

REFERENCES

CHAPTER 1

Bailey, Thomas, Mario Alvarez-Jimenez, Ana M. Garcia-Sanchez, Carol Hulbert, Emma Barlow, and Sarah Bendall. “Childhood Trauma Is Associated with Severity of Hallucinations and Delusions in Psychotic Disorders: A Systematic Review and Meta-Analysis.” *Schizophrenia Bulletin* 44, no. 5 (2018): 1111–22.

Bombay, Amy, Kimberly Matheson, and Hymie Anisman. “The Impact of Stressors on Second Generation Indian Residential School Survivors.” *Transcultural Psychiatry* 48, no. 4 (2011): 367–91. <https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2713038>.

Brave Heart, Maria Yellow Horse, Josephine Chase, Jennifer Elkins, and Deborah B. Altschul. “Historical Trauma among Indigenous Peoples of the Americas: Concepts, Research, and Clinical Considerations.” *Journal of Psychoactive Drugs* 43, no. 4 (2011): 282–90.

Bremner, J. Douglas. *Posttraumatic Stress Disorder: From Neurobiology to Treatment*. Hoboken, NJ: Wiley-Blackwell, 2016.

Canadian Mental Health Association. “Poverty and Mental Illness.” n.d. <http://ontario.cmha.ca/documents/poverty-and-mental-illness/>.

Centers for Disease Control and Prevention. “About the CDC-Kaiser ACE Study.” n.d.

<https://www.cdc.gov/violenceprevention/acestudy/about.html>.

ChildStats.gov. *America’s Children in Brief: Key National Indicators of Well-Being*, 2018. <https://www.childstats.gov/americaschildren/>.

Delima, Jennifer, and Graham Vimpani. “The Neurobiological Effects of Childhood Maltreatment: An Often Overlooked Narrative Related to the Long-Term Effects of Early Childhood Trauma?” *Family Matters*, no. 89 (2011): 42–52.

Felitti, Vincent J. “Future Applications of the Adverse Childhood Experiences Research.” *Journal of Child and Adolescent Trauma* 10, no. 3 (2017): 205–6.

Felitti, Vincent J., Robert F. Anda, Dale Nordenberg, David F. Williamson, Alison M. Spitz, Valerie Edwards, Mary P. Koss, and James S. Marks. “Relationship of Childhood Abuse and Household Dysfunction to Many of the Leading Causes of Death in Adults: The Adverse Childhood Experiences (ACE) Study.” *American Journal of Preventive Medicine* 14, no. 4 (1998): 245–58.

Gerson, Ruth, and Patrick Heppell. *Beyond PTSD: Helping and Healing Teens Exposed to Trauma*. Washington, DC: American Psychiatric Association, 2019.

Hart, Michael. *Seeking Mino-Pimatisiwin: An Aboriginal Approach to Helping*. Halifax, NS: Fernwood, 2002.

REFERENCES

Hoagwood, Kimberly Eaton, Mary Acri, Meghan Morrissey, and Robin Peth-Pierce. “Animal-Assisted Therapies for Youth with or at Risk for Mental Health Problems: A Systematic Review.” *Applied Developmental Science* 21, no. 1 (2017): 1–13.

Jones, Melanie G., Simon M. Rice, and Susan M. Cotton. “Incorporating Animal-Assisted Therapy in Mental Health Treatments for Adolescents: A Systematic Review of Canine Assisted Psychotherapy.” *PLOS ONE* 14, no. 1 (2019): 1–27.

Kirmayer, Laurence J., Joseph P. Gone, and Joshua Moses. “Rethinking Historical Trauma.” *Transcultural Psychiatry* 51, no. 3 (2014): 299–319.

Klinik Community Health Centre. *Trauma-Informed: The Trauma Toolkit*, 2nd ed. Winnipeg, MB: Klinik Community Health Centre, 2013. https://trauma-informed.ca/wp-content/uploads/2013/10/Trauma-informed_Toolkit.pdf.

Ko, Hae-Jin, Chang-Ho Youn, Seong-Hyun Kim, and So-Yun Kim. “Effect of Pet Insects on the Psychological Health of Community-Dwelling Elderly People: A Single-Blinded, Randomized, Controlled Trial.” *Gerontology* 62, no. 2 (2016): 200–209.

