

ćecəwət leləm

“Helping House”



Tsilhqan̓ Nation

Health & Wellness: *Mental Wellness* *Toolkit*

updated 14^h May, 2026

mentalwellness@twnation.ca

t: 236 501 6760



Updated Message from the Mental Wellness Team,

March 13th, 2026

The *Mental Wellness Team* is committed to creating wholistic, trauma-based and informed, mental wellness support services with consistent, dedicated mental health professionals who create culturally informed programs that meet the needs of the community. We welcome feedback and ideas on how we can improve our services.

Intake Process

Community members can reach out directly to the Lead of each program to access specific program services or contact our current central intake person for all the teams, **Mardean Neuman, Wholistic Wellness Lead on 236 501 6760**. The Mental Wellness Team has its **own email address** to, if you have questions, comments, or want to reach any of us, mentalwellness@twnation.ca.

Where to Find Us

You can find the Mental Wellness Team offices in the upper middle section of the administration building, **offices 34 – 61b**. We can be accessed through the gathering space.

When Can you Reach Us

Our work hours fluctuate depending on community member and programming needs, so please text or call our cell numbers, if you are not sure if we are on site.

Group program schedule (see website and Facebook for updates)

Mondays - *Women’s Group* – 5.30 – 7.30pm, biweekly – the Gathering Space

Tuesdays – *Wellbriety Group* – 6 – 7.30pm – Community Dev Boardroom

Wednesdays - *Mental Wellness Peer Drop-In* – 3.30 – 5.30pm – Elder’s Lounge

Harm Reduction Pop Up – 2 – 4pm biweekly

Thursday- *Men’s Club* – 6 – 8pm – biweekly - Elder’s Lounge or off site

***Youth Drop-In*- 5.30-9pm- Takaya Lelum**

Fridays- *Youth Drop-In*- 5.30-9pm- Takaya Lelum



***NEW* Specific MW Programs:**

Peer Support, Harm Reduction and Crisis Response Team – led by Peer Support, Harm Reduction and Crisis Response Lead – Fraser Mackenzie

Contact: 236 334 0419; fmackenzie@twnation.ca

The Peer Support program **t'soutin** works directly in community to offer low-barrier wellness and goal-oriented support in both group and 1-1 settings. Peer support workers can fill several gaps within communities and systems. When people with common lived experience come together, the connection that can happen is powerful, inspiring and can fuel transformation. “Me too”: Hearing those two words can help us break through an ocean of loneliness, isolation and shame. Peer work is centred in a harm reduction approach: Meeting people where they're at with safety and dignity. Within our team, we have a Harm Reduction Coordinator who offers education, prevention and harm reduction supplies with a focus on improving quality of life and reducing injury. The Crisis Response team is currently being built to support the immediate and more critical needs of community mental wellness. Please reach out directly to Fraser to connect with a Peer Support Worker or to simply learn more about our peer-based programming and harm reduction.

Current team members: Fraser Mackenzie, Jaiden Baker, Raquel Ormandy, Crystal Adams.

Fraser Mackenzie

Peer Support Lead

T: 236-334-0419; fmackenzie@twnation.ca

Office number: 35; 5 days a week, flexible times.

Fraser Mackenzie previously managed Coast Mental Health's Peer Support Program based in Vancouver's Downtown South for over 10 years. Fraser uses his lived/living experience of madness, his academic background in psychology and his artistic background as an actor and recording artist to help inform the curricula and vocational roles he has spent the last decade developing for clients and peers.



Most recently, Fraser was honoured to co-create *calls*: a mad stories project, with Michele Marie Desmarais, a Métis poet and scholar. They shared *calls*, a living poetic and musical reflection of their experiences of madness, at Oxford University in Fall 2023.

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Part of the Canadian music scene for the past 20 years, Fraser has toured both nationally and internationally with Thurston 5/Thurston Revival and The Blue Alarm. Fraser was signed to Cazart! Records and had The Blue Alarm’s Astronauts and Angels released and distributed through Maple Music/Universal. He recently completed a four song EP with producer Howard Redekopp (Tegan and Sara; Said the Whale; Hannah Georgas).



Jaiden Baker

Youth Peer Support Worker

T: **236 664 0704**; Jabaker@twnation.ca

Office number: 34; 5 days a week, flexible times

Jaiden Baker (she/her) is the Youth Peer Support Worker with Tseil-Waututh Nation. She is of Squamish ancestry on her father’s side and Nisga’a on her mother’s side. Jaiden is proud to bring her cultural roots, lived experience, and passion for supporting youth into her work with the Mental Wellness team. She is currently completing her Recreation Leadership Diploma at Langara College and has a strong interest in creating spaces where young people feel safe, heard, and valued.

