



# First Nations Health & Wellness Summit

MAY 7 - 9, 2024 | PROGRAM



First Nations Health Authority  
Health through wellness

Restoring wholistic wellness for First Nations in British Columbia

# Welcome from the FNHA Board Chair and CEO

## GREETINGS,

On behalf of the First Nations Health Authority (FNHA), we welcome you to the First Nations Health & Wellness Summit: Restoring wholistic wellness for First Nations in British Columbia.

Since time immemorial, First Nations people have shared wise, wholistic health and wellness practices from generation to generation. By gathering together, we look forward to discussing the ways in which First Nations in BC are restoring wholistic wellness through wise, community-driven practices. This Summit is designed to hear your perspectives and what's working in your communities so this learning can be shared and taken home by others.

First Nations people are often faced with disproportionate and challenging impacts of public health emergencies, such as the ongoing toxic drug crisis, wildfires, floods and residential school findings. These impacts can have a cumulative effect on the mental health and wellness of First Nations in BC. These, however, are often deficit-based looks at how First Nations are faring.

Over the next few days, we will talk about the good work we have done—and continue to do—in supporting one another through difficult times. Our resilience, strength and determination as First Nations people allows us not only to survive, but also to thrive and flourish.

Gatherings are a strong part of our culture. Coming together and sharing our collective wisdom will help to inform more comprehensive and wholistic approaches to health and wellness for the generations to come.

The primary areas of focus for this year's First Nations Health & Wellness Summit include: the social determinants of health, the toxic drug response, and mental health, wellness and healing. The Summit will feature:

- A series of keynote speakers, workshops and interactive discussions that will highlight community-based wise and best practices – so that these learnings can be taken home, adapted and take root in your communities.
- Hands-on training and education focused on building capacity in First Nations communities to better address trauma, addictions, harm reduction, and wellness.

We ask you to join us in journeying together with First Nations communities and health system partners toward our Shared Vision: healthy, self-determining and vibrant BC First Nations, children, families and communities.

We look forward to continuing our work together. Throughout this process, please take the time to learn, connect with others, and above all, take care of your health and wellness.

In Wellness,



**Dr. Sheila Blackstock,**  
FNHA Board Chair



**Richard Jock,**  
FNHA Chief Executive Officer

# Agenda DAY ONE | Tuesday, May 7, 2024



TIME	EVENT	LOCATION
7:30am – 8:30am	<b>Registration and Breakfast</b>	Regency Ballroom
8:30am – 9:00am	<b>Traditional Coast Salish Welcome and Opening</b> <b>Co-emcee: Dr. Nel Wieman</b> Chief Medical Officer, First Nations Health Authority <b>Co-emcee: Duanna Johnston-Virgo</b> Executive Director, Mental Health and Wellness First Nations Health Authority <b>Elder Lucy Barney</b> T'it'q'et Nation	Regency Ballroom
9:00am – 9:15am	<b>Opening Remarks – Health Governance Partners</b> <b>Dr. Sheila Blackstock</b> Board Chair, First Nations Health Authority <b>Keith Marshall</b> Board President, First Nations Health Directors Association	Regency Ballroom
9:15am – 10:15am	<b>The 10-Year Strategy on the Social Determinants of Health: Reclaiming our Wellness. Remembering Our Future.</b> <b>Wade Grant</b> Chair, First Nations Health Council <b>Wenecwtsin</b> Deputy Chair, First Nations Health Council	Regency Ballroom
10:15am – 10:45am	<b>Wellness Break</b>	

