

# FIRST NATIONS COMMUNITY WELLNESS CONFERENCE



*MishiiKenh Kiwe*

**MARCH 19-21, 2024**

METRO TORONTO CONVENTION CENTRE  
255 FRONT STREET WEST, TORONTO, ON



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# WELCOME!

AHNEEEN

SHEKOLIH

WACHEYEH

BOOZHOO

SGE:NO

HAI

KWIINGU'NEWAL

WE'N

NYA:WENHA

BAA MAA PII  
**GLEN HARE**  
ONTARIO REGIONAL CHIEF



YAW KO  
**TRACY ANTONE**  
CHIEF OPERATING OFFICER



On behalf of the Chiefs of Ontario, we are pleased to welcome you and all First Nation Leadership, Health Providers and First Nation Members to the 2024 Community Wellness Conference – “Making the shift to intergenerational healing: Building the bundle to create wellness for ourselves, our communities and the generations to come, across all aspects of First Nations life”.

Recognizing that there are so many factors that broadly contribute to the health and well-being of our First Nation members, the Chiefs of Ontario are hosting this cross-sectoral forum to engage the many voices, experiences and perspectives to share wisdom about how to promote and advance First Nation wellness.

Over the next few days you will have the opportunity to hear directly about how the Chiefs of Ontario and communities are working together to manage and overcome the many challenges to navigate social determinants of health at all levels – justice, policing, housing, education, social services, environment, culture and language. These are just examples, but we know the circle is bigger and we are all part of it.

We also extend great gratitude to our Elders, Youth, and the Chiefs of Ontario Staff for their on-going work and commitment to have this gathering occur.



# FIRST NATIONS COMMUNITY WELLNESS CONFERENCE:



## PHOTO/VIDEO RELEASE: \_\_\_\_\_

At the Chiefs of Ontario, we appreciate having photos to use in our publications and presentations. In the past, photos have been used for annual reports, conference summaries, reports, brochures, websites and PowerPoint Presentations.

Please be advised that by registering for the First Nations Community Wellness Conference, you authorize the Chiefs of Ontario, the right to take photographs at the above-identified event.

It assigns the transferees to copyright, use and publish the same in print and/or electronically and agree that the Chiefs of Ontario may use such photographs of me with or without my name and for any lawful purpose, including for such purposes as publicity, illustration, advertising and Web content, and waive any rights of compensation or ownership thereto.

## MEET THE PRESENTERS OF THE 2024 COMMUNITY WELLNESS CONFERENCE:



Take a moment to scan the QR code above to view the biographies and headshots of all presenters or visit:

<https://www.chiefsmeeting.com/first-nations-community-wellness-conference>



# ABOUT THE ARTIST



Mishiikenh Kwe (Turtle woman, Autumn Smith) is an Anishinaabe woodland artist from the caribou clan, and a member of Magnetawan First Nation. Her research based practice revolves mainly around using art as a way to remember what she has learned and to help teach others. Autumn's main inspirations are stories passed on from her grandmother or stories from her own lived experience as a Nishnaabe Kwe.

The vibrant colours and the circle used in this image both represent life and living things. The circle within the circle represents the interdependence of all living beings.

There is a family in the middle around a fire to represent the importance of community, gathering and ceremony to our health, they are in the middle to show how we rely on the animals and plants around us.



# THANK YOU – MEEGWETCH – NIA:WEN TO OUR SPONSORS:

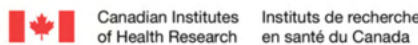


Connecting Today.  
Powering Tomorrow.



**camh**

Shkaabe Makwa



# KEYNOTE SPEAKER

## DAY ONE

---

### DR DONNA ODEGAARD, AM

**Dr Donna Odegaard AM** is a respected Larrakia Elder from Darwin, NT, a business woman with over 40 years experience across media, agribusiness, mining, farming, fashion and design, real estate, consulting in environmental services and Indigenous business trade and economic development, land tenure, land rights and native title. Dr Odegaard is highly regarded in Australia and internationally with her interest and roles in global Indigenous leadership, business, trade and economic development. She is a strong advocate for empowering Indigenous women globally and has strong ties with Canada, New Zealand, US, Taiwan and Pacifica Nations. She has been an Indigenous advisor under seven consecutive Prime Ministers and Governments on broad Indigenous portfolios including, education, business, environment and Indigenous affairs. Amongst her many portfolios, Dr Odegaard has held senior Indigenous leadership roles on the Developing Northern Australia Ministerial Forum, The Indigenous Land and Sea Corporation as Director, being the Chairperson of the Centre for Indigenous Excellence and the Co-Chair of Voyages, Ayers Rock Resort Indigenous Tourism.



In 2019 Dr Odegaard was appointed by the Minister for Indigenous Affairs Ken Wyatt to be the Co-Chair of the Indigenous Co-Design Group of the Indigenous Voice to Parliament. This contributed to the major report The Australian Government's Report of the Indigenous Voice to Parliament 2022. From 2019 -2021 she was Co-Chair of the Australia and New Zealand Leadership Forum, Indigenous Business Sector Group and together with Maori Co Chair Traci Houppapa, they led the Trans Tasman Indigenous Business Trade Partnership signed by the Australian Prime Minister Scott Morrison, and the Prime Minister for NA Jacinda Adhern. (Also signed by the Indigenous Minister for Indigenous Australians, Ken Wyatt and the NZ Minister for Trade and Foreign Affairs, Nania Mahuta)



# KEYNOTE SPEAKERS

## DAY TWO

### MIKHAYLA PATTERSON

Mikhayla Patterson is the Department Manager of Mental Health and Addictions for M'Chigeeng First Nation. She has been working with the First Nation developing and implementing the Department for close to 3 years. Since she began, she has been the lead in developing 6 programs and has secured 4.4M dollars in funding through proposal writing for the First Nation. The Department implementation has led to 31 lives saved in the community of M'Chigeeng First Nation."



### VALISA PELTIER

Valisa Peltier is a proud member of M'Chigeeng First nation. She was born and raised on beautiful Mnídoo Mnísisng. Valisa has been with the Mental Health and Addictions Department in M'Chigeeng for 2 years, she will be going on her 3rd year this October. Valisa was originally hired as a Peer support and outreach worker which then evolved into becoming the Shetler Coordinator.

Valisa moved away from M'Chigeeng in 2012 after graduating from Manitoulin Secondary School, to pursue her dreams in Law and Justice. She is a two time graduate of Cambrian Colleges with a diploma in Police foundations and Community and Justices Services. She also enhanced her education within Laurentian University through their Law and Justice undergrad degree program. Valisa eventually moved back home to M'Chigeeng with her little family in 2020.



### JORDAN ENSE

Jordan Ense resides on the reservation of M'chigeeng First Nation on Mnídoo Mníssing also known as Manitoulin Island. He is currently in the position of The Peer Support and Outreach Team Lead. In 2021, he took the opportunity to help his Community in the initiative of a new approach to the drug problem that has plagued his home for the last decade. In this journey he has learned to use his personal experience and truths to better understand the suffering in his Community.





# PANEL PRESENTATIONS

## DAY ONE:

### LIVED EXPERIENCES: COMMUNITY YOUTH

- Angela Green
- Harmony Blackbird
- Joanna Quequish
- Isaiah Moore
- Kyleigh Farmer
- Phoenix Logan Whiteye

## DAY TWO:

### ONTARIO FIRST NATIONS INFRASTRUCTURE REPORT: A CROSS-SECTORAL APPROACH TO NEEDS-BASED FUNDING

- Matthew George,  
Assembly of First Nations

## DAY THREE:

### KNOWLEDGE KEEPERS PANEL PRESENTATION

- Norma General-Lickers,  
Six Nations of the Grand River
- Barney Batise,  
Matachewan First Nation
- Donna Debassige,  
Wiwemikong Unceded Territory
- Ed Sackaney,  
Fort Albany First Nation
- Patricia Oakes,  
Mohawks of Akwesasne
- Vera Pawis-Tabobondung,  
Wasausking First Nation

### CIRCLE OF LIVED EXPERIENCES

- Amanda Richard
- Ashley Smoke
- Olivia Sutherland
- Jonathan Peltier
- Bridget Perrier
- Blackwolf Heart



# AGENDA DAY ONE - MARCH 19, 2024

<b>REGISTRATION OPENS - 7:00 A.M.</b> HOT BREAKFAST PROVIDED - 7:00 A.M. - 9:00 A.M.		
8:30 AM	<b>WELCOME</b>	Adam Fiddler, Facilitator
8:40 AM	<b>OPENING DRUM SONG</b>	Council Fire All Nations Drum Group
8:50 AM	<b>OPENING PRAYER</b>	<b>KNOWLEDGE KEEPERS:</b> Norma General-Lickers, Six Nations Barney Batise, Matachewan
9:00 AM	<b>WELCOMING REMARKS</b>	Chief Sherri-Lyn Hill, Six Nations of the Grand River Councillor Leslie Maracle, Mississaugas of the Credit
9:15 AM	<b>OPENING ADDRESS</b>	Ontario Regional Chief Glen Hare
9:20 AM	<b>GUEST SPONSOR</b>	Carla Y. Nell, Vice-President, Corporate Relations, Independent Electricity System Operator
9:25 AM	<b>OPENING REMARKS</b>	Tracy Antone, Chief Operating Officer, Chiefs of Ontario
10:00 AM	<b>KEYNOTE SPEAKER:</b> <b>Dr. Donna Odegaard AM,</b> Larrakia Elder, Dungalabba Clan (Crocodile), Larrakia Nation and Waiben Torres Strait Islander	<b>Healing Country, Our Future in Our Hands:</b> Indigenous led solutions to the remediation, restoration and management of Indigenous and Sea Country
11:30 AM	<b>POLICY AND LEGISLATIVE UPDATE</b>	<ul style="list-style-type: none"> <li>• Jenica Atwin, ISC Parliamentary Secretary</li> <li>• CIRNAC</li> </ul>



# AGENDA DAY ONE - CONTINUED

12:00 PM	LUNCH PROVIDED	
1:00 PM	<b>PANEL PRESENTATION:</b> Facilitated by: Jordan Tobobondung <i>Wasauksing First Nation</i>	<b>LIVED EXPERIENCES:</b> First Nation Community Youth Sharing our Strengths/Wellness
2:15 PM	WELLNESS BREAK	
2:30 - 4:00 PM	PROCEED TO WORKSHOPS	
4:00 PM	RETURN TO MAIN PLANERY	
4:00 - 4:30 PM	<b>TOWN HALL</b> Progressive Conservative (PC) Party	<ul style="list-style-type: none"> <li>• MP Jamie Schmale, ISC-CIRNAC Shadow Minister</li> <li>• MP Eric Melillo, FedNor Shadow Minister</li> <li>• Dr. Stephen Ellis, Shadow Minister for Health</li> </ul>
4:30	BREAK	
4:40 - 5:10 PM	<b>TOWN HALL</b> New Democratic Party (NDP)	<ul style="list-style-type: none"> <li>• Marit Stiles, Ontario NDP Leader</li> <li>• MPP Sol Mamakwa, Critic for Indigenous and Treaty Relations</li> <li>• MP Charlie Angus, Deputy Critic, CIRNAC</li> </ul>
5:15 pm	<b>EARLY BIRD DOOR PRIZE - Remarkable 2</b> <b>ADJOURN FOR THE DAY</b>	

