AFN NATIONAL MENTAL
WELLNESS FORUM AND
HEALTH INFORMATION FAIR

Weaving our stories from the past and present, to strengthen our future

April 1–5, 2019

RBC Convention Centre
375 York Street
Winnipeg, Manitoba
R3C 3J3

Forum Program

Cohosted in partnership with:
AFN NATIONAL MENTAL WELLNESS FORUM AND HEALTH INFORMATION FAIR

Weaving our stories from the past and present, to strengthen our future

The Assembly of First Nations National Mental Wellness Forum and Health Information Fair is an opportunity to come together and develop shared goals and priorities that will focus on the Truth and Reconciliation Commission’s Calls to Action #19 “to establish measureable goals to identify and close the health outcomes between Aboriginal and non-Aboriginal communities” and build on the teachings of the First Nations Mental Wellness Continuum Framework.

At this Forum, you will:

• Hear about important ideas and stories from First Nations with Lived-experience
• Learn more about supports offered by Mental Wellness and Crisis Support Teams
• Provide feedback on the needs assessment report for Mental Wellness Teams
• Engage in dialogue with knowledge holders and government officials on mental wellness
• Learn about trends that support the mental wellness of First Nations
• Reflect on key issues and future developments in mental wellness that may affect First Nations

Acknowledgements:

The Assembly of First Nations would like to acknowledge the following sponsors of the National Mental Wellness Forum and Health Information Fair:
Welcome from National Chief Perry Bellegarde

On behalf of the Assembly of First Nations (AFN), and our Executive Committee, I extend a warm welcome to all of you gathered here at the Assembly of First Nations National Mental Wellness Forum. I thank our hosts for welcoming us here in Treaty 1 territory. Over the course of the next five days, we will hear about innovations, lessons learned and unique stories that will create an overarching narrative about healing and wellness. Through sharing and relating, we promote belonging, community, meaning, strength and identity.

The theme of this forum is “weaving our stories from the past and present, to strengthen our future”. This theme speaks to the importance of First Nations histories and the role that cultural continuity plays in achieving wellness. It emphasizes the inherent value of each individual, and the strength and resilience embodied in their unique experiences.

Currently, there are several critical detriments to First Nations wellness which need to be addressed. Among these are the ongoing opioid crisis, emerging crises in methamphetamine misuse, and the intergenerational repercussions of the Indian Residential School system, where abuses ranged from cultural suppression to biomedical experimentation on First Nations subjects. We need to heal from these harms, without ignoring or forgetting.

I am a strong believer in the importance of culture, language and identity to overall health and wellness. Research shows that individuals who have a strong sense of identity and cultural connection are healthier. They do better in school and in life. This is why the AFN worked to help create federal legislation to strengthen and revitalize our languages, Bill C-91, which is currently in Parliament. It’s why we continue to support initiatives that protect and promote our cultures. First Nations are specialists in the challenges that confront us, and we have the solutions. These solutions include land-based healing and cultural continuity. Canadian governments must work with us to support First Nations expertise, rooted in traditional wisdom. Governments must recognize First Nations jurisdiction, and uphold their own expressed legal and moral responsibilities to First Nations, and strive towards reconciliation for the harms of the past.

First Nations languages, traditions and ceremonies are the source of healing. Cultural expression is the path forward to wellness. The suppression and eradication of our cultures was an active aim for Canadian governments for many, many years. Governments must put the same effort and energy into supporting our languages and cultures as they put into trying to eliminate them.

Here at the AFN National Mental Wellness Forum, you will articulate strategies to close the health gap between First Nations and the rest of Canada. AFN will continue to advocate for the resources and recognition that First Nations individuals, experts and organizations require to implement culturally-appropriate pathways to wellness.

I am grateful that you are all here and I lift you up for the good work that you do. I wish you well in your dialogue and discussions and look forward to hearing about the outcomes from this very important Forum.

National Chief
Perry Bellegarde
Welcome from Regional Chief
Bobby Cameron, Saskatchewan

As the Assembly of First Nations (AFN) Portfolio Holder for Health, I am pleased to welcome you to the AFN National Mental Wellness Forum. My place, within the context of a mental wellness forum, is to emphasize that the content of this event does not limit itself in scope to mental wellness alone. That would be wrong. In fact, by applying a First Nations worldview of holism and connectedness, it is impossible to think of mental wellness as something that exists in isolation.

It is incorrect, if not naive, to speak of mental wellness apart from wellness and strength more broadly. This is always true, whether we are discussing wellness at the level of individuals, families, communities or nations. As First Nations, we have always known that mind, body, and spirit cannot ever truly be separated; and that these things must always situate themselves somewhere, in some particular place, across these vast and beautiful lands.

For First Nations, holistic views of wellness and personhood, of community and nation, are not new. We have always known that mental wellness is just one crucial component to wellness and strength. We hear a lot these days about the Social Determinants of Health, which is good, but our conceptions of health and of wellness go much deeper. They always have.

