

# ćecəwət leləm

“Helping House”



Tsleil-Waututh Nation



## Health & Wellness: *Mental Wellness Toolkit*

[mentalwellness@twnation.ca](mailto:mentalwellness@twnation.ca)

t: 604-787-5468

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## *Message from the Mental Wellness Team,*

Jan 11th, 2024

The Mental Wellness Team are committed to creating holistic, trauma-based, mental wellness support services with consistent, dedicated, mental health professionals who will create culturally informed programs that meet the needs of the community.

We welcome feedback and ideas on how we can do better.

### Intake Process

Please reach out for supports through this central number or email. Our current intake person is Mardean Neuman, Mental Wellness and Addictions Counsellor. We also strive to be low barrier, so if you would rather do an intake directly with one of our therapists, that's okay too. Please reach out to them directly.

**Mental Wellness intake/referral phone number is 604-787-5468**

and we have our own email address, [mentalwellness@twnation.ca](mailto:mentalwellness@twnation.ca).

### Where to Find Us

You can find our Mental Wellness offices in the upper middle section of the administration building. We can be accessed through the main administration reception, where you can sit and wait in our internal waiting area, or enter the mental wellness space from the back door by arranging with your practitioner. We are very accessible and every door is a pathway in!

### **Group program schedule launch (see website and Facebook for updates)**

**Tuesdays** - Wellbriety Group – 6 – 7.30pm – Elder's Lounge

Women's Group – 5.30 – 7.30pm, Location and day TBD.

**Thursdays** – Men's Club – 6 – 8pm - Takaya Lelum (previously Teen Drop In)

Creative Youth Group – currently on hold.

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## Introducing the TWN Health and Wellness: *Mental Wellness Team*

**Mahara Allbrett**

*Senior Mental Wellness Counsellor*

*Health and Wellness Elder*

T: 604 353 8193; [mallbrett@twnation.ca](mailto:mallbrett@twnation.ca)

Office number: 61a; Tues – Thurs

*Works with teens and adults*

Mahara Allbrett belongs to the T'Sleil Waututh Nation. She is an elder, spiritual healer, counsellor and Family Constellation facilitator, as well as a mother and grandmother.

Her training has involved: two years intensive on the job training at the Nechi Institute in Alberta, a training facility for First Nations counsellors to learn how to counsel in First Nations treatment centres. This was an Elder led organization and the facilitators were supervised by a psychologist.



Pacific Coast Family Therapy program in Vancouver, a two-year training program in which students had family systems theory in the first year and supervised practice in the second year. All instructors were Registered Clinical Counsellors and/or university professors.

Aside from this, Mahara has taken training in various methods of counselling and relevant areas of study and clinical supervision including: dream interpretation, Cognitive Behavioural Therapy, Jungian symbolism, Trauma-informed therapy, Non-violent Communication, the Intensive Journal method, Family Constellation therapy, introduction to Art Therapy, Therapeutic Touch, Reiki (Master level), Dream interpretation and Somatic Experiencing therapy.

Mahara really enjoys working with Family Constellation therapy, which is a form of personal growth and healing that works with the subconscious. Symbols are used in the process to allow the individual a route to resolving issues in their life, including unresolved traumas, grief and past generations 'entanglements'. There is no 'wrong way' for the someone to do their Constellation work and no experience or special skills are required. Constellations are easier to do than to explain and so Mahara encourages you to book in for a Constellation session, as the benefits for people are exponential.

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"Family Systems Constellations particularly resonate with Indigenous people because the principles, values and philosophy used are rooted in connection to the family soul, ancestral lineages, ceremonial practices, cultural values and personal life influence on future generations".

Eddie Gardner - Elder from the Stollo Nation and Family Systems Constellation Facilitator

Mahara has been working in the field of counselling since 1988 and facilitating workshops since 1984. In her spare time Mahara enjoys walking in nature with her dog, reading, journaling and doing art.