“ LOVE IS SOMETHING YOU AND I MUST HAVE.  
 WE MUST HAVE IT BECAUSE OUR SPIRIT FEEDS UPON IT.  
 WE MUST HAVE IT BECAUSE WITHOUT IT WE BECOME WEAK AND FAINT.  
 WITHOUT LOVE OUR SELF-ESTEEM WEAKENS. WITHOUT IT OUR COURAGE FAILS.  
 WITHOUT LOVE WE CAN NO LONGER LOOK OUT CONFIDENTLY AT THE WORLD.  
 ”

- CHIEF DAN GEORGE



# WORKSHOPS - ROUND 1

WORKSHOP 1: ROOM: 104A	WORKSHOP 2: ROOM: 104B	WORKSHOP 3: ROOM: 104C	WORKSHOP 4: ROOM:104D
<p>Envisioning Midwifery for all First Nations Communities ----- Forging a Pathway for Indigenous Midwives: Collaborative efforts for Hospital Integration ----- (Re)visioning holistic Indigenous Midwifery Education in community and on the land  <u>PANEL</u></p>	<p>Food Sovereignty and Metabolic Health ----- Q̄gȳq̄sraniȳq̄hsd̄q̄h: Our Relationship with our Traditional Haudenosaunee Foods  <u>PANEL</u></p>	<p>Centering Grassroots Indigenous Youth leaders in approaches to wellbeing ----- Noojimo Health: Wellness Strategies for Inter-Generational Healing ----- We are the Medicine</p>	<p>Sioux Lookout and Area FIT KIT Initiative – Canada’s Colon Screen Program ----- Creative Conversations around Hep C within a Liver wellness context ----- Covid Response Teams and Community-led Response to Pandemic a Success</p>
<p><b>Sectors:</b> Social, Education, Health, Women’s Initiatives, Culture, Governance</p>	<p><b>Sectors:</b> Food Security/Sovereignty, Public Health, Governance, Education, Environment, Language &amp; Culture</p>	<p><b>Sectors:</b> Youth, Culture, Mental Health, Justice, Education, Social, Health</p>	<p><b>Sectors:</b> Health, Research, Public Health, Education, Language</p>
<p><b>Moderator:</b> Linda Ogilvie</p>	<p><b>Moderator:</b> Bernadette DeGonzague</p>	<p><b>Moderator:</b> Jey Pakeerathan</p>	<p><b>Moderator:</b> Johanna Mousseau-Krahn</p>



# WORKSHOPS - ROUND 1 CONTINUED

WORKSHOP 5: ROOM: 201A-B	WORKSHOP 6: ROOM: 201 C-D		WORKSHOP 7: ROOM: 201 E-F	WORKSHOP 8: ROOM: 202 A-B
A Journey in Rainbow Moccasins	Gathering our Knowledge Bundles: Empowering the FN mental Wellness Workforce amidst the Ongoing impacts of the covid-19 Pandemic ----- Workforce Wellness Strategy: supporting the well-being of the FN's Mental Wellness		Intergenerational Continuity of the Language and Mino Bimaadiziwin	Strengthening Jordan's Principle Delivery for First Nations Well-Being
<b>Sectors:</b> Health, Education, 2Spirit & LGBTQ+ Wellness	<b>Sectors:</b> Food Security/Sovereignty, Public Health, Governance, Education, Environment, Language & Culture		<b>Sector:</b> Education	<b>Sectors:</b> Social, Health
<b>Moderator:</b> Loretta Assinewai	<b>Moderator:</b> Zachary Smith		<b>Moderator:</b> Karleigh Palmer	<b>Moderator:</b> Tasha Toulouse
WORKSHOP 9: ROOM: 202 C-D	WORKSHOP 10: ROOM: 203 A-B	WORKSHOP 11: ROOM: 203 - C	WORKSHOP 12: ROOM: 203- D	WORKSHOP 13: MAIN PLENARY
Biimadeswigami k Life Lodge: A Place of Good Life	First Nations Adult Learning Programs: Effective Strategies and Success	Mino Bimaadiziwin – with all our relations is key to our health well being	Mino Bimaadiziwin – A Two-Eyed approach to Wellness Programming	The Climate Resilience Health Systems Initiative
<b>Sectors:</b> Health, Mental Health, Language & Culture, Education	<b>Sector:</b> Education	<b>Sectors:</b> Language & Culture, Education, Health, Social, Human Resources, Education, Justice	<b>Sectors:</b> Education, Mental Health, Youth	<b>Sectors:</b> Health, Environment
<b>Moderator:</b> Alexxis Kydd	<b>Moderator:</b> Ashley Deacon	<b>Moderator:</b> Sascha Bragg	<b>Moderator:</b> Michael Staruck	<b>Moderator:</b> Megan Logan

# AGENDA DAY TWO - MARCH 20, 2024

<b>REGISTRATION OPENS - 7:30 A.M.</b> HOT BREAKFAST PROVIDED - 7:00 A.M. - 9:00 A.M.		
<b>8:30 AM</b>	<b>WELCOME</b>	Adam Fiddler, Facilitator
<b>8:40 AM</b>	<b>OPENING SONG</b>	Danielle Migwans, Hand Drummer
<b>8:50 AM</b>	<b>OPENING PRAYER</b>	<b>KNOWLEDGE KEEPERS:</b> Donna Debasige, Wiikweminkong FN Ed Sackaney, Fort Albany
<b>9:00 AM</b>	<b>REVIEW OF DAY 2 AGENDA</b>	Adam Fiddler, Facilitator
<b>9:15 AM</b>	<b>PANEL PRESENTATION:</b> Matthew George, Assembly of First Nations	<b>ONTARIO FIRST NATIONS INFRASTRUCTURE REPORT:</b> A Cross-Sectoral Approach to Needs-Based Funding
<b>10:15 AM</b>	<b>WELLNESS BREAK</b>	
<b>10:30 - 12:15 PM</b>	<b>PROCEED TO WORKSHOPS ROUND 2</b>	
<b>12:15 PM</b>	<b>LUNCH PROVIDED</b>	



# AGENDA DAY TWO - CONTINUED

1:15 PM	<b>TABLE TOP CROSS SECTORAL EXERCISE</b>  <b>FORMAT:</b> <b>WORKSHOP SESSION</b> <b>ROOMS 104 - A,B,C,D</b>	<b>FACILITATORS:</b> <ul style="list-style-type: none"> <li>• Tobi Mitchell, COO Health Director</li> <li>• Chris Hoyos, COO Director of Policy and Communications</li> <li>• COO Staff</li> </ul>
2:15 PM	RETURN TO MAIN PLENARY	FEEDBACK FROM TABLE TOP EXERCISE WORKSHOP SESSIONS
3:00 PM	WELLNESS BREAK	
3:15 P.M.	<b>KEY NOTE SPEAKER:</b>  <b>MIKHAYLA PATTERSON,</b> Mental Health and Addictions Department Manager for M'Chigeeng	<b>TITLE:</b>  FROM A STATE OF EMERGENCY TO 31 LIVES SAVED: KA NAADIMAADIMI WII MINAMAADIZYIING
4:45 P.M.	DOOR PRIZES	
5:00 P.M.	ADJOURN FOR THE DAY	

## **EVENING ACTIVITIES: (POSTER ON PAGE 16)**



# WORKSHOPS - ROUND 2

WORKSHOP 1: ROOM: 104A	WORKSHOP 2: ROOM: 104B	WORKSHOP 3: ROOM: 104C	WORKSHOP 4: ROOM:104D
<p><b>Southern Chiefs Organization: Our Journey in Supporting Wellness</b></p> <p>-----</p>	<p><b>Exploring the Wellness Data Landscape</b></p> <p>-----</p> <p><b>First Nations Data Governance Strategy - Implementation in Ontario</b></p>	<p><b>Value for Success</b></p> <p>-----</p> <p><b>lonkhiia'takehnhas (They Help Us)" Reciprocal Healing amongst all of Creation</b></p>	<p><b>Building Community Wellness: Essential for Economic Development</b></p> <p>-----</p> <p><b>Finding Light Power of 4 (Youth-land based)</b></p>
<p><b>Sectors:</b> Health, Mental Health, Harm Reduction, Crisis Response, Culture</p>	<p><b>Sectors:</b> Health, Research &amp; Data, Social</p>	<p><b>Sectors:</b> Education, Environment, Public Health, Language, Culture, Mental Health, Social</p>	<p><b>Sectors:</b> Economic Development, Mental Health, MMIW, Housing, Youth, Education, Human Resources, Justice</p>
<p><b>Moderator:</b> Sacha Bragg</p>	<p><b>Moderator:</b> Zachary Smith</p>	<p><b>Moderator:</b> Ashley Deacon</p>	<p><b>Moderator:</b> Jey Pakeerathan</p>
WORKSHOP 5: ROOM: 201 – A -B	WORKSHOP 6: ROOM: 201 – C-D	WORKSHOP 7: ROOM: 201 – E-F	WORKSHOP 8: ROOM: 202 A
<p><b>Endayaan Endazhi-takookiimaan minwaa Kinoomaagewin</b></p> <p>-----</p> <p><b>Niigaan Miisaan mookamisuk</b></p>	<p><b>Using Science to Engage Younger Children a new App ACHWM</b></p> <p>-----</p> <p><b>Empowering communities with DATA ACHWM and Measuring Child well-being</b></p>	<p><b>Funding Options in the Social Sector</b></p>	<p><b>Garden River's Jordan's Principle Allied Health</b></p>
<p><b>Sectors:</b> Mental Health/Addictions, Food Sovereignty, Justice, Health. Health, Education, Language and Culture</p>	<p><b>Sectors:</b> Health, Education, Community Development, Research &amp; Data, Youth</p>	<p><b>Sectors:</b> Social, Health, Education, Funding</p>	<p><b>Sectors:</b> Health, Education, Social</p>
<p><b>Moderator:</b> Patricia Magiskan</p>	<p><b>Moderator:</b> Jo Mousseau-Krahn</p>	<p><b>Moderator:</b> Emily King</p>	<p><b>Moderator:</b> Lance Copegog</p>