This forum is a wonderful opportunity to share First Nations innovations in wellness, and to articulate ongoing needs. In addition, by the end of this week, we will have heard from a variety of speakers; engaged in a variety of dialogues; enjoyed the works of First Nations artists and musicians; and had the opportunity to strengthen our connections to the land. Taken all together, these activities will tell a story, they will provide a view of First Nations wellness as it has evolved and transformed from the past, through the present, and into the future.

There are no clear distinctions here. History and lived life experiences are kept alive with and within each of us to this day. There is no better way to demonstrate this than through narrative and story, which is why we have titled this forum weaving our stories from the past and present, to strengthen our future. The image of braided and interwoven pasts, presents and futures, is intended to imply continuity and strength. And although these things are all connected, First Nations are not anchored to the harms of the past.

Through your participation in this forum, you will help ensure that our culture, language, identity, and wellness continues to flourish. Your dedication to First Nations wellness, and its many determinants, will serve towards achieving our Inherent, Treaty, Self-government, and Indigenous right to wellness, in which mental wellness plays a critical role. Through innovation, resilience, connectedness and stories, we will transcend the harms of the past, without forgetting.

We will persevere, and grow, and thrive. In spite of the past. I wish you all to find great success in your efforts at this forum, and I look forward to the improvements brought about by your collaborations, partnerships, workshops and discussions throughout this event.

Saskatchewan Regional Chief
Bobby Cameron
Welcome from Regional Chief
Kluane Adamek, Yukon

As the Assembly of First Nations (AFN) lead on the Mental Wellness portfolio, it brings me great pleasure to welcome you all to the AFN National Mental Wellness Forum. Throughout the next several days, we will hear from Elders, scholars, traditional health practitioners, chiefs and ministers, but most significantly, we will hear from First Nations whose lived-experiences have rendered them experts in their own particular ways, and with their own unique lessons to teach.

By providing a platform to amplify the voice of First Nations expertise acquired through lived experiences, we will learn and grow, and become better equipped to advance First Nations wellness priorities. Individuals will be invited to share their experiences through narrative and stories in our safe space.

Traditional languages, lands, cultures and narratives are amongst the most foundational determinants of First Nations health. The practice of culture and the sharing of stories is therapeutic in itself. We have always known this, long before Western conceptions of talk therapy, logotherapy, or psychoanalysis. Another thing that we have known for a long time is that self-determination is a fundamental requisite for First Nations wellness. That is, meaningful initiatives towards First Nations wellness and capacity ought to be First Nations-led, and self-determined.

Any nations that are truly self-determining must consist of self-determining individuals. The implications of this cannot be overstated. We understand that a strong sense of self, of personhood, of self-efficacy, of pride, of uniqueness, of worth, and of identity, is necessary for a person to stay true to themselves. This will allow the individual to confidently manifest who they really are, to be authentic, and determine their own way forward.

Even in self-determination, culture is foundational. We all have stories to tell, our own stories, and these form a large piece of who we are as a First Nation individual and as a people.

It is overdue that we state explicitly, to governments and amongst ourselves, that we recognize First Nations as experts in health policy, in wage parity, and in the Western hierarchy of knowledge. We must advocate for the recognition of First Nations expertise acquired through experience, and shared and learned through stories and cultural practice. The inherent value of First Nations expertise is a major theme that will run through the proceedings of this event, and which I hope you all take to heart.

I commend the commitment and devotion that you have all shown by gathering here at this forum. I commend the time you took to travel far from your families, to share your expertise and your stories. I wish you well in your efforts, as you carry First Nations wellness forward.

Yukon Regional Chief
Kluane Adamek
Welcome from the Host Region
Regional Chief Kevin Hart, Manitoba

As the Assembly of First Nations (AFN) Manitoba Regional Chief, I am pleased to welcome you here at the AFN National Mental Wellness Forum. I welcome you to the territory, and to Treaty #1, and to the land. As we will see throughout this forum, the land is sacred, and is a source of healing for First Nations. The importance of the land cannot be emphasized enough. It houses our traditions, our stories and our past. Now more than ever, First Nations are reconnecting themselves with the land, and thereby restoring a sense of personal, spiritual and community balance. And in this way, First Nations are also reconnecting to ancestral wisdom, to ceremony, and to purpose; these things are based and rooted in the land.

At the National Mental Wellness Forum, we explore land-based healing and ceremony as one of the principal pathways towards First Nations mental wellness. Towards cultural pride, self-determination, and strength. It brings me great joy to say that land-based healing practices for First Nations have become a wellspring of innovation and hope. The pioneers in these practices have laid for us a bright path into the future, beyond the many harms and misdoings of the past.

We recognize that traditional medicines, ceremonies, artists, and cultural and traditional healers need to be made more widely available to First Nations, and that these practitioners need to be compensated on par with other mainstream providers. Psychologists, pharmacists and psychiatrists alone are not the future of First Nations wellness.

