

2022



2023

**De dwa da dehs nye>s
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.

Value

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 translated from the Cayuga; language embodies the concept of “taking care of each other amongst ourselves”. 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 one of the original ten Indigenous health care centers in the province and is the only organization in the Greater Brantford/Brant, Hamilton, and the Niagara regions providing a blend of western and Indigenous Traditional medicine. De dwa da dehs nye>s provides comprehensive clinical services based on a partnership between traditional healing practices and western medicine. We are committed to connecting people in Indigenous Communities and local neighborhood (s) to support health and well-being by integrating resources that meet the broader determinants of health. Our model recognizes the dynamic balance of mental, emotional, physical, and spiritual health.

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 Support — Advocacy, Outreach, Health Promotion, and Education Services. As a part of its mission, the Health Centre serves all Indigenous people, regardless of status, their blended families, and provides assistance to outside service organizations to provide care in a culturally sensitive manner.

COVID-19

Throughout the 2022-23 fiscal year, COVID remained a priority for the organization. We continued to host

vaccine clinics throughout the year at all our sites. In recognition of the rising cost of everyday items, we experience a greater need for our Emergency Gift Card and Technology Programs. 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.

Emergency Gift Card Program

Created in response to the COVID-19 Pandemic, the Emergency Gift Card Program responded to the needs of our patients and participants facing situations of poverty and hardship during the pandemic. The program was sponsored by government funding at all levels and through many generous donations. In the 2022-2023 fiscal year, the program was able to support approximately 500 Indigenous families across Hamilton, Niagara, and Brantford/Brant. Many households referred to the program experienced a number of factors that put them at high risk for homelessness, mental illness, eviction, or job loss. The program provided De dwa da dehs nye>s patients/program participants with a resource that provided food and household supplies for their families whilst still being able to afford housing throughout the pandemic. As a result of the Emergency Gift Card Program, health providers relayed messages from families returning with experiences of overcoming financial barriers and preventing crisis situations solely because of the program's financial assistance.

The Emergency Gift Card Program supported many Indigenous elders, families, and single homes, throughout the stages of the Pandemic, being a program that served as a proactive aid during a time of crisis.

Technology Support

Recognizing that many of the patients/program participants are facing barriers of cyber connectivity and in need of an affordable alternative to accessing technology, De dwa da dehs nye>s provided assistance. During the 2022-2023 fiscal year, De dwa da dehs nye>s was able to support patients/program participants with 115 phones, 5 tablets, and 25 laptops who were in need. As a result, many individuals were able to connect with health

Message to our Community

professionals, community resources, counseling, extended family members, and support for their day-to-day livelihoods.

Holiday Hamper Program

The 2022 Holiday Hamper Program supported almost 440 families, that are connected with De dwa da dehs nye>s, this past Holiday Season. The program gave many families an opportunity to provide Holiday presents while still affording their household expenses. De dwa da dehs nye>s received thank you letters and calls from clients acknowledging us for our continued support afterward.



Mobile Clinic

De dwa da dehs nye>s received funding for a Mobile Health Clinic from the Indigenous Primary Health Care Council and staffed through funding from the Reaching Home and Poverty Reduction Funding through the Circle of Hamilton Indigenous Leadership. The Mobile Clinic was delivered in the fall of 2022-23 and was out in the community a minimum of three times per week, especially during the surge of COVID, cough, and cold season.

Cultivating Partnerships

We continue to develop and strengthen partnerships with healthcare, education, research, and funding stakeholders. We have partnered with the local Public Health Units to support the COVID-19 vaccination rollout in the Brant, Hamilton, and Niagara Health Units 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.

As we expanded our Primary Care into the Niagara Region, we grew our partnership with Niagara Public Health and other Primary Care providers in the Niagara Region.

In addition, work on the capital planning process for the new community Well-Being Centres in Hamilton and Brantford continued. We are continuing to meet with the City of Hamilton staff for the transition of land. In Brantford, we continue to work with our Indigenous partners and the City of Brantford staff to identify space allocations for the Brantford site. Recognizing that the potential new site of the Well-Being Centre in Brantford is on land being surveyed by the Survivor's Secretariat, the planning will be respectful and adhere to the Survivor's Secretariat schedule.



Strategic Plan

The Board of Directors extended the 2019-22 Strategic Plan for the 2022-23 fiscal year. The plan identifies three Strategic Priorities for De dwa da dehs nye>s. They are: Enhancing Performance, Cultivating Partnerships, and Developing People.

The next year will focus on developing a new strategic plan.

