



Indigenous Health Practice
and Research
CONFERENCE
—Building on Our Roots—

Concurrent Workshops

Tuesday October 17, 2017

11 a.m. – Noon

#	Title	Facilitators	Description
1	Knowledge Dissemination: A Culturally Responsive Approach to Health Messaging for Indigenous Populations	Bernice Downey, Assistant Professor	My presentation will provide an opportunity for knowledge dissemination regarding a culturally responsive approach to health messaging for Indigenous populations.
2	Global Appraisal of Individual Needs - Short Screener Modified (GAIN-SS-M): Cultural Adaptation	Marianna Shturman, Ph.D, R.P, Director of Mental Health and Addiction Services	The session will focus on the journey Wabano Centre undertook to culturally adapt the commonly used mental health and addictions assessment tool, GAIN-SS-M. The results of two studies and the implications for practice will be discussed.
3	Looking Back Moving Forward: A First Nations Mental Wellness Framework	Stephanie Sinclair, Community Development Specialist Grace Kyoon-Achan, Lead Qualitative Analyst	This interactive session will elaborate on a wellness framework developed with 8 Manitoba First Nations. The framework is based on interviews with Elders, Knowledge Keepers and community-based mental health workers.
4	Evidence-Informed Response: Addressing Indigenous-Specific Racism in Ontario	Diane Smylie, Provincial Director, Ontario Indigenous Cultural Safety Program Michèle Parent-Bergeron, Provincial Practice Lead Mackenzie Churchill, Research Coordinator Leila Monib, Provincial Practice lead	Addressing racism as it relates to Indigenous cultural safety in health and social services settings is the central focus of our program. We will provide an overview of issues and program components, as well as current evidence from global research.
5	Bridging the Gap: Dialogue and Storywork in Support of First Nations Cancer Patients throughout Oncology and Primary Care Transition Experiences	Doris Warner, Engagement Liaison Paul Holyoke, Director	This session will showcase the Dialogue and Storywork themes of improving access, building and sustaining partnerships, and reaching across jurisdictional boundaries to ensure better care and transition experiences for First Nations people.

6	Intersections: The Interplay Between Trauma, Addictions, and Health Outcomes	Lori Gill - Founder & Clinical Director	This comprehensive training will provide insight into current trauma, attachment, and neuroscience research ensuring an understanding of the impact adverse experiences have on the brain, mind, and body. This training will also provide an introduction to creating trauma-informed environments and best practice strategies to promote mental, emotional, physical, and spiritual health.
7	Mino Ayaa Ta Win (Helping Ourselves Heal)	Lori Flinders, Director of Behavioural Health Services	This workshop is aimed at helping to improve, multi-sector, cultural competency and safety through a wholistic worldview methodology in an Agency creating and carrying a 'traditional bundle'.
8	The Impact of the Early Years on Indigenous Children's Health and Well Being	Monique Lavallee, Executive Director Rebecca Doreen, Family Programs Manager	Through the 6 components of Aboriginal Head Start participants will understand the importance of quality early learning and how those experiences in the Early Years positively impact children's health and educational outcomes.
9	Engaging our First Nation community partners to develop a collaborative, culturally sensitive palliative care model.	Heidi Resetar, Occupational Therapist Wendy Smith, Physiotherapist	The goal of this session will be to explain our community engagement process, and outline the challenges and benefits of building a care model in this way. We aim to explore the clients' palliative care journey through this model in comparison to care previously provided in our region by organizations such as the CCAC. The emphasis will be to highlight how inclusion of cultural practices and beliefs, will help to ensure that each community member who requires care will have access to a wide range of services that will work collaboratively to individualize this experience.
10	Access to Home Dialysis for Indigenous Populations Utilizing New Technology and Remote Monitoring	Tracey Skov, Manager, Western Renal Clinical Services	The purpose of this session will be to raise awareness of a dialysis option that is available to indigenous people with end stage renal disease where they can perform dialysis in their home utilizing new technology and remote monitoring.

Tuesday October 17, 2017

2:30 p.m. – 3:30 p.m.

#	Title	Facilitators	Description
1	A Discussion on Improving Cancer Screening among First Nations and Metis in Ontario through Community and Policy-Informed Research	Dr. Jill Timmouth, Lead Scientist Dr. Josh Tobias, Partnership Liaison Officer Dr. Naana Jumah Colleen McKay Laura Senese	Panel participants are community, research and policy partners working on a collaborative research project. The research draws on distinct yet complementary methods and perspectives to explore cancer screening among First Nations and Métis in ON.
2	Reconnecting Our Journeys and Coming to Know Mnidoo Bemaasing Bemaadiziwin (Life Force Energy) - Spiritual quadrant	Dr. Theresa Turmel, Professor/Researcher	This presentation, for all audiences is to give a view into understanding the importance of well-being and the nutrients that are required to keep our people strong. These nutrients feed our life force energy and manifests well-being.