Accessibility and affordability should not be barriers to cultural care. There is an opportunity here at this forum, which we cannot miss, to articulate the imperative need for the support and expansion of pathways to First Nations wellness which treat culture as foundation. In addition, we must emphasize the need to protect and respect our lands, so that the lands will continue to offer healing in return.

I welcome all of our attendees and partners, who dedicate their time and expertise to achieving health and wellness for all First Nations. I welcome in particular those representatives of the Mental Wellness Teams who perform their admirable and invaluable work all across the country.

I recognize our key partners, the First Peoples Wellness Circle, the ThunderBird Partnership Foundation, and our colleagues at First Nations and Inuit Health Branch (FNIHB), who work with the AFN in the dissemination and implementation of the First Nations Mental Wellness Continuum Framework. The teachings and wisdom contained in this framework have informed the content of this forum, and will continue to inform our work into the future.

I thank you all for taking the time to attend, participate, and contribute to this forum. I wish everyone a wonderful week, as we share our stories, honour the land, and transcend the harms of the past.

The future of First Nations mental wellness lies in balance, connectedness, cultural pride, and strength.

Manitoba Regional Chief
Kevin Hart
FORUM INFORMATION

Health Supports During the Forum

The Assembly of First Nations (AFN) understands that the subject matter at this Forum is sensitive and some delegates may require mental wellness supports during the Forum. There are mental wellness supports available in the plenary room, they can be easily identified and can be approached directly for assistance. In addition, in Room 15, North Building on the ground level, is the health support lounge where you can find someone to talk to if needed. We encourage you to seek out supports, if you need them.

Forum Health Information Fair

There will be a Health Information Fair in York Ballroom #2, right next door to the plenary room where Exhibitors will be showcasing their information, products and services with innovative approaches in First Nations health from Associations, Government partners, businesses and others. Please stop by the booths and learn more, and maybe you will win a prize!

Note: all health breaks will take place in the Health Information Fair.

Forum Social Activities

The AFN will host a Welcome Reception on the evening of April 1, 2019, from 6pm to 9pm in the Carlton Lobby area, near the Forum Registration Area. Come by and register for the Forum on Monday night, be entered to win a great prize, and then stop by and meet with your colleagues from across Canada, have some refreshments and listen to the wonderful entertainment from the Manitoba Region:

- Leonard Sumner is an Anishinaabe MC/Singer/Songwriter and his storytelling flows directly from the shores of Little Saskatchewan First Nation, located in the heart of the Interlake of Manitoba. In this era of unsettling history and healing wounds of the past, Sumner’s music is an expression of medicine that walks the line between fortitude and fragility.

- Boogey The Beat is a member of Berens River First Nation. He is an Anishinaabe DJ and Producer from Winnipeg, Canada who blends traditional Indigenous songs with modern electronic beats. His DJing skills have landed him on stages for the Indspire Awards, Canada Day 150 Main Stage in Ottawa, National Aboriginal Day LIVE presented by APTN, and multiple festivals across Turtle Island.

- Desiree Dorian is a Singer/Songwriter from Dauphin, Manitoba. Her first single from the album, “Whiskey Knows” was released to radio across Canada and reached #1 on the National Indigenous Music Countdown and landed in the Top 100 on the Canadian Country music charts. Desiree’s follow up single, “Like a Flower,” is currently climbing the Canadian Country music charts.

The AFN will also host a Social Evening on April 3, 2019, in the York Ballroom #1 at the RBC Convention Centre from 7pm to 9pm. Come join your colleagues for some refreshments as well as the music of First Nations band from northern Ontario, Midnight Shine. They came together by chance. They stayed together for a shot. Eight years, five radio singles, three albums, and 200+ media stories later, they are turning heads with a sound that seamlessly mixes roots, classic and modern rock. Midnight Shine’s music is anchored by Adrian Sutherland’s eloquent lyrics and heartfelt vocals. The songs are not only radio-friendly, but also explore Cree culture, tradition and life in the North with depth and meaning.
Forum Evaluation Form

The AFN looks forward to hearing your feedback on the National Mental Wellness Forum and Health Information Fair. Please complete the Forum Evaluation Form, which you can find in your forum kit. Drop your completed evaluation form off at the Registration Area for a chance to win a great prize at the end of the Forum. Remember, you need to be in the plenary room during the Forum closing activities to win!

