



FNHA

**MENTAL HEALTH
+ WELLNESS**

SUMMIT

FEBRUARY 2018 | VANCOUVER

FNHA
MENTAL HEALTH
+ WELLNESS
SUMMIT

FEBRUARY 2018 | VANCOUVER



HELEN JOE,
 Board of Directors
 First Nations Health Authority

Greetings,

At the First Nations Health Directors Association Annual General Meeting in September 2017, the First Nations Health Authority posed the question: Would you attend a provincial First Nations mental health and wellness gathering? Ninety-nine percent of health directors and administrators responded with an emphatic 'yes'. I am very pleased we were able to follow through on this commitment and am happy to welcome you to the Mental Health & Wellness (MH&W) Summit.

This Summit is premised on the idea that we must be active participants in our own healing. The presentations, workshops and healers assembled here represent, in their own right, our ongoing resilience as First Nations people.

Over the next two days we will collectively reflect upon the impact of the tools of colonization on our mental health and wellbeing, the resurgence of ancestral teachings as health interventions, and the importance of self-determined healing journeys for individuals, families and communities.

As First Nations peers, partners and leaders in mental health and wellness, this event provides us with the opportunity to share knowledge and learn from each other's experiences.

Participation in the MH&W Summit will:

- Increase readiness to implement mental health and wellness initiatives in your community by learning about specific examples of lessons learned and successes achieved in communities in BC and across Canada
- Strengthen professional mental health and wellness networks – networks that will extend beyond the MH&W Summit
- Enhance understanding of the value and benefit of a harm reduction approach in supporting healthy communities

Together, we can create a space for productive and relevant conversations about shared challenges and tested solutions—conversations which will move us and our communities further along the important journey of mental health and wellness.

In closing, I firmly believe we are in a moment where our teachings are needed more than ever. Today there is broad societal recognition of the connection between mind, body and spirit. Now is the time for us to contribute our First Nations teachings about holistic health, reciprocity and balance to the broader mental health conversation, not only for First Nations but for all British Columbians.

I look forward to continuing our work together toward improvement of First Nations mental health and wellness in BC.



DR. ED CONNORS, Psychologist, Province of Ontario
TWO-EYED SEEING AND THE TWO ROW WAMPUM TREATY

Ed Connors is of Mohawk and Irish ancestry and is a band member of Kahnawake Mohawk Territory. Ed is a psychologist registered in the Province of Ontario and he has worked with First Nations communities in both urban and rural centres across Canada since 1982. Ed has worked as the clinical director of an Infant Mental Health Centre in Regina and he has also been the director of the Sacred Circle, a suicide prevention program serving First Nations communities in northwestern Ontario. While working with Sacred Circle, Ed apprenticed with Elders in traditional First Nations approaches to healing. Today his practice combines his traditional knowledge about healing with his training as a psychologist. Since 1993, he and his wife Donna have managed Onkwatenro'shon:A, a health planning organization which provides health consultation and psychological services to First Nations individuals, families and communities throughout the Georgian Bay Muskoka region.



GRAND CHIEF DOUG KELLY, Chair, First Nations Health Council
SOCIAL DETERMINANTS AND MENTAL HEALTH AND WELLNESS

Doug Kelly serves as the Chair of the First Nations Health Council. The First Nations Health Council is responsible for overseeing the design of and transition to a new First Nations health governance structure as well as overseeing the delivery of health action items identified in the Tripartite First Nations Health Plan. Mr. Kelly is also a founding member of the Stó:lō Tribal Council. Doug has more than 25 years of leadership experience including four terms as Chief of Soowahlie, eight years as Tribal Chief & officer for the Stó:lō Tribal Council, and key leadership positions with the First Nations Summit Political Executive, founding Chair of the BC First Nations Fisheries Council, and the BC Treaty Commission. Mr. Kelly has 13 years of experience in senior management positions, including senior leadership roles with the First Nations Chiefs' Health Committee, Stó:lō Nation, and Stó:lō Tribal Council.



THEO FLEURY, NHL Stanley Cup Champion, Relational Trauma Expert
PLAYING WITH FIRE

Theo Fleury is an NHL Stanley Cup Champion and a relational trauma expert. He is a Siksika Nation Honorary Chief and recipient of the Aboriginal Inspire Award. Theo defines himself as a victor over trauma and addiction, and facilitator to those still trying to find their way. Theo has been awarded the Canadian Humanitarian Award and The Queen's Jubilee Medallion. Theo's best-selling books, *Playing with Fire* and *Conversations with a Rattlesnake*, encourage open sharing and provide practical tools for people seeking help. These tools are also useful to those who want to lead a productive conversation with anybody else experiencing trauma. Theo loves people, their stories and their journeys. He is committed to daily transformation through personal growth, mindfulness and new action. His compassionate spirit allows others to feel safe and whole through experiencing his vulnerability. Without controversy or blame, Theo focuses on helping and leading others down a path of healing.



