



EMPOWERING INDIGENOUS YOUTH

Video Project on Mental Health and Substance Abuse
Awareness



PREPARED BY:
ECHEN HEALING SOCIETY
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Echen Healing Society

Contact Information:

Chad Stump, Executive Director

Project Duration:

June 15 – July 31, 2024

Requested Funding:

\$49,885

Project Description:

Objectives:

Heighten awareness The video aims to bring mental health and substance abuse issues to the forefront of community consciousness. By shedding light on these challenges, it encourages open dialogue and informed discussions.

Humanize the Issues By featuring the voices of elders, leaders, and youth, from people within their own communities, the video humanizes these issues. It allows viewers to connect on a personal level, moving beyond statistics and stereotypes.

Combat Stigma The video will aim to dismantle stigma associated with mental health and addiction. It encourages empathy, compassion, and acceptance.

Holistic Approach Rather than isolating mental health from other aspects of life, the video will advocate for a holistic approach—one that considers cultural, emotional, and physical wellbeing.

Youth Empowerment By empowering youth, the video will ensure continuity. It encourages them to learn from elders, embrace cultural teachings, and become advocates for positive change. It will inspire youth to reclaim their heritage and identity.

Challenge the Colonial System The video will acknowledge the impact of the current colonial system. By raising awareness, it encourages critical reflection and advocacy for systemic change.

Grannies' Rules The video will remind the youth about Grannies rules, which they are going to lose, if we do not remind them those are the rules that we live by. Upholding ancestral wisdom—Grannies' rules—becomes a call to action. It prompts viewers to question existing structures and advocate for a more equitable future.

Honoring Ancestral Wisdom By grounding the video in the land, it will pay homage to the past while actively shaping a healthier future. as well as highlighting the wisdom and guidance of today's elders. The video will ignite a cultural revival by emphasizing the importance of passing down knowledge through storytelling, ceremonies, and land-based healing.

Legacy The video will become a testament to resilience, survival, and the enduring spirit of Indigenous communities.

In summary, this video will transcend mere information dissemination. It is a bridge between generations, a beacon of hope, and a catalyst for positive change.

Methods:

The video series will incorporate traditional Indigenous storytelling methods, interviews with healthcare professionals, and testimonials from Indigenous youth who have overcome these challenges. We will collaborate with local Indigenous communities, Elders, and youth to ensure the content is culturally appropriate and respectful.

Introduction:

The video begins with a brief overview of the purpose and objectives of the video, as well as a trigger warning for sensitive topics and a list of resources for help and support. The video also acknowledges the diversity and uniqueness of Indigenous peoples and culture and respects their sovereignty and self-determination.

Part 1:

The video presents the historical and contemporary factors that contribute to the mental health and substance abuse issues among Indigenous youth, such as colonization, intergenerational trauma, racism, poverty, and social exclusion. The video uses statistics, facts, and quotes from experts and elders to illustrate the scope and impact of these issues on Indigenous communities and individuals.

Part 2:

The video shares the personal stories and experiences of local Indigenous youth who have struggled with mental health and substance abuse problems, or who have supported their peers or family members who have faced these challenges. The video highlights the common themes and challenges that these youth have encountered, such as stigma, shame, isolation, lack of access to services, and coping strategies. The video also emphasizes the strengths and resilience of these youth, and how they have overcome or managed their difficulties.

Part 3:

The video explores the role of culture, tradition, and healing practices in promoting the mental health and wellbeing of Indigenous youth. The video showcases the various ways that Indigenous youth connect with their culture and identity, such as through language, art, music, ceremony, spirituality, land, and community. The video also features the examples and testimonies of Indigenous youth who have benefited from culturally informed and holistic approaches to mental health and substance abuse treatment and prevention, such as land-based healing, Indigenous counselling, peer support, and cultural mentorship.

Conclusion:

The video concludes with a summary of the main messages and learnings from the video, as well as a call to action for viewers to support and empower Indigenous youth in their mental health and substance abuse journeys. The video also provides some tips and suggestions for viewers to take care of their own mental health and wellbeing, and to seek help if needed. The video ends with a thank you and a recognition of the contributors and partners involved in the video production.

