



VISION FOR THE FUTURE

THUNDERBIRD PARTNERSHIP FOUNDATION
2018/19 ANNUAL REPORT



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

Mandate

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

Cover: Our Vision for the Future emerges from our HOS and FNMWC frameworks, using a font that reflects the multi-layered, multi-faceted nature of supporting the wellness of First Nations people. Using the colours of the frameworks, the font also represents land and the life-giving vitality of nature and Creation.

The Thunderbird Partnership Foundation has a centralized office located on the Eelūnaapèewi Lahkèewiit Territory, in southwestern Ontario.

Main Office
22361 Austin Line
Bothwell, ON
N0P 1C0

Phone: (519) 692-9922
Toll Free: 1-866-763-4714
Fax: (519) 692-9977
E-Mail: info@thunderbirdpf.org

Office hours are 8:30 to 16:30 ET.

Our website is www.thunderbirdpf.org

Table of Contents

Message from the Board President and Executive Director	3
National Elder News	5
Massi Cho Elder Agnes Mills!	5
Definition of an Indigenous Elder	5
National Elder selection	6
Thunderbird welcomes Elder Oscar Kistabish	6
Vision for the Future	7
Strategic Plan – Centre of Excellence	9
Thunderbird and partners set foundation for Indigenous wellness	11
Safe Policy Pathway for Addressing Sexual Abuse	12
Service delivery models developed to support community planning	13
Train-the-trainer curriculum developed for land-based service delivery model	13
Strong endorsement of Thunderbird's training courses	14
New Indigenous policy tool supports a healing justice model	15
2018-2019 Opioid Snapshot	15
International Drug Policy - A paradigm shift	16
New International Indigenous Drug Policy Network created	17
Enhancements to Addictions Management Information System	17
NNADAP/NYSAP Year In Review	18
Projects and research	20
Partnership with Canadian Research Initiative in Substance Misuse	20
Live-in treatment standards for addictions services	22
Cannabis update: Three Projects	23
Project A – Regional Cannabis Dialogue Project	23
Project B – Let's Talk Cannabis	24
Project C – Curriculum, tools, and resource development	25
Evaluating E-health supports	25
Message from our partners at First Peoples Wellness Circle	26
Wise Practices now nominating new projects	27
Conferences and events	28
Thunderbird shares its work on international stage	29
IIMHL Sweden: Forging international collaborations for mental wellness	30
Finance Report – 2018-2019	31
Balanced scorecard monitors Thunderbird's strategic priorities	32
Thunderbird Board of Directors honours Executive Director	32
Board Members 2018-2019	33
Staff Listing	34

Message from our Executive Director and Board President

Dear friends,

Thunderbird is many things to many people, communities and organizations. It's a place to find partnership, connections, access to practice-based evidence, and best of all to find understanding for the strengths of First Nations people. It is a place where community workers can become actively involved in the work and planning of our training and education programs; where innovation and research make a difference in community programs and policy; and where our staff and partners are encouraged and supported. It was a challenging year for our staff with their many projects and managing through some staff changes, but their determination to support each other—along with pride in the vision of Thunderbird—ensured that we continue to deliver.

The stories in this year's Annual Report to the community are inspired by those we serve, those who serve and by the compassion, care and hope that make up the Thunderbird Partnership Foundation. Thunderbird is an organization where people matter and where there is belief in their strengths. This report highlights the amazing results achieved over the past year and launches the organization forward with a new vision for a Centre of Excellence.

It is always a privilege to be working in a time when Indigenous knowledge matters and where the wisdom held by community, practitioners, youth and Elders is valued. We are ever-mindful of the not so distant past where this was not the case for many, and this energizes our commitment to carrying the courage left by our ancestors to find the many pieces of the puzzle to navigate the comprehensive and complex way forward. We want to remem-

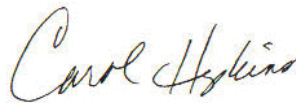
ber Elder Agnes Mills who retired as our National Elder and welcome Elder Oscar Kistabish in this new role. We are excited by the opportunity to grow the capacity of our organization to enable us to engage with First Nations community and treatment centres even more. The bold plan that will carry us for the next five years is grounded in the First Nations Mental Wellness Continuum framework which means partnerships, a focus on quality, research, advocacy, and more capacity with training and education.

