



Commitment to Indigenous Peoples

ACTION PLAN



CherryTree
COUNSELLING



Who We Are

A community of care.

When it comes to health and well-being, we believe in the power of community and connection. Our team of caring, regulated mental health professionals is ready to support clients through all life's challenges, big or small. With a special focus on women's midlife mental health, we offer results-based therapy. From early adulthood to motherhood to menopause and beyond, our clients deserve to feel good and enjoy their lives.

Our goal is to build an inclusive and equitable community where people feel empowered to find their voice, share their story, and reach their greatest potential.





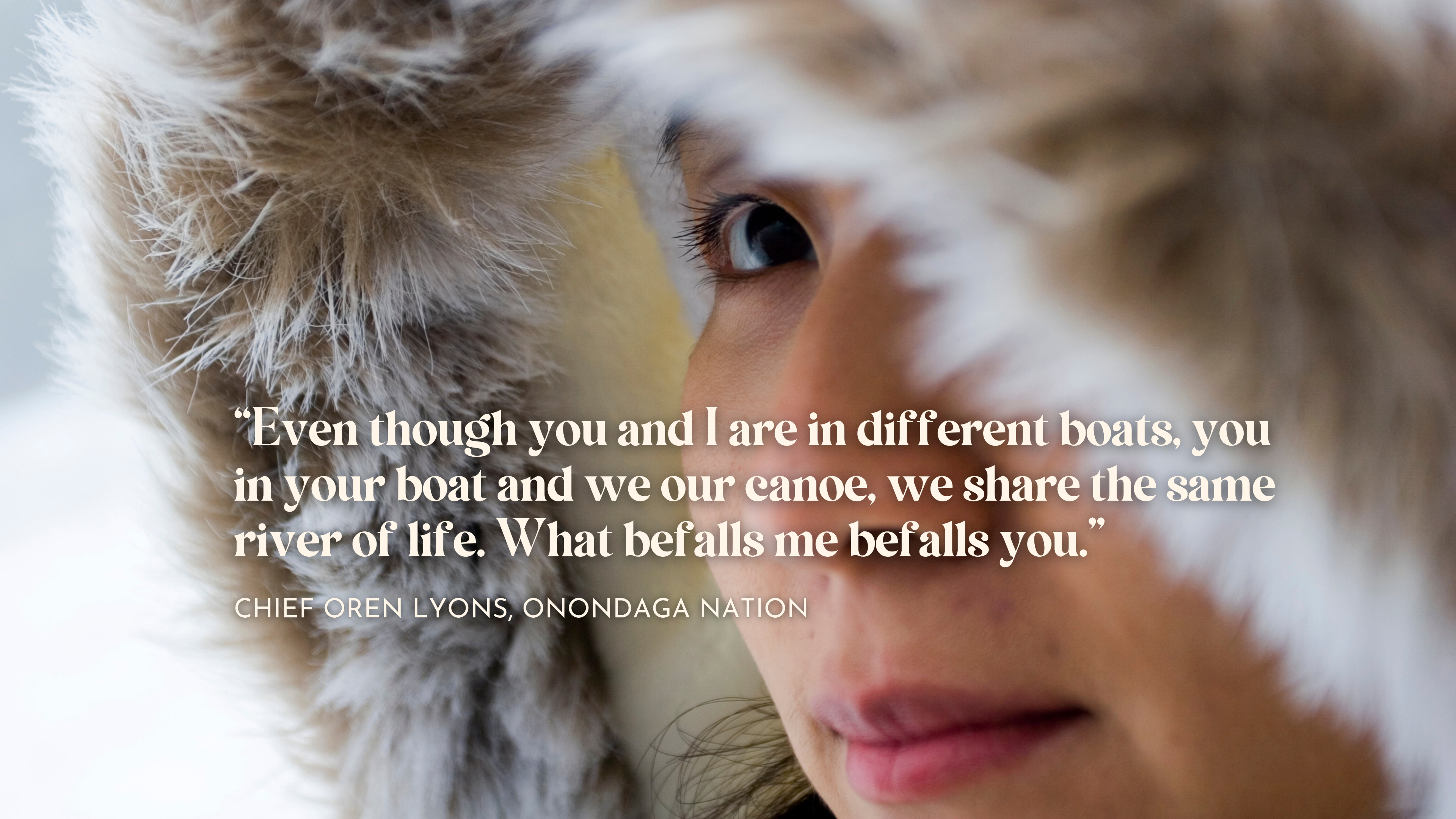
Our Commitment to Indigenous Peoples*

It takes a village.

