



# Regional perspectives on Inuit Health

Circumpolar Mental wellness symposium  
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Inuit Circumpolar Council

# Circumpolar Inuit



Inuit Circumpolar Council

150,000 Inuit live in the Arctic spread across Greenland, Canada, Alaska (US) and Chukotka (Russia). The Inuit Circumpolar Council (ICC) advocates for Inuit rights internationally.



# Circumpolar Inuit Health Strategy

## Strategic Objective:

*Improve Inuit Health and Wellness  
Across the Arctic*

Goal 1	Goal 2	Goal 3	Goal 4	Goal 5
<b>Influence international, regional &amp; national Policies that impact on Inuit well-being</b>	<b>Improve awareness of Inuit health &amp; wellness</b>	<b>Encourage greater focus on Inuit health through ICC's representation at international fora</b>	<b>Support better understanding by health professionals of Arctic/Inuit specific issues</b>	<b>Promote research to improve Inuit health and wellness</b>



# Inuit Circumpolar Council





# Mental Health and Suicide Prevention in Nunavik



- Front-line health and social services provided by 2 sub-regional Health Centres (Ungava Tulattavik HC in Kuujuaq and Inuulitsivik HC in Puvirnituk)
- In each local point of service, front-line nursing, psychological professionals offer prevention and promotion services, community health programs, general healthcare services and around-the-clock emergency services. Local Wellness workers also participate in mental wellness prevention and support initiatives.

# Mental Health and Suicide Prevention in Nunavik



## Mental Health Services :

- **Primary care**
- **The team**
- **Second and Third line services**
  - ❑ Readaptation (mental health residential services)
  - ❑ 4 resources in Nunavik with a regional mandate

# Mental Health and Suicide Prevention in Nunavik



## ➤ **Adult psychiatric services**

## ➤ **Other initiatives**

- Child psychiatry services
- Regional Mental Health Steering committee
- Isumaqatsianirmut Katinngajiit (Working committee for promoting mental health and preventing mental disorders)
- Training for workers of the mental health residential services

# Mental Health and Suicide Prevention in Nunavik



## ➤ Other initiatives (cont'd)

- Regional program of Community Liaison Wellness Workers (CLWW)
- Mental Health First Aid training (Pilot Project)
- ACCESS (Adolescent/Young Adult Connections to Community-Driven, Early, Strength-based & Stigma-free services) project – youth mental health services

# Mental Health and Suicide Prevention in Nunavik



## ➤ Other initiatives (cont'd)

### ▪ Mental Health – future projects

- Develop and implement a mental health training for other workers in the health environment
- Strengthening Programming and Clinical in the residential resources
- Increase support for families and community members who have mental disorders
- Develop additional mental health residential resources

# Mental Health and Suicide Prevention in Nunavik



## ➤ **Suicide Prevention Services**

- Suicide prevention through the health and psychosocial network
- The Suicide Prevention Liason Workers
- ASIST (Applied Suicide Intervention Skills Training)
- Organization of a Nunavik regional healing conference (based on Dialogue for Life)
- A permanent Working Committee on Suicide Prevention

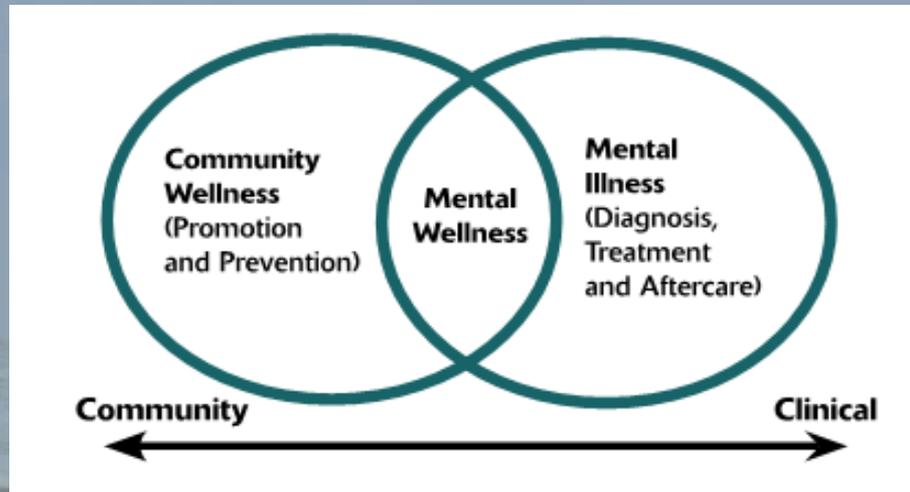
# Mental Health and Suicide Prevention in Nunavik



## ➤ **Suicide Prevention Services (cont'd)**

- Development of a suicide Mortality and Suicide Attempt Monitoring System in Nunavik
- Healing Support Workers (Inuit Values and Practices Department)
- Best Practices in Suicide Prevention
- Suicide Prevention Projects in Development

# We need to Dig Deeper



*Alianait Inuit Mental Wellness Action Plan, Inuit Tapiriit Kanatami, 2007*

- Where does this project fit in the continuum of mental health in Arctic communities?
- When does prevention work? Who does it work for?
- How do we know?