Enhancing Performance

Throughout the 2022-23 fiscal year, we continued

Message to our Community



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. In addition, we introduce online booking for same-day Primary Care appointments.

Developing People

Supporting and developing our Patients/Participants, staff, volunteers, and students is crucial to the success of De dwa da dehs nye>s. Over the past few years, De dwa da dehs nye>s was able to introduce a few programs, through COVID assistance funding, to support the health and well-being of our patients/program participants. In addition, through a grant from Green Shield Canada and the Hamilton Community Foundation, we were able to provide self-care support for staff.

In the 2022-23 fiscal year, the Indigenous Primary Health Council hosted an Employee Recognition Ceremony for member organizations. We are proud to announce that two of De dwa da dehs nye>s staff/teams were recognized for their contributions:

- Traditional Healing and Wellness: Honouring Traditional Teachings – Jackie Labonte
- Innovative Healthcare Practices and Approaches – FASD team

Board Composition

During the 2022-23 fiscal year, we said goodbye to our colleagues: Pat Mandy and Dr. Jennifer Walker. We thank them both for their time and commitment to De dwa da dehs nye>s Aboriginal Health Centre.

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

It is important to recognize, acknowledge, and thank the staff for their commitment and dedication to providing quality care that they provide to the Indigenous community. This has been a year of many changes and staff have once again risen 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

October Moon Event (Virtual Event)

De dwa da dehs nye>s hosted the October Moon Virtual Event on October 27, 2022. The theme of the event was Reconciliation and Healing. The event featured two keynote speakers: Jesse Wenthe and Ryan McMahon. The event was well attended for being a virtual event. The three weeks following the October Moon Event, the award recipients for the following awards were announced:



Starfish Spirit Award

In recognition of your caring spirit, commitment and dedication to making a significant impact in the quality of life of many individuals within the Indigenous community.

Awarded to:

Pat Mandy



Walter Cooke Wisdom Keeper Award

In recognition of one's capacity to exemplify significant and continuous service to our community by demonstrating integrity, generosity of spirit, humility, courage, collaboration, "The Good Mind", and traditional ways of knowing and being.

Awarded to:

Dan and Mary Lou Smoke



**HAMILTON
COMMUNITY
FOUNDATION**

Community Community Partnership Award

In recognition of outstanding commitment to collaboration for the benefit of the health and well-being of Indigenous peoples.

Awarded to:

**Hamilton Community
Foundation**

Miigwetch, Nyá:wəh, Thank you

De dwa da dehs nye>s Aboriginal Health Centre would like to thank its staff, volunteers, students, partners and community members. Without you and your support, we could not do what we do.

Clinic Services

- Family Medicine
- Pre and Post Natal Care
- FASD Assessment & Diagnostics
- Chronic Disease Management
- Partnership with Psychiatry, Pain Specialists and Gerontology
- Phlebotomy
- Mobile Primary Care Services
- COVID Vaccine Support

Healthy Living

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

Mental Health & Addictions

Adult

- Adult Mental Health Counselling
- Adult Mental Health Outreach

Addictions Services

- Addictions Counselling (Brantford & Niagara)
- Rapid Access to Addictions Medicine Outreach/Counselling
- Adult Mental Health Peer Outreach

Child & Youth Services

- Child and Youth Mental Health Counselling
- Child and Youth Mental Health Outreach

Cultural Wellness and Outreach

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

(*) Program is open to Indigenous and Non-Indigenous community members.



Finding New Ways to Help

As our healthcare and economic landscape changes, the DAHAC team is adapting to continue delivering quality care to our community. This year has seen new ways of offering care, including opening our Nurse Practitioner led Primary Care clinic in St. Catharines, launching a Mobile Clinic, piloting a weekly Cough Cold, and Flu Clinic, hiring an Intensive Case Manager, participating in “Shkaabewis Robotics in healthcare” pilot project.

The DAHAC clinic services team continues to put the patient and community safety first by maintaining consistent access to care as waves of infection surged and waned. Through infection prevention and control strategies, adherence to public health guidelines, and adjusting operations as needed to provide both virtual and in-person appointments, the clinic team responded quickly to the COVID-19 environment. We never shut our doors, and in many cases, the clinic remained the one constant source of care and support for patients.

Clinician Capacity

While coping with nationwide healthcare staffing challenges our team remains at a point that has prevented an increase in our patient rosters and necessitated a hold on our waitlists. However, there is one exception: our new St. Catharines clinic which has in just a few months rostered 132 patients among three Nurse Practitioners. Word is spreading throughout the community and feedback has been positive. We look forward to continued expansion. We continue to see highly complex individuals

who place great demand on our providers. On average, our patients are seen seven (7) times per year, with those with complex needs seen upwards of 20 times per year. These visits do not account for the other services they may be accessing at the health centre to further support their care, such as mental health or diabetes education.

