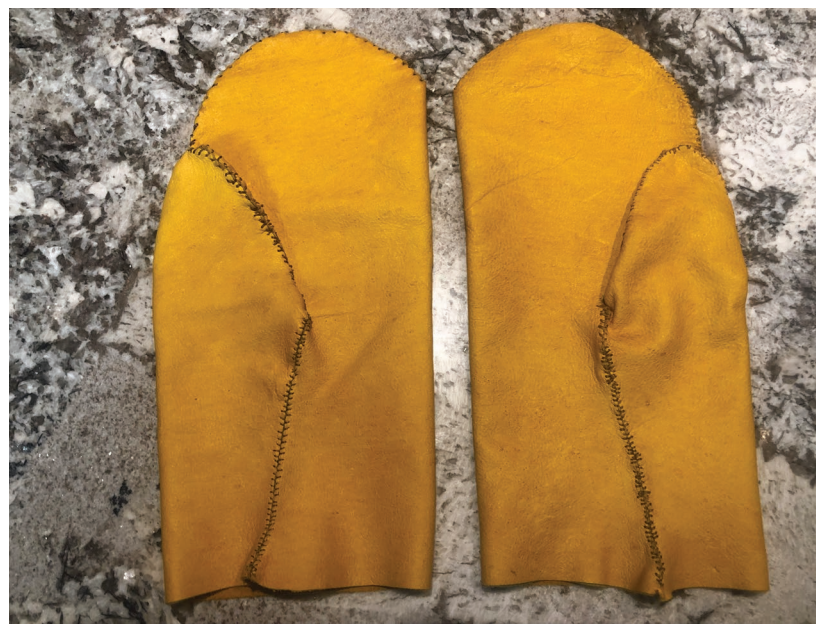




**De dwa da dehs nye>s**  
**2021-2022**  
**Annual Report**







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## Vision

Vibrant, healthy Indigenous communities.

## Mission

Improving the health and well-being of Indigenous individuals, families and communities through wholistic Indigenous, Traditional and Western health care.

De dwa da dehs nye>s Aboriginal Health Centre embodies the concept of:  
“Taking care of each other amongst ourselves”

# Message to our Community



De dwa da dehs nye>s is the only organization in the Greater Brantford/Brant and Hamilton areas providing a blend of western medicine and Traditional Healing services. Since 1998, De dwa da dehs nye>s has successfully provided culturally safe programs and services that are relationship based, welcoming and individual directed. We provide Primary Care and Broader Health programs that are well sought after and currently have wait lists. De dwa da dehs nye>s is the place of first choice and last hope of Indigenous peoples in the Greater Brantford/Brant and Hamilton areas.



De dwa da dehs nye>s is one of ten Indigenous health care centers in the province and provides comprehensive clinical services based on a partnership between Traditional Healing practices and western medicine. Our commitment is to connect people in Indigenous Communities and local

neighbourhood(s) to support health and well-being by integrating resources that meet the boarder determinants of health. Our model recognizes the dynamic balance of mental, emotional, physical, and spiritual health.

De dwa da dehs nye>s translated from the Cayuga, language embodies the concept of “taking care of each other amongst ourselves”. Each day, we live and practice this translation as an organization. The Health Centre focuses on a wholistic preventive and primary health care model that includes Physicians, Nurse Practitioners, Traditional Healing, and other primary health services — Mental Health Support as well as Community Health Supports — Advocacy, Outreach and Health Promotion and Education Services. As a part of its mission, the Health Centre serves all Indigenous people, regardless of status, and provides assistance to outside service organizations to provide care in a culturally sensitive manner.

Since 2014, De dwa da dehs nye>s had a footprint of services in the Niagara Region beginning with our Aboriginal Patient Navigator program and over the years has been growing its presence to provide Mental Health programs and Traditional Healing Services. In the late 2021-22 fiscal year, the Ministry of Health approved De dwa da dehs nye>s proposal to expand the operation of Primary Care Services into the Niagara Region.

## COVID-19

COVID remained the predominate theme of the 2021-22 fiscal year. Throughout this year we saw development and distribution of COVID vaccines, vaccine passports, and continued with masking mandates, all the while, the community at large was facing COVID fatigue and a desire to return to normal.

Primary Care Services were offering in-person appointments; however, the other programs and services were predominantly offered virtually. As challenging as this could be for many, it has also been fulfilling. We have been able to continue to offer quality and well sought-after programs and services in a virtual format. We continue to build on the organization’s foundational roots to provide a place of healing that is welcoming, regardless of the platform.

Recognizing that virtual programming could be a barrier to some due to the lack of technology or access to internet, De dwa da dehs nye>s implemented a technology program



# Message to our Community



plan of action to provide access to cell phones with data and tablets for patients/participants who were hospital bound to access virtual health care, case management services and visits with loved ones. In addition, with schools shifting to a virtual format we recognized the need in the community for additional technology resources. As a result, the technology program was expanded to include laptop computers for children registered in online learning. In 2021-22, the technology program provided access to 110 cell phones, 25 Laptops, 25 headsets, 25 Wireless Mouse, 24 Tablets, and (6) six printers.

Concerns surrounding food security increased over the past year. De dwa da dehs nye>s continued the Community Outreach fund initiated in 2020-21. It is funded by many generous donations and has provided access to gift cards for supermarkets to promote food security. Our Community Outreach fund supported 446 households. In addition, our Holiday Hamper programs transitioned to the distribution of gift cards to limit the risk of exposure for patients/participants and staff. In 2021-22 the Holiday Hamper program provided 395 households with gift cards.

We would like to acknowledge the generous support that we

have received from our community during this time. We have received donations of monetary value this year. Your support is appreciated.

## Residential School Findings

The discovery and unearthing of mass and unmarked graves at the residential schools in Ontario was a triggering event for much of our staff. We have members of our staff that are first generation survivors, as well as some actual survivors that attended the residential schools themselves. Offering culturally safe care, means that our frontline staff is often the same targeted demographic that we are mandated to serve. In alignment with the translation of our name “we are taking care of each other amongst ourselves” we have made this a priority over the past year.

In 2021-22 the Federal government designated September 30th as the National Day for Truth and Reconciliation as a statutory holiday for federal employees and employees of federally funded agencies. Recognizing that De dwa da dehs nye>s is provincially funded, the Board of Directors identified the National Day for Truth and Reconciliation as an organizational holiday. On this day, the offices are closed to allow staff time for quiet reflection and to attend ceremonies as required. This past year on September 30th, the Traditional Healing team streamed the video “Our Children, Our Voices” on Facebook. This video is also available on our website.

