2019 Indigenous Mental Health, Addictions and Healing Summit:
Promoting the Journey of Mental Wellness and Healing

December 11 – 13, 2019
Sandman Signature Vancouver Airport Hotel
Richmond, British Columbia

Presented by:
W. Zarchikoff & Associates
Stratcom Consulting

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2019 INDIGENOUS MENTAL HEALTH, ADDICTIONS AND HEALING SUMMIT: PROMOTING THE JOURNEY OF MENTAL WELLNESS AND HEALING

3 KEYNOTE ADDRESSES  6 FULL DAY WORKSHOPS - 3 AFTERNOON WORKSHOPS

WEDNESDAY, DECEMBER 11, 2019 - FRIDAY, DECEMBER 13, 2019

Presenters:  Michael Anthony Hart, BSW, MSW, PhD.(invited but not confirmed), Lori St. Onge, BA, MBA, Arlene Kent-Wilkinson, RN,CPMHN(C), BSN, MD, PhD, John Jackson, RPN, BSc, PNM, PN, Darien Thira, PhD., R. Psych., Ernie Cardinal, BACYCC, Sheldon Franken, MA, Travis Dugas Bellerose “Knighthawk”

SANDMAN SIGNATURE VANCOUVER AIRPORT HOTEL
RICHMOND, BRITISH COLUMBIA, CANADA

PRESENTED BY: W. ZARCHIKOFF & ASSOCIATES & STRATCOM CONSULTING, LANGLEY, BRITISH COLUMBIA, CANADA

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2019 Indigenous Mental Health, Addictions and Healing Summit: Promoting the Journey of Mental Wellness and Healing

DAY 1 - Wednesday, December 11, 2019

0800 - 0900  Summit Registration & Refreshments

Join us for coffee/tea in the lobby as you register for the conference.

Location:  Keynotes Addresses will be in the Promenade Ballroom A-B

0900 - 0915  INTRODUCTIONS AND OPENING REMARKS

W.W. (Bill) Zarchikoff
Conference Manager
President, W. Zarchikoff & Associates
Langley, British Columbia, Canada

0915 - 1015  KEYNOTE ADDRESS #1 From Cultural Awareness to Indigenist Practices: Critical Reflections on a Spectrum of Services (Invited, not confirmed)

Over the past few decades there has been some increasing attention given to health and social services provided to First Nations, Metis, and Inuit peoples. Most recently, the Truth and Reconciliation Commission has issued a call for actions for Canadian organizations and service providers. During this time, the voices of Indigenous people have emphasized particular needs causing shifts in the focus of mental health services. This presentation takes a critical look at how health and social services have been oriented when being delivered to Indigenous peoples. It will provide a context for the emphasis made by Indigenous peoples and outline the various orientations taken by mental health providers over the past few decades. It will close with a discussion of need for continued critical analysis by services organizations and service providers, and a movement towards indigenist practices.

Presenter: Dr. Michael A. Hart, BSW, BA, MSW, Ph.D, Associate Professor, Canada Research Chair in Indigenous Knowledge and Social Work, University of Manitoba, Winnipeg, Manitoba, Canada.

Michael Anthony Hart is a citizen of Fisher River Cree Nation residing in Winnipeg. He worked in the fields of child welfare, family therapy, mental health, and addictions. He is currently a Professor with the Faculty of Social Work at the University of Manitoba, and the Canada Research Chair in Indigenous Knowledge and Social Work. He has helped set up the Masters of Social Work based on Indigenous Knowledges program presented across the country and globally on various topics including colonial oppression, mental health and Indigenous practices; and published several articles, book chapters, and books on the topics.
Indigenous people are over-represented in the Canadian justice system as both offenders and victims of crime. It is our hope that this workshop will shed light on both the historical circumstances that have led to this situation and the innovative efforts being made to incorporate an Indigenous world view into our justice system. By implementing restorative justice models, providing offenders with access to traditional cultural practices and ceremonies, and focusing an individual and community healing, there is new hope that we can bring balance to the scales of justice.

Session Objectives

- Increase knowledge of Indigenous history and culture
- Increase knowledge of reconciliation and healing for Indigenous People

Presenter: Lori St. Onge, BA, MBA, Director of Indigenous Justice/ Manager Charlottetown Office, Mi’kmaq Confederacy of PEI

**Lori St. Onge** has been the Director of Indigenous Justice for the Mi’kmaq Confederacy of PEI since 2007. She graduated from the University of PEI with a Master’s in Business Administration, Bachelor of Arts and a Diploma in Public Administration. She also holds a certificate in Human Resource Management, Conflict Resolution and Circle Keeping. Lori is also a trained Gladue writer.