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

Covid-19 Vaccination Clinics

DAHAC staff provided continues to support vaccination efforts at all our clinic sites to our patients and all interested First Nation, Inuit, and Métis individuals and household members. We remain flexible, extending our vaccine clinic hours to accommodate families who wish to be vaccinated together after school and work hours. DAHAC continues to monitor the COVID-19 situation and is prepared to assist its partners and communities whenever it is needed.

FASD Assessment and Diagnostic Service

Our partnership continues between De dwa da dehs nye>s Aboriginal Health Centre (DAHAC) and McMaster Children's Hospital (MCH), Ron Joyce Children's Health Centre (RJCHC) to provide improved access to diagnostic testing for Fetal Alcohol Spectrum Disorders (FASDs) for Indigenous children, youth, and families.

This program which began operating in 2021-22, has continued to gain momentum and awareness as it continues to grow offering services to patients across the Hamilton, Brantford, and Niagara regions.

Access to Specialists at De dwa da dehs nye>s

Partnerships with local specialists to provide scheduled on-site or virtual clinics continued into 2022-23 with Dr. Patterson (Geriatric Medicine), Dr. Ashley Johnson (Psychiatry), Dr. Sharma (Pain Management), Dr. Kapralik, and Dr. Wald



Clinic Services

(Respirology). These partnerships allow consultation and follow-ups on-site in Hamilton and Brantford providing quicker access to specialists in a familiar setting on-site at DAHAC.

OCEAN Online Booking Platform

DAHAC continues to explore ways to expand our digital health platform and improve communications with patients in a way that is most convenient for them. We have implemented the OCEAN online booking platform which, among other functions, allows patients to schedule COVID-19 vaccinations and same-day urgent appointments 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. As OCEAN proves to be successful, it will present opportunities for further applications in the clinic and across the organization.

Intensive Case Manager (ICM)

The new role of the ICM includes psychosocial, emotional, and cultural support as well as health care planning, health, and social service navigation, wholistic support including connection to traditional and cultural programs and services, advocacy and capacity building, health care planning, administrative navigation, and outreach. While aspects of this role are like DAHAC's current Indigenous Patient Navigators, the key difference is that the ICM's would be working with a smaller, more targeted caseload of complex individuals identified by primary care. They would have the capacity to provide longer-term support at a higher frequency.

Shkaabewis Robotics in Healthcare Pilot Project

We are excited that DAHAC was chosen to participate in the Indigenous Primary Health Care Council (IPHCC) seven-month robot pilot project. We are testing out the potential benefits of incorporating robotics technology in Indigenous Primary Health Care Organizations.

The expected outcomes of the pilot project are to improve access to healthcare for Indigenous clients in remote, underserved, and urban areas by providing virtual robotic services. The goal is to

reduce travel costs for clients and providers and increase healthcare delivery efficiency. The robot has many potential uses including client triage, remote consultations, screening, mobile units, and remote programming. It can also assist with tasks such as monitoring vital signs, administering medications, and performing basic diagnostic procedures.

Mobile Clinic

This new addition is making connections with individuals who find themselves unhoused. Some are currently living in encampments. While wound care, and harm reduction are priorities for the Mobile Clinic Staff they are also building relationships. They have assessed and treated minor ailments, screened for sexually transmitted diseases and blood-borne infections, and assisted in prenatal care. They have assessed and treated minor ailments, screened for sexually transmitted diseases and blood-borne infections, and assisted in prenatal care. They have begun to assess and treat the complex web that is mental health and substance abuse. Our team was able to hand out harm reduction supplies, jogging pants, socks, hats, mittens, feminine products, snacks, blankets, traditional medicines, bus tickets, and Tim Horton gift cards.



Cultural Wellness & Outreach Services

Indigenous Patient Navigator (IPN) Program

Our Indigenous Patient Navigators provide a culturally safe support to Indigenous patients and their families by helping them to navigate the complexities of the healthcare and social service systems. Through patient advocacy, the IPNs provide access to traditional and cultural resources combined with health system navigation to ensure safety and collaboration between individuals and their healthcare partners. The IPNs are the link between hospitals and western medicine healthcare providers to bridge the gap and safely meet the cultural and traditional needs of our Indigenous patients to improve patient experience and health outcomes.