Simultaneous Interpretation Into French

Please note that simultaneous interpretation into French is available in the York Ballroom #1 (Main Plenary). In addition, there will be one workshop during each workshop period that will be interpreted into French. Please consult the program agenda to see what sessions will take place in the main plenary. Headsets can be picked up inside of the York Ballroom #1, in the back of the room.
# FORUM AGENDA

## Monday, April 1, 2019

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>12:00 p.m.</td>
<td><strong>Mental Wellness Team’s Comprehensive Needs Assessment Validation &amp; Networking Meeting</strong></td>
<td>Millennium Suite, RBC Convention Centre</td>
</tr>
<tr>
<td>4:00 p.m.</td>
<td><strong>Forum Registration</strong></td>
<td>Carlton Lobby, South Building, RBC Convention Centre</td>
</tr>
<tr>
<td>6:00 p.m.</td>
<td><strong>Forum Welcome Reception</strong></td>
<td>Carlton Lobby, South Building, RBC Convention Centre</td>
</tr>
</tbody>
</table>

## Day 1 – Tuesday, April 2, 2019

### Theme: The Past

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00 a.m.</td>
<td><strong>Pipe Ceremony</strong></td>
<td>York Ballroom #1, Main Floor, South Building</td>
</tr>
<tr>
<td>7:30 a.m.</td>
<td><strong>Forum Registration</strong></td>
<td>Carlton Lobby, South Building</td>
</tr>
<tr>
<td>8:00 a.m.</td>
<td><strong>Health Information Fair Open</strong></td>
<td>York Ballroom #2-4, South Building</td>
</tr>
<tr>
<td>9:00 a.m.</td>
<td><strong>Opening Ceremonies/Welcoming Remarks</strong></td>
<td>Plenary Room, York Ballroom #1, Main Floor, South Building</td>
</tr>
<tr>
<td></td>
<td>- Opening Prayer by Elders Ernie Daniels (Long Plain First Nation) and Mary Crate (Fisher River Cree Nation)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- Welcome Remarks from Manitoba Region</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- Grand Chief Arlen Dumas, Assembly of Manitoba Chiefs</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- Grand Chief Garrison Settee, Manitoba Keewatinowi Okimakanak Inc.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- Grand Chief Jerry Daniels, Southern Chiefs’ Organization</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- Regional Chief Kevin Hart, Manitoba</td>
<td></td>
</tr>
<tr>
<td>9:40 a.m.</td>
<td><strong>Video Message from National Chief Perry Bellegarde</strong></td>
<td></td>
</tr>
<tr>
<td>10:00 a.m.</td>
<td><strong>Address by Mr. Sony Perron, Associate Deputy Minister, First Nations and Inuit Health Branch, Indigenous Services Canada</strong></td>
<td></td>
</tr>
<tr>
<td>10:15 a.m.</td>
<td><strong>Health Break in Information Fair</strong></td>
<td></td>
</tr>
<tr>
<td>Time</td>
<td>Session</td>
<td></td>
</tr>
<tr>
<td>------------</td>
<td>-------------------------------------------------------------------------</td>
<td></td>
</tr>
<tr>
<td>10:30 a.m.</td>
<td><strong>Setting the Context for the Forum</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Regional Chief Bobby Cameron, AFN Portfolio Holder for Health</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Regional Chief Kluane Adamek, AFN Portfolio Holder for Health</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- Mental Wellness</td>
<td></td>
</tr>
</tbody>
</table>
| 11:00 a.m. | **Keynote Address: “Hunger, Human Experimentation and the Legacy of Residential Schools”**  
|            | *Presenter: Dr. Ian Mosby, PhD., Historian of Food, Indigenous Health and Settler Colonialism*  
|            | This presentation will explore the legacy of a series of government funded scientific experiments that—without the informed consent or knowledge of the individuals being studied—examined the effectiveness of experimental nutritional interventions on the health and well-being of Manitoba First Nations facing a serious malnutrition crisis and, later, in six residential schools during the 1940s and 1950s. |
| 12:00 p.m. | **Lunch Provided in York Ballroom #1 (Plenary)**                        |
| 1:00 p.m.  | **Concurrent Workshop Sessions**                                        |
|            | **Theme: The Past**                                                    |
|            | **Workshop #1**                                                        |
|            | **York Ballroom #1**                                                    |
|            | **Simultaneous Interpretation Available**                                |
|            | **Manitoba Keewatinowi Okimakanak (MKO) Crisis Response Team**           |
|            | *Presenters: Ms. Leona Daniels and Mr. Greg Fontaine, Manitoba Keewatinowi Okimakanak* |
|            | In June 2016, the Prime Minister announced new federal funding of approximately $69 million over three years. The funding is to support a number of initiatives across the country including 4 crisis response teams. The Manitoba region, especially the north, was identified as an area of greatest need and was provided funds for one crisis team and 6 Wellness teams over a three-year period. Come hear the story of how the regional MKO Mobile Crises Response Team formed and overcame obstacles. To date the team has provided services to over 37 of Manitoba’s 63 First Nations and has deployed over 140 times. The team has also developed a 22-module curriculum that assists communities to build their own community-based crisis response teams. The team prides itself in being staffed by all First Nations people, keeping things simple and being grass roots. The team uses traditional and western-based paradigms with its goal to provide comfort, care and compassion during a community’s most vulnerable time.** |
Workshop #2
Millennium Suite, North Building

**Working Towards Indigenous Health Governance**  
*Presenter: Mr. Larry House, Cree Nation of Chisasibi*

This workshop will cover the process through which the Cree Nation of Chisasibi Mental Wellness Team has developed to support local health governance and promote the integration of culture in service provision. They will briefly present their initial community initiatives that led to securing the MWT funding and how the Team has prioritized land-based and culture based programming for the community. In the past year and a half the team has secured a funding transfer and transitioned to a 3-year flexible funding agreement with Health Canada (Indigenous Services). They strongly believe that wellness can be achieved locally by engaging community members and local institutions in taking responsibility through an integrated community governance and social development perspective. In their First Nation, this is achieved with the guidance and close collaboration with their elders and knowledge keepers.