Lori is an advocate for restorative justice. A process which focuses on the rehabilitation of offenders through reconciliation with victims and the community. She is a proud Mi’kmaq woman and a member of the Lennox Island First Nation. Lori sits on numerous committees and boards including the RCMP Commissioner National Aboriginal Advisory Committee. She was appointed to the PEI Human Rights Commission in 2017.
Indigenous people of Canada face a unique set of mental health and addiction challenges. Cultural discontinuity and oppression link to high rates of alcoholism and drug addiction, depression and suicide, HIV and injectable drug use, and overrepresentation in the criminal justice system. Despite these challenges, many communities do well, and research identifies factors that promote wellness. An essential part of health care professional practice is to take a strengths-based approach versus deficit based, as part of empowerment and culturally safe care for clients. Trauma-informed practice and principles of harm reduction prove to provide better outcomes in the care and treatment of mental health and addictions for all populations.

Facilitator: Arlene Kent-Wilkinson RN, CPMHN(C), BSN, MN, PhD, Associate Professor, College of Nursing, University of Saskatchewan, Saskatoon, Saskatchewan

Arlene Kent-Wilkinson’s leadership in nursing practice draws from a strong clinical base of clinical nursing practice in forensic psychiatric nursing, correctional nursing, acute psych mental health nursing, addictions and emergency nursing. Arlene’s teaching experience includes classroom and online course development in forensic nursing and Indigenous health issues. Arlene is the recipient of many provincial, national and international awards for her work in education leadership and practice. Dr. Kent-Wilkinson has initiated and led research teams for successful, productive outcomes that have resulted in numerous publications and presentations.
Workshop #1: We Have Always Had Our Helping Practices: An Example of Indigenist Practice Model in the Colonial Context (Invited, not confirmed)

Indigenous peoples have always had our own organizations and means to helping one another. While colonizing practices have significantly and negatively impacted us as Indigenous peoples, these indigenous understandings and practices continue to exist. In recent times educators, philosophers, and practitioners have been delving into them and bringing them forth as a means to address the impacts of the oppression and other issues that arise in the contents of health and social services. This session will briefly outline this context and present an example of an Indigenous practice model. Time will be provided during this session for discussion on the context and model.

Presenter: Dr. Michael A. Hart, BSW. BA, MSW, Ph.D., Associate Professor, Canada Research Chair in Indigenous Knowledge and Social Work, University of Manitoba, Winnipeg, Manitoba, Canada

Location: Promenade Ballroom A

Workshop #2: CORRECTIONS TO COMMUNITY: An Indigenous Reintegration & Healing Program

The Mi’kmaq Confederacy of PEI’s Indigenous Justice Program received funding from the Indigenous Community Corrections Initiative to develop an Indigenous Reintegration and Healing Program. The aim of the program is to ensure that Indigenous offenders being released from incarceration, continue to have culturally relevant programming and supports in place while at their most vulnerable, in order to prevent them from reoffending. Restorative justice processes, such as a traditional reintegration circles, which includes both the offender and community will be vital to address the concerns, priorities and unique circumstances of the Indigenous offender and the community.

Additionally, the program will be using other traditional and spiritual healing methods, such as storytelling, sacred circles, sacred medicines, drumming, dancing and ceremonies as part of the program. Incorporating traditional ceremony and learning the history of colonization will play a vital role in the healing process. The legacy of Residential Schools and intergenerational trauma will be discussed and its impact on Indigenous culture, education, employment, mental health and addictions.

Learn how restorative justice can offer opportunities for healing and forgiveness for Indigenous people in the Criminal Justice System and how it can lead to a positive transformation of people, relationships and communities.
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DAY 1 - Wednesday, December 11, 2019 (Continued)

Facilitator: Lori St. Onge, BA, MBA, Director of Indigenous Justice/Manger Charlottetown Office, Mikmaq Confederacy of PEI

Location: Promenade Ballroom B

1430 - 1445 Health and Nutrition Break

Workshop #3: Indigenous Mental Health and Addictions: Timeline of Key Government Strategies & Reports in Canada, and if Recommendations have been Realized?