Throughout the third year of the pandemic, our IPNs continued to provide a combination of in-person and virtual healthcare navigation to support patients and ensure the safety and collaboration between individuals and their healthcare partners. Access and delivery of Traditional Medicines for patients in-hospital, long-term care, hospice, and other healthcare institutions continue to be provided upon request for patients to use in safe, designated spaces for ceremony or smudging.

Smudging Ceremony & Sacred Medicines in Healthcare Institutions

The IPN Team developed a new resource “Smudging Ceremony & Sacred Medicines in Healthcare Institutions” to provide education for the safe use of Indigenous and Sacred Medicines within hospitals and healthcare institutions. The brochures are available on our website and are included with sacred medicine requests.

Indigenous Family Space – Brant Community Healthcare System

The Brant Community Healthcare System Indigenous Family Space is a safe space for families to access and gather within the hospital. The Indigenous Family Space is located on the 8th floor of the hospital and families are invited to use the resources and cultural items provided during their time in the hospital as a patient, caregiver/visitor, or family

member. The room includes sacred medicines, cultural resources, wellness items, teas, and children’s activities.



Transportation Services Program

Wheels for Seniors

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.

Transportation Program Expansion to Niagara Region

Our Transportation Program has expanded to Niagara! Our Transportation Program has expanded to include a full-time driver and a new Honda Passport SUV to complement and expand our transportation services to the Niagara region. Our team of drivers provides safe door-to-door transportation services to medical and health and wellness appointments within the Niagara region and can be accessed by Indigenous individuals who do

Cultural Wellness & Outreach Services

not have access to a transportation service, or who have a physical limitation or injury, or who are unable to commute by public transportation.



Traditional Healing Program

National Day for Truth & Reconciliation Orange Shirt Day

What is Orange Shirt Day? Orange Shirt Day is inspired by Phyllis Webstad's personal story and experience at a Residential School. Phyllis had her orange shirt taken away from her on her first day of being at a Residential School, and she never saw her orange shirt again. The image of the orange shirt helps to educate people about residential schools in Canada and to honour and remember the experiences of Indigenous children who were removed from their homes, families, and communities. Phyllis Webstad is the Founder and Ambassador of the Orange Shirt Society and tours the country telling her story and raising awareness about the impacts of the residential school system.

On September 30, the National Day for Truth and Reconciliation, we share our stories. We give a voice to those who did not survive to tell their stories, the ones we have lost, and those who never made it home.

Beyond the Orange Shirt Story with Guest Speaker Phyllis Webstad

September 28, 2022, we hosted the 'Beyond the Orange Shirt Story' Orange Shirt Day Awareness event with guest speaker Phyllis Webstad. We were honoured to share a space with Phyllis, Residential School Survivors, and their families who shared their stories. The event was hosted at the First Ontario Performing Arts Centre in St. Catharines.



Feeding the Home Fire: Indigenous Men's Gathering

Participants of our Traditional Healing program were invited to attend the North Bay Indigenous Hub, Giiwedno Mshkikiwgamigin, Feeding the Home Fire Mens Wellness Gathering in North Bay from February 24-26, 2023. The gathering provided a safe space for ceremony, teachings, and developing relationships to support the healing and wellness of our Indigenous men, families, and communities. Guests and workshop facilitators included JR LaRose, Zhaawnong Webb, Elder Bob Sutherland, Perry McLeod-Shabogesic, Cody Coyote, Dr. James Makokis, Anthony Johnson, Godfrey Shawanda, and storytellers Boshk Aguonia, Kairyn (Kai) Potts, Quinn Meawasige and Peter Wynne.



Healthy Living Department

The overarching goals of the Healthy Living Department is to provide programs and services that:

- Enhance the daily habit practices of Indigenous community members that promote health through lifestyle.
- Provide access to health education.
- Provide access to nutritious foods, physical activity, and literacy opportunities, as well as family recreation.
- Create accessible opportunities in safe environments.
- Promote cultural experiences and opportunities for the community to participate in.

The vast majority of our programming that we offered was delivered in a hybrid model of outreach and virtual capacities, as we transitioned out of the global Covid-19 pandemic. The lessons that we learned from the pandemic are that many services could be offered virtually so that barriers such as transportation and childcare could be mitigated.

Healthy Living Department is Composed of:

- 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
- The Intergenerational Family Circle Program
- The Koogadwin Manitou Seniors Promotion Program



Diabetes Education Program

The goal of the Diabetes Education Program is to help the community understand their diabetes from a wholistic point of view, helping to make lifestyle changes that reduce the risks.

