First Nations Health Authority
Health through wellness

BC First Nations Health Authority
The Journey

Presentation by FNHA CEO Richard Jock

International Federation of Health Plans

October 3, 2022

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Opening Remarks

Paddling Together in a Climate for Change

FNHA stands with all Residential School Survivors, their families, and others traumatized by recent tragic revelation of unmarked graves discoveries.

The findings speaks to the lasting impacts and ongoing harms of colonialism and the residential school system on First Nation people, their families, and communities.

As we continue the important work toward justice, healing and reconciliation, we encourage all to acknowledge and to speak out against Indigenous-specific racism in all its forms.

First Nations in British Columbia

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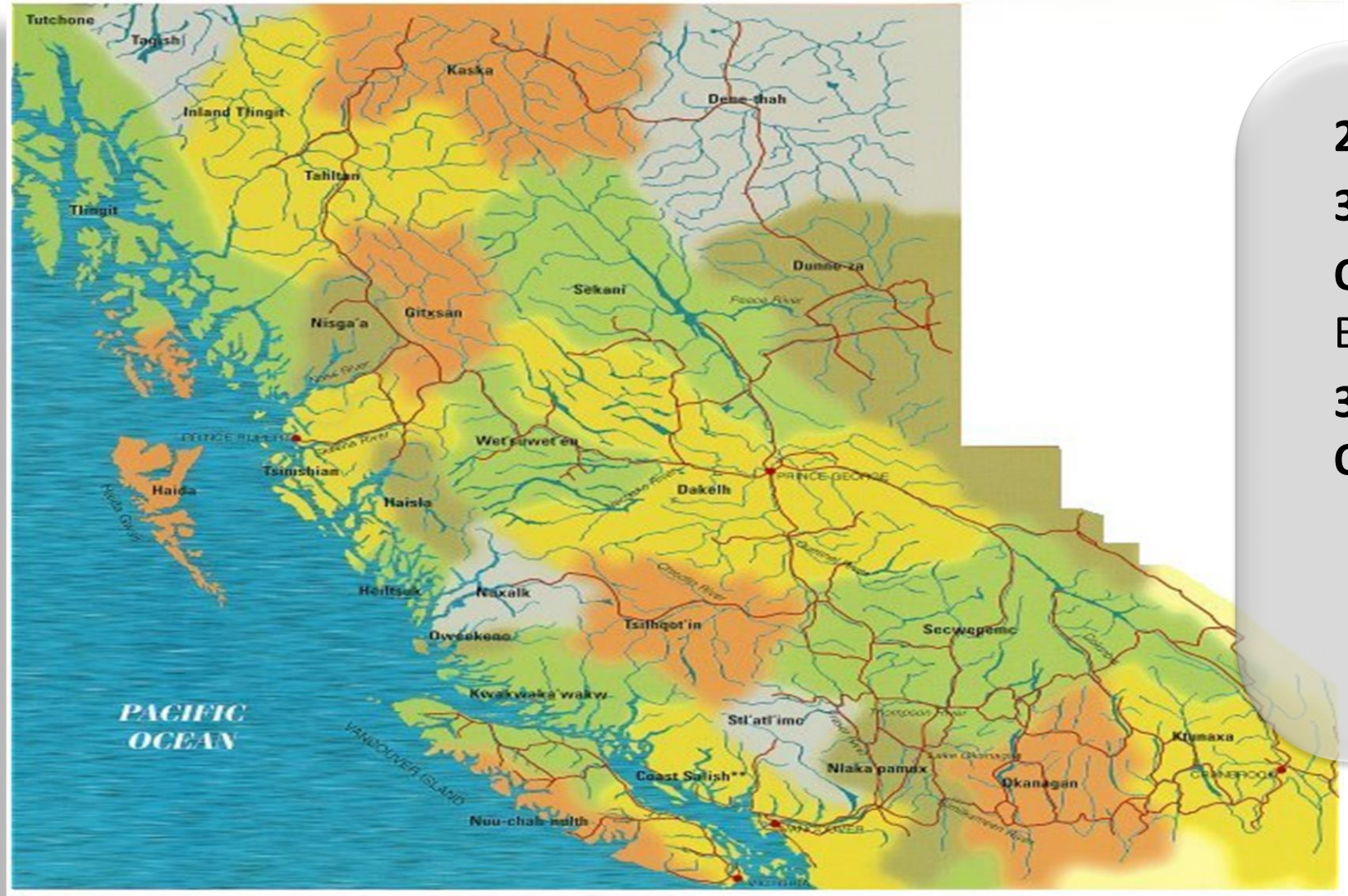

26 Cultural Groups

34 Languages

Over 200 First Nations (or Bands)

3 Provincial First Nations Organizations

- **BC Assembly of First Nations**
- **First Nations Summit**
- **Union of BC Indian Chiefs**

For more information, visit www.fpcc.ca

FIRST NATIONS HEALTH GOVERNANCE JOURNEY IN BC

NOVEMBER 2005
Transformative Change Accord

NOVEMBER 2006
First Nations Health Plan Memorandum of Understanding

JUNE 2007
Tripartite First Nations Health Plan

FEBRUARY 2008
First Nations Interim Health Governance Committee Formed

First Nations Health Directors Association

APRIL 2010
First Nations Health Directors Association Formed

JULY 2010
Basis for a Framework Agreement on First Nations Health Governance

JANUARY 2012
First Nations Health Society becomes *Interim* First Nations Health Authority

MAY 2012
BC First Nations endorse Consensus Paper 2012

AUGUST 2012
Interim First Nations Health Authority becomes First Nations Health Authority

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JULY 2015
Provincial Health System Declaration of Commitment: Cultural Safety and Humility in Health Services for First Nations and Aboriginal People in BC