De dwa da dehs nye>s received a grant from the Hamilton Community Foundation to support staff and community wellness. This grant will provide staff with opportunities for self-care and to provide additional wellness programs for staff and community.

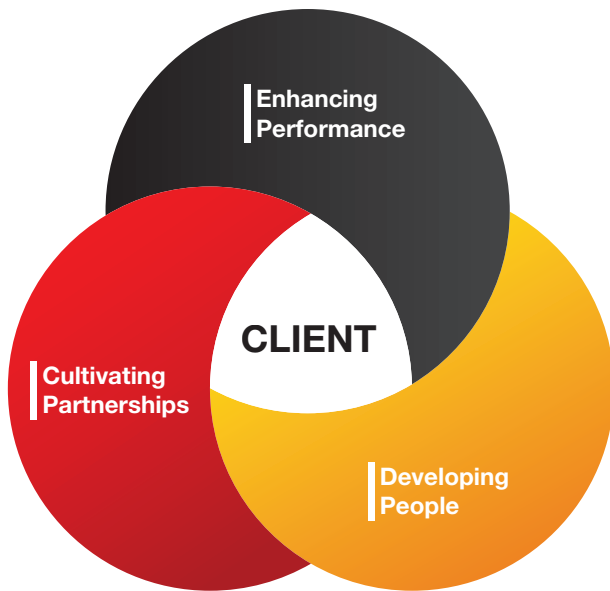
## 2019-22 Strategic Plan

The 2019-22 Strategic Plan identified three Strategic Priorities for De dwa da dehs nye>s. They are: Enhancing Performance, Cultivating Partnerships, and Developing People.

The current strategic plan was scheduled to expire at the end of March 31, 2022. However, due to COVID impacting the ability for the Board to conduct a comprehensive strategic planning process, the current plan has been extended to March 31, 2022. The next year will focus on developing a new strategic plan.



# Message to our Community



## Enhancing Performance

Throughout the 2021-22 fiscal year we continued to adapt to new ways of providing service while ensuring culturally safe and efficient care to our patients/participants. Through our technology program we were able to assist patients and program participants with the appropriate technology to attend virtual services.

## Cultivating Partnerships

We continue to develop and strengthen partnerships with healthcare, education, research, and funding stakeholders. We continue to engage with the local Ontario Health Teams to ensure appropriate and timely care is provided to the Indigenous Community. We have partnered with the local Public Health Units to support the COVID-19 vaccination rollout in the Brant, Hamilton, and Niagara regions to ensure timely access to Indigenous Adults. In Hamilton, De dwa da dehs nye>s was the lead agency to provide vaccines for the Indigenous population.

In addition, work on the capital planning process for the new community Well-Being Centres in Hamilton and Brantford continued. In late 2021-22, we received approval from the Ministry of Health and Long-Term care of an investment in the capital redevelopment for the Hamilton site, which will be part of a broader Well-Being Centre. Work continues to identify space allocations for the Brantford site. Recognizing that the potential new site of the Well-Being Centre is on land being surveyed by the Survivor's Secretariat, the planning will be delayed appropriately.

## Developing People

Supporting and developing our Patients/Participants, staff, volunteers, and students is crucial to the success of De dwa da dehs nye>s. This year has brought challenges and opportunities for our community and staff, including the ongoing COVID pandemic and the Residential School Findings. Although, it has been difficult at times, through collaboration we have been able to ensure we are "taking care of each other amongst ourselves".

## Board Composition

During the 2021-22 fiscal year, we welcomed the following new Board Members: Valerie Hopkins (attended first meeting in October 2021), Robert Lebel (attended first meeting in November 2021), Kim Walker (attended first meeting in September 2021), and Jennifer Walker (attended first meeting in November 2021). During this year, we said good-bye to our following colleagues: Jeff Cooper, Kathleen Randle, Amanda Beaudry, and Celina Parker. We thank them for their time and commitment to De dwa da dehs nye>s Aboriginal Health Centre.

We are pleased to report that Grandmother Renee Thomas-Hill has continued to provide Elder support to the Board of Directors. Nyá:wəh Grandmother Renee for sharing your guidance and knowledge.

It is important to recognize, acknowledge, and thank staff for their commitment and dedication in providing quality care that they provide to the Indigenous community. This year has been difficult, and staff have once again rose to the challenges presented.

Finally, we would like to thank the Board of Directors for their time, dedication, and hard work. Their commitment to improving the wellness of Indigenous individuals and the Indigenous Community is evident.

It has been our honour and privilege to be a part of the De dwa da dehs nye>s Aboriginal Health Centre.

## Nyá:wəh Kowa / Chi-Miigwetch / Thank you

**Jo-Ann Mattina**

Acting Chief Executive Officer

**Bryanne Smart**

Chairperson



- Family Medicine
- Pre and Post Natal Care
- FASD Diagnostics
- Chronic Disease Management
- Partnership with Pain and Specialists and Gerontology
- Phlebotomy

## Clinic Services

- Health Promotions
  - Healthy Eating Active Living
  - Smoke Free Programming
  - FASD & Child Nutrition Programming
- Diabetes Education Program
  - Dietitian
  - Diabetic Nurse Educator
  - Footcare Services
  - Reflexology
  - Retinal Screening
  - Hearing Assessments

## Healthy Living\*

## Mental Health & Addictions

- Addictions Counselling
- Adult Mental Health Counselling
- Adult Mental Health Outreach
- Adult Mental Health Peer Outreach
- Child and Youth Mental Health Counselling
- Child and Youth Mental Health Outreach

## Cultural Wellness & Outreach

- Cultural Outreach
- Patient Navigation
- Wheels for Seniors (Medical Transportation)
- Traditional Healing

## Indigenous Housing Services

- Housing Support
- Case Management
- Landlord Liaison
- Indigenous Lifeskills





# Clinic Services

As the global pandemic persisted for a second year in 2021-22, the Primary Care team has continued to put patient and community safety first while maintaining consistent access to care. Mainly as each wave of infection gained momentum and peaked. Managing infections through preventive measures, following health guidelines, and providing virtual and in-person appointments have enabled the clinic team to respond quickly to the constantly changing COVID-19 environment. In addition, the clinic remained the one constant source of care and support when other community and hospital level services were reduced or eliminated due to budget cuts, staffing challenges, or redeployment. With the best western medicine and Traditional approaches, we continued to provide high-quality, comprehensive primary care that honored everyone to achieve health and wellness.