**Lara Fitzgerald, RCC, MCP-AT, Level 2 AEDP Therapist, Art Therapist**

***Clinical Lead***

T: 604 354 0264; [lfitzgerald@twnation.ca](mailto:lfitzgerald@twnation.ca)

Office number: 37; Mon – Fri

*Works with all ages*

Twenty years ago, Lara relocated to Canada from England (which is the accent you might be confused by) where she had grown up in an Irish/Scottish/English, working class family. She acknowledges that she is a white woman with many privileges working in an Indigenous community.

Lara's therapy practice is grounded in collaborative, heartfelt, and unique relationship. She values the diverse experiences and authentic selves of the people she's fortunate enough to

work with. She believes we're hard wired to heal; each person has innate ability to transform, especially with compassionate guidance. Often her client bonds are fused with humour and loving connection.

Her approach springs from her *wholistic* beliefs in the interconnectedness of our ecosystems. She understands that our mind, body, spirit, and social dimensions are intertwined and must be integrated to create a steady sense of aliveness. Drawing on her Expressive Hatha Yoga Training (YTT 200) that focused on releasing emotions from the body, and being a dancer by nature, means she learned to embrace the wisdom of the body and movement centered healing practices. Likely, this training, and her own healing path, have led to her therapeutic passion of working with trauma in all its manifestations. She has specific knowledge and experience of trauma therapy healing.

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Lara’s theoretical knowledge stems from her Master’s degree in Counselling Psychology and Art Therapy at Adler University, and ongoing post-graduate training. She values her education, but equally holds the wisdom of her adverse lived experiences in high esteem. Her training includes: Accelerated Experiential Dynamic Psychotherapy (AEDP – Level 2,) Eye Movement Desensitization and Reprocessing (EMDR,) Emotion Focused Family Therapy (EFFT), somatic body-based practice, Cognitive Behavioural Therapy (CBT,) Humanistic/Existential, Internal Family Systems (IFS,) Art Therapy, Narrative Therapy, and Motivational Interviewing (MI.)

Lara has been a therapist at TWN for 5 years and moved into the role of Clinical Lead on the team 2 years ago. She is honoured to work under the guidance and inspired leadership of the Director of Health and Wellness, Andrea Aleck; and the wisdom and guidance of Elder, Mahara Allbrett. Her gratitude for the opportunity to help support the growth of the team is immense.

When she’s not working, Lara is making art, dancing, singing, swimming, or doing something adventurous.

## **Mardean Neuman, BSW, RSW, CCAC** ***Mental Wellness and Addictions Counsellor***

T: 604 787 5468; [mneuman@twnation.ca](mailto:mneuman@twnation.ca)

Office number: 34; Mon – Fri

*Works with adults*

Mardean Neuman is a B.C. person, born and raised in Fort Nelson in Northern British Columbia and relocated to the Coast Salish Territories. She is honored to live, work and play in this region.



Through the Indigenized education programs at NVIT, she completed a Bachelor of Social Work and an Advanced Chemical Addictions Counsellor Diploma. Mardean has a passion for ongoing learning and skills development and has participated in workshops and courses such as Narrative Therapy, Intervention Skills, Motivational Interviewing and Case Management to enhance the work that she does.

Mardean has been working in Urban Indigenous communities since 2006, supporting communities, families and individuals; meeting them where they are at and walking with them on a journey towards their goals.



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She is excited to be returning to the community in a new role, as the Addictions Counsellor. In this revitalized position on the Mental Wellness Team, she looks forward to meeting Tsleil-Waututh members and providing many layers of support: coordinating any referrals and intakes, developing workshops and groups, treatment planning and support, offering addiction focused counselling.

Mardean is a lover of the outdoors and the ocean. On her time off you may find her walking, cycling, or paddle boarding close by.

**Laura Avery, MCP, Ex-AT, RCC**

***Mental Wellness Counsellor***

T: 778 227 5064; [lavery@twnation.ca](mailto:lavery@twnation.ca)

Office number: 36; Mon-Weds

*Works with all ages*



Laura is a European settler of mixed German and Scottish ancestry, born on the territories of the Semiahmoo people. She has been gratefully living and working on the unceded territories of the Musqueam, Squamish, and Tsleil-Waututh First Nations for the past ten years. Laura completed her initial Expressive Arts Therapy practicum with the Tsleil-Waututh Nation in 2017, working with children and youth, and joined the TWN health team as an Expressive Arts Therapist in April 2019. Since then, Laura has obtained her Master's in Counselling Psychology at the University of Victoria (Lekwungen territory) and has returned to the team at Ćećawət leləm “Helping House” as a Mental Wellness Counsellor. Laura is excited to be back working with the Tsleil-Waututh Nation, and feels very fortunate to have the opportunity to continue growing, both as a person and a counsellor, alongside the team at Ćećawət leləm “Helping House.” Laura identifies as queer and uses she or they pronouns.