## BREAKOUTS

# Agenda DAY ONE | Tuesday, May 7, 2024

TIME	EVENT	LOCATION
10:45am – 12:00pm	<p><b>ᑕᓄᓐᓇᓕᓂᓐ ᑕᓄᓐᓇᓕᓂᓐ ᑕᓄᓐᓇᓕᓂᓐ ᑕᓄᓐᓇᓕᓂᓐ</b>  <b>“We have our own ancestral way of being”</b></p> <p>The justice system has profited significantly from the impacts that colonialism has had upon our people. Issues of systemic racism and ongoing intergenerational trauma have been barriers that have delayed meaningful healing and justice in our communities. Ahousaht is developing a Justice approach that will truly honour our ancestral way of life as well as the introduced colonial hardships that we continue to experience. Furthermore, the justice system has not effectively provided sustainable healing and rehabilitation for those that cause harm in our communities. Ahousaht understands that those who are causing harm are often victims of harm themselves. Therefore, we are developing a Justice strategy that will provide meaningful supports and healing to all of our people.</p> <p><b>Chief ᓇᓐᓇᓂᓐᓇᓂᓐ</b> (John Rampanen)  ᓇᓐᓇᓂᓐᓇᓂᓐ (Ahousaht Nation)</p>	Regency Ballroom
10:45am – 12:00pm	<p><b>Indigenous Foods and Practices:  Living and Learning throughout the life cycle</b></p> <p>Knowledge Holder Brenda Pike will share knowledge on food harvesting and food preservation, including her journey working with children and youth both in in her family and community. Along with Kathleen Yung, the presenters will discuss the Canning Champions Community of Practice and end with some tea blending.</p> <p><b>Brenda Pike</b>  Knowledge Holder, Skwah First Nation</p> <p><b>Kathleen Yung</b>  Specialist, Healthy Eating and Food Security, First Nations Health Authority</p>	Georgia A
10:45am – 12:00pm	<p><b>Applying a Social Determinants of Health lens to  community planning</b></p> <p>Walking a path to improve social determinants of health can feel overwhelming. Join this hands-on session to learn how to draw from existing community-driven plans and processes to help you identify activities to strengthen the social determinants of health in your community.</p> <p><b>Paul Miller</b>  Director, Community Planning, First Nations Health Authority</p> <p><b>Pratyush Dhawan</b>  Senior Specialist, Community Development, First Nations Health Authority</p> <p><b>Maya Molander</b>  Senior Specialist, Community Development, First Nations Health Authority</p>	Georgia B

# Agenda DAY ONE | Tuesday, May 7, 2024



TIME	EVENT	LOCATION
<b>LUNCH</b> <i>12:00pm – 1:00pm   Regency Ballroom</i>		
1:00pm 1:15pm	<b>Reflections from the CEO</b> <b>Richard Jock</b> Chief Executive Officer, First Nations Health Authority	Regency Ballroom
1:15pm – 2:15pm	<b>Culturally supportive housing - Wrap around supports - Harm reduction = Pathways to Healing &amp; Recovery</b> The Aboriginal Coalition to End Homelessness Society offers holistic housing approaches with an Indigenous worldview embedded into the fabric of their innovative framework. The “Dual Model of Housing Care”, includes culturally supportive housing, decolonized harm reduction, and is deeply rooted in land-based healing. The presentation will provide a high-level overview of culturally supportive housing in practice, pointing to highlights, knowledge gathering and evidence-based findings within a housing continuum - being unhoused (living rough) to transitioning into independent market housing, and everything in between. Central to the presentation is the foundation of the model which aligns Western health and Indigenous health resulting in leading practice and meaningful supports. <b>Fran Hunt-Jinnouchi</b> Executive Director, Aboriginal Coalition to End Homelessness Society	Regency Ballroom
2:15pm – 2:45pm	<b>Wellness Break</b>	
<b>BREAKOUTS</b>		
2:45pm – 4:00pm	<b>Pathways for Accessing Treatment</b> This hands-on training session will offer information on referrals to FNHA-funded treatment centres and rapid access beds. As well, there will be information on accessing subsidies to attend non-FNHA treatment centres for adults and youth. <b>Colleen Salter</b> Director, Clinical Mental Health Services, First Nations Health Authority <b>Dawnda Tate</b> Sr. Addictions Specialist, First Nations Health Authority	Regency Ballroom

