

SPREADING OUR WINGS



2015/2016 Annual Report



Thunderbird
Partnership Foundation

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Vision

Cultivating and empowering relationships that connect us to our cultural strengths and identity within holistic and healthy communities.

Mission

The Thunderbird Partnership Foundation, a division of National Native Addictions Partnership Foundation Inc., is the leading culturally centred voice advocating for collaborative, integrated and holistic approaches to healing and wellness.

Mandate

Thunderbird Partnership is the national voice advocating for Inuit and First Nations culturally-based addiction services.



The Thunderbird Partnership Foundation has a centralized office located on the Delaware Nation Territory in southwestern Ontario.

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Message from the Board

As the Board of Directors for Thunderbird Partnership Foundation, a division of the National Native Addictions Partnership Foundation, Inc. (NNAPF), Canada's leading authority on addressing, researching and advocating for Indigenous substance use and mental health issues, we are pleased to present our 2015/2016 Annual Report. As you will see, it's been a busy year, as we continue to meet the objectives laid out in our three-year Strategic Plan, which advances our core mandate to implement the culturally based *Honouring Our Strengths: A Renewed Framework to Address Substance Use Issues among First Nations in Canada (HOS)* and the *First Nations Mental Wellness Continuum (FNMWC) framework*.

One of the first developments you will see is the rebranding of NNAPF to the Thunderbird Partnership Foundation. This is the result of a merger formalized in 2015 with the First Peoples Wellness Circle. The merger illustrates our commitment to the paradigm shift needed to better align addictions and mental health supports for Indigenous people from a strengths based perspective of "mental wellness". As we work together to create a collaborative systems approach that is measured by feelings of hope, belonging, meaning and purpose, we anticipate a stronger evidence base for the difference Indigenous culture makes. The new name and logo represent our renewed focus on strengths as opposed to deficits, as the Thunderbird is the ultimate symbol of strength and is rooted in Indigenous culture.

The 2015/2016 fiscal year focused on the *First Nations Mental Wellness Continuum* framework implementation, through presentations and the distribution of more than 6000 products related to "culture as the foundation".

We are also proud of the work of Thunderbird staff and our partners at eCenter Research who have ensured increased access to the *Native Wellness Assessment™* at the community level. The highly anticipated release of the NWA in June 2015 has garnered much attention from communities and those who work in the addic-

tions and mental wellness fields. It's the first of its kind in the world, providing a tangible way to measure the impact of cultural interventions in achieving a sense of wellness spiritually, emotionally, mentally and physically.

Training is also becoming a major focus for Thunderbird, with a 250% increase in the number of courses requested and delivered. This growth is largely driven by First Nation community interest in applying Indigenous culture in programs and services through policy, program design and delivery as well as in performance monitoring and measurement.

Thunderbird is forging new partnerships and expanding our networks nationally and internationally which further advocates for and creates a collaborative systems approach, empowering feelings of hope, belonging, meaning and purpose.

Some of our new partners include the Canadian Depression Research and Intervention Network's new First

It's the first of its kind in the world, providing a tangible way to measure the impact of cultural interventions in achieving a sense of wellness spiritually, emotionally, mentally and physically.

Peoples – First Person Indigenous Hub and the Canadian Foundation for Health Care Improvement. You can learn more about these and other exciting new alliances in our New Partners section of our report.

At this time we would like to thank the Assembly of First Nations, First Nations and Inuit Health Branch, First Peoples Wellness Circle, Youth Solvent Abuse Committee, eCenter Research, First Nations Health Managers Association, Canadian Centre on Substance Abuse, Mental Health Commission of Canada, UBC Learning Circle, Indigenous Certification Board of Canada and

NationTalk for their on-going support. Heart felt thanks also to our stakeholders – First Nations communities across the country and the network of community workers and treatment centres of the National Native Alcohol and Drug Abuse and Youth Solvent Abuse Treatment Programs. Without your dedication and support, we would not be seeing the kind of success we are in establishing an evidence based, holistic and culturally relevant approach to healing and wellness.

Thunderbird Partnership Foundation celebrated the launch of its new name and the highly anticipated Native Wellness Assessment™ in Saskatoon, SK in June 2015.



A message from our Executive Director and Board President

Spreading the Wings of the Thunderbird

Several important themes in mental wellness marked the 2015/2016 fiscal year for Indigenous people in Canada. Pressure to respond to the prescription drug crisis, suicide ideation and attempts among young people, and intergenerational trauma has driven our conversations towards exploring real answers. In these conversations, the Thunderbird Partnership Foundation has relied on the voice of First Nations people who have articulated a way forward through the *Honouring Our Strengths: A Renewed Framework to Address Substance Use Issues Among First Nations in Canada (HOS)* and now the *First Nations Mental Wellness Continuum (FNMWC)* framework. Despite the challenges our communities face, we believe their inherent strengths are far greater. Our focus has been in advocacy and communication to support a change in how we view Indigenous people in Canada by promoting a shift from the narrow focus on deficits to the discovery of strengths, much of which is grounded in the culture of the people. The *Indigenous Wellness Framework* has grounded our work with meaningful and measurable indicators for wellness that serve as a guide for new investments being advocated to address these critical themes.

While a shift towards a systems approach is underpinning and guiding change in the way we address substance use and mental health issues through new partnerships and relationships, Thunderbird has been increasingly drawn to community based training initiatives related to culture. It's an exciting time to be working with First Nations community programs and service providers, Tribal Councils, national non-government organizations and provincial government to ensure Indigenous knowledge is applied in policy, research, strategic planning, and in service design and delivery. This has been a real opportunity for Thunderbird Partnership Foundation to champion the *FNMWC* framework which easily resonates across systems and sectors because it reflects a population health approach, strengths based approach, links mental wellness with social determinants of health and is inclusive of an Indigenous worldview while conveying key concepts important across this wide variety of stakeholders.

It is our belief that providing high-quality, culturally grounded mental wellness continuum of essential service is essential to our hope for a better future for every First Nations individual, family, community and for Canada as a country. Thunderbird works at the very center of this challenge with key partners such as the First Peoples Wellness Circle, the Youth Solvent Abuse Committee, the

Assembly of First Nations and across the broadest base of any organization working to support mental wellness among First Nations in Canada. We recognize that with our leadership comes responsibility; one we consider a privilege. We're pleased with how we are meeting that responsibility and we also recognize that we have much more work to do.

Legacy of Caring


We have printed 17,509 and distributed 19,242 products related to Indigenous mental wellness in the past year. We have provided training to more than 600 people on a variety of curriculums aimed at increasing capacity for implementing the *FNMWC* framework through: early intervention for substance use, care facilitation, using a strengths based approach to care, change management, and youth addictions; all with a focus on using Indigenous knowledge. We have participated in more than a dozen national and regional committees to inform policy and research with Indigenous knowledge and the *HOS* and *FNMWC* frameworks. Our small but dynamic staff have ensured we continue to connect with our stakeholders in meaningful ways through: French translation, graphic design, social media, Indigenous knowledge translation, delivery of training, presentations, publications, committee participation, collaboration with partners and the development of communication tools.

It is through these initiatives and our dedicated Board of Directors that we see and experience examples of caring that inspires us and reminds us of how firmly and fundamentally compassion must be woven into the fabric of our culture. Our solid results in 2015/2016 were achieved while continuing to deliver meaningful innovation in mental wellness. As a result of our continuing commitment to research and development, collaboration and innovation, we expect to maintain strong momentum. We continue to make important investments in building strategic partnerships and advancing the priorities of Indigenous mental wellness.

We wish to express our gratitude for your support.

Carol Hopkins
Executive Director

Chief Austin Bear
President



Strategic Objectives

Thunderbird Partnership Foundation is making significant gains in achieving its Strategic Objectives for 2015-2018. The following five goals were the result of a strategic planning process to determine the organization's direction, priorities and infrastructure over a three-year period, to ensure we continue to meet the needs of our stakeholders.

1

Create strategic partnerships to promote the *HOS Renewal Framework* and *FNMWC* framework implementation,

within corporate/industry sectors, as well as mental health, prescription drugs, population health: women & youth, and looking for national & international networking and merger opportunities.