MARCH 2016
FNHC and BC MoU on 10-Year Social Determinants Strategy

2005 2006 2007 2008 2009 2010 2011 2012 2013 2014 2015 2016 2017 2018

MARCH 2005
First Nations Leadership Accord

NOVEMBER 2006
Transformative Change Accord: First Nations Health Plan

First Nations Health Council

FEBRUARY 2007
First Nations Health Council Created

First Nations Health Society

APRIL 2009
First Nations Health Society Created

2008
Regional Caucuses Formed

MAY 2011
7 Directives Established and Consensus Paper 2011 endorsed by First Nations in BC

OCTOBER 2011
Tripartite Framework Agreement on First Nations Health Governance

2010
Regionally Appointed First Nations Health Council

2012
Five of five regional Partnership Accords between Regional Caucuses, Regional Health Authorities, and the FNHA are now Signed and Completed

DECEMBER 2012
Health Partnership Accord

JULY 2018
Tripartite Partnership to Improve Mental Health and Wellness Services and Achieve Progress on the Determinants of Health and Wellness MoU

FEBRUARY 2017
FNHC Indigenous and Northern Affairs Canada MoU on Children and Family

Transfer Framework

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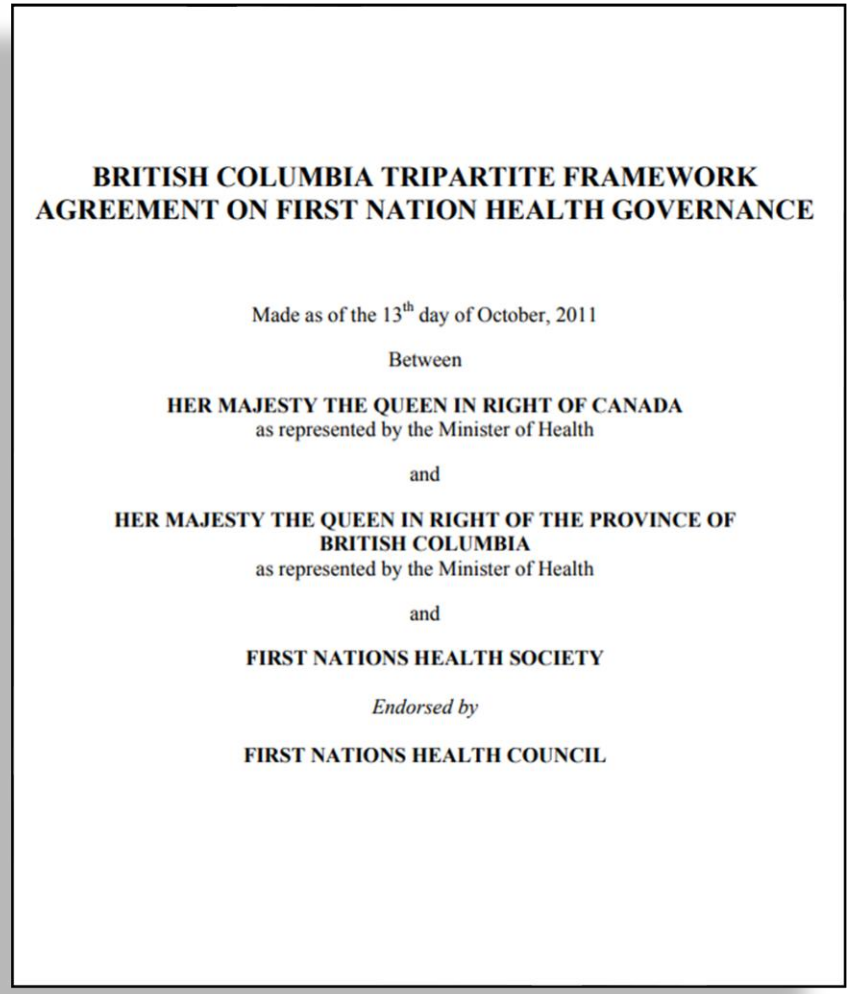

BRITISH COLUMBIA TRIPARTITE FRAMEWORK AGREEMENT ON FIRST NATION HEALTH GOVERNANCE

Made as of the 13th day of October, 2011

Between

HER MAJESTY THE QUEEN IN RIGHT OF CANADA
as represented by the Minister of Health

and

HER MAJESTY THE QUEEN IN RIGHT OF THE PROVINCE OF BRITISH COLUMBIA
as represented by the Minister of Health

and

FIRST NATIONS HEALTH SOCIETY

Endorsed by

FIRST NATIONS HEALTH COUNCIL

- Framework Agreement provided for a phased approach to transfer which resulted in transfer of **HQ functions** in **July 2013** and **Regional functions** in **October 2013**
- Sub-Agreements describe legal and logistic mechanics of transfer for the areas of **human resources, health benefits, records, assets and software, accommodations, capital planning, and novation.**
- **Longer term transition strategy** allowing for IT service continuity and Non-Insured Health Benefits buy-back.
- **Implementation fund** for start up phase

Health Partnership Accord

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Elements of our Shared Vision:

- BC First Nations are among the healthiest in the world
- BC First playing an active role in decision-making regarding their personal and collective wellness and drawing upon the richness of their traditions
- Access to high quality health services that are part of a broader wellness system

Our Commitment to Governance:

- Support a new First Nations health governance structure
- Recognize First Nations decision-making
- Nurture partnerships toward a more integrated health system

Reciprocal accountability:

- We will work together at all levels in a collaborative manner to achieve our shared goals, living up to our individual and collective commitments.
- Each Partner is accountable to the others for its actions and to deploy its part of the system towards shared goals.

