

# Working Together for Change: A 10 Year Mental Health and Addictions Action Plan for Saskatchewan

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Commissioner

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**Saskatchewan!**

# Scope of Public Engagement

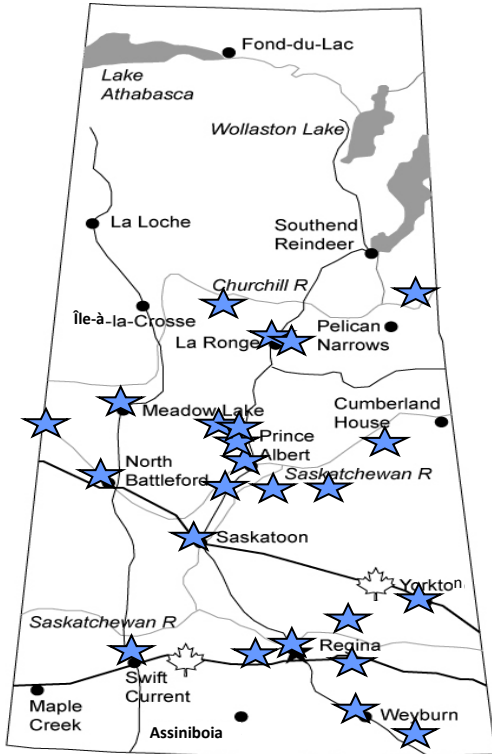


- Over 3000 clients, family, service providers and concerned citizens responded to our questionnaire via website and paper versions.
- Over 300 individuals participated in focus groups and in-person interviews across 18 communities, with particular attention paid to First Nations and Métis peoples, seniors, offenders, new comers, youth at risk, and homeless people.
- The Commissioner met with approximately 150 stakeholder groups.

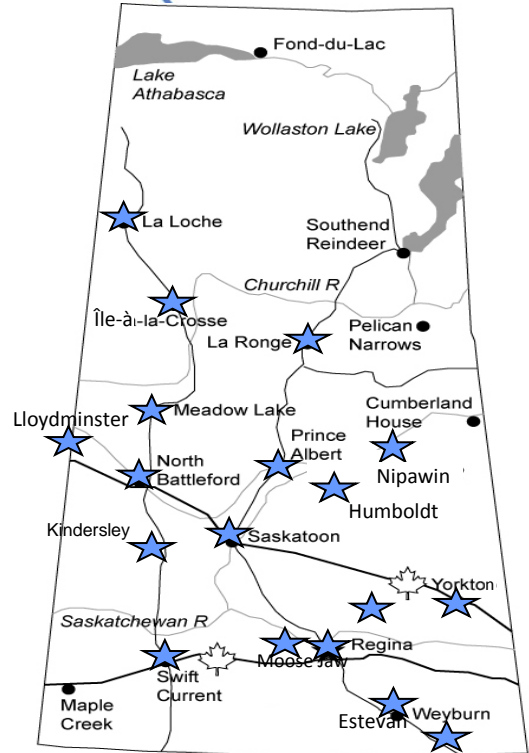
# PRA and MHAAP Site Visits



Commissioner Tour



Focus Groups and Interviews



1 in 5 people  
experiences a mental health  
or addictions problem.



**The Mental Health &  
Addictions Action Plan**  
*putting the Patient First*

**Be a powerful voice  
for change.**

Click to take part in the online  
consultation to help improve mental  
health and addictions care in Sask.

# Commissioner's Recommendations



## Enhance Access & Capacity

1. Make services easy to find
2. Decrease wait times
3. Support primary health care providers
4. Improve response in Emergency Departments
5. Increase community capacity for complex needs
6. Improve MHA response for seniors in LTC and home care
7. Improve the response by police, courts and corrections

# Commissioner's Recommendations



## Focus on Prevention & Early Intervention

8. Enhance development of healthy families and communities
9. Better emotional health for children and youth

## Create Coordinated, Person & Family-Centred Services

10. Recovery-oriented, person and family-centered service culture
11. Coordination of services: any door is the right door

## Respond to Diversities

12. Responsiveness of services to diverse groups

# Commissioner's Recommendations



## Partner with First Nations & Métis Peoples

13. Partner to plan and deliver culturally responsive MHA services

## Reduce Stigma & Increase Awareness

14. Reduce stigma & increase awareness of MHA through public education and best practice programs

## Transform System & Sustain Change

15. Align and invest in priorities across government
16. Private sector and municipal collaboration and engagement

# Recommendation 13

Partner with First Nations and Métis peoples in planning and delivering mental health and addictions services that meet community needs.

13.1 Design services in partnership with First Nations and Métis organizations, communities and Elders.

13.2 Ensure ongoing dialogue and coordination between regional health authorities and First Nations and Métis organizations and communities.

13.3 Improve the cultural responsiveness of services respecting the history of First Nations and Métis peoples.



# Partner with First Nations & Métis Peoples



- “I was told by families who have gone to the regional health authority services that the therapists do not understand our belief system, so they don’t go back.”
- “When our young people leave our community for treatment, there is huge culture shock for them when they go South.”
- “Agencies need to begin to communicate better with one another.”

# Partner with First Nations & Métis Peoples



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# Partner with First Nations & Métis Peoples



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# Partner with First Nations & Métis Peoples



13.3 Improve the cultural responsiveness of services respecting the history of First Nations and Métis peoples.

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