



Service Agreement

overview

Prepared for: Organizations in British Columbia seeking Professional Indigenous Mental Health Services

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Strawberry Medicine Counselling

Hello Beautiful Soul,

Thank you for your interest in what we offer. We're delighted to share this Service Agreement Proposal, which contains information about our company, our services, and how we can work together. We look forward to collaborating soon!

About Us

Strawberry Medicine Counselling is the first Indigenous-led and operated clinic to provide Registered Clinical Counselling services in British Columbia. The clinic specializes in "Two-Eyed Seeing" Clinical Counselling Services that cater to the needs of Indigenous people and communities throughout British Columbia. To ensure accessibility, the clinic provides a mix of in-person and virtual Indigenous Clinical Counselling services, community Clinical Counselling services, and holistic wellness workshops. The clinic's vision is to blend Indigenous wellness with Clinical Counselling and ceremony to form a medicine bundle that everyone can benefit from, leading to holistic balance and a deeper connection with oneself and the world around them.

The clinic is taking steps to reduce financial barriers for members by moving towards a service agreement model. This model presents many benefits, including reduced financial burdens for members, access to many clinicians, and the opportunity to build strong relationships with the community through healing workshops and services.

All of our Indigenous Mental Health Clinicians must have at least a Master's Level of Education in Counselling, be of Indigenous Ancestry (and be connected to their community and ways of knowing and being), and be registered (or eligible to be registered) with the Canadian Counselling and Psychotherapy Association with a designation of Canadian Certified Counsellor (C.C.C.), AND/OR registered (or eligible to be registered) with the British Columbia Association of Clinical Counsellors with a designation of Registered Clinical Counsellor (R.C.C.).



Scope of Work

Moving towards a Service Agreement model for a sustainable future

We understand that accessing counselling services can sometimes be challenging due to financial barriers and the limited availability of clinicians. This new servicing model for FNHA funding is designed to address these challenges and provide a more accessible and sustainable solution for both organizations and their members. By entering into service agreements with organizations we aim to create long-lasting relationships and improve access to counselling services.

Key Benefits of this New Servicing Model

1. Cost Sharing
 - Utilizing FNHA funding to reduce financial barriers for members with the remaining fee being invoiced to the Service Agreement Holder. This fee schedule benefits the Service Agreement Holder through shared financial responsibility with FNHA.
2. Priority Booking for Workshops
 - Our workshops are booked seasonally so Service Agreement holders will obtain priority booking before being released to the general public.
3. Priority booking for counselling services
 - Since we shifted our services to prioritize Service Agreement holders, your members will get priority bookings.
4. Reduced financial burdens for members.
 - Along with our *Generous Rescheduling Policy* which allows members to reschedule their missed appointments before the end of day Friday, we are nurturing access to services that minimise financial strains for both the client and the clinic. If the client is not able to reschedule, then the late cancellation/no-show fee will be billed to the Service Agreement Holder.
 - No-shows and late cancellations fees are billed to the Service Agreement holder to reduce dropout rates caused by financial hardships. This ensures a stable therapeutic relationship with the counselor.
5. Access to many clinicians.
 - Allowing members to book sessions with any of our clinicians to increase availability and access.
6. Ongoing relationships
 - Building strong, ongoing relationships with the community through healing workshops and services.



Virtual Counselling Services

Two-Eyed Seeing Clinical Counselling

Virtual clinical counselling services for Indigenous people by Indigenous people is a powerful way to promote healing and wellness in Indigenous communities. By integrating traditional Indigenous knowledge with Western clinical approaches, this form of counselling can help address the unique needs and challenges faced by Indigenous populations.

One key benefit of this approach is the concept of Two-Eyed Seeing. This term refers to the idea of using both Indigenous and Western knowledge systems in a way that is respectful of both and seeks to integrate them for the benefit of all. By incorporating traditional Indigenous approaches to wellness alongside clinical interventions, this form of counselling can provide a more holistic and culturally appropriate approach to healing.

Indigenous counsellors are uniquely positioned to understand the needs of Indigenous people, as they have firsthand experience with the cultural, historical, and intergenerational trauma that has impacted Indigenous communities. By offering culturally safe and responsive services, Indigenous counsellors can help clients feel more comfortable and at ease, which can help them to better engage in the healing process.