RICHARD JOCK, Chief Operating Officer, First Nations Health Authority
IDENTIFYING OPPORTUNITIES FOR ADDRESSING/INCORPORATING/REFLECTING MENTAL HEALTH & WELLNESS

Richard Jock is a member of the Mohawks of Akwesasne and serves as the Chief Operating Officer for the First Nations Health Authority. As the COO, Mr. Jock's portfolio includes health benefits, policy, planning, engagement, service improvements/integration, investment strategies, and regional partnership implementation. His position also provides leadership for the building, functioning and implementation of strong partnerships within the First Nations health governance structure and within the health system more broadly. Richard has worked for the past 25 years for First Nations organizations and the federal government, including numerous positions in the health field. Prior to joining the FNHA, he held the post of Chief Executive Officer for the Assembly of First Nations. Among his other professional roles, Richard has held senior leadership positions at Norway House Health Services Incorporated, Health Canada, the National Aboriginal Health Organization, and Mohawk Council of Akwesasne.

DAY 1 | WEDNESDAY, FEBRUARY 7

7:00 AM 7:30 - 8:30 AM	Registration Opens Breakfast
8:30 - 9:00 AM Grand Ballroom	WELCOME TO COAST SALISH TERRITORY, OPENING Syexwaliya Ann Whonnock , Squamish Nation Helen Joe , FNHA Board of Directors
9:00 - 9:15 AM Grand Ballroom	OVERVIEW OF AGENDA AND SUMMIT ACTIVITIES Sandra Harris , Emcee / Mark Matthew , Emcee
9:15 - 9:45 AM Grand Ballroom	KEYNOTE: SOCIAL DETERMINANTS AND MENTAL HEALTH AND WELLNESS Grand Chief Doug Kelly , Tribal Chief and President, Stó:lō Tribal Council, First Nations Health Council
9:45 - 10:15 AM Grand Ballroom	KEYNOTE: IDENTIFYING OPPORTUNITIES FOR ADDRESSING/INCORPORATING/REFLECTING MENTAL HEALTH & WELLNESS Richard Jock , Chief Operating Officer, FNHA
10:15 - 10:30 AM Grand Ballroom	AUDIENCE Q&A Grand Chief Doug Kelly , Tribal Chief and President, Stó:lō Tribal Council, First Nations Health Council Richard Jock , Chief Operating Officer, FNHA
10:30 - 10:45 AM	WELLNESS BREAK
10:45 AM - 12:15 PM	CONCURRENT BREAKOUT SESSIONS #1
FRASER SALISH CALL TO ACTION ON SUICIDE Stanley Park Salon 1	The FNHC's Fraser Salish regional representatives prompted a 'Call to Action on Suicide' and engaged Fraser Salish Chiefs and Health Directors to develop an action plan. The plan sets out a shared vision for change, including a common understanding of the problem and a joint approach to solving it. Laurie Edmundson , Regional Mental Wellness Advisor, FNHA Jodie Millward , Regional Mental Wellness Advisor, FNHA Lynn Ned , Aboriginal Youth Suicide Prevention & Mental Health Coordinator, Fraser Health
CONFIDENT PARENTS: THRIVING KIDS – CULTURALLY SAFE, EVIDENCE-BASED SUPPORT FOR FAMILIES Stanley Park Salon 2	This phone-based coaching service reduces mild to moderate behavioural problems and promotes healthy child development in children ages 3-12. The program is being offered by trained coaches in the Osoyoos Indian Band. Learn more about how they adapted the program to suit their needs and where the opportunity may lie for your community. Jacki McPherson , Health Director, Osoyoos Indian Band Tara Wolff , Program Manager, Canadian Mental Health Association - BC Division
USING TECHNOLOGY TO ACCESS MENTAL HEALTH AND WELLNESS SERVICES (...AND WHAT IN THE WORLD IS A HACKATHON, ANYWAY?!) Stanley Park Salon 2	The Mental Health Commission of Canada and the Nookiiwin Tribal Council have partnered to introduce the use of technology in mental health and wellness. Find out what a 'hackathon' is and how it works. You'll also learn about a real life example of how a hackathon helped to address lateral violence in a First Nations community in northern Ontario. Audrey Gilbeau , Executive Director / Governance, Nookiiwin Tribal Council MaryAnn Notarianni , Manager, e-Mental Health, Mental Health Commission of Canada Meg Schellenberg , Program Manager, e-Mental Health, Knowledge Exchange Centre, Mental Health Commission of Canada Kerri Wright , Mental Health Project Navigator, Nookiiwin Tribal Council
INDIGENOUS PERSPECTIVES ON ADDICTION AND HARM REDUCTION Grand Ballroom	Find out why First Nations people and communities are overrepresented in BC's opioid overdose public health emergency and explore how we as First Nations people and communities can work together to respond. Learn about the broader context of decolonizing addiction and substance use and what harm reduction can look like from an Indigenous perspective. Andrea Medley , Indigenous Wellness Educator, FNHA Len Pierre , Indigenous Cultural Wellness Designer, FNHA