# Agenda DAY ONE | Tuesday, May 7, 2024

TIME	EVENT	LOCATION
2:45pm – 4:00pm	<p><b>Opportunities for Health, Healing and Recovery of our families and Nations</b></p> <p>Thousands of our children that died at 18 Indian Residential Schools and three Indian Hospitals in BC will never be forgotten. There are 21 lead communities and project teams from our Nations who are leading research, interviews, and using various geophysical technologies to conduct their investigations in a culturally appropriate and respectful way. As Leaders and frontline workers, many of you are dealing with a toxic drug crisis, Missing and Murdered Indigenous Women and Girls, child welfare and mental health issues, all as a result of government policies meant to assimilate our Nations. We are resilient. Our collective strength of our cultures, traditions and languages will ensure we heal and create safer families and Nations!</p> <p><b>Charlene Belleau</b> First Nations Liaison, Ministry of Indigenous Relations &amp; Reconciliation</p>	Georgia A
2:45pm – 4:00pm	<p><b>Community-based Harm Reduction in Action</b></p> <p>There are many references to First Nations harm reduction but what does it mean and how do communities get started? Come and hear community-based approaches to introducing harm reduction supports and services that engage everyone in the conversation.</p> <p><b>Courtney Harrop</b> Harm Reduction Coordinator, Tla’amin Nation</p> <p><b>Rachel Bach</b> Associate Director of Health, ?akisq’nuk First Nation</p>	Georgia B
4:00pm – 4:20pm	<p><b>Cultural Sharing</b></p>	Regency Ballroom
4:20pm – 4:30pm	<p><b>Wrap-up and Closing Prayer</b></p> <p><b>Co-emcee: Dr. Nel Wieman</b> Chief Medical Officer, First Nations Health Authority</p> <p><b>Co-emcee: Duanna Johnston-Virgo</b> Executive Director, Mental Health and Wellness First Nations Health Authority</p> <p><b>Elder Lucy Barney</b> T’it’q’et Nation</p>	Regency Ballroom

# Agenda DAY TWO | Wednesday, May 8, 2024



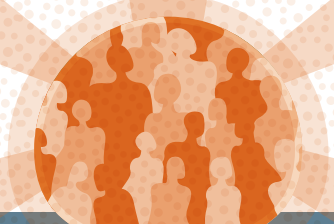
TIME	EVENT	LOCATION
7:30am – 8:30am	<b>Breakfast</b>	Regency Ballroom
8:30am – 9:00am	<p><b>Opening Prayer, Review of Day 1 and Overview of the Day</b>  <b>Co-emcee: Dr. Nel Wieman</b>                      Chief Medical Officer, First Nations Health Authority</p> <p><b>Co-emcee: Duanna Johnston-Virgo</b>                      Executive Director, Mental Health and Wellness                      First Nations Health Authority</p> <p><b>Elder Lucy Barney</b>                      T'it'q'et Nation</p>	Regency Ballroom
9:00am – 10:15am	<p><b>Honouring Ceremony – Lisa Lapointe</b>                      Former Chief Coroner, BC Coroners Service (retired)</p> <p>This ceremony will honour and acknowledge Lisa Lapointe who has, in partnership with the FNHA, engaged in work for First Nations communities in British Columbia.</p>	Regency Ballroom
10:15am – 10:45am	<p><b>Wellness Break</b>                      Join us for a FitNation movement break!</p>	Regency Ballroom
<b>BREAKOUTS</b>		
10:45am – 12:00pm	<p><b>Withdrawal Management – Supporting medical, social and home detox</b></p> <p>Supporting someone to safely withdraw from substances involves many considerations, including getting assessed by a health care provider to ensure the right supports are in place for a safe journey. This session will help you understand ways to assess potential safety and concerns around home or community withdrawal, detail symptoms of the withdrawal process and highlight when and where to get medical help if needed.</p> <p><b>Jodie Millward</b>                      Director, Toxic Drug Response, First Nations Health Authority</p> <p><b>Jenny Peters</b>                      Nursing Practice Consultant-Substance Use,                      First Nations Health Authority</p> <p><b>Stories from First Nations communities will be shared</b></p>	Regency Ballroom