To our visionary Board of Directors, our resilient and passionate staff, our very supportive and caring partners – thank you for all that you do. To all our stakeholders, thank you for your active participation and engagement with the Thunderbird Partnership Foundation. We look forward to continuing our journey together towards mental wellness guided by Hope, Belonging, Meaning and Purpose.

Wishing you all the best,

A handwritten signature in dark ink, appearing to read 'Austin Bear', written in a cursive style.

Chief Austin Bear
President

A handwritten signature in dark ink, appearing to read 'Carol Hopkins', written in a cursive style.

Carol Hopkins
Executive Director

National Elder News

Massi Cho Elder Agnes Mills!

Agnes Mills officially retired as the National Elder for the Thunderbird Partnership Foundation's Board of Directors in July 2018 following eighteen years of distinctive service. Elder Agnes provided counsel and supported the direction and work of the organization from its inception in 2000 as the National Native Addictions Partnership Foundation.

Thunderbird's 2018 Annual General Meeting was held in Agnes's current home community of Whitehorse, Yukon to provide an opportunity for family and friends to participate in an honouring celebration in recognition and appreciation for her years of commitment and contributions to promoting and supporting a culturally-grounded approach to wellness for First Nations peoples. Agnes served an instrumental role in the development of the National Native Alcohol and Drug Abuse Program that had its beginnings more than forty years ago.

Elder Agnes's retirement celebration included a Star Blanket honouring ceremony and feast. Numerous words of appreciation were also shared from people

across the country, several dignitaries, and Thunderbird's board members and staff in attendance.

The Thunderbird Partnership Foundation is appreciative of this additional opportunity to acknowledge Elder Agnes and to once again say Massi Cho (thank-you) for all the gifts shared and wisdom imparted that will continue to inspire the organization's work. Elder Agnes's good moccasin tracks will ensure a clear and strong path is well-marked for many to follow.



Definition of an Indigenous Elder

The Thunderbird Partnership Foundation defines Elders and their role in Indigenous terms.

An Elder is a specialist in ceremonies, traditional teachings, language, and heritage as it applies to mind, body, emotions, and spirit. As everyone is unique in their experience, learning, personality and knowledge of Indigenous culture, each potentially has something different to offer. Some individuals may be specialists in certain teachings, ceremonies or healing practices, while others may have different expertise.

Age may be part of this, although it is not the only part. To a certain extent, age is important to consider when you have experienced enough of the stages of life that you can look back and reflect on them.



National Elder Selection

The departure of Thunderbird's first National Elder, Agnes Mills, in 2018, prompted the organization to establish a selection process to facilitate a replacement in a way that honours the esteemed position Elders have in Indigenous communities.

The first order of business was to establish a description for the role of National Elder, (See Definition of an Indigenous Elder) followed by the creation of a committee of the board and a call for National Elder nominations from every region and national First Nation partner organization. The board committee managed the process of implementing Thunderbird's governance policy for renewing this lifelong position. It also engaged other Elders and Indigenous Knowledge Keepers on what constitutes appropriate com-

pensation to show respect for the Indigenous knowledge shared with the organization.

The result of this engagement was the creation of a pension plan for Thunderbird's National Elder, recognizing that many First Nations communities lack the capacity for pension supports while Elders work in full time positions. The policy changes also recognized the role of Elder helpers, noting that every linguistic culture among First Nations people recognizes a role for helpers to the Elder, who benefit from being mentored in knowledge and practice. The helper also acts as a personal assistant and increases safety for the National Elder.

Thunderbird welcomes Elder Oscar Kistabish

Kwey kwey Elder Oscar!

Thunderbird Partnership Foundation is proud to announce that it has recruited Elder Oscar Kistabish as its new National Elder!

Elder Oscar's appointment was made during Thunderbird's 2018 Annual General Meeting in Whitehorse, Yukon, after being nominated for the position by the Quebec Region. He is Algonquin Anishinabe from Pikogan, First Nation of Abitibiwinni, Quebec, and is a fluent speaker of Algonquin, Cree, English and French.