Programs and Services Offered:

- Lifestyle consultation: in partnership with clients to build health and wellness into busy lives with many challenges.
- Educational programming; designed to enhance knowledge about health, promoting the management and/or prevention of diabetes.
- Community partnerships that promote the integration of both natural and traditional interventions.
- Footcare Services
- Weight Loss Management
- Vision and Hearing Screenings
- Plant-based Nutrition Education
- Shoes and Orthotic Clinics



Healthy Living



Healthier YOU

Healthier YOU is composed of three separate programming streams (Smoke-Free Ontario, Healthy Eating Active Living, and

Diabetes Prevention) that are designed to promote healthy lifestyles in the Indigenous communities of Brantford and Hamilton for kids and families.

Programs and Services Offered:

- Fun Recreational Activities
- Smoking Cessation Counseling, Support, and Education
- Physical Fitness Programming
- Physiotherapy
- Land-based and Cultural Programming
- Nutrition Education and Workshops
- Summer Camps and Family Camps
- Workshops for Youth



Mino Bnoojiinh "Sacred Child" Project/FASD & Child Nutrition Program

The (Fetal Alcohol Spectrum Disorder) FASD and Child Nutrition Program is a program that promotes awareness of FASD. FASD

is permanent brain damage and are a group of conditions that can occur in a person who was exposed to alcohol before birth. These effects can include physical problems and problems with behavior and learning, often a mix of both. Our program aims to provide general education and awareness about FASD, as well as support individuals and families living with FASD.



Healthy Living

Programs and Services Offered:

- Education Awareness Campaigns
- Recreational Programs for Children and Families
- Programming that supports access to nutrition education and healthy foods
- Community Events
- Cultural Programming for Families
- Diagnostic Navigation
- Cooking Classes
- The Breakfast Program



Intergenerational Family Circle Program

De dwa da dehs nye>s received a one-year grant from the Sixties Scoop Foundation. 'Sixties Scoop' refers to a process that began after 1951, as the government started to phase out mandatory residential schools. Between the 1950s and 1980s, Child Welfare agencies across Canada removed Tens of Thousands of Indigenous children from their communities and families of origin. Displacing these children into non-Indigenous foster homes was the Government's intent to assimilate and colonize Indigenous People.

Many of these children were placed into the care of white homes across Canada, the United States, and Overseas, while others spent their childhoods moved from foster home to foster home or living in institutionalized care. Birth families were not informed of where their children were taken. These children were completely displaced from their families, culture, language, or even awareness that they themselves were Indigenous, Metis, or Inuit.

Though each survivor of the Sixties Scoop had their own individual experience growing up, many survivors are bonded by their histories of Intergenerational Trauma and the commonality of feeling different and lacking a sense of belonging to

the households in which they were placed. Several survivors speak of being placed in homes where they experienced violence, neglect, and/or sexual abuse.

In the current day circumstances, there continues to be a disproportionate number of Indigenous children in the Child Welfare system. Recent census statistics show that *Indigenous children make up only 7.7 percent of children in Canada, yet they account for 52.2 percent of children in the foster care system. The continued assimilation of Indigenous children at the hands of the child welfare system is now being referred to as the Millennial Scoop.

The goal of the Intergenerational Family Circle Program was to support Survivors of the Sixties Scoop, and other Adult Survivors of the Child Welfare System who are Indigenous and their families.

Programs and Services Provided:

- Educational and Outreach to Community Agencies
- Support Circles
- Cultural Programming
- Healthy Living Programming
- Navigation and Support: Completing forms, assessing ID, and assistance in understanding government services.
- Reconnection with Family

Koogadwin Manitou Seniors Health Promotion Program

Koo gaa da win Manitou, meaning "sheltering the spirit" in Anishinaabe, is a 24-unit facility established by Urban Native Homes Incorporated in 2007. The Koogadawin Manitou complex addresses the physical, holistic, mental, spiritual, and emotional needs of Indigenous seniors. De dwa da dehs nye>s has a health promotions program at the complex.

Programs and Services Provided:

- Onsite Healthy Living Programming
- Case Management Navigation
- Group Outings
- Access to Cultural Programming and Events



Mental Health



De dwa da dehs nye>s Mental Health teams serve self-identifying Indigenous individuals and their families from the ages of 6 and up. The Mental Health team provides counseling, case management, advocacy, referrals, peer support, and more. The Mental Health team works continuously to provide quality trauma-informed, relationships-based mental health services with Indigenous ways of knowing, doing, and healing at the heart of our care.

