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## Supplemental Tables

Table 1. Mental Health and Wellness Services Provided by Each Program							
Program Name	Province or Territory	Type of Program	Population Served	Mental Health and Wellness Services Provided	Land-Based Program	Community member (without formal professional training) deployed	On-Reserve
Abbotsford Child and Youth Committee	British Columbia	Not Specified	Aboriginal, Métis, Inuit, status, and non-status individuals in Abbotsford	<b>-Aboriginal Child &amp; Youth Mental Health:</b> mental health services that are rooted in traditional teachings			
Canim Lake Band Organization	British Columbia	Indigenous Health Services	The People of the Canim Lake Band (the Tsq'escenemc)	-Cultural activities -Family support services -Assessments and referrals -Individual and group sessions			✓
Cariboo Friendship Society	British Columbia	Non-Profit	Local community members	<b>-P.E.A.C.E. Program for Children and Youth Experiencing Violence:</b> individual and group counselling for children who have experienced violence -Aboriginal Child and Youth Mental Health Program: for youth suffering from social, emotional, or behavioral disorders			
Carrier Sekani Family Services	British Columbia	Non-Profit	Carrier and Sekani people in North Central British Columbia	<b>-Health and Wellness Counselling Program:</b> evidence based and culturally relevant mental health consultation, assessment, and treatment <b>-Youth Services:</b> includes workshops that cover healthy sexuality, drug and alcohol education, nutrition, mental wellness, etc.	✓	✓	
Denisiqi Services Society	British Columbia	Not Specified	Support the following indigenous communities: Tlesqox First Nations, Tsideldel First Nations, Ulkatcho First Nations, Xeni Gwet'in First Nations, Esdilagh First Nations, Yunesit'in First Nations)	<b>-Aboriginal Child and Youth Mental Health Program:</b> includes individual clinical counselling, family counselling, group work and programs, and Healing Circles for Tsilhqot'in & Ulkatcho't'en families	✓	✓	











Table 1. continued part 6							
Program Name	Province or Territory	Type of Program	Population Served	Mental Health and Wellness Services Provided	Land-Based Program	Community member (without formal professional training) deployed	On-Reserve
Pee Kis Kwe Tan «Let's Talk» Society	Alberta	Non-Profit	Métis, Status, and Non-Aboriginal population living in Wabasca	- <b>Youth and Elder Support:</b> crisis intervention for at-risk youth and elders -Mental Health and addictions services			
ACCESS Open Minds-Sturgeon Lake First Nation	Kisiskatchewan- isipi (SK)	Non-Profit	Youth in the Sturgeon Lake community	- <b>Youth mental health services:</b> traditional healing and Western mental health care			✓
Battleford Indian and Metis Friendship Centre	Kisiskatchewan- isipi (SK)	Non-Profit	First Nation and non-Indigenous families	- <b>Youth Enrichment Program:</b> provides programs and activities to youth that focus on recreational and cultural activities that improve mental health			
Battle River Treaty 6 Health Centre	Kisiskatchewan- isipi (SK)	Indigenous Health Services	People of Little Pine, Lucky Man, Mosquito, Moosomin, Sweetgrass and Poudmaker (First Nation and Cree Nation communities)	- <b>Mental Health and Addictions Wellness Department:</b> mental health and addictions counselling with youth - <b>Youth Outreach Program:</b> programs on suicide prevention, self-esteem, stress reduction, addictions, supports etc. - <b>Youth Wellness Counselling:</b> counselling for youth ages 10-17			✓
Fond Du Lac Denesuline First Nations Health Services	Kisiskatchewan- isipi (SK)	Indigenous Health Services	Fond Du Lac's Denesuline First Nations community	- <b>Mental Health Therapy:</b> therapy, outreach programs, workshops, school presentations, and evening activities - <b>Addiction Services:</b> support, outreach programs, referrals for in-patient treatment centers, workshops, school presentations, and evening activities - <b>Specialized Therapies:</b> a Physiotherapist, Occupational Therapist, Speech Therapist, and Autism Therapist offer therapy, consultations, and workshops - <b>Youth Wellness:</b> suicide prevention program, support group, Safe Talk workshops, referrals			✓
Saskatoon Indian Metis Friendship Centre	Kisiskatchewan- isipi (SK)	Non-Profit	First Nations, Métis, and Inuit individuals in Saskatoon	- <b>Safe Talk:</b> access to mental health supports		✓	
White Buffalo Treatment Centre	Kisiskatchewan- isipi (SK)	Non-Profit	First Nations population in Northern Saskatchewan	-Residential treatment and outreach services for female youth experiencing drug and alcohol abuse			





