Laura's counselling approach draws from a range of counselling theories, while striving to be collaborative in tailoring an approach to therapy that feels right for each person that she works with. First and foremost, Laura believes in the healing potential of relationships, and believes that moving into deepening connection with one another can foster mutual growth and transformation. Laura's counselling work is holistic in approach, in that she recognizes the interconnection between body, mind, emotions, and spirit. Her work is further informed by experiential and somatically oriented counselling approaches, which draw attention to what is

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unfolding in the “here and now” between the therapist and client, as well as recognize that our bodies are important sources of knowledge.

Finally, Laura’s therapeutic orientation is supported by her commitment to anti-oppressive practice, social justice, and the values of Two-Eyed Seeing. She believes that we cannot understand individual healing without understanding the various ways that we may each experience privilege and oppression. In her eyes, Laura understands that systemic change and individual change are interconnected and she recognizes the interrelationship between activism and healing work.

In her spare time, you can find Laura riding her bike, walking her rescue dog, dancing, or hanging out with loved ones.



**Natasha (Tasha) Nystrom**

***Mental Wellness Counsellor***

T: 236-335-4212; [nnystrom@twnation.ca](mailto:nnystrom@twnation.ca)

Office number: 62; 3 days a week – Mon, Tues, Weds  
*Works with all ages*

Tasha grew up in Saskatchewan on Treaty 4 territory and is of both settler (Swedish, Scottish, English, German) and Indigenous (Dakota) descent.

Tasha gratefully lives on the unceded territories of the Musqueam, Squamish and Tseil-Waututh Nations, where she has completed her Master’s degree in counselling at City University. Additionally, Tasha

volunteers as a peer-coach through the University of Victoria’s Self-Management program supporting people with chronic illness and chronic pain, and she is trained as an Expressive Hatha Yoga teacher (YYT 200). She has additional training in Acceptance and Commitment Therapy (ACT) and Dialectical Behavioral Therapy (DBT), and approaches her work with a Person-Centered, Collaborative, and Somatic lens that is trauma-informed and anti-oppressive.

Tasha comes to her role as a counsellor with a deep value of connection. She draws inspiration from a holistic view of healing involving body, mind, emotions, and spirit. This is where Tasha finds her main source of hope and where her own healing is rooted.

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She is also encouraged by the potential of tiny changes like the rippling a small pebble makes when it's thrown into water. Connecting together in a therapeutic relationship is an honour for Tasha, where you are the expert of your life and she is there with you by your side.

In her free time, Tasha loves walking in nature, listening to music, making art, and spending time with her partner.

## **Ocean Child, first breath after the rainstorm**

**"Lavita Trimble"**

***Holistic Counsellor***

T: 236-660-2178; [lmtrimble@twnation.ca](mailto:lmtrimble@twnation.ca)

Office number: 35; 3 days Weds - Fri

*Works with all ages*

Lavita is of Nisga'a ancestry, Eagle tribe from the house "Wilp Kwa'kaans". Lavita's traditional name is Gaks Sim Ows, Quiet calm eagle. Her spirit name is Ocean Child - first breath after the rainstorm.

She has 15 years experience as a massage practitioner/energy worker, 10 years experience of learning traditional healing methods from around the world and 6 years experience counseling. 1 year as a master Reiki.



Lavita was doing massage and energy in the native communities when she realized that a lot of the pain was tied to emotion. Working at Cornerstones Wellness was where she began to learn how to listen to our bodies talk, healing our bodies through mind and metaphor. It led her to begin her healing journey from the aftermath of residential school. In 2010 Lavita took the Steps to Leadership program with Joanne Roberts/Betty Lou Hunt who introduced her to Psychology of Vision - a healing module founded by Jeff Allen and Chuck Spezzano. She travelled in the northern native communities assisting Melissa Meyer with Psychology of Vision healing workshops and provided massage services to members who attended the workshop to help the energy move through and out of their bodies after the workshop.