Elder Oscar is a well-respected Elder and ceremonial leader, being recognized and sanctioned by his people with a sacred pipe. He has contributed many years of service, supporting numerous First Nation organizations and initiatives, including the Val d'Or Native Friendship Centre, the First Nations of Quebec and



Labrador Health and Social Services Commission, Early Childhood Regional Committee, the La Macaza federal penitentiary and has supported Indigenous specific research. He lives on the land where he lives in harmony with Creation.

The role of the National Elder includes supporting the Board of Directors in their governance role with a culturally-based perspective; ensuring the use

of traditional cultural practices; providing wise counsel and guidance, and transmission and translation of Indigenous knowledge for stakeholders and partners.

Elder Oscar's fluency in language combined with being an acknowledged ceremonial practitioner holding extensive land-based knowledge align with Thunderbird Partnership Foundation's Vision, Mission and Mandate and will be integral to what he will share in his role and responsibilities as National Elder.

Vision for the Future

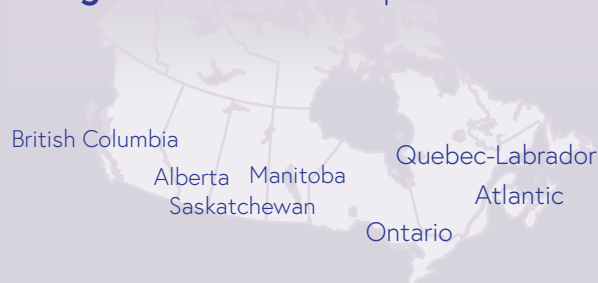
2018-2019 is the first glimpse of Thunderbird Partnership Foundation's Vision for the Future, as the organization enters its new 5-year mandate, further strengthening its role as the leading authority on Indigenous substance use issues and mental wellness research and advocacy in Canada. Thunderbird's future plans are a result of a clearly articulated vision resulting from engagement with its Board of Directors and stakeholders, which continue to ensure the organization is held to the highest standards and moves toward becoming recognized as a Centre of Excellence.

The following statistics reflect Thunderbird's continued support of Indigenous knowledge sharing, strength-based approaches, partnerships, and community engagement.

Addictions Information Management System (AMIS) Governance

24 Registered Participants

Regions of Canada represented



Training Courses

We are honoured to support the continued skill and knowledge development of First Nations people. The ever-increasing value for our training products has inspired the development of a national train-the-trainer program which we look forward to launching next year. The year also saw the development of a Vicarious Trauma workshop by our Trauma Informed training facilitators, and a revised Buffalo Rider course geared for youth peer mentorship.

Understanding Opioid
Addiction and Treatment
(Pharmacology)

1 Training
26 Participants

Buffalo Riders Early
Intervention Program

6 Trainings
83 Participants

Using Trauma Informed Approaches
in Our Work:
From Understanding to Practice

4 Trainings
144 Participants

FNMWC Implementation

3 Trainings
102 Participants

Culture as Foundation

1 Training
51 Participants

Natural Medicines

1 Training
6 Participants

Let's Talk Cannabis -
Train-the-Trainer

1 Training
9 Participants

16 Total number of **training courses** in 2018-2019

421 Registered Training Participants

Regions of Canada represented



Website Analytics > thunderbirdpf.org

We continue to see increased visits from both new and return users to our main website.



Visitors are also spending **more time** and exploring **more pages**.

Website Analytics > cultureforlife.ca



Social Media

Engagement remains steady!