# Agenda DAY TWO | Wednesday, May 8, 2024

TIME	EVENT	LOCATION
10:45am – 12:00pm	<p><b>OAT Access Programming: Walking Alongside Communities</b>                      Opioid Agonist Therapy (OAT) is one of the potential paths for wellness and treatment options for people who use substances. This presentation will define OAT and discuss what it means to implement OAT Access Programming in community that is sustainable and culturally safe by meeting communities and Nations where they are at. We use the analogy of building a boardwalk to health and wellness for communities impacted by substance use by building upon existing strengths and values and embedding community programming in First Nations ways of knowing and being.</p> <p><b>Hattie Daumann</b>, Nurse Practice Consultant,                      Substance Use &amp; Harm Reduction, First Nations Health Authority</p> <p><b>Torrie Beram</b>                      Registered Nurse, Central Interior Native Health Society</p>	Georgia A
10:45am – 12:00pm	<p><b>Amplifying Youth Voices</b>                      Youth with lived and living experience share their realities on engaging young people, harm reduction and healing.</p> <p><b>Whitney Welsh</b>                      Project Manager, First Nations Health Authority</p> <p><b>Youth representatives from across the province</b></p>	Georgia B
<p><b>LUNCH</b>                      12:00pm – 1:00pm   Regency Ballroom</p>		
1:00pm – 2:15pm	<p><b>Snxastwilxtn Recovery House: A Place To Heal</b>                      The Snxastwilxtn Recovery House is a community-led program that includes pre-treatment supports for individuals taking their first steps toward recovery and wellness. We provide day treatment for individuals in active sobriety and those preparing to attend residential treatment and a supportive after-care community to help community members stay grounded and balanced. Learn more about the start-up of the House and how it combines traditional teachings and healing techniques alongside Western philosophies of wellness.</p> <p><b>Jacki McPherson</b>                      Health Manager, Penticton Indian Band</p>	Regency Ballroom
2:15pm – 2:45pm	<p><b>Wellness Break</b></p>	
<p><b>BREAKOUTS</b></p>		



# Agenda DAY TWO | Wednesday, May 8, 2024



TIME	EVENT	LOCATION
2:45pm – 4:00pm	<p><b>Land as Healer</b> This panel session will focus on land as a modality for healing inter-generational trauma, dispossession, and cultural loss by supporting the reclamation of identity, tradition, and ways of being. Speakers will present strategies, ideas, and challenges in utilizing the “land as healer” to inspire best practices for Land-based Healing.</p> <p><b>Carla Lewis</b> Senior Specialist, Traditional Wellness, First Nations Health Authority</p> <p><b>Dr. Karla Tait, Oyate Kin Ekta Kigla Win Tait, Brenda Michell, Abraham Ramirez and Savannah Prince</b> Unistot’en Healing Centre</p>	Regency Ballroom
2:45pm – 4:00pm	<p><b>Road to Recovery: An Innovative Model of Substance Use Care in BC</b> This Initiative seeks to address two aspects of BC’s addiction treatment crisis through 1) increasing access to on-demand addiction care; and 2) reorganizing existing clinical services to support patients at every phase of recovery. This session will also describe the unique ways the initiative seeks to address Indigenous patient’s needs.</p> <p><b>Angela Thomson</b> Indigenous Wellness Liaison, Providence Health Care</p> <p><b>Dr. Brittany Dennis</b> Road to Recovery Physician, Providence Health Care</p> <p><b>Raquel Joseph</b>, Patient with Lived Experience</p>	Georgia A
2:45pm – 4:00pm	<p><b>Rebuilding the Circle and Healing from Trauma</b> Rebuilding the Circle (RTC) is a strengths-based continuum of comprehensive treatment services to heal the impacts of sexual harm in Nuu-Chah-Nulth families and communities. RTC is the first healing modality initiative on Vancouver Island. In this session you’ll learn more about RTC and emerging community-led modalities across the province that are in the planning stages.</p> <p><b>Lisa Robinson</b> Executive Director, Kackaamin Family Development Centre</p> <p><b>Hilda Green</b> Manager, Healing Modalities, First Nations Health Authority</p>	Georgia B
4:00pm – 4:20pm	<p><b>Cultural Sharing</b></p>	Regency Ballroom
4:30pm	<p><b>Wrap-up and Closing Prayer</b> <b>Co-emcee: Dr. Nel Wieman</b> Chief Medical Officer, First Nations Health Authority</p> <p><b>Co-emcee: Duanna Johnston-Virgo</b> Executive Director, Mental Health and Wellness, First Nations Health Authority</p> <p><b>Elder Lucy Barney</b>, T’it’q’et Nation</p>	Regency Ballroom

