

# Indigenous Health Practice and Research National Conference

## Updated Breakout Session

**Tuesday October 17, 2017**

**11 a.m. – 11:50 a.m.**

#	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, Ontario Indigenous Cultural Safety Program  Mackenzie Churchill, Research Coordinator Well Living House Centre for Urban Health Solutions Li Ka Shing	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.

		<p>Knowledge Institute St. Michael's Hospital</p> <p>Leila Monib, Provincial Practice lead Ontario ICS Program</p>	
5	<p>Bridging the Gap: Dialogue and Storywork in Support of First Nations Cancer Patients throughout Oncology and Primary Care Transition Experiences</p>	<p>Doris Warner, Engagement Liaison, Saint Elizabeth Research Centre</p> <p>Paul Holyoke, Director, Saint Elizabeth Research Centre</p>	<p>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.</p>
6	<p>Intersections: The Interplay Between Trauma, Addictions, and Health Outcomes</p>	<p>Lori Gill - Founder &amp; Clinical Director</p>	<p>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.</p>
7	<p>Mino Ayaa Ta Win (Helping Ourselves Heal)</p>	<p>Lori Flinders, Director of Behavioural Health Services</p>	<p>This workshop is aimed at helping to improve, multi-sector, cultural competency and safety through a holistic worldview methodology in an Agency creating and carrying a 'traditional bundle'.</p>
8	<p>The Impact of the Early Years on Indigenous Children's Health and Well Being</p>	<p>Monique Lavallee, Executive Director</p> <p>Rebecca Doreen, Family Programs Manager</p>	<p>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.</p>
9	<p>Engaging our First Nation community partners to develop a collaborative, culturally sensitive palliative care model.</p>	<p>Heidi Resetar, Occupational Therapist</p> <p>Wendy Smith, Physiotherapist</p>	<p>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,</p>

			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.

**2:15 p.m. – 3:05 p.m.**

#	Title	Facilitators	Description
1	A Discussion on Improving Cancer Screening among First Nations and Métis in Ontario through Community and Policy-Informed Research	<p>Dr. Jill Tinmouth, Staff Physician at Sunnybrook Health Sciences Centre, Assistant Professor at University of Toronto, Lead Scientist for Cancer Care Ontario's ColonCancerCheck</p> <p>Dr. Naana Jumah, Obstetrician Gynaecologist at Thunder Bay Regional Health Sciences Centre, Assistant Professor at Northern Ontario School of Medicine</p> <p>Colleen McKay, Research Project Coordinator at Wequedong Lodge of Thunder Bay</p> <p>Dr. Josh Tobias, Partnership Liaison Officer at Cancer Care Ontario</p>	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.

		Laura Senese, Research Project Manager at Cancer Care Ontario and Sunnybrook Research Institute	
2	Review of Indigenous Diabetes Programs in Ontario	Susy Faria, Manager, Indigenous and Intergovernmental Relations Unit, Accountability and Liaison Branch	The purpose of this session is to give an understanding of the engagement and review process to date. A review of diabetes services for Indigenous people is underway to identify gaps in program delivery and to improve access to services.
3	Assessing the efficacy of a traditional Haudenosaunee lifestyle (the 'Healthy Roots' intervention) on cardio-metabolic risk: process and clinical outcomes, and participant experiences from a pilot study on Six Nations of the Grand River.	Kelly Gordon, RD Russell de Souza, Assistant Professor, RD Christa Jonathan A. Darlene Davis, RN	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”.
4	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’).
5	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.
6	Providing Health Care to an Indigenous population	Barbara-Lyn 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.
7	Two-Eyed Seeing: Trauma Responses with Indigenous Youth	Brittany Vincze, 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.
8	Housing First & the Multi-Disciplinary Approach	Michelle Gentle, Case Manager, De dwa da dehs nye>s  Yvonne Maracle, Cultural Worker  Carl Haley, Landlord Liaison, De dwa da dehs nye>s	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.
9	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, De dwa da dehs nye>s  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

10:35 a.m. – 11:25 a.m.

