

CULTURAL PROGRAM

Since SCFS' inception, it has recognized the importance of traditional wellness in improving the health of First Nations peoples. Traditional medicine is the ancient and culture-bound medical practice used prior to modern science. This traditional knowledge has been passed down from generation to generation. SCFS embraces First Nations knowledge being rooted in the sharing of traditional medicines, storytelling, ceremonies, crafts, ideologies, and dances.

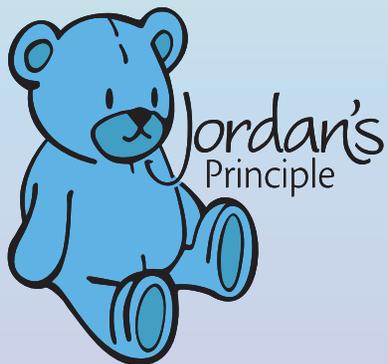
Biidaaziway Gamik endeavours to:

- Engage our children, youth, families and caregivers in traditional healing and cultural activities.
- Develop and implement traditional practices that will empower and heal.
- Promote culture and spirituality as the foundation of the agency's cultural program.
- Connect family and community, as they are important elements in traditional healing.
- Bridge traditional and contemporary cultures and practices.

Traditional healing involves working with individuals holistically to help them heal physically, mentally, emotionally, and spiritually. Wholistic healing involves an integrative approach that seeks to balance the body, mind, and spirit with the land. First Nations people have a natural connection with the land and much healing comes from the connection.

Biidaaziway Gamik recognizes:

- The cultural aspects of healing, such as ceremonies, helps to heal the mind and spirit.
- There are four areas that make up the person: body, mind, emotions, and spirit.
- Wellness occurs when balance is achieved on all four areas.



CLINICAL PROGRAM

Biidaaziway Gamik provides treatment based upon the best available evidence of service effectiveness and will use evidence-based practices (EBPs) and methods in support of persons served.

Clinicians shall adhere to the core values in the delivery of care and service:

- Person-Centered/Family-Centered
- Family Involvement
- Natural and Community supports
- Strength-Based
- Unconditional-Care and Safety Focused
- Collaboration and Team-Approach across the treatment system
- Gender/Age/Culture sensitive
- Promote Education, Employment, and Self-sufficiency
- Focus on belief in Growth, Learning, and Recovery

Biidaaziway Gamik provides consultation, counselling, therapy, and assessment services. The services include, but not limited to:

- Screening Needs
- Assessment Screening
- Specialized Case Consultation
- Reunification Support and Planning Recommendations
- AYA/IDL Support
- Cognitive Behaviour Therapy (CBT)
- Dialectic Behavioural Therapy (DBT)
- Trauma Informed Therapy
- Solution Focused/Brief Intervention Therapy
- Attachment Therapy
- Strength-Based Therapy
- Behaviour Support and Planning
- Play/Art Therapy
- Counselling
- Narrative Therapy
- Assessments



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"The place that brings light"

WHO WE ARE

Biidaaziway Gamik is a unit of Sagkeeng Child and Family Services (SCFS). Sagkeeng Child and Family Services is committed to supporting the mental health and wellness needs of our children, youth, and families through evidence-based, culturally humbled, and informed therapeutic interventions.

SCFS is reshaping the way mental health wellness care is delivered in child and family services through the Biidaaziway Gamik unit. Cultural practices and traditional healing will play a critical role in the Biidaaziway Gamik's cultural program. As well, Biidaaziway Gamik incorporates traditional healing with western healing, emphasizing person-centred care. SCFS believes this to be an essential step to harmonizing two healing and treatment approaches.

Biidaaziway Gamik provides a culture of gentleness, to promote dignity and respect, a safe and therapeutic environment and the necessary supports and resources to the individuals and families we serve.

Biidaaziway Gamik builds positive relationships with the individuals and families it serves. This includes building upon their strengths, using an attachment theory approach and reinforcing positive behaviors and connections.

The Biidaaziway Gamik environment promotes keeping everyone safe and secure. We believe when individuals and families feel safe and secure, they are more likely to welcome therapeutic interventions.

The rights and privileges of all shall be safeguarded, including the right to safe and effective treatment.

OUR GOALS

As a unit of SCFS, Biidaaziway Gamik supports Sagkeeng Child and Family Services' vision to strengthen and enhance the family unit by responding to the changing needs that reflect our culturally diverse community. Our goal is to provide quality services using a preventative approach to promote self-determination.

Based on the Core Values of Sagkeeng Child and Family Services, we strive to strengthen and maintain positive mental health and healthy connections by:

- Delivering child, youth, family, and caregiver mental wellness care with a focus on children and youth in care.
- Supporting the needs of everyone using a wholistic approach to mental wellness: physical, mental, emotional, and spiritual.
- Aiming to support children, youth, families, and caregivers by delivering care through Traditional Healing and Western Mental Health Treatment.
- Helping and supporting everyone achieve stability through active participation, in turn, successfully address safe, healthy, realistic, and manageable outcomes.
- Conducting assessments in a culturally sensitive, non-threatening manner to increase participation in services and support the achievement of agreed upon goals. The assessment identifies any issues of special relevance to various groups such as:
 - women,
 - emerging adults,
 - 2SLGBTQIA+, or
 - young children.

WHAT WE DO

Through treatment planning and service delivery, **Biidaaziway Gamik** provides aid, education, and opportunities for everyone to achieve mental wellness to the maximum extent possible.

Biidaaziway Gamik utilizes standardized assessment tools for specific populations served and as directed by any requirements.

Regardless of the individual's background, disability, addictions, and/or co-occurring treatment needs, all will be welcomed with the goal of providing the most wholistic and comprehensive treatment approach. In turn, Clinicians greet the individuals with a positive, sensitive approach, devoid of any stigma.

The engagement, assessment, and on-going treatment philosophies are characterized by:

- Respect for the individuals' autonomy of privacy and confidentiality,
- Sensitivity and non-threatening approaches,
- Engagement and re-engagement techniques, and
- Flexibility and perseverance.

Individuals who receive services will always be treated with respect and dignity. Clinicians and other service providers must be sensitive and respond to any unique cultural needs.

Individuals and families shall receive treatment in a manner that is:

- free from any coercion, disciplinary methods, retaliation, or staff convenience.
- free to exercise their rights without adversely affecting their treatment/services, including their right to refuse treatment.

Biidaaziway Gamik advocates on behalf of the individuals or families.

Biidaaziway Gamik:

- promotes and maintains maximum independence for persons served.
- supports individuals in their life choices.
- empowers individuals to live their life in the least restrictive environment possible.

Biidaaziway Gamik believes and supports the following strategies:

- defining the service population,
- assessing the needs of the community,
- setting service standards,
- determining array of services, and
- continuously evaluating the efficiency and effectiveness of its services.



"The place that brings light"