Workshop #3
Room 2E, North Building

**Healing Beyond the Indian Residential School Resolution Health Support Program**  
*Presenters: Ms. Gina Doxtator, Indigenous Services Canada, and Mr. Nelson Alisappi and Mr. Travis Kirkwood, Assembly of First Nations*

The main objective of this workshop is to better ascertain how to extend, adapt, or transform the Indian Residential School Resolution Health Support Program (IRS RHSP), which First Nations have identified as being an integral piece towards reconciliation. Given that the IRS RHSP, in its current form, is slated to sunset in 2021, there is a need to formulate a new way forward, and to ensure that the program’s key services continue to be available to school survivors and their families.

For this reason, Indigenous Services Canada has organized discussions and engagements to identify key priorities, questions and opportunities that will inform planning and strategies for supporting continued healing needs.

A brief dialogue session will be held by Nelson Alisappi and Travis Kirkwood in which participants will have the opportunity to provide comments and feedback for an AFN draft report; they can submit additional thoughts either in written or email format.

Workshop #4
Room 2F, North Building

**Safe Policy Pathways to Address Sexual Abuse**  
*Presenters: Ms. Carol Hopkins and Mr. Ed Connors, Thunderbird Partnership Foundation, and Dr. Brenda Restoule, First Peoples Wellness Circle*

The issue of sexual abuse among First Nations is a widespread issue that has little attention. It’s a difficult discussion and First Nations do not always have the resources needed. This workshop will provide an overview of a “safe policy pathway to address sexual abuse among First Nations”. Participants will discuss key questions that will guide the development of resources to support First Nations communities. Other resources will also be shared with participants.
Epigenetics
Presenter: Ms. Mary Deleary, Thunderbird Partnership Foundation

Epigenetics is the study of how environmental factors and experiences can alter how our genes are expressed without changing the DNA sequence. Everyone is born with unique DNA, which cannot change. However, researchers now know that experience can make DNA ‘tags’ which attach themselves to genes, making them turn on or off. While the same DNA is still present, it may not work, or may work differently, which ultimately means the role of that DNA has changed. This altered state is not permanent. Thunderbird’s interest in epigenetics work is connected to the recent movement to study epigenetics in the realm of addictions, trauma and mental health. The work in epigenetics is in partnership with the CDRIN FPFP Indigenous Hub, University of Saskatchewan, University of Alberta, Dalhousie University and Lakehead University.

2:30 p.m. Health Break in Information Fair

3:00 p.m. Table Top Discussion in Plenary: Delegates Observations of the Day

• What are some key learnings and reflections that you took away from the workshop you attended this afternoon?
• The stories of our past highlights First Nations strength and resiliency. What are some examples or stories of First Nations resiliency that you see in your community and in your work?

4:00 p.m. Report Back from Table Top Discussions

4:30 p.m. Adjourn for Day 1

Day 2 – Wednesday, April 3, 2019

Theme: The Present

7:00 a.m. Pipe Ceremony
Elder Mary Crate, Manitoba
York Ballroom #1, Main Floor, South Building

8:00 a.m.
Forum Registration
Hot Breakfast
Health Information Fair Open
Carlton Lobby, South Building
York Ballroom #1, South Building
York Ballroom #2-4, South Building

8:45 a.m.
Call to Order/Overview of the Day
Plenary Room – York Ballroom #1
Main Floor, South Building

9:00 a.m. Keynote: Empowering First Nations to Address Opioid Misuse
Presenter: Ms. Carol Hopkins, Thunderbird Partnership Foundation
Thunderbird Partnership Foundation is working with First Nation Communities and Treatment Centers to develop guidelines grounded in Indigenous Knowledge to support their harm reduction and opioid treatment efforts. Participants will hear about community strengths and needs on this issue and leave with some ideas for moving forward on supportive wellness of First Nations.