Throughout 2021-22, our Brantford clinic had 12,951 patient encounters and our Hamilton clinic had 12,236 patient encounters. Our rostered patients remained consistent with last year, at 2353, patients across Brantford and Hamilton. Our clinic capacity has fluctuated throughout the year due to staff transitions and orientations of new clinicians, making it difficult for us to serve more patients. We continue to see highly complex individuals who place significant demands on our service providers. On average, our patients are seen seven (7) times per year, with those most complex seen upwards of 20 times per year. This number of visits does not consider other services that a person may receive at the health center, such as mental health or diabetes education.

De dwa da dehs nye>s performance on key provincial indicators continue to trend above the provincial sector average.

MSAA Indicator	DAHC Rate	Sector Average
Flu Vaccination Rate Among 65+	59.24%	29.14%
Inter-Professional Diabetes Care Rate	87.81%	84.92%
Colorectal Screening Age 50-74	64.90%	34.34%
Breast Cancer Screening Age 50 – 74	67.67%	21.74%
Cervical Cancer Screening Rate Age 25-69	71.72%	40.78%

Throughout the past year we continued to identify areas of quality improvement, improve access to specialist care, foster partnerships, and expand services through the following initiatives:

## COVID-19 Vaccination Clinics



Through partnership with Hamilton Public Health, Niwasa Kendaaswin Teg, and Hamilton Regional Indian Centre (HRIC), De dwa da dehs nye>s participated and co-lead the operations of more than 45 vaccination clinics held at different locations, including the Perkins Centre, Biindigen Hub, Hamilton and Brantford clinics, and the MacBain Centre in Niagara. In Hamilton, De dwa da dehs nye>s staff provided vaccinations to approximately 3016, individuals. As mentioned above, vaccination visits or individuals served for the year. However, these visits are recorded separately in COVAXON electronic health records, emphasizing the significant additional burdens on our Primary Care Team.



## Gage Park Social Event

In partnership with Hamilton Public Health, Niwasa Kendaaswin Teg, and HRIC, De dwa da dehs nye>s participated in the Ya't-a-hnironh' Social (Mohawk



translation – Strong (Strength) – Mind, Body and Spirit). This event brought the community together at Gage Park under public health guidelines and safety parameters to engage in healing through music and dance. This event hosted approximately 300 individuals and provided vaccinations to 104 patients. A similar event will be held in 2022 to bring the community together while focusing on health and wellness following the success of this event.

## FASD Assessment and Diagnostic Service

In late 2020-21, a partnership between De dwa da dehs nye>s Aboriginal Health Centre (DAHC), McMaster Children's Hospital (MCH), and Ron Joyce Children's Health Centre (RJCHC) was established. This partnership provides improved access to diagnostic testing for Fetal Alcohol Spectrum Disorders (FASDs) for Indigenous children, youth, and families. This program has since begun operating in 2021-22, with momentum and awareness continuing to grow. Offering services to patients across the Hamilton, Brantford, and Niagara region, in 2021-22, we served 21 individuals through 88 visits and 32 encounters. We didn't see full utilization of this program until the third quarter of operations; still, we anticipate extremely high uptake as word of mouth about this service continues to spread.

## Registered Nurse & Registered Practical Nurse

In the summer of 2021-22, DAHC was able to hire a full-time RN and a part-time RPN to support our vaccination and clinic services. These positions have been integral to COVID-19 vaccination outreach, helping patients, and alleviating some pressures on Nurse Practitioners' and Physicians' time. As of December 2021, these roles had supported 322 individuals

through 558 visits, which, as mentioned previously, is above and beyond their time spent supporting COVID-19 vaccination efforts.

## Access to Specialists at DAHC

Partnerships with local specialists to provide scheduled on-site or virtual clinics continued into 2021-22 with Dr. Patterson (Geriatric Medicine), Dr. Ashley Johnson, Dr. Alex Drossos and Dr. Michelle Venation (Psychiatry), and Dr. Buckley and Dr. Sharma (Pain Management). In addition, our practice is pleased to partner with Dr. Kapralik and Dr. Wald to provide respirology consultations and follow-ups on-site in Hamilton and Brantford. These clinics began in January 2022 and took place monthly at each site. Ten (10) individuals have benefitted from this partnership, providing quicker access to respirology specialists on-site at De dwa da dehs nye>s.

## OCEAN Online Booking Platform

DAHC continues to explore ways to expand our digital health platform and improve communications with patients in a way that is most convenient for them. In doing so, we have engaged in early-stage piloting and implementation of the OCEAN online booking platform which, among other functions, allows patients to schedule select appointment types through our website. Patients then receive a reminder text message and/or email, as well as an online option to cancel and reschedule their appointment. This pilot was trialed during our COVID-19 Vaccination Clinics and was found to be successful; therefore, presenting many opportunities for further applications in the clinic and across the organization.



## Aboriginal Patient Navigator Program

To improve the quality of care for Indigenous patients, Aboriginal Patient Navigators (APN) offer resources and navigation services within health and social service systems for individuals, caregivers, and the families of patients from hospital to community and home.

As the covid pandemic persisted and access to client-facing healthcare services remained limited, the APNs continued to provide virtual healthcare navigation and support to ensure the safety and collaboration between individuals and their healthcare partners. To support in-patient requests for smudging or ceremony, traditional medicines were delivered to hospitals and healthcare institutions and patients were invited to a safe and confidential virtual space for ceremony or smudge. To support hospital in-patients, who were isolated or restricted from visitor access, we provided a tablet or cellphone for the patient to remain connected to their family and support system.

## Indigenous Family Space - Brant Community Healthcare System

The Brant Community Healthcare System (formerly known as Brantford General Hospital) has created an Indigenous Family Space located on the 8th floor of the hospital. Indigenous patients and families have been provided with a sacred space to gather in body, mind, and spirit for the burning of sacred medicines and the practice of meditation.

### Our Brantford APN maintains the space providing our community with access to:

- Four (4) Sacred Medicines
- Traditional and Cultural items
- Traditional teas
- Cultural resources
- Family Wellness Packages
- Isolation kits
- Newborn kits
- Children's Activities
- Indigenous books and local Indigenous newspapers (delivered weekly)
- Families use the items as needed within the space and medicines, newborn kits and wellness items are available for the families to take home with them.