2

Support evidence based culture approaches to promoting mental wellness

3

Communications,

which includes rebranding THUNDERBIRD PARTNERSHIP FOUNDATION, position papers on substance use, mental wellness, corporate engagement, media packages, AMIS, and tradeshow booths.

4

Improve information management through implementation of the *Addictions Management Information System (AMIS)* and culture based evidence, which includes establishing governance of AMIS and leveraging culture based data to promote strengths of NNADAP/YSAP for increased funding.

5

Supporting Regional strategies,

which includes supporting regional reviews/redesign of Thunderbird Partnership Foundation and linking Regional/Provincial Addictions/Mental Health (A/MH) Strategies with *HOS* & *FNMWC* frameworks.

SPREADING OUR WINGS in knowledge sharing

Thunderbird Partnership Foundation is spreading its wings across Canada, sharing knowledge, in a variety of ways, which helped the organization meet its strategic goal of supporting evidence based culture approaches to promoting mental wellness.

This knowledge sharing also satisfies the organization's mandate to respond to the implementation needs of the culturally based *Honouring Our Strengths: A Renewed Framework to Address Substance Use Issues Among First Nations in Canada (HOS)* and the *First Nations Mental Wellness Continuum* framework.

TRAINING

250% increase in the number of training courses we facilitated across the country this year compared to last year

2014/15

2015/16

623
participants

"We need to work together as service providers to provide the best care for our clients."

"This is awesome! I also learned a couple more teachings that help me move along in my personal journey, which in turn helps one to help others."

"We need always to look to a person's strengths and we need to be comfortable with naming our own strengths."

"I have a tendency to get caught up in the demands of work which are related to data and...numbers. I believe I will go back to work and will be mindful of the strengths of staff and clients."

COURSES OFFERED

- Buffalo Rider Early Intervention Program/4 training sessions, 63 participants
- Native Wellness Assessment Training/2 sessions, 55 participants
- Strengths Based Addiction Care Training, 70 participants
- Care Facilitation Training/1 session, 57 participants
- Emotional Intelligence/1 session, 13 participants
- Change Management/1 session, 20 participants
- Cultural Competency/65 participants
- FNMWC Implementation/ 250 participants

SHARING KNOWLEDGE ONE TWEET AND POST AT A TIME

Thunderbird Partnership Foundation is committed to sharing knowledge with our followers, whose numbers grow steadily each day. Many say they now rely upon Thunderbird for their daily news and resources about addictions, mental wellness and Indigenous culture.

FACEBOOK

1,185
Likes from 19 Different Countries

TWITTER

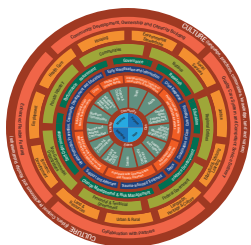
2,191
dedicated followers of our twitter account

207,700
views of tweets between April 2015 and March 2016

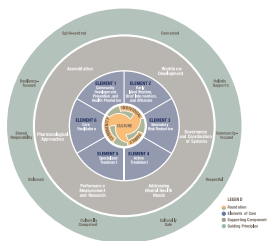
Thunderbird PF @ThunderbirdPF Jun 29
Native Wellness Assessment: One-of-a-kind addictions treatment unveiled in Saskatoon
globalnews.ca/news/2076277/ #CulturesStrength



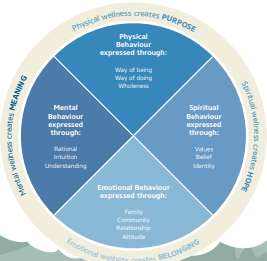
FIRST NATIONS MENTAL WELLNESS CONTINUUM FRAMEWORK



HONOURING OUR STRENGTHS FRAMEWORK



INDIGENOUS WELLNESS FRAMEWORK



PRINTED PRODUCTS

Thunderbird Partnership Foundation's publications continue to be a much sought-after resource. We printed more than 5x the number of publications and distributed more than 8x the number of publications over our previous fiscal year (2014/2015).

17,509 Guidebooks, toolkits, reports, brochures, newsletters and annual reports printed by Thunderbird Partnership Foundation in the last year.
(This does not include USB cards/tradeshows swag bags)

19,242 Guidebooks, toolkits, reports, brochures, newsletters and annual reports distributed by Thunderbird Partnership Foundation in the last year.

THUNDERBIRDPF.ORG

21%

more Average
Monthly visitors
recorded in 2016

72%

of visitors are visiting
thunderbirdpf.org for
the first time

14%

of visitors used a mobile
device to access
thunderbirdpf.org






Honouring Our Strengths: A Renewed Framework to Address Substance Use Issues Among First Nations in Canada

Honouring Our Strengths: Renewal Implementation

One way the Thunderbird Partnership Foundation is achieving its Strategic Objectives is through the development, promotion and implementation of *Honouring Our Strengths: A Renewed Framework to Address Substance Use Issues among First Nations in Canada* (HOS). This national framework outlines a continuum of care that supports strengthened community, regional and national responses to substance use issues. This framework is intended to guide the design, coordination, and delivery of services at all levels of the system. It also provides guidance on an approach to community development that prioritizes mental health and wellbeing and builds upon community and cultural strengths. The vision outlined in the framework is one that supports a strengths based, systems approach to addressing substance use issues among First Nations people in Canada.

The following projects highlight implementation opportunities in the past year.



Addictions Management Information System

There are numerous developments to report in the *Addictions Management Information System (AMIS)*, a national case management system used by the National Native Alcohol and Drug Abuse Program and the National Youth Solvent Abuse Program treatment centres. This national data base will facilitate the development of an evidence base for the great work being done by treatment centres.

Developments include:

- the addition of user-friendly Client Wizards, to capture all pertinent information when entering client records and making referrals;
- electronic referrals, which allow accurate and efficient file transfers to as many as 5 treatment centres at once, eliminating the need for multiple form completion by hand;
- the addition of a tab which provides notification of a client's acceptance for treatment at another centre, and
- newly formatted Annual Reports compiled from electronic aggregate data, which are now being accepted by Health Canada, making it easier to satisfy funding reporting requirements and build upon good evidence-based practice.

Another exciting new announcement is the inclusion of the *Native Wellness Assessment (NWA)*[™] within *AMIS* on the

Thunderbird Partnership Foundation website. You can read more about this exciting opportunity on page 19.

Administration of the *AMIS* system has also been assumed by the Thunderbird Partnership Foundation, as of April 1, 2016, including the contract with eCenter for ongoing maintenance and enhancements with the support of the Youth Solvent Addiction Program. Over the course of the next year, work will focus on engagement with key partners and stakeholders to discuss expectations on governance and the overall management and monitoring of data. Recommendations on the final governance structure will be a key deliverable.

Since *AMIS* has the ability to evolve over time, ongoing work with the Secretariat and Working Groups will allow us to bring forward system enhancements and continued improvements. Feedback from treatment centres and non-*AMIS* users is essential in improving the system, ensuring it meets their needs. This has been an exciting year with many new features. It is hoped that 100% of NNADAP and YSAP treatment centres will come onboard and sign up to use *AMIS* this year. We are almost there!

To access the *NWA*, visit our website
www.thunderbirdpf.org

Training Leadership

Throughout the 2015 – 2016 fiscal year, the Thunderbird Partnership Foundation saw the organization move into a training leadership role with a 250% increase in the number of training courses facilitated across the country compared to previous years. In total, there were 14 training sessions and 623 participants, which further supported the organization's mandate to implement the *Honouring Our Strengths Renewal Framework* and the *First Nations Mental Wellness Continuum* framework, as well as meet its strategic goal of supporting evidence based culture approaches to promoting mental wellness.

The following are some of the courses offered in 2015-2016:

Care Facilitation Training

The Thunderbird Partnership Foundation's newly designed *Care Facilitation Training* project was a big success in Moncton in February, with 57 registered participants from across Atlantic Canada. The training, requested by the Atlantic Policy Congress (APC) of First Nations Chiefs, was designed to support a paradigm shift toward a strengths based approach to addressing Mental Health and Substance Use Issues. Participants represented a good cross-section of addictions and mental health support workers in the region, including: NNADAP workers, treatment centre workers, health care workers, and other community supports from the Union of Nova Scotia Indians (UNSI), the Union of New Brunswick Indians (UNBI), the Confederacy of Mainland Mi'kmaq (CMM), the Mi'kmaq Legal Support Network (MLSN), the Mental Wellness Committee, and NS Native Women's, Healing our Nations.