Her journey of learning traditional healing methods began with medicine man Terry Campbell of the Tahltan nation. She learned the moonlodge teachings from Elder Sheila Nymon of the Okanagan at the Mountain Valley Sundance. This is the place she began to see how some of the history was valuable to our mental wellness. She has also attended a few workshops with Many



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Horses, the late Frank Austin of the Wet'suwet'en who has lead Psychology of Life workshops in the Northern BC area. Since 2019 to present day, her mentor in traditional healing has been Lightening Woman, Maureen Morven of the Nisga'a nation.

Lavita is excited to start working with community members and sharing her many gifts integrating western and traditional knowledge working with the moon, the seasons, and all walks of life. Everything is energy and can be shifted.

## Crisis Supports and Mental Health Resources

The following TWN Crisis Response Plan is for staff and community members who are worried about their own safety and safety of others and the ability to cope with traumatic triggers.

If you or anyone you know is looking for support services for counselling or urgent after hours care please do reach out to the following contacts. If there are any individuals who require assistance completing residential school application forms, we can support you to complete this process. Please reach out and ask us.

During business hours the following TWN counsellors can do in-person or distance risk assessments and referrals and counselling services:

- **First contact: Mardean Neuman 604 787 5468**
- **Second contact: Lara Fitzgerald 604 354 0264**

After business hours, if you or someone you know is experiencing a mental health crisis outside of regular working hours, please call 9-1-1 or go to the closest Hospital Emergency Room.

Other crisis response supports include:

- BC Crisis Line: 1-800-SUICIDE **1-800-784-2433**
- Kuu-Us Aboriginal Crisis Line: **1-800-588-8717**
- Indian Residential School Survivors Society Crisis Line: **1-855-925-4419**
- Indian Residential Schools Resolution Health Support Program: 1-877-477-0775
- Hope For Wellness Help Line: 1-855-242-3310
- Tsow-Tun Le Lum Society (cultural support & outreach services): 1-888-403-3123 (Website: [tsowtunlelum.org](http://tsowtunlelum.org) / Facebook Page: [facebook.com/ttllnainaim](https://facebook.com/ttllnainaim))
- Missing and Murdered Indigenous Women and Girls Health Support Services: 1-855-550-5454
- First Nations Health Authority – Culturally Safe Supports: [fnha.ca/mental-health-and-wellness-supports](https://fnha.ca/mental-health-and-wellness-supports)



### **Peer Assisted Care Team – North Shore PACT (Weekend Evenings)**

During weekend evenings, connect with a peer support worker at PACT, who respond to crisis calls related to mental health or substance use. They provide trauma-informed, culturally-safe support for North Shore residents ages 13+. Hours: Thursday – Sunday, 6PM – Midnight.  
(Canadian Mental Health Association)

Call: 1-888-261-7228 / Text: 778-839-1831 / [North Shore PACT Website](#)

Additional supports and services for the Urban and Away From Home Community(see below)

#### **Overdose Outreach Team:**

[http://www.vch.ca/locations-services/result?res\\_id=1422](http://www.vch.ca/locations-services/result?res_id=1422)

Refer/ self-refer anyone at risk of OD for service navigation and connection to care: 604-360-2874

(Vancouver, North Shore, Pemberton/ Whistler area, Sunshine Coast)

#### **Metro Vancouver Indigenous Services Society (MVISS):**

Counselling, cultural support and healing

<https://www.mviss.ca/>

Intake Navigator: PH 604.255.2394 EXT 110 and the email is [intake@mviss.ca](mailto:intake@mviss.ca)

#### **IRSSS**

<https://www.irsss.ca/>

For CRISIS SUPPORT 24/7 call 1-800-721-0066

#### **Saa'Ust Centre (IRSS centre in DTES):**

44 East Cordova St

Vancouver BC V6A 1K2

Phone: 604-985-4464