# WORKSHOPS - ROUND 2 CONTINUED

WORKSHOP 9: ROOM: 202 - B	WORKSHOP 10: ROOM: 202 - C	WORKSHOP 11: ROOM: 202 - D
<b>Fentanyl &amp; Safer Supply: Innovations in Care for People who use Drugs</b>	<b>Anishinaabewaadiziwin (Way of Life): Wellness from a Holistic Community Lens</b>	<b>Specific Claims and Additions to Reserve (ATR) Reform (CIRNAC)</b>
<b>Sectors:</b> Health, Mental Health, Harm Reduction, Crisis Response, Culture	<b>Sectors:</b> Health, Research & Data, Social	<b>Sectors:</b> Education, Environment, Public Health, Language, Culture, Mental Health, Social
<b>Moderator:</b> Tasha Toulouse	<b>Moderator:</b> Karleigh Palmer	<b>Moderator:</b> Charlotte Croft
WORKSHOP 12: ROOM: 203 – A-B	WORKSHOP 13: ROOM: 203 C-D	WORKSHOP 14: ROOM: Main Plenary
<b>Community Owned Allied Health Services for Learners</b> ----- <b>Collaborative Crisis Response</b>	<b>The Cultural Liaison Program Integrating Indigenous Knowledge into Children's Healthcare Services</b> ----- <b>Implementing remote Substance Overdose Prevention in your Communities</b>	<b>Closing the Infrastructure Gap By 2030</b>
<b>Sectors:</b> Economic Development, Mental Health, MMIW, Housing, Youth, Education, Human Resources, Justice	<b>Sectors:</b> Language & Culture, Youth, Education, Health, Social, Mental Health and Addictions, Crisis Response	<b>Sectors:</b> Policy & Communications
<b>Moderator:</b> Micheal Staruck	<b>Moderator:</b> Sarah Whelan	<b>Moderator:</b> Angela Trudeau



# DAY TWO - MARCH 20, 2024

## EVENING ACTIVITIES:

LIGHT SNACKS/REFRESHMENTS WILL BE SERVED  
**5:00 PM - 8:00 PM**

*NOTE: Participants must register for Beading, Basket Weaving and Painting classes at the Registration area – limited space.*



POW WOW DANCING WITH DEANNE & JOHN HUPFIELD  
ONEIDA SINGERS  
MANITOU MIKWA SINGERS  
DRUM GROUP: COUNCIL FIRE  
ROOM: MAIN PLENARY



BEADING BY KATIE LONGBOAT  
ROOM: 104 A



BASKET WEAVING BY CARRIE HILL  
ROOM: 104 B



Paint with  
Moses Lunham

Adopt4Life's FNIM Cultural C  
June 11th at 2pm EST

PAINTING BY MOSES LUNHAM  
ROOM: 104 C



LANGUAGE GAMES:  
OJIBWAY, CREE, & HAUDENOSAUNEE  
ROOM: 104 D



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Linda Daybutch,  
Mississauga First Nation

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# AGENDA DAY THREE - MARCH 21, 2024

<b>REGISTRATION OPENS - 7:00 AM</b> HOT BREAKFAST PROVIDED - 7:00 AM - 9:00 AM		
<b>8:30 AM</b>	<b>WELCOME</b>	Adam Fiddler, Facilitator
<b>8:45 AM</b>	<b>OPENING SONG</b>	Council Fire All Nations Drum
<b>8:50 AM</b>	<b>OPENING PRAYER</b>	Knowledge Keepers: Patricia Oakes, Mohawks of Akwesasne Vera Pawis-Tabobondung, Wasauksing
<b>9:00 AM</b>	<b>REVIEW OF DAY 3 AGENDA</b>	Adam Fiddler, Facilitator
<b>9:15 - 11:00 AM</b>	<b>PROCEED TO WORKSHOPS ROUND 3</b>	
<b>11:00 AM</b>	<b>WELLNESS BREAK</b>	
<b>11:15 AM</b>	<b>PANEL PRESENTATION</b>	<b>Circle of Lived Experiences:</b> <ul style="list-style-type: none"> <li>• <i>Substance Use</i></li> <li>• <i>Harm Reduction</i></li> <li>• <i>Incarceration</i></li> <li>• <i>Human Trafficking</i></li> </ul>
<b>12:15 PM</b>	<b>Lunch Will Be Provided</b>	
<b>1:00 PM</b>	<b>KNOWLEDGE KEEPERS PANEL PRESENTATION</b> Facilitated by: Jordan Tabobondung <i>Wasauksing First Nation</i>	<b>Holistic Approach to Wellness</b>



# AGENDA DAY THREE - CONTINUED

2:30 PM	Closing Remarks	Adam Fiddler, Facilitator Tobi Mitchell, Director of Health
2:45 PM	Closing Prayer	Knowledge Keepers
2:50 PM	Closing Travelling Drum Song	Council Fire All Nations Drum Group
3:00 PM	ADJOURN	





# SHKAABE MAKWA

*Centre for First Nations, Inuit and Métis Wellness*

Shkaabe Makwa at CAMH is the first hospital-based Centre in Canada designed to drive culturally-responsive systems initiatives to achieve health justice and wellness for First Nations, Inuit and Métis communities through the advancement of research, workforce development and innovative healing models that harmonize traditional knowledge and medical expertise.

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# WORKSHOPS - ROUND 3

WORKSHOP 1: ROOM: 104A	WORKSHOP 2: ROOM: 104B	WORKSHOP 3: ROOM: 104C	WORKSHOP 4: ROOM:104D
Centralized Mobile Crisis Response Team	Developing Health and Wellness Plans: A guide for First Nations ----- Youth Wellness Hubs Ontario: Collaborating to Support Youth	Culturally Adapted Early Learning Programs and Networks ----- Using RHS/FNLED Report Data for Wellness	Transfer of Care and Control of Housing ----- Restoring our Relations
<b>Sectors:</b> Social, Health, Data Management, Mental Health and Addictions	<b>Sectors:</b> Youth, Health, Public Health, Mental Health, Social, Culture	<b>Sectors:</b> Language and Culture, Education, Health, Social, Youth, Research and Data Management	<b>Sectors:</b> Education, Housing
<b>Moderator:</b> Lance Copegog	<b>Moderator:</b> Megan Logan	<b>Moderator:</b> Michael Staruk	<b>Moderator:</b> Sarah Whelan
WORKSHOP 5: ROOM: 201A	WORKSHOP 6: ROOM: 201B	WORKSHOP 7: ROOM: 201C	WORKSHOP 8: ROOM: 201D
Virtual Reality: Extending Substance Misuse Program Research	What we need to know About Healing Lodges	Coo Systemic Gaps Project – Measuring student well-being with MIDI	Right to a Healthy Environment under the Canadian Environmental Protection Act
<b>Sectors:</b> Mental Health and Addictions, Health, Education	<b>Sectors:</b> Justice, Health, Culture, Community Safety, Mental Health and Addictions	<b>Sector:</b> Education, Youth, Research and Data	<b>Sectors:</b> Environment, Health, Culture
<b>Moderator:</b> Sacha Bragg	<b>Moderator:</b> Alexxis Kydd	<b>Moderator:</b> Ashley Deacon	<b>Moderator:</b> Lillian Trapper



## WORKSHOPS - ROUND 3

<b>WORKSHOP 9: ROOM: 201 E-F</b>	<b>WORKSHOP 10: ROOM: 202 A-B</b>	<b>WORKSHOP 11: ROOM: 202 C-D</b>
The Journey From lateral violence to lateral kindness	Reclaiming Indigenous Resiliency and Hope	Interconnectedness Approach to Building our Bundles and Mino Bimaadziwin
<b>Sectors:</b> Health, Mental Health, Economic Health	<b>Sectors:</b> Health, Mental Wellness	<b>Sectors:</b> Health
<b>Moderator:</b> Patricia Magiskan	<b>Moderator:</b> Tasha Toulouse	<b>Moderator:</b> Jo Mousseau-Krahn
<b>WORKSHOP 4: ROOM:104D</b>	<b>WORKSHOP 13: ROOM: 203 C-D</b>	<b>WORKSHOP 14: MAIN PLENARY</b>
Protecting Our Children's Future: A Caring for Mother Earth Collaborative Project: First Nations Traditional teachings as a Public Health Tool	Lifelong Accessibility Navigating Well-Being Across Generations	Fire From Within Wiikwemkoong Community Wellness Center
<b>Sectors:</b> Education, Health	<b>Sectors:</b> Social, Health, Language	<b>Sectors:</b> Culture, Mental Health and Addictions, Education, Health, Social, Community Wellness, Housing
<b>Moderator:</b> Karleigh Palmer	<b>Moderator:</b> Loretta Assiniwai	<b>Moderator:</b> Angela Trudeau





# WORKSHOP ABSTRACTS

DAY ONE, MARCH 19, 2024

## WORKSHOP #1 - Panel

### ENVISIONING MIDWIFERY FOR ALL FIRST NATIONS COMMUNITIES

Room 104A - 2:30 p.m – 4:00 p.m

**Description:** The Indigenous Midwifery department of the Association of Ontario Midwives will provide an update on the research project titled, “Exploring the economic costs of Obstetric evacuation and the Social-Cultural Benefits of Midwifery” and reflect on First Nations perinatal health usage and needs in Ontario. And will share information and tools on the various pathways and frameworks to community-based midwifery education, including funding opportunities for community readiness grants to provide understanding of community capacity needs to establish a midwifery practice

**Presenter:** Diane Simon

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### FORGING A PATHWAY FOR INDIGENOUS MIDWIVES: COLLABORATIVE EFFORTS FOR HOSPITAL INTEGRATION

Room 104A - 2:30 p.m – 4:00 p.m

**Description:** This workshop will present the collaborative process between Indigenous Midwives, hospital leaders, and provincial and national Indigenous health leaders in developing a pathway for Indigenous Midwives to obtain privileges at the London Health Sciences Centre.

Indigenous Midwives in Ontario have faced historical and present-day barriers to obtaining hospital privileges. These barriers stem from conservative interpretations of credentialing processes outlined in the Public Hospitals Act, and the challenges of reconciling epistemologically different educational and regulatory processes.

We will highlight the driving forces and community benefits of seeking hospital integration for Indigenous Midwives, as well as the challenges and barriers faced in forging culturally responsive and strengths-based care pathways. We aim to engage in meaningful and reciprocal dialogue with First Nations health and wellness experts, capturing their input and feedback on how hospitals can better support Indigenous care providers.

We seek accountability from our public institutions to Calls to Action #18-24, as we work towards creating a healthcare system that is inclusive, culturally responsive, and supportive of Indigenous care providers. We are committed to having Indigenous voices at the forefront of this initiative to inspire positive change and contribute to advancing Indigenous-led healthcare initiatives and look forward to engaging with conference attendees.

**Presenters:** Chantel Antone and Leila Monib



## **(RE)VISIONING HOLISTIC INDIGENOUS MIDWIFERY EDUCATION IN COMMUNITY AND ON THE LAND**

**Room 104A - 2:30 p.m – 4:00 p.m**

**Description:** In the last two years, the National Council of Indigenous Midwives (NCIM) has been piloting its Indigenous Midwifery Education (IME) Framework in six Indigenous communities across Canada, two of which are in Ontario. This work has been done in response to barriers to growing the human health resources of Indigenous midwifery.

This discussion will share findings from our 2023 evaluation of the pilot to get feedback from First Nations Leadership and Community Workers from various sectors.

Our IME Framework is a flexible, remote, self-paced, and community sponsored educational initiative that meets Indigenous students where they are at.