Virtual Counselling Currently Offered:

- **Individual Counselling:** Indigenous counsellors offer a unique approach to individual counselling that involves cultural practices and storytelling to aid clients in exploring their emotions and experiences. This approach can be especially beneficial for individuals who have undergone trauma or mental health difficulties and can help them reconnect with their cultural identity. Indigenous counsellors can also help individuals rediscover their heritage to recover from the generational trauma resulting from colonization, residential schools, and forced separation from their families.

- Youth Counselling--Indigenous youth counseling with an Indigenous counselor can have significant healing benefits. Challenges faced by Indigenous youth due to intergenerational trauma, loss of culture and identity, and systemic discrimination can be difficult to navigate alone. An Indigenous counselor can provide a safe and culturally sensitive space for youth to heal and grow, promoting resilience, pride, and a sense of belonging. It can also help to strengthen cultural identity and understanding of the cultural and historical context that may be contributing to a youth's struggles. Virtual Counselling to be offered in January 2024:

Virtual Counselling to be offered in January 2024:

- Couples Counselling--Focuses on the traditional roles of couples in relationships and how colonization changes power dynamics. Couples learn to have compassion for themselves and their partner.
- Family Counselling--Focuses on the kinship system and creating safe spaces for communication, healing, and restoration of Indigenous Love to occur.



Strawberry Medicine Wheel



Facilitated by Stephanie Erickson

Our signature program, the Strawberry Medicine Wheel healing circle is a gateway to open the door to your truth and is grounded in Indigenous knowledge systems of wellness. Teachings are shared on how to nurture our medicine bundles when imbalanced so we can be our medicine and be medicine for our people. This is done by embracing the glimmers in our lives that ring truth to our spirits like a bell going off in our hearts. A knowing. A remembering. A calling back to ourselves. An unearthing

but also an inventing of ourselves. Connecting and identifying our needs and practicing balance within ourselves to become more resilient.

The Strawberry Medicine Wheel includes global clinical therapy techniques such as the NARM developmental trauma model so we can understand how unmet needs at different developmental stages can cause imbalances within our medicine wheel and how we can become empowered to restore balance. This includes psycho-education on "Intro to trauma" and the fight/flight/freeze response and how we can override this system to regain control over how we respond to our environment.

The Strawberry Medicine Wheel presents guideposts to assist people in engaging in life from a place of worthiness and cultivating wholehearted living. This workshop builds resiliency and understanding of self through self-reflection, understanding, and compassion.

The Strawberry Medicine Wheel is different from traditional medicine wheels as I have brought Love/Sexuality into the Strawberry Medicine Wheel as a means to revitalize Indigenous Love and vital sexuality to heal the broken love bonds and sexual trauma that are the legacy of residential school. So, the "E-Motion quadrant" is brought into the middle and recalibrated to the "E-Motion Core" where we learn to honour our e-motions and use them as sacred guidance for our path and become more fully present with the world around us.

A Strawberry Medicine Bundle is offered to each participant and includes a workbook, a journal, 11x17 Strawberry Medicine Wheel, a 7 Direction Smudge Blend medicine pouch.

The Strawberry Medicine Wheel is offered with various options:

1. Three Day Deep healing event with the 170 page workbook and attendee medicine bundle
2. One Day Healing Event that includes the core teachings with a 50 page workbook and attendee medicine bundle
3. Facilitators Training: Learn how to use your unique medicine bundle to deliver this amazing program to your organization or community!

Strawberry Medicine Grief Healing



Facilitated by Stephanie Erickson

Teachings of strawberry medicine to embrace grief as an energetically alive state that is heart opening and a transformational tool to come to terms with irrevocable loss. This powerful approach enables us to release our loved ones into the spirit world while continuing on with our own soul's journey. Strawberry Medicine Grief Healing offers not only teachings but also ceremonies that we can do to carry us through our grief journey so we can show our final acts of love to our loved ones who have passed on.

Strawberry Medicine is offered as a one day event to share the teachings and to go through one of the ceremonies together so participants can get comfortable doing these ceremonies on their own.