## Our Children, Our Voices – Words as Medicine

September 30, 2021, marked Canada's first National Day for Truth and Reconciliation. This date is also known as Orange Shirt Day, inspired by Phyllis Webstad's personal story and experience at a Residential School. The image of an orange shirt helps educate people about Residential Schools in Canada. It represents the experiences of First Nation, Metis, and Inuit children who were stolen from their homes and family to attend the government-operated residential schools. The purpose of the school was to assimilate and kill the Indian in the child. Phyllis had her orange shirt taken away from her on her first day of being at a Residential School - she never saw her orange shirt again.

On September 30, we honour our residential school survivors, their families, and their communities. We remember those who did not make it home. To reach reconciliation, we must educate Canadians about the untold and painful history of its Indigenous peoples and the lingering effects of trauma caused by the Residential School system. It is part of our journey together to work towards reconciliation. Unmarked mass graves on the grounds of Kamloops Residential School in British Columbia were discovered in 2021, further deepening the pain our communities have endured for generations. The children's voices that once remained silent awoke a Nation to reveal



# Cultural Wellness and Outreach

Canada's dark untold history. On September 30, 2021, the Traditional Healing department shared a video live streamed to our social media platform. Voices from our community to honour those who did not survive to tell their stories, the ones we lost, and those who never made it home.

## Wheels for Seniors Transportation Services

The Wheels for Seniors Transportation Program provides Indigenous seniors with safe door-to-door transportation services to medical, specialist and wellness supports within Hamilton, Niagara, Haldimand and Brant. Access to reliable and safe transportation services is critical for maintaining health and continuity of care for our seniors. As covid persisted into a second year, the safety of our community and staff continues to be our focus and highest priority. Our vehicles were modified with plexi-glass barriers for a safer experience and PPE is provided to staff and all individuals who access our services. Our vehicles continue to be maintained with enhanced covid cleaning protocols and sterilization after each service provided.

## Legacy of Hope Exhibit - Hamilton Police Services and DAHC Traditional Healing

On June 24, 2021, the Hamilton Police hosted an informative opening ceremony for the Legacy of Hope Exhibit. The Exhibit focused on the experience of residential schools. It provided a profound opportunity for Hamilton Police Services staff members to learn and reflect on the history and legacy of the Indian Residential School system. The opening for the Exhibit was at Central Station. Our Traditional

Healing Coordinators, valued community partners from the HRIC, City of Hamilton Urban Indigenous Strategy, members of the community, and senior members of the Hamilton Police Service, were in attendance. Following the ceremony, guests had the opportunity to visit the exhibits. Hamilton Police extend their deepest gratitude to residential school survivor and Fire Keeper Albert Choken, DAHC Traditional Healing team members Marie Jones and Jackie Labonte, and Drummers Nathan Muir and Hadihawis Parent for their support in ensuring Indigenous traditions and cultures were honoured.





Throughout the pandemic, the Healthy Living Department has continued to provide services to the community in Hamilton and Brantford through different forms of outreach and virtual programming.



There are a range and variety of health promotion activities delivered by this department. The goal is to offer programs and services that assist the community in taking control of their health. Many experiences in life influence our overall wellness, such as social inclusion, connections to culture, relationships, access to knowledge, sleep, feelings of safety and acceptance, nutrition, and physical activity. These are aspects that we consider when developing our programs and services.

#### The programs in the Healthy Living Department are:

- The Diabetes Education Program
- The Healthier YOU Program  
(Smoke Free Ontario, Diabetes Prevention, Healthy Eating Active Living).
- The Fetal Alcohol Spectrum Disorder (FASD) and Child Nutrition Program
- Intergenerational Family Circle Program

In the year 2021-2022, the Healthy Living Department reached 6,079 participants. In Brantford, we offered 320 programs, and in Hamilton, we provided 299 programs. Despite provincial guidelines for health and safety constraints, we were still able to connect with many people and offer services that promote culture, wellness, and healthy behaviours from 2021-to 2022.

#### Programming Highlights for the year:

##### “On the Farm” Program 2021

In 2021, the FASD and Child Nutrition Program collaborated with the City of Hamilton and McMaster University to create a healing garden space used as part of the Enanwendewin Art Exhibit, which took place in September.



This was a land-based learning program for program participants that provided an opportunity for participants to observe the plants that are part of our natural landscape and what exists in creator's garden. Families learned about planning a space for gardens, planting, maintaining, and harvesting from a medicine garden.







## Breakfast Club Program

In 2021-22, De dwa da dehs nye>s received a grant through TD Bank that was accessed on our behalf through the Save the Children foundation. The purpose of the grant was to support and elevate the nutritional status of children in the communities that we serve in our Hamilton and Brantford catchment.

The Breakfast Club program was one of the several program initiatives delivered by the FASD and Child Nutrition Program to provide food security to active clients of the Health Centre. The coordinators would shop for food and offer it to 19 different families bi-weekly. During this time, they would check in on families and further promote programs and services that participants could access.



## Plant-Based Education Series 2021-22

Whole food plant-based nutrition is a widely accepted approach to a healthy lifestyle. It supports human health through a diet of multiple nutrients resulting in numerous health outcomes. Researchers have demonstrated evidence of the effectiveness of this wholistic approach to nutrition, resulting in its popularity worldwide in preventing and reversing various types of chronic conditions.

The Diabetes Education Program has spent considerable time developing and introducing programs to engage the community in health promotion, disease prevention, and disease management.

We have collaborated with a community naturopath to explore plant-based medicine as a complementary/alternative approach to Western medicine. As a result, clients now have the option within the plant-based streams to book in-person appointments for lifestyle planning or join group programming activities such as community peer-led chats, educational sessions, and skill development in the kitchen.

The program ran from April to September, our weekly sessions provided education, physical activity and community building opportunities to AHC participants as well as local residents.

On September 18th, The Art Exhibit opened, the community garden was the backdrop to the art exhibit and our participant families helped to support the opening by preparing the space and by providing drumming for the ceremony. It was very fulfilling for the participants to welcome people to their garden.

On September 30th, Adam, the owner of Bienenstock Natural Playgrounds donated their entire staff and equipment to come to the garden space. Adam's crew transformed our 50-person capacity space to 150 people capacity space. They made the space AODA compliant and beautified the area. It was a day of reflection and generosity. We are very grateful to their donation.