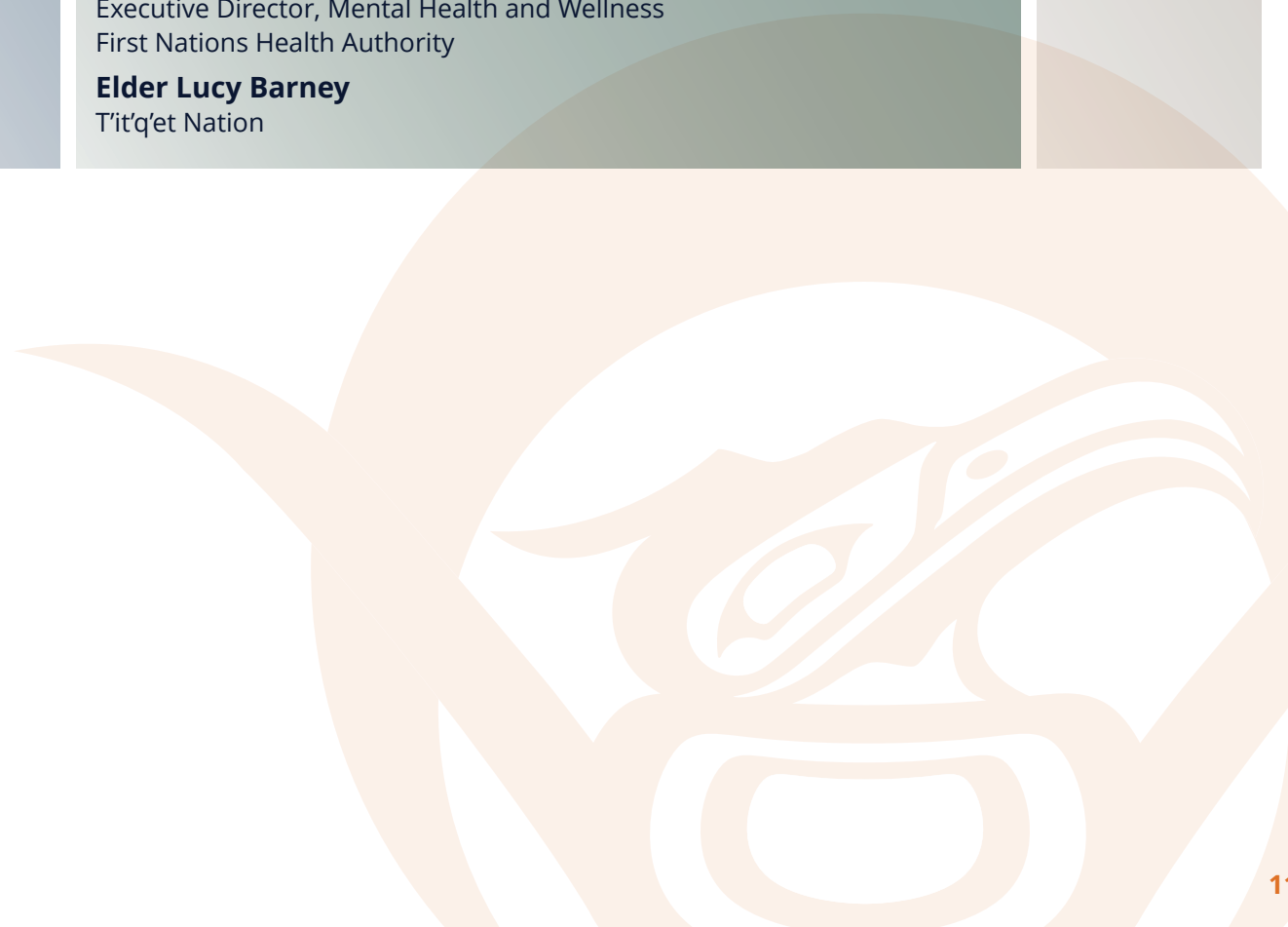
# Agenda DAY THREE | Thursday, May 9, 2024