The idea of *Care Facilitation* is that no one support worker or agency can fulfill the often complex needs of an individual; a collaborative team approach is necessary as well as shared planning and monitoring among various care options specific to a client's holistic needs. Within the helping profession, *Care Facilitation* is also described as formal case management and in addition to community

based services, facilitating care for an individual or family may involve other community-based resources such as culture and natural support networks, or social supports, as well as nurturing the strength within people to manage one's own wellness. Regardless of who is involved, *Care Facilitation* ensures individuals, families and communities have access to appropriate, culturally-relevant services and supports based on their needs at any point in their healing process, from a strengths based perspective.

The approach Thunderbird utilized in the *Care Facilitation Training* included the 'Indigenous Culture as Foundation' resources: The *Indigenous Wellness Framework*; *First Nation Mental Wellness Continuum* framework; and the *Honouring our Strengths Framework*. Indigenous knowledge-based models, methodology and practice were integrated with mainstream strength-based best practice models for *Care Facilitation*.

Accredited by:



Indigenous Certification Board of Canada
Conseil Autochtone d'agrément professionnel du Canada





Strengths Based Addiction Care Training

After the success of the *Strengths Based Addiction Care* pilot training session in March 2015, the Atlantic Policy Congress (APC) of First Nations Chiefs requested delivery of a second facilitation for Atlantic Region Mental Health & Addiction Workers in 2016. The training is designed to support a paradigm shift toward a strengths based approach to addressing Mental Health and Addictions needs. There were 70 registrants for the 2.5-day training, representing NNADAP workers, treatment centre workers, health care workers and other community supports including the Union of Nova Scotia Indians (UNSI), the Union of New Brunswick Indians (UNBI), the Confederacy of Mainland Mi'kmaq (CMM), the Mi'kmaq Legal Support Network (MLSN), the Mental Wellness Committee, and NS Native Women's, Healing our Nations.

Strengths are defined as "a set of developed competencies and characteristics that is embedded in culture and valued by both the individual and society." (Rawana & Brownlee, 2010) With this in mind, the *Strength Based Addiction Care Training* is designed to develop culturally relevant, strengths based competency in the 12 core functions of addictions counselling. The strengths based training teaches the necessary skills and knowledge to promote a collaborative relationship with the client that is based on respect and the belief that people are resourceful and are capable of moving towards their own solutions at a pace that is right for them. To facilitate the development of these skills, the training is designed around these key components:

- the addictions counsellors 12 core functions which have been modified for more strengths-based language and approaches;

- Indigenous Cultural Knowledge as a foundation for promoting strengths, and
- emotional intelligence theory to examine counsellor skills for engaging clients in the wellness continuum.

The Strength Based Addiction Care Training is an opportunity for participants to open themselves up to a different way of thinking and working, toward strength based practice with culture as the foundation. It is a chance to rethink borrowed approaches to treatment, and develop a practice based on strengths, that is client-focused and guided by culture. For example, whenever Indigenous people have visitors come to their homes, it's customary to offer them something to drink or eat and begin a conversation about their respective families. We can apply these same values in treatment for addictions. Some treatment centres invite the community to participate in a welcome feast for new groups coming into treatment, to celebrate their courage and to facilitate a connection with supports who will provide cultural interventions such as a sweat lodge. The community acts as "family" while people are away from home, i.e. a visiting Grandmother or Grandfather will spend time in the program delivering cultural teachings.

Accredited by:



Indigenous Certification Board of Canada
Conseil Autochtone d'agrément professionnel du Canada



Buffalo Riders Training

It was an extremely successful year for training facilitators of the *Buffalo Riders Early Intervention Program*. Thunderbird Partnership Foundation hosted training in Winnipeg, Thunder Bay and Quebec City to train community facilitators in the skills needed to give young people the support they need to reduce their risk of using drugs. The *Buffalo Riders* program enhances and strengthens the capacity of First Nation and Inuit communities to provide youth with early and brief interventions and support services to help reduce harmful substance-using behaviour.

An exciting development in Thunderbird's *Buffalo Riders Training* program will see the program delivered in French. Thunderbird Partnership Foundation and the Quebec and Labrador Health and Social Services Commission have partnered to deliver a Train-the-Trainer session in Quebec for 2016/2017, where Francophone facilitators will be learning how to deliver the training program to community workers in the French language.





Knowledge Exchange

Equal Pay for Equal Work: NNADAP Wage Parity

There is good progress to report on the NNADAP Wage Parity front, with a report being drafted for presentation to the Assembly of First Nations Chiefs in Assembly, which supports the investigation and continued advocacy for funding opportunities as defined in the *Honouring Our Strengths Renewal Framework*, and the *First Nation Mental Wellness Continuum (FNMWC) framework*. This report will be key to lobby for the implementation of the *HOS*, the *FNMWC* and the 94 Calls to Action from the Truth and Reconciliation Commission (TRC).

A Joint Technical Working Group also known as the NNADAP Technical Working Group has formed consisting of the *Ontario Regional Addictions Partnership Committee*, the *Thunderbird Partnership Foundation*, *Chiefs of Ontario*, the *Assembly of First Nations* and the *First Nations Inuit Health Branch of Health Canada*. Together they are examining the funding deficiencies of the National Native Alcohol and Drug Abuse Program (NNADAP), and further advocate the need to mobilize a paradigm shift toward the creation of a continuum of services and supports. The 94 Calls to Action from the TRC, also lends strength to the examination of resourcing available and the approach to addressing intergenerational trauma that is a core component of treatment by the NNADAP and Youth Solvent Abuse Program (YSAC) treatment centre programs.

NNADAP and YSAP have expanded their scope of practice to respond to the changing needs of First Nations and Inuit. NNADAP worker roles/responsibilities have expanded

5-fold since the 70s, including development of strategies to formalize Indigenous culture within the program, shifting to address the needs of people with prescription drug abuse issues, intergenerational trauma, and other mental health diagnosis. Treatment methodology has also changed as a result, expanding their approach from a generic residential program to one which includes community based day treatment, outpatient, land based approaches with more linkages to support clients entering treatment with opioid addictions, prescriptions for psychological diagnosis and for chronic health conditions.

The competency of the NNADAP workforce has also met these challenges by pursuing high quality, accredited education and training leading to certification. For NNADAP and YSAP, the national rate of certification has been continuously increasing and in 2012, the national rate of certification as an addictions counsellor was at 71%.¹ With the implementation efforts for the *Honouring Our Strengths (HOS): A Renewed Framework to Address Substance Use Issues Among First Nations in Canada*, there has been increased and focused attention to the role of Indigenous culture. The NNADAP and YSAP programs have also been engaged in strategies to formalize Indigenous culture within its program design, delivery, evaluation, human resource management, and overall client care. The evidence of this can be found in the development of the *Native Wellness Assessment™*, the only strengths based instrument that measures the impact of culture based treatment from a whole person perspective and psychometrical-

1 - FNIH, Health Canada, NNADAP & YSAP Treatment Center Report, 2012/2013 (unpublished).

ly validated to give a measure of change in wellness over time.

The NNADAP and the YSAP treatment programs have demonstrated their credibility through accreditation, with 85%² of treatment centres achieving accreditation, compared to 62%³ of non-native specific treatment programs. The rate of client completion of treatment also improved across the trend of changes from 66%⁴ in 2005 to 75% by 2012.

Although a report commissioned by Health Canada in the mid-1990s reported that on average, clients tend to maintain their wellness after completing 5 episodes of treatment, are aged 35 years, and have some experience with post-secondary education, by 2012, the profile and outcomes of clients in NNADAP and YSAP are:

- 71.2% of clients terminate use of alcohol post-treatment, 67.4% terminate use of cannabis, 81.8% terminate use of cocaine and 72% discontinue misuse of opioids;

- of those who did use post-treatment, 94.9% use less than pre-treatment use;
- post-treatment supports most used are cultural /social 71.4% and cultural/spiritual 72.2, and
- 90% of post-treatment clients report they have more control over their life, improved positive relationships, can ask for help when needed, and have a sense of purpose.