3	Review of Indigenous Diabetes Programs in Ontario	Gertie Mai Muise, Director, AHAC Strategy and Transformation Susy Faria, Manager, Accountability and Liaison Branch	A review of diabetes services for Indigenous people is underway to identify gaps in program delivery and to improve access to services. This joint AOHC and MOHLTC discussion will include an overview of the review and findings to date.
4	An overview of "Assessing the efficacy of a traditional Haudenosaunee lifestyle (the 'Healthy Roots' intervention) on cardio-metabolic factors, a pilot study"	Kelly Gordon, Registered Dietitians Mary Cranmer-Byng, Registered Dietitians Russell de Souza, Assistant Professor	A panel of presenters, including participants, dietitians, and nurses, will share their experiences from "Assessing the efficacy of a traditional Haudenosaunee lifestyle (the "Healthy Roots" intervention) on cardio-metabolic factors, a pilot study".
5	Considering Culture and Context: Understanding and Treating Aboriginal Children's Pain Using a Two-Eyed Seeing Approach	Magot Latimer, RN, PhD John R. Sylliboy, Aboriginal Community Engagement and Research	Aboriginal children and youth experience high rates of pain-related conditions yet are least likely to receive treatment for them. Untreated pain is detrimental to optimal development and can interfere with learning, social activities, mental health and life achievement. This presentation will share details of the "Aboriginal Children's Hurt & Healing Initiative" (ACHH, pronounced 'ache').
6	The Journey of Our Soul	Jane Burning, Holistic Consultant	When one comes to fully awaken, one comes to understand the gifts behind every lesson. Through the use of drama and interaction the participants will begin to see they truly are enlighten beings; here to bring all the light needed to evolution.
7	Providing Health Care to an Indigenous population	Barbara Loeprich, Nurse Practitioner Aric Rankin, Nurse Practitioner	There will be 2 health care providers to give a brief summary of what it is like working with an Indigenous population. A question and answer period will follow.
8	Two-Eyed Seeing: Trauma Responses with Indigenous Youth	Brittany Vincze, Child and Youth Mental Health Counselor Brittany Madigan, Child and Youth Mental Health Counselor	An exploration of how we bridge mainstream and Indigenous frameworks in individual counseling with Indigenous children and youth, with a focus on how trauma is experienced and healed.
9	Housing First & the Multi-Disciplinary Approach	Michelle Gentle, Case Manager Yvonne Maracle, Cultural Worker Carly Haley, Landlord Liaison	Demonstrating the difference that a collaborative, culturally appropriate wrap around service housing service can make to the 4 quadrants of health for clients. Full spectrum care to improve health outcomes/social determinants of health.
10	Family Camp: A Health Promotion Initiative - Bringing urban Indigenous families together to re-connect with one another, nature and culture.	Elaine Lee, Healthier YOU Project Coordinator Charlotte Chan, Registered Dietitian	This workshop will highlight Family Camp - a Health Promotion/Healthier YOU initiative. Family Camp is a weekend long program that rebuilds community by embodying the vision and mission of our health centre.

Wednesday October 18, 2017 10:45 a.m. – 11:45 a.m.

#	Title	Facilitators	Description
1	Poster Board Presentations 1	Various Presenters as noted in the detailed poster board descriptions	<ul style="list-style-type: none"> Indigenous Mothers' Experiences of Using Health Services in Hamilton to meet the Health Needs of their infants: Preliminary Findings Promoting a Decolonized Model of Type 2 Diabetes Care Principles, Approaches, and Methods for Program Evaluation in Indigenous Contexts: Results from a Scoping Review of the Grey Literature and Consultation with Key Informants
2	Piloting an Indigenous Health Program Evaluation Course: Panel Discussion and Reflections from the Indigenous Health Information, Knowledge and Evaluation (I-HIKE) Network	Michelle Firestone, Research Scientist Cherylee Bourgeois, Director and Midwife	The panel session will focus on the experiences and impact of an Indigenous Community Program Evaluation Certificate course that was recently completed by the Indigenous Health Information, Knowledge and Evaluation (I-HIKE) Network.
3	Primary Care Intervention to Address Cardiovascular Disease Medication Health Literacy among Indigenous Peoples: Canadian Results of a Pre-Post Design Study	Dr. Janet Smylie, Director, Well Living House Action Research Centre, Applied Public Health Research Chair, Associate Professor	In this interactive workshop, participants will learn about a innovative and highly successful health literacy educational program that was designed so Indigenous people with and at risk of heart disease could better understand their medications.
4	MAAMWESYING KINA GWEYAHN N'MINOBIMAADIZING (Working As One for the Well Being of All)	Cheryl Hankard, Beauty from Ashes Team Lead Elysia Peattie, Mental Wellness Clinical Team Lead Erin Kutcher, Clinical Team Lead James Bolan, Data Manager and Evaluator	Maamwesying is pleased to present a new strategy and treatment model specifically designed to facilitate healing, build capacity in communities, and reshape the culture of silence and shame - hoping to "break the cycle" of inter-generational traumas.
5	Poster Board Presentations 2	Various Presenters as noted in the detailed poster board descriptions	<ul style="list-style-type: none"> Water is Life: The Challenges Preventing Safe Drinking Water Within Indigenous communities Creating a welcome place for Indigenous Families at McMaster Children's Hospital Beauty from Ashses (TBC) Socio-ecologic and Historical Impacts on Traditional Food Systems in Southwestern Ontario: Experiences of Elders on and off reserve. (TBC)
6	A Prescription for Food: Working with Primary Care Providers and Community-Based Agencies to Prescribe Food	Jessica North, Community Health Manager/HKCC Lead Christina Vlahopoulos, Healthy Kids Community	Indigenous families in North Simcoe face significant barriers to eating healthy. To increase the health and wellbeing of Indigenous families, we need interventions that integrate community resources into the healthcare setting. A "prescription" for healthy food is a promising platform for a community-linked intervention as it promotes behaviour change,

