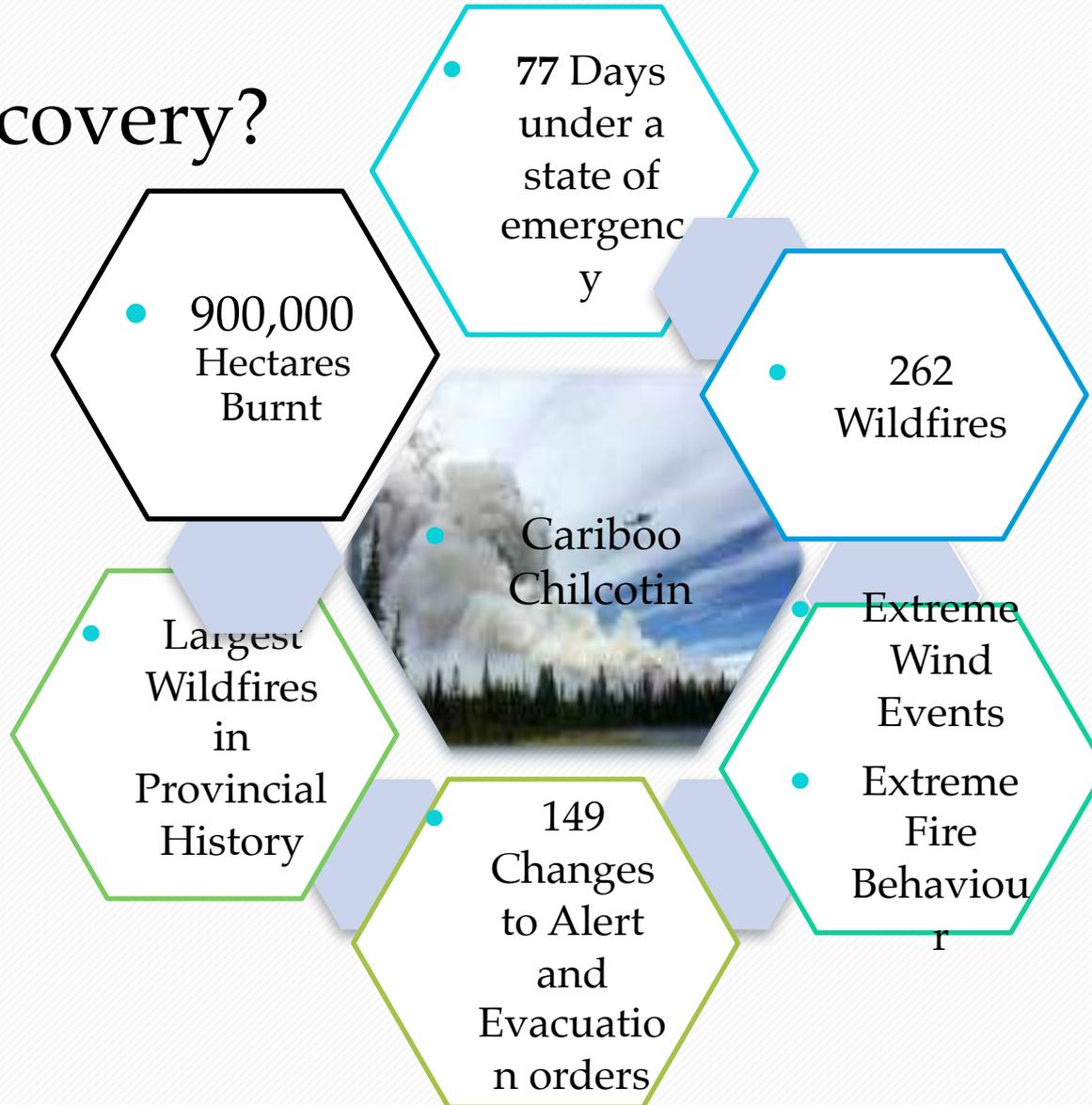




Interior Health  
*Every person matters*



# Why Recovery?





## Wildfires and Mental Health

Given the severity and impact of the unprecedented wildfires throughout the interior BC region last summer, the province of BC and Interior Health Authority have responded by setting aside additional funding to help support the people and communities who are most in need of recovery assistance.



