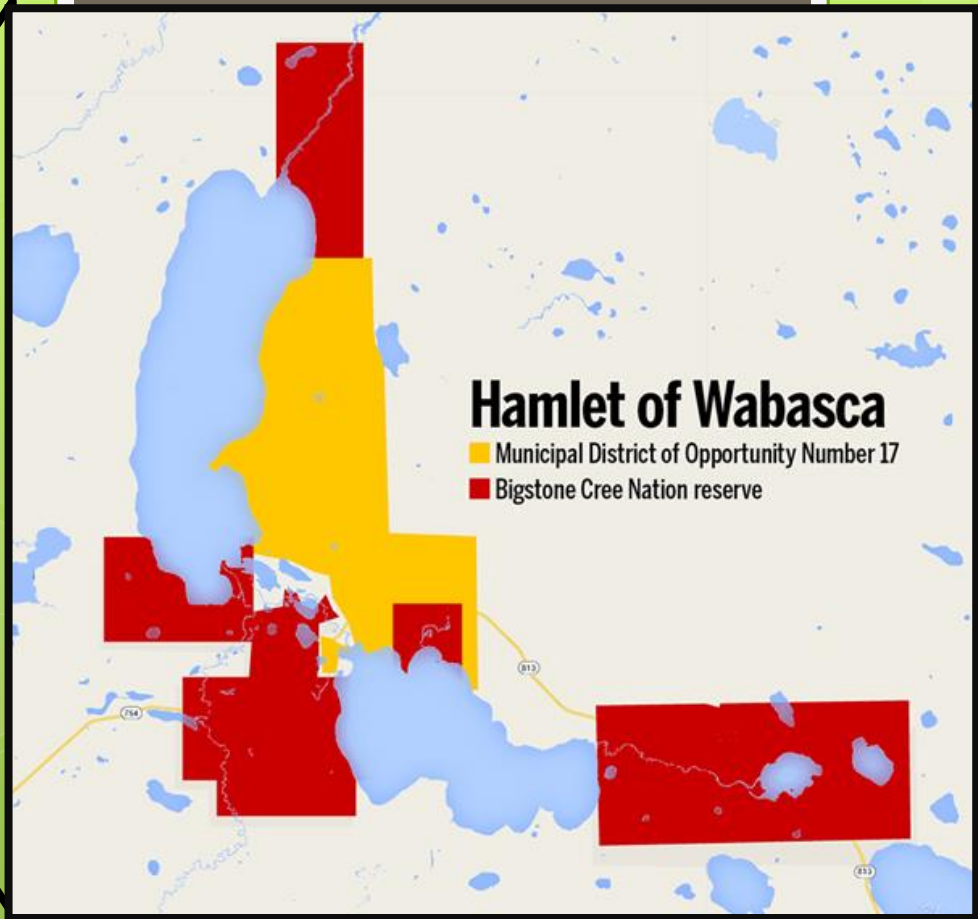
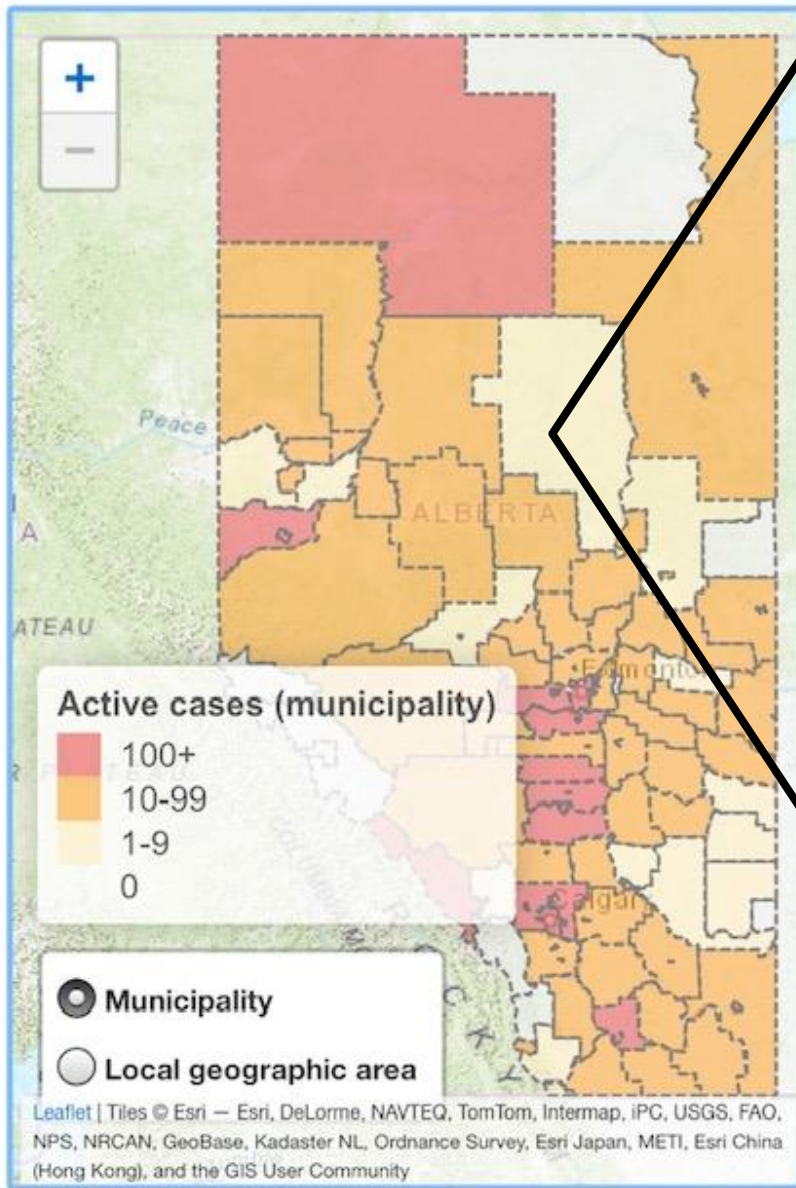
Bigstone Health Commission –
Assistant Director of Health

