

## Cultural and Spiritual Care

Our Traditional Healer helps indigenous patients express themselves spiritually by:

1. Providing Traditional Healing practices
2. Providing culturally inspired programming like drumming circles
3. Being able to provide services in an original language (Anishinaabemowin)
4. Offering smudging ceremonies
5. Offering sacred pipe ceremonies
6. Having a sweat lodge on site
7. Providing all staff with cultural competency training opportunities
8. Providing an indigenous perspective in program planning and client conferences

### The Traditional Healer

is available to all Waypoint patients, clients, staff and families who request services

## For Support Contact:

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**Waypoint**   
*Advancing Understanding.  
Improving Lives.*  
*Avancer la compréhension.  
Améliorer la vie.*  
**CENTRE for MENTAL HEALTH CARE**  
**CENTRE de SOINS de SANTÉ MENTALE**

## Indigenous Services



### *Vision*

As an inspired organization, we will change lives by leading the advancement and delivery of compassionate care.

### *Mission*

We are a Catholic hospital committed to providing excellence in specialized mental health and addictions services grounded in research and education and guided by faith-based values.

*Caring*

*Respect*

*Accountability*

*Innovation*

### ***What are spiritual and cultural care?***

Spirituality is our search for wholeness and ultimate meaning. While as many ways to be spiritual exist as there are people, a common thread can be found: The human spirit seeks for meaning, purpose, hope and love.

Spiritual and cultural care is the process of exploring the resources available in ones beliefs and the impact those beliefs have on the way life is experienced.

Our Traditional Healer brings respectful guidance, active listening, and spiritual support to people of First Nations, Metis and Inuit backgrounds (FNMI).

#### ***Do I need to be FNMI to receive help from the Traditional Healer?***

Waypoint's Traditional Healer is able to assist all individuals with spiritual questions who request services. While the Traditional Healer is a member of the Midewiwin Three Fires Healing Lodge the needs and beliefs of those they serve are respected. One does not need to share a specific cultural perspective to utilize the services of the Traditional Healer. When appropriate, the Traditional Healer will link individuals with community support and cultural professionals.

### ***Why is spiritual care important?***

Mental illnesses often bring great spiritual distress and suffering. Intense and unhealthy religious preoccupation, isolation, alienation and loneliness are only a few common experiences. It is not unusual for individuals to question or lose faith altogether. Mental illness creates grief and pain that can affect individuals and their families at the deepest levels.

#### ***Is it possible to have a meaningful spiritual life while living with mental illness?***

For many, spirituality is a great source of strength and comfort especially in times of illness.

Meeting with the Traditional Healer allows individuals and their families to:

- Connect spirituality to their mental health care
- Explore the meaning of mental illness and the life transitions it brings
- Pray, and participate in appropriate healing rituals
- Examine the impact of beliefs on mental health
- Find peace and reconciliation
- Explore possible spiritual supports available from ones community

### ***What is spiritual well-being?***

***Spiritual well-being*** is the state of feeling at peace with oneself and with the Creator, or our Higher Power.

***Spiritual distress*** occurs when any of the following is experienced:

- **Spiritual pain:** Do you experience hurt or pain related to your beliefs? Does an inability to find meaning cause you to experience pain?
- **Alienation:** Do you feel the Creator is remote and far removed from your life?
- **Anxiety:** Are you afraid that the Creator might not take care of your needs?
- **Guilt:** Do you feel the Creator could be angry for things you have done or have failed to do in your life?
- **Anger:** Are you angry that Creator caused, or did not prevent/heal, your illness? Do you think the Creator is being unfair to you?
- **Loss:** Do you question the Creator's love or feel the Creator's back is turned on you?
- **Despair:** Do you feel hopeless—like life will never again have meaning and purpose?