Each participant will receive the workbook as well as the book of ceremonies they can complete on their grief journey.

We also offer facilitators training so people can get comfortable offering this program in their communities.

Ribbon Skirt Workshop

Facilitated by Stephanie Erickson

Experience the Rich Tradition of Ribbon Skirt Making in a One-Day Workshop

Join us for an exclusive one-day Ribbon Skirt Workshop, where we will delve into the traditional teachings of this beautiful garment. With a maximum of five participants, you will have the opportunity to learn about the cultural significance of this attire and make your very own ribbon skirt through a special

ceremonial process. The venue and lunch will be provided by the host, so all you need to bring is your passion for learning!

In this workshop, you will:

- Learn about the history and cultural significance of ribbon skirts.
- Discover the different styles and patterns of ribbon skirts.
- Experience the special ceremonial process of making a ribbon skirt.
- Receive personalized guidance and instruction from our knowledgeable instructor.
- Connect with like-minded individuals and share your passion for Indigenous culture.
- Take home your very own handmade ribbon skirt, a beautiful and meaningful addition to your wardrobe.

Don't miss this opportunity to learn about and create a beautiful piece of Indigenous culture. Join us for a day of learning, connection, and creativity!

Emotion Focused Family Therapy



Facilitated by Vanessa Carpenter

Follows the principles and practices of Emotionally Focused Therapy to restore connection and promote resilience in family relationships. The principle goal of EFFT is to re-establish more secure family patterns where attachment and caregiving responses are effective and emotional bonds are repaired. These resources inform a network of security that provides the flexibility and closeness necessary for families to promote individual growth and meaningful relationships across generations. The EFT process of change in EFFT focuses on stabilizing a family's negative interaction pattern, restructuring parent and child interactions, and consolidating the felt security gained through these new patterns of connection. Following principles of attachment science, the EFT therapist guides the family to new patterns of parental availability, responsiveness, and coherent attachment communications as they face developmental change and life challenges.

The 3-day workshop is a great opportunity for caregivers to acquire essential skills and techniques to support their child's development from 6 to 18 years old. During this workshop, caregivers will have the

time and space to engage in various activities that promote their learning and growth.

The workshop will cover a range of topics that include but are not limited to, understanding child development, identifying and addressing behavioral issues, fostering positive communication, and promoting emotional well-being. Caregivers will learn how to create a nurturing and supportive environment that encourages their child's social, emotional, and cognitive development.

Furthermore, the workshop will provide a platform for caregivers to network and share experiences with other parents and caregivers. Participants will have the opportunity to collaborate and learn from each other's experiences, providing them with a valuable support system long after the workshop is over.

Overall, the 3-day workshop is an excellent opportunity for caregivers to gain the knowledge and skills necessary to support their child's development and ensure that they grow up to be happy, healthy, and well-adjusted adults.

Circle of Security



Facilitated by Vanessa Carpenter

The Circle of Security® Parenting™ program is based on decades of research about how secure parent-child relationships can be supported and strengthened. Using the COSP™ model developed by the Circle of Security originators, our trained Facilitators work with parents and caregivers to help them to:

- Understand their child's emotional world by learning to read emotional needs
- Support their child's ability to successfully manage emotions
- Enhance the development of their child's self-esteem
- Honor the innate wisdom and desire for their child to be secure

In light of the fact that this is a 6 week program, this workshop is only offered online. Although it may be different from traditional in-person workshops, there are still ways to ensure that participants stay engaged and motivated throughout the program. One way to achieve this is by offering weekly door prizes. This not only adds an element of fun and excitement but also gives participants something to look forward to each week. Additionally, offering a gift of completion for each participant is a great way to acknowledge their efforts and hard work. It serves as a tangible

reminder of their accomplishment and can be a source of pride and motivation for future endeavors. Overall, these small gestures can go a long way in keeping participants motivated and engaged in the program.



Indigenous Mental Health Online Workshops are a valuable resource for individuals and communities looking to improve their understanding and awareness of mental health issues affecting Indigenous peoples. These workshops are designed to provide culturally appropriate and sensitive information that is relevant to the unique experiences and challenges faced by Indigenous communities.

