

Indigenous Continuum of Addiction and Mental Wellness (IAMW) Grant

Grant Program Guide and FAQs



Indigenous Wellness Core
Indigenous Continuum of Addiction & Mental Wellness



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Contact

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Introduction

Mental health and substance use are priority concerns affecting the wellbeing of Indigenous people. Gaps in available and accessible services, including culturally safe programming, has led to Indigenous communities calling for a coordinated, comprehensive, and strengths-based wellness approach to mental health and addiction services. In response, Alberta Health has allocated \$4.9M over two years to AHS' Indigenous Wellness Core (IWC) to support community-based mental health and wellness projects.

This funding will be made available through the *Indigenous Continuum of Addiction and Mental Wellness (IAMW) Grant*. Complementary to [Alberta's recovery-oriented systems of care \(ROSC\)](#), the *IAMW Grant* will support Indigenous community/organization-led design and enable implementation of community based mental health and wellness projects that build on already identified needs and service gaps.

The highest number of opioid poisoning related deaths reported in Alberta was in December 2021

Further, the opioid crisis amongst Indigenous people in Alberta has grown and remains a leading concern for many communities. For example, a December 2021 report from the GoA and the Alberta First Nations Information Governance Centre found that, "In 2020, the rate of opioid poisoning deaths per 100,000 increased among both First Nations people and Non-First Nations people, however, the increase was significantly higher among First Nations people."¹ The same report notes that "First Nations people represent approximately 6 per cent of the Alberta population, yet they represent 22 per cent of all opioid poisoning deaths in 2020. This is an increase of 14 per cent in 2016."² Urban centres are major drivers of opioid use including Lethbridge, Calgary, Grande Prairie, and Edmonton. In terms of existing services and supports, "resource disparities and underfunding of prevention and transitions within/between systems perpetuate a revolving door of existing treatment models (e.g., detox without aftercare or transitional housing; ER stabilization with inconsistent primary care follow-up)."³

The *IAMW* is built on the recognition of and value for Indigenous self-determination and control and includes support for community/organization-led needs assessments,

¹ Alberta First Nations Information Governance Centre and Government of Alberta "Alberta Opioid Surveillance Report: First Nations People in Alberta," (December 2021): pg. 3.

² Ibid.

³ Henderson, R. I., Iskotoahka (William) Wadsworth, Healy, B., Bill, L., McInnes, A., Danyluk, A., Crowshoe, L. Healing the Whole Human Being: Realist Review of Best Practices and Contextual Factors for Preventing & Treating Opioid Misuse in Indigenous Contexts in Alberta. Calgary, AB: Alberta First Nations Information Governance Centre & University of Calgary Department of Family Medicine, 2020. Pg. 5.

community/organization-led planning, design, and implementation of mental wellness projects aligned with a holistic and recovery-oriented continuum of care. Projects supported through the grant are strengthened by Indigenous-designed project evaluations and Communities of Practice (CoP) to share expertise and learnings.

Indigenous mental wellbeing is strengthened by culture, Indigenous language, Elders, families, and connection to spiritual ways, and is necessary for healthy individual, community and family life. This wellbeing is achieved through the achievement of whole health—physical, mental, emotional, spiritual, social, and economic wellbeing. As such, Indigenous communities and leadership have called for a shift in mental health and wellness responses that move away from a deficit-based focus to one that is strengths-based. Research has shown that deficit-based models of mental health, which emphasize deficiency and failure, can lead to greater harm. In contrast, strengths-based approaches focus on supporting people in their journey toward well-being by redressing the balance between needs and nurturing and promoting the strengths and protective factors of people and communities. Strength-based approaches are imperative to understanding and promoting health and wellness in Indigenous contexts. At the heart of Indigenous ways of knowing and being is acknowledgement of the interconnectedness of the spiritual, mental, emotional, and physical aspects of an individual with the community, culture, and the environment.

What is the Indigenous Continuum of Addiction and Mental Wellness (IAMW) Grant Program?