## Shoe and Orthotic Clinics

The Diabetes Education Program hosted a series of outreach clinics that provided footwear and orthotics to the Indigenous community. The purpose of the clinics was a health promotion initiative to reduce the risk of foot injury through well-designed footwear. As clients got fitted for shoes and orthotics, there was an opportunity to ask questions and receive educational material from the chiropodist. The clinic was open to all Indigenous clients and their families within the center and community. This approach promoted access to foot care by offering the service through scheduled times at the center and off-site clinics for those with mobility and transportation issues.

## Physiotherapy Services

Physical activity is an essential part of living a healthy lifestyle. However, many factors such as living



with injury, chronic pain, obesity, or other mobility issues can complicate physical activity. The Healthier YOU program offers physiotherapy services in the Brantford and Hamilton catchments to ease these barriers. This initiative provides a way for exercise readiness and helps people to get in better shape. Physiotherapy is not a service covered by the Ontario health care plan, so this service became invaluable to our clients who needed it.

## Intergenerational Family Circle Program

From 2021 through 2022, De dwa da dehs nye>s received funding to deliver a program focused on the health and well-being of 60s Scoop survivors and child welfare survivors. The program can help individuals locate their birth families and navigate forms and governmental processes. In addition, we offer programs and groups that are designed to decrease feelings of social isolation and find community.





# Indigenous Housing Services

The Indigenous Housing Services team worked directly with Indigenous individuals identified as episodically or chronically homeless in the City of Hamilton, using a “Housing First” approach. We provided Indigenous individuals experiencing homelessness with direct access to housing, regardless of identifiable barriers. These identifiable barriers include but are not limited to addictions, mental health, trauma, family breakdown, and cultural disconnection.

Indigenous Housing Services welcomed a new Landlord Liaison, Case Manager, and Team Lead to the department. Indigenous Housing Services provided intakes and access to services for all referrals. Housing participants remained the prominent focus of the Indigenous Housing Services staff.

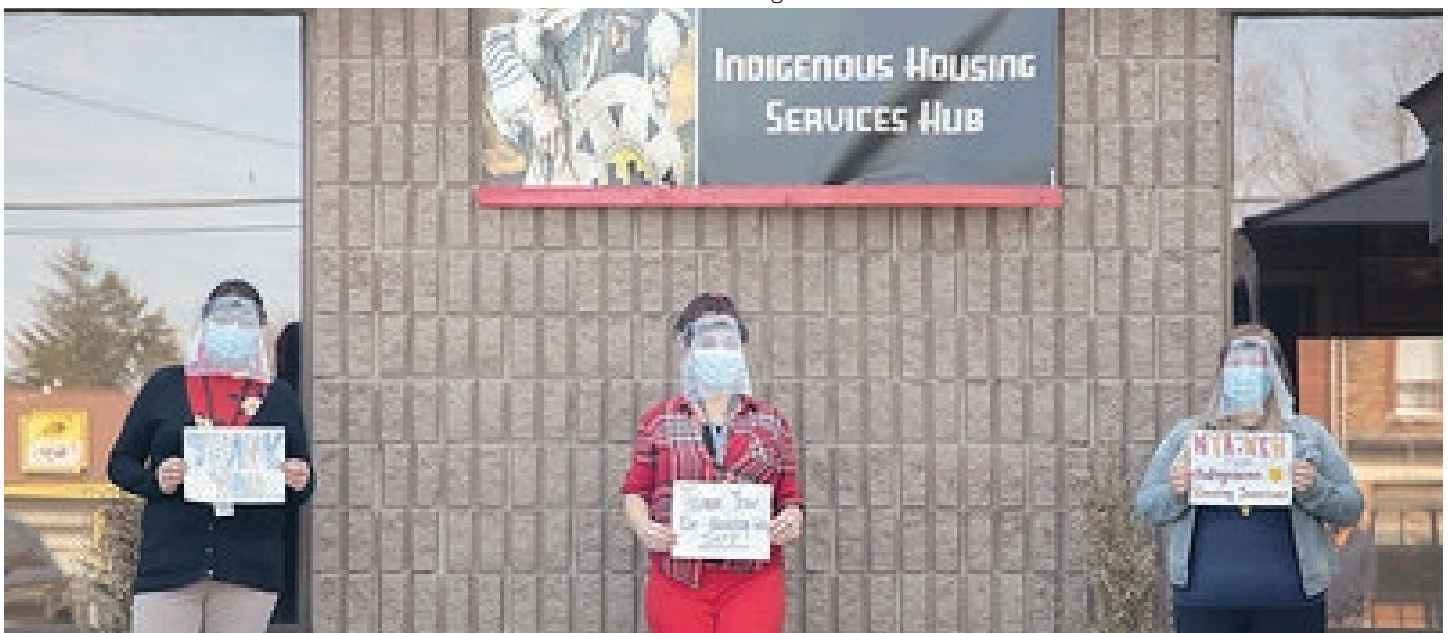
The Indigenous Housing Services Team focused on strengthening partnerships within the community to improve access to services for our participants. Team members attended City Wide Case conferencing to streamline the intake process and connection to assistance for our Indigenous community. In partnership with Indwell, Sacajawea, and Hamilton Regional Indian Centre (HRIC), the Indigenous Housing Services Team advocated for several participants to be admitted into affordable, supportive housing units with move-in dates in Spring 2022.

As COVID restrictions were still in place, Indigenous Housing Services continued to provide participants with cell phones, including data plans to encourage meaningful participation in programs and services. COVID kits that included medicines, teachings, non-perishables, and activities were

distributed to participants. In addition, gift cards were delivered to address the food insecurity experienced by participants.

During the 2021-22 year, Ontario Aboriginal Housing Services decided to close Odrohehta this year. The Indigenous Housing Services Team worked with all residents and Ontario Aboriginal Housing Services to secure housing placements within the community for all residents. The Indigenous Housing Services Team supported these residents as they transitioned into new housing placements. In addition to moving assistance, furniture and household supplies were provided to these participants.