Manitowabi, D., and M. Shawande. “The Meaning of Anishinabe Healing and Wellbeing on Manitoulin Island.” *Pimatisiwin: A Journal of Aboriginal and Indigenous Community Health* 9, no. 2 (2011): 441–58. http://www.pimatisiwin.com/uploads/jan_20112/10ManitowabiShawande.pdf.

Musicaro, Regina Marie, Joseph Spinazzola, Joshua Arvidson, Sujata Regina Swaroop, Lisa Goldblatt Grace, Aliza Yarrow, Michael K. Suvak, and Julian D. Ford. *The Complexity of Adaptation to Childhood Polyvictimization in Youth and Young Adults: Recommendations for Multidisciplinary Responders*, vol. 20. Los Angeles: Sage, 2019.

Ngui, Emmanuel M., Lincoln Khasakhala, David Ndetei, and Laura Weiss Roberts. "Mental Disorders, Health Inequalities and Ethics: A Global Perspective." *International Review of Psychiatry* 22, no. 3 (2010): 235-44.

Sacks, Vanessa, David Murphey, and Kristin Moore. *Adverse Childhood Experiences: National and State-level Prevalence* (research brief). Bethesda, MD: Child Trends, July 2014. https://www.childtrends.org/wp-content/uploads/2014/07/Brief-adverse-childhood-experiences_FINAL.pdf.

Shiloh, Shoshana, Gal Sorek, and Joseph Terkel. "Reduction of State-Anxiety by Petting Animals in a Controlled Laboratory Experiment." *Anxiety, Stress and Coping* 16, no. 4 (2003): 387-95.

Siegal, Daniel. *Mindsight: The New Science of Personal Transformation*. New York: Bantam Books, 2010.

van der Kolk, Bessel. *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma*. New York: Penguin, 2014.

World Health Organization. *Breaking the Vicious Cycle between Mental Ill-Health and Poverty* (Mental Health Core to Development, Information Sheet 1). Geneva: WHO, 2007. http://www.who.int/mental_health/policy/development/1_Breakingviciouscycle_Infosheet.pdf.

World Health Organization. *Mental Health Action Plan 2013–2020*. Geneva: WHO, 2013. https://www.who.int/mental_health/publications/action_plan/en/.

World Health Organization and Calouste Gulbenkian Foundation. *Social Determinants of Mental Health*. Geneva: WHO, 2014.

CHAPTER 2

Al-Ghazal, Sharif Kaf. *The Origin of Bimaristans (Hospitals) in Islamic Medical History*. Manchester, UK: FSTC, 2007. http://www.muslimheritage.com/uploads/The_Origin_of_Bimaristans_in_Islamic_Medical_History.pdf.

Butcher, James Neil. *Historical and Contemporary Views of Abnormal Behaviour*. Toronto: Pearson, 2010.

Charland, Louis C. “Benevolent Theory: Moral Treatment at the York Retreat.” *History of Psychiatry* 18, no. 1 (2007): 61–80.

Digby, Anne. “Changes in the Asylum: The Case of York, 1777–1815.” *Economic History Review* 36, no. 2 (1983): 218–39.

Dix, Dorothea. “I Tell What I Have Seen: The Reports of Asylum Reformer Dorothea Dix.” *American Journal of Public Health* 96, no. 4 (2006): 622.

Gorini, Rosanna. (2002). “Attention and Care to the Madness During the Islamic Middle Age in Syria: The Example of the Bimaristan Al-Arghun—From Princely Palace to Bimaristan.” *Journal of the International Society for the History of Islamic Medicine* 2, no. 2 (2002): 40–42. <http://www.ishim.net/ishimj/2/07.pdf>.

Moosavi, Jamal. “The Place of Avicenna in the History of Medicine.” *Avicenna Journal of Medical Biotechnology* 1, no. 1 (2009): 3.

Parry, Manon. “Dorothea Dix (1802–1887).” *American Journal of Public Health* 96, no. 4 (2006): 624–25.

Parry, Manon. “From a Patient’s Perspective: Clifford Whittingham Beers’ Work to Reform Mental Health Services.” *American Journal of Public Health* 100, no. 12 (2010): 2356–57.

Pike, Brittany, and Daniel Phillips III. *Encyclopedia of Social Deviance* Vol. 1, Sage, 2014.