<table>
<thead>
<tr>
<th>Time</th>
<th>Event Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:00 a.m.</td>
<td>Health Break in Information Fair</td>
</tr>
<tr>
<td>10:30 a.m.</td>
<td>Concurrent Workshop Sessions</td>
</tr>
<tr>
<td></td>
<td><strong>Theme: The Present</strong></td>
</tr>
<tr>
<td><strong>Workshop #6</strong></td>
<td>Two-Spirit/Indigenous LGBTQ People Overcoming Stigma and Mental Health Challenges in the 21st Century</td>
</tr>
<tr>
<td>York Ballroom #1</td>
<td>Presenters: Mr. Albert MacLeod, Albert MacLeod Consulting, and Ms. Vanessa Tait, Two-Spirited Ithiniw Iskwêw</td>
</tr>
<tr>
<td></td>
<td>This session will explore the 30-year progression of the Two-Spirit human rights movement in North America and how this advocacy has improved mental health outcomes and addressed serious issues like homophobia, transphobia, isolation, depression, suicidiation, and homelessness. The integration of gender and sexual diversity along with Indigenous philosophies and cultural teachings has provided effective interventions through the application of land-based practices. An overview of the Annual International Two-Spirit Gathering will be shared as an example of the many interventions that are currently underway in North America.</td>
</tr>
<tr>
<td><strong>Workshop #7</strong></td>
<td>The Progress Report for the First Nations Mental Wellness Continuum Framework</td>
</tr>
<tr>
<td>Millennium Suite, North Building</td>
<td>Presenters: Dr. Brenda Restoule, First Peoples Wellness Circle and Dr. Patricia Wiebe, First Nations and Inuit Health Branch, Indigenous Services Canada</td>
</tr>
<tr>
<td></td>
<td>This workshop will provide details on implementation of the First Nations Mental Wellness Continuum Framework. Participants will learn about various projects, tools and activities that have been achieved over the first 3 years of implementation. Examining shifts in paradigms, language and systems will be a highlight of this workshop.</td>
</tr>
<tr>
<td><strong>Workshop #8</strong></td>
<td>Cannabis from a Community-Based Public Health Perspective</td>
</tr>
<tr>
<td>Room 2E, North Building</td>
<td>Presenters: Ms. Jasmine Fournier and Ms. Christine King, Thunderbird Partnership Foundation</td>
</tr>
<tr>
<td></td>
<td>This workshop will provide an overview of the findings from the regional cannabis focus groups, Indigenous Community Cannabis Survey, and resulting national report (now available to First Nations). Presenters will share how the authentic voices of the participants are being used to create strengths-based cannabis resources and tools to promote individual, family, and community wellness.</td>
</tr>
</tbody>
</table>
Workshop #9  
Thunderbird Partnership Foundation’s Survey on Opioids  
*Presenters: Ms. Carol Hopkins and Ms. Rachelle Maskell, Thunderbird Partnership Foundation*

This workshop will present the importance of First Nations-governed data on opioid use among adults and youth in First Nations communities. Presenters will provide an overview of the process that will be used to develop the First Nations Opioid Survey for youth including community engagement and piloting the survey tool. Participants will have an opportunity to discuss key questions of the survey and how information from these questions can benefit First Nations in their support of youth wellness.

Workshop #10  
Harm Reduction  
*Presenters: Ms. Andrea Medley and Ms. Marnie Scow, First Nations Health Authority*

The First Nations Health Authority’s Indigenous Peer Outreach Worker and Indigenous Wellness Team deliver and facilitate strengths-based, community conversations on harm reduction and health sexuality across BC. This workshop will explore the roots of addiction, provide insight into the many ways in which we can practice harm reduction, and how this can link to cultural practices. The team will be facilitating breakout sessions on how we can apply culture into the harm reduction work we do, and how we can support each other to move the work forward in a good way.

**12:00 p.m.**  
*Lunch Provided in York Ballroom #1 (Plenary)*

**1:30 p.m.**  
*Keynote: Keeping Our People Safe - Opioids  
*Presenters: Mr. Tim Ominika & Ms. Sheila Trudeau*

A presentation on the Harm reduction approach working with Opioid Antagonist Treatment – Trials – Tribulations with the creation and development of a successful treatment community-based model. Land based programming and collaboration between agencies within the community will be highlighted as a key component.

**2:30 p.m.**  
*Health Break in Information Fair*

**3:00 p.m.**  
*Table Top Discussion in Plenary: Delegates Observations of the Day*

- What are some key learnings and reflections that you took away from the workshop you attended this afternoon?
- What things can you do, at work, in your First Nation or in your personal life, to support First Nations mental wellness based on what you’ve shared and learned over these past two days?
4:00 p.m. Report Back from Table Top Discussions
4:30 p.m. Overview of the Day/Adjourn for Day Two
7:00 – 9:00 p.m. Forum Social Evening

Please join us for an evening of networking with your fellow Forum delegates!