It's time to recognize the strengths and development of the NNADAP and YSAP programs who have achieved a high caliber program, both residential and community based, with an investment that will demonstrate equity and alleviate the unreasonable burden of operating with insufficient resources.

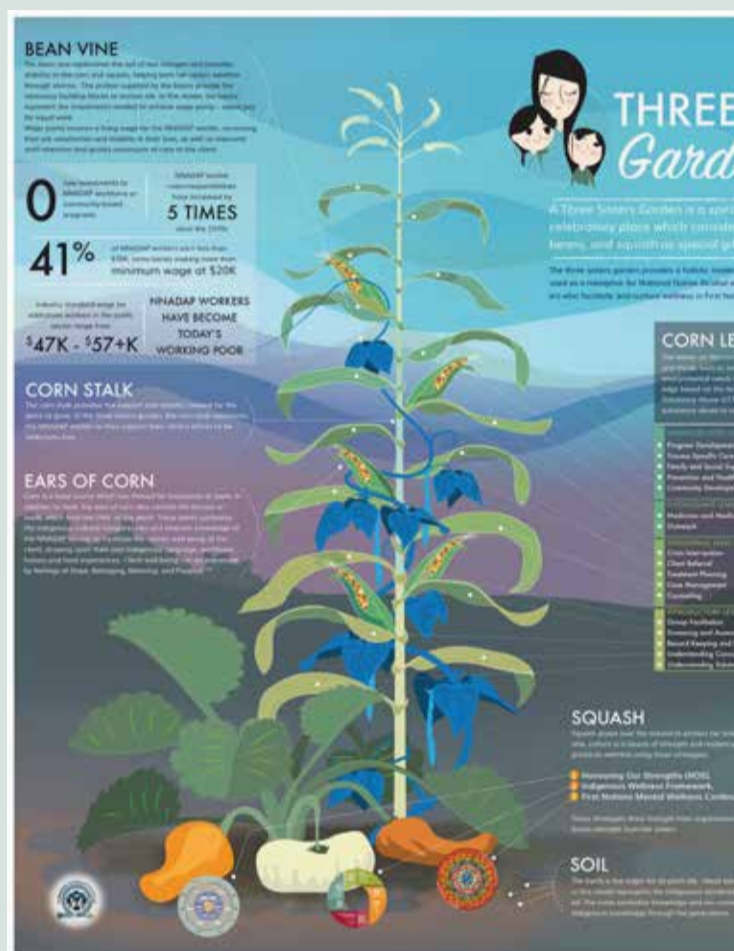
- 2 - An unpublished report of the National Native Addictions Partnership Foundation, 2011.
 - 3 - An unpublished report of the Canadian Executive Council on Addictions, 2011.
 - Health Canada, 16-year review of The Addictions Recovery System and Substance
 - 4 - Abuse Information System databases, 2005
- Health Canada, NNADAP and YSAP Treatment Outcome Study, Phase 2, 2012.

Three Sisters teaching helps raise awareness

The Three Sisters Garden is a poster produced by the Thunderbird Partnership Foundation to raise awareness about the wage parity issue for National Native Alcohol and Drug Abuse Program staff across the country and to launch the *Competencies for Canada's Substance Abuse Workforce, SECTION IX, TECHNICAL COMPETENCIES GUIDE TO WORKING WITH FIRST NATIONS CLIENTS*. The Technical Competencies Guide was developed through a partnership between the Canadian Center on Substance Abuse and the National Native Addictions Partnership Foundation Inc. and can be accessed at www.ccsa.com.

The poster was unveiled at the Issues of Substance (IOS) Conference in Montreal in November, 2015.

The image of the three sisters, *corn, beans and squash*, was chosen because of the strong sense of community the plants symbolize. When planted in a mound together, *corn, beans and squash* create a sophisticated and sustainable system, providing long-term soil fertility with the perfect balance of nutrients, support and protection needed by the other plants. This perfect balance was an ideal way to illustrate the technical competencies guide for working with First Nations people.



Addressing the Prescription Drug Crisis

An important milestone for the implementation of the *HOS Renewal Framework* includes the *First Do No Harm Strategy: Responding to Canada's Prescription Drug Crisis* released in 2013. A national leadership team annually monitors the progress on implementation of the *First Do No Harm Strategy*. Specific to First Nations interest is an intention to expand access to community-based, culturally relevant treatment models with counselling, trauma informed healing practices, and cultural supports in First Nation communities.

Thunderbird Partnership Foundation has tagged its participation to design a national prescription drug abuse (PDA) survey for First Nation community use to the *HOS Renewal Framework* and *First Do No Harm* strategy implementation. The development of a national PDA survey will fill gaps in knowledge about the complexity of PDA, support communities in gathering data based on their needs and to inform better community based responses to PDA.

Thunderbird Partnership Foundation participates in two other committees focused on ensuring provincial and federal government policy addresses the need for culturally appropriate access to treatment of opioids, community based treatment strategies, and a more comprehensive strategy for Prescription Narcotics Addictions and Overdose.

Some key recommendations Thunderbird promotes are:

- advocacy for increased access to buprenorphine and take home naloxone kits, which include community based solutions/land & culture based healing programs;
- advocacy for increased access to culturally relevant services to address neonatal abstinence syndrome, which focuses on destigmatizing pregnant moms addicted to opioids through such approaches as miscarriage prevention through opioid replacement therapy, and
- advocacy for improved provincial government response to prescription drug abuse among First Nations through the promotion of the *Honouring Our Strengths Renewal Framework* and the *First Nations Mental Wellness Continuum* framework.

Thunderbird Partnership Foundation will continue to advocate for the capacity needed in rural and remote First Nations communities, standardized access to buprenorphine and naloxone, and to partner in the development of a guidance document for communities wishing to create opioid recovery programs with long-term funding to sustain these programs.

Binge Drinking, Treatment and Research

Harvard's Radcliffe Institute for Advanced Studies invited Thunderbird Partnership Foundation to an exploratory seminar in November called *The American Indian/Alaskan Native Binge Drinking: Reviewing Treatment and Developing Collaborative Research Methodologies to Measure Outcomes*.

Thunderbird Partnership Foundation along with Dr. Colleen Dell of the University of Saskatchewan, joined researchers, experts in addiction psychiatry, public health, education, and American Indian/Alaskan Native leaders and healers for the one-day session. Its aim was to review and measure how tribal beliefs and practices are integrated into modern treatment strategies such as Alcohol Anonymous and behavioural therapy and how effective that integration is for the American Indian and Alaskan Native population.

Dr. Colleen Dell presented the process for the *Culture as Intervention Research Project* and Thunderbird presented an overview of prevention and treatment modalities, including a discussion of historic and current barriers to success and on culture based

treatment strategies that are looking successful. Both presentations were well received.

The meeting ended with agreement to form a consortium and to provide more information about Thunderbird's research into cultural interventions. We hope to hear later in 2016 if a journal publication submission highlighting key themes of the discussion will be published.