Schuster, Jean-Pierre, Nicolas Hoertel, and Frédéric Limosin. “The Man behind Philippe Pinel: Jean-Baptiste Pussin (1746–1811).” *British Journal of Psychiatry* 198, no. 3 (2011): 241. doi:10.1192/bjp.198.3.241a.

Tasca, Cecilia, Mariangela Rapetti, Mauro Giovanni Carta, and Bianca Fadda. “Women and Hysteria in the History of Mental Health.” *Clinical Practice and Epidemiology in Mental Health: CP & EMH* 8, no. 1 (2012): 110–19.

Tuke, Daniel Hack. *Chapters in the History of the Insane in the British Isles*. London: K. Paul, 1882.

REFERENCES

Weiner, D. B. "Philippe Pinel's 'Memoir on Madness' of December 11, 1794: A Fundamental Text of Modern Psychiatry." *American Journal of Psychiatry* 149, no. 6 (1992): 725–32.

CHAPTER 3

Baranyi, Gergő, Megan Cassidy, Seena Fazel, Stefan Priebe, and Adrian P. Mundt. "Prevalence of Posttraumatic Stress Disorder in Prisoners." *Epidemiologic Reviews* 40, no. 1 (2018): 134–45.

Bartos, Leah. "Pipeline to Prison May Start with Childhood Trauma." *California Health Report* (January 6, 2016). <http://www.calhealthreport.org/2016/01/06/pipeline-to-prison-may-start-with-childhood-trauma/>.

Boyce, Jillian, Cristine Rotenberg, and Maisie Karam. *Mental Health and Contact with the Police in Canada, 2012*. Ottawa: Canadian Centre for Justice Statistics, 2015. <https://www150.statcan.gc.ca/n1/en/pub/85-002-x/2015001/article/14176-eng.pdf?st=QFMFjYUv>.

Burstow, Bonnie. *Psychiatry and the Business of Madness: An Ethical and Epistemological Accounting*. New York: Palgrave Macmillan, 2015.

Canadian Association of Chiefs of Police Human Resources Committee, Police/Mental Health Subcommittee. *Contemporary Policing Guidelines for Working with the Mental Health System*. Ottawa: Canadian Association of Chiefs of Police, 2008. https://www.cacp.ca/human-resources-and-learning-committee-activities.html?asst_id=131.

Coulter, Christine. "Pivot Legal Society Calls for More Police Training around Mental Health." *CBC News*, February 5, 2018. <https://www.cbc.ca/news/canada/british-columbia/pivot-legal-society-calls-for-more-police-training-around-mental-health-1.4519997>.

Doyle, Dennis. "'A Fine New Child': The Lafargue Mental Hygiene Clinic and Harlem's African American Communities, 1946–1958." *Journal of the History of Medicine and Allied Sciences* 64, no. 2 (2009): 173–212.

Fox, Bryanna Hahn, Nicholas Perez, Elizabeth Cass, Michael T. Baglivio, and Nathan Epps. "Trauma Changes Everything: Examining the Relationship between Adverse Childhood Experiences and Serious, Violent and Chronic Juvenile Offenders." *Child Abuse and Neglect* 46 (2015): 163–73.

Gillis, Wendy. "Details of Iacobucci Report Implementation Revealed by Toronto Police." *The Star*, September 16, 2015. <https://www.thestar.com/news/crime/2015/09/16/details-of-iacobucci-report-implementation-revealed-by-toronto-police.html>.

Gold, Joel, and Ian Gold. *Suspicious Minds: How Culture Shapes Madness*. New York: Free Press, 2014.

Grant, Meghan, and Robson Fletcher. "Calgary Officer Who Fatally Shot Anthony Heffernan Won't Be Charged." *CBC News*, August 22, 2016. <https://www.cbc.ca/news/canada/calgary/anthony-heffernan-calgary-police-shot-asirt-charges-1.3730911>.