Facebook

2K Fans

UP

14%

IN 2018/19

Twitter

2.6K Followers

UP

3%

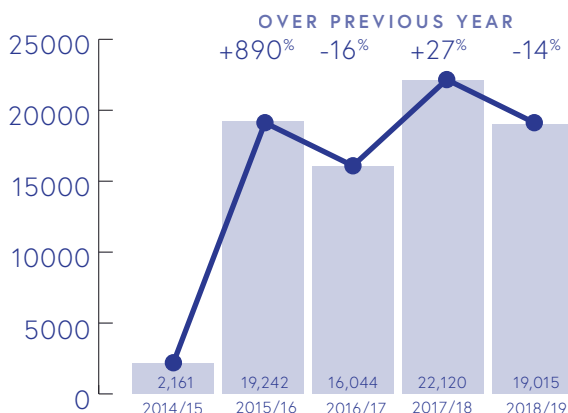
IN 2018/19

19,015 Documents distributed in 2018-2019

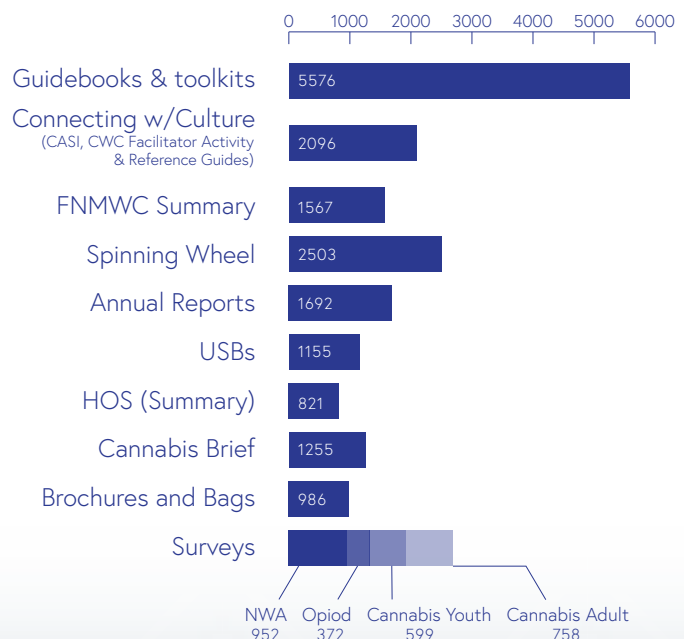
Demand for Thunderbird's resources remains strong.

As the organization is poised to deliver its new 5-year strategic plan, we look back over the past 5 years of resource distribution. The graph captures the explosive growth of knowledge sharing for our organization since 2014. Resource distribution includes toolkits/guidebooks and resources shared via conferences, events, training sessions and mailouts.

5 years of knowledge sharing



Documents distributed in 2018-2019



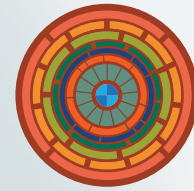
Strategic Plan – Centre of Excellence

Fiscal 2018-2019 marks the beginning of a new five-year strategic plan for Thunderbird Partnership Foundation, which further defines the organization's critical path to continue to be the leading, culturally-centred voice for Indigenous substance use and mental wellness issues in Canada. In addition to continued support for the implementation of the Honouring Our Strengths framework and the First Nations Mental Wellness Continuum, Thunderbird engaged stakeholders in processes designed to gain insight for future direction. A vision emerged for establishing a Centre of Excellence in the use of Indigenous knowledge and culture for mental wellness.