First Nations Mental Wellness Continuum Framework

The Thunderbird Partnership Foundation is achieving its Strategic Objectives through the development and implementation of the *First Nations Mental Wellness Continuum (FNMWC)* framework. The *FNMWC* is a complex model, rooted in culture and comprised of several layers and elements foundational to supporting First Nations mental wellness. Embedded within the model are 5 key themes that emerged through dialogue with partners as well as the social determinants of health which are critical to supporting and maintaining wellness. The *FNMWC*

framework builds from the groundbreaking

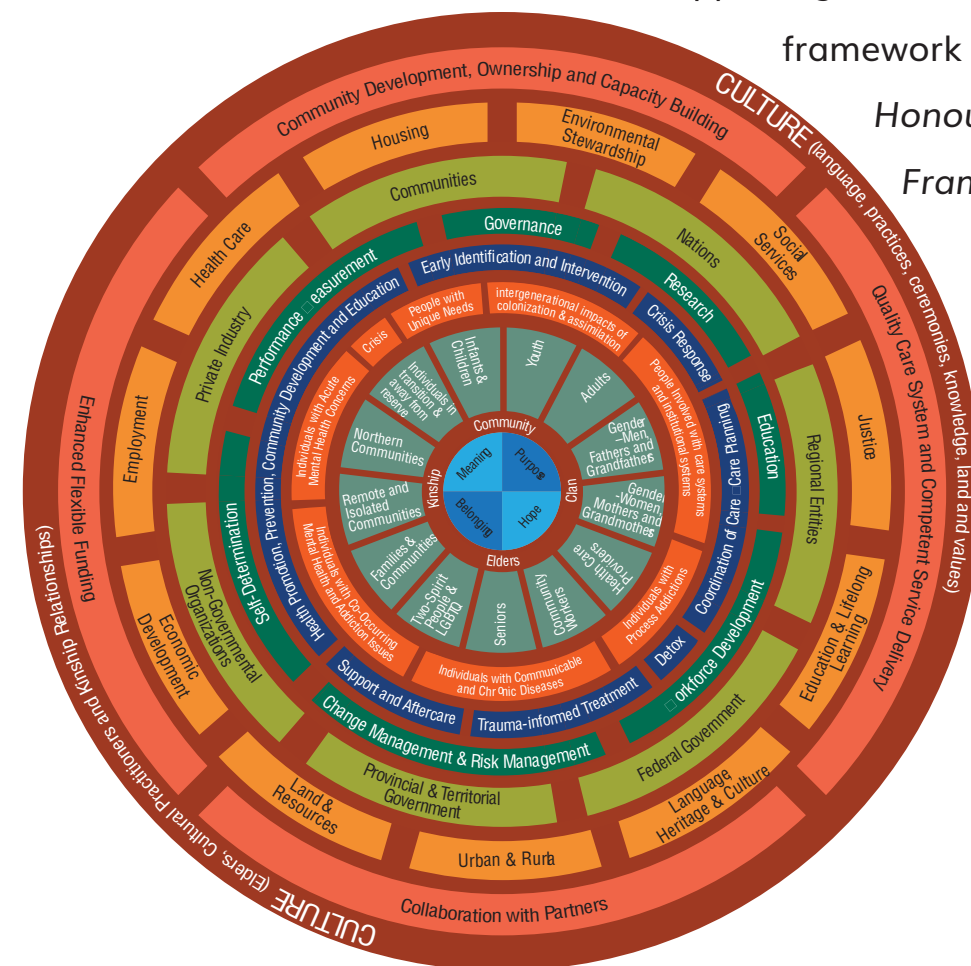
Honouring Our Strengths: A Renewed Framework to Address Substance Use

Issues Among First Nations in Canada, by continuing a focus on

culture and a strengths based approach under the concept of

“mental wellness” to address substance use and mental

health issues among First Nations in Canada.



FNMWC recognized as collaborative tool by communities

There have been exciting developments at the Thunderbird Partnership Foundation regarding implementation and promotion of the *First Nations Mental Wellness Continuum (FNMWC)* framework. The *FNMWC* is being recognized as a collaborative tool to support a change in the way we think about promoting mental wellness, such as:

- shifting focus from deficits to strengths,
- using Indigenous values, beliefs and culture in policy, program design, service delivery, evaluation, and research across the social determinants of health, including housing, community development, education, etc.,
- expanding our vision to attend to outcomes for families and communities versus the narrow focus on inputs for individuals,
- shifting from short term proposal driven funding to long-term sustainable funding.

Implementation of the *FNMWC* is supported and guided by a national implementation team consisting of First Nations, First Nations Inuit Health Branch, Health Canada, Indigenous and Northern Affairs, Public Health Agency of Canada, Public Safety Canada, Assembly of First Nations, Thunderbird Partnership Foundation and the First Peoples Wellness Circle.

FNMWC provides a mandate and direction for the work of Thunderbird. Some of the general activities include promotion and distribution of the *FNMWC* framework through publications, trade shows, conference presentations, strategic planning with tribal councils, and First Nations and provincial governments.

After the launch of *FNMWC* in January 2015, Thunderbird worked with five First Nations communities to demonstrate how the framework actually worked on the ground. The project supported practices already in place

using culture as a foundation and in creating access to collaborative services. The communities, identified through a proposal process, are: Kwanlin Dun First Nation/Yukon, Elsipogtog Health and Wellness Centre/New Brunswick, Six Nations Health Services/Ontario, Shibogama First Nation/Ontario and the Matawa Tribal Council/Ontario.

The five demonstration teams reflected on the development, delivery, and outcomes within their communities, revealing that real healing and wellness opportunities come from the source of the people and their relationship to the land. They also revealed how the *FNMWC* framework is a useful tool for effectively demonstrating strategic community-based approaches to wellness.

Project demonstrations varied from building community safety and crisis response capacity” to land based healing.

Locations of the five First Nations Mental Wellness Continuum framework demonstration projects across the country



Culture as the Foundation using the Native Wellness Assessment™

Another training area where the Thunderbird Partnership Foundation is showing leadership is the implementation of the *Native Wellness Assessment™* (NWA). The organization is broadening the use of the NWA by mental wellness teams, school health support programs as well as community wellness programs. This expanded reach means the paradigm shift is taking place at the grassroots level, which further connects us to our cultural strengths and identity within holistic and healthy communities.

In 2015, Thunderbird developed a certified 2-day 'Culture as Foundation' training program to support the on-going knowledge and skill development of service providers and community in relying upon cultural practices to address addictions and mental health issues. The *Native Wellness Assessment™* and *Indigenous Wellness Framework* form the foundation of the training program.

The initial training opportunities in *Culture as Foundation* were provided to Mental Wellness Teams and Indian Residential School – Regional Health Support Program workers. The training shows people how to use the NWA, demonstrating the impact of Indigenous culture in facilitating wellness. The NWA measures change in wellness for youth and adult clients who experience Indigenous culture as an intervention in alcohol and drug treatment or community based mental wellness programs and measures wellness against the 13 wellness indicators outlined in the *Indige-*

nous Wellness Framework. The results of the strengths based assessment can be used to set treatment goals, monitor changes in individual or community wellness over time, establish targets and benchmarks, and to understand the relationship between changes in wellness and cultural interventions.

Because the NWA offers a reliable measure of change in wellness over time, the aggregate data can be used as a means of demonstrating program efficacy, for community wellness indicators, and for informing human resource management strategies for cultural competency.

The principles-based *Honouring Our Strengths: A Renewed Framework to Address Substance Use Issues Among First Nations People in Canada*, and the *First Nations Mental Wellness Continuum* framework are utilized to create awareness of the broader systems approach and also to identify how the frameworks can inform and be applied by the service provider in their daily work.

Thunderbird delivered two training sessions in 2015- 2016, with three more planned for 2016-2017. For more information about the training, please contact the Thunderbird Partnership Foundation, at 1-866-763-4714, or info@thunderbirdpf.org.

New NWA community access

The *Native Wellness Assessment™* (NWA) is now available across Canada to anyone who has an interest in measuring wellness from a cultural and strengths based approach. The assessments can be accessed on-line through the Thunderbird Partnership Foundation website, at www.thunderbirdpf.org.

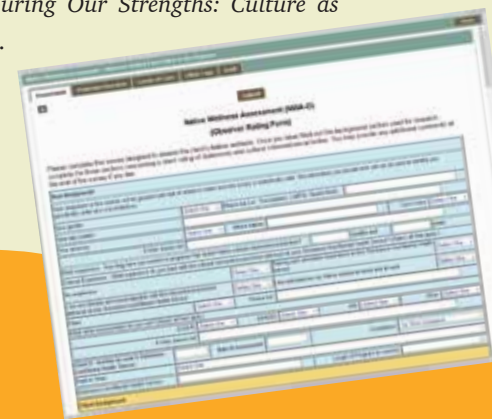
The NWA was launched in June 2015, to much fanfare, as it is the first of its kind in the world. No other instrument can measure the wellness of the whole person based on their strengths, through connection to culture, family and community. The instrument provides culturally-based information to guide treatment services and demonstrates the effectiveness of First Nations culture as a health intervention in addressing substance use and mental health issues. Its creation signals an end to assessments of Indigenous people based on deficits, addictions or weaknesses.