REFERENCES

- Grewal, San. "Hospital Couldn't Hold Shooting Victim." *The Star*, November 7, 2007. https://www.thestar.com/news/gta/2007/11/07/hospital_couldnt_hold_shooting_victim.html.
- Kane, Laura. "Video of Michael Eligon Being Shot by Police Shown at Inquest." *The Star*, November 27, 2013. https://www.thestar.com/news/crime/2013/11/27/police_video_of_eligon_shooting_shown_at_inquest.html.
- Kendler, Kenneth S. "What Psychiatric Genetics has Taught Us about the Nature of Psychiatric Illness and What Is Left to Learn." *Molecular Psychiatry* 18, no. 10 (2013): 1058–66.
- Kirmayer, Laurence J. "Rethinking Cultural Competence." *Transcultural Psychiatry* 49, no. 2 (April 2012): 149–64.
- Kirmayer, Laurence J., and Harry Minas. "The Future of Cultural Psychiatry: An International Perspective." *Canadian Journal of Psychiatry* 45, no. 5 (June 2000): 438–46.
- Larsson, Henrik, Henrik Anckarsater, Maria Råstam, Zheng Chang, and Paul Lichtenstein. "Childhood Attention-Deficit Hyperactivity Disorder as an Extreme of a Continuous Trait: A Quantitative Genetic Study of 8,500 Twin Pairs." *Journal of Child Psychology and Psychiatry* 53, no. 1 (2012): 73–80.
- Lieghio, Maria, Trish Van Katwyk, Bonnie Freeman, Lea Caragata, Kathy Sdao-Jarvie, Kenneth Cory Brown, and Angele Sandha. "Police Encounters among a Community Sample of Children and Youth Accessing Mental Health Services." *Social Work in Mental Health* 15, no. 1 (2017): 14–27.

Lowery, W., K. Kindy, K. L. Alexander, J. Tate, J. Jenkins, and S. Rich. "Distracted People, Deadly Results." *Washington Post*, June 30, 2015. https://www.washingtonpost.com/sf/investigative/2015/06/30/distracted-people-deadly-results/?utm_term=.of4a897f1225.

Menzies, Robert J., Geoffrey Reaume, Brenda A. LeFrançois, and Peter Beresford. *Mad Matters: A Critical Reader in Canadian Mad Studies*. Toronto: Canadian Scholars' Press, 2013.

Miller, Jeff. "Harvard's Chester Pierce Was a Trailblazer in His Field and on the Field." *Undefeated*, September 29, 2016. <https://theundefeated.com/features/harvards-chester-pierce-was-trailblazer-in-his-field-and-on-the-field/>.

National Alliance on Mental Illness. "Jailing People with Mental Illness." n.d. <https://www.nami.org/Learn-More/Public-Policy/Jailing-People-with-Mental-Illness>.

Raz, Mical. "Between the Ego and the Icepick: Psychosurgery, Psychoanalysis, and Psychiatric Discourse." *Bulletin of the History of Medicine* 82, no. 2 (2008): 387–420.

Schwartz, Robert C., and David M. Blankenship. "Racial Disparities in Psychotic Disorder Diagnosis: A Review of Empirical Literature." *World Journal of Psychiatry* 4, no. 4 (2014): 133.

Slinger, Helen, dir. "Hold Your Fire." *Firsthand*, CBC TV (August 25, 2016). Documentary, 44:08. <https://www.cbc.ca/firsthand/episodes/hold-your-fire>.

REFERENCES

- Smoller, Jordan W. "A Quarter Century of Progress in Psychiatric Genetics." *Harvard Review of Psychiatry* 25, no. 6 (2017): 256–8.
- Smoller, Jordan W., Ole A. Andreassen, Howard J. Edenberg, Stephen V. Faraone, Stephen J. Glatt, and Kenneth S. Kendler. "Psychiatric Genetics and the Structure of Psychopathology." *Molecular Psychiatry* 24, (2019): 409–20.
- Stewart, Catherine A. "‘Crazy for this Democracy’: Postwar Psychoanalysis, African American Blues Narratives, and the Lafargue Clinic." *American Quarterly* 65, no. 2 (2013): 371.
- Summers, Martin. "‘Suitable Care of the African when Afflicted with Insanity’: Race, Madness, and Social Order in Comparative Perspective." *Bulletin of the History of Medicine* 84, no. 1 (2010): 58–91.
- van Straaten, Tess. "Surprise Witness at Mutch Inquest Contradicts Police Testimony." *CHEK News*, May 18, 2017. <https://www.cheknews.ca/surprise-witness-takes-stand-mutch-inquest-contradicting-police-testimony-318623/>.
- Watson, Amy C., and Anjali J. Fulambarker. "The Crisis Intervention Team Model of Police Response to Mental Health Crises: A Primer for Mental Health Practitioners." *Best Practices in Mental Health* 8, no. 2 (2012): 71–81.
- Watson, Amy C., Michael T. Compton, and Jeffrey N. Draine. "The Crisis Intervention Team (CIT) Model: An Evidence-Based Policing Practice?" *Behavioral Sciences and the Law* 35, no. 5–6 (2017): 431–41.

