Honouring Our Strengths

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The creator imaged the most beautiful and perfect place... Where life would grow
Indigenous Knowledge / Culture-Based Evidence ... What does this mean?

One day somebody is going to call us on it – statements like, “our way is the way of the circle; our way is the way of the four directions; our way is a holistic way of life; we are environmentally conscious,” and so on. Somebody one day is going to ask us what that means.

• **We are in that time now**
• **It's also time for us to discuss how to balance Indigenous knowledge with western empirical evidence specific to addressing addictions/mental health**
• **Culture is not a superficial factor – it isn't just behavioral**
Knowledge always has been tethered to its origin.

**Western Knowledge**
- Theoretical until it's proven
- Ownership / authorship of knowledge
- Public knowledge
- Open to testing to determine validity
- Citation

**Sacred Knowledge**
- Original Knowledge given by the spirit
- Carried by the student / teachers for the people
- Held in trust
- Translated across generations to make usable in all contexts while maintaining the truth of the knowledge
- Citation – sacred society / teachers
Our Indigenous knowledge systems are still in tact.
Research Questions:

- What is a whole and health person
- How do culture based practices facilitate wellness
- What outcomes can we expect from the use of culture to facilitate wellness
Common Culture Interventions

- Respects diversity of cultures
- Based on common cultural practices
- Identifies indigenous language as central to knowledge, sanctioning, practice
- Whether cultural intervention are practice within a residential treatment center or in a community based service – community is involved
Promising Models
Indigenous Wellness Framework

Increase in Wellness
- Youth 8-11%
- Adult 17%
- Community 33%

Opioid misuse: 23%
Opioid misuse: 74%
Designed for community monitoring of Opioid:
- Use and Misuse Patterns
- Treatment
- Harm Reduction
- Pregnancy
- Trauma
- Impact on Family & Community
- Community Attitude
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