		Challenge Local Project Lead	provides nutrition education, includes financial resources to access food, and connects Indigenous families to local resources. Over the past 6 months, Chigamik Community Health Centre, has been prescribing food, by way of a local Good Food Box, in collaboration with the Karma Project and local farmers, to Indigenous families. This workshop will share preliminary lessons learned and outcomes from implementation of this pilot project. Although in the early stages, a “Prescription for Food” shows promise as a model for integrating food, community and primary health care services to support the health and wellbeing of the Indigenous community.
7	Walk the Talk Health and Wellness Program	Kathleen LaForme, Family Wellness Coordinator, Indigenous Diabetes Health Circle	SOADI has developed this program to encourage our leaders and front line workers in Indigenous organizations to show leadership in health and wellness by becoming role models and taking the steps to lead by example.
8	Diabetes Foot Care Practices	Lindsey Cosh, Circle of Care Coordinator, Indigenous Diabetes Health Circle	SOADI Circle of Care Program will provide a workshop surrounding holistic diabetes foot care practices through the program model of care for both community members and front line workers. Key elements of holistic care will be provided.
9	Center of Excellence Dedicated to Indigenous Recovery (CEDIR) and the Kanata College Project.	Thohahoken Michael Doxtater, Six Nations Community Scholar	CEDIR and Kanata College creates a multidisciplinary prototype eco-village environment where healing, wellness, counseling, corrections, and justice stakeholders serve troubled Indigenous People.

Wednesday October 18, 2017

2:00 p.m. – 3:00 p.m.

#	Title	Facilitators	Description
HEALTH PRACTICE			
1	Implementing Meaningful and Engaging Health Interventions: Key Learnings from Ontario’s Healthy Kids Community Challenge in Indigenous Contexts	Jessica North, Community Health Manager, HKCC Lead Christina Vlahopoulos, Healthy Kids Community Challenge Local Project Lead	Tasked with creating healthier kids, presenters will speak about the best practices for engaging youth, implementing creative programs within budgets, and building strong partnerships between Indigenous and mainstream organizations. Several key learnings will be shared, including planning meaningful interventions, working with partners to enhance programming, and troubleshooting program delivery challenges. Specific interventions will also be highlighted, with a focus on how communities have defined their own success and the importance of weaving culture into all programming.
2	Advocacy and Outreach Abstract	Tara Williams, team lead, Advocacy & Outreach Services	Team lead will provide an overview of available services from our team members and explain how the advocacy program works and what assistance is available.
3	Yoga as a Holistic Wellness Tool in Indigenous Communities and Schools	Crystal Bomberry, Family Wellness Worker, Indigenous Diabetes Health Circle	Participants will learn about why yoga practice is an excellent tool for personal self-awareness, peace finding (stress reduction), empowerment, and betterment. As a group, we will physically engage in

			basic yoga postures for body and breathe awareness and explore how the integration of yoga into SOADI programs and services has been well received and successful. *Participants of this workshop are asked to dress comfortably for gentle physical activity.
4	Mino Kaanjigoowin: a holistic response to mental health services for Homeless Men	Steve Teekens, Executive Director Dianne Hamilton, Mino Kannjigoowin Case Manager	The Mino Kaanjigoowin program was developed as a response to help underserved homeless Native men around their severe mental health and addictions. This session will provide an overview of this holistic program.
5	Indigenous Approach to Quality Improvement	Lina Rinaldi, Quality Committee Chair Angela Naveau, Clinic Services Manager	Describing the approach adopted by De dwa da dehs nye>s for Quality Improvement Planning by using a wholistic ideology, utilizing all four quadrants of the medicine wheel, to provide quality care for urban Indigenous communities we serve.
6	The Women Warriors Program - Development, learnings from the 2016 pilot, and how it is filling a need in the Lloydminster, AB community.	Sonja Wicklum, Clinical Assistant Professor, University of Calgary Rita Henderson, Post-doctoral Fellow, University of Calgary	We will review the complexity of obesity prevention and management and contextualise this for Indigenous peoples. Then discuss the development and learnings from the 2016 pilot of a physical-activity based wellness program for Indigenous women.
7	The Medicine Wheel and the Warrior's Roadway	Oscar De Los Santos (Oz), Traditional Healer and Medicine Keeper	Teachings for self-betterment which are accessible, practical and immediately useful for most of life's challenging issues.