Watters, Kaleigh, and Thema Bryant-Davis. “Trauma Before Incarceration: Examining the Role of Adverse Childhood Experiences.” *Trauma Psychology News* 13, no. 3 (2018). <http://traumapsychnews.com/2018/07/trauma-before-incarceration-examining-the-role-of-adverse-childhood-experiences/>.

CHAPTER 4

American Psychiatric Association, DSM-5 Task Force. *Diagnostic and Statistical Manual of Mental Disorders: DSM-5*, 5th ed. Washington, DC: American Psychiatric Association, 2013. https://press.rsna.org/timssnet/media/pressreleases/14_pr_target.cfm?ID=1989.

Arango, Celso, and Xavier Amador. “Lessons Learned about Poor Insight.” *Schizophrenia Bulletin* 37, no. 1 (2011): 27–28.

Carey, Benedict. “An Alternative Form of Mental Health Care Gains a Foothold.” *New York Times* (August 8, 2016). <https://www.nytimes.com/2016/08/09/health/psychiatrist-holistic-mental-health.html>.

Carrell, Severin. “Scottish GPs to Begin Prescribing Rambling and Birdwatching.” *Guardian* (UK edition), October 5, 2018. <https://www.theguardian.com/uk-news/2018/oct/05/scottish-gps-nhs-begin-prescribing-rambling-birdwatching>.

Klass, Perri. “Writing Prescriptions to Play Outdoors.” *New York Times*, July 16, 2018. <https://www.nytimes.com/2018/07/16/well/writing-prescriptions-to-play-outdoors.html>.

REFERENCES

- Leichsenring, Falk, Eric Leibing, Johannes Kruse, Antonia S. New, and Frank Leweke. "Borderline Personality Disorder." *Lancet* 377, no. 9759 (2011): 74–84.
- Longden, Eleanor. "The Voices in My Head." *TED*, February 2013. Video, 14:14. https://www.ted.com/talks/eleanor_longden_the_voices_in_my_head.
- Longden, Eleanor. "Listening to the Voices People Hear: Auditory Hallucinations Beyond a Diagnostic Framework." *Journal of Humanistic Psychology* 57, no. 6 (2017): 573–601. <http://www.psychosisresearch.com/news/dr-eleanor-longden-joins-psychosis-research-unit/>.
- Luhrmann, T. M., R. Padmavati, H. Tharoor, and A. Osei. "Differences in Voice-Hearing Experiences of People with Psychosis in the USA, India and Ghana: Interview-Based Study." *British Journal of Psychiatry* 206, no. 1 (2015): 41–44. doi:10.1192/bjp.bp.113.139048.
- MacIntosh, Heather B., Natacha Godbout, and Nauveen Dubash. "Borderline Personality Disorder of Trauma or Personality: A Review of the Empirical Literature." *Canadian Psychology* 56, no. 2 (2015): 227.
- Marsh, Ian, and Jennifer White. "Boundaries, Thresholds and the Liminal in Youth Suicide Prevention Work." In *Youth Work, Early Education, and Psychology: Liminal Encounters*, eds. H. Skott-Myhre, V. Pacini-Ketchabaw, and K. Skott-Myhre, 69–89. New York: Palgrave MacMillan, 2015.

McCormack, Moninne, Kevin Tierney, Daria Brennan, Elizabeth Lawlor, and Mary Clarke. “Lack of Insight in Psychosis: Theoretical Concepts and Clinical Aspects.” *Behavioural and Cognitive Psychotherapy* 42, no. 3 (2014): 327–38.

Nisbet, Elizabeth, and Melissa Lem. “Prescribing a Dose of Nature.” *Alternatives Journal, Health* 41.2 (April 2015). <https://www.alternativesjournal.ca/sustainable-living/prescribing-dose-nature>.

Parker, Clifton B. “Hallucinatory ‘Voices’ Shaped by Local Culture, Stanford Anthropologist Says.” *Stanford News*, July 16, 2014. <https://news.stanford.edu/2014/07/16/voices-culture-luhrmann-071614/>.