TIME	EVENT	LOCATION
7:30am – 8:30am	<b>Breakfast</b>	Regency Ballroom
8:30am – 8:45am	<b>Opening Prayer, Review of Day 2 and Overview of the Day</b> <b>Emcee: Duanna Johnston-Virgo</b> Executive Director, Mental Health and Wellness, First Nations Health Authority <b>Elder Lucy Barney</b> T'it'q'et Nation	Regency Ballroom
8:45am – 9:00am	<b>Honouring Our Youth</b>	
9:00am – 9:15am	<b>Transition to Breakouts</b>	
<b>BREAKOUTS</b>		
9:15am – 10:30am	<b>Traditional Healing Mentorship Visioning Workshop</b> This interactive visioning session will guide participants through a reflective discussion at their tables on strategies to establish mentorship opportunities for the next generation to lift up their gifts as healers, visionaries, and future Knowledge Keepers. <b>Carla Lewis</b> Sr. Specialist, Traditional Wellness, First Nations Health Authority <b>Brett Draney</b> Youth Mental Health Program Consultant, First Nations Health Authority <b>Lorraine Naziel</b> Specialist, Mental Health & Wellness, First Nations Health Authority <b>Jolene Wesley</b> Coordinator, Traditional Wellness, First Nations Health Authority	Regency Ballroom
9:15am – 10:30am	<b>Moving forward in a good way</b> Kathleen Davidson and Tanis Campbell from Boothroyd Indian Band discuss their recent community training sessions in harm reduction and climate change. The speakers will discuss education around naloxone, harm reduction supplies and incorporation of traditional wellness workers. They will also speak about how fire safety training and response is an important part of preparing for climate change. You'll also hear about how the young people learned how to work collectively as a team and watch out for each other. <b>Kathleen Davidson</b> Housing & Resource Worker, Boothroyd Indian Band <b>Tanis Campbell</b> Aboriginal Headstart and Community Health Worker, Boothroyd Indian Band	Georgia A

# Agenda DAY THREE | Thursday, May 9, 2024



TIME	EVENT	LOCATION
9:15am – 10:30am	<p><b>Establishing Peer Networks – What’s Important to Peers?</b> Engaging with, listening to and supporting peers on what works for them is crucial to establishing meaningful peer networks and providing peer-driven response in community. Peers have wisdom to share on how to keep people safe, building no or low barrier services and the importance of relationships.</p> <p><b>Terri Gillis</b> Project Manager, First Nations Health Authority</p> <p><b>Peers with lived and living experience from across the province</b></p>	Georgia B
10:30am – 10:45am	<b>Wellness Break</b>	
10:45am – 11:45am	<b>Moving Forward Together</b>	Regency Ballroom
11:45am – 12:00pm	<p><b>Wrap-up and Closing Prayer</b></p> <p><b>Emcee: Duanna Johnston-Virgo</b> Executive Director, Mental Health and Wellness First Nations Health Authority</p> <p><b>Elder Lucy Barney</b> T’it’q’et Nation</p>	Regency Ballroom



# Wellness and Cultural Supports

## BALMORAL, OXFORD, AND KING GEORGE ROOMS CONVENTION LEVEL (THIRD FLOOR)

The following Traditional Healers and Wellness Practitioners will be available throughout the Summit. A registration desk will be available in the hallway between the Balmoral and Oxford rooms.

- **Elders Lounge Brushings (Tso-w-Tun Le Lum)**  
Mike Kelly, Quamina Sam, Ruth Sam, Louise White
- **1-1 Cultural Support (Tso-w-Tun Le Lum)**  
Bernadine Mawson, Wayne Seward, George Jeffrey, Susan Landell, Susan Johnson, Daniella Harris-David
- **Team Cultural Support (Tso-w-Tun Le Lum)**  
Anneli Kwan, Don Beacham
- **1-1 Counselling (Tso-w-Tun Le Lum)**  
Kristina Twan
- **Energy Healing – (Adah Dene Healing Society)**  
Margo Sagalon, Tracey Charlebois
- **1-1 Emotional support, cedar or fan brushing (Indian Residential School Survivors Society)**  
Gertie Pierre, Sadie McPhee, Charon Spinks
- **1-1 Traditional healing and brushing (Indian Residential School Survivors Society)**  
Michael Archie
- **30 minute massage (Indian Residential School Survivors Society)**  
Shawna Bruce

