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Tiič ʕaqł (Mental Health)



Quuʔasa Program



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WWW.NUUCHAHNULTH.ORG



Tiic̓̓ ʕaq̓̓λ (Mental Health)
PROGRAMS SERVICES

TO RESPECTFULLY SUPPORT
NUU-CHAH-NULTH NATIONS TO ACHIEVE
THEIR FULL SPIRITUAL, MENTAL
EMOTIONAL AND PHYSICAL POTENTIAL SO
FAMILIES ONCE AGAIN EXERCISE FULL
RESPONSIBILITY FOR THE NURTURING OF
ALL MEMBERS AND COMMUNITIES ARE
ONCE AGAIN HEALTHY AND SELF

Our Locations

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Teechuktł Clinical Counselling

Our Clinical counsellors and Child and Youth Mental Health (CYMH) Counsellors travel into our Nuuchahnulth communities to provide one to one, family and Group Counselling. Our Counsellors implement culturally safe services that reflect NCN healing practices and western mainstream approaches. Our crisis response counselor works in a community outreach setting and provides advanced level expertise in community-based clinical services specific to crisis and trauma incidents in NCN communities.

Quuʕasa Wellness Program

The Quuʕasa program staff provide services to our NCN communities where individuals can receive one to one support as well as family support. Different family situations create a need for culture, ceremony and support to allow family to re-introduce Nuuchahnulth practices. Together with the other NTC services, there is the opportunity to support healthy family changes, reducing the number of children living away from home and in external care. Protocols are followed when conducting ceremonies, working together with communities.

Resolution Health Support Workers (RHSW) and Indian Day School Support Worker

RHSW’s work closely with the rest of the Teechuktł/Quuʕasa Team and continue supporting survivors in filling applications and providing support to survivors and their families. They continue to inform survivors of existing resources and cultural healing support. The RHSW’s also facilitate information sessions on Day School, Day Scholar and 60’s scoop for our NCN members and when possible, for our members living away from home

Murdered and Missing Indigenous Women and Girls (MMIWG)

Our MMIWG Family Support Worker ensures that survivors, family members and those affected by the issue of MMIWG have access to the appropriate level of mental wellness support services, and cultural support. In addition, this worker addresses the mental health problems affecting survivors, family members and those affected by the issue of MMIWG in a community-based, holistic, and integrated manner.

Harm Reduction Team

Our harm reduction team uses a cultural wellness approach that meets clients where they are at without judgement. This team works collaboratively with other service providers in the area in order to support the health and well being of their clients. They provide Naloxone training and distribute it and other important harm reduction materials to community members. The team supports healing program designs and proposals. They hold weekly picnics in Port Alberni in the park during the summer, as well as group activities (cedar bark harvesting, promoting and providing healthy safe activities for youth) in order to ensure those battling addiction and mental health know they are important and supported.

Non-Insured Mental Health Benefits

Crisis Clinical Counselling is provided through the Non-Insured Health Benefits program for our Nuuchahnulth people living away from home.