CALL FOR LIVED-EXPERIENCE ADVISORS

camh mental health is health

camh | Shkaabe Makwa

Project Title

Lift Societal Health: Co-designing Care Practices with First Nations, Inuit, and Métis Patients at CAMH

Project Summary

This project will involve co-designing care practices at CAMH for two groups:

1. **First Nations, Inuit, and Métis**
2. **Autistic People and/or People with Intellectual Disabilities**

Note: This call-out is for the First Nations, Inuit, and Métis stream. *A separate call-out for this project has been issued for the Autism and/or Intellectual Disabilities stream. We recognize that people's experiences and identities may connect to more than one stream, and people are welcome to let us know if they would like to be considered for one or both opportunities.*

Why this work matters:

First Nations, Inuit, and Métis patients may not always experience care at CAMH in ways that feel culturally safe, respectful, supportive, or connected to who they are. This project is about listening to those experiences, learning what may need to change, and identifying practical ways to improve care. We recognize lived and living experiences as knowledge. What people share through this process will help inform the work.

What we hope to better understand:

- Challenges or barriers that First Nations, Inuit, and Métis patients and families have experienced when receiving or navigating care at CAMH.
- Times when spiritual or cultural needs, identities, relationships, or ways of knowing were not recognized, respected, or supported.
- What has helped people feel safer, respected, supported, and connected in their care.
- Ideas and opportunities to improve care experiences and care pathways for First Nations, Inuit, and Métis patients and families.

What we hope this work will lead to:

- **A co-design process and way of working together** that is equitable, inclusive, and grounded in First Nations, Inuit, and Métis ways of knowing, being, and healing.
- **Practical care practices or solutions** that improve care experiences and care pathways for First Nations, Inuit, and Métis patients.
- Changes that can be implemented and sustained in CAMH clinical settings

How we will know if we succeeded:
We hope this work leads to care experiences where First Nations, Inuit, and Métis patients feel safer, more respected, better supported, and more connected to care. We will also pay attention to whether the engagement process itself feels respectful, culturally safe, and accessible to people taking part.

Safety and support:

- Sharing experiences of care can feel personal and may bring up difficult memories or feelings. People taking part will not be expected to share anything they are not comfortable sharing.
- Before engagement begins, we will confirm what supports are needed and available, such as access to cultural support, clinical support, or other debrief support.
- What people share will be treated with care and used to inform this project. Nothing will be shared publicly in a way that identifies people without their consent.

Who we are looking for

- We are looking for First Nations, Inuit, and Métis people from diverse Nations, communities, and lived experiences who have received or navigated care at CAMH.
- We are also interested in hearing from family members, caregivers, chosen family, or support people who have helped a First Nations, Inuit, or Métis person navigate care at CAMH.

About the Role

We are seeking 2–3 advisors to participate in two parts of this project. In Part 1, you will work with the project team to plan future sessions with additional First Nations, Inuit, and Métis patients and families. In Part 2, you will participate in the sessions you helped plan to co-design improved care practices. We will confirm the expected time commitment for Part 2 once the plan in Part 1 is developed. Advisors can decide at that point whether continuing into Part 2 still works for them.

Part 1: Planning Co-Design

What you will do:

- Help decide the best way to involve People with Lived/Living Experience (PWLLE) in this project.
- Give feedback and inform the plan to work together with PWLLE.
- Review and suggest changes to materials we will use in future sessions.
- Help guide how the project team works together.

Meeting and Participation Information:

- In Part 1, you will attend approximately 4-6 one-hour meetings between August 2026 and November 2026 until planning is complete.
- You may join online or in person.
- Planning timelines may change. If participating no longer works for you, you can withdraw your participation.

Part 2: Co-Designing Improved Care Practices for First Nations, Inuit, and Métis Patients at CAMH

What you will do:

- After planning is done, join the design sessions to help shape ideas, priorities, and practical changes to care.
- Share perspectives and experiences if and when you feel comfortable.
- Help make decisions about both the solutions we create and how we work together.

Meeting and Participation Information:

- Part 2 is expected to take place between November 2026 and March 2027. The number and type of sessions you participate in will depend on the outcomes of the planning you complete during Part 1.
- You may join online or in person.
- Co-Design timelines may change. If participating no longer works for you, you can withdraw your participation.

We welcome a range of lived and living experiences. No one person will be expected to speak for a whole Nation, community, identity, or group. The project team will look across what is shared to understand common themes, different experiences, and areas where care may need to be safer, more accessible, and more responsive.

People who take part will be offered an Honorarium in line with CAMH's Honoraria Policy ($30.00/hour). We can also talk with you about any accessibility or participation needs, including whether you would like a support person to attend meetings with you.

How to apply

Contact: LSH.Connect@camh.ca by July 29 to apply.

In your email, please state:

1. Your first and last name
2. That you are interested in becoming a lived-experience advisor
3. The stream you would like to apply for:
    a. First Nations, Inuit, and Métis
    b. Autism and/or Intellectual Disabilities
    c. Both streams, and we can talk with you about what level of involvement would feel realistic.

*Please do not share detailed personal or health information in your email.

After we get your email, we will set up a 15-minute call with you. This call helps us learn if the project is a good fit for you.

- We will welcome you to share anything about your lived or living experience, identity, Nation, community, or connection to this work that feels relevant and comfortable to you.

- We will also explain more about the project, describe the advisor role, and answer your questions.
- This 15-minute call will not be compensated.

Everyone who applies will receive a follow-up email. If we are not able to offer you the role described in this call-out, we will save your name and may contact you to be involved in future opportunities during Part 2.