# Exhibitors



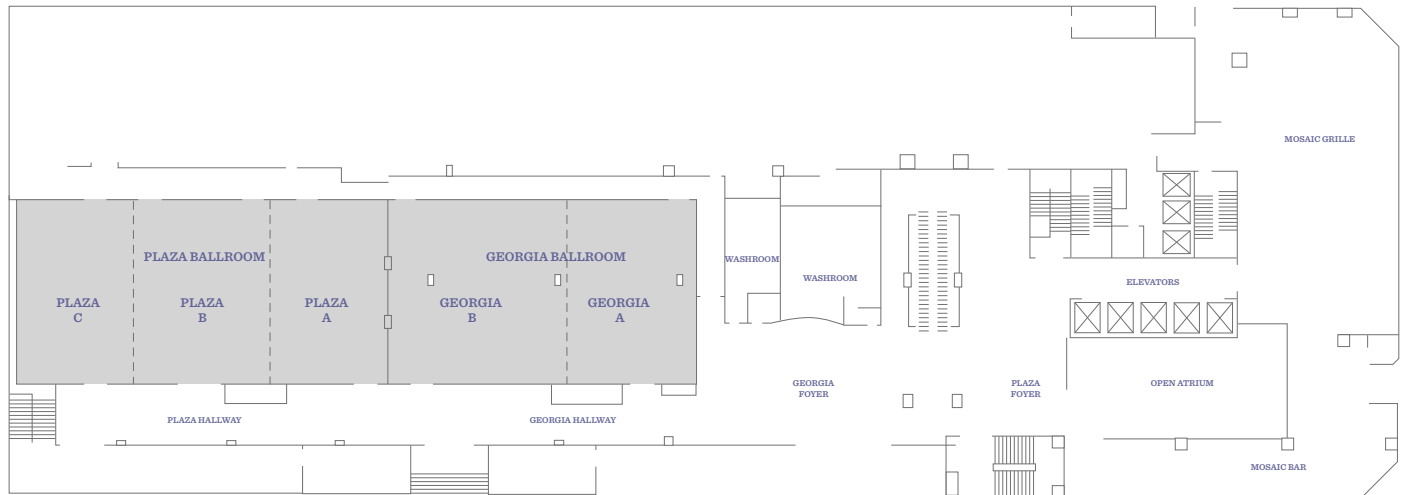
## REGENCY A/B - CONVENTION LEVEL (THIRD FLOOR)

Registered delegates are encouraged to visit the exhibitors and artisans during the break times throughout the Summit. A variety of partners are also sharing Poster Presentations. Please take the opportunity to learn more about their good work by visiting them in the Exhibitor area.