At Cherry Tree Counselling, we truly believe it takes a village. The mental health and well-being of ALL individuals is vital to our communities, yet there continues to be a lack of support for those issues specific to those within the First Nations, Métis, and Inuit communities. As identifying as a part of this community and as family members, allies, and therapists ourselves, we recognize the gaps in care that currently exist.

*Indigenous Peoples for the purposes of this Action Plan refers to First Nations, Métis, and Inuit people within Canada.





“Even though you and I are in different boats, you in your boat and we our canoe, we share the same river of life. What befalls me befalls you.”

CHIEF OREN LYONS, ONONDAGA NATION

Acknowledgement

We are a clinic that services individuals situated upon the traditional territories of Turtle Island (North America). We are thankful to be able to work and live in the territory now called Ontario.

We acknowledge and give thanks to the First Nations, Métis and Inuit people who have protected and cared for these territories and communities across the province from before the arrival of the settler people and continue to fight for the health and safety of the land, water, and animal nations.

To read the full Acknowledgement, please visit our website under '[Commitment to Indigenous Peoples](#)'.



Reconciliation

What does it mean to us?

Reconciliation means actively engaging in the process of healing, understanding, and promoting equity in our practice. It involves acknowledging and addressing the historical and ongoing impacts of colonization on Indigenous communities and working towards building meaningful relationships based on trust, respect, and cultural safety.

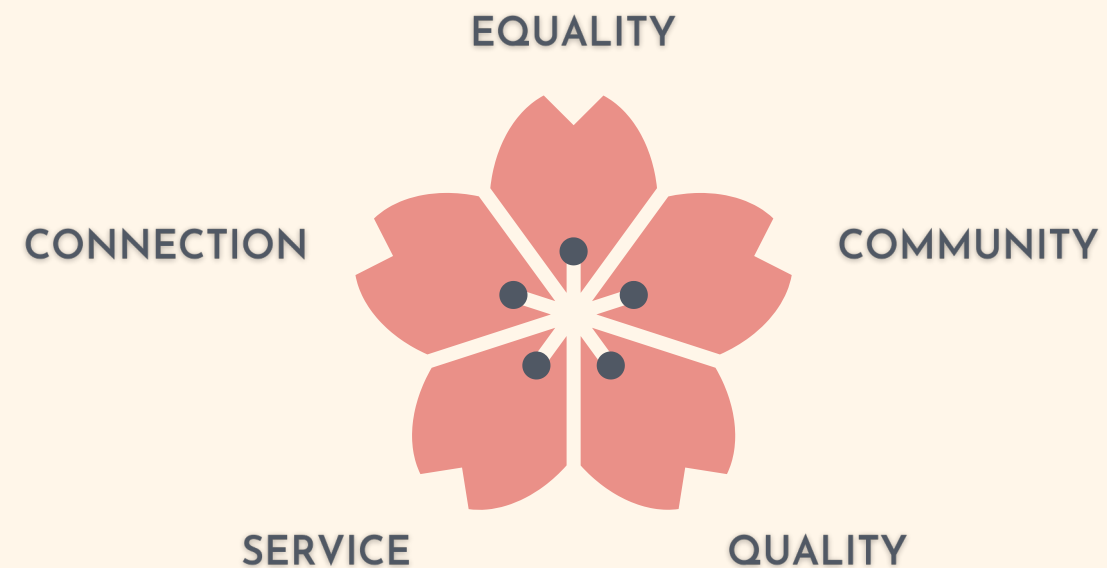
Therapists can support reconciliation by incorporating Indigenous perspectives, practices, and traditional knowledge into their work, while also advocating for systemic changes that address the unique needs and challenges faced by Indigenous clients.



Our Shared Values

Unity in purpose.

Shared values serve as a powerful catalyst for reconciliation work. By embracing and upholding values such as equality, connection, service, quality, and community, we create a foundation of trust and collaboration. These shared values guide us in implementing meaningful changes and fostering a more inclusive and harmonious society.