This workshop will: overview a timeline of government policies and health care reports in Canada, focusing on the needs of Indigenous populations. Recommendations made by the major reports are examined to determine if these recommendations have been realized to date. In addition, social and structural stigma in 2019, along with the effects of de-stigmatizing campaigns nationally and internationally are addressed to determine if progress is being made. Finally, government policies that have resulted in significant positive changes in other countries will be, or have been proposed, but is Canada as a nation ready for these changes? This question will end or start the discussion.

Facilitator: Arlene Kent-Wilkinson RN, CPMHN(C), BSN, MN, PhD, Associate Professor, College of Nursing, University of Saskatchewan, Saskatoon, Saskatchewan

Location: Brighouse Room
Workshop #4: Trauma, Substance Use and Addictions (Crystal Meth, Mental Health & Traumatization: Navigating the Complexities of Individuals who use Methamphetamines)

Described as a healthcare crisis in many parts of Canada, the use of crystal meth is associated with dramatic disruption to the physical, mental and social well-being of individuals, their families and communities. For health and social service workers, differentiating between the complicated mental health challenges that can occur with methamphetamine use and substance use behaviours can be challenging. Often those trying to help are at a loss to know how best to reach out to individuals who are apparently frozen in the cycle of an addictive lifestyle.

In this workshop, participants will gain a rich understanding of the world of methamphetamine use and how to effectively provide services to individuals experiencing crystal meth addiction. Through a person-centered, evidence-based lens, this exploration will involve lively presentation, small group work, and the use of real case studies. Sub-topics will include the acute mental health diagnoses associated with crystal meth use, service utilization challenges and the loss and traumatization methamphetamine users often experience.

Presenter: John Jackson, RPN, BScPN, MPN, Executive Director, Samaritan House Ministries, Brandon, Manitoba

No-Host Lunch

Trauma, Substance Use and Addictions (Breaking Down the Silos: Lessons in Collaboration from Social & Mental Health Services in Rural Manitoba)

Terms such as “Falling through the cracks” and “A game of table tennis” are common in social and mental health services as providers are forced to try and shift clients back and forth to programs based on their narrow mandates. In the experience of many providers, their agencies may not be equipped to assist an individual who has both a trauma diagnosis and a substance use disorder, thus it is necessary to involve more programs or agencies. In this shuffling, clients become lost and fail to find the help they need.

Despite this experience across many parts of Canada, there exist prominent examples of cohesive service provision structures where agencies with differing mandates work together closely for the
purpose of ensuring no client “Falls through the cracks”. In this session, several examples from rural Manitoba will be discussed and lessons drawn on how others in even urban locations can collaborate more effectively in order to benefit long term client care outcomes.

Presenter: John Jackson, RPN, BScPN, MPN, Executive Director, Samaritan House Ministries, Brandon, Manitoba

John Jackson, is a Registered Psychiatric Nurse and Master of Psychiatric Nursing Candidate at Brandon University (May 2019). John has conducted research on he possibility of a psychiatric nurse practitioner role in Manitoba. Additionally, he has published on the experiences of Canadian Registered Psychiatric Nurses in the Journal of Psychiatric and Mental Health Nursing. Currently, the Executive Director of Samaritan House Ministries in Brandon, John’s experience includes leadership and clinical applications in private and public addictions as a methadone nurse, and supervising the medical detox at Aurora Recovery Center in Gimli. John’s passion lies in helping others develop or enhance the leadership skills they need to foster an environment of quality service delivery. By helping people identify the attitudes, beliefs and attributes they already have around what it means to be a leader, John is able to guide people on a path to growing as ethical, charismatic and impactful leaders in their field

Location: Terrace Salon

Workshop #5: Culture is the Cure: A Values-Based Approach to Seeking Wellness with Indigenous Clients.

This workshop will explore the following:

- Traditional Values and their Wellness Gifts
- The 4 Gifts of Wellness: Connection, Empowerment, Purpose & Wisdom
- A Worthwhile Life: Enhancing Purpose & Meaning
- Self-Worth: Enhancing Connection & Empowerment
- Replacing Problems with Better Solutions

Presenter: Dr. Darien Thira, R. Psych. Darien Thira Consulting Incorporated

http://www.thira.ca-darien@thira.ca

Location: Neilson
CONCURRENT FULL DAY WORKSHOPS - SELECT ONE TO ATTEND

Workshop #6: An Indigenous lens on co-occurring disorders - mental health & addictions

Ernie Cardinal will be sharing an Indigenized approach to supporting those with co-occurring disorders - mental health and addictions.