#	Title	Facilitators	Description
1	Poster Board Presentations 1	Amy Wright Rachel Bomberry  Roger Pilon  Kriti Chandra Heather Manson	<ul style="list-style-type: none"> <li>Indigenous Mothers' Experiences of Using Health Services in Hamilton to meet the Health Needs of their infants: Preliminary Findings</li> <li>Promoting a Decolonized Model of Type 2 Diabetes Care</li> <li>Principles, Approaches, and Methods for Program Evaluation in Indigenous Contexts: Results from a Scoping Review of the Grey Literature and Consultation with Key Informants</li> </ul>
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  Sara Wolfe	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 Prof.	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, Maamwesying  Elysia Peattie, Mental Wellness Clinical Team Lead, Maamwesying  Lisa Meawaisige, Mental Wellness Program Manager, Maamwesying	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.

		James Bolan, Data Manager and Evaluator, Maamwesying	
5	Engaging for a culturally relevant mental health and addiction health care system: Creating new tools and new evidence.	Renee Linklater Director, Aboriginal Engagement and Outreach  Krystine Able, Aboriginal Evaluation Coordinator, Centre for Addiction and Mental Health	The 'Trauma-Informed Substance Use Screening and Assessment Tools for First Nations and Inuit Peoples' project was developed in response to the need for culturally relevant and trauma-informed screening and assessment tools for First Nations, Inuit and Métis people accessing the residential treatment system in Ontario. Presenters will provide a background to the project, and will share the processes and methods used in developing a new trauma-informed assessment tool.
6	Poster Board Presentations 2	Charles Paco  Peter Fitzgerald Cynthia Jansen	<ul style="list-style-type: none"> <li>• Water is Life: The Challenges Preventing Safe Drinking Water Within Indigenous communities</li> <li>• Creating a welcome place for Indigenous Families at McMaster Children's Hospital</li> </ul>
7	A Prescription for Food: Working with Primary Care Providers and Community-Based Agencies to Prescribe Food	Jessica North, Community Health Manager/HKCC Lead  Erin Chapelle, The Karma Project	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, 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.
8	Walk the Talk Health and Wellness Program	Kathleen LaForme, Family Wellness Coordinator, Indigenous Diabetes Health Circle	IDHC 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.
9	Diabetes Foot Care Practices	Lindsey Cosh, Circle of Care Coordinator, Indigenous Diabetes Health Circle	IDHC 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.
10	Center of Excellence Dedicated to Indigenous Recovery (CEDIR) and the Kanata College Project.	Dr. Thohahoken Michael Doxtater, Queen’s National Scholar, Queen’s University	CEDIR and Kanata College creates a multidisciplinary prototype eco-village environment where healing, wellness, counseling, corrections, and justice stakeholders serve troubled Indigenous People.

**1:50 p.m. – 2:45 p.m.**

#	Title	Facilitators	Description
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 (An Intimate Conversation about Patient Navigation & Advocacy)	Tara Williams, team lead, Advocacy & Outreach Services, De dwa da dehs ney>s	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 IDHC 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  Janet Gasparelli	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	Jo-Ann Mattina, Chief Operating Officer, De dwa da dehs nye>s  Patti Idenouye  Angela Naveau, Clinic Services Manager, De dwa da dehs nye>s	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  Shelley Wiart, Co-Founder of Women Warriors	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	Beauty From Ashes	Cheryl Hankard, Beauty from Ashes Team Lead, Maamwesying	Naandwe Noojimowin, <i>Assisting in the Healing Movement Toward the Good Life</i> (formerly Beauty from Ashes) is a spiritual based program that focuses on <i>Reconciling our Past and Reclaiming our</i>

