

GOALS OF THE HEALING CENTRE

We recognize that the original teachings as given by the Creator will sustain our life today and tomorrow. The following goals are guided by the 7 First Nations namely; Chippewa, Caldwell, Kettle & Stony Point, Muncey, Moraviantown, Sarnia, Oneida Teachings.

Culture and Spiritual Care

1. Provide Traditional & Cultural Practices through Knowledge Keepers & Teachers
2. Provide cultural inspired teachings through songs, ceremonies, naming ceremony, drumming, smudging, sweat lodge ceremonies, sacred pipe ceremonies, sacred bundle making and teachings
3. Provide all staff with cultural competency training
4. Provide proper etiquette teachings of the importance of each First Nations Culture & Customs
5. Provide teachings & learning of protocols associated with each indigenous culture
6. Provide Rights of Passage teachings and Roles & Responsibilities of male and female "Original Instructions" to the peoples of the land

The Traditional Healer

Is available to all youth, clients, staff and families and/or communities at their request

Why is Spiritual care important?

Mental illness often brings great spiritual distress and suffering. Intense and unhealthy, isolation, alienation, depression and loneliness, bipolar, anxiety, personality disorders.

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood. Some main groups are: mood disorders, personality disorders, schizophrenia, eating disorders, trauma-related disorders, post traumatic stress, substance abuse disorders.

If you suffer with any one of these symptoms, you are not alone. It is common today in every race, culture and origin. We are here to assist in the process of helping and giving the skills and tools to bring healing.

FOR MORE INFORMATION

Nimkee Nupigawagan Healing Centre

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INFORMATION

GUIDANCE CARING



"Thunderbird's Necklace"

*Substance Abuse Treatment
Centre for First Nations/
Indigenous Youth*

*Our hope & goal is to assist in
working together with every youth
to achieve a brighter future*

Open Since January 1997
Chippewas of the Thames

WHAT IS IT?

Nimkee NupiGawagan Healing Centre (NNHC) opened in January 1997.

Culture is the philosophical base that informs the environment created at NNHC and is incorporated into all aspects of programming and as well has specific activities and healing models that are utilized throughout each treatment cycle. The treatment program is comprised of the following:

- Assessment and Treatment Planning
- A treatment program of Individual & Group Counselling, Therapy, & Recreation utilizing Native Traditional Practice & Western Methods
- Learning Centre
- Nutrition Program
- Life Skills Education & Application
- Health Care
- Aftercare Planning and follow-up
- Community Education & Training

WHO WILL IT SERVE?

The Healing Centre is a 3-month residential, gender based treatment program for Indigenous Youth, ages 12 to 17, and 18 to 25 who are challenged with substance abuse/ addiction.

ACCREDITATION

NNHC received its first accreditation as an organization in March of 2000 recognizing the quality of the organization's services by comparing them to nationally accepted standards of excellence.

VISION STATEMENT

The Creator has provided us with the greatest gifts...our young people. Today's generation will help the next generation continue to heal until all Indigenous communities are free from substance abuse and other addictions!

MISSION STATEMENT

With respect, humility, and compassion, NNHC is committed to empowering indigenous youth, families and communities through culturally based holistic treatment services.

LICENSING

NNHC maintains a Children's Residential Operating License under the *Child and Family Services Act of Ontario*. The Ministry of Community and Social Services provides an annual license review.

RESOURCES

Youth may reach out for information from:

- Youth Counselor
- Team Leaders
- Learning & Development Specialist
- Social Worker
- Cultural Coordinator Elders and Teachers

COMMUNITY EDUCATION & TRAINING

- Solvent & Substance Abuse Education and Training
- PMAB Training
- FAS & FAE
- ASIST (Applied Suicide Intervention Skills Training)
- Grief Counseling
- Resiliency Training

We are committed to:

- **Indigenous youth and their families in strengthening physical, emotional, spiritual and mental wellness.**
- **Collaborating with community partners in order to find ways to alleviate substance abuse in indigenous communities.**
- **Providing ongoing appropriate training to NNHC staff.**
- **Consistently evaluating and monitoring results to ensure evidence-quality programming.**

LOCATION

NNHC is located on the Chippewa's of the Thames First Nation, approximately 20 km. south of London, Ontario.

Youth entering the NNHC will find a temporary home on fifty acres of Chippewa Territory along the Thames River.