This education approach counters the Westernized and colonial “sink or swim” education model. Instead of an individualized and competitive environment that encourages one right way to learn and enter clinical practice, the IME framework asks communities to invest in/support their learners and affords learners the freedom to set goals, the pace, and professional direction that best suits them and their community’s vision of revitalized birth.

In 2023, NCIM hired consultants to evaluate the IME pilot to help inform our decision-making around-expansion. The results identified the pilot’s challenges, successes, and benefits and recommendations.

**Presenter:** Carol Couchie



## **WORKSHOP #2 - Panel FOOD SOVEREIGNTY AND METABOLIC HEALTH**

**Room 104B - 2:30 p.m – 4:00 p.m**

**Description:** Through interactive discussions and small group activities, participants will gain an understanding of how food insecurity impacts metabolic health among First Nations people.

**Presenter:** Lorilee McGregor



## **OGYOHSRANIYOHSDOH: OUR RELATIONSHIP WITH OUR TRADITIONAL HAUDENOSAUNEE FOODS**

**Room 104-B - 2:30 p.m. – 4:00 p.m**

**Description:** We will overview the initial phase of the Ogyohsraniyohsdoh, a 2-year project, highlighting the role of Six Nations Health Services and McMaster University, in shifting towards community food sovereignty.

**Presenters:** Kaya Hill, Adrienne Lickers-Xavier and Sara Montour



### **WORKSHOP #3 - Panel**

## **CENTERING GRASSROOTS INDIGENOUS YOUTH LEADERS IN APPROACHES TO WELLBEING**

**Room 104C - 2:30 p.m. – 4:00 p.m**

**Description:** In this interactive session, participants will explore and discuss tangible approaches to centering grassroots youth leadership and voices focused on intergenerational healing in First Nations communities.

The Youth Opportunities Fund (YOF) is invested in funding community-led projects that play an essential role in creating of safe spaces, empowering youth and families, supporting career pathways, and addressing issues faced by communities in Ontario with a priority on initiatives that are Indigenous and Black led.

The blend presentation styles will include information sharing, storytelling, highlighting grassroots First Nations youth leaders and round table discussions hosted by two Indigenous (Kanien'keha:ha & Anishinaabe) YOF team members.

Key discussions will include the program's by-and-for model which recognizes the voices of those who are most impacted by barriers to well-being and centres them through participatory leadership and design of solutions; a showcase of outcomes and impact on community which spans various levels of social determinants of health and acts as an anchor for understanding how grassroots organizations are moving the needle on change in the health, child welfare and justice sectors; and insight into how participants can, through their own positions of influence and power, create the conditions for fostering youth leadership.

**Presenters:** Elizabeth Moore and Frances Elizabeth



## **NOOJIMO HEALTH: WELLNESS STRATEGIES FOR INTER-GENERATIONAL HEALING**

**Room 104-C - 2:30 p.m – 4:00 p.m**

**Description:** An introductory overview of Noojimo Health will be provided. Noojimo's circle of clinicians, who are registered social workers, have served clients from over 133 First Nation communities. Noojimo's clinical services include individual, couple, family or group counselling via telephone or video. Appointments are available.

The NAN Mino Bimaadiziwin School Mental Wellness Pilot aims to braid the strengths and gifts of classroom teachers with Indigenous mental health professionals. The goal is to co-facilitate 14 mental health lessons that will help build students' capacity to cope with mental health issues. These lessons align Indigenous worldviews and encourage intergenerational healing in conjunction with the Ontario Ministry of Education's Health and Physical Education curriculum (2019).

Noojimo Caring for Caregiver Program aims to provide a safe space for caregivers to share their concerns for each other's wellness and their own wellness. This presentation will guide the participants through the hybrid (virtual/in-person) workshop series.

**Presenters:** Ro'nikonkatste (Standing Strong Spirit) Bill Hill and Val Michelutti

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## **WE ARE THE MEDICINE**

**Room 104-C - 2:30 p.m – 4:00 p.m**

**Description:** Mino Bimaadiziwin: The Good Life project shares through performance long-term impacts of intergenerational trauma through land-based and cultural approaches designed to empower Indigenous communities.

**Presenter:** Christine Friday



## **WORKSHOP #4 - Panel**

### **SIOUX LOOKOUT AND AREA: THE FIT KIT INITIATIVE – CANADA’S COLON CANCER SCREENING PROGRAM**

**Room 104-D – 2:30 p.m – 4:00 p.m**

**Description:** Canada's Colon Cancer (CRC) screening program presented multiple challenges in the north. The FIT KIT initiative addressed the barriers faced by users through various means.

**Presenter:** Pearl Mamakwe

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### **CREATIVE CONVERSATIONS AROUND HEPATITIS C WITHIN A LIVER WELLNESS CONTEXT**

**Room 104-D – 2:30 p.m – 4:00 p.m**

**Description:** Creative and relevant implementation strategies to enhance awareness, provide accessible screening options, and facilitate connections to care and cure for hepatitis C and liver wellness.

**Presenter:** Kate Dunn

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### **COVID RESPONSE TEAMS AND COMMUNITY-LED RESPONSE TO PANDEMIC A SUCCESS**

**Room 104-D – 2:30 p.m – 4:00 p.m**

**Description:** Community-led response was essential during the time of COVID. With proper support, First Nations were able to mitigate the outcomes of the pandemic more effectively than the province.

**Presenters:** Candi Edwards and Dr. Lloyd Douglas



## **WORKSHOP #5**

### **A JOURNEY IN RAINBOW MOCCASINS**

**Room 201 A-B – 2:30 p.m – 4:00 p.m**

**Description:** This workshop will engage with participants to explore what they know and what they think they know about 2Spirit and Indigenous-LGBTQPA+ communities and community members.

Participants will engage in knowledge and group sharing, and ways of community building. Folks will reflect on 2Spirit and LGBTQIA+ experiences and histories. We will review LGBTQ+ Pride history of Turtle Island and its impacts on Indigenous - LGBTQ+ peoples. Resources and information on different avenues of allyship will also be shared with workshop participants.

Folks are encouraged to come with an open heart, mind and spirit. Topic warning: colonization, racism, homophobia/transphobia, gender-based violence, residential schools.

**Presenter:** Theodore Syrette

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## **WORKSHOP #6**

### **GATHERING OUR KNOWLEDGE BUNDLES: EMPOWERING THE FN MENTAL WELLNESS WORKFORCE AMIDST THE ONGOING IMPACTS OF THE COVID-19 PANDEMIC**

**Room 201 A-B – 2:30 p.m – 4:00 p.m**

**Description:** Using culture as a foundation, "Gathering Our Knowledge Bundles" will support the First Nations Mental Wellness Workforce in developing and mobilizing community-owned, self-determined, and culturally relevant mental wellness tools and resources. This project provides an opportunity to adapt existing resources and develop new ones that will be inclusive. Reflective and recognize the distinct identities of First Nation communities they will be promoted within. Key aspects of the project are to Enhance the capacity, knowledge, and awareness for gathering and mobilizing Knowledge Bundles among the First Nation Wellness Workforce to address mental wellness priorities that will support the promotion of mental wellness in safe, meaningful, and healing ways. Increase the accessibility of culturally relevant mental wellness tools and resources focused on self-determined mental wellness priorities that the COVID-19 pandemic has compounded. Support the First Nation Wellness Workforce in reconnecting following the isolation of the COVID-19 pandemic and sharing their knowledge and lived experience about mental wellness with each other and their communities. Ensure that the project is implemented with a strength-based, community-driven, two-eyed seeing, holistic approach.

**Presenters:** Mia Bourque and Lulu Choy



## **WORKFORCE WELLNESS STRATEGY: SUPPORTING THE WELL-BEING OF THE FIRST NATIONS MENTAL WELLNESS WORKFORCE**

**Room 201 A-B – 2:30 p.m. – 4:00 p.m.**

**Description:** First Peoples Wellness Circle (FPWC) is a national not-for-profit corporation governed by Indigenous leaders. It exists to improve the lives of Canada's First Peoples by addressing healing, wellness, and other mental health challenges, as well as supporting the First Nations Mental Wellness Workforce (FNMWW) that includes Mental Wellness Teams, Crisis Support Teams, and Specialized Indigenous Wellness Workforces. The FNMWW are community-based, multidisciplinary teams and workers that provide culturally appropriate services to First Nation communities across Canada, including capacity-building, trauma-informed care, land-based healing, early intervention and screening, crisis response, and aftercare. Findings from FPWC's Mental Wellness Teams Comprehensive Needs Assessment (2019) indicated a need to develop a strategy that focuses on supporting the well-being of Mental Wellness Workers who serve Indigenous communities and their members. This presentation will share what was learned in developing a Workforce Wellness Strategy, and how it is being implemented to support the FNMWW. Further, this presentation will explore: The importance of engaging Mental Wellness Teams and relevant partners; The shared responsibility of ensuring workforce wellness at the individual, organizational, and systemic levels; The significance of safety and safe work environments with respect to workforce wellness; and How the implementation of this strategy will serve workers, teams, and communities.

**Presenters:** Anne Duquette and Keith Martin

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## **WORKSHOP #7**

### **INTERGENERATIONAL CONTINUITY OF THE LANGUAGE AND MINO BIMAADIZIWIN**

**Room 201 E-F – 2:30 p.m – 4:00 p.m**

**Description:** The preservation of First Nation languages is an urgent necessity. Our languages are integral to our identity as First Nations peoples and in living Mino Bimaadiziwin, the Good Life. Without them, we risk losing our unique place as the First peoples of this country. Former National Chief Perry Bellegarde shares that our languages are central to our ceremonies, relationships with our lands, animals, each other, and our laws. More than that, Indigenous Language use is the strongest predictor for health and wellbeing in First Nation communities. Connections needed to achieve Mino Bimaadiziwin (the Good Life) will be shared. The intergenerational continuity of our language, culture and traditions is essential. We need to rebuild intergenerational continuity spaces and activities that help keep our youth alive and connected to Mino Bimaadiziwin through language. LCOL advocates for the inherent language rights of First Nations learners today and the next seven generations. Having our own educational curriculum, we will teach our youth about the importance of family values and connectedness through kinship terms in the language and the inherent and learned values from the sacred and spiritual worlds that are at the heart of First Nations community life and the social determinants of health. Only by knowing our roots and ancestral connections can we truly connect with our traditional homelands and achieve Mino Bimaadizwin.

**Presenter:** Loretta Fox-Assinewai



## **WORKSHOP #8**

### **STRENGTHENING JORDAN'S PRINCIPLE DELIVERY FOR FIRST NATIONS WELL-BEING**

**Room 202 A-B – 2:30 p.m – 4:00 p.m**

**Description:** This workshop will offer a comprehensive exploration of Jordan's Principle, emphasizing its significance and the imperative of effective delivery for fostering the wellbeing of First Nations communities in Ontario. Participants will engage in a dynamic session focusing on alternative models, featuring presentations and group discussions aimed at diversifying delivery strategies. The workshop adopts an interactive approach, including a "What's not working" segment designed to identify and openly discuss challenges in Jordan's Principle delivery, followed by a collaborative brainstorming session to generate innovative solutions. Attendees will develop practical skills in creating and utilizing flow charts specific to Jordan's Principle, fostering a deeper understanding of the internal government process and community-level application. The workshop aims to empower participants with diverse perspectives, evaluative insights, and actionable tools, fostering a collective effort to enhance the effective implementation of Jordan's Principle and promote the holistic wellbeing of First Nations communities.