Why an Action Plan?

Together on the Path of Reconciliation

By implementing an Action Plan, counselling practices can demonstrate a genuine commitment to reconciliation and cultural sensitivity. It creates a framework to address the unique needs and experiences of Indigenous clients. The Action Plan ensures that counselling services are accessible, respectful, and inclusive, fostering a safe and supportive environment. This promotes a sense of belonging and trust for Indigenous clients, facilitating their healing journey.

Additionally, the Action Plan encourages ongoing education and training for therapists to enhance their cultural competency. By embracing this plan, the counselling practice acknowledges the importance of honouring Indigenous knowledge, fostering resilience, and working towards reconciliation in the mental health field.





**As we look to the future,
we will set priorities that focus on
building relationships and
supporting the Indigenous
community, concentrating on the
following goals and objectives.**



Goals

AT THE INDIVIDUAL LEVEL:

- Engage in self-reflective processes such as examining personal biases, education on Indigenous history and culture, and seeking supervision or consultation to enhance cultural competency
- Participate in ongoing professional development and training on trauma-informed care and cultural humility
- Actively seek feedback from Indigenous clients to improve their therapeutic care and practices



Goals (continued)

AT THE PRACTICE LEVEL:

- Elevate Indigenous voices and support Indigenous communities and organizations by leveraging professional, social, and digital networks and resources
- Increase advocacy by participating in community and grassroots events and activities
- Hire and/or contract Indigenous professionals to collaborate or work with the team
- Create programming, scholarships, and resources to support Indigenous clients



Goals (continued)

AT THE COMMUNITY LEVEL:

- Support and amplify pre-existing Indigenous programming and services available in the community
- Develop and provide training and resources to community members and therapists to support accessibility and enhance cultural competency
- Collaborate with Indigenous communities to address historical trauma and promote overall well-being through programming and resource development



Goals (continued)

AT THE SYSTEMIC LEVEL:

- Advocate for policy changes that address systemic barriers to Indigenous mental health care
- Promote equitable funding and resources for Indigenous mental health services
- Determine ways to integrate Indigenous knowledge and practices into mainstream therapeutic approaches
- Collaborate with government agencies and organizations to develop culturally appropriate mental health programs and services

SYSTEMIC



2023–24 Objectives

We at Cherry Tree are committed to supporting Indigenous people and nations in the Dundas/Hamilton region and beyond. To do this, we've outlined several ways we plan to take action within the next year.

By September 30th, 2024, we aim to:

1. Foster greater engagement with Indigenous clients and the community.
2. Engage in outreach with the therapist community through surveys regarding needs such as increased cultural competency and training.
3. Include greater representation of Indigenous leaders and voices in our social media campaigns.
4. Create an Indigenous Resource Guide to highlight local, provincial, national, and international support available for Indigenous clients and the community.
5. Increase available therapists under the NIHB program to expand access for Indigenous clients.
6. Explore potential funding sources and opportunities to further develop programming under the Indigenous Action Plan.





By working together and implementing an Action Plan for reconciliation in therapeutic context, we can actively contribute to healing, understanding, and equity.



A woman wearing a woven straw hat and a yellow suede jacket with fringes is standing in a forest, touching the trunk of a large tree. The background is a soft-focus green forest. The text is overlaid on the left side of the image.

“We are all related. What we do to one, we do to all. We are all in this together.”

WINONA LADUKE, WHITE EARTH NATION

Did you know?

We are a registered Non-Insured Health Benefits (NIHB) Provider.

This means that we can offer therapeutic services that are not covered by traditional insurance plans to registered First Nations and Inuit clients. By being a non-insured health benefits provider, therapists can offer culturally appropriate and holistic approaches to mental health care, supporting the overall well-being and healing journey of Indigenous people.

[Visit the NIHB website here to learn more about this program.](#)



We offer a community of care.

We are a team of mental health professionals based in Ontario who offer online counselling and specialized therapeutic services for women, mothers, couples, 2SLGBTQ+, teachers, therapists and other 'helper professionals'.

Our goal is to build an inclusive and equitable community where people feel empowered to find their voice, share their story, and recognize their greatest potential.

Developed by Walk In Beauty Consulting
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Questions?

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Join us:



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