The workshops cover a range of topics, including the impact of colonization and intergenerational trauma on mental health, the importance of cultural identity and healing, and strategies for addressing mental health issues within Indigenous communities. Participants will also learn about the various resources and supports available to them, including traditional healing practices, community-based mental health services, and online resources.

One of the key benefits of Indigenous Mental Health Online Workshops is their accessibility. They can be accessed from anywhere with an internet connection, making them an ideal option for individuals and communities in remote or isolated areas. They are also available in a range of formats, including live webinars, pre-recorded videos, and interactive online modules, allowing participants to choose the format that best suits their needs.

Overall, Indigenous Mental Health Online Workshops are an important resource for anyone looking to improve their understanding of mental health issues affecting Indigenous peoples and to support the mental health and well-being of Indigenous communities.



Online Programs

Online programs offer a self-directed approach to mental health resources, which can be highly beneficial for indigenous people who may not have access to traditional in-person therapy. These programs can be accessed wherever there is internet access, which makes them a convenient option for those living in remote or rural areas.

One of the key benefits of online mental health programs is their flexibility. They can be accessed at any time, which means that users can engage with the material on their own schedule. Additionally, these programs can be tailored to the specific needs of the individual, which can help to provide a more personalized approach to mental health care.

For indigenous people, online programs can provide a safe and culturally sensitive space to explore mental health concerns. Many programs are designed with the needs of indigenous people in mind, and include resources and support that are specific to their experiences.

Overall, online mental health programs offer a valuable resource for indigenous people who may not have access to traditional therapy. They provide a flexible and personalized approach to mental health care, and can be a valuable tool in promoting overall well-being.

- Current Online Programs:
 - Strawberry Medicine Wheel
- Currently in development:
 - Indigenous Love: Couples in Relationships
 - Indigenous Mental Health First Aid: how to hold space for loved ones going through hard times without taking on their stress or accidentally causing more harm.
 - Reclaiming Sacred Spaces: Healing from Sexual Trauma
 - Kinship systems: raising the next generation. A course for parents.



Community Counselling Services

Mental health is a critical aspect of overall well-being. For indigenous communities, access to culturally appropriate mental health services can be challenging. To address this issue, on-site mental health counselors have become a popular solution. These counselors provide both event-based and clinical counseling services to accommodate up to 7 people in a day.

Event-based mental health counseling services are particularly important for indigenous communities. These events can be anything from cultural gatherings to community celebrations. The presence of a mental health counselor at these events can help to normalize mental health conversations and reduce the stigma surrounding mental health issues. Additionally, these counselors can provide support and resources to individuals who may be struggling with mental health concerns.

Clinical counseling services are also critical for indigenous communities. However, access to these services can be limited due to geographical and cultural barriers. On-site mental health counselors can provide culturally appropriate counseling services to individuals who may not otherwise have access to these resources. These counselors can also work collaboratively with other health professionals to provide a holistic approach to mental health care.

In conclusion, on-site mental health counselors are an important resource for indigenous communities. They provide event-based and clinical counseling services that are culturally appropriate and accessible to individuals who may not otherwise have access to these resources. These counselors play a critical role in addressing mental health concerns and promoting overall well-being within indigenous communities.



Pricing

Virtual Counselling Services

Service	Quantity/Unit (Specs)	Price per 1 hour session	Billed to FNHA	Billed to Service Agreement Holder
Individual Counselling	Billed per hour then in 15 minute intervals thereafter.	\$150	\$90	\$60
Couples Counselling <i>New Service Coming in Jan 2023</i>	Billed per hour then in 15 minute intervals thereafter.	\$230	\$90	\$140
Family Therapy <i>New Service Coming in Jan 2023</i>	Billed per hour then in 15 minute intervals thereafter.	\$230	\$90	\$140
Group Therapy	1 Hour Group Session. Price per person	\$60	\$0	\$60
Clinical Consultation	Billed per hour then in 15 minute intervals thereafter.	\$175	\$0	\$175
No Show/Late Cancellation Fees	Only billed if the client does not rebook by Friday	\$150	\$0	\$150

