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 tested solutions—conversations which will move us and our communities further along the important journey of mental health and wellness.

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KEYNOTE: SOCIAL DETERMINANTS AND MENTAL HEALTH AND WELLNESS

Grand Chief Doug Kelly, Tribal Chief and President, Stó:lō Tribal Council, First Nations Health Council

The Mental Health Commission of Canada and the Nokiiwin Tribal Council have partnered to train 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.

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

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 Wofit, Program Manager, Canadian Mental Health Association - BC Division

Keynote: Identifying Opportunities for Addressing/Incorporating/Reflecting Mental Health & Wellness

Richard Jack, Chief Operating Officer, FNHA

AUDIENCE Q&A

Grand Chief Doug Kelly, Tribal Chief and President, Stó:lō Tribal Council, First Nations Health Council
Richard Jack, Chief Operating Officer, FNHA

WELLNESS BREAK

10:45 AM - 1:15 PM

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.

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The Mental Health Commission of Canada and the Nokiiwin 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, Nokiiwin Tribal Council
MaryAnn Natuaniemi, Manager, e-Mental Health, Mental Health Commission of Canada
Mag Schellenberg, Program Manager, e-Mental Health, Knowledge Exchange Centre, Mental Health Commission of Canada
Kerri Wright, Mental Health Project Navigator, Nokiiwin Tribal Council

CONFIDENT PARENTS: THRIVING KIDS – CULTURALLY SAFE, EVIDENCE-BASED SUPPORT FOR FAMILIES

Stanley Park Salon 2

Stanley Park Salon 1

Stanley Park Salon 2

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KEYNOTE: SOCIAL DETERMINANTS AND MENTAL HEALTH AND WELLNESS

Grand Chief Doug Kelly, Tribal Chief and President, Stó:lō Tribal Council, First Nations Health Council
**DAY 2 | THURSDAY, FEBRUARY 8**

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<thead>
<tr>
<th>Time</th>
<th>Venue</th>
<th>Details</th>
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<tbody>
<tr>
<td>7:30 - 8:30 AM</td>
<td>Breakfast - Grand Ballroom</td>
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<tr>
<td>8:30 - 9:00 AM</td>
<td>Grand Ballroom</td>
<td>OPENING AND REFLECTIONS ON DAY 1</td>
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<td>Eugene Harry (Xikeulem), member of the Cowichan Tribes, Shaker Church Minister in Squamish First Nation</td>
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<td>Richard Jack, Chief Operating Officer, FNHA</td>
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<td>Kim Brooks, Board Chair, First Nations Health Directors Association</td>
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<tr>
<td>9:00 - 9:15 AM</td>
<td>Grand Ballroom</td>
<td>KEYNOTE: IMPROVING ACCESS AND QUALITY OF MENTAL HEALTH AND ADDICTIONS SERVICES FOR ALL</td>
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<td>Honourable Judy Dym, Minister of Mental Health and Addictions, Province of B.C.</td>
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<tr>
<td>9:15 - 10:30 AM</td>
<td>Grand Ballroom</td>
<td>KEYNOTE: TWO-EYED SEEING AND THE TWO ROW WAMPUM TREATY</td>
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<td>Dr. Ed Connors, Psychologist, Province of Ontario</td>
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<td>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 agreed 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.</td>
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<td>10:30 - 10:45 AM</td>
<td>Grand Ballroom</td>
<td>WELLNESS BREAK</td>
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<td>10:45 AM - 12:15 PM</td>
<td>Grand Ballroom</td>
<td>CONCURRENT BREAKOUT SESSIONS #3</td>
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<td>12:15 - 1:15 PM</td>
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<td>LUNCH</td>
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<td>12:15 - 1:15 PM</td>
<td>Grand Ballroom</td>
<td>CONCURRENT BREAKOUT SESSIONS #4</td>
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<td>THE WHITECROW VILLAGE MODEL: A WHOLE CIRCLE ENVIRONMENT ADDRESSING SUBSTANCE MISUSE</td>
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<td>Stanely Park Salon 1</td>
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<td>1:15 - 2:45 PM</td>
<td>Grand Ballroom</td>
<td>TRANSFORMING HEALTHCARE TO BECOME MORE CULTURALLY EFFECTIVE</td>
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<td>Stanely Park Salon 2</td>
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<td>2:45 - 3:00 PM</td>
<td>Grand Ballroom</td>
<td>WELLNESS BREAK</td>
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<td>3:00 - 4:00 PM</td>
<td>Grand Ballroom</td>
<td>KEYNOTE: PLAYING WITH FIRE</td>
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<td>Theo Fleury, NHL Stanley Cup Champion, Relational Trauma Expert</td>
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<td>4:00 - 4:30 PM</td>
<td>Grand Ballroom</td>
<td>CLOSING</td>
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**ADDRESSING TRAUMA**

