



National Association  
of Friendship Centres  
Association nationale  
des centres d'amitié



# Trauma-informed Mental Health Program Framework



**Last updated:** June 14<sup>th</sup>, 2023  
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## About NAFC

Friendship Centres (FCs) play a crucial role in connecting urban Indigenous people to culture, community, and supporting the overall wellbeing and health of the communities they serve. FCs also work towards removing systemic barriers and ensuring access to culturally relevant programs and services, including healthcare. While the COVID-19 pandemic has exacerbated existing challenges, FCs have long been at the forefront of caring for urban Indigenous communities. Culturally relevant health care (including mental health), affordable transportation and accommodations, and patient navigation all contribute to better overall outcomes. Through the following mental health supports program, NAFC will support FCs to increase their capacity to provide and expand access to trauma-informed mental health and cultural support services for urban and rural Indigenous communities.

## Purpose

This document is intended to provide an overview of the Trauma-informed Mental Health Support Program. Most recently, NAFC was awarded funding to help support mental health programming, mobilization and/or prevention. The NAFC will use an application-based model to distribute funding and therefore cannot guarantee funding for PTAs and FCs.

## Program Overview

**Program Name:** Trauma-informed Mental Health Program

**Government Funders:** Indigenous Services Canada (ISC), First Nations and Inuit Health Branch (FNIHB) and the Public Health Agency Canada (PIHAC)

**Project Start Date:** No later than September 5, 2023.

**Project End Date:** March 31, 2025.

FCs and PTAs can apply to receive up to \$125,000 per year for a 2-year period with a total of \$250,000 in funding

## Program Background

NAFC was awarded funding to help support FCs increase capacity to provide and expand access to trauma-informed mental health and cultural support services. This funding can also be used to support mental wellness projects for Indian Residential School (IRS) survivors and the families of former students. Trauma-informed health supports can include a network of community-based, Indigenous health and cultural

support providers consisting primarily of trained & trauma-informed Indigenous health workers, Elders, traditional healers, and cultural practitioners.

## Program Goals

The goals of the Trauma-Informed Mental Health Program are to:

- Support pre-existing mental health initiatives and ensure that culture is an integral component to centres mental health services.
- Knowledge mobilization and information sharing to create a better understanding of urban Indigenous mental health needs.
- Increase mental health programming and capacity needs at FCs and PTAs.

## Program Objectives

- Ensure that urban and rural Indigenous communities can safely address any mental wellness issues related to their lived experiences.
- Address the mental health concerns and support mental wellness for urban and rural Indigenous communities in a community-based, holistic, and integrated manner.

## Project Activity Categories

Some examples of eligible project activities include but are not limited to:

### 1. Cultural Programming

- i.e., cultural/ceremonial teachings, traditional medicines, ribbon skirt/shirt, traditional foods, land-based programming and access to ceremony.

### 2. Community-based Health and Support Services

- Food security, family programming, and community gatherings
- Any wrap-around service that ensures clients feel safe and supported. Providing workshops and support groups locally for all Indigenous persons, regardless of status, place of residence, or those who experience intergenerational trauma due to Indian Residential Schools.

### 3. Community Outreach and Partnerships

- Conducting community outreach to inform community members about available support services offered locally,
- Providing workshops and support groups locally for all Indigenous persons, regardless of status, place of residence, or experience intergenerational trauma due to Indian Residential Schools
- Working with partners to provide information about other support services (e.g., victim support services), including eligibility criteria, and where possible, help clients access service(s)

#### **4. Other Mental Health Programming**

- Bridging Indigenous traditional knowledge and western teachings to provide personalized care unique to client/community needs.
- Distribution of self-care bundles to community members (i.e., youth and Elders).
- Assistance with transportation may be offered when mental health counselling and cultural support services are not locally available.

#### **5. Staff Capacity and Expertise**

- Hire mental health support staff to assist with program implementation.
- Project activities that support resource sharing, training, and expertise amongst mental health & cultural support workers.
- Providing regular training opportunities for Health and Cultural Support Worker(s) on subjects relevant to the delivery of services, such as crisis intervention, suicide prevention, post-traumatic stress, conflict resolution, vicarious trauma, and self-care for their clients.

## **Eligible Expenses**

The eligible expenditures identified in the following budget categories should be directly related to project activities. Indirect costs can be eligible on a prorated basis (i.e., accounting, information technology management).

Eligible expenses include:

#### **Personnel**

- Project staff salaries and wages
- Employer's contribution to statutory and extended employee group benefits plans (dental, medical, pension benefits, RRSPs) by virtue of the collective agreement or the letter of employment, combined with statutory benefits for each employee (must be offered to all employees and if benefits are above 20%, please provide a copy of the collective agreement or the letter of employment).

- Contractor fees (trainers, consultants, nutritionists, translation services etc.)

### **Travel and Accommodation**

- Expenses for project activities such as private vehicle mileage, air, train, or bus fares, project-related meals, and accommodation costs are all eligible

*Note: Kilometric rates, meals, and other travel related expenses must not exceed those allowed under the National Joint Council Travel Directive.*

### **Materials and Supplies**

- Office supplies
- Printing
- Postage

### **Equipment**

- Office/Project equipment such as computers; equipment for children, adults with special needs, etc.

### **Rent**

- Actual rental costs incurred and substantiated by a rental/lease agreement
- Cost incurred to rent space for off-site meetings, conferences, training (if space not available at project location)

### **Utilities** (if not included in the rental agreement)

- Telephone, electricity, heating, etc.
- Property maintenance costs based on the square footage or other acceptable methods used for the project

### **Performance Measurement / Evaluation**

- Fees for a third-party evaluation, data collection and analysis

## **Ineligible Expenses**

### **Personnel**

- Statutory and extended benefits not included in employee group benefits plans (dental, medical, pension benefits, RRSPs) by virtue of the collective agreement or the letter of employment.
- Performance pays (bonus)
- Severance/separation/termination payments
- Maternity leave (including top up – portion not covered under EI)
- Compensation during extended absence

## **Travel and Accommodation**

- Travel and hospitality expenses that exceed the National Joint Council Travel Directive

## **Materials**

- Rental charges for use of recipient owned equipment (i.e., computers)

## **Rent**

- Rental costs claimed for property/space owned by or donated to the recipient

## **Other**

- Capital costs such as the purchase of land, buildings, or vehicles
- Direct services which are part of the jurisdiction of other governments, (e.g., medical treatment and services)
- Costs of ongoing activities for the organization (not directly related to the funded project)
  - Overhead/administrative fees expressed as a percentage of ongoing operational support of an organization.
  - No transfer or use funds for any other purpose but for carrying out the trauma-informed cultural and health support program.
- Stand-alone activities such as (a “stand-alone activity” would be considered as such when there is no program intervention with a project audience, etc.)
  - audio visual production or website/smartphone application development and maintenance
  - Conferences, symposia, and workshops as stand-alone projects
- Profit-making activities
- Pure research in any discipline (Pure research also known as “basic” or “fundamental” research is original investigation undertaken to gain new scientific or technical knowledge and understanding, but without specific applications.