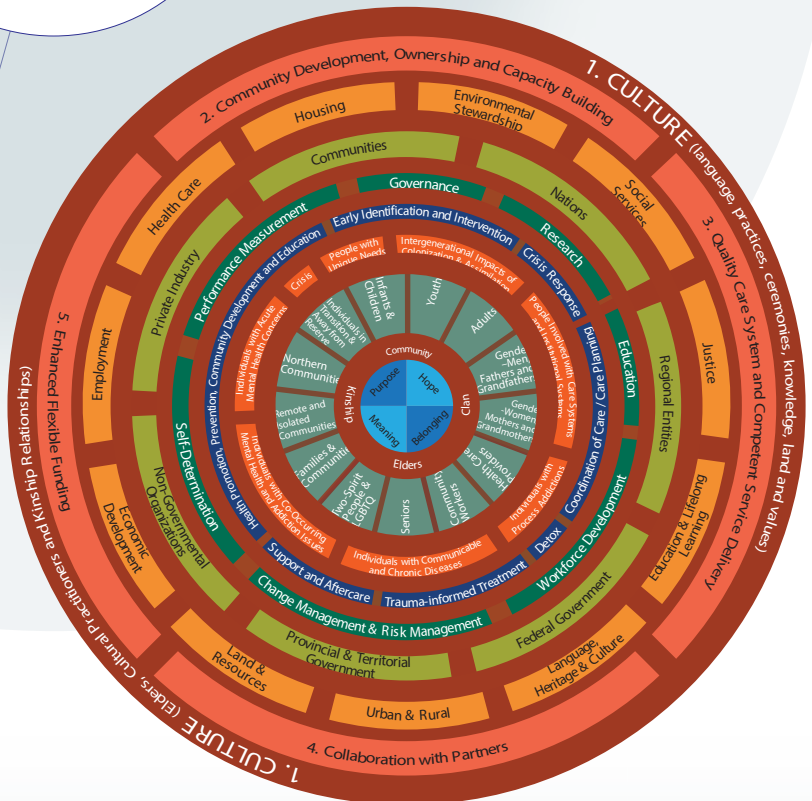


The strategic priorities have been organized by the themes and priorities of the First Nations Mental Wellness Continuum (FNMWC) framework.

An exciting feature of this plan includes establishing a balanced scorecard model based on the wellness outcomes identified by the Indigenous Wellness Framework: Hope, Belonging, Meaning and Purpose. The balanced score card model also incorporates ongoing organizational evaluation and monitoring, as well as development of organizational standards. We have included more about our new balanced scorecard in this year's annual report.



The FNMWC framework is a systems approach with five key themes to support outcomes of **Hope, Belonging, Meaning, and Purpose.**



Thunderbird and partners set foundation for Indigenous wellness

Thunderbird and its partners continue to set the foundation for Indigenous wellness in Canada through their strong leadership in supporting implementation of the First Nations Mental Wellness Continuum (FNMWC) framework. In the three years since the release of the FNMWC, Thunderbird, the First Peoples Wellness Circle, the Assembly of First Nations and the First Nations and Inuit Health Branch of Indigenous Services Canada (ISC) have worked together as the Implementation Team to support development of multiple resource tools, training curricula and advocacy. Together they promote FNMWC implementation at the community and regional levels, where the Continuum can link with and leverage government initiatives, including holistic community-led planning

Thunderbird Partnership Foundation is pleased to report completion of a number of implementation initiatives for fiscal 2018-2019:

- FNMWC Implementation Guide, a companion resource to Thunderbird's training module released in 2017-2018
- two service delivery models: Land for Healing: Developing a First Nations Land-based Service Delivery Model and Community Crisis Planning for Prevention, Response and Recovery: First Nations Service Delivery Model
- Train-the-Trainer curriculum for the service delivery models, and Let's Talk Cannabis tools for dialogue
- Safe Policy Pathways to Address Child Sexual Abuse literature scan and report
- Indigenous Policy Tool, to support development of culturally-safe policies
- launch of the life promotion website, Wise Practices (wisepractices.ca)

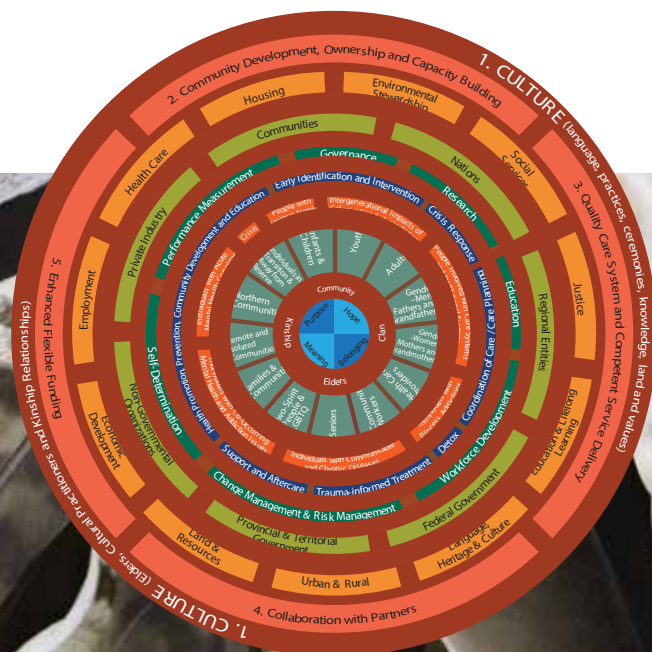
Details of these initiatives have been included in this year's annual report.