Jaiden grew up surrounded by community programming and understands firsthand how important it is to have positive role models and supportive adults in your corner. Now, in her role, she gets to offer that same kind of support to others through one-on-one peer conversations, recreational activities, or just being a consistent, caring presence. She believes deeply in meeting youth where they’re at and walking alongside them in their unique journeys, with empathy, honesty, and respect.

In her work, Jaiden blends recreation, culture, and wellness to support youth in feeling connected to themselves and their community. She’s especially passionate about helping young people feel confident in who they are, and believes that healing comes through relationships, belonging, and being seen. Whether she’s helping run a program, checking in with someone casually, or simply showing up with kindness, Jaiden is committed to creating a welcoming space for all youth.

She’s grateful to be part of the Tseil-Waututh Nation’s Mental Wellness team and feels honored to support such a strong and resilient community. As she continues to grow in her role, Jaiden is excited to keep learning, building relationships, and offering the kind of support she once needed herself.

Raquel Ormandy

Youth Peer Support Worker

Full time Monday to Friday Flexible Work Hours

T: 236-334-6324

E: Rormandy@twnation.ca

Admin Office #34

Raquel Ormandy is a proud member of Tsilil-Waututh Nation. Her mother is Leah Ormandy, grandmother late Lorna Ormandy and great grandparents are late Frank Thomas and late Hazel Thomas (nee. Nahanee). On her father's side Raquel is Guatemalan.

Raquel has had many different opportunities pertaining to youth work such as; Takaya Day camp counsellor, TWN Girls Group Mentor, Recreation Program Support Worker at TWN Rec Centre, Counsellor Training at Camp Jubilee, Lead educator in the Bowhead Whale Classroom at Tundra Buddies Daycare (Iqaluit, NU), Indigenous Support Worker at si?ámθət School, where she worked in the K4-Gr.1 classroom, as well as the grade 5/6 classroom.

Raquel has continuously been drawn to work with, support and uplift indigenous youth. She has an interest in psychology and future goals to work with youth as a counsellor. Raquel is passionate about supporting the mental wellbeing of youth in her community and enjoys doing this work. She is excited to collaborate with the Peer Team and other departments to plan and implement new and old ways of taking care of the



Crystal Adams

Harm Reduction Liaison

T: 236 339 5620; cadams@twnation.ca

Office number: 34; 3 days a week, flexible times

Crystal Adams is a proud member of the Secwépemc Nation from the Neskonlith Band on her mother's side, along with ancestral roots from Sweden on her father's side. She brings a strong sense of connection to her Indigenous and cultural heritage, grounding her work in community, healing, and lived experience.

Crystal is a graduate of the Family and Community Counselling Certificate program and is currently continuing her education toward a diploma in Family and Community Counselling at the Native Education College.

Crystal's work in harm reduction is deeply informed by her own lived experience, which inspires her passion and dedication to supporting others. She believes in meeting people where they're at, without judgment, and walking alongside community members on their healing journeys. Her role focuses on providing education around harm reduction strategies, naloxone training, and promoting Wellbriety. Through her work, she continues to advocate for dignity, compassion, and culturally grounded wellness.



Wholistic Wellness Team - led by Wholistic Wellness Lead – Mardean Neuman

Contact: 236 501 6760; mneuman@twnation.ca

The Wholistic Wellness Team is made up of trauma-informed social workers, wellness and substance use counsellors, and outreach support staff who approach care from a community wellness perspective. Their work focuses on looking at how social and community factors impact individual mental wellness. The team provides support with advocacy, prevention, and both everyday challenges and your longer-term goals. They assist individuals in stabilizing higher-need areas such as substance use and overwhelming anxiety, helping people feel safer and more supported in their daily lives. The Wholistic Wellness Team offers support with immediate or pressing concerns, advocacy and support for longer term goals, as well as assisting with treatment applications and navigating various health and social support systems. Mardean is available as the Lead of the team to field questions, help support, and offer referrals to her team.

Current team members: Mardean Neuman, Candace Utovic.



Mardean Neuman, BSW, RSW, CCAC

Wholistic Wellness Lead

T: 604 787 5468; 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.