The *IAMW Grant* program will initially provide up to \$200,000 in funding over 24 months (up to March 31, 2025) and is open to First Nations, Métis Settlements, the Métis Nation of Alberta, Inuit-led organizations and other Indigenous-led or operated organizations in Alberta. Funding will support innovative projects focused on Indigenous community/organization-led design and enable implementation of community driven mental health and wellness projects that build on already identified needs and service gaps. The *IAMW Grant* aims to increase capacity within Indigenous communities and organizations, with \$1 million annually dedicated to opioid response projects to support Indigenous models for addressing the opioid crisis, and \$1.45 million annually to support the design and implementation of recovery-oriented, culturally rooted mental health and wellness services.

Recovery-Oriented Systems of Care

The Government of Alberta is committed to implementing [recovery-oriented systems of care](#) (ROSC). The model consists of the following features:

- ROSC is a coordinated network of person-centered, community-based services and supports that builds on the strengths and resilience of individuals, families and

communities to achieve improved health, wellness and quality of life for those with or at risk of alcohol and addiction or mental health issues.

- ROSC focuses on improving systems of care by measuring outcomes for individuals accessing services and their communities.
- ROSC provides individuals with the full spectrum of services and supports for all stages of their recovery journey, including prevention, early intervention, harm reduction measures, treatment and broader community-based recovery supports and services.

ROSC focuses on building an individual's **recovery capital**. *Recovery capital is the internal and external resources a person can draw upon to support their recovery journey.* These are referred to as **recovery capital domains** and include:

- Physical and mental health
- Family, social and leisure activities
- Safe housing and healthy environments
- Peer based support
- Employment and resolution of legal issues
- Vocational skills and educational development
- Community integration and cultural support
- (Re) discovering meaning and purpose in life

***A person must have sufficient capital in each domain to be successful on their journey toward recovery.*

This shift toward a ROSC will ensure Albertans are supported on their recovery journey with evidenced-based, integrated and coordinated services, are provided choices that align with their individual needs and goals, and that government and communities are investing in services that demonstrate positive outcomes.

Goals, Objectives and Outcomes

IAMW Mission

By continuing to focus on and develop trusting, positive, and mutually accountable relationships, the *IAMW Grant* will support community-developed and -led wellness initiatives through funding, capacity, and evaluation supports. The *IAMW Grant* will aim to support Indigenous community/organization-led design and implementation of mental health and wellness projects intended to **improve addiction and mental wellness (AMW) supports and services to increase the likelihood of recovery, strengthen client experiences and improve the quality of life of those on their recovery journey.** Projects should align with [Recovery Oriented Systems of Care](#), and respond to the needs of the whole person and family through attention to the social determinants of health.

IAMW Objectives

The general objectives of the IAMW are:

1. To provide Indigenous communities/organizations with project support and funding to establish a sustainable community-led project that seeks to address mental wellness and addiction among Indigenous populations.
2. To provide opportunities to support and enhance existing community-led addiction and mental wellness programs and recovery-oriented practices.
3. To support community opioid and addiction responses.
4. To encourage collaboration and partnerships among Indigenous organizations to co-design projects that fit within a holistic and recovery-oriented continuum of care in order to:
 - inform leading practices that have potential to leverage ongoing funding;
 - build upon findings for future addiction and mental wellness initiatives; and
 - Serve people in First Nations and Settlements, and Indigenous people living in urban or rural municipalities.

IAMW Outcomes

Though each project will respond to the unique needs of the community it services, the anticipated outcomes include increasing community recovery capital in two or more of the eight recovery capital [domains](#). Other anticipated outcomes include:

- Improve access, coordination and integration of AMW services with individuals, families, front line staff and others who provide mental wellness and recovery services
- Equip frontline staff, peer supports and families with the skills required to support recovery-oriented care for individuals on their recovery journey
- Identify, develop and strengthen Indigenous-centered wellness strategies, emerging and ongoing, that meet the needs of communities and organizations
- Improve patient and family experiences specific to mental wellness and addiction services (e.g. access to culturally appropriate mental wellness services, cultural-based supports)

Indigenous Continuum of Addiction and Mental Wellness (IAMW) Grant Program Details

Funding Eligibility (within Alberta)

The *IAMW Grant* will be open to applications from First Nations (on reserve), Métis Settlements, the Métis Nation of Alberta, Inuit-led organizations and other rural and urban Indigenous-led or operated organizations in Alberta.