Thanks to the dedication and commitment of the FNMWC Implementation Team, we are seeing a major shift toward recognizing Indigenous knowledge, values and practices

and support for wellness priorities identified by First Nations themselves.

Evidence of this shift can be seen at all levels:

- community use of the framework to inform strategic planning at the local level, replacing a siloed approach
- groundwork is being laid for stronger collaboration between First Nations and federal, provincial and territorial departments, providing a common lens, empowering First Nations to build on strengths and respond to community-identified priorities and needs in ways that are based on a foundation of Indigenous knowledge and evidence
- ensuring federal funds are invested in areas identified as priorities by First Nations, as well as new reporting initiatives to promote Indigenous worldview and knowledge such as the newly developed Health and Wellness Planning Guide and investments in mental wellness teams and enhanced crisis response across the country
- integration and alignment of ISC's mental wellness services for First Nations under this Framework
- support and resources from FNIHB for communities to implement the Framework



Safe Policy Pathway for Addressing Sexual Abuse



Thunderbird has heard from First Nations communities that an underlying root cause for the opioid crisis and suicides is the traumatic experience of sexual abuse, a direct result of colonization processes; most significantly the residential school and child welfare systems. There is also a lack of funding to support consistent and long-term efforts towards community-based wellness. Few are willing to give voice to their experiences due to fears of the justice system, police and child welfare systems, and a significant lack of resources to support healing.

These issues have been drastically affected by racist attitudes toward Indigenous knowledge, which provides evidence for culture-based healing practices. In examining government policy, mechanisms that attempt to support First Nations addressing sexual abuse are short term, and do not do enough to respect First Nations' decisions to use their own knowledge and culture to facilitate justice and healing.

The First Nations Mental Wellness Continuum (FNMWC) framework supports the establishment of a Safe Policy Pathway for Addressing Sexual Abuse. It identifies inter-generational trauma as a key issue and promotes the use of Indigenous knowledge and culture as the foundation for strength-based solutions, taking a systems approach to promote holistic wellness as communities confront incidences of sexual assault, trauma, exploitation, and violence.

A legal review began in 2019 with a focus on understanding more about sexual abuse history and healing of Indigenous people in the Canadian corrections system. The results will help to set the foundation for exploring a new policy framework that honours First Nations' rights to use their knowledge and culture-based healing methods within alternative justice processes.

While there are discretionary options within the justice system for supporting community-based efforts, there is no consistency in action. We have heard from communities that were denied the use of their knowledge and culture-based healing methods to address sexual abuse. We have also learned from communities that have developed meaningful partnerships with justice collaborators to effectively address such issues. Addressing inconsistencies with a comprehensive policy framework will increase the safety and healing of First Nations children, families, and communities.

An environmental scan of 10 Indigenous community efforts to address sexual abuse¹ found that programs vary in their focus. Some example methods include reintegration of the person causing harm through sexual abuse back to community following incarceration, addressing the childhood trauma of sexual abuse, with a few focused on addressing the healing needs of both the person causing harm to others and the person who experienced the harm of sexual abuse.

This safe policy pathway project is ongoing and complementary to a related project by the Chiefs of Ontario. These efforts target sexual abuse and draw from the rich foundation established by community models and the work of the Aboriginal Healing Foundation. Practical resources, such as adequate funding and facilities, have been identified as key needs, along with appropriate research methods and engagement with provinces and territories.

Service delivery models developed to support community planning



Two new service delivery models were released in 2018 by Thunderbird Partnership Foundation, which were developed to support community planning and wellness through a connection to land-based healing and crisis planning. *Land for Healing: Developing a First Nations Land-based Service Delivery Model* and the *Community Crisis Planning for Prevention, Response and Recovery* are a result of work by Thunderbird and fellow members of the FNMWC Implemen-

tation Team. Both models used the FNMWC and have been developed in response to the changing needs identified by First Nations across Canada. They represent an exciting approach to supporting communities developing programs to meet their unique needs, as opposed to governments developing programs and rolling them out to communities.