Table 2. continued part 6

Program Name	Program's Mission	Type of Statement Listed on Website
North Bay Indigenous Friendship Centre	"The mission of the North Bay Indigenous Friendship Centre is to improve the quality of life for First Nation, Metis, and Inuit people in the urban environment of North Bay by supporting self-determined activities which encourage equal access and participation in society and which respects Aboriginal culture distinctiveness. The North Bay Indigenous Friendship Centre provides a wide array of programs and services to support Aboriginal people of all ages. An important part of our mandate is to serve as a gathering place for Aboriginal and Non-Aboriginal people. The Centre is a place where Aboriginal culture is celebrated, friendships are made, knowledge and skills are shared and good times are enjoyed."	Mission Statement
Noojmowin Teg Health Centre	"To support and nourish Mino Bimaadziwin (Good life) led by our Anishinabek healing practices, by braiding our wholistic health care services together within our organization and with our partners and community-based programs/services. "	Mission Statement
N'Swakamok Native Friendship Centre	"N'Swakamok Native Friendship Centre is committed to preserving language and culture, enhancing quality of life and empowering family and community by providing supports, services, and partnerships for the Native community in an urban setting"	Vision Statement
Ontario Native Women's Association	"At the Ontario Native Women's Association (ONWA), we celebrate and honour the safety and healing of Indigenous Women and Girls as they take up their leadership roles in the family, community, provincially, nationally, and internationally for generations to come."	Vision Statement
Parry Sound Friendship Centre	"Friendship Centres are not-for-profit corporations that are mandated to serve the needs of urban Indigenous people by providing culturally appropriate services in urban communities"	Mission Statement
Red Lake Indian Friendship Centre	"To ensure that a community directed organization is working to improve the quality of life for Red Lake's First Peoples and their descendants by promoting traditional values such as unity, sharing, respect, honesty, caring and spirituality through social, recreational and cultural activities."	Mission Statement
Sagamok Anishnawbek	"Sagamok Naandwedjige-Gamik anticipates and responds to the health and social needs of the community; cultivates and nurtures the desire to take control of personal health and social wellbeing; stimulates and enriches the quality of life in the community by providing holistic education and awareness, intervention and treatment programs and services"	Statement of Purpose
Serpent River First Nation Mental Health Unit	"A self-sufficient people within a community of caring and compassionate families."	Statement of Purpose
Shkagamik-Kwe Health Centre	"The Shkagamik-Kwe Health Centre's main purpose is to create and deliver services that will prevent ill health, treat illness and provide ongoing support and aftercare. Services will be offered in a culturally safe way that welcomes, accepts and represents all Aboriginal peoples, utilizing an approach that combines Western and Traditional practices."	Organization's Mandate
Sioux Lookout First Nations Health Authority	"SLFNHA wishes to contribute to achieving the vision of health and individual, family and community well-being by working in partnership with all jurisdictions in the Anishinabe Health System to provide excellence in population health promotion and system organization."	Vision Statement
Southwest Ontario Aboriginal Health Access Centre	"To empower Indigenous families and individuals to live a balanced state of well-being by sharing and promoting wholistic health practices."	Mission Statement
The Indian Friendship Centre	"The Indian Friendship Centre in Sault Ste. Marie is guided by the teachings given by the Creator to the Indigenous People. These teachings will unite us in harmony as we build a strong, proud community for seven generations."	Mission Statement
The Native Canadian Centre of Toronto	"We empower the Indigenous community in Toronto by providing programs that support their spiritual, emotional, physical and mental well-being."	Mission Statement
Thunder Bay Indigenous Friendship Centre	"Rooted in culture, the Thunder Bay Indigenous Friendship Centre strengthens the lives of Indigenous people by providing holistic supports, services and advocacy."	Mission Statement