What's exciting about the NWA being accessible on-line is that communities can now invite their members to complete the assessment, which produces a non-identifying aggregate report. This can

then be used to illustrate a community's overall wellness, which can be monitored over time.

Western treatment practices generally take a narrow view of the addiction instead of the person's overall wellness. An Indigenous approach to wellness is holistic in nature; health from an Indigenous perspective is broadly envisioned as wellness and is understood to exist where there is physical, emotional, mental, and spiritual harmony as outlined in the *First Nations Mental Wellness Continuum* framework. It is recognized at accredited National Native Alcohol and Drug Abuse Program (NNADAP) and Youth Solvent Addiction Program (YSAP) treatment centres.

The NWA resulted from the formation of the *Indigenous Wellness Framework*, and the *Honouring Our Strengths: Culture as Intervention Research Project*.



International mental health leaders focus on reconciliation

The Thunderbird Partnership Foundation had an opportunity to further promote the *Honouring Our Strengths (HOS) Renewal Framework* and the *First Nations Mental Wellness Continuum (FNMWC)* framework when it co-hosted the *Reconciliation in Mental Health Leadership Exchange* in September 2015. The Vancouver event was held for the International Initiative for Mental Health Leadership (IIMHL) and was a joint initiative with the First Nations Health Managers Association (FNHMA) with support from the Wharērātā Group.

Indigenous knowledge and ways of healing continue to gain visibility in the wider mental health field, but often continue to face discrimination or lack of respect. Given the legacy of Canada's Indian residential schools, and Australia's Stolen Generation, many Indigenous clients continue to experience lasting impacts such as intergenerational trauma. The event attracted 70 leaders from around the world with an interest in strengthening the partnership between Indigenous leaders and non-Indigenous allies and who wish to explore how to build respect for different world views, ways of knowing and wellbeing.

Participants were able to explore such questions as:

- what is reconciliation in the mental health field?
- how can mental health workers create a shared vision of reconciliation?
- can true reconciliation happen without a change in the power imbalance?

In addition to the *HOS* and *FNMWC* frameworks, Thunderbird was able to share information on the *Indigenous Wellness Framework*, wise practices on systems change approaches and the need for a paradigm shift toward full Indigenous inclusion and reconciliation in existing mental health and addictions systems. In particular, Thunderbird delivered a dynamic, *Ted Talk* style presentation, called *System Transformation – Accelerating Working Together Using the First Nations Mental Wellness Continuum Framework*. The presentation identified how Indigenous knowledge and culture can guide the evolution of mental health systems and services for the benefit of all, and why it is vital to take a comprehensive approach to mental wellness supported by the social determinants of health.



IIMHL member countries include the USA, New Zealand, Scotland, Ireland, England, Sweden, Australia and Canada.



Partnerships

The Thunderbird Partnership Foundation continues to develop strategic partnerships, to promote the *HOS Renewal Framework* and the *FNMWC* framework implementation; one of the organization's key objectives.

New partnerships for the 2015-2016 fiscal year include:

1. Canadian Foundation for Health Care Improvement (CFHI)

CFHI accelerates the spread of proven innovations by supporting healthcare organizations to adapt, implement and measure improvements in patient care, population health and value for money. Thunderbird and CFHI will address opportunities to collaborate and cooperate in three key areas, as the partners see opportunity and agree on joint activities:

- Partnership initiatives to develop and deliver information, knowledge, training and development services that benefit the members of both organizations.

- Mental Health System initiatives to support the continued implementation of the *First Nations Mental Wellness Continuum* framework in the best interests of the wellbeing of Indigenous Canadians.
- Mental Health Leadership initiatives to support Indigenous leadership across mental health and addictions.



2. Ontario Ministry of Health and Long Term Care (MOHLTC)

Thunderbird is working with MOHLTC toward implementation of Phase 2 of the Addictions and Mental Health Strategy. The Thunderbird Partnership Foundation participates in the Mental Health and Addictions Leadership Advisory Council which is an advisory body appointed by the Minister of Health and Long-Term Care in 2014 to guide the continuing implementation of Open Minds, Healthy Minds: Ontario's Comprehensive Mental Health and Addictions Strategy (2011). Council members include individuals with lived experience and representatives of diverse parts of the mental health and addictions system, including policing, social services, and housing. The Council has a mandate to promote collaboration across

sectors and report annually on the strategy's progress. The Thunderbird Partnership Foundation provides guidance based on the *Honouring Our Strengths: A Renewed Framework to Address Substance Use Issues Among First Nations in Canada* and the *First Nations Mental Wellness Continuum* framework.





3. Canadian Depression Research and Intervention Network (CDRIN), First Peoples – First Person Indigenous Hub

CDRIN is mandated to build new connections and cohesion among Canada's mental health research community, the vast array of service providers and persons living with depression and Post-Traumatic Stress Disorder in ways that will open new approaches to detect, prevent and treat these life-altering illnesses. Suicide prevention is also a key component of CDRIN's mandate. A national network hub concentrating on First Nations, Inuit, and Métis peoples would fill an existing research and intervention gap within CDRIN, and generally within Canada. The First

Peoples – First Person Indigenous Hub will play a central research, policy, and knowledge dissemination role in partnering with Indigenous peoples of Canada to realize the potential for vast improvements in wellness, healing, mental health and addictions supports and services.



Studying epigenetics in addictions, trauma and mental health

Epigenetics was the topic of discussion during a meeting in March between the Thunderbird Partnership Foundation, the First Peoples Wellness Circle and members of the Canadian Depression Research and Intervention Network (CDRIN). The goal of the discussion is to research and build a training program in epigenetics that brings together Indigenous and western science to empower Indigenous people with an understanding that while the environment and life experience can suppress or alter the expression of the inherent gifts of the Creator carried in our DNA, it's also possible to reverse or shift these changes to a state of wellness through Indigenous culture. Elder Jim Dumont, Dr. Amy Bombay, Dr. Chris Musquash, members of the First People Wellness Circle, and the Thunderbird staff are working together to ensure the training program reflects the *First Nations Mental Wellness Continuum* framework. The work is linked to CDRIN's First Peoples – First Person Indigenous Hub (FPFP).

Epigenetics is the study of how environmental factors and experiences can alter how our genes are expressed without changing the DNA sequence. Everyone is born with unique DNA, which cannot change. However, researchers now know that experience can make DNA 'tags' which attach themselves to genes, making them turn on or off. While the same DNA is still present, it may not work, or may work differently, which ultimately means the role of that DNA has changed. This altered state is not permanent.

Thunderbird's interest in epigenetics work is connected to the recent movement to study epigenetics in the realm of addictions, trauma and mental health. The work in epigenetics is in partnership with the CDRIN FPFP Indigenous Hub, University of Saskatchewan, University of Alberta, Dalhousie University and Lakehead University.

Communications

Treatment Centre Web Project

The Treatment Centre Web Project is an initiative by Thunderbird Partnership Foundation to build modern websites for treatment centres in Canada. By creating a customizable template catering to treatment centre needs, we will be able to quickly deploy websites at low or no cost. In 2015, we launched our first pilot website for the Treatment Centre Web Project, working with the Native Horizons Treatment Centre (nhhc.ca). This year, we are working on a second project and hoping to use our experience to refine the process, improve the website templates, develop better materials for staff training and deploy sites more rapidly.

Increasingly, people use online devices such as smartphones to search for services they need. This allows them to conveniently and anonymously explore treatment options for themselves or family. If a treatment centre has no online presence, they are effectively invisible to anyone using the internet to research available options. If there is a website but the information is not current, or lacks a way to contact the treatment centre, this

could cause confusion. Having a professional, modern looking site that is accurate and up-to-date will inspire confidence in those looking for more information online.

Additionally, a website can be a useful hub for community outreach and community building. Posting pictures from events that treatment centre staff have participated in and well as helpful locally-focused information, can help a treatment centre establish itself as part of the community.

If your treatment centre needs a website, contact us at info@thunderbirdpf.org. We will provide you with a list of information needed to start, as well as instructions on how to update, maintain, add information and engage with your community through Facebook and Twitter.