Communities are encouraged to partner and work together to submit a joint proposal whenever possible.

Project Approval Criteria

Applicants must present Projects that increase community recovery capital in two or more of the eight recovery capital domains, and must provide:

- **Strategic Alignment:** with the IAMW grant objectives and identifies how the project will address one or more outcome area identified above.
- **Commitment to Results:** demonstrates a clear rationale for the IAMW objectives, and appropriately targets specific recovery-oriented activities that demonstrate measurable outcomes.
- **Evaluation:** provides a clear method(s) to effectively measure and assess outcomes.
- **Commitment to Collaboration:** demonstrates partnerships that align with IAMW services in the local area and outlines their role/involvement.
- **Financial and Administrative Capacity:** The applicant's capacity to successfully implement the activities in accordance with the proposed budget. Feasibility of the project to be achieved within the funding term.

Based on available funding and the number of applications received, not all applications may be funded or receive the full amount requested.

Funding Proposal Examples

Some **examples** of uses for this funding include:

- Create integrated care pathways (e.g., transitions from community to/from internal/external organizations; warm referrals to services)
- Provide/enhance navigation to transition services, pre and post-treatment care
- Partnering with AHS or other business or community organization with existing resources to deliver or augment culturally safe mental health and/or addiction services
- Improve access to culturally appropriate mental wellness services, including one-on-one or group therapy services
- Develop/enhance culturally based programming for people on their recovery journey, including peer support (individual or in a group setting).
- Increase culturally appropriate navigation services with Indigenous peoples.
- Develop new or expand existing culturally responsive and traditional treatments
- Programming to link people on their recovery journey with basic needs, including food, shelter and employment
- Data intern to work in collaboration with Alberta Health, AHS, Alberta First Nations Information Governance Centre etc. (e.g., collect and assess baseline data for addiction treatment options for Indigenous peoples to inform development of a plan to improve mental wellness, service options, patient experience and patient outcomes)
- Peer support training and education (for people in sustained recovery)

Funding Process

1. Expression of Interest (EOI) will be made available on September 21, 2022. EOI Applications can be found on the Indigenous AMH Continuum of Wellness website.
2. Communities & organizations will be given until 23:59 MST on Monday October 31, 2022 to submit a completed Expression of Interest form.
3. All EOIs received will be reviewed and adjudicated by the Indigenous Continuum of Addiction and Mental Wellness Grant Project Advisory Committee (PAC), which may consist of members from First Nations and Métis Nations/Settlements, AHS Indigenous Wellness Core, Alberta Health Indigenous Health Branch, Alberta Health Addiction and Mental Health Division, AHS Provincial Addiction and Mental Health, and Indigenous organizations.
4. Determined through review, successful projects will be classified as belonging to a wellness or an opioid response category.
5. Upon review and adjudication, Alberta Health will be provided with recommendations for selected EOIs to move forward to Project Proposal stage.
6. Final Approvals will be based solely on the discretion of Alberta Health.

General Grant Information

- After review and approval of EOI application, successful applicants will provide a completed application and full project proposal to AHS and will enter into a grant agreement with AHS that specifies deliverables, project requirements, grant reporting and payment schedule specific to each successful project.
- The range of funding per grant agreement is from \$50,000 to \$200,000.
- Proposals may be up to 24 months in length.
- Communities and organizations are encouraged to partner and work together to submit a joint proposal whenever possible.
- Joint proposals with multiple collaborative partners may be considered for higher funding amounts.

