



birch

# Bundles of Interventions, Resources, and Cultural Hub

META:PHI

April 4, 2025

# Disclosure of Financial Support

- This program has received financial support from Public Health Agency of Canada in the form of the Supporting Mental Wellness in First Nation Communities Affected by the COVID-19 Pandemic Grant.
- This program has received in-kind support from Thunderbird Partnership Foundation in the form of logistical and human resources support.
- Potential for conflict(s) of interest:
  - Speakers do not have do not have conflict(s) of interest to declare

# Presenter Disclosure

- Presenters: Kate Turner & Dr. Elaine Toombs
- Relationships with financial sponsors:
  - Not Applicable

# Mitigating Potential Bias

- This initiative has been made possible through a financial contribution from the Public Health Agency of Canada. The views expressed in this presentation do not necessarily represent the views of the Public Health Agency of Canada.

# Overview – Purpose & Background

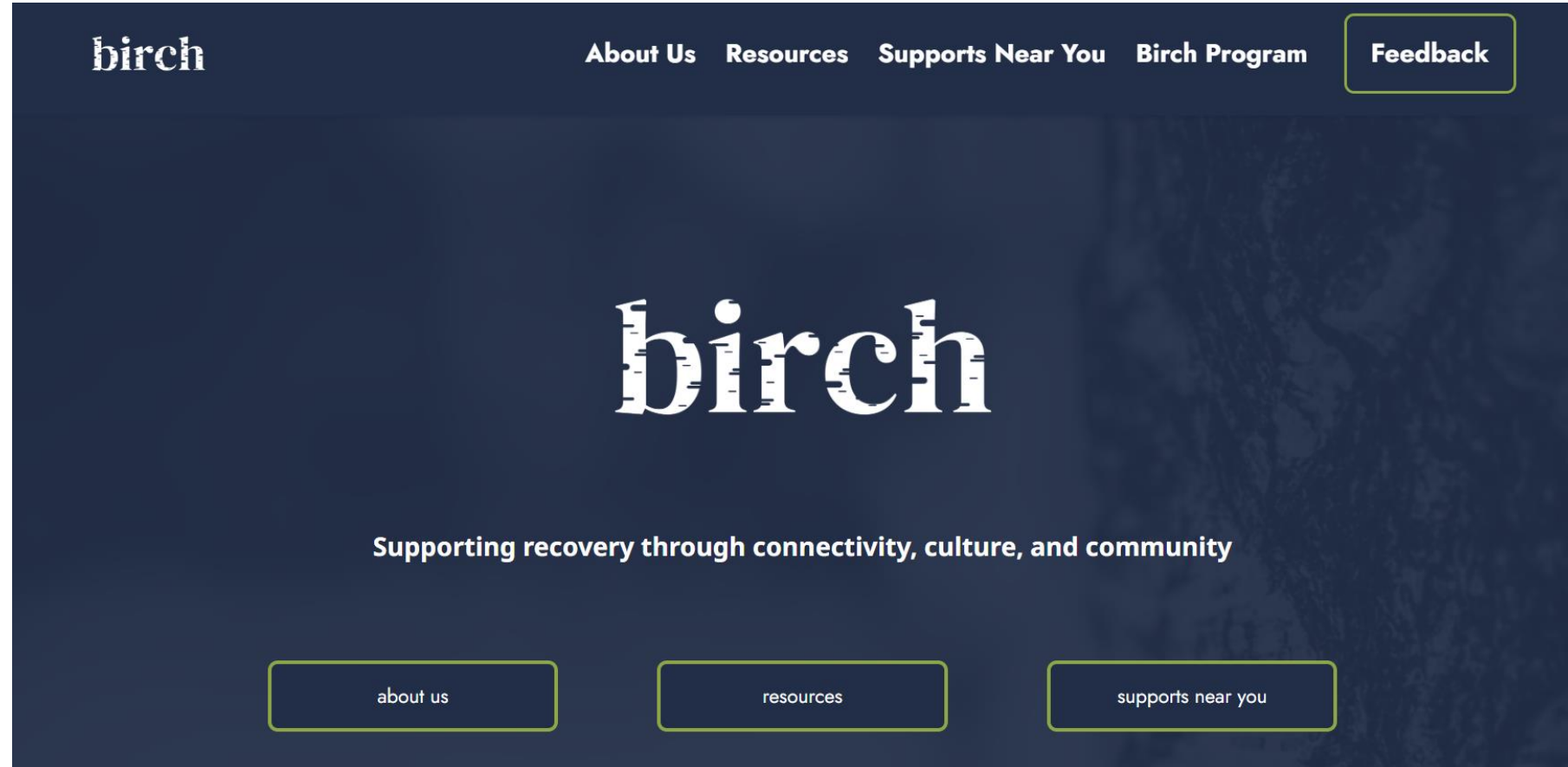
**BIRCH aims to provide access to culturally based virtual mental wellness and addictions resources that support a continuum of care for First Nations communities. Inspired by pandemic-related closures of in-person services and continued by the sustained need for complementary options, BIRCH is led and informed by First Nations addictions treatment centres who saw gaining potential for virtual mental wellness and addictions programming.**