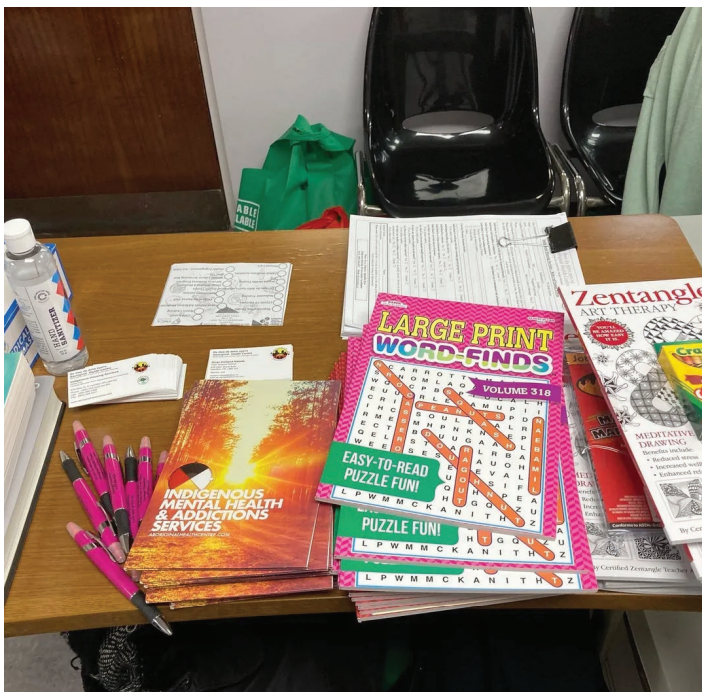
The Indigenous Housing Services program transitioned from De dwa da dehs nye>s Aboriginal Health Centres (DAHCs) to HRIC as of April 1, 2022. This transition will bring together all Indigenous Housing Support Programs in Hamilton under one organization to streamline access and coordination of services. DAHC will continue to provide mobile primary care supports and services for the Indigenous homeless community in close partnership with the HRIC Housing program through this collaborative model. Before the transfer of the program, the Indigenous Housing Services Team and HRIC worked closely to ensure a seamless transition for all program participants and community partners. All active participants were referred to proper support and services before the program’s growth. All Indigenous Housing Services team members interested in continuing employment did accept positions within other departments of De dwa da dehs nye>s or at other organizations.



# Mental Health and Addictions

## Adult Mental Health & Addictions

The Adult Mental Health and Addictions team faced many challenges over the 2021-2022 fiscal year, as have many others in the healthcare and social services fields. During this year, there was a staffing transition with the program manager. In November 2021, a new Mental Health Manager was brought on. Additionally, throughout the year, the Mental Health and Addictions team was grappling with their challenging mental, emotional, and spiritual experiences surrounding the discoveries of unmarked graves at former residential schools. However, the Mental Health and Addictions team continued to provide mental health support and counseling to community members through the heartbreaking news.



Despite these challenges, the Mental Health and Addictions team has continually pulled together and provided extensive mental health support to the communities served. Over 2021-2022, several positions in mental health were filled, leading to a full complement of staff. Two Team Leads were appointed to help cover management duties, and Niagara has been steadily expanding to better address the community's needs. In addition, the Mental Health Department has emphasized team-building activities and self-care regimens to help staff manage through the whirlwind of changes.

The outreach program has maintained an active presence in the communities De dwa da dehs nye>s serves. De

dwa da dehs nye>s collaborates with many agencies and organizations to provide group programming, therapeutic workshops, and relationship-building events. De dwa da dehs nye>s Adult Mental Health and Addictions has continued to have strong partnerships with local organizations such as YWCA Hamilton, Spectrum, Qualia Counselling, HRIC, Brantford Regional Indigenous Support Centre (BRISC), and more. Outreach has also offered immediate, short-term support to individuals waiting for counseling services, ensuring that community members have a support system while working with De dwa da dehs nye>s.

Mental Health & Addictions has continued to offer virtual and remote programming to help ensure the safety of our most vulnerable community members. Mental Health and Addictions staff has been able to use the virtual visit function of the Electronic Medical Record to have video chats with community members, and De dwa da dehs nye>s has provided Zoom accounts for hosting groups. Mental Health and Addictions team members have been creative in their programs and services offered, sometimes using social media to spread awareness and reach as many community members as possible.

Although it is challenging to increase attendance to virtual programming, the Mental Health team has been very mindful of increasing COVID-19 numbers. The staff has taken great care to ensure that physical health is being protected in addition to mental, emotional, and spiritual health. This is in keeping with our organizational values surrounding holistic wellness. In addition, in response to the pandemic, team members have been able to supply PPE to community members to promote their health and safety when engaged in services.

Recently, the Mental Health Department was able to use the funding to order supplies for Community Wellness Boxes. These will be distributed to families and individuals in the community and provide therapeutic tools and activities to promote mental wellness to our community members. These boxes include activities such as the Inside Out movie, an emotional processing question sheet, medicine bag kits, a rock painting activity, and more.

The Mental Health team will continue to find creative, exciting ways to engage the community and promote wellness. Mental Health and Addictions Team must continue to engage in self-care practices to better support community members and, most importantly, prevent burnout and



# Mental Health and Addictions

compassion fatigue. The Mental Health & Addictions team has demonstrated so much resilience and love for the community, which will be fostered and encouraged in the year to come.



## Child and Youth Mental Health

Child and Youth Mental Health fall under our broader Mental Health Team and Services community members ages 6-24 in the Brantford, Hamilton, and Niagara regions. Our team consists of three Child and Youth Counsellors (one per region) and two Child and Youth Navigators/Outreach Workers (one in Niagara and one in Hamilton/Brantford).

Our team went through a year of transition in 2021-2022, and each member stepped up to meet the community's needs. Our team continues to use its technology and food card program in response to the ongoing COVID-19 pandemic to ensure members have access to support and meet their basic needs during this challenging time. While most services have continued virtually, our staff has accommodated issues needing immediate, in-person attention in hospitals, schools, and the greater community. They have also made extensive efforts to connect with other community organizations despite many remaining closed.

Year two of the pandemic explored maintaining positive mental health while being at home over long periods.

As a team, our Child and Youth Mental Health staff have been working hard to help clients cope with mental health struggles and maintain positive outlooks for the future. For example, the staff has provided art kits, books, weighted blankets, yoga mats, soapstone kits, and other materials for clients to try activities at home. In addition, the Mental Health team purchased a membership from a yoga platform that was accessible to participants and was used as part of their therapeutic plans.