Budget

When preparing the budget, applicants should include eligible and not include ineligible expenditures.

Examples of eligible expenditures include:

- Salaries and wages for individuals whose duties are directly and primarily related to activities undertaken as part of the project as set out in the grant agreement;
- Staff recruitment and training;
- Travel costs for activities directly related to and necessary to carry out the activities under the Project;
- Evaluation costs;
- Supplies (e.g., project supplies, office equipment) directly related to the Project;

Indigenous Wellness Core
 Indigenous Continuum of Addiction & Mental Wellness

- Administration costs directly related to the project (e.g., office operations, accounting, legal fees, insurance) up to a maximum 10% of total budget or a maximum of \$20,000.00, whichever is less;
- Honoraria and Protocol;
- Consulting or professional services directly related to project’s outcomes.

Ineligible expenditures include, but are not limited to:

- ongoing operational costs beyond project parameters;
- major capital costs;
- purchase of capital assets;
- purchase of personal items or staff awards, recognition and gifts;
- debt reduction;
- monthly parking fees;
- costs of construction, renovation of laboratories, offices;
- insurance costs for equipment;
- cellular phones.

Note: Expenses where a personal benefit could be derived, are ineligible.

Questions or Inquiries

Questions or inquiries related to the IAMW or the Expression of Interest must be submitted via email to: IndigenousAMHContinuum@ahs.ca

EOI Support (or to receive MS Word Copy): Contact Information	
IndigenousAMHContinuum@albertahealthservices.ca	
Marjorie Luzentales-Simpson <i>Manager, Projects & Business Operations</i> Marjorie.Luzentales-Simpson@ahs.ca	Daniela Reinhard-Young <i>Administrative Support</i> Daniela.Reinhard-Young@ahs.ca

Timelines

Key Milestone	Date
Expression of Interest Launch Date	September 21, 2022
Expression of Interest Application Deadline	23:59 MST October 31, 2022
Notification of Applicants on the EOI results	December 5, 2022

Frequently Asked Questions

WHAT IS THE “INDIGENOUS CONTINUUM OF ADDICTION AND MENTAL WELLES (IAMW) GRANT PROGRAM?”

The “Indigenous Continuum of Addiction and Mental Wellness (*IAMW*)” Grant Program is administered by Alberta Health Services’ (AHS) Indigenous Wellness Core (IWC). The *IAMW Grant* program will initially provide up to \$200,000 in funding over 24 months (up to March 31, 2025) and is open to First Nations, Métis Settlements, the Métis Nation of Alberta, Inuit-led organizations and other Indigenous-led or operated organizations in Alberta. Funding will support innovative projects focused on Indigenous community/organization-led design and enable implementation of community driven mental health and wellness projects that build on already identified needs and service gaps. The *IAMW Grant* aims to increase capacity within Indigenous communities and organizations, with \$1 million annually dedicated to opioid response projects to support Indigenous models for addressing the opioid crisis, and \$1.45 million annually to support the design and implementation of recovery oriented, culturally rooted mental health and wellness services.

The *IAMW Grant* is built on the recognition of and value for Indigenous self-determination and control and includes support for community/organization-led needs assessments, community/organization-led planning, design, and implementation of mental wellness projects aligned with a holistic and recovery-oriented continuum of care. Projects supported through the grant are strengthened by Indigenous designed project evaluations and Communities of Practice (CoP) to share expertise and learnings.

WHO IS ELIGIBLE FOR IAMW Grant FUNDING?

The *IAMW Grant* will be open to applications from First Nations (on reserve), Métis Settlements, the Métis Nation of Alberta, Inuit-led organizations and other rural and urban Indigenous-led or operated organizations in Alberta.

Communities are encouraged to partner and work together to submit a joint proposal whenever possible.

HOW MUCH FUNDING IS AVAILABLE?

Applicants are eligible to apply for between \$50,000 and \$200,000. Funding amounts will vary by community and the activities planned.