The Cree presenter is a member of the Sucker Creek First Nation. While taking the Child and Youth Care program at Douglas College Cardinal first came across the specialized co-occurring disorders program for professionals. From that point Cardinal looked for ways to weave Indigenous frameworks throughout the concepts.

Cardinal’s focus is on supporting vulnerable Indigenous people in their healing journey. The Circle of Courage and our medicine wheels teachings principals support balance, healing and resilience.

A few of the topics to be covered include:

1. What is co-occurring disorders?
2. What does an Indigenous perspective on co-occurring disorders look like?
3. How do Indigenous ways differ than a non-Indigenous ways when it comes to supporting those with co-occurring disorders?

1315 - 1315 No-host Lunch

1315 - 1600 Mental Health & Addictions: Medicine Wheel Teachings

Ernie will show Cree medicines from each quadrant of the medicine wheel. The participants will be able to smell and touch all medicines while he explains the cultural importance of each medicine. He will end with a traditional story that incorporates the medicine teaching

Facilitator: Ernie Cardinal, BACYCC, Program Manage, Spirit of the Children Society, New Westminster, British Columbia, Canada

There will be a health and nutritious break in the morning and afternoon.

Location: Promenade Ballroom A
Workshop #7: Colonization is the Disease and the Community is the Medicine: Rethinking Indigenous Mental Health and Addiction with a Practical 3-Step Method to Decolonize Our Practice and promote Wellness.

- Colonization is the Disease
- The Four Waves of Colonization and their Impacts
- Rethinking Trauma and “Addiction”: A Psychological and Social View

The Community is the Medicine: Decolonizing in 3 Steps

- Shifting Focus from Problems to Opportunities
- Rethinking the Relationship between Individuals and the Community
- Rethinking Resources: The Community is the Medicine

Presenter: Dr. Darien Thira, R. Psych. Darien Thira Consulting Incorporated, Vancouver, BC

www.thira.ca-darien@thira.ca

Location: Promenade Ballroom A

Workshop #8: Therapeutic Group Games and Activities: Engaging in Social and Emotional Learnings

Social-Emotional Learning is about building self and social awareness to enable change and growth - the foundation of resiliency. This session will explore experiential and adventure-based games and activities that can be used to enhance social-emotional learning, well-being, and resiliency with all individuals.

Increase the size and scope of your social-emotional learning activity toolbox by experiencing how to effectively use movement-based activities to engage participants in learning about themselves and each other. These tools and resources can be used in your classrooms, residential treatment centres and group homes immediately.

Participants will learn how to promote self-awareness, self-regulation, social-awareness, relationship skills, and responsible decision making - the foundation for resiliency. Come ready to be active, participate, and engage in a variety of adventure and experiential based social-emotional learning and resiliency activities. Participants will leave the session with practical tools that they can take back to their communities, schools and classrooms immediately, adaptable to meet the learning needs of any population.
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Day 3 - Friday, December 13, 2019 (Continued)

0900 - 1600 CONCURRENT FULL DAY WORKSHOPS - SELECT ONE TO ATTEND

Facilitator: Sheldon Franken, MA, Director/Owner, Inquiry Adventures and School Counsellor, Vancouver School Board, Vancouver, British Columbia, Canada

Location: Terrace Salon

Sheldon Franken has a B.Ed. in Physical Education and a M.A. in Counselling Psychology. Sheldon is a school counsellor for the Vancouver School Board, he workshop facilitator and owner of Inquiry Adventures, and has been on the Association of Experiential Education North West Regional Council. Sheldon is known for his activity-based and hands-on learning style of facilitation. He has presented workshops and PlayNotes on active ad experiential social-emotional learning to educational, psychological, and human resources organizations across North America.

Workshop #9: Healing Trauma & Addictions Through a First Nations Lens: The Power of Dance/Acting in Healing - Conversation and Stories

Have you heard the saying live, love, laugh and dance like no one’s watching? Here’s a reminder that life’s a dance and you make it up as you flow with your go. Dancing allows the music of life to flow out with our joy for and with life. Dance continues to be a dynamic storytelling element in all communities. Let’s honour our ancestors and one another as we dance to the heartbeat of Mother Earth.

Presenter: Travis Dugas Bellerose “Knighthawk,” Actor and Motivational Speaker, Edmonton, Alberta

Location: Promenade Ballroom B