Champion of Mental Health Award 2015

The Thunderbird Partnership Foundation and its Executive Director, Carol Hopkins, received the Canadian Alliance on Mental Illness and Mental Health (CAMIMH)'s Champions of Mental Health Award in 2015, for outstanding work in raising the awareness of the importance of Indigenous culture in addressing substance use and mental health issues among First Nations in Canada.

Publications

The following list of publications are linked with the Native Wellness Assessment™, *Indigenous Wellness Framework and the Honouring Our Strengths: Indigenous culture-as-intervention Research*:

1. Carina Fiedeldey-Van Dijk, Margo Rowan, Colleen Dell, Chris Mushquash, Carol Hopkins, Barb Fornssler, Laura Hall, David Mykota, Marwa Farag & Bev Shea (2016): **Honouring Indigenous culture-as-intervention: Development and validity of the Native Wellness Assessment™**, *Journal of Ethnicity in Substance Abuse*, DOI: 10.1080/15332640.2015.1119774
2. Margo Rowan, Nancy Poole, Beverley Shea, David Mykota, Marwa Farag, Carol Hopkins, Laura Hall, Christopher Mushquash, Barbara Fornssler and Colleen Anne Dell (2015): **A scoping study of cultural interventions to treat addictions in**

Indigenous populations: methods, strategies and insights from a Two-Eyed Seeing approach, *Substance Abuse Treatment, Prevention, and Policy*, DOI 10.1186/s13011-015-0021-6

3. Laura Hall, Colleen Dell, Barbara Fornssler, Carol Hopkins, Chris Mushquash, Margo Rowan (2015): **Research as Cultural Renewal: Applying Two-Eyed Seeing in a Research Project about Cultural Interventions in First Nations Addictions Treatment**, *The International Indigenous Policy Journal*, 6(2). Retrieved from: <http://ir.lib.uwo.ca/iipj/vol6/iss2/4>

Conference Presentations & Publications

Our Events

The Thunderbird Partnership Foundation participated or facilitated at 37 different conference events or training workshops in 2015-2016. In addition to those already featured in this year's Annual Report, we would also like to highlight these key events which helped promote and implement the *HOS Renewal Framework*, the *Indigenous Wellness Framework* and the *First Nations Mental Wellness Continuum* framework.

1. Chisasibi Cultural Competency, Chisasibi, QC April 2015
2. Change Management Training, Atlantic Policy Congress, Dartmouth, NS April 2015
3. Emotional Intelligence Training, Saskatoon, SK., July 2015
4. Prescription Drug Abuse, Winnipeg, July 2015
5. AMIS, Quebec Treatment Directors, August 2015
6. First Peoples – First Person Indigenous Hub Launch, CDRIN, Saskatoon, SK, October 2015
7. Healing our Spirit Worldwide 2015, Hamilton, NZ, November 2015



Watch for the Thunderbird Partnership Foundation's trade show booth at an event near you. We are planning to attend a number of gatherings in 2016/2017. Please stop by our booth to say hello and to check out our latest printed resources, including the popular First Nations Mental Wellness Continuum framework wheels, and the Culture as Intervention Activity Guides. If there is an event happening near you that you think we should consider attending, please contact our Stakeholder Coordinator, Sylvia St. George, at 519-692-9922 ext 303, or sstgeorge@thunderbirdpf.org.

Ontario Regional Chief Isadore Day stopped by for a visit with our Stakeholder Coordinator Sylvia St. George to show his on-going support for our Buffalo Rider program at a health event in Toronto

The Thunderbird Partnership Foundation also participated in these committees in 2015-2016:

1. First Nations Mental Wellness Continuum Framework, Implementation Team, AFN, Health Canada, First Peoples Wellness Circle
2. Addictions Management Information System Working Group, Thunderbird PF, YSAC, Health Canada
3. ON Technical Group - NNADAP Funding, Chiefs of Ontario, Health Canada, AFN, Thunderbird Partnership Foundation
4. Canadian Executive Council on Addictions
5. Prescription Drug Abuse Coordinating Committee, Health Canada
6. Leadership Council, Ontario Ministry of Health and Long Term Care, Mental Health and Addictions Strategy implementation
7. Mental Wellness Committee, Assembly of First Nations
8. Methadone Advisory Committee, Ministry of Health and Long Term Care
9. Indigenous Counsellor Certification Board
10. Prescription Drug Abuse Survey Development Committee, Health Canada and Thunderbird Partnership Foundation
11. Youth Suicide Prevention, Health Canada, First Peoples Wellness Circle, Thunderbird Partnership Foundation
12. Canadian Depression Research and Intervention Network, First Peoples – First Person Indigenous Hub, University of Saskatchewan
13. Epigenetics and Mental Wellness Training Committee, Thunderbird Partnership Foundation, CDRIN, University of Dalhousie, Lakehead University
14. First Do No Harm Committee, Montreal

Acknowledgements

This work was supported by the Canadian Institutes of Health Research (funding reference AHI-120535). Our work was inspired by the devotion of Elder Jim Dumont and our Treatment Centre project partners to walk with First Nations' people on the path to wellness guided by cultural interventions. Christopher Mushquash's involvement in this project was supported, in part, thanks to funding from the Canada Research Chairs program. We gratefully acknowledge the participation of Joseph P. Gone, supported by Montana State University during his 2014–15 appointment as the Katz Family Endowed Chair in Native American Studies and the work of Jessie McGowan, our expert librarian, who collaborated on developing the search strategy and identification of relevant articles and reports for the review.

Members of the Honouring Our Strengths: Indigenous Culture as Intervention Research Team include: Nominated Principal Investigator: Colleen Dell (University of Saskatchewan); Co-PI:

Peter Menzies (Independent. Formerly; Centre for Addiction and Mental Health), Carol Hopkins (National Native Addictions Partnership Foundation), Jennifer Robinson (Assembly of First Nations. Former designate; Jonathan Thompson); Co-Applicants: Sharon Acoose (First Nations University of Canada), Peter Butt (University of Saskatchewan), Elder Jim Dumont (Nimkee NupiGawagan Healing Centre), Marwa Farag (University of Saskatchewan), Joseph P. Gone (University of Michigan at Ann Arbor), Christopher Mushquash (Lakehead University and Northern Ontario School of Medicine), Rod McCormick (Thompson Rivers University. Formerly; University of British Columbia), David Mykota (University of Saskatchewan), Nancy Poole (BC Centre of Excellence for Women's Health), Bev Shea (University of Ottawa), Virgil Tobias (Nimkee NupiGawagan Healing Centre); Knowledge Users: Kasi McMicking (Health Canada), Mike Martin (National Native Addictions Partnership Foundation), Mary Deleary (Independent. Formerly; Nimkee NupiGawagan Healing Centre), Brian Rush (Centre for Addiction and Mental Health), Renee Linklater (Centre for Addiction and Mental Health), Sarah Steves (Health Canada. Former designate;

Darcy Stoneadage); Collaborators (Treatment Centres): Willie Alphonse (Nengayni Wellness Centre), Ed Azure (Nelson House Medicine Lodge), Christina Brazzoni (Carrier Sekani Family Services), Virgil Tobias (Nimkee NupiGawagan Healing Centre. Former Designate; Mary Deleary), Patrick Dumont (Wanaki Centre), Cindy Ginnish (Rising Sun), Hilary Harper (Ekweskeet Healing Lodge. Acting Director; Yvonne Howse), Yvonne Rigsby-Jones (Tsow-Tun Le Lum), Ernest Sauve (White Buffalo Youth Inhalant Treatment Centre), Zelda Quewezance (Saulteaux Healing and Wellness Centre), Iris Allen (Charles J. Andrew Youth Treatment Centre), Rolanda Manitowabi (Ngwagan Gamig Recovery Centre Inc./Rainbow Lodge); Collaborators (Leadership): Chief Austin Bear (National Native Addictions Partnership Foundation), Debra Dell (Youth Solvent Addiction Committee), Val Desjarlais (National Native Addictions Partnership Foundation. Former Designate; Janice Nicotine), Rob Eves (Canadian Centre on Substance Abuse. Former Designate; Rita Notarandrea), Elder Campbell Papequash (Saskatchewan Team for Research and Evaluation of Addictions Treatment and Mental Health Services Advisor); Contractors (methodology):

Elder Jim Dumont (Nimkee NupiGawagan Healing Centre), Randy Duncan (University of Saskatchewan), Carina Fiedeldey-Van Dijk (ePsy Consultancy), Laura Hall (University of Saskatchewan); Margo Rowan (University of Saskatchewan); Management: Barbara Fornssler (University of Saskatchewan. Former designate; Michelle Kushniruk).

The following publications are linked with the *First Nations Mental Wellness Continuum (FNMWC)* framework:

Brenda Restoule, Carol Hopkins, Jennifer Robinson, Patricia

Wiebe (2015): *First Nations Mental Wellness: Mobilizing Change through Partnership and Collaboration*, *Canadian Journal Of Community Mental Health*, DOI:10.7870/cjcmh-2015-014

Brenda Restoule, Carol Hopkins, Jennifer Robinson, Nachi Sinha (2015). *First Nations Mental Wellness*, *Canadian Psychiatric Association e-publication*.

The following publication is linked to Youth Addictions:

Cindy Adams, Cheryl Arratoon, Janice Boucher, Gail Cartier, Darlene Chalmers, Colleen Anne Dell, Debra Dell, Dominique Dryka, Randy Duncan, Kathryn Dunn, Carol Hopkins, Loni Longclaws, Tamara MacKinnon, Ernie Sauve, Serene Spence, MalloryWuttunee (2015): *The Helping Horse: How Equine Assisted Learning Contributes to the Wellbeing of First Nations Youth in Treatment for Volatile Substance Misuse*, *Human-Animal Interaction Bulletin* 2015, Vol. 1, No. 1, 52-75

Finance Report

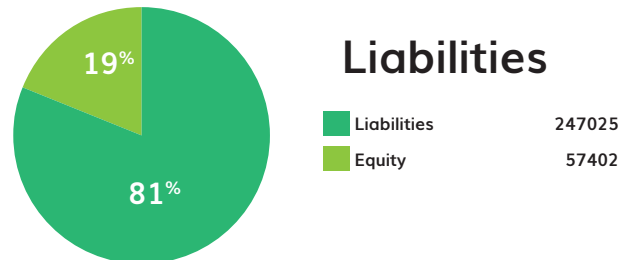
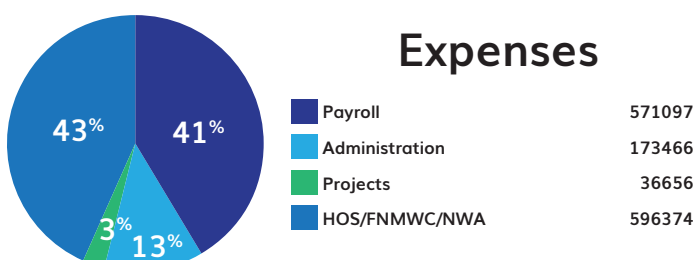
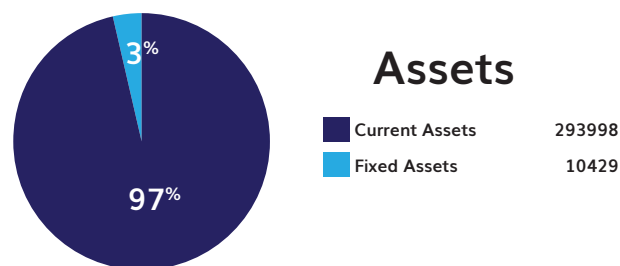
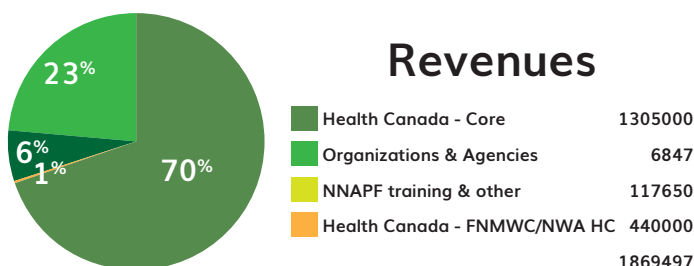
Throughout 2015-2016, the Thunderbird Partnership Foundation, a division of the National Native Addictions Partnership Foundation Inc., continued to dedicate its resources to implementing the *Honouring Our Strengths: A Renewed Framework to Address Substance Use Issues Among First Nations People in Canada (HOS)* and the *First Nations Mental Wellness Continuum (FNMWC)* framework with a focus upon supporting 'formal and practical' inclusion of Indigenous culture within policy, planning and services to address substance use and mental health issues. A significant highlight this past year is the application and implementation of both frameworks through Training and Promotion activities which included:

- supporting five *FNMWC* Demonstration projects through the combined funding of Indigenous Affairs and Northern Development Canada and Health Canada;
- developing and delivering *Culture as Foundation* training to facilitate stakeholder engagement of the *Native Wellness Assessment™*;
- developing and delivering *Care Facilitation Training* to support stakeholder implementation of the *Honouring our Strengths Renewal Framework*;
- delivering the *Strengths Based, Change Management* and *Buffalo Riders* training programs;
- delivering training through workshops and presentations aimed at increasing capacity to implement the *FNMWC* and

advocate for provincial and territorial policy changes to leverage resources to support the application of the *FNMWC*;

- delivery of training on the use of the *Addictions Management Information System*;
- Co-hosting with First Nations Health Managers Association of the International Initiative for Mental Health Leadership (IIMHL) and the Whararata 'Reconciliation in Mental Health Leadership Exchange';
- developing research initiatives in partnership with First Peoples – First Person Indigenous Hub;
- distribution of 19,242 copies of Thunderbird published resources at provincial; regional; national and international events including Healing our Spirit Worldwide 2015 and IIMHL;
- committee work at the provincial and national levels to advocate and support Thunderbird's policy frameworks.

Continuing to develop human resource capacity within the organization has resulted in nine employees as of January 2016 which enables us to employ a team-based approach to action Thunderbird's five strategic priorities within the operational plan. Seven Thunderbird employees are located at the head office at Delaware Nation, in Ontario, while the other 2 employees continue to work from satellite offices.



Our Board of Directors

Officers	Board Member	Representing
National Elder	Agnes Mills	First Nations
Board President	Chief Austin Bear Muskoday First Nation, SK	Muskoday First Nation, SK
Board Vice President	Karen Main Executive Director, Leading Thunderbid Lodge, SK	YSAC, Youth Solvent Addiction Committee
Board Treasurer	Patricia Shade Director Kainai Wellness Centre	Alberta Mental Health and Addictions Committee
Board Secretary	Mari Stagg Interlake Reserves Tribal Health Centre	Manitoba

Our Staff



Carol Hopkins
Executive Director



Mary Deleary
Office Manager/Indigenous
Knowledge Translation



Nora Bressette
Curriculum Coordinator



Jordan Davis
Web/Graphic Design and IT



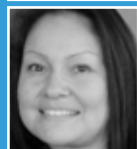
Eugene Adangwa
Bilingual Translator



Sylvia St. George
Stakeholder Coordinator



Sherry Huff
Writer/Editor and Social
Media Coordinator



Dawn-Estelle Miskokomon
Knowledge Exchange Facilitator



Valerie Peters
Office Administrative Assistant

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Dr. Brenda Restoule Chairperson FPWC	Chairperson, First Peoples Wellness Circle
Delena Tikk Executive Director Three Voices of Healing Society	British Columbia Association of BC First Nations Addictions Services Seat vacant as of March 2016
Ellen Smith Kyikavichik Consulting Services	Northwest Territories
Laurie Ann Nicholas Health Coordinator Mawiw Council Inc.	Atlantic Policy Congress of First Nations Chiefs Secretariat
Vacant	Nunavut
Wanda Smith Executive Director Native Horizons Treatment Centre	Ontario – Ontario Regional Addictions Partnership Committee
Richard Gray FNQLHSSC	Quebec - First Nations of Quebec and Labrador Health and Social Services Commission
Janice Nicotine Saskatoon Tribal Council	Saskatchewan
Colleen Geddes Coordinator, Jackson Lake Wellness Team Dept. of Justice Kwanlin Dun First Nation	Yukon – Council of Yukon First Nations
Judy Whiteduck AFN, Director – Safe, Secure and Sustainable Communities	Assembly of First Nations