**Presenter:** Ruby Miller

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## **WORKSHOP #9**

### **BIIMADESWIGAMIK LIFE LODGE - A PLACE OF GOOD LIFE: THE MATAWA CASE MANAGEMENT PROJECT**

**Room 202 C-D – 2:30 p.m – 4:00 p.m**

**Description:** The workshop will share the Matawa Case Management Process, provide an overview of key elements and the training manual and provide an opportunity for participants to role-play case coordination process.

**Presenter:** Francine Pellerin





## **WORKSHOP #10**

### **FIRST NATION ADULT LEARNING PROGRAMS: EFFECTIVE STRATEGIES AND SUCCESS**

**Room 203 A-B - 2:30 p.m. - 4:00 p.m.**

**Description:** Education attainment contributes to overall increased health and well-being. First Nation learner's path to higher education may not be linear and opportunities are required to support our learners where they are along the lifelong learning continuum. This workshop will provide an overview of ISC's funding opportunity to develop or expand community-based programs that support learners over 21 to complete secondary education. Participants will hear from First Nations as they share effective strategies and successes of current adult education programming supporting secondary completion. Participants will provide insights on the needs of adult learners in their communities to assist future planning for adult education

**Presenters:** Darryl Tinney, RONALDA DOXTATER-WYNN, Mary McCue and Angel Maracle

## **WORKSHOP #11**

### **MINO BIMAADIZIWIN - WITH ALL OUR RELATIONS IS KEY TO OUR HEALTH WELL BEING.**

**Room 203-C – 2:30 p.m – 4:00 p.m**

**Description:** We will share our experiences at Eureka Miwe'e Camp in the wilderness as we learn to reconnect to the land.

Our goal is to show images from Eureka Miwe'e Camp and have a QR code to accompany these adventures with a background story. We share our stories to relay the important connections made to the land, language, health, wellness and personal growth, returning back to the ways of land-based learning as a practice of Anishinaabe aadzowin, knowledge of traditional teachings, medicine wheel teachings, creating personal bundles, seven grandfather teachings and sharing personal experiences/stories, focus on healing from past traumatic experiences and using our Anishinaabe language as part of the healing aspect in everything we do. Season activities include: hiking, root harvesting, bow making, medicine harvesting, medicine making, partridge harvesting, canoeing, tracking animals, hunting, fishing, tanning fish skins, painting, team building, reflections on the land base living experiences and knowledge gained while being on the land.

We will share the Michi Saagiig Anishinaabe language software created and demonstrate the teaching guide through the 13 moons, four seasons in relation to everything about us from before birth and after death within the 4 levels and 4 themes.

**Presenters:** Cathie Jamieson and Randi Trudeau



## **WORKSHOP #12**

### **MINO BIMAADIZIWIN – A TWO EYED APPROACH TO WELLNESS PROGRAMMING**

**Room 203 D – 2:30 p.m – 4:00 p.m**

**Description:** The MinoBimaadiziwin Program is 5-year project, with plans to extend, that is designed to support the wellness and mental health of our youth-at-risk through both a traditional counselling and culturally relevant lens. Mino Bimaadiziwin services two school, roughly 400 students and their families. The project has a full staff of 7, they consist of: The MinoBimaadiziwin Program Manager, 2 School Mental Health Workers, Student Success Lead, 2 Student Success liaison's, a School Program Facilitator and a School Social Counsellor (for clinical purposes and is assigned to our K-3 school), with plans to expand!

Our project aims to provide mental wellness supports through a community specific and wholistic approach (mental, physical, emotional, and spiritual). We have two main avenues to achieve our goals, one is through our student success initiatives, which can include pathway planning, retention activities, wellness supports and family outreach. The second is through mental health counselling initiatives, done through a clinical lesson where formal counselling and brief services are provided to our students. Some of the additional activities we are doing are professional development opportunities for all our school staff. This is done through various approaches such as counselling, workshops, presentations, programming, etc.

**Presenters:** Cody Wassengeso and Brian Pitawanakwat



## WORKSHOP #13

### The Climate Resilience Health Systems (CHRS) Initiative

Room: Main Plenary – 2:30 p.m – 4:00 p.m

**Description:** Representatives from Indigenous Services Canada (ISC) will provide a presentation on their Climate Resilient Health Systems Initiative (CRHS) as part of Canada's National Adaptation Strategy (NAS). Its purpose is to increase understanding of the climate change gaps and needs in the health services funded and/or delivered by ISC. Results of this work will help identify future needs and efforts required to build climate resiliency in First Nations and Inuit communities. The CHRA will also support capacity building in First Nations and Inuit communities by helping participants to identify key gaps and strategies to manage climate-related challenges that affect health and well-being. This session will be the first step toward supporting the development and implementation of an engagement strategy to address the ever-growing need for First Nations health care providers to serve First Nations in Ontario. Climate change is affecting the health and well-being of First Nations across Canada, in diverse and profound ways. Exposure to extreme weather events (wildfires, floods, storms, etc.), extreme temperature events, changes to air and water quality, food safety and security, and climate-related disease vector ecology creates direct and indirect health risks, and significantly impacts cultural ways of life and connections with the land.

**Presenters:** Sarah Vanden Hoven, Health Canada, and Lori Fryzuk, Environment and Climate Change Canada



# WORKSHOP ABSTRACTS

DAY TWO - MARCH 20, 2024

## WORKSHOP #1

### SOUTHERN CHIEFS ORGANIZATION: OUR JOURNEY IN SUPPORTING WELLNESS

Room 104-A – 10:30 a.m – 12:15 p.m

**Description:** Southern Chiefs Organization (SCO) is a regional First Nations organization that represents 34 Anishinaabe and Dakota Nations living in what is now southern Manitoba. SCO represents more than 85,000 citizens, a number that amounts to approximately 10% of all First Nations people in Canada.

In response to the rise in concurrent conditions and a widening 11-year gap in overall life expectancy in Manitoba, SCO has established the Mobile Crisis Response Program, Traditional Healers program, and the Harm Reduction and Land-Based Healing Fund. Angela Myran and Chris Trimble will share their experiences working within their programs using a storytelling approach.

This interactive workshop will focus on sharing successes, lived experience, challenges, and wise practices, with the goal to achieve cohesive, wholistic, wraparound supports to address mental wellness, concurrent disorders, harm reduction, life promotion, and crisis response from a cultural perspective.

With a vision to break down barriers, reduce organizational silos, and prioritize healing on all levels, participants will have an opportunity to learn from community voices, explore the diverse needs and gaps experienced in First Nations communities, and come away with resources and tools to navigate challenges to create wholistic wellness.

**Presenters:** Angela Myran and Chris Tremble



## WORKSHOP #2

### EXPLORING THE WELLNESS DATA LANDSCAPE

Room 104-B – 10:30 a.m – 11:15 a.m

**Description:** This presentation will present the results of two First Nation data landscape scans, one on health data and one on social data. Both of these forms of data are crucial for understanding the wellness of First Nations populations and communities. In order to serve the needs of First Nations, this data must be subject to First Nations data sovereignty, to ensure the data is accessible, relevant, and protected from misuse. This presentation will review the main sources of data discovered during the scans, and how well OCAP® is being applied to these data sources, along with some recommendations for how OCAP" compliance can be improved going forward. This should provide a foundation for understanding the data sovereignty status of First Nations wellness data, which can help communities advocate for their data and better understand the wellness of their people.

**Presenter:** Benjamin Wald

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### FIRST NATIONS DATA GOVERNANCE STRATEGY IMPLEMENTATION IN ONTARIO

Room 104-B – 11:30 a.m – 12:15 p.m

**Description:** Access to available First Nations data has never been more important to planning and decision making in support of the self-determined aspirations of our communities and organizations and the transformational change that is needed. Yet for many, numerous barriers and gaps have held up the true potential of data driven research, discovery, analysis and knowledge to action opportunities. In 2020, the FNDGS was created and in 2021 funding flowed to support the exploration of needs and development of Regional Information Governance Centres that would provide the infrastructure and capacities needed by communities to truly leverage the power of their own First Nations data. Mariette Sutherland, Director of Development will share an overview of the First Nations Data Governance Strategy and its community engaged implementation in Ontario highlighting ways for communities and organizations to participate in shaping the future RIGC in Ontario.

**Presenter:** Mariette Sutherland



## **WORKSHOP #3**

### **THE VALUES FOR SUCCESS**

**Room 104-B – 10:30 a.m – 11:15 p.m**

**Description:** These values are taught in a way that enable you to use the courage you have, to fulfill your goals and responsibilities. The seven values of this model help you to believe in who you are.

**Presenter:** Kris Morrisson

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## **IONKHIIA'TAKEHNHAS (THEY HELP US): RECIPROCAL HEALING AMONGST ALL OF CREATION**

**Room 104-B – 11:30 a.m – 12:15 p.m**

**Description:** Globally, Indigenous Communities (IC) are recognized as being particularly vulnerable to the impacts of climate change, especially the early impacts displacing and endangering communities and impacting food security, traditional practices, health, and so much more. IC's vulnerability and power are a product of their land-based culture (e.g., biocultural context) that emerged over thousands of years of relationship-building with landscapes. The biocultural context of IC reflects the ecosystems that shaped their identity, language, traditions, stories, practices, and traditional governance systems.

Thus, violence on the land is violence on cultural integrity and continuity, which impacts holistic health. The Ohenton Karihwaterkwén (Words that come before all else) is a speech/teaching that outlines the holistic reciprocal relationality of the Haudenosaunee, which is land-based and context-specific. Drawing on this speech/teaching lays the foundation for conceptualizing a theory around roles and responsibilities as a means of caring for creation grounded within a Haudenosaunee biocultural context. The theory is dynamic and fluid, with applicability across various fields impacting health. The theory in action looks like an expansive approach to community caretaking that engages the land and could impact community and ecological health. By helping creation, they help us - our health is connected to each other.

**Presenter:** Abraham Francis



## **WORKSHOP #4**

### **BUILDING COMMUNITY WELLNESS: ESSENTIAL FOR ECONOMIC DEVELOPMENT**

**Room 104-D – 10:30 a.m – 11:15 a.m**

**Description:** This workshop explores how to address the Social Determinants of Health in your community, using an organized approach.

Examples of recent social development and wellness initiatives in Nunavut are described, highlighting why they have succeeded or failed. Steps in these projects include: gathering community input, creating action plans, applying successfully for capital and operational funding, training local staff, mentoring local leadership and creating programs delivered by Inuit in Inuktitut in remote locations.