Partners See Possibilities

The Partners are committed to implementing ongoing innovations, and envision a number of possibilities for health systems transformation, including:

- *Wellness System* – the incorporation of indigenous models of wellness into the health system and a shift in focus from sickness to wellness.
- *Health Planning* – better coordination in health planning and resources from community, sub-regional, regional, and provincial levels, to create better linkages between all levels.
- *Health Services* – the implementation of a high quality, integrated system of community-based public health, primary care, home and community care that is accessible to all and linked to culturally-competent secondary and tertiary care.
- *E-health* – a province-wide e-health system in First Nations communities is fully integrated with the provincial e-health network, and data sharing and health outcome monitoring is more accurate and effective than ever before.
- *Economic Innovation* – opportunities for entrepreneurial ventures, including shared services, are supported. Revenue-generating opportunities are pursued for reinvestment into services. Procurement systems are improved, services and facilities shared and aligned, and joint purchasing power maximized.
- *Cultural Competency* – the workforce that serves First Nations peoples is culturally competent, through an increased number of First Nations health professionals, cultural competency training, the availability of Aboriginal Patient Navigators, and the delivery of culturally-appropriate programs and services by all providers.

First Nations Health Governance Structure

- The First Nations Health Governance structure belongs to First Nations in BC.
- It consists of political representation, leadership, and advocacy through the regionally appointed 15-member **First Nations Health Council**; health service delivery and associated partnership and leadership functions through the **First Nations Health Authority** & and technical advice and capacity development through the **First Nations Health Directors Association.**

Our Shared Vision & Directives developed by First Nations in BC underpins our collective work

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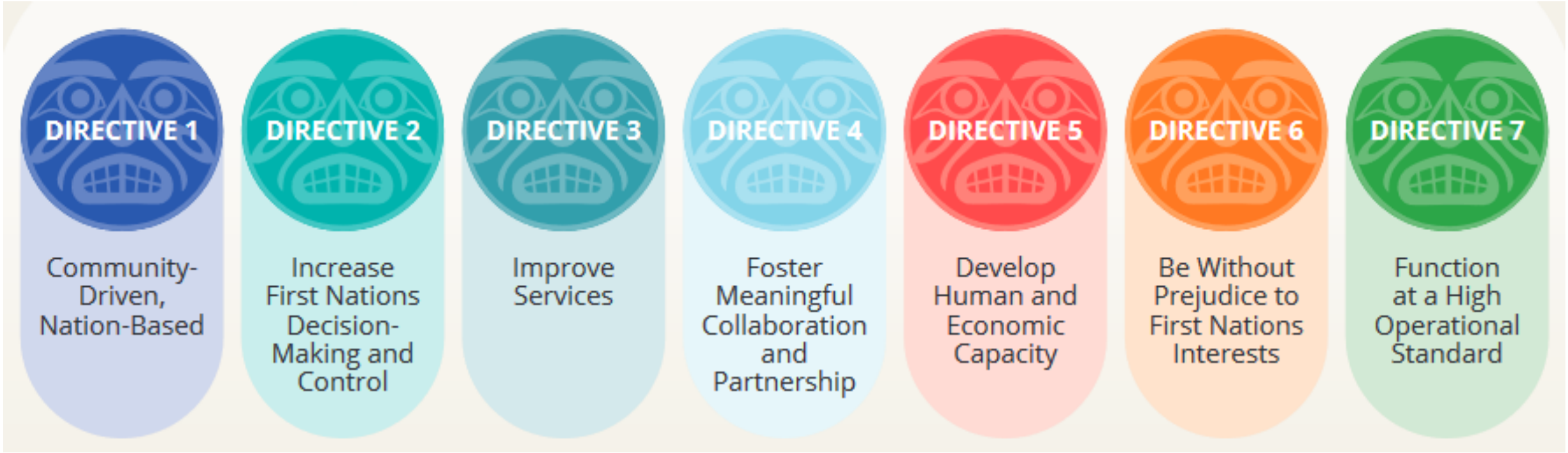
"Healthy, Self-Determining and Vibrant First Nations Children, Families and Communities in BC"