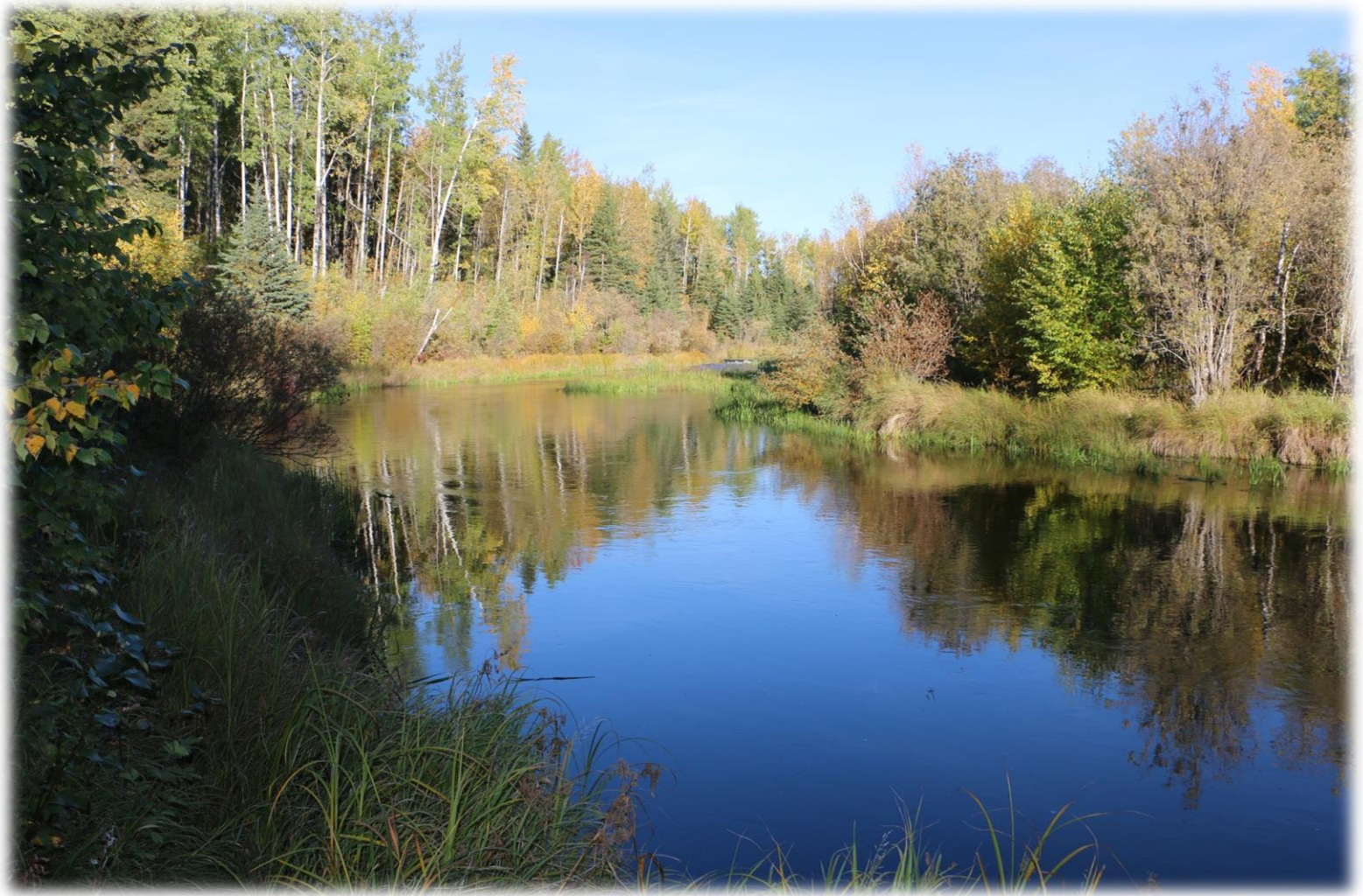
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Bigstone Cree Nation

- The Bigstone Cree Nation has over 8,200 members
- Statistics Canada indicates that 2,635 of those members reside on reserve







Our Experiences

- Over twenty five years ago, Bigstone Cree Nation was listed as a nation with some of the worst health conditions. With today's technology, modern facilities and innovative health care models we are able to provide a number of programs both in person and with mobile technology.
- Today we provide multiple health services and programs to the communities of Wabasca, Calling Lake, and Chipewyan Lake while employing over 160 staff who work with the most recent technological tools within their facilities.



Recovery Care Program

- The Bigstone Community wellness Team has observed some gaps in services that would benefit our clients desire to find recovery from substance abuse challenges.
- Clients have requested more programming to be available in a day program both virtually and in person.
- This program is also a great place to get additional support and to ease the transition to and from residential treatment.

Our Opportunities

- Understanding key health issues affecting Bigstone Cree Nation and identifying the key health priorities such as mental health and addictions, gives life to initiatives and action plans to address them.
- Community health and strategic planning
- Continued partnerships and cultural understanding





“Leaders establish the vision for the future and set the strategy for getting there.”



Thank you!

Questions?