MENTAL HEALTH TREATMENT FOR FIRST NATIONS CHILDREN: FROM SYSTEMS TO SERVICES

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MENTAL WELLNESS

- Ability to self-regulate
- Ability to tolerate distress
- Ability to meet the demands of daily life
- Ability to be in a meaningful relationship(s)
- Ability to take responsibility for oneself and/or others
- Ability to utilize adaptive coping behaviours
- Ability to manage physical needs, etc.
FIGURE 1: CULTURE AS INTERVENTION MODEL

Indigenous Wellness Framework

PURPOSE

PHYSICAL BEHAVIOUR
Expressed through Wholeness Way of Being

SPIRITUAL BEHAVIOUR
Expressed through Belief Identity

HOPE

MENTAL BEHAVIOUR
Expressed through Intuition Understanding Rationale

EMOTIONAL BEHAVIOUR
Expressed through Attitude Relationship

MEANING

BELONGING

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PROBLEM

\[ y = mx + b \]
Colonialism → Health Disparity

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Colonialism & Reserve System → Health Disparity
Colonialism → Reserve System → Cultural Disruption → Health Disparity
Colonialism → Reserve System → Cultural Disruption → Increased Sedentary Behaviour → Health Disparity
Colonialism → Reserve System → Cultural Disruption → Increased Sedentary Behaviour → Food Insecurity → Health Disparity
Problem

\[ y = mx + b \]
Residential School

Intergenerational Trauma
Residential School → Attachment Injury → Intergenerational Trauma
Residential School -> Attachment Injury -> Trauma -> Emotion Regulation Difficulties -> Problematic Substance Use -> Intergenerational Trauma

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Stress hormones underlie Indigenous health gap in Australia

James Cook University scientists have made a disturbing finding about some young Indigenous people’s biological reaction to stress, but one that could help close the health gap for Indigenous people.

They found that stress hormones, such as cortisol, are higher in young Indigenous people compared to non-Indigenous peers, even when they experience similar stressors.
- Social Determinants
- Environment
- Neurodevelopment
- Microbiomics
- Immuno-Inflammatory
- Epigenetics
- Genetics
DEVELOPMENTAL TRAJECTORIES
DEVELOPMENTAL TRAJECTORIES

Maternal Stress

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DEVELOPMENTAL TRAJECTORIES

ACEs
DEVELOPMENTAL TRAJECTORIES

- Attachment and Relationships
- Brain Development
- Emotional Responses
- Behaviour
- Cognition
- Self-Concept & Future Orientation
- Identity
- Health
- Economic Outcomes
FOUNDATIONS OF WELLNESS
Biological

Psychological

Social

Environmental

Etc.
Predictability
Consistency
Warmth
Validation
Expectations
Consequences
Self-Efficacy