Entertainment: Midnight Shine

Day 3 – Thursday, April 4, 2019

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00 a.m.</td>
<td>Pipe Ceremony</td>
<td>York Ballroom #1, Main Floor, South Building</td>
</tr>
<tr>
<td></td>
<td>Elder Mary Crate, Manitoba</td>
<td></td>
</tr>
<tr>
<td>8:00 a.m.</td>
<td>Registration, Hot Breakfast, Health Information Fair Open</td>
<td>Carlton Lobby, South Building</td>
</tr>
<tr>
<td></td>
<td>York Ballroom #1, South Building</td>
<td>York Ballroom #1, South Building</td>
</tr>
<tr>
<td></td>
<td>York Ballroom #2-4, South Building</td>
<td>South Building</td>
</tr>
<tr>
<td>8:45 a.m.</td>
<td>Call to Order/Overview of the Day</td>
<td>Plenary Room – York Ballroom #1</td>
</tr>
<tr>
<td>9:00 a.m.</td>
<td>Keynote: Indigenous Knowledge In Addressing Trauma</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Presenter: Dr. Brenda Restoule, First Peoples Wellness Circle</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Impacts of trauma in First Nations are far reaching and span across generations in families and throughout entire communities. The priority of addressing trauma in First Nations requires seeking strategies that promote wellness and mino-biimadzawin. Examining the core concepts of trauma informed care, this keynote will explore how Indigenous knowledge and evidence provides fundamental teachings, values and strategies that can effectively address intergenerational trauma in our First Nations. Ultimately, Indigenous knowledge and evidence promotes healing centered care at the spiritual level, which is critical to overcoming impacts of trauma.</td>
<td></td>
</tr>
<tr>
<td>10:00 a.m.</td>
<td>Health Break in Information Fair</td>
<td></td>
</tr>
<tr>
<td>10:30 a.m.</td>
<td>Concurrent Workshop Sessions</td>
<td></td>
</tr>
<tr>
<td>Workshop #1</td>
<td>The Feather Carriers: Leadership for Life Promotion Program</td>
<td></td>
</tr>
<tr>
<td>York Ballroom #1</td>
<td>Presenters: Mr. John Rice and Dr. Ed Connors, First Peoples Wellness Circle</td>
<td></td>
</tr>
<tr>
<td></td>
<td>The Feather Carriers: Leadership for Life Promotion Program was envisioned as an Anishinaabe alternative to mainstream suicide prevention programs. Based on feedback from First Nations, there was a sense that the mainstream suicide prevention training were missing elements, as they did not address suicide from a cultural lens or provide sufficient follow up and support to training participants. This led to the creation of the year-long Feather Carriers training, which is organic, flexible, and wholistic in nature. The training aims to engage participants in the process of a paradigm shift from suicide prevention to life promotion, and through this process, supports individual and group reflection</td>
<td></td>
</tr>
</tbody>
</table>
and growth as part of the journey toward Mino Bimaadisiwin (living a good life). Through the presentation, participants will have the opportunity to engage in different life promotion interactive activities from the program. Through this experience, participants will gain hands on knowledge of life promotion tools they can utilize within their own personal lives, as well as with their families and communities.

Workshop #12
Tips and Tricks for Making Mental Health a Movement
Millennium Suite, North Building
Presenters: Mr. Kelvin Redvers and Ms. Frances Moore, We Matter

We Matter is full of resources that are designed to empower community members to feel confident to speak about mental health, especially with Indigenous youth. In this workshop, we go over some of what those resources are, how they can be used effectively, and how they can be spread across your region or community.

Workshop #13
Mental Wellness is about “Leaving No One Behind” – Accessibility and Social Innovation Solutions
Room 2E, North Building

This session is about mental wellness, self-governance, self-determination and social finance solutions in rebuilding strong, healthy First Nations. Stories of two First Nations social finance models will be shared among participants, and how these models are turning problems into opportunities. Moreover, how First Nations social finance problem solvers are organizing and offering employment and economic empowerment of First Nations citizens, as one example, in restoring hope, purpose, meaning and belonging. This dialogue is also about empowering First Nations persons along the mental wellness continuum, and engagement with First Nations on Bill C-81, the Accessible Canada Act, and applying a seven generations lens to developing distinct First Nations accessibility (disability) legislation.

Workshop #14
Creating Standards of Care for Effective Collaboration
Room 2F, North Building
Presenters: Dr. Bil Mussell and Ms. Anne Duquette, First Peoples Wellness Circle

Through the comprehensive needs assessment for Mental Wellness and Crisis Support Teams, participants indicated the need to have standards in place to assist in developing collaborative practices when working in multi-disciplinary teams, across the social determinants of health and jurisdictions. MWTs collaborate with a large spectrum of service providers
and partners including federal and provincial services, primary care, mental health, social services, policing and the justice sector, and beyond. Policy support and capacity development to assist MWTs in the brokering of partnerships and collaboration were identified as some of MWTs priority needs. This working session will begin to gather information on necessary skills, knowledge and practices to be effective collaborators and partners to improve mental wellness in First Nation families and communities. Join FPWC as we begin to establish what is needed to develop and design standards of care for effective collaboration.