***Land for Healing* includes guidance on a number of key elements, such as how to integrate traditional healing with western approaches, enlisting the support of Elders and Knowledge Keepers for managing risk and safety on the land.**

(<https://thunderbirdpf.org/wp-content/uploads/2018/07/Thunderbirdpf-LandforHealing-Document-SQ.pdf>)



***Community Crisis Planning* includes identifying community characteristics and capacities (strengths), how to provide culturally-competent care and capital requirements.**

(<https://thunderbirdpf.org/wp-content/uploads/2018/09/Thunderbirdpf-CrisisPlanningBook-Document.pdf>)

Train-the-trainer curriculum developed for land-based service delivery model

Curriculum developers at Thunderbird Partnership Foundation have completed development of a Train-the-Trainer program to support increased capacity across regions for implementation of the land-based service delivery model. The training program was created to provide further support uptake in the context of First Nation community wellness planning.

The course guides interested First Nations communities learn how to facilitate the development of culturally competent land-based programming in their communities.

Its goal is to deepen community understanding of how the Land-based Service Delivery Model can support community-based wellness programs. There are seven different training modules that can be delivered over a five-day course or through web-based training to help interested community-level facilitators feel able to implement training in their own communities.

A train-the-trainer program has also been created to support the crisis response service delivery model.

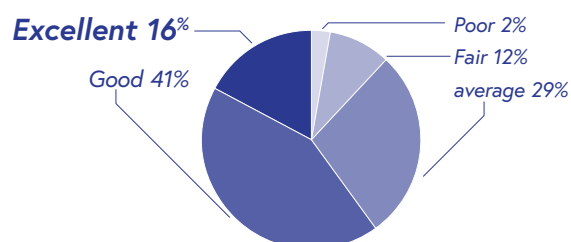
Strong endorsement of Thunderbird's training courses



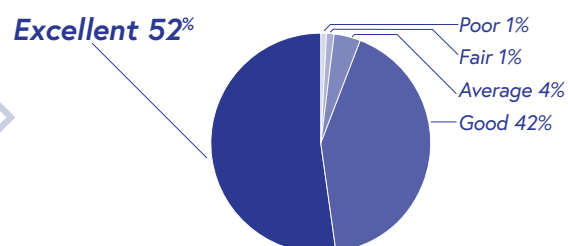
Thunderbird Partnership Foundation's training role has grown exponentially over the years, with new courses being added to the roster on an on-going basis. This year's annual report includes a summary of some of the feedback shared by training participants in 2018-2019. The feedback was collected through evaluation questionnaires, to measure the effectiveness of Thunderbird's courses for helping participants understand the benefits of culture-based training. Participants were also asked to

gauge how useful the training is to their work. Courses included in this year's infographic are Buffalo Riders, Culture as Foundation, First Nations Mental Wellness Continuum (FNMWC) Framework Implementation, Let's Talk Cannabis/Train-the-Trainer, and Using Trauma Informed Approaches in Our Work: from Understanding to Practice.

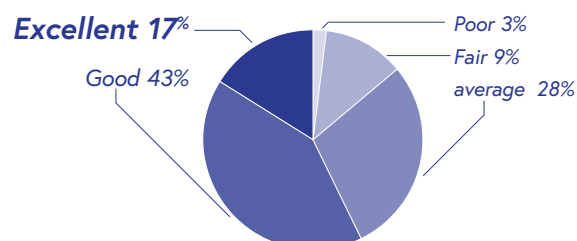
Before this training my knowledge of how culture contributes to wellness was:



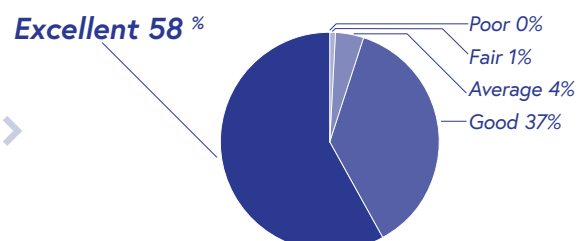
After this training my knowledge