# BIRCH Website

- Features available supports regionally
- eHealth Guides for developing virtual substance use treatment programming (available April 4)
- Overview of the BIRCH project
- And, how to access the BIRCH Program Modules and the internal resource hub (BIRCH)

<https://birchbundle.ca/>





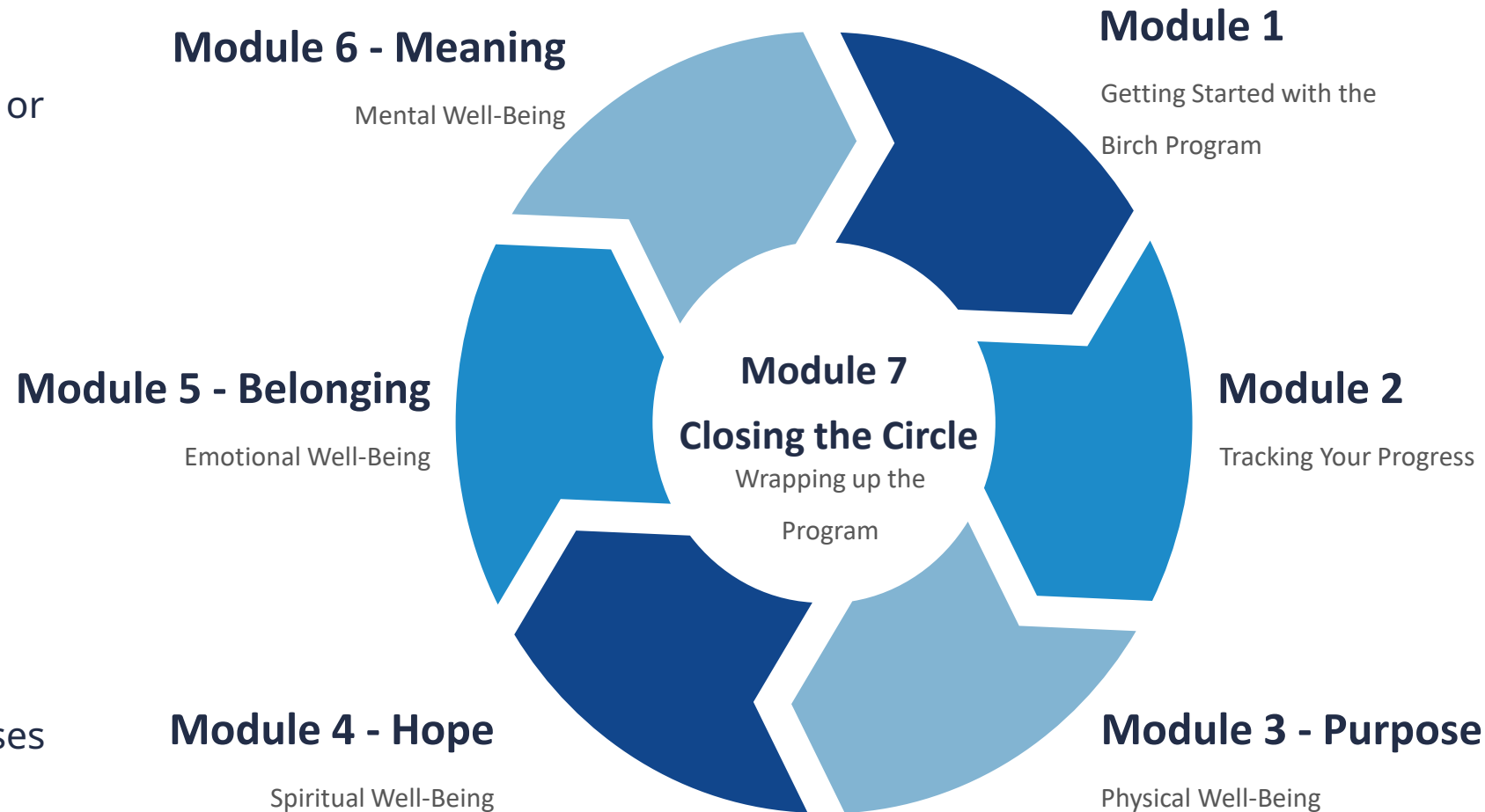
# BIRCH (Internal Resource Hub)