Workshops

Product or Service	Quantity/Unit (Specs)	Regular Price	Service Agreement Holder Price
Strawberry Medicine Wheel Day Workshop.	3 15-person capacity. The host provides meals, travel, and accommodations	\$15555	\$13333
Workshops: Strawberry Medicine Wheel Facilitators Training	Online training program to bring this program to your organization. Price per person.	\$3333	\$2222
Strawberry Medicine Wheel Day Workshop	1 15-person capacity. The host provides meals, travel, and accommodations	\$5555	\$4444
Workshops: Strawberry Medicine Grief Healing	1 Day Workshop. 15-person capacity. The host provides meals, travel, and accommodations	\$5555	\$4444
Workshops: Strawberry Medicine Grief Healing Facilitators Training	Online training program to bring this program to your organization. Price per person.	\$3333	\$2222
Ribbon Skirt Workshop	1 Day Workshop. 5 Person max. The host provides meals, travel, and accommodations	\$3333	\$2222
Emotion Focused Family Therapy	3 Day Workshop. 15-person capacity. The host provides meals,	\$15555	\$13333

travel. and

Circle of Security	6 Week online for 10 participants.	\$9999	\$8888
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Online Workshops

Product or Service	Quantity/Unit (Specs)	Regular Price	Service Agreement Holder Price
Online Workshops	6 Hour workshop. Price Per Person	\$333	\$111

Online Programs

Product or Service	Quantity/Unit (Specs)	Regular Price	Service Agreement Holder Price
All Online Programs	Online Self Directed program. Price Per Person	\$222	\$111

Community Counselling Services

Product or Service	Quantity/Unit (Specs)	Regular Price per day.	Service Agreement Holder Price
In Community Counselling Services	One counsellor to provide on-site support at events OR to see 7 clients a day.	\$2000	\$1250
Travel	Plane fare if needed or milage	\$0.95/km	\$0.95/km
Accommodations	Hotel fees	\$275 per night	\$275 per night



Package Options

We've designed flexible packages to suit your needs and budget.

Basic	Standard	Premium
Our value tier gives you:	Our signature tier includes the Basic offering, plus:	Our highest tier adds to our Standard offering:
<ul style="list-style-type: none">• Virtual Counselling Services• Priority booking for workshops at the regular price before the dates are released to the general public.	<ul style="list-style-type: none">• Workshops at Service Agreement Holder Price	<ul style="list-style-type: none">• Access to our online programs & workshops for your members.• Community Counselling Services
Counselling Services are billed weekly	Counselling Services are billed weekly and workshops are billed upon booking	All services rendered are billed on the last day of each month

Additional Details

Workshop Priority Booking

As a Service Agreement Holder, you will receive a booking link at the start of each season – Fall Equinox, Winter Solstice, Spring Equinox, and Summer Solstice – to reserve your spot for the upcoming season's workshops. For example, in the fall, you can book for the winter season. This will give you ample time to plan and organize your attendance. Our priority booking system allows you to reserve your preferred dates before we open them

up to the public. Please note that the public will be able to book any spots left over within the same season, and the call for public bookings opens at the beginning of each season.

Generous Rebooking Policy for Counselling Services

Session fees for cancellations or no-shows are not waived, regardless of the reason. However, clients are permitted to reschedule their appointment anytime during the week before, during, or after their original appointment time, without incurring additional fees. The rescheduled appointment must be booked by the end of day on Friday. Failure to reschedule missed appointments will result in full fee charges. Two "freebies" are available per year and must be arranged with your counsellor. We offer an online scheduler to make rescheduling more convenient. If you do not see a suitable time slot, please contact your counsellor to see if they can create one for you before the end of day on Friday. Last-minute appointment changes are permitted without advanced notice. Clients will not lose their ongoing appointment time due to absences unless we do not hear from you. We hope this policy provides you with the flexibility you need to make the most of your counselling sessions.

Billing Options

Invoices come with a standard 15-day due date, if your finance department requires more processing time, please request an extension on your Service Agreement contract so we can know when to expect payment. There is a (0.5% invoice +\$50 finance charge) late payment fee for every 30 days a payment is late.

Term

Service Agreements are in place for 1 year from the date signed unless otherwise negotiated.

Contact Details

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