## Atlas of Community-Based Monitoring & Traditional Knowledge in a Changing Arctic

Focus

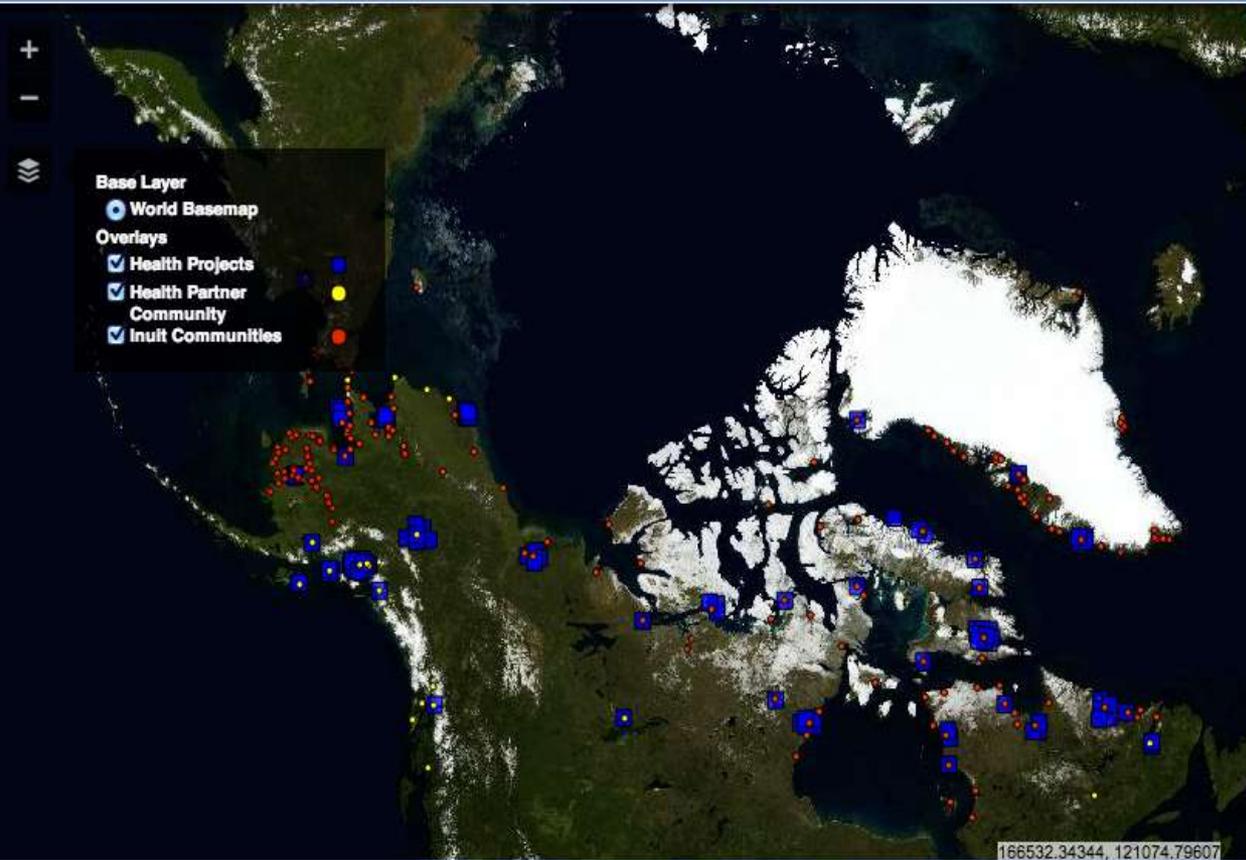
About

Welcome

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### Inuit Mental Health and Wellness

search the atlas



### Best Practices for Inuit Mental Health and Wellness

Welcome to the Inuit Mental Health and Wellness map of the Atlas of Community-Based Monitoring in a Changing Arctic! This map offers an inventory of programs and studies that focus on Inuit mental health and wellness across the circumpolar region. It is based on programs and studies identified by the Inuit Circumpolar Council Canada (ICC-Canada) in its Circumpolar Inuit Health Priorities: Best Health Practices and Research report (2012).

By developing a map of these programs and studies, ICC hopes that they will become more visible to a wide range of users, from program managers to researchers to community members. The atlas framework allows users to search by keyword and to quickly identify programs that are relevant to specific regions or communities. It also allows users to compare the number of studies and programs focusing on mental health and wellness across different regions.