- Peer Support Space
- Houses all:
  - BIRCH Program Modules,
  - Associated resources (e.g., worksheets)
  - Practitioner Guide (available April 30)
  - and eHealth Guide (available April 4)



# BIRCH Program Modules

- Handout based
- Can be delivered virtually, in-person, or as a complement to existing programming
- Modifiable to regional/ community context
- Self-guided or facilitated, however requires support from delivering organization
- Can be completed in ways that best meet the participants needs
- Modules feature skill building exercises based on common DBT approaches







# Evaluation Process

235 individual collaborators were directly engaged in these consultations

1

Structure & Values

164 collaborators engaged

2

Content Review & Usability

71 collaborators engaged

# 1. Formative Evaluation

## Preliminary Structure & Program Values

### Goals

- How was the community engaged?
- How can BIRCH contribute to existing needs?

### Process

- Broader community consultation
- Focus groups

### Results

- BIRCH value development
- Preliminary program structure outlined

# BIRCH Guiding Principles

1. Centred in Indigenous knowledge
2. Harm reduction focus across the care continuum
3. Delivered using low-barrier technology
4. Be able to be modified for community needs
5. Trauma-informed
6. Community-centred

**Early Content Framework** → Handout-based not online  
Practice worksheets  
Prioritize culture-as-treatment  
Bi-lingual, clear, simple wording

## 2. Process Evaluation

# Content Development & Usability

### Goals

- Relevance
- Quality

### Process

- Content review focus groups
- Final feedback interviews

### Results

- Program content
- Client-centeredness
- Organizational fit
- Anticipated use



# Usability and Relevancy Feedback

Program Content

Community Fit

"I feel like this is really well balanced."

"I think this brings a really great wholistic approach. Like for <Centre Name>, we're very much wholistic."

Feedback

"I think is really exciting and I know a number of my clients currently that I could use almost everything like with somebody here."

"I know I'm excited to see some of these pieces run within our program."

Client-Centeredness

Anticipated Use

# Next Steps

- Release of Practitioner Guide
  - Late April 2025
  - Will support implementation of the Program Modules
- Release of eHealth Guides
  - Late April 2025
  - Suggestions and guidance based on best and wise practices for delivering safe and effective virtual treatment and mental wellness programming
- French language resources
  - Program Modules – early May 2025
  - Website – June 2025
  - Internal Resource Hub – July 2025
  - Practitioner Guide – July 2025
  - eHealth Guides – July 2025

# More info!

- If you are interested in learning more about BIRCH, email [birch@thunderbirdpf.org](mailto:birch@thunderbirdpf.org)
- All BIRCH resources are free to Indigenous & First Nations addictions treatment or mental wellness organizations across Canada.



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[cultureforlife.ca](http://cultureforlife.ca) for Youth

[wisepractices.ca](http://wisepractices.ca) for Communities