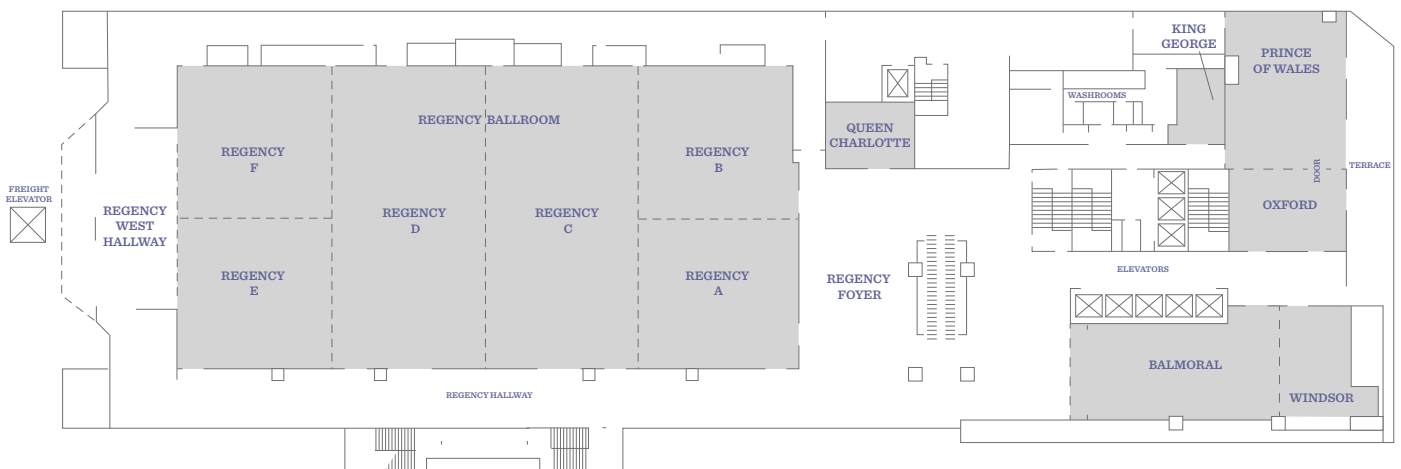
- BC Centre on Substance Use (BCCSU)
- Clemenes Meadow
- Copper Canoe Woman
- Esk'etemc Recovery House
- First Nations Health Directors Association
- FNHA Cannabis, vaping and respecting tobacco
- FNHA Climate change and health
- FNHA Community Planning
- FNHA Four Directions Team - Harm reduction, opioid agonist therapy and Not-Just-Naloxone training
- FNHA and BCCSU Healing Indigenous hearts
- FNHA Health Emergency Management
- FNHA Recruitment - First Nations student and grad programs
- FNHA Long-term care engagement
- FNHA Mental Health and Wellness
- FNHA Traditional healing, land based healing and youth
- FNHA Urban and Away From Home
- 4 Generations Creations
- Indian Residential School Survivors Society
- Nenqayni Wellness Centre
- Raven and Hummingbird Tea
- Raven Song Soap
- Sweetgrass Soap
- Thunderbird Partnership Foundation
- Tse'lacha Wellness & Products

# Maps

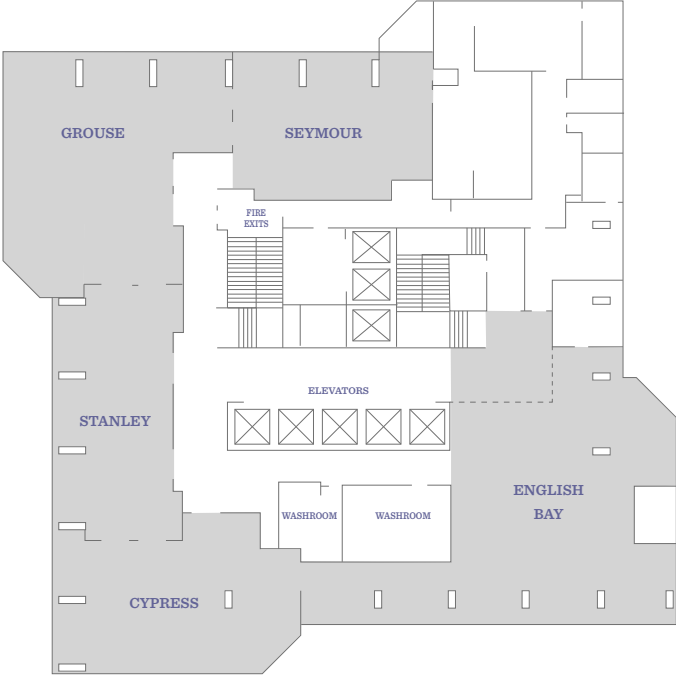
## PLAZA LEVEL (SECOND FLOOR)



## CONVENTION LEVEL, ELDERS ROOM (WINDSOR ROOM) AND CULTURAL SUPPORT SIGN-UPS (OXFORD ROOM) (THIRD FLOOR)



# YOUTH ROOM, GROUSE ROOM, PERSPECTIVES LEVEL (34<sup>TH</sup> FLOOR)





First Nations Health Authority  
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