Stage, Dese’Rae L. *Live Through This*. www.livethroughthis.com.

Taylor, Christa L. “Creativity and Mood Disorder: A Systematic Review and Meta-Analysis.” *Perspectives on Psychological Science* 12, no. 6 (2017): 1040–76.

Wise Practices. “Wise Practice for Promoting Life in First Nations Communities—Introduction/Background: What the Literature Says.” <https://wisepractices.ca/wp-content/uploads/2018/03/LRO-introduction-background.pdf>.

Young, Emma. “Iceland Knows How to Stop Teen Substance Abuse But the Rest of the World Isn’t Listening.” *Mosaic*, January 17, 2017. <https://mosaicscience.com/story/iceland-prevent-teen-substance-abuse/>.

CHAPTER 5

British Columbia Ministry of Health. *Guide to the Mental Health Act, 2005 Edition*. Victoria, BC: Ministry of Health, 2005. <http://www.health.gov.bc.ca/library/publications/year/2005/guide-mental-health-act.pdf>.

Brooks, Simon A., and Richard L. O'Reilly. "Mental Health Legislation: Committal." *Canadian Journal of Psychiatry* 55, no. 4 (2010): S1.

Brown, Brené. *The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are*. Center City, MN: Hazelden, 2010.

Browne, Alister. "Mental Health Acts in Canada." *Cambridge Quarterly of Healthcare Ethics* 19, no. 3 (2010): 290–98.

Davidson, Larry, Jaak Rakfeldt, and John S. Strauss. *The Roots of the Recovery Movement in Psychiatry: Lessons Learned*. Hoboken, NJ: Wiley-Blackwell, 2011.

Feinmann, Jane. "That Loathing Feeling." *Guardian* (International edition), February 16, 2003. <https://www.theguardian.com/theobserver/2003/feb/16/features.magazine67>.

Harvard Health Publishing. "Strengthen Your Mood with Weight Training." October 2018. <https://www.health.harvard.edu/mind-and-mood/strengthen-your-mood-with-weight-training>.

Havis, Richard James. “The Surprising New Connection between Sleep and Mental Health.” *Talkspace*, January 18, 2018. <https://www.talkspace.com/blog/the-surprising-new-connection-between-sleep-and-mental-health/>.

Neff, Kristen. “Self-Compassion.” n.d. <https://self-compassion.org/>.

Pinker, Susan. “Why Face-to-Face Contact Matters in Our Digital Age.” *Guardian* (International edition), March 20, 2015. <https://www.theguardian.com/books/2015/mar/20/secret-long-happy-life-mountain-villages-sardinia>.

Theron, Linda C., Linda Liebenberg, and Michael Unga. *Youth Resilience and Culture: Commonalities and Complexities*. Dordrecht: Springer Netherlands, 2015.

Weir, Kristen. “Forgiveness Can Improve Mental and Physical Health.” *American Psychological Association* 48, no. 1 (2017): 30. <https://www.apa.org/monitor/2017/01/ce-corner>.

Wolff, Elisabeth, Katharina Gaudlitz, Brigitt-Leila von Lindenberger, Jens Plag, Andreas Heinz, and Andreas Ströhle. “Exercise and Physical Activity in Mental Disorders.” *European Archives of Psychiatry and Clinical Neuroscience* 261, no. S2 (2011): 186–91.

CHAPTER 6

Centre for Addiction and Mental Health. “Land-Based Healing in First Nations Communities.” January 30, 2018. <https://www.camh.ca/en/camh-news-and-stories/land-based-healing-in-first-nations-communities>.

REFERENCES

Chiumia, Sintha. “Factsheet: How Many Orphans Are There in South Africa?” *Africa Check*, December 12, 2014. <https://africacheck.org/factsheets/factsheet-how-many-orphans-are-there-in-south-africa/>.

Davidson, Larry, Matthew Chinman, David Sells, and Michael Rowe. “Peer Support among Adults with Serious Mental Illness: A Report from the Field.” *Schizophrenia Bulletin* 32, no. 3 (2006): 443–50.