Building Our Knowledge Bundles

Quality mental health care requires continuous professional development and keeping up to date on new and developing methodologies, approaches, tools, and resources. The Mental Health team has participated in a wide variety of professional development opportunities over the 2022-2023 year.

As a team, Mental Health has participated in several professional development courses through Wilfrid-Laurier University's Centre for Indigegogy, including a workshop teaching about Vicarious Trauma & Indigenizing Boundaries.

Team members have also participated in certificate courses and workshops such as Affirmative CBT, Indigenous Healing & Seeking Safety, Dialectical Behavioural Therapy.

A Year of Continued Growth

De dwa da dehs nye>s Mental Health team saw even more expansion this year, including the addition of a full-time FASD Coordinator and a part-time Child & Youth Counsellor at the Niagara site. These new positions have helped innumerable Niagara families build their own mental health toolkits, access resources, and strengthen their own understanding and resilience.

Additionally, a full-time Mental Health Case Manager joined the team and, in collaboration with Primary Care, has had a strong presence in Hamilton encampment communities through the Mobile Clinic. Through the Mobile Clinic initiative, the Case Manager and Nurse Practitioner have been able to provide harm reduction services and supplies, information on community resources, and build relationships with local shelters and encampment communities. Mental Health looks forward to continued growth to address the ever-changing needs of our communities.

Cultivation Community Relationships

In order to develop and maintain strong community partnerships and a positive presence, especially as the team grows and changes over time, Mental Health participated in many outreach and

Mental Health

community-building events this year. This has helped foster strong partnerships, trusting relations, and shared knowledge networks.

In August 2022, eager volunteers on the team participated in Niagara Regional Native Centre's annual Organizational Volleyball Tournament Fundraiser. It was a busy all-day event with many community organizations participating, and it was an excellent team-building opportunity. Although we did not take home the tournament win, the DAHAC team was praised for their uplifting cheers and positive attitudes. Plus, the Mental Health staff was able to support a valuable cause and get some mood-boosting exercise all in one!

DAHAC Mental Health provided mental health support and counseling at the 2022 Survivor's Gathering. This event, held by the Survivors' Secretariat at the Woodland Cultural Centre, was held to gather stories and collect evidence about the Mohawk Institute and those who attended in its 136 years of operation. Along with Native Horizons, one of DAHAC's Mental Health Counsellors accompanied survivors as they toured the building, provided supportive listening, and assisted Elders with navigating the event.

Mental Health has also been present at several Women's Health Days events held by Greater Hamilton Health Network. Women's Health Days provide a safe space for community healthcare organizations to provide health services and information to vulnerable women in the Hamilton community. Mental Health has distributed

information pamphlets about DAHAC services, Traditional Medicines, and journals to attendants at these events. The turnout at Women's Health Days has steadily been increasing, with an expected 80-100 participants at each one.

Looking to the Future

As we move towards resuming more in-person activities after a long, arduous few years of social distancing and isolation, Mental Health continues to regard health and wellness in a holistic way. Mental Health continues to provide virtual and remote services in addition to in-personal counseling sessions and appointments, engage with community members in outdoor environments, supply PPE and up-to-date education, and follow provincial mandates and recommendations.

The Mental Health team remains an active participant in community and regional discussions on collective safety and health in Brantford, Hamilton, and Niagara. The team continues to advocate for the holistic well-being of Indigenous community members with the goal of balancing collective physical safety and individual mental well-being.

We will continue to grow and learn about best practices in service delivery to best address the needs of our community. We have long known the benefits of being together in person, and we hope to support this move while remaining mindful of the community's emotional, physical, mental, and spiritual health.





CHAIRPERSON **Bryanne Smart**

VICE-CHAIR **Loretta Hill**

TREASURER **Frances Roesch**

PAST CHAIR **Pat Mandy** (last meeting September 2022)