**Workshop #15**

**Pan Am Room, North Building**

**Ogimaakweg: Butterfly Club Youth Share How Community of Sisterhood Positively Impacts Mental Wellness**

*Presenters: Ms. Shannon Tara Kraichy, Ms. Meg Olmstead and the Youth of the Butterfly Club*

Ka Ni Kanichihk’s Butterfly Club is a leadership and mentorship program for Indigenous girls and two spirit youth from 9 to 13, focusing on a curriculum of Indigenous culture. The youth of the Butterfly Club will share with you how the culture and their community of sisterhood has helped them along their mental wellness journeys. Staff will share how they support the youth through innovative, cultural programming and mentorship. We will share our learnings of the language, traditional songs, acceptance, and what our communities can do to support our youth. The workshop will end with a healing jingle dress dance.

12:00 p.m. **Lunch provided in York Ballroom #1 (Plenary)**

1:00 p.m. **Keynote Presentation: Wise Practices for Life Promotion: Indigenous Leadership for Living Life Well**

*Presenters: Dr. Ed Connors and Dr. Bill Mussell, First Peoples Wellness Circle, and Ms. Carol Hopkins, Thunderbird Partnership Foundation*

Funded by Indigenous Services Canada and developed by an experienced advisory group with support from the Thunderbird Partnership Foundation, the First Peoples Wellness Circle and the University of Victoria’s School of Child and Youth Care, the Wise Practices for Life Promotion: Indigenous Leadership for Living Life Well is an on-line resource that focuses on preventing youth suicide through culturally-relevant strategies to support resilience and wellbeing. The website contains free and accessible community planning tools, resources, stories, and strategies in both French and English. Intended primarily for community workers who are striving to support wellness for young First Nations people in their communities, it has been developed with ease of use in mind.

2:00 p.m. **Health Break in Information Fair**

2:30 p.m. **Keynote: Making Mental Health a Movement**

*Presenters: Mr. Kelvin Redvers and Ms. Frances Moore, We Matter*

Across our First Nations, mental health, addiction, suicide, and bullying are such major concerns, both with youth and adults. A weekend seminar or a single gathering won’t solve these issues, rather we need to
build a sustained movement around mental health in every single one of our communities across Canada. It is possible to have safe and consistent mental health support available to anyone who needs it, at any time of the day – and this is We Matter’s goal.

3:30 p.m.  
Closing Remarks by Regional Chiefs  
• Draw for Prizes  
• Closing Prayer by Elder

4:00 p.m.  
Forum Adjourns

Day 4 – Friday, April 5, 2019

8:00 a.m. – 2:00 p.m.  
Land Based Activities (Sign Up Required)

1. Workshop at Cedar Lake Ranch  
Leave RBC Convention Centre at 8:00am for Cedar Lake Ranch for a workshop entitled Understanding Trauma - what trauma and P.T.S.D. are and how they affect our lives and the lives of those around us. Lunch is provided at the Ranch and you return to the RBC Convention Centre by 2pm.

2. Bannock Point Petroforms  
Leave RBC Convention Centre at 8:30am and take a tour of the petroforms from 10:00am – 11:30am with a knowledgeable First Nation guide. Discover turtles, snakes and human forms in the ancient stone and boulder outlines, or petroforms, arranged on the surface of the bedrock. These sacred boulder mosaics include instructions given to the People by the Creator and to this day retain a spiritual and ceremonial significance for the First Nation people. Lunch is provided at the Pinewood Lodge and you will return back to the RBC Convention Centre by 2pm.

Please dress appropriately for an outdoor tour; waterproof shoes or boots are recommended.
The Forum venue is the RBC Convention Centre and forum activities will take place in both the north and south buildings.

**Map of the RBC Convention Centre**

**Welcome Reception**

**Registration Area**

**Health Information Fair**

**Forum Plenary**

**Ground Floor Plan (South Building)**

**Second Floor Plan (North Building)**

**Workshop Rooms**

**Ground Floor Plan (North Building)**

**Mental Wellness Supports**
Forum Health Information Fair

The Health Information Fair is located in York Ballroom #2, right next door to the plenary room where Exhibitors will be showcasing their products, information and services with innovative approaches in First Nations health from Associations, Government partners, businesses and others. **Please stop by the booths to learn more and the chance to win a prize!**

**List of Exhibitors**

- Assembly of First Nations Health Sector
- Assembly of First Nations Policy Sector
- Canadian Foundation for Healthcare Improvement (CFHI)
- Chiefs of Ontario
- Crisis and Trauma Resource Institute (CTRI)
- Dreamcatcher Promotions
- First Peoples Wellness Circle
- Gail Chamberlain
- Manitoba Keewatinowi Okimakanak Inc.
- Manitoba Keewatinowi Okimakanak Inc.
- Mental Health Commission of Canada
- National Collaborating Centre of Aboriginal Health (NCCAH)
- Teekca’s Boutique
- Thunderbird Partnership Foundation
Weaving our stories from the past and present, to strengthen our future