Staff have also utilized “walk and talk” appointments in the community, which have successfully provided mental health services and connected with nature while maintaining safety protocols for COVID-19.

Our team has gone above and beyond this year to address the mental health needs in the greater community.

Unfortunately, in mental health services, no two days are alike. We celebrate our mental health team and acknowledge their passion, dedication, and hard work.





**CHAIRPERSON** **Bryanne Smart**

**VICE-CHAIR** **Loretta Hill**

**TREASURER** **Frances Roesch**

**PAST CHAIR** **Pat Mandy**

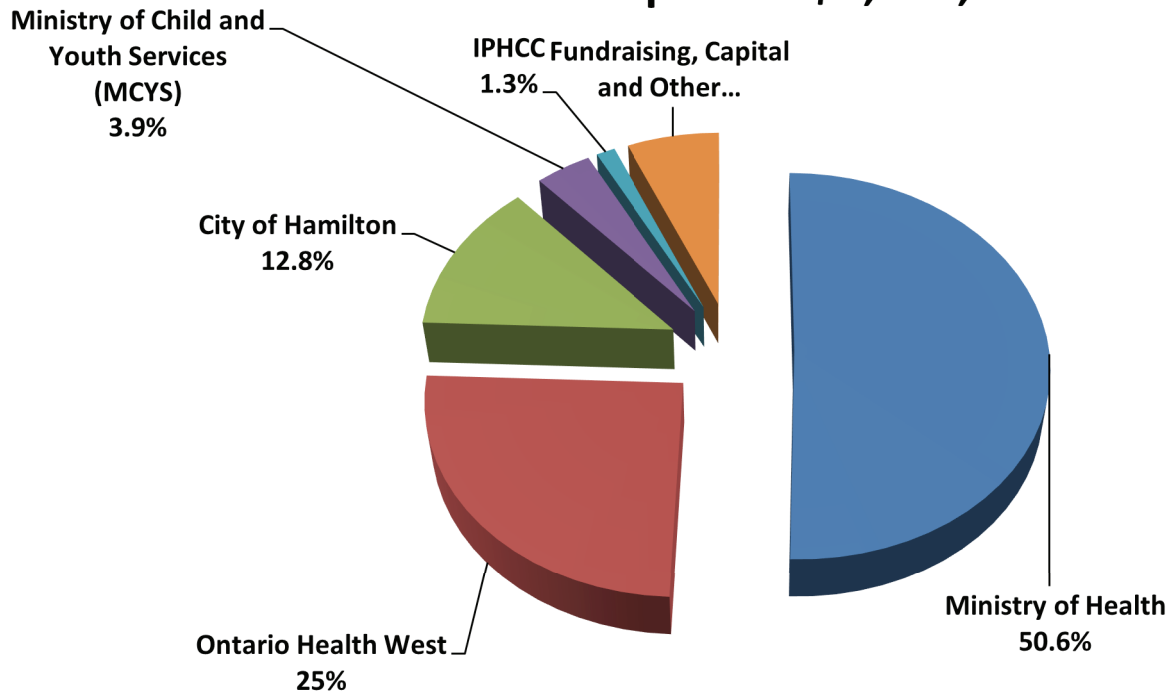
**MEMBERS  
AT LARGE** **Amanda Beaudry** (last meeting June 2021)  
**Dr. Peter Bieling**  
**Alex Jacobs-Blum**  
**Valerie Hopkins**  
**Robert Lebel** (first meeting November 2021)  
**Celina Parker** (last meeting November 2021)  
**Jennifer Walker** (first meeting November 2021)  
**Kim Walker**  
**Kristin Wythe**