		Elysia Peattie, Mental Wellness Clinical Team Lead, Maamwesying	<i>Future.</i> As Children, we carry a past we had no control over. As Adults, we have a future which is ours to change and reshape. This voluntary program benefits <i>adults</i> seeking to understand the connection between childhood experiences and their relationships, health, and wellbeing today.
8	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.
9	Including Indigenous Legal Traditions & UNDRIP Principles in Mental Health Laws	Alex Drossos, MD, MBA, MEd Child & Adolescent Psychiatry Resident McMaster University	Since the United Nations adopted the Declaration on the Rights of Indigenous Peoples (UNDRIP) 10 years ago, there has been ongoing application of its principles to various areas. In its final report, the Truth and Reconciliation Commission of Canada (TRC)--as well as various scholars--have called for the inclusion of Indigenous legal traditions into Canada's laws. More recently, a consideration of including these into mental health laws (MHLs) has emerged. This presentation will describe how incorporating Indigenous legal traditions and UNDRIP principles into MHLs can improve the mental health of all Canadians, including Indigenous Peoples.

Poster Boards –

#	Health Research		
1	Indigenous Mothers' Experiences of Using Health Services in Hamilton to meet the Health Needs of their infants: Preliminary Findings	Amy Wright, Neonatal Nurse Practitioner  Rachel Bomberry, Research Assistant	This qualitative study seeks to understand how Indigenous mothers who are living in Hamilton, Ontario, engage with health services to meet the health needs of their infants. Using Interpretive Description (ID), interviews facilitated by ecomaps, and a discussion group are both used to collect data relating to which health services are used in the city and why, the experiences of mothers using these

			<p>health services, and suggestions for how health services might better meet the needs of Indigenous mothers and infants living in Hamilton. Using the Two-Eyed Seeing framework, the study has been collaboratively developed and conducted with community partners and an Indigenous Research Assistant, to ensure it is respectful of Indigenous ways of knowing, and that the best of both Indigenous and Western worldviews are considered during analysis. The knowledge gained through this study will help to inform health service delivery aimed at improving the access and experience of health service use for Indigenous mothers and infants. Improved access to health care is one important way to assist in improving health outcomes for Indigenous infants and their families.</p>
2	Promoting a Decolonized Model of Type 2 Diabetes Care	Roger Pilon, Assistant Professor/Primary Health Care Nurse Practitioner	I will share the findings from my doctoral dissertation in which I conducted a grounded theory study along the North Shore of Lake Huron exploring the impact of colonization on the experience of living with type 2 diabetes.
3	Principles, Approaches, and Methods for Program Evaluation in Indigenous Contexts: Results from a Scoping Review of the Grey Literature and Consultation with Key Informants	Kriti Chandna, Research Assistant  Dr. Heather Manson, Chief Health Promotion, Chronic Disease and Injury Prevention	A study conducted as part of Public Health Ontario's community-partnered evaluation of the Healthy Kids Community Challenge Aboriginal Stream and the CIHR-funded "Clearing Pathways for Indigenous Health Equity" program at Well Living House. The objectives of this study were to: (1) conduct a scoping review of the grey literature to identify principles, methods, and approaches to Indigenous health service or program evaluation, reported in a 15-year period in Canada, USA, New Zealand, and Australia; and, (2) consult with Indigenous experts to validate and enrich interpretation of preliminary findings; identify knowledge gaps; and, initiate discussion

			around knowledge dissemination.
4	Water is Life: The Challenges Preventing Safe Drinking Water Within Indigenous communities	Charles Paco, Masters of Population Medicine (Epidemiology) student	A poster presentation exploring the unsafe drinking water (boil water advisories) within Canada's Indigenous reserves. The poster will contain major findings from my research: sociocultural/ health/ policy challenges causing unsafe drinking water.
5	Creating a welcome place for Indigenous Families at McMaster Children's Hospital	Dr. Peter Fitzgerald, President, McMaster Children's Hospital  Cynthia Janzen, Manager Stakeholder Relations, Hamilton Health Sciences	Hamilton Health Sciences is creating "Makayla's Room", a dedicated culturally safe place at the Children's Hospital where First Nations culture can be both celebrated and integrated into treatment.