Duff, Michelle. “In Narrative Therapy, Maori Creation Stories Are Being Used to Heal.” *Stuff*, March 9, 2018. <https://www.stuff.co.nz/national/102115864/in-narrative-therapy-mori-creation-stories-are-being-used-to-heal>.

headspace National Youth Mental Health Foundation. *headspace*. n.d. <https://headspace.org.au/>.

Hirsch, Corey. “You Are Not Alone.” *Players’ Tribune*, January 25, 2018. <https://www.theplayerstribune.com/en-us/articles/corey-hirsch-you-are-not-alone>.

Hunter, Justine. “Opening the Eyes of First Nations Youth.” *Globe and Mail*, March 25, 2016. <https://www.theglobeandmail.com/news/british-columbia/youth-camp-opens-the-eyes-of-first-nations-youth-in-bccommunity/article29393134/>.

Ilisaqsivik. “Land Based Programming.” n.d. <http://ilisaqsivik.ca/programs-and-services/land-based-programming>.

Kopua, Diana M. “Factors That Facilitate and Constrain the Utilization of a Kaupapa Māori Therapeutic Approach with Mahi-a-Atua.” *Australasian Psychiatry* (2018). <https://doi.org/10.1177/1039856218810158>.

Linklater, Renee. *Decolonizing Trauma Work: Indigenous Stories and Strategies*. Halifax, NS: Fernwood Publishing, 2014.

MADaboutART. n.d. <https://www.madaboutart.org/>.

Mahi a Atua. n.d. <http://www.mahiaatua.com/>.

Mental Health Commission of Canada. *Changing Directions, Changing Lives: The Mental Health Strategy for Canada*. Calgary, AB: Mental Health Commission of Canada, 2012. https://www.mentalhealthcommission.ca/sites/default/files/MHStrategy_Strategy_ENG.pdf.

Mental Health Commission of Canada. *Guidelines for Recovery-Oriented Practice*. Ottawa: Mental Health Commission of Canada, 2015. https://www.mentalhealthcommission.ca/sites/default/files/2016-07/MHCC_Recovery_Guidelines_2016_ENG.PDF.

Muto, Jordan. “I Didn’t Want to Be Alive: Michael Phelps Talks about Struggle with Depression.” *Today*, December 13, 2017. <https://www.today.com/health/michael-phelps-struggle-depression-mental-health-issues-t119969>.

National Centre for Youth Mental Health. *Jigsaw*. n.d. <https://www.jigsaw.ie/>.

REFERENCES

Powell, Alvin. "When Science Meets Mindfulness." *Harvard Gazette*, April 9, 2018. <https://news.harvard.edu/gazette/story/2018/04/harvard-researchers-study-how-mindfulness-may-change-the-brain-in-depressed-patients/>.

Qqs Projects Society. "Koeye Camp: Opening the Eyes of Our Children." n.d. <https://www.qqsprojects.org/our-programs>.

Rangihuna, Diana, Mark Kopua, and David Tipene-Leach. "Pounamu: Te Mahi a Atua." *Journal of Primary Health Care* 10, no. 1 (2018): 16.

Roberts, Kayleigh. "39 Celebrities Who Have Opened Up about Mental Health." *Harper's Bazaar*, January 14, 2018. <https://www.harpersbazaar.com/celebrity/latest/g15159447/celebrities-depression-anxiety-mental-health/>.

Rutherford, Kate. "Attawapiskat Declares State of Emergency over Spate of Suicide Attempts." *CBC News*, April 9, 2016. <https://www.cbc.ca/news/canada/sudbury/attawapiskat-suicide-first-nations-emergency-1.3528747>.

Stanford Medicine. "allcove." n.d. <http://med.stanford.edu/psychiatry/special-initiatives/allcove.html>.

Velenti, Lauren. "Selena Gomez Enters a Mental Health Facility for Anxiety and Depression." *Vogue*, October 11, 2018. <https://www.vogue.com/article/selena-gomez-mental-health-treatment-emotional-breakdown-lupus-kidney-transplant-new-york-city>.

We Matter. n.d. <https://wemattercampaign.org/>.

Yagoda, Maria. “Noah Cyrus, Ariana Grande and More Stars Who’ve Spoken Out about Their Struggles with Mental Health Issues.” *People*, August 24, 2018. <https://people.com/health/stars-who-have-mental-illnesses-mental-health-issues/>.

Youth Wellness Hubs Ontario. n.d. <https://youthhubs.ca/en/>.