We recognize that Inuit and First Nations communities are culturally and geographically distinct, however they share some commonalities in health and wellness challenges. Could any of these Inuit projects inspire programs in your community?

The presenters work in Nunavut as consultants, supporting the creation and operation of Inuit social development projects including land-based and residential addiction and trauma treatment programs, drop-in centers, and shelters.

**Presenters:** Beth Reade and Dave Wright

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## **FINDING LIGHT WITH THE POWER OF 4 – (Youth Land Base)**

**Room 104-D – 11:30 a.m – 12:15 p.m**

**Description:** The power of 4 is a toolkit for helpers which incorporates land, art and stories to help clients find light, take care of their light, so that they can share their light with others.

**Presenter:** Faith Turner



## **WORKSHOP #5**

### **EDAYAAN ENDAZHITAKOOKIYAAN MINWAA KINOOMAAGEWIN**

**Room 201 A-B – 10:30 a.m – 11:15 a.m**

**Description:** Opening circle/smudge/prayer followed by a sociometry exercise using scarves showing connection and validation of each participants experience loving someone with addiction and/or mental health issues.

Workshop reviewing the Triangle of Chaos - the roles that develop over time with addiction and mental illness present in the home and the Empowerment Circle - how we shift from the roles learned by addiction and mental illness and move into healing with new skills and strategies to set boundaries and communicate.

Interactive role play by facilitators depicting the Triangle of Chaos - then role playing the Empowerment Circle. \*\*This exercise can be emotionally challenging for participants\*\*

Wholistic healing discussion (addressing all barriers in corp. justice/health) through land-based camps, growing food, feeding our communities - programming that doesn't end but contributes to rebuilding a way of life connecting to the land and traditional ways.

Research, data information learned from supporting 60 community members to date to complete land based detox and continued land based aftercare camps following treatment programs and our work this coming fiscal to launch North Shore Tribal Council's Land based treatment that includes food growing/harvesting/processing.

**Presenter:** Dorothy Coad

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## **Niigann Miisaan Nookamisuk**

**Room 201 A-B – 11:30 a.m – 12:15 p.m**

**Description:** Participants will hear about the challenges of raising a child that has been diagnosed with Shaken Baby Syndrome. Participants will gain aspects of the Continuum of Care and challenges with growing in a system that requires strengthening the spirit. It started when grandson was 2 months old and is now 13 years old. Education is a key needed as a care-giver to advocate for his needs.

This presentation will include photos, singing with hand drum and utilizing our cultural values as a healing tool and strengthening the spirit of care. A slide presentation and resources will be available.

**Presenter:** Alison Recollet





## WORKSHOP #6

### USING SCIENCE TO ENGAGE YOUNGER CHILDREN IN A NEW APP ACHWM

**Room 201 C-D – 10:30 a.m – 11:15 a.m**

**Description:** A children's wellness app was co-created with and for Indigenous children in 2011. This app is known as the Aaniish Naa Gegii: the Children's Health and Well-being Measure (ACHWM). It can be completed by children 8 to 18 years of age on a tablet. The ACHWM has been tested extensively and is now being shared with Indigenous communities and with agencies who support Indigenous children across Canada.

Counselors have requested a version for children 4 to 7 years of age.

We examined the item behaviour of the ACHWM using Rasch analysis. This analysis identified a set of 25 items focused on wellness that form the foundation for a young child adaptation. We then consulted with experts in child development and Indigenous cultures to assess: (a) the relevance and (b) importance of each item. These results form the initial version of the Young Child ACHWM, that will be tested in a sample of child-caregiver pairs.

We welcome feedback on this process and collaboration on this initiative in the future.

**Presenters:** Nancy Young and Diane Jocko

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### EMPOWERING COMMUNITIES WITH DATA: THE ACHWM AND MEASURING CHILD WELLBEING

**Room 201 C-D – 11:30 a.m – 12:15 p.m**

**Description:** The ACHWM is a tool to describe wellness among Indigenous children (8-18 years) using our Balance Chart; a graph inspired by the Medicine Wheel Teachings of mental, physical, emotional and spiritual health. Developed through the friendship of Wiikwemkoong health leaders and academic researchers, and the input from children of Wiikwemkoong Unceded Territory and elsewhere.

This measure delivers on the Ownership, Control, Access, and Possession principles of children's data in Indigenous communities. Under these principles the ACHWM strives to ensure that the data the app generates is owned and used by each community, however they see fit, ensuring that Data Sovereignty is upheld and maintained throughout the use of the ACHWM App.

During our workshop we will demonstrate the use of the App, and how it can be used for individual intervention, program evaluation, and systemic change. We'll also introduce the Resource Hub, a curated collection of support material to work in tandem with the measure.

The ACHWM is a culturally relevant and effective App for measuring child well-being, free for Indigenous communities and organizations.

**Presenter:** Blaine Wolfe



## **WORKSHOP #7**

### **FUNDING OPTIONS IN THE SOCIAL SECTOR**

**Room 201 E-F – 10:30 a.m – 12:00 p.m**

**Description:** This workshop offers a comprehensive exploration of funding options crucial for enhancing the wellbeing of First Nations communities in Ontario. Participants will gain a nuanced understanding of diverse funding sources, including Infrastructure, Prevention, Jordan's Principle, PMSS, ODSP, ELCC, and OW. The session delves into the specific objectives, application processes, and potential impact of each funding stream. Through interactive discussions and case studies, attendees will identify opportunities for collaboration and synergies among different funds, emphasizing a holistic approach to address social determinants of health. The workshop aims to empower participants with strategic insights, practical knowledge, and actionable steps to optimize the utilization of various funds for the collective improvement of First Nations wellbeing in Ontario.

**Presenter:** Fallon Andy



## **WORKSHOP #8**

### **GARDEN RIVER'S JORDAN'S PRINCIPLE ALLIED HEALTH**

**Room 202 A – 10:30 a.m – 12:00 p.m**

**Description:** This workshop will share the Garden River First Nation's Journey from starting with a group application to ISC in order to support 25 children with identified needs in 2017 to currently supporting over 300+ children from the First Nation. We will discuss the Multi-Disciplinary approach to professional services. The workshop will share the community growth, success stories and some hurdles that have been overcome along the way. There will be a portion of time spent walking through the process of filling out individual applications as well as group applications. We will discuss sample letters of support and what those letters need to include for a potentially successful application.

**Presenters:** Kim Duguay and Nicole Boissoneau



## **WORKSHOP #9**

### **FENTANYL AND SAFER SUPPLY: INNOVATION IN CARE FOR PEOPLE WHO USE DRUGS**

**Room 202 B – 10:30 a.m – 12:00 p.m**

**Description:** This presentation will review a "Fentanyl 101" to help participants understand why fentanyl is creating such devastation across the country. Participants will learn about solutions to this crisis from across the Substance Use Health spectrum, including Safe Supply. Participants will leave with an understanding of how focused political advocacy can help support their communities during this crisis.

**Presenter:** Dr. Andrea Sereda

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## **WORKSHOP #10**

### **ANISHINAABEWAADIZIWIN (WAY OF LIFE): WELLNESS FROM A HOLISTIC COMMUNITY LENS**

**Room 202 C – 10:30 a.m – 12:00 p.m**

**Description:** The Sioux Lookout First Nations Health Authority (SLFNHA) serves 33 First Nation communities in the Sioux Lookout region in Ontario, Canada. Mandated by the leadership in these communities, our organization is dedicated to strengthening First Nations by contributing in unique ways to a strong health system for the Anishinaabe.

SLFNHA is dedicated to uplifting and honoring Kiiwetinoong First Nations culture across the organization as a part of service delivery in all programs. Anishinaabewaadiziwin, a newly developed cultural department, offers holistic traditional healing services and supportive structures to SLFNHA communities and clients. Anishinaabewaadiziwin exists to support and collaborate with all SLFNHA departments in integrating First Nations culture, while centralizing and mobilizing Anishinaabe knowledge and teachings to ensure all initiatives are delivered in alignment with Wiidogagewinan, our traditional healing and wellness framework. Services offered by the department include traditional healing services, ceremony, cultural implementation, professional development and training, and the provision of support services that integrate cultural relations into projects and initiatives. Team members include traditional healing practitioners, Elders, experienced cultural trainers, language educators, land-based knowledge keepers, and fluent Oji-Cree, and Ojibwe translators.

**Presenter:** Anna Marie Kakagamic



# THE CULTURAL LIAISON PROGRAM INTEGRATING INDIGENOUS KNOWLEDGE INTO CHILDREN'S HEALTHCARE SERVICES

**Room 202 C – 10:30 a.m – 12:00 p.m**

**Description:** The Developmental Services department at Sioux Lookout First Nations Health Authority strives to support Indigenous children, youth and their families in 33 communities in Northwestern Ontario.

A vital part of the team are two Cultural Liaison Workers, Charles Meekis and Dieter Sainnawap. Charles and Dieter have been working to create a unique role to support communities, clinicians, and clients.

The purpose of this program is to not only connect with clients in a meaningful way but to also develop healthcare professionals understanding of Indigenous worldview by offering cultural teachings. The program also supports providing opportunities for clients and staff to participate in cultural events and activities to support health and wellness.

This presentation will:

- a) go into a deeper dive regarding the Cultural Liaison program, its development, and its ongoing evolution
- b) share successes through client and clinician stories and experiences, and
- c) discuss areas where the program has challenged the traditional medical model, and the learning that has emerged from this delicate dance of perspectives.

The intent of this presentation is to stimulate new ideas and perspectives for ways to continue to develop this program that meets the needs and interests of different communities and highlight the importance of acknowledging the role of culture in healing and wellness.

**Presenters:** Charles Meekis and Dieter Sainnawap



## **WORKSHOP #11**

### **SPECIFIC CLAIMS AND ADDITIONS TO RESERVES REFORM (CIRNAC)**

**Room 202 D – 10:30 a.m – 12:00 p.m**

**Description:** This session will be an opportunity for First Nations in Ontario to find out more about both the Specific Claims reform and Reserve Policy redesign and share feedback with officials from Crown-Indigenous Relations and Northern Affairs Canada.

Canada is redesigning the Additions to Reserve Policy through First Nation-led engagement. Adding land through the Additions to Reserve process is one approach that First Nations can take to accommodate growing communities and contribute to economic development. First Nations and Indigenous organizations have highlighted that the current Additions to Reserve Policy and process is slow, costly, and that the need for transformative change is long overdue. Canada is currently supporting engagement led by First Nations and Indigenous organizations that will result in policy options, considerations and recommendations for the Additions to Reserve redesign.

**Presenter:** Francois Routhier

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## **WORKSHOP #12**

### **DEVELOPMENT OF A COMMUNITY OWNED ALLIED HEALTH SERVICES FOR LEARNERS**

**Room 203 A-B – 10:30 a.m – 11:15 a.m**

**Description:** Pikangikum First Nations have developed its own comprehensive Allied Health program. The services offered are Speech Language Therapy, Occupational Therapy, Behavioural Therapy.