**MEMBERS
AT LARGE** **Dr. Peter Bieling**
Alex Jacobs-Blum

Valerie Hopkins

Robert Lebel

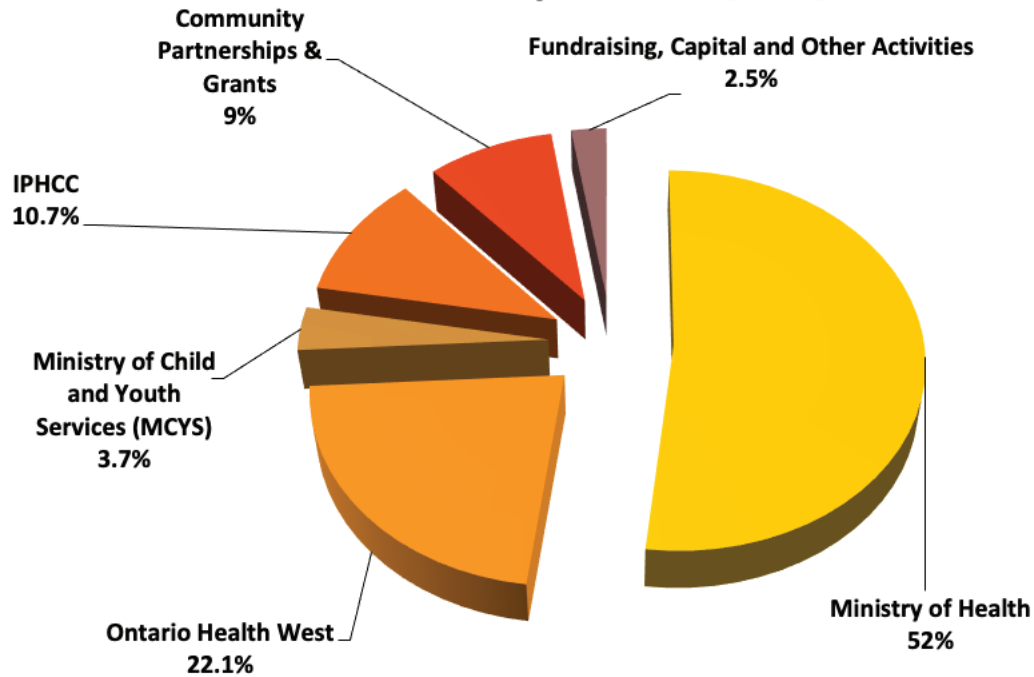
Jennifer Walker (last meeting December 2022)

Kim Walker

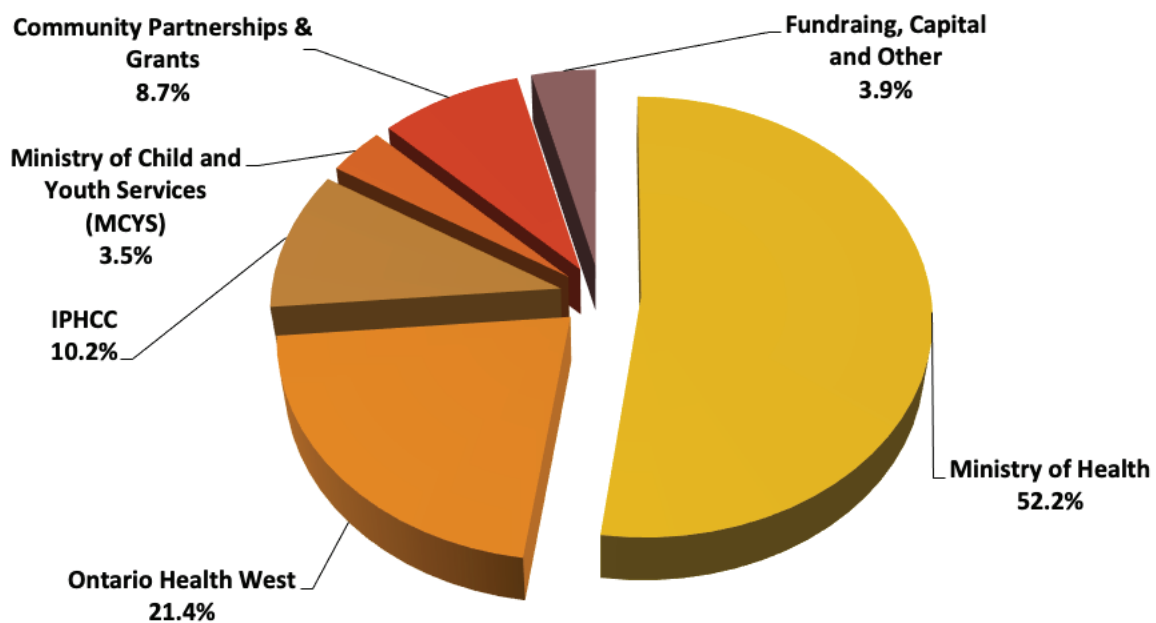
Kristin Wythe

Financial Summary

Total Expenses \$9,553,026



Total Revenue \$10,051,188



2022-23 Donor Wall

Albatross Indoor Golf Centre

Alexandria Smith

Ancaster Mill

Anthony Marks

Arielle Ross

Beyond the Batter

Blue Mountain

Brantford Twin Valley Zoo

Brantwood Farm

C. S. E. Cooney

Canadian Tire

Charities Aid Foundation Canada

Chief Frank Bergen

Chris and Kelly Bennett Heyd

Claraderma+ Inc.