First Nations Perspectives on Health & Wellness

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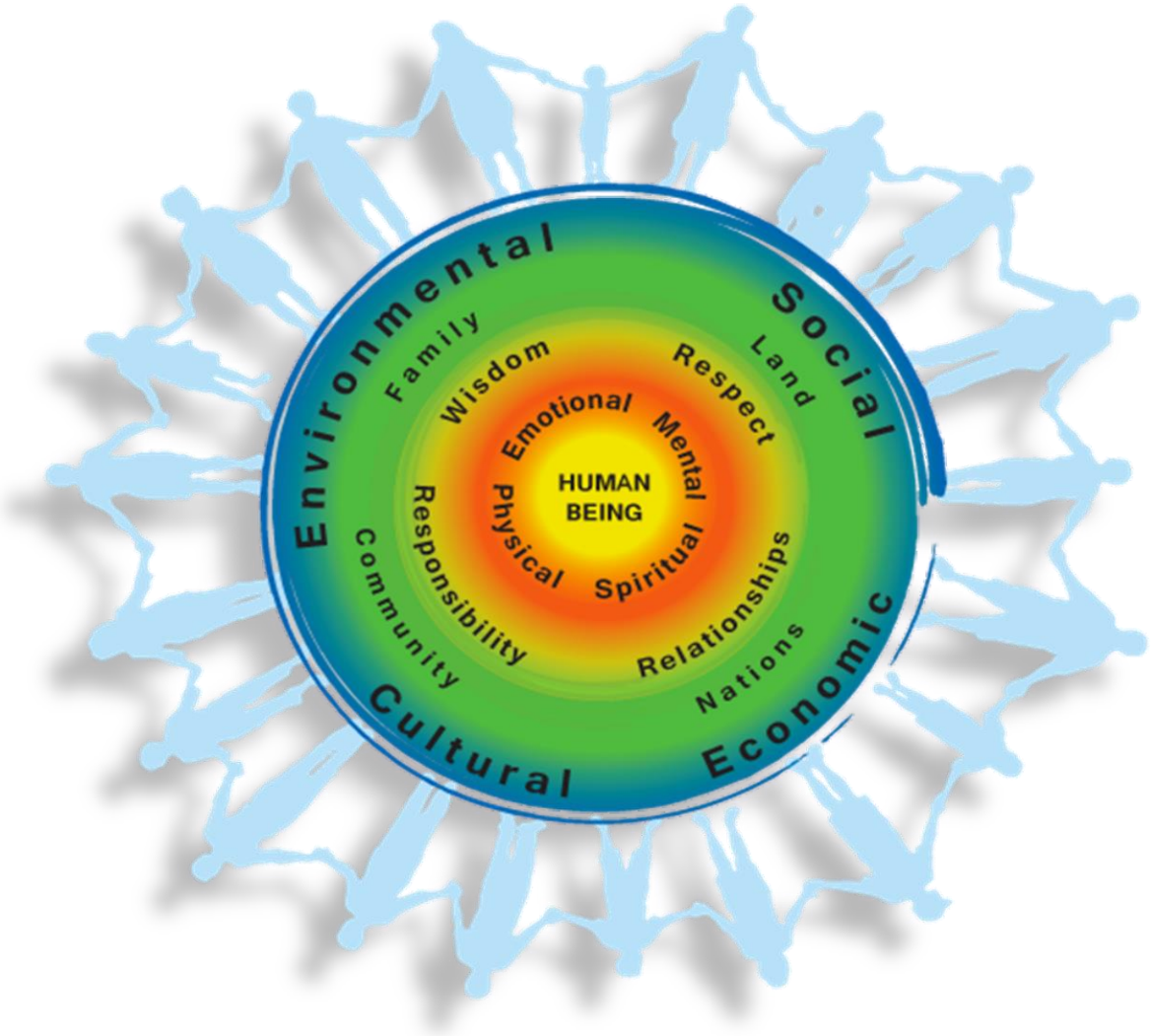

- Wholistic vision of wellness
- Reflective of the interconnectedness of the mental, physical, emotional, and spiritual facets of life
- Broader determinants of well-being
- Traditional teachings, ceremonies, traditional medicines, and ways of healing

Partnerships Improve Health & Wellness of First Nations People in BC

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Health Governance Partnerships

First Nations:
Continuous engagement & decision making process – Community, Nation/Sub-regional, regional, & Provincial levels
Community, Nation and Regional level Health & Wellness Plans

Provincial Government:
Annual Letter of Mutual Accountability with Ministry of Health
Annual Letter of Understanding with Ministry of Mental Health & Addictions
Joint Project Board Table
Partnership Accords with Health Authorities
CEO to CEO Agendas
Regulatory colleges

Federal Government:
Annual Shared Vision & Common Understanding
VP-DGs Forum

Tripartite:
Tripartite Committee on First Nations Health

Health System Partnerships

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Canadian Institute for Health Information
Canadian Institute for Health Research
Mental Health Commission of Canada
Canadian Foundation for Healthcare Improvement
Canadian Partnership Against Cancer
Public Health Agency
Nation College of Health Leaders

Provincial Partnerships
BC Cancer Agency
Providence Health Care
BC Patient Safety & Quality Council
Simon Fraser University (Research Chair)
University of British Columbia (Research Chair)

System Transformation

- **2019 The First Nations Health Authority partners with Pacific Blue Cross to administer a suite of Health Benefits to First Nations residents of BC.**

The FNHA Occupies a Unique Place in the Health System

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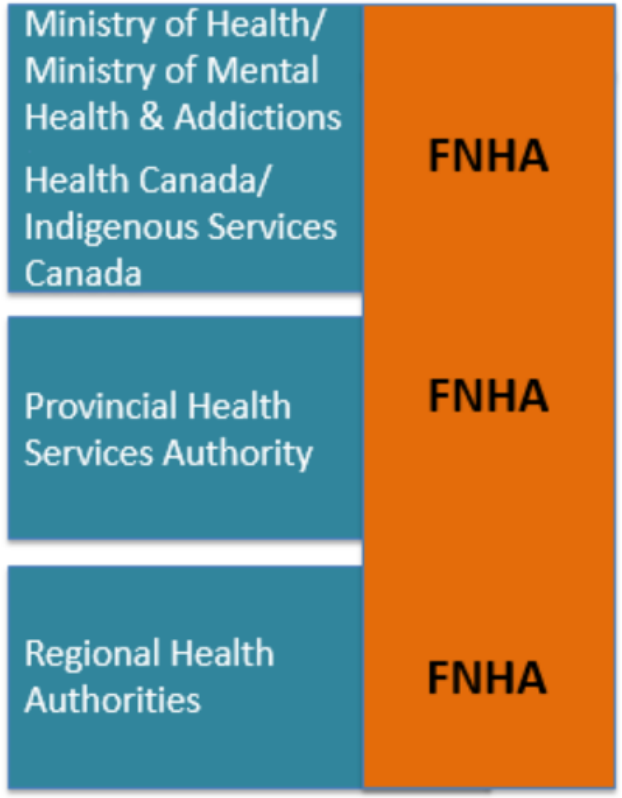
Approach of the FNHA: First Nations Decision-Making

- **"Nothing for us without us"**
- FNHA created by First Nations for First Nations to advance a holistic First Nations Perspective on Health & Wellness
- Empowering individuals, families, and communities to be self-determining
- BC's 7th Health Authority. Non-profit society under the BC Society Act. FNHA's authority comes from the **inherent right** of First Nations people to be self-determining
- Working at all levels of the health system simultaneously
- Articulating First Nations views about health and wellness and develop policy that works for First Nations



- In some ways the FNHA is like:
  - **Ministry of Health & Health Canada**, in that the FNHA undertakes strategic policy and planning development for the full First Nations health system.
  - **Provincial Health Services Authority**, in that the FNHA delvers some services to the entire First Nations population across the province, and provides certain shared services across BC First Nations health centers.
  - **Regional Health Authorities** in that the FNHA undertakes local and regional health service planning and delivery.