**Presenters:** Carol Rampaul and Dan McIntosh

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## **COLLABORATIVE CRISIS RESPONSE**

**Room 203 A-B – 11:30 a.m – 12:15 p.m**

**Description:** Participants will learn how we work together to provide access to traditional land-based activities, crisis response and a community crisis table for wrap around service when needed. Small group work.

**Presenters:** Natachia Slezsak, Cameron Sault, Derek Wharrie



## **WORKSHOP #13**

### **IMPLEMENTING REMOTE SUBSTANCE OVERDOSE PREVENTION IN YOUR COMMUNITIES**

**Room 203 C-D – 11:30 a.m – 12:15 p.m**

**Description:** The presentation will examine the National Overdose Response Service, who uses it on a national level. How it functions and supports substance users beyond overdose prevention, who can benefit from it, its limitations, and how best to implement it in your community along with a discussion on ideas of implementing it in communities.

**Presenters:** S. Monty Ghosh and Lisa Morris Miller

## **WORKSHOP #14**

### **CLOSING THE INFRASTRUCTURE GAP BY 2030**

**Room: Main Plenary – 10:30 a.m – 12:00 p.m**

**Description:** The "Closing the Infrastructure Gap (CTIG) by 2030" Report is a collaborative and comprehensive cost estimate identifying the infrastructure investment needs of First Nations in Canada across various sectors. In building this report, data was collected through a number of AFN and ISC-led initiatives. The CTIG report is unique, as it incorporates the capital costs and operations and maintenance costs into the cost estimated to successfully close the infrastructure gap.

A variety of asset categories were- assessed, including: housing, education, drinking water advisories, all season road access, climate change adaptation, net-zero, connectivity, and accessibility.

This presentation will focus on the importance of First Nations communities and organizations submitting vetted, thorough and well-researched reports and budget submissions to the federal government to use as a communications tool that expresses the vast needs affecting First Nations, and how if Canada takes no action to close the gap, it will only continue to widen. The total cost to close the infrastructure gap between First Nations and non-First Nations on a national scale, as it currently stands, is \$349.2 billion.

**Presenter:** Matthew George



# WORKSHOP ABSTRACTS

DAY THREE - MARCH 21, 2024

## WORKSHOP #1

### CENTRALIZED MOBILE CRISIS RESPONSE TEAM

Room 104-A – 9:15 a.m – 11:00 a.m

**Description:** A centralized mobile crisis response from the Grand Chiefs Office with a Mobile Crisis Response Team that responds to crisis in First Nations communities to stabilize, mobilize and provide support

**Presenters:** Gloria Kejick and Virginia Moore

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## WORKSHOP #2

### DEVELOPING HEALTH AND WELLNESS PLANS: A GUIDE FOR FIRST NATIONS

Room 104-B – 9:15 a.m – 10:00 a.m

**Description:** Health and wellness planning requires a First Nations perspective and community approach to be successful. This presentation reviews a values-based process for First Nation health planning.

**Presenters:** Samara Lewis and Judith Eigenbrod

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### YOUTH WELLNESS HUBS ONTARIO: COLLABORATING TO SUPPORT YOUTH

Room 104-B – 10:15 a.m – 11:00 a.m

**Description:** Youth Wellness Hubs Ontario (YWHO, [www.youthhubs.ca](http://www.youthhubs.ca)) is a network of 22, Integrated Youth Services (IYS) hubs where young people ages 12 to 25 years have walk-in access to youth-centred, community based, culturally appropriate mental health and wellness services designed by youth, family members, service providers and other partners. The hubs are provincially aligned in core features and locally led and adapted to offer and connect to a range of wholistic services - mental health and substance use care, traditional healing, primary care, education, employment, housing, peer support, family support and care navigation - in youth-friendly spaces.

We will share information about the development of YWHO, the YWHO model of care and priority for YWHO services to be co-developed to best support the unique needs of youth in each local community. Presenters and participants will share examples of community-led, wholistic approaches to support youth wellness and how communities are working collaboratively to support an integrated system of care for youth.

**Presenters:** Karleigh Darnay, Nicole Eshkakogan and Tess Lavelle-Sutton



## WORKSHOP #3

### CULTURALLY ADAPTED EARLY LEARNING PROGRAMS AND NETWORKS

Room 104-C – 9:15 a.m – 10:00 a.m

**Description:** The Early Years (EY) program was developed by the Martin Family Initiative (MFI) in partnership with Maskwacis Health Services (MHS), Maskwacis Education Schools Commission (MESCC) and Ermineskin Cree Nation in the province of Alberta. The Early Years program has grown Nationally and supports communities and organizations in the cultural adaptation and implementation of child and family centered programmatic activities, training and resources featuring our interactive toolbox training cards. The Training & Resources for Early Education & Schools (TREES) Network is a space for culturally appropriate training, resources and professional development for First Nation and non-First Nations learning professionals working with First Nations children and families. In every case, the Early Years works with local community organizations to adapt Early Years programming design, training and learning resources and an evaluation framework. The Early Years Program is an innovative evidence informed program that brings together community expertise and leadership across the health, education, and social services sectors to support First Nations women and their families. It is a pre-natal to pre-school program founded on the recognition that supporting strong First Nation families and communities is integral to fostering healthy child development, protecting cultural identity and achieving long term health and wellbeing.

**Presenters:** Ramona Shawana, Jane Casson and Janoah Willsie

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### UTILIZATING DATA FOR WELLNESS STRATEGIES

Room 104-C – 10:15 a.m – 11:00 a.m

**Description:** This workshop will highlight what survey data is available at the Chiefs of Ontario Research and Data Management Sector. The Regional Health Survey is a national survey that gathers health questions for First Nations members only in community. In addition to health indicators such as health conditions and health care access, there is housing, income, employment, childcare, language and education. See how you can use RHS data indicators for your proposals on wellness strategies.

**Presenter:** Roseanne Sutherland





## WORKSHOP #4

### TRANSFER OF CARE AND CONTROL OF HOUSING

Room 104-D – 9:15 a.m – 10:00 a.m

**Description:** Ontario First Nation Leadership have mandated the Chiefs of Ontario (COO) to work with the Chiefs Committee on Housing and Infrastructure (CCOHI) to develop options for the transfer and care of housing in Ontario. The COO and Ontario First Nations Technical Services Corporation (OFNTSC) conducted engagement with First Nations in Ontario by hosting a series of four (4) housing workshops and one (1) Housing Sovereignty Summit in spring and summer 2022.

Based on these early engagements and further direction from the Chiefs-in-Assembly, COO has developed three (3) housing service delivery models for further consideration. Subsequently, COO contracted the Institute for Fiscal Studies and Democracy (IFSD) to provide thorough analysis and cost estimates of housing service delivery models for First Nations in Ontario. A first draft of this report from IFSD will be complete by late February early March 2024.

The purpose of the workshop will be to introduce Chiefs and technicians to the concept of "transfer of care and control of housing" and, more broadly, the benefits of First Nations developing and delivering their own programs and services. COO intends to provide workshop attendees with an overview of the housing service delivery models to generate discussion and solicit early feedback. Direct engagement with First Nations in Ontario on the draft housing delivery models will begin in late spring 2024.

**Presenter:** Chris Hoyos

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## RESTORING OUR RELATIONS

Room 104-D – 10:15 a.m – 11:00 a.m

**Description:** Indigenous people across Turtle Island have always known how to care for our Mother the Earth, use our natural resources to be well and take care of one another. Colonization and assimilation attempts created a disconnect between our people, land, culture and language. Six Nations Health Services (SNHS) Child and Youth Outreach team uses Haudenosaunee culture as a core component when delivering health services to community and youth. We view health beyond a prescription or diagnosis. For Haudenosaunee people, health can be your relationship to yourself, community and land. Utilizing Jordan's Principle funds to expand supports, the SNHS Child & Youth Outreach team provides diverse programming that reflects Haudenosaunee culture and well-being. Supporting community members as we restore our relationship to one another, land, culture, and language is the foundation of the Outreach team from SNHS Child & Youth Health. Using traditional teachings and knowledge is how we connect with our families when providing care and programming. In our presentation, we will explore assessing and understanding our communities' diverse needs to offer programming that utilizes the seasons, land and culture such as family nature walks identifying plants/medicine, singing groups, family language classes, etc., to approach community mental and physical health.

**Presenters:** Tasa Yellow and Zach Hill



## WORKSHOP #5

# VIRTUAL REALITY: EXTENDING SUBSTANCE MISUSE PROGRAM RESEARCH

**Room 201 A – 9:15 a.m – 11:00 a.m**

**Description:** A very recent systematic review into the use of immersion and mixed reality therapies suggested that mixed reality is a necessary exploratory extension of current therapies designed for reaching populations with substance use and anxiety-related conditions because it is a "revolutionary tool" (Geraets et al., 2021).

Revolutionizing Indigenous residential treatment became a necessity during the Covid-19 pandemic

YSAC and its partner treatment centres pilot-tested designing culturally and therapeutically congruent mixed reality interventions (VR) that include areas such as embodiment, changing perspective technology and self led interventions (Geraets et al., 2021).

This project was rolled out in stages, including a planned scaffolding that started with a period of exploration and building belief about the potential of mixed reality interventions in the YSAC workforce.

In the final stage, adolescents in treatment were introduced to a variety of ways to use VR technology for self-directed and counsellor-led mental health interventions, including mental health foundations literacy (sleep, nutrition, exercise), emotional regulation, digital emotional intelligence, seeking support, cultural health connections and psychoeducational session participation. Consequent benefits include an increase in digital competency and empowerment through hopeful, purposeful, meaning-filled episodes of belonging and connection.

This session will report qualitative and quantitative outcomes of the pilot project, including the draft of a 12- session virtual reality treatment curriculum.

**Presenters:** Angela Carter, Sean Moore and Deb Dell



## **WORKSHOP #6**

### **WHAT WE NEED TO KNOW ABOUT HEALING LODGES**

**Room 201 B – 9:15 a.m. – 11:00 a.m.**

**Description:** "What We Need to Know about Healing Lodges" will begin with a lived experience story of incarceration and the challenges of reintegration for Indigenous peoples. This qualitative story will also include what factors led our presenter to his conflicts with the Canadian Criminal Justice System. Moreover, what assisted our presenter with his recovery and healing journeys.

The second part of the presentation will be moderated by the Primary Presenter, Jonathan Peltier, who will present questions to our presenter, Keri Thompson, Indigenous Community and Development Officer (ICDO) with Correctional Service Canada. These questions will include information on s.81 of the Correctional and Conditional Release Act (CCRA) and s.81 agreements, how many Healing Lodges exist across the country, who operates existing Healing Lodges, and what the differences between Community-based and Correctional Service operated lodges, why Healing Lodges are essential, and lastly, the criteria to access a s.81 Healing Lodge for federal offenders. Our last question will segway to our next presenter: why is there not a s.81 Healing Lodge in Ontario?

Patti Pettigrew , Executive Director at Thunder Woman Healing Lodge Society (TWHLS), will answer questions about her organization's work establishing TWHLS in Toronto, Ontario.