**Table 2. continued part 7**

Program Name	Program's Mission	Type of Statement Listed on Website
Tikinagan Child & Family Services	"The Creator entrusted First Nations with the sacred responsibility of protecting our children and developing strong families and healthy communities. The Chiefs created Tikinagan to support and strengthen our children, our families, and our communities. The future of our communities is our children. They need to be nurtured within their families and communities. As such, community responsibility for child protection is an essential aspect of First Nations' self-government."	Vision Statement
Tungasuvvingat Inuit	"Our mandate is to assist Inuit adjust to southern urban culture and provide support every step of the way."	Statement of Purpose
United Native Friendship Centre	"In recognition of the ever-changing world in which we live, the United Native Friendship Centre is dedicated to enhancing the lives of Native and non-Native people in our community and surrounding area. Its primary responsibility is to serve Aboriginal people with special services in the fields of social, educational and cultural development while, at the same time, building a bridge of understanding between Native and non-Native people."	Mission Statement
Wabano	"More than a health centre, Wabano is a proud Indigenous organization dedicated to helping Indigenous people live the good life."	Vision Statement
Waasegiizhig Nanaandawe'iyewigamig	"Our purpose is to foster healthy Anishinaabeg and communities through traditional and contemporary health care encompassing mind, body, heart, and spirit."	Mission Statement
Wikwemikon Health Centre	"Wholistic well-being of the community. To provide access of all opportunities of traditional and western health care to the community."	Mission Statement
Aaschihkuwaataauch- ACCESS Open Minds, Cree Nation of Mistissini	Not Available on Website	Not Available on Website
Cree Board of Health and Social Services of James Bay	"In partnership with the Government of Québec, the Cree Board of Health and Social Services of James Bay provides health and social services to the 9 communities of the Cree nation of Eeyou Istchee. Founded in 1978, the Cree Board of Health and Social Services of James Bay (CBHSSJB) is responsible for the administration of health and social services for all persons residing permanently or temporarily in Region 18, the administrative region of the Ministry of Health and Social Services of Quebec corresponding to the Cree territory of James Bay. Our mandate is defined in Chapter S-5—An Act respecting health services and social services for Cree Native persons. "	Mission Statement
Inshiyuu Miyuupimatisiioon (Chisasibi Wellness)	"The Chisasibi mission is to develop and implement services and activities that promote wellness and improve the quality of life for Chisasibi's population specifically, and support, more globally, regional Cree wellness by promoting Cree culture and language "	Mission Statement
Maniwaki Native Friendship Centre	"The Maniwaki Native Friendship Centre strives to improve the quality of life of urban aboriginals by providing support services, advocacy, information and referrals on programs and services developed for aboriginal families living or passing through the region of Maniwaki."	Mission Statement
Native Montreal	"Our mission is to support the holistic health, cultural strength and success of Indigenous families, individuals and our community living in the greater Montreal area."	Mission Statement
Saqijug- ACCESS Open Minds Puvirnitug	Not Available on Website	Not Available on Website
Val-d'Or Native Friendship Centre	"The Val-d'Or Native Friendship Centre is a hub of urban services, a living environment and a cultural anchor for the First Peoples, dedicated to the well-being, justice and social inclusion, it promotes harmonious coexistence in the community."	Mission Statement
Walgwan Centre	"With full respect for the dignity and value of each person, the Center provides a safe environment to each First nations and Inuit Youth with a personally centered, holistic and culturally appropriate transition to their own path to well-being and a healthy life."	Mission Statement

Table 2. continued part 8

Program Name	Program's Mission	Type of Statement Listed on Website
ACCESS Open Minds- Elsipogtog First Nation	Not Available on Website	Not Available on Website
Elsipogtog Health and Wellness Centre	"We believe in the promotion and provision of holistic health and wellness services, responsive to our community's needs to affirm confidence, pride and self-responsibility."	Organization's Mandate
Neqotkuk Health Services	"The mission of the Neqotkuk Health Programs and Services is to provide quality care and raise awareness of health issues, while promoting holistic health and safety for the community of Neqotkuk."	Mission Statement
Charles J. Andrew Youth & Family Treatment Centre	"Our mission is to empower Aboriginal families through the provision of a Holistic Healing Program. The program will be strongly influenced by traditional Aboriginal values, beliefs and practices through spirituality and a reconnection to the Land. These values, beliefs and practices will be key components in nurturing and building self-confidence and developing skills among youth and families to help them reach their full potential as community members."	Mission Statement
First Light St. John's Friendship Centre	"Our mission is to serve the urban Indigenous and non-Indigenous community alike by providing programs and services rooted in the revitalization, strengthening, and celebration of Indigenous cultures and languages in the spirit of trust, respect, and friendship."	Mission Statement
Eskasoni Mental Health Services	" Our Mission is to provide high-quality mental health and addiction services, across the lifespan, that are culturally appropriate, community-based, and community-led. We aim to achieve excellence in mental health and addiction service delivery by working as individuals, as a team, and as a community to create healthy people and a healthy community."	Mission Statement
Mi'kmaw Native Friendship Society - Wije'winen Health Centre	"To improve the lives of Indigenous peoples living in an urban environment through social and cultural programming."	Mission Statement
Native Council of Nova Scotia	"Our goal is to operate and administer a strong and effective Aboriginal Peoples Representative Organization that serves, advocates and represents our community."	Goal Statement
Native Alcohol and Drug Abuse Counselling Association	"Our vision is to provide our First Nations communities with current best practices and community based culturally relevant programs delivered by certified addictions counsellors in an accredited facility."	Vision Statement
Kwanlin Dün First Nation's Natsékhí Kù Health Centre	"We seek a future where all citizens have a place to call home, the opportunity to explore their interests in education and have the skills to take advantage of employment and economic development opportunities. We work to empower our citizens so they may have a strong quality of life, the confidence to guide our youth and the compassion to care for our families and Elders"	Vision Statement
ACCESS Open Minds- Ulukhaktok	Not Available on Website	Not Available on Website
Arctic Indigenous Wellness Foundation	"AIWF prides itself on ensuring community-determined priorities are actioned with the community members themselves ("nothing about us without us"). Community-designed interventions delivered by local people ensure programs are reflective of the cultural context of the land. We strive to ensure that we use local skill for both healing and knowledge translation as our peoples are the most knowledgeable of the needs of their communities"	Vision Statement
Gwich'in Tribal Council	"We protect and advance our interests through quality work, collaborative approaches and good governance in order to improve the lives and preserve the culture and language of the Gwich'in."	Mission Statement
Inuvialuit Regional Corporation: Health and Wellness Division	"The mandate of Inuvialuit Regional Corporation (IRC) is to continually improve the economic, social and cultural well-being of the Inuvialuit through the implementation of the Inuvialuit Final Agreement (IFA) and by all other available means."	Organization's Mandate
Soaring Eagle Friendship Centre	"To provide an Aboriginal Culture, Educational & Training Programming Centre for the people of Hay River."	Mission Statement

Table 2. continued part 9		
Program Name	Program's Mission	Type of Statement Listed on Website
Yellowknives Dene First Nation Wellness Department	"The YKDFN Wellness Division provides efficient, holistic wellness programs and services to empower members to make healthy choices and opportunities As Long as the Sun Rises, River Flows and Grass Grows."	Mission Statement
Akausisarvik Mental Health Treatment Centre	Not Available on Website	Not Available on Website
Inuusirvik Community Wellness Hub	Not Available on Website	Not Available on Website
Embrace Life Council	"We affirm and continue to work toward the vision of the Nunavut Suicide Prevention Strategy, which states that: Inuit are not predisposed by virtue of ethnicity to be at a higher risk of suicide than non-Inuit. Grounded in and encouraged by this truth, the Partners envision a Nunavut in which suicide is de-normalized, where the rate of suicide is the same as the rate for Canada as a whole—or lower. This will be a Nunavut in which children and youth grow up in a safer and more nurturing environment, and in which people are able to live healthy, productive lives because they have the skills needed to overcome challenges, make positive choices, and enter constructive relationships. This will also be a Nunavut in which families, communities, and governments work together to provide a wide-reaching and culturally appropriate range of services for those in need. A diverse group of stakeholders must be mobilized to achieve this vision. Every person and organization in Nunavut can have a role in preventing suicide, and in building a healthy community. Once mobilized, these individuals and groups can all contribute meaningfully to the achievement of this common vision."	Vision Statement
Iqlauit Mental Health	Not Available on Website	Not Available on Website
Nunavut Department of Health	"Our Mission is to enhance the well-being and self-reliance of Nunavummiut through integrated and innovative services."	Mission Statement