**Grand Ballroom**

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 panelists will discuss methods and cultural practices that assist with healing trauma.

**MODERATOR:** Lorraine Naziel, Community Health and Wellness Services, FNHA  
**PANELISTS:**  
Sandra Harris, Trauma Therapist  
Jan Ference, Project Director, Pathways to Healing Partnership  
Suniyata Calgoeros-Smith, Somatic Psychotherapist

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**HARM REDUCTION GRANTS – PROMISING STRATEGIES**

**Stanley Park Salon 1**

In response to the opioid crisis organizations, schools and agencies engaged in direct health service delivery to BC First Nations and/or Aboriginal peoples 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.

**MODERATOR:** Katie Hughes, Executive Director, FNHA  
**PANELISTS:** A selection of successful Harm Reduction Grant applicants from Community and First Nations serving organizations

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**LIFE PROMOTION AND SUICIDE PREVENTION FOR YOUTH: LEADING WITH THE LANGUAGE OF LIFE**

**Stanley Park Salon 2**

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 $89,000 Aboriginal Suicide and Crisis Intervention Team (ASCIRT) will be showcased as one specific example of a wise practice.

**Dr. Jennifer White, Associate Professor, School of Child and Youth Care, University of Victoria**  
**Jenz Malloway, ASCIRT Coordinator, Stoi Nation**  
**Dr. Ed Connors, Psychologist, Province of Ontario**

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**IMPLEMENTING CULTURALLY RELEVANT CARE IN ONTARIO’S HEALTHCARE SYSTEM**

**Stanley Park Salon 3**

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.

**Dr. Renee Linklater, Director, Aboriginal Engagement and Outreach, Centre for Addiction and Mental Health**

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**ADDRESSING SUBSTANCE MISUSE**

**A WHOLE CIRCLE ENVIRONMENT ADDRESSING SUBSTANCE MISUSE**

**Stanley Park Salon 1**

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.

**Dr. David Tsu, Family Physician, Vancouver Native Health Society**  
**Roberta Price, Elder, Vancouver Native Health Society**  
**Jennifer Dehoney, Program Coordinator, Vancouver Native Health Society**

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**LAND-BASED HEALING - PANEL DISCUSSION**

**Grand Ballroom**

This session comes from a place of ‘All my relations’, an Indigenous philosophy which means ‘We are all related’ or ‘We are all connected’. Panelists 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.

**MODERATOR:** Sandra Harris, Trauma Therapist  
**PANELISTS:** Julia Atleo & Dave Frank, Chimahnah, Ahousaht  
**Solen Geddes, Coordinator, Jackson Lake Wellness Team, Kwanlin Dun Justice**  
**Freda Hudson, Unist’ot'en Healing Centre**  
**Larry Jorgensen, Qqs Projects Society, Neitstuk First Nation**

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**EFFECTIVE SERVICES FOR ALL**

**Grand Ballroom**

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 $89,000 Aboriginal Suicide and Crisis Intervention Team (ASCIRT) will be showcased as one specific example of a wise practice.

**Dr. Jennifer White, Associate Professor, School of Child and Youth Care, University of Victoria**  
**Jenz Malloway, ASCIRT Coordinator, Stoi Nation**  
**Dr. Ed Connors, Psychologist, Province of Ontario**

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**THE WHITECROW VILLAGE MODEL: A WHOLE CIRCLE ENVIRONMENT ADDRESSING SUBSTANCE MISUSE**

**Stanley Park Salon 1**

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 2**

**Keen Warner, Executive Director, Whitecrow Village**

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**CLOSING**

**Grand Ballroom**

**Eugene Harry (Xikeulem), member of the Cowichan Tribes, Shaker Church Minister in Squamish First Nation**  
**Richard Jack, 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.