12:15 - 1:15 PM	LUNCH
1:15 - 2:45 PM	CONCURRENT BREAKOUT SESSIONS #2
IMPLEMENTING JORDAN'S PRINCIPLE IN BC Stanley Park Salon 1	FNHA is committed to preventing First Nations children and youth from being denied essential services or experiencing delays in receiving these services. Learn about FNHA's approach to implementing Jordan's Principle: assessing needs, facilitating early intervention, connecting children and families to needed services, and involving relevant partners in cases as needed in order to address immediate service gaps as efficiently as possible. Kinwa Bluesky , Consultant, Jordan's Principle, FNHA Amory Adrian , Region Program Development Advisor - BC Region, Jordan's Principle Focal Point, Indigenous and Northern Affairs Canada
RIVERSTONE HOME/MOBILE DETOX PROGRAM IN FRASER SALISH REGION Stanley Park Salon 2	Learn about the operational aspects of delivering a detox service to a diverse client group on an outreach basis. Stories about working with Aboriginal clients with lived experience will be shared and Indigenous approaches to detox will be discussed. Denyse Armstrong , Riverstone Clinical Coordinator, Fraser Health Lee Erikson , Manager, Mental Health Substance Use, Fraser Health Stan Kuperis , Director, Mental Health and Substance Use, Fraser Health Ryan Stone , Aboriginal Outreach Nurse, Fraser Health
HARM REDUCTION: DELIVERING OPIOID AGONIST THERAPY IN FIRST NATIONS COMMUNITIES & TREATMENT CENTRES Grand Ballroom	Treatment Centre and nursing leads who are supporting harm reduction strategies will discuss providing Opioid Agonist Therapy (OAT) to First Nations communities and clients on the path to healing. Learn about OAT implementation logistics and client outcomes at treatment facilities, and how to successfully support nurses in delivering Suboxone in First Nations communities. MODERATOR: Cynthia Russell , Clinical Nurse Specialist, Mental Health, FNHA PANELLISTS: Carol Eshkakogan , Executive Director, Benbowopka Treatment Centre Marlene Isaac , Executive Director, Round Lake Treatment Centre Erin Wiltse , Nursing Practice Consultant, FNHA Cathy Zarchynski , Clinical Nurse Specialist – Addictions, FNHA
2:45 - 3:00 PM	WELLNESS BREAK
3:00 - 4:00 PM Grand Ballroom	PANEL DISCUSSION: COMMUNITY RESPONSES TO SEXUAL ABUSE Sexual abuse is a primary contributing factor to suicide attempts and completion. To heal from sexual abuse and to minimize the impact of shame, we must first come to a collective understanding of the root causes of sexual abuse. Panellists discuss a family/community approach to healing from sexual abuse. MODERATOR: Stan Matthew , Teechuktl CHS Training Coordinator, Nuu-chah-nulth Tribal Council PANELLISTS: Chief Charlene Belleau , Esketemc First Nation Chief Ken Hansen , Yale First Nation Vina Robinson , Teechuktl Mental Health Manager, Nuu-chah-nulth Tribal Council Patricia Vickers , Director, Mental Health and Wellness, FNHA
4:00 - 4:15 PM Grand Ballroom	CLOSING Syexwaliya Ann Whonnock , Squamish Nation
5:30 - 8:00 PM Grand Ballroom	CULTURAL DINNER PERFORMANCES BY: Lelaladancers, Kwakwaka'wakw Eagle Song Dancers, Squamish Kwhlii Gibaygum Nisga'a Dancers (KGN), Urban Nisga'a