Funding for the contract will be paid in installments. Disbursement of funds will be determined based on the approved term of IAMW Grant programming and amount of funding requested.

Based on available funding and the number of applications received, not all applications may be funded or receive the full amount requested.

Communities are encouraged to partner and work together to submit a joint proposal whenever possible. Joint proposals with multiple collaborative partners may be considered for higher funding amounts

IS THIS FUNDING ONGOING?

The Indigenous Wellness Core (IWC) will be administering Grant funding for the *IAMW*, to the end of March 2025. All contracts must be completed by March 31, 2025.

HOW DO I APPLY?

The Expression of Interest will be available online and by sending inquiries to IndigenousAMHContinuum@ahs.ca

A Coordinator from the IAMW Grant team is available to answer questions. Completed Expression of Interest Applications are to be submitted by email to:

IndigenousAMHContinuum@ahs.ca

IS THERE A DEADLINE TO APPLY FOR FUNDING?

The Expression of Interest (EOI) will be made available on September 21, 2022. EOI Applications can be found on the Indigenous AMH Continuum of Wellness website. Communities & organizations will be given until **23:59 MST on Monday October 31, 2022** to submit a completed Expression of Interest form.

APPLICATION REQUIREMENTS:

In order to qualify for the *IAMW Grant* funding, the Applicants must meet the following criteria:

- Originate from a First Nation, Tribal Councils, First Nation organizations, Métis Settlements, MNA, Inuit organizations, Indigenous-led or Indigenous-operated organizations.
- Anticipated project outcomes must increase community recovery capital in two or more of the eight domains (physical and mental health; family, social and leisure activities, safe housing and healthy environments, peer based support, employment and resolution of legal issues, vocational skills and educational development, community integration and cultural support and (re) discovering meaning and purpose in life). ([Recovery Oriented Systems of Care](#))
- Address one or more of the Continuum of Wellness [Outcome Areas](#).
- Describe the project, including the purpose and outcomes.
- Provide a detailed budget.

- Develop or follow a pre-existing community-driven evaluation plan for the funded activities.

EXAMPLES OF ACTIVITIES ELIGIBLE FOR FUNDING:

- Create integrated care pathways (e.g., transitions from community to/from internal/external organizations; warm referrals to services)
- Provide/enhance navigation to transition services, pre and post-treatment care
- Partnering with AHS or other business or community organization with existing resources to deliver or augment culturally safe mental health and/or addiction services
- Improve access to culturally appropriate mental wellness services, including one-on-one or group therapy services
- Develop/enhance culturally based programming for people on their recovery journey, including peer support groups
- Increase culturally appropriate navigation services with Indigenous peoples. Customize the program for Indigenous peoples, including the expansion of interventions to include culturally responsive, traditional treatments
- Programming to link people on their recovery journey with basic needs, including food, shelter and employment
- Data intern to work in collaboration with Alberta Health, AHS, Alberta First Nations Information Governance Centre etc. (e.g., collect and assess baseline data for addiction treatment options for Indigenous peoples to inform development of a plan to improve mental wellness, service options, patient experience and patient outcomes)
- Peer support training and education (for people in sustained recovery)

WHAT IS NOT ELIGIBLE FOR FUNDING?

- *IAMW Grant* will not fund the following:
 - New Infrastructure & Renovation (i.e.: Constructing building space)
 - Administrative costs in excess of 10% of your total allocated funding or \$20,000, whichever is less
 - Applications which do not align with the guiding principles of the IAMW Grant

WHO CAN I CONTACT FOR MORE INFORMATION?

You can reach the Indigenous Continuum of Addiction and Mental Wellness Grant team via email: IndigenousAMHContinuum@ahs.ca

DISCLAIMER

AHS reserves the right to request additional information. AHS makes no representation on the number of grants that will be awarded and reserves the right not to award any grant/contract. AHS reserves the right to refuse funding. Each successful applicant will be required to enter into a contract with AHS. Incomplete submissions will not be accepted.