She is excited to be returning to the community in a new role, as the Wholistic Wellness Team Lead. She looks forward to reconnecting with Tsleil-Waututh members and providing many layers of support, as well as Providing guidance and support to the team.

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.

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Candace Utovic

Wholistic Therapy Counsellor

T: 604-787-5450; cutovic@twnation.ca

Office 62; Mon - Fri

Candace is honoured to live on the unceded territories of the Musqueam, Squamish, and Tseil-Waututh Nations. She is a Swampy Cree woman from Red River on her mother's side and Tlingit on her late father's side from Alaska, with Irish and Scottish descent. As an Indigenous mental health and addictions counsellor, Candace grounds her work in cultural identity,

lived experience, and a commitment to wholistic, culturally safe healing. She holds a certificate in Indigenous Holistic Wellness and Addictions and has completed her diploma in addictions and mental health counselling.

Candace's professional experience is rooted in mental health and addictions, harm reduction, and housing support, along with extensive program coordination and management. She has supported individuals and families navigating complex mental health concerns, substance use, intergenerational trauma, and system involvement. She provides wholistic counselling sessions, integrating Indigenous wellness practices, trauma-informed care, and strengths-based approaches to support clients in their healing journeys.

She stepped into the Wholistic Wellness Counsellor role because she is deeply passionate about developing and supporting wellness programming rooted in Indigenous worldviews. She believes healing must honour the mental, emotional, physical, and spiritual aspects of wellness. Her approach is relational and grounded in the medicine wheel, centering safety, empowerment, and meaningful connection so clients can reconnect with their stories, their culture, and their inherent resilience.

In her personal time, she stays grounded by spending time on the land, hiking with her family and doggy and creating meaningful moments together that keep her spirit balanced.



Integrative Therapy Team – led by Integrative Therapy Lead – Lara Fitzgerald
Contact: 604 354 0264; lfitzgerald@twnation.ca

The Integrative Therapy Team are a group of therapists working from the Two-Eyed Seeing Model of therapeutic care fusing both Western approaches to psychotherapy and clinical practice, as well as integrating Indigenous and Traditional approaches to healing. The therapy team are focused on long-term, attachment and trauma-based therapy care and this includes mental health concerns or diagnoses and the impacts of trauma on mental health. They work 1-1 with people, with couples, and with families; and see folks of all ages and stages, along with virtual options for ease of convenience. This team includes specific trauma psychotherapy, expressive and art therapies, couples therapy, family therapy, Indigenous specific therapy working with cultural practices. The therapy team is here to support healing from trauma by way of offering a long-term, digging-deep, therapeutic relationship. Please feel free to direct people to this team for integrative therapy support and they can reach out to Lara directly for an intake or more information on therapy specifically. We also offer therapy suggestions and referrals to external supports.

Current team members: Lara Fitzgerald, Laura Avery.

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

Integrative Therapy Lead

T: 604 354 0264; lfitzgerald@twnation.ca

Office number: 61b; Mon – Fri

Works with all ages

Over 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.

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 7 years and moved into the role of Clinical Lead on the team 4 years ago. When she's not working, Lara is making art, dancing, singing, swimming, or doing something adventurous.



Laura Avery, MCP, Ex-AT, RCC

Mental Wellness Counsellor

T: 778 227 5064; 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 Ćecəwət 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 Ćecəwət 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 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.



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 at 236 501 6760
- Second contact: Fraser Mackenzie at 236 334 0419

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: 1-866-925-4419
- 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 / Facebook Page: [facebook.com/ttllnanaim](https://www.facebook.com/ttllnanaim))
- 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

Crisis Response, Community Led (CRCL) North Shore

CRCL is a community-led, crisis response team that provides in-person support to people a mental health crisis. Our trained crisis workers respond to mental health crises, offering immediate assistance, de-escalation, and follow-up support to individuals 13+ on the North Shore.

Service hours: 7 days a week, 8:00 am – 12:00 am

Call us: [1 \(888\) 261-7228](tel:18882617228); Text us: [778 839 1831](tel:7788391831); email us: crcl@cmhanorthshore.ca

<https://northwestvancouver.cmha.bc.ca/programs-and-services/crcl-north-shore/>



Overdose Outreach Team:

http://www.vch.ca/locations-services/result?res_id=1422

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

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

Slaxin Lelum (formerly Metro Vancouver Indigenous Services Society (MVISS):

Counselling, cultural support and healing

www.slaxinlelum.com

Intake Navigator: PH 604.255.2394 EXT 110 and the email is intake@mviiss.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