First Nations Health & Wellness Planning Approach

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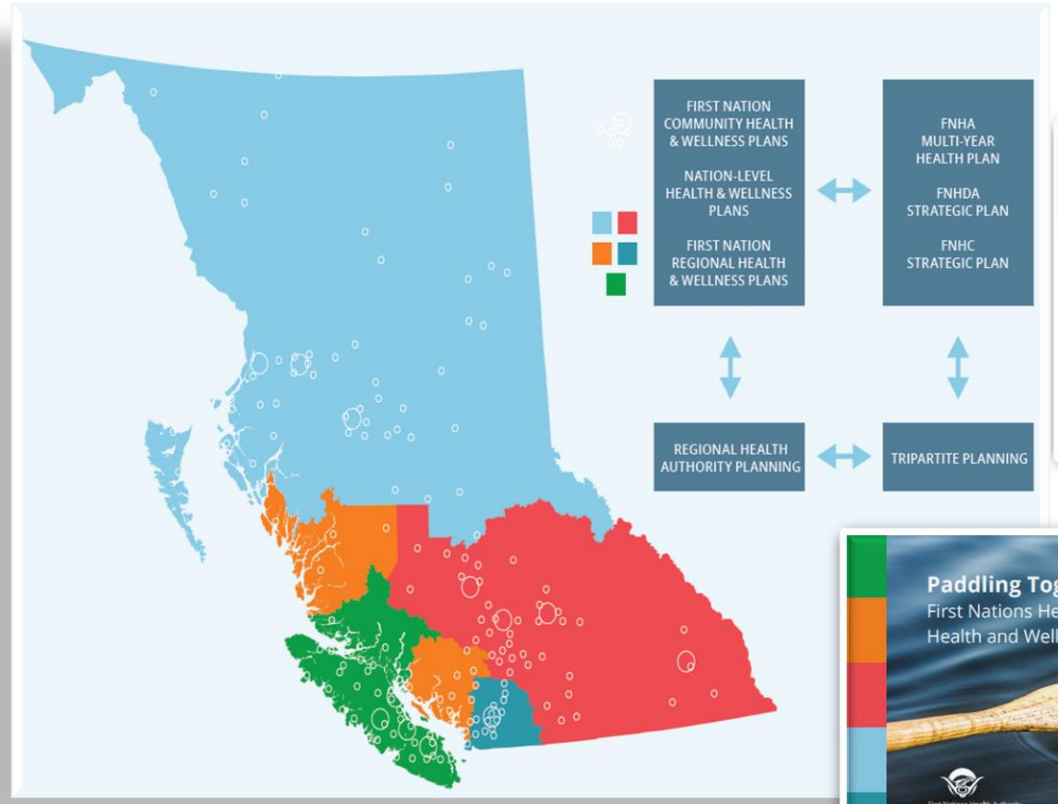
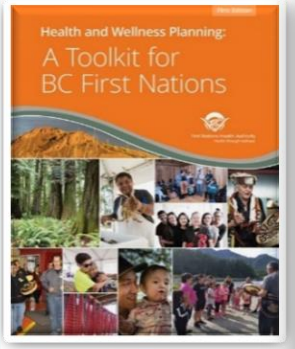
A comprehensive planning model, grounded in community & regional priorities enabling greater collaboration, coordination and quality of culturally safe services





Our Guideposts

First Nations Perspective on Health and Wellness

Quality

Culture and Decolonization

Urban and Away-From-Home

Innovation

Goal 1

Drive transformation through the BC First Nations Health Governance Structure and partnerships

Goal 2

Enhance access to quality health and wellness services

Goal 3

Enhance culturally safe mental health and wellness approaches

Goal 4

Advance First Nations approaches to addressing anti-Indigenous racism in health

Goal 5

Drive health and wellness innovation together with First Nations and other partners

Transformative Change: Advancing Cultural Safety Across British Columbia

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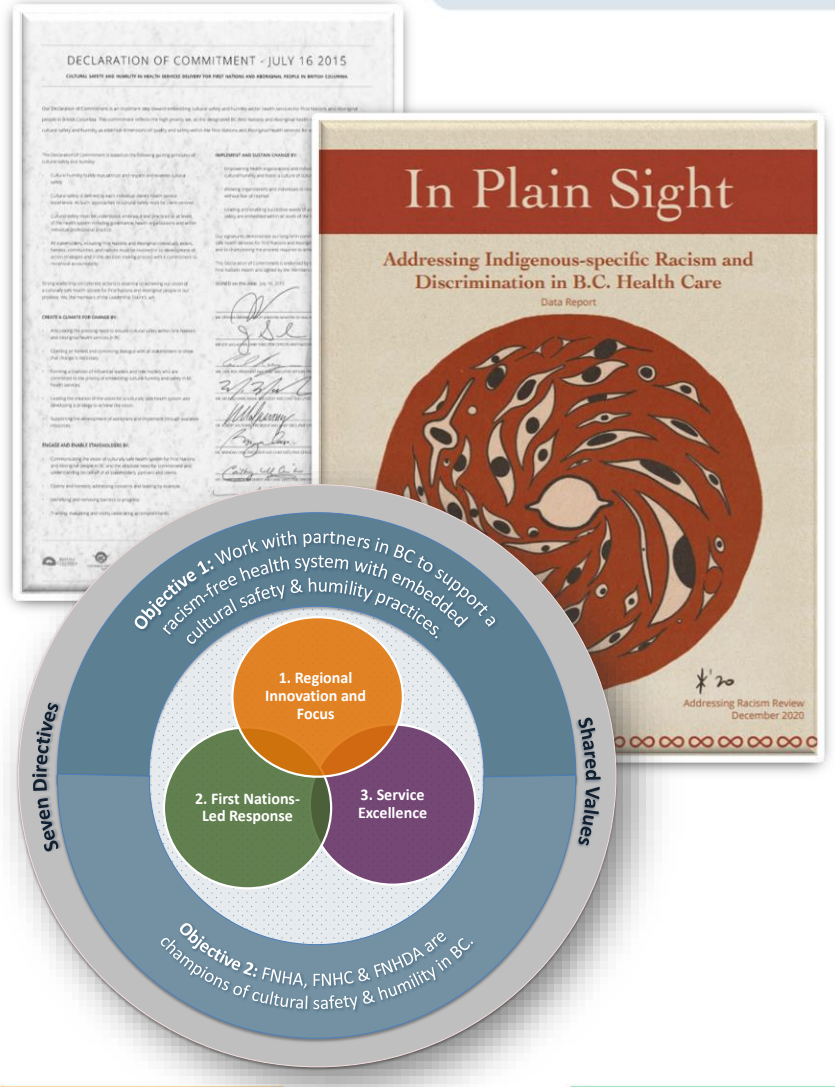
- Eliminating anti-Indigenous racism in health care and achieving health equity are critical in attaining our shared vision of healthy, self-determining and vibrant BC First Nations children, families and communities.
- The importance of enhancing access to quality, culturally safe health care that affirms First Nations cultures, rights, and identities – in tandem with addressing systemic racism in the health care system.
- FNHA remains committed to championing cultural safety and humility (CSH) across the health system and to working with partners to embed CSH into health and wellness service delivery to improve health outcomes for First Nations people.



Commitment to improving health outcomes for First Nations people in BC

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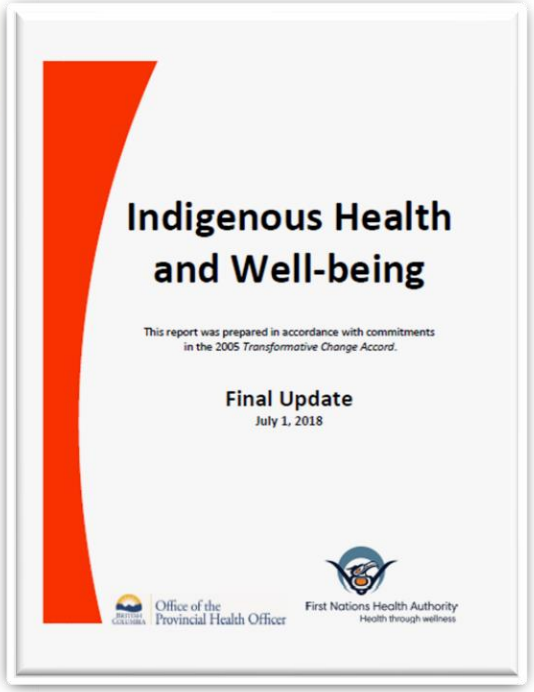
First Nations Population Health and Wellness Indicators (2019-2029)

SOCIAL CULTURAL ECONOMIC ENVIRONMENTAL	HEALTH SYSTEMS	LAND FAMILY NATIONS COMMUNITY	MENTAL PHYSICAL SPIRITUAL EMOTIONAL	HEALTH AND WELLNESS OUTCOMES	TRANSFORMATIVE CHANGE ACCORD FN HEALTH PLAN
EDUCATION	EXPERIENCE OF CULTURAL SAFETY & HUMILITY IN RECEIVING HEALTH SERVICES	COMMUNITY STRENGTH AND RESILIENCE	LEVEL OF PHYSICAL ACTIVITY	INFANTS BORN AT A HEALTHY BIRTH WEIGHT	INFANT MORTALITY
FOOD SECURITY	AVOIDABLE HOSPITALIZATIONS	ECOLOGICAL HEALTH	NUMBER OF CHILDREN WITH HEALTHY TEETH (no cavities)	ALCOHOL-RELATED DEATHS	CHILDREN WITH HEALTHY BODY MASS INDEX (BMI)
ADEQUACY OF HOUSING			SMOKING RATES OF COMMERCIAL TOBACCO	SERIOUS INJURIES REQUIRING HOSPITALIZATION	YOUTH SUICIDE
CULTURAL WELLNESS • Exposure to traditional language • Knowledge of/access to traditional foods • Access to traditional medicine/healing • Sense of community belonging • Importance of traditional spirituality				SELF-REPORTED MENTAL AND EMOTIONAL WELL-BEING	DIABETES PREVALENCE
					AGE-STANDARDIZED MORTALITY RATE
					LIFE EXPECTANCY
					NUMBER OF PRACTICING, CERTIFIED FIRST NATIONS HEALTH CARE PROVIDERS



Key Areas of Innovation & Opportunities

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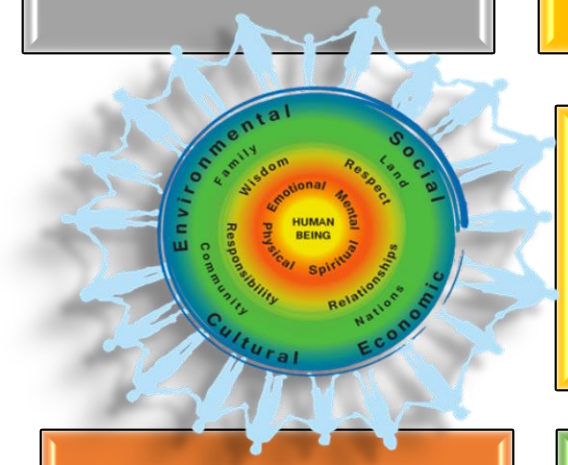
Legislation
UNDRIP & DRIPA

Mental Health & Wellness

Public Health Emergencies, IRS, Wildfires, Anti-Racism & Toxic Drugs

Anti- racism & Cultural Safety



Investments in community & capital infrastructure

Evolving First Nations Health Benefits

First Nation Led Primary Care Centers

Treatment and Healing Modalities & Addressing Root Causes of Trauma

Transition, Transfer & Transformation

Concurrent Public Health Emergencies

- COVID-19 Pandemic
- Toxic Drug Crisis
- Indigenous-Specific Anti-Racism
- Residential Schools
- Environmental Climate Change Emergencies
  - Wildfires/Floods/ Heat etc.

Where we are

- Mental Health & Substance Use (disease focused)
- Crisis
- Individual/patient
- Culturally unsafe
- Western Medicine

Key Features of the Journey for First Nations

A culturally-safe, culturally-based, comprehensive, coordinated continuum of Mental Health and Wellness care that affirms, enables and restores the mental health and wellness of our people, and which contributes to Reconciliation and Nation rebuilding

Examples include:

- Shared Principles for Mental Health and Wellness with the Ministry of Health
- Investment in Crisis Response
- New Mental Health and Wellness Teams
- Trauma-informed training
- Opioid Overdose Response

Where we need to go

- Mental Health & Wellness (holistic focus)
- Wellness
- Collective and Relationship-based
- Culturally safe and humble
- Trauma-informed western and traditional medicine

First Nation Health Benefits Dental Program

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- After transfer from Health Canada to FNHA in 2013, dental benefits were part of a services “buy-back” arrangement.
- In September 2019, FNHA entered into a partnership with Pacific Blue Cross, providing flexibility to set our own policies.
- Our goal was to addressed the issues identified with the previous plan though an extensive community and provider engagement process; e.g.:
  - ✓ Removal or reduction in plan limits for preventive services (e.g. scaling)
  - ✓ Fewer predetermination requirements
  - ✓ Coverage for procedures such as dental crowns and bridges
  - ✓ Increased from 85% to 100% of the BC Dental Association fee grid, aligning with other BC dental plans
- Since introduction of the new plan, overall access to dental services and client satisfaction have greatly increased.

FNHA Primary Care Vision & Service Pathways

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- All First Nations people and their families in BC, including urban communities and those living away from home, have access to quality, timely, and inclusive health and wellness services that are **culturally safe** and **closer to home**.

- Indigenous knowledge, beliefs, values, and practices are seamlessly integrated into both in person and virtual health care service models to meet the cultural, physical, emotional, and mental health and wellness needs of First Nations clients.

Virtual Health and Wellness Services

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First Nations Virtual Doctor of the Day

Primary Care Service

- Family Practice GPs
- Self-referral by client
- 7 days a week 0830-1630
- Zoom or phone
- Launched in April 2020

First Nations Virtual Substance Use and Psychiatry Service

Specialty Service

- Addictions Medicine & Psychiatry
- Referral from *any* Health and Wellness Provider
- 5 days a week (M-F)
  - Addictions Medicine: 0900-1700
  - Psychiatry: 1000-1500
- Zoom or phone
- Launched in August 2020

Both services are available to all Indigenous People and their family members living in BC

First Nations-led Primary Health Care Initiative

- Partnership between participating First Nations, FNHA and the Ministry of Health
- 15 First Nations Primary Care Centers
- Based in First Nations knowledge, beliefs, values, practices and models of health and healing

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NORTH REGION FNPCCs

North West – Hazelton
(Gitxsan & Wit'suwit'en)

North Central – Fort St. James
(Tl'azt'en, Nak'azdli & Binche First Nations)

North East – Chetwynd
(Saulteau First Nations & West Moberly First Nations)

INTERIOR REGION FNPCC

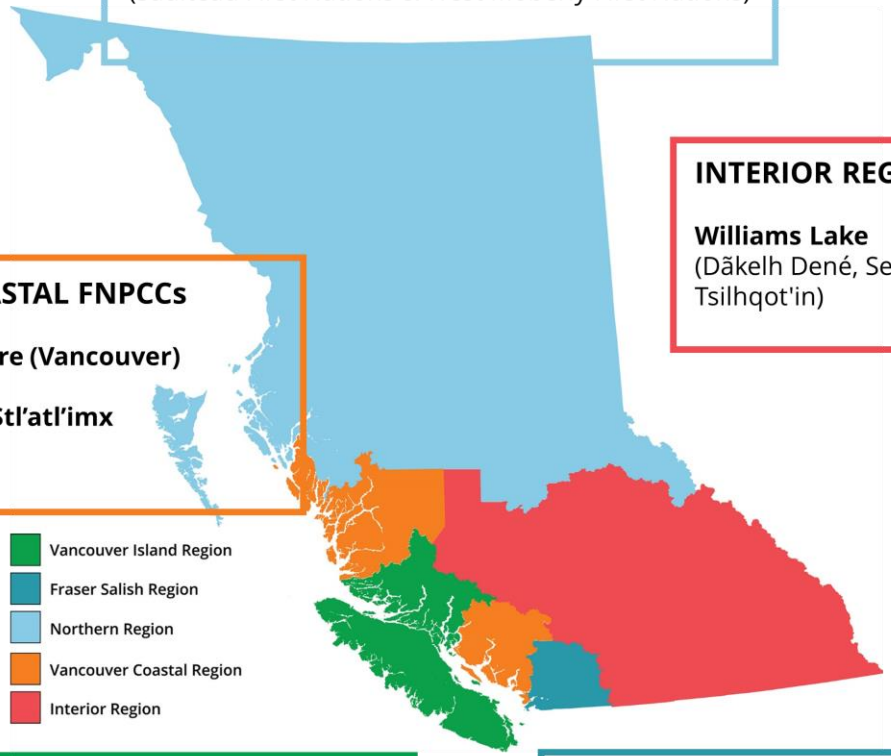
Williams Lake
(Dãkelh Dené, Secwepemc, and Tsilhqot'in)

VANCOUVER COASTAL FNPCCs

Lu'ma Medical Centre (Vancouver)

Lil'wat & Southern Stl'atl'imx

Nuxalk Nation



VANCOUVER ISLAND FNPCCs

Nuu-chah-nulth

Kwakwaka'wak

Coast Salish

FRASER SALISH REGION FNPCCs

Sts'ailles First Nation

Fraser West

Fraser South

Indigenous Team-Based Care

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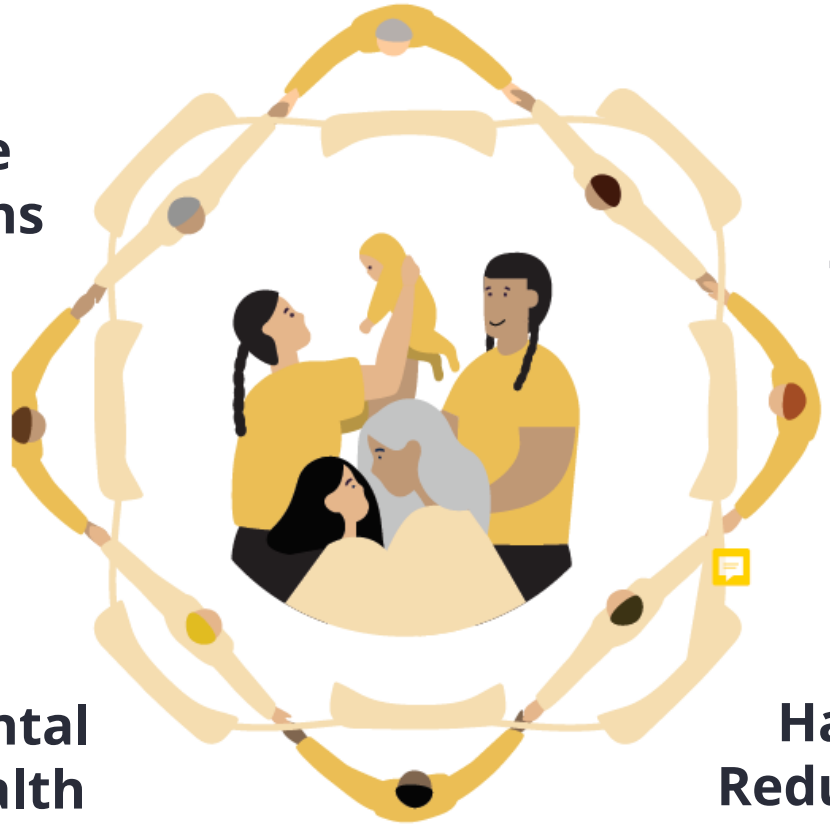
Traditional Healing & Wellness Supports

Family Practice Physicians

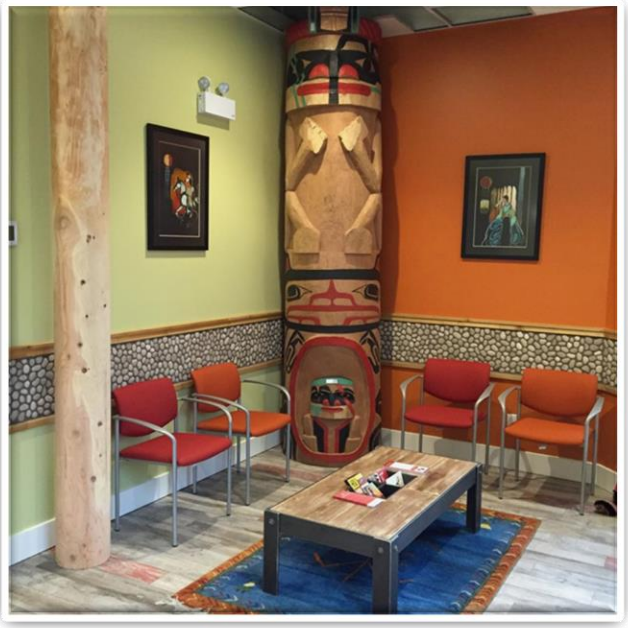


Nursing Services

Mental Health Counselling

Harm Reduction Supports

Lu'ma Medical Centre



First Nations Wellness Centre in Williams Lake

Gayaxsixa

Kukwstsétsemc

Huy tseep q’u

Mussi Cho

Haw’aa

Sechanalyagh

Gila’kasla

kw'as ho:y

Kleco Kleco

kʷukʷstéyp

T’oyaxsim nisim

Snachailya

Thank You