Q&A from the audience

**Presenters:** Jonathan Peltier, Keri Thompson, and Patti Pettigrew

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## **WORKSHOP #7**

### **COO SYSTEMIC GAPS PROJECT: MEASURING STUDENT WELL-BEING WITH MIDI**

**Room 201 C – 9:15 a.m. – 11:00 a.m.**

**Description:** Participants will have a chance to learn about the work of COO's Systemic Gaps in Education project and the importance of understanding child-wellbeing as a part of advocacy for adequate resources to close identified gaps. Participants will get an overview of the tool and the research behind it and a chance to explore sample reports that will be produced for their community planning purposes if they participate. The MDI is easy to administer, and the data produced can serve schools, communities in student well-being and school climate planning, their negotiations of potential Education Funding Agreements, and other potential initiatives and proposals.

**Presenters:** Kelly Gallagher-Mackay, Neil Debassige, and MariaYau



## WORKSHOP #8

# RIGHT TO A HEALTHY ENVIRONMENT UNDER THE CANADIAN ENVIRONMENTAL PROTECTION ACT

**Room 201 D – 9:15 a.m. – 11:00 a.m.**

**Description:** In June 2023, the Canadian Environmental Protection Act (CEPA) was amended and now recognizes that every individual in Canada has a right to a healthy environment as provided under the Act. Environment and Climate Change Canada and Health Canada are working together to develop an implementation framework to set out how this right will be considered when administering CEPA and are engaging Indigenous peoples, civil society organizations, industry, and other interested persons in this process.

We will provide background on CEPA and the types of environmental health issues it addresses (such as the risks of chemical pollution, vehicle and engine emissions, and environmental emergencies), as well as on the required elements of the framework. It will introduce key concepts, such as the principles of environmental justice, non-regression and intergenerational equity, and seek participants' perspectives to inform the development of the framework.

The right to a healthy environment under CEPA will be of specific interest and relevance to First Nations given their distinct and important relationships to their lands and territories. Indigenous rights, rooted in treaties and in section 35 of the Constitution Act, 1982 and guided by the United Nations Declaration on the Rights of Indigenous Peoples Act, must inform the consideration of a right to a healthy environment under CEPA and the development of the framework.

**Presenters:** Lori Fryzuk and Sarah Vanden Hoven



## **WORKSHOP #9**

### **THE JOURNEY FROM LATERAL VIOLENCE TO LATERAL KINDNESS**

**Room 201 E-F – 9:15 a.m. – 11:00 a.m.**

**Description:** In this engaging and interactive session, we facilitate difficult discussions about the roots of Lateral Violence, exploring its ties to the historical legacies of residential schools, colonization, and inter-generational trauma. From this understanding, we pivot to developing a group roadmap leading to Lateral Kindness.

We will identify and share the essential components for workplace harmony, effective communication, conflict resolution skills, and navigating power dynamics. Our goal is to empower participants with actionable tools and insights that will help cultivate a workplace culture grounded in empathy and collaboration.

Drawing from our comprehensive 2-day Awareness Session, this condensed session distills essential components into a focused, impactful 90-minute experience. Our goal is to leave participants with a sense of agency, that they as an individual can contribute to workplace harmony. This in turn creates improved health and mental wellness for the individual - a benefit that directly impacts their family and community.

**Presenters:** Carolyn Charleyboy and Suzanne Burrows

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## **WORKSHOP #10**

### **RECLAIMING INDIGENOUS RESILIENCY AND HOPE**

**Room 202 A-B – 9:15 a.m. – 11:00 a.m.**

**Description:** Thunderbird Partnership Foundation develops training programs to support the First Nations workforce as identified training needs in the areas of mental wellness and addictions from front line workers. In the Fall of 2021 Thunderbird established a working group comprised of Treatment Center staff and regional partners as a response to First Nations challenges in accessing Naloxone kits and the need for sharing knowledge and resources to support harm reduction approaches. Opioid / fentanyl poisonings and deaths are a worsening crisis for First Nation communities and providing a Naloxone/Harm Reduction training program for front line staff that is grounded in culture, and trauma- informed, supports their efforts to protect the sacred breath of life.

The objective of the National Naloxone Training was to develop a National Naloxone Training program curriculum package that is relatable, experiential, and easily accessible that regions can adapt to meet their specific community / stakeholder needs.

The interactive workshop will lead participants through an overview of the National Naloxone Training Curriculum: Naloxone Training, Culture as Foundation, Decolonization.

**Presenter:** Mary Deleary



## **WORKSHOP #11**

### **INTERCONNECTEDNESS APPROACH TO BUILDING OUR BUNDLES AND MINO BIMAADZIIWIN**

**Room 202 C-D – 9:15 a.m. – 11:00 a.m.**

**Description:** Participants will learn how Language, culture, education, and mental wellness approaches intersect through events and activities at Shingwauk Kinoomaage Gamig. Such programming promoting mino-bimaadziwin and building sacred bundles for students, families, community, and society.

Participants will learn about the Gitigaan Mashkiki at Shingwauk Kinoomaage Gamig and the programming that has been built through and around the Garden. They will also learn of the bundle-building activities through the student success and wellness department and language initiatives that promote prevention, support, and wellbeing. The regular and ongoing events and activities include and involve students, community, Elders, Knowledge Keepers, Fire Keepers across all demographics and welcomes all allies.

Participants will experience hands-on activities along with a visually inspiring presentation showcasing the vibrancy of SKG's wholistic approach.

Topics will include: Building around Ceremony; Importance of Sacred Spaces(lodges, fire arbour, etc.); The Medicine Garden, the Four Sacred Medicines, their uses and teachings Making tobacco ties; Smudging practices Nish Doopwin; Craft nights; Building Our Bundles; Collaborations, community building, cross-cultural education Recruitment, outreach

**Presenters:** Cher Jamieson and Joanne Theissen



## WORKSHOP #12

### PROTECTING OUR CHILDREN'S FUTURE: A CARING FOR MOTHER EARTH COLLABORATIVE PROJECT – FIRST NATIONS TRADITIONAL TEACHINGS AS A PUBLIC HEALTH TOOL

**Room 203 A-B – 9:15 a.m. – 11:00 a.m.**

**Description:** Many public health issues like air quality, climate change, equity, racism, maternal and child health impact First Nations which are rooted in the social determinants of health. In the spirit of Truth and Reconciliation, since 2010, the Anishinabek Nation and the Thunder Bay District Health Unit have collaborated to address a variety of public health/First Nations issues. The Caring for Mother Earth project (CFMEP) uses a Medicine Wheel framework, the Seven Grandfather Teachings as guiding principles and the connection to Mother Earth as a platform to promote an open dialogue on topics such as Fetal Alcohol Spectrum Disorder prevention, children's environmental health, and reproductive and child health. Feedback from public health professionals brought to the forefront how using First Nation traditional teachings really are current public health messaging. This collaborative framework revitalizes First Nation cultural traditions, promoting cultural awareness, cultural sensitivity and cultural pride. Engaging parents, youth leaders, elders, service providers and communities on and off reserve through oral storytelling, video stories, informal sharing circles and traditional activities, has been an important component of the project's success. The project has developed a series of resources and workshops for participants to include in their wellness bundles and which promote intergenerational healing.

**Presenters:** Lynda Banning and Lyne Soramaki



## **WORKSHOP #13**

### **LIFELONG ACCESSIBILITY NAVIGATING WELL-BEING ACROSS GENERATIONS**

**Room 203 C-D – 9:15 a.m. – 11:00 a.m.**

**Description:** This workshop, titled "Lifelong Accessibility: Navigating Wellbeing Across Generations," aims to explore the integral role of accessibility in fostering the lifelong wellbeing of First Nations individuals. Participants will delve into the continual need for enhanced accessibility across various life stages, emphasizing inclusivity in language and experiences. The session will navigate the legal landscape, examining both provincial and federal legislative acts to understand the obligations and societal requirements for First Nations peoples. The workshop underscores the broader significance of accessibility in addressing social determinants of health throughout the entire lifespan. Through case studies and practical exercises, attendees will gain insights into successful initiatives that have positively impacted well-being across the continuum of life. The conclusion involves a strategic action planning session, empowering participants to implement and sustain accessibility improvements in their communities, fostering greater inclusivity and overall well-being.

**Presenters:** Anangons Johnson-Owl and Victoria Caravaggio

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## **WORKSHOP #14**

### **FIRE FROM WITHIN**

**Room: Main Plenary – 9:15 a.m – 12:00 p.m.**

**Description:** This is a story of how 2 people found each other in the midst of active addiction, and against all odds, found their way out through culture and ceremony. After getting sober, they noticed how big the drug epidemic was impacting their community. It was when losing too many community members to overdose and suicide, they had asked the Chief what can be done as a community? After asking that question, our Ancestors answered through a dream. That same day they had started the work towards lighting The Sacred Fire for the community. Walking in Balance is what kept the sacred fire lit. Working as one they overcame obstacles. When they initiated the sacred fire, they consulted with elders in the community and decided they wouldn't turn anyone away. To this day we continue to overcome the stigma towards our people who suffer from addiction. After lighting the sacred fire, it shined light on areas where our community needed improvement such as our low barrier shelter. To this day the sacred fire has called many of our band members to become helpers. With the guidance of our elders some overcame their addiction and re-kindled their own Fire from within.

**Presenters:** Lindsay Trudeau and Rolland Pheasant





## WIIKWEMKOONG COMMUNITY WELLNESS

**Room - Main Plenary – 9:15 a.m. – 12:00 p.m.**

**Description:** Wiikwemkoong Unceded Territory shares their community model on addressing Community Wellness. The model is centered on a wholistic approach based on community need and community engagement, where community members are given a space to have a voice. The approach also focusses on eliminating silos and improving collaborative efforts between the various departments within Band operations and external partners.

**Presenters:** Shelley Trudeau and Michael (MJ) Eshkawkogan



# ACKNOWLEDGEMENTS

The Chiefs of Ontario would like to thank everyone for making the First Nations Community Wellness Conference a reality. Without the participation and knowledge of all the speakers, presenters, exhibitors and participants, this conference would not have been possible. A big thank you also goes out to the Chiefs of Ontario staff who were a part of the planning committee:

Alice Longboat Bernadette DeGonazague Jey Pakeerathan  
Alexxis Kydd Anangons Johnson-Owl Katharine Tippeneskum  
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Sally Gaikhezheyongai Sally Hare Terri Kuula  
Hayley Lucas Chris Hoyos Victoria Caravaggio  
Annabelle MacRae Brenda Owl Emily Harding  
Emily King Frances Pine Lily Menominee  
Linda Ogilvie Megan Logan Natasha Saddleback  
Sacha Bragg Tasha Toulouse Trudy Maness  
Charnele Sondezi Nicole Hare Erin Bob Isak Vaillancourt  
Kallie Diabo Lance Copegog Charlotte Croft  
Tobi Mitchell Michele Young-Crook

Thank you, everyone, and we hope you enjoyed the First Nations Community Wellness Conference!

***THANK YOU – MEEGWETCH – NIA:WEN***



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