**ELDER SUPPORT** **Grandmother Renee Thomas-Hill**

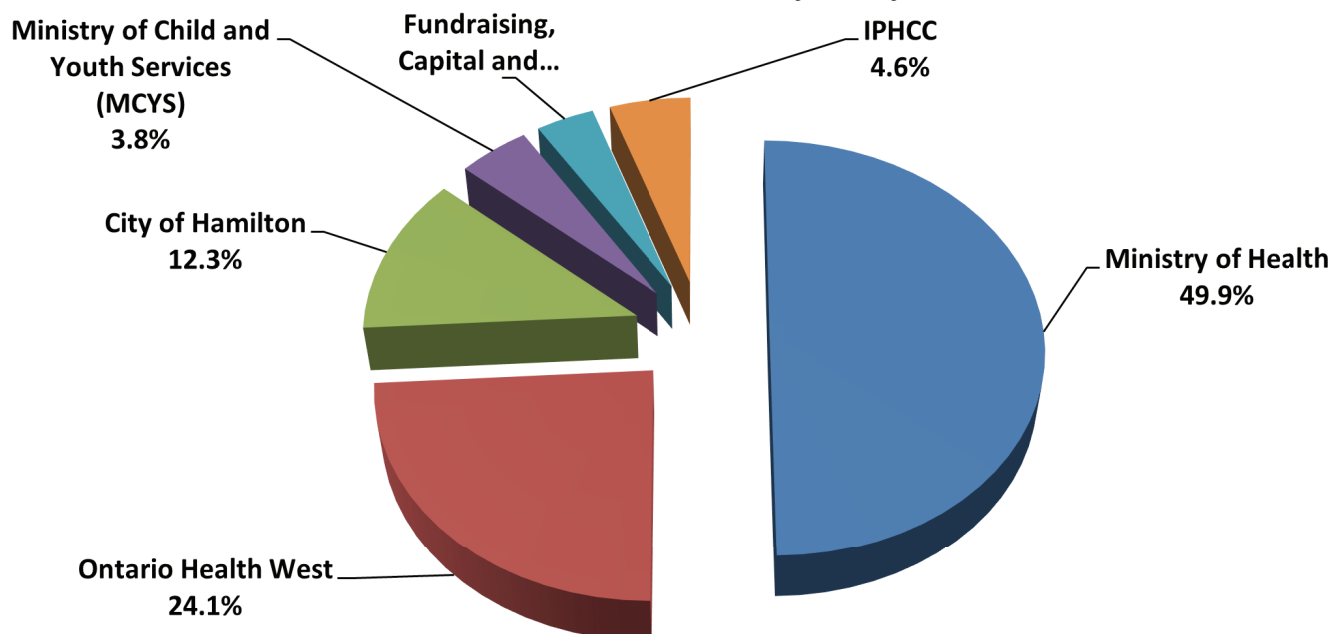


# 2021-22 Financial Summary

## Total Expenses \$9,006,935



## Total Revenue \$9,353,678



# 2021-22 Donor Wall

2726765 Ontario Limited O/A Seasoned Restaurant  
Adam Koole  
Aman Ish Goyal  
Ariana King  
Arie Pekar  
Arielle Ross  
Ballare Studio Dance  
Benjamin Howe  
Beth Stapleton  
Bike Hounds  
Bruce MacDonald  
Canada Helps  
Chelsea Wilson  
Chris & Kelly Bennett-Heyed  
Christian Barborini  
Christina Harnack  
Cynthia Lokker  
David Tyson  
Devon Atherton  
Emily Johnson  
Emily Moore  
Emily West  
Emily-Jane Asante  
Eric Mccann  
Erica Cancilla  
Hamilton Community Rotaract Club  
Hamilton Family Doulas  
Harriet Donat  
J Nixon  
J Webster  
Jaclyn Grodecki  
Jared Marcus  
Jenna & Bryan Dexter  
Katherine Roy  
Kerri Kolne  
Kristin Stadnichuk  
Lisa Hume  
Lishia Peel  
Lori Goldblatt  
Lucy Cappiello

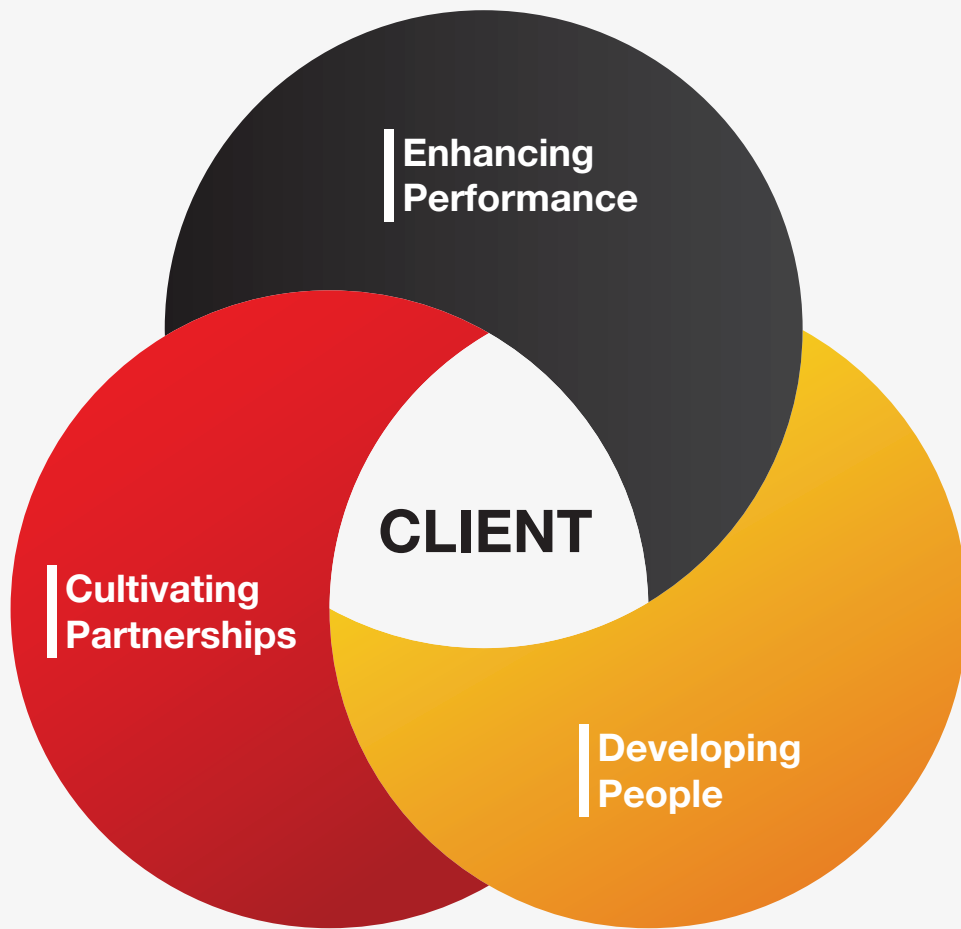
Lynne Marie Blake  
Madison Hawkins  
Mandy Family Foundation - Benefaction  
Mandy Tam  
Marin Hudson  
McMaster University - Office of Community Engagement  
Melissa Kearns  
Melissa Kimber  
Michael Parente  
Michael Schweitzer  
MSU Pride Community Centre  
MSU Student Health Education Centre  
Nidhi Luthra  
Obstetrics and Gynecology Residents at McMaster  
Paula Baruch  
Peter Graefe  
Planted in Hamilton  
Rachel MacLeod Stevens  
Refaella Nocita  
Rebecca Ganann  
Rebecca Shaw  
Raine Leonard  
Sandra Baker  
Sarah Kloke  
Sarah Matsushita  
Siobham Teel  
Stephanie Sloss  
Steve Sherrer  
Suru Studio  
Tanya Hauck  
Terri Otter Coultres  
The Benevity Community Impact Fund  
The Other Bird  
Suru Studio  
Tom Norton  
Tonia Petti  
Victoria Bradshaw-Bacher  
Victoria Riddle



**Thank you  
to all of our  
2021-22 Donors**



# 2019-22 Strategic Plan



## Vision:

Vibrant, healthy Indigenous communities.

## Mission:

Improving the health and well-being of Indigenous individuals, families and communities through wholistic Indigenous, Traditional and Western health care.

## Values:

The organizational values remain to be the Seven Grandfather Teachings of Truth, Love, Respect, Courage, Honesty, Humility and Wisdom







De dwa da dehs nye>s Aboriginal Health Centre  
embodies the concept of:

**“Taking care of each other  
amongst ourselves”**

Improving the health and well-being of Indigenous individuals, families and communities through  
wholistic Indigenous, Traditional and Western health care.



**Brantford Location**

36 King Street East  
Brantford, ON N3T 3C5

**Tel:** 519-752-4340

**Fax:** 519-752-6096



**Hamilton Location**

678 Main Street East  
Hamilton, ON L8M 1K2

**Tel:** 905-544-4320

**Fax:** 905-544-4247

**Niagara Location**

145 Queenston St., Unit 204  
St. Catharines, ON L2R 2Z9

**Tel:** 1-877-402-4121

**Fax:** 1-844-594-2334