Crockadoodle

Cynthia Lokker

Devon Atherton

Elaine Lee

Emily Johnson

Emily-Jane Asante

Erin Mccann

Frontstream Inc.

Fundamenal Fitness Conditioning

Hamilton Splitsville

Harper's Garden Centre

Iroqrafts

Jackie Labonte

Jen Albert

Judy McKeown

Lauren Arkell

Lisa Burn (Spack Craft Frabric)

Lynda Hammel

Michael Parente

Michael Schweitzer

Mike Skizynski

Niagara Ice Dogs

Niagara on the Lake Museum

Niagara Parks

Nicole Meek

Ontario Popping Corn

Pebbles and Twiggs

Richard and Janet

Ripley's Aquarium

Royal Botanical Gardens

Royal Ontario Museum

Salvatore

Sarah Brophy

Shae Rose at Home

Shannon Englert

Sheila Black

Six Nations Chiefswood Park

Southern Pines

Spirit Bear Coffee Company

Svatantra Foundation

The Keg Steakhouse

The Mandy Family Foundation

Toronto Hockey Hall of Fame

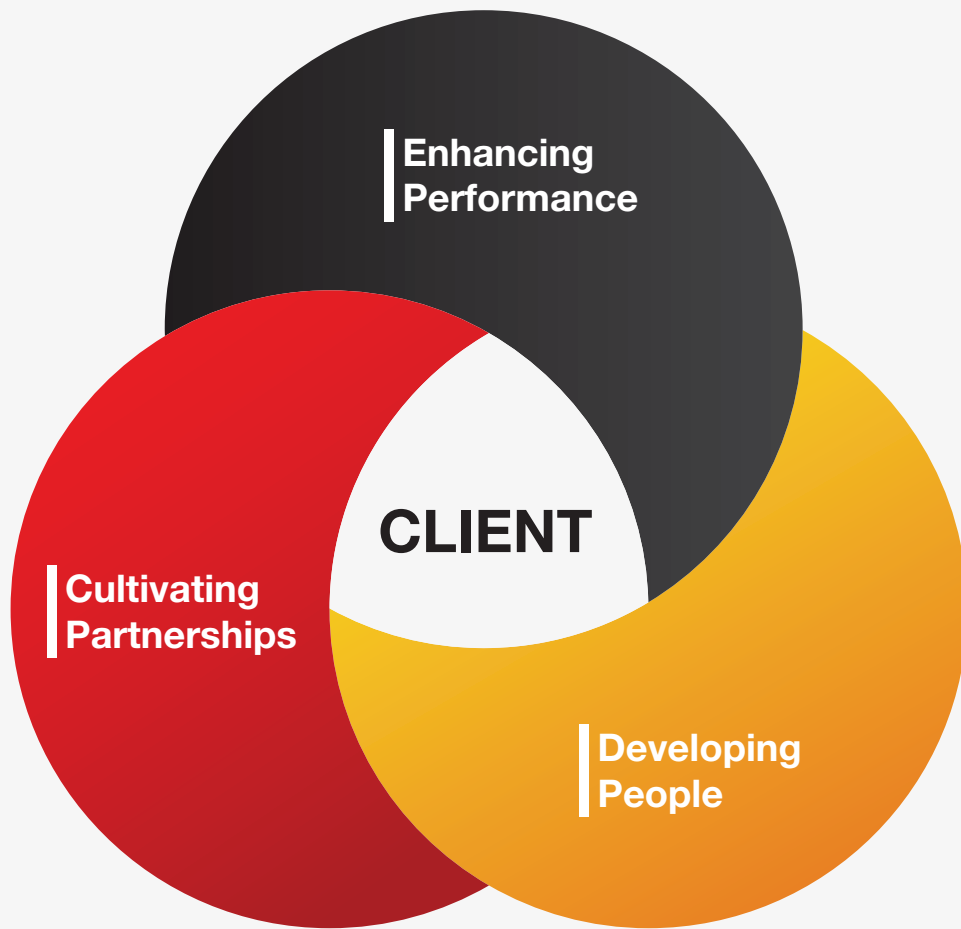
Victoria Riddle



**Nyá:wəh Kowa
Chi Miigwetch
Thank you
to all of our
2022-23 Donors**



2019-23 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.



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Fax: 519-752-6096

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Fax: 905-544-4247

Niagara Location

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