Impact:

- Elders explaining their heritage to the youth is empowering for both as it provides a sense of belonging, pride and self-worth. The goal is to inspire youth to share their experiences and stories, and to feel confident to seek help and support when needed. .
- A strong cultural identity can improve mental health resilience. When youth feel empowered, their self-esteem flourishes. They believe they can make a difference and contribute meaningfully. When youth perceive mental health issues as normal and addictions as discussable, they are less likely to feel shame or inadequacy.
- Teaching traditional forms of healing, including working with land-based medicines and participating in cultural activities like making dream catchers, drumming circles, and peer social gatherings promote a strength-based approach to mental health and wellness and reduce stigma and shame associated with mental health and substance abuse problems.
- Acknowledging and addressing the historical trauma and loss of culture that Indigenous communities have faced is crucial in healing and improving mental health. Understanding the systemic barriers helps youth understand that their struggles are not solely personal but rooted in broader issues. When youth realize they are not alone in facing these challenges, it can alleviate feelings of inadequacy. When youth recognize their own struggles mirrored in the narratives, it can enhance their self-worth and confidence.

- Interactions with elders can provide youth with a sense of continuity, wisdom, and a deeper understanding of their cultural roots reminds them that they are part of a rich heritage. Knowing that respected elders trust them and believe in their potential can be transformative and a source of strength for the youth.
- Influence and inform the policy makers and service providers who are responsible for designing and delivering mental health and substance abuse services for Indigenous by highlighting the gaps and barriers that Indigenous encounter in accessing culturally appropriate and holistic care, and the need for more resources and support for Indigenous-led and community-based solutions.

Conclusion:

To encapsulate, this initiative represents a pivotal stride towards confronting the mental health and substance misuse issues that are prevalent among the Indigenous population in Quesnel. Utilizing the potency of narrative and the sagacity of elders, the video is designed to illuminate these challenges, foster comprehension, and stimulate discourse.

The project is poised to empower Indigenous youth, contest prejudiced stereotypes, and diminish the stigma associated with mental health and substance misuse. Moreover, it is committed to educating the wider public and influencing decision-makers and service providers, underscoring the necessity for increased resources and support for Indigenous-led solutions.

The project accentuates the role of culture, tradition, and healing practices in cultivating resilience and wellbeing among the Indigenous communities. In essence, it aspires to foster a society that is more inclusive, understanding, and supportive, thereby contributing significantly to the mental health landscape.

Budget:

Description	Cost	Unit	Total
Videographer			
Half Day Filming	\$400	10 days	\$4,000
Full Day Filming	\$800	5 days	\$4,000
Editing	\$400	10 days	\$4,000
Equipment Rental	\$300	15 days	\$4,500
Additional Revisions	\$300	10 days	\$3,000
Subtotal			\$25,900

Elders, Experts, Teachers to provide traditional sacred teachings, reflections, learnings, and knowledge sharing

Half Day (1 to 4 hours) 2 per community	\$300	6 days	\$1,800
Full Day (4 to 6 hours) 2 per community	\$600	6 days	\$3,600
Elder Support Person Supports Elders feeling safe when travelling and ensures their health and wellbeing 2 per community 2 urban	\$175	8	\$1,400
Informal consultant to provide advice, direction, and guidance grounded in Indigenous knowledge and ways of being 2 per community 2 urban	\$200	8	\$1,600
Youth Honoraria	\$150	10	\$1,500
Subtotal			\$9,900

Expenses

Travel ?Esdilagh (100 km x \$0.70 x 2 x 2), Kluskus, (230 km x \$0.70 x 2 x 2) Nazko (240 km x \$0.70 x 2 x 2) and to various schools, service organizations and other miscellaneous travel in town (30km/day x 4/week x 4 weeks x 2) (Project Management and Videographer)	\$500	4	\$2,000	
Supplies for Campout (Food, Camping Supplies, Shuttle to transport youth and elders)	\$2,500	2	\$5,000	
Conference room for interviews	\$300	5	\$1,500	
Gifts for volunteers and support staff	\$500	1	\$500	
Craft supplies	\$550	1	\$550	
			Subtotal	\$9,550
			Total	\$45,350
			Admin 10%	\$4,535
			TOTAL	\$49,885

If you have any questions regarding this proposal, you can contact me at 250.992.0614 or via email cstump@echenhealing.ca.

Chad Stump
Executive Director

February 12, 2024