Boston Flats

# The 4 Pillars of Recovery

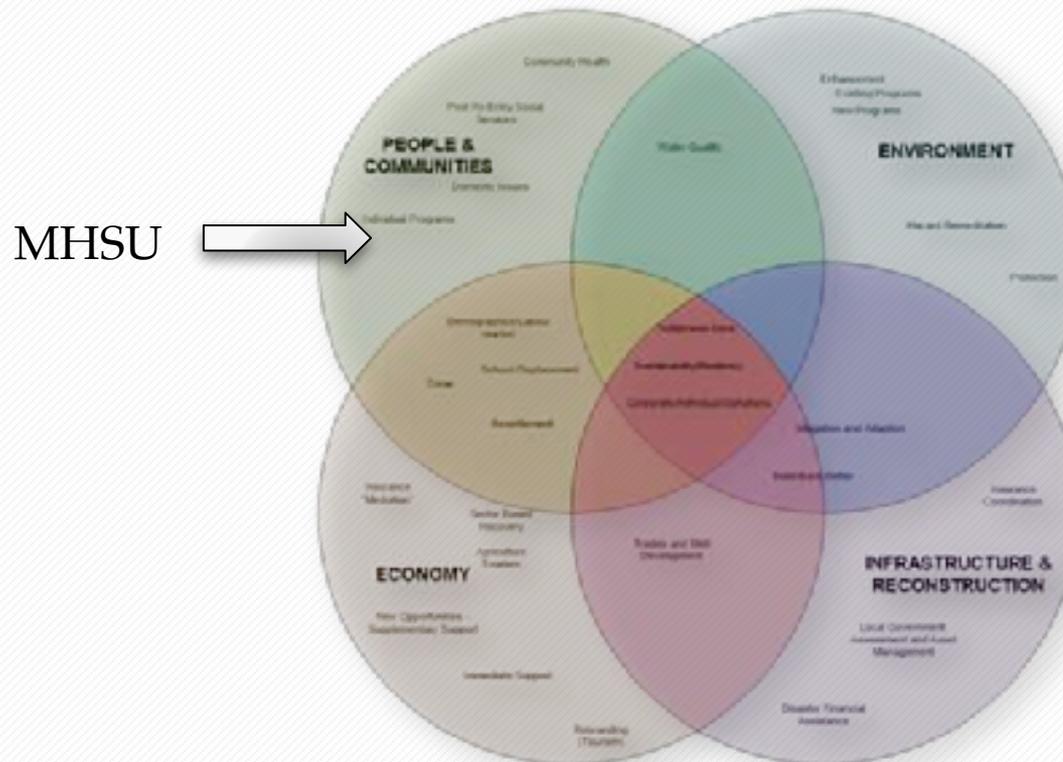


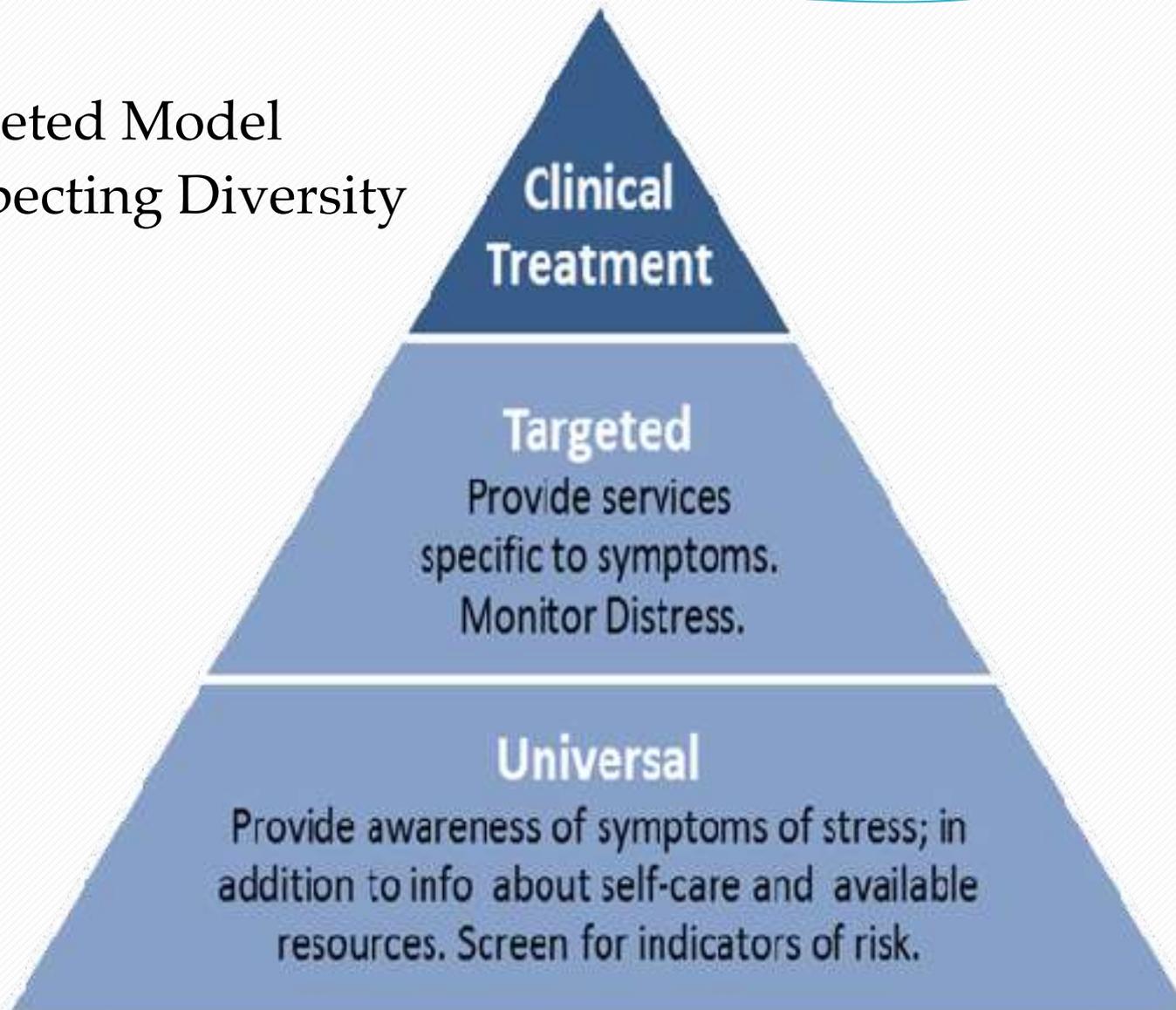
Figure 2: BC Recovery Program – 4 Pillars

**Vulnerable Populations, Prolonged and Cumulative Stress , Layered Trauma, Loss, Hypervigilance, Trigger Events, Family Breakdown, Family Violence,**

Recovery includes a coordinated set of actions designed to reduce the effects of disaster. A recovery program implies a deliberate effort to forestall and overcome the adverse impacts of a disaster. Recovery is best understood in the context of the phases of disaster (Danya Institute)



Targeted Model  
Respecting Diversity



# Development of an Inter-Agency Strategy

## Vulnerable Populations

- First Nations
- first responders
- care givers/ post partum
- elderly/ youth
- those with existing substance use and mental health issues
- first onset anxiety and depression
- anyone struggling with stress-related symptoms (PTSD) due to being directly impacted by the wildfires, including those who have suffered financial and/or personal losses

Vulnerability to natural disasters has two sides:

- 1) the degree of exposure (susceptibility)
- 1) the capacity to cope with or recover (resilience)

# Geography of Impacted areas within IH: 28 First Nations Communities

- When attempting to improve health and well-being of Aboriginal peoples, it is recommended that the geopolitical and cultural diversity be taken into consideration

*Interior Health Aboriginal Mental Wellness Plan March*

24, 2017



The discussions will continue on “how to best respond to large scale crisis; how to mobilize resources and develop right relations; how to support the physical, emotional, mental and spiritual needs of the people, especially Elders and the vulnerable population, and particularly on the backdrop of intergenerational trauma.”

*Lisa Hartwick, Tl'etinqox community therapist*

“The trauma of the wildfires both for those who stayed behind and those who had to leave is now another layer of stress on people who are already dealing with existing stressors related to the impacts of colonization,”  
IH Assessment Team



# Increasing Clinical Supports

- Increased outreach services to provide care and navigation for serious and persistent MHSU clients
- Funded opportunities for service partners to increase accessible supportive counselling and community education for additional vulnerable populations, including First Nations, post-partum caregivers
- Initiated recruitment of additional MH clinicians in the Recovery period focusing on the Elderly, Youth Substance Use and outreach to Rural and Remote areas.
- Resiliency and wellness support for staff has been a focus.

# Increasing baseline clinical capacity post wildfire: Brief Solution Focused / Single Session Therapy Training:

Intent: Utilize wildfire funding to offer this training community wide as a post wildfire recovery initiative to build capacity in existing MHSU service providers

Results: Initiation of walk in services in multiple “storefront” locations



# Initiatives

## Talk In Tough Times

If you've been having a hard time recovering from a last year's wildfires or have noticed signs that someone close to you may be struggling, call the Talk in Tough Times tele-health program at 1-877-427-4884 or visit the Facebook page.

<https://www.facebook.com/TalkInToughTimes/>

MCFD, FNHA, Interior Health / Northern Health, United Way and the Canadian Red Cross, and with support from the Province of BC.



**FREE,  
CONFIDENTIAL  
WILDFIRE  
RECOVERY  
HELP**

Call Talk in Tough Times:  
**1.877.427.4884**

**If the disaster was a year ago, why do I feel so bad?**



## Project ECHO: A Revolution in Medical Education and Care Delivery

Project ECHO is a lifelong learning and guided practice model that revolutionizes medical education and exponentially increases workforce capacity to provide best-practice specialty care and reduce health disparities. The heart of the ECHO model™ is its hub-and-spoke knowledge-sharing networks, led by expert teams who use multi-point videoconferencing to conduct virtual clinics with community providers. In this way, primary care doctors, nurses, and other clinicians learn to provide excellent specialty care to patients in their own communities.



People need access to specialty care for their complex health conditions.



There aren't enough specialists to treat everyone who needs care, especially in rural and underserved communities.



ECHO trains primary care clinicians to provide specialty care services. This means more people can get the care they need.



Patients get the right care, in the right place, at the right time. This improves outcomes and reduces costs.

# Canadian Red Cross- MHSU Wildfire Recovery Planning

**Foundry** promoting access to MHSU services for rural, remote and underserved First Nations youth now further impacted by the cumulative and prolonged stress of the 2017 Wildfire Season.

Youth Foundry offers young people ages 12-24 health and wellness resources, services and supports – online and through integrated service centres.