DAY 2 | THURSDAY, FEBRUARY 8

7:30 - 8:30 AM	Breakfast - Grand Ballroom
8:30 - 9:00 AM	OPENING AND REFLECTIONS ON DAY 1 Eugene Harry (XiQuelem), member of the Cowichan Tribes, Shaker Church Minister in Squamish First Nation Richard Jock , Chief Operating Officer, FNHA Kim Brooks , Board Chair, First Nations Health Directors Association
9:00 - 9:15 AM	KEYNOTE: IMPROVING ACCESS AND QUALITY OF MENTAL HEALTH AND ADDICTIONS SERVICES FOR ALL Honourable Judy Darcy , Minister of Mental Health and Addictions, Province of B.C.
9:15 - 10:30 AM	KEYNOTE: TWO-EYED SEEING AND THE TWO ROW WAMPUM TREATY Dr. Ed Connors , Psychologist, Province of Ontario
	When the settler populations came to Turtle Island they brought with them a form of thought that determined how they viewed themselves, the world around them, all of creation, and Creator. The settlers' way of thinking was extremely different from 'two-eyed seeing', the way our Indigenous ancestors, Turtle Island's original inhabitants, viewed Mother Earth. In the Two Row Wampum Treaty of 1613, the newcomers acknowledged these differences and pledged to co-exist peacefully. Despite this mutual agreement, the settlers perpetrated colonization and genocide on Aboriginal peoples. They justified their actions through their way of thinking.
	Today, as we attempt to reclaim two-eyed seeing through decolonization, many within the settler population are also coming to see that two-eyed seeing is essential to the survival of all human beings living on Mother Earth. More than ever, we need to reconstruct and revitalize two-eyed seeing within our communities and within ourselves. Examples of how we are retaining, developing and restoring our Indigenous thought and knowledge will be discussed, as well as how those examples positively connect with our overall health and wellness.
10:30 - 10:45 AM	WELLNESS BREAK
10:45 AM - 12:15 PM	CONCURRENT BREAKOUT SESSIONS #3
HARM REDUCTION GRANTS – PROMISING STRATEGIES	In response to the opioid crisis organizations, schools and agencies engaged in direct health service delivery to BC First Nations and/or Aboriginal people were eligible to apply for funding to provide community-driven harm reduction events or initiatives. Join this panel of successful grant applicants to learn more about promising practices in harm reduction.
Stanley Park Salon 1	MODERATOR: Katie Hughes , Executive Director, FNHA PANELLISTS: A selection of successful Harm Reduction Grant applicants from Community and First Nations serving organizations
LIFE PROMOTION AND SUICIDE PREVENTION FOR YOUTH: LEADING WITH THE LANGUAGE OF LIFE	Learn about the 'Wise Practices for Life Promotion and Suicide Prevention' project. The project is led by an advisory group of Indigenous and non-Indigenous researchers, leaders, practitioners, Elders and youth. The Stó:lō Aboriginal Suicide and Crisis Intervention Team (ASCIRT) will be showcased as one specific example of a wise practice.
Stanley Park Salon 2	Dr. Jennifer White , Associate Professor, School of Child and Youth Care, University of Victoria Jenz Malloway , ASCIRT Coordinator, Sto:lo Nation Dr. Ed Connors , Psychologist, Province of Ontario
IMPLEMENTING CULTURALLY RELEVANT CARE IN ONTARIO'S HEALTHCARE SYSTEM	The Centre for Addiction and Mental Health (CAMH) is Canada's largest mental health and addiction teaching hospital. In 2015, CAMH launched Guiding Directions: A plan to strengthen our practices and partnerships with First Nations, Inuit and Métis peoples. This strategy supports Indigenous wellness through the implementation of culturally relevant care and initiatives within the hospital and across the provincial healthcare system.
Stanley Park Salon 3	Dr. Renee Linklater , Director, Aboriginal Engagement and Outreach, Centre for Addiction and Mental Health

ADDRESSING TRAUMA	Recovery from trauma for Aboriginal peoples is a two-fold process. First, we need to understand the nature of shame-based oppression and the impact of intergenerational trauma. Second, we need to understand that trauma is an experience we all share as human beings. The panellists will discuss methods and cultural practices that assist with healing trauma.
Grand Ballroom	MODERATOR: Lorraine Naziel , Community Health and Wellness Services, FNHA PANELLISTS: Sandra Harris , Trauma Therapist Jan Ference , Project Director, Pathways to Healing Partnership Sunyata Calogeros-Smith , Somatic Psychotherapist
12:15 - 1:15 PM	LUNCH
1:15 - 2:45 PM	CONCURRENT BREAKOUT SESSIONS #4
THE WHITECROW VILLAGE MODEL: A WHOLE CIRCLE ENVIRONMENT ADDRESSING SUBSTANCE MISUSE	This successful, one-of-a-kind model was developed over the course of twenty years. Originally designed to support people and families living with FASD, the Whitecrow model can be applied to many populations. You will hear personal stories from individuals and clinicians, and learn about the model's growth, refinement, and its practical applications for your community members.
Stanley Park Salon 1	Kee Warner , Executive Director, Whitecrow Village
TRANSFORMING HEALTHCARE TO BECOME MORE CULTURALLY EFFECTIVE	Stories and research findings will be shared from the Vancouver Indigenous Elder's Partnership (VIP) Program. Presenters will draw from a three-year pilot project that provided a 'partnership model' of care with Indigenous Elders to over 300 patients. Final results from implementation and research evaluations will also be presented.
Stanley Park Salon 2	Dr. David Tu , Family Physician, Vancouver Native Health Society Roberta Price , Elder, Vancouver Native Health Society Jennifer Dehoney , Program Coordinator, Vancouver Native Health Society
LAND-BASED HEALING - PANEL DISCUSSION	This session comes from a place of 'All my relations', an Indigenous philosophy which means 'We are all related' or 'We are all connected'. Panellists share personal and compelling experiences of connecting with land, water, and all that is. Learn about how land-based activities have led to deep healing and greater wellness outcomes for First Nations peoples.
Grand Ballroom	MODERATOR: Sandra Harris , Trauma Therapist PANELLISTS: Julia Atleo & Dave Frank , Chimahnah, Ahousaht Colleen Geddes , Coordinator, Jackson Lake Wellness Team, Kwanlin Dun Justice Freda Huson , Unist'ot'en Healing Centre Larry Jorgenson , Qqs Projects Society, Heiltsuk First Nation
2:45 - 3:00 PM	WELLNESS BREAK
3:00 - 4:00 PM	KEYNOTE: PLAYING WITH FIRE Theo Fleury , NHL Stanley Cup Champion, Relational Trauma Expert
Grand Ballroom	This Indspire Award winner will share about the early years when he first fell in love with hockey along with the success of an elite NHL career and earning an Olympic gold medal. Abuse is also part of Theo's story and he will highlight how spirituality helped him to finally overcome his painful past, alcoholism and drug addiction to become an inspirational victor over life's obstacles.
4:00 - 4:30 PM	CLOSING
Grand Ballroom	Eugene Harry (XiQuelem), member of the Cowichan Tribes, Shaker Church Minister in Squamish First Nation Richard Jock , Chief Operating Officer, FNHA

WELLNESS SUPPORTS

CULTURAL SUPPORT: BRUSHING

In Coast Salish territory, brushing, either with cedar boughs and/or water, is a practice used to brush off and cleanse a person's personal power. To cleanse body, mind, and soul, cultural healers and/or elders brush the physical body to cleanse from the weight that memory can cause. Plants such as cedar and spruce are used for brushing off and assist a person to let go of troubling thoughts and emotions that cause anxiety or stress.

Cultural support provided by Tsow-Tun Le Lum:

- Della Shade
- George Jeffrey
- Bernadine Mawson
- Dave Frank
- Louise White

LOCATION: 1st floor – Mackenzie/Seymour

TIME: February 7th – 8:00am to 5:00pm, February 8th – 8:00am – 2:00pm

CLINICAL SUPPORT: GROUNDING

“The connection to the ground” is lost when one is triggered and is overwhelmed with fear. The individual moves into a survival state of fight, flight, or freeze. In overwhelm, the body, along with the mind and emotions, “hold” the stress or fear in a state creating a sense of being stuck. Clinicians are available to provide support and guidance in deactivation and self-regulation.

Clinical Support provided by:

- Margaret Tucker
- Lynn Power
- Sean O'Donaghey
- Wade Moses

LOCATION: 1st floor – Fraser

TIME: February 7th – 8:00am to 5:00pm, February 8th – 8:00am – 2:00pm

EXHIBITORS

Canadian Mental Health Association - BC Division
College of Pharmacists
First Nations Health Authority
First Nations Health Directors Association
KUU-US Crisis Line Society
Mental Health Commission of Canada
Salmon Berry
Thunderbird Partnership Foundation
Tse'lacha Wellness & Products

LOCATION: Grand Ballroom Foyer

TIME: February 7th & 8th: 8:00am – 4:30pm

Registered delegates are encouraged to visit the Exhibitors during break times throughout the Summit.



First Nations Health Authority
Health through wellness

FNHA
MENTAL HEALTH
+ WELLNESS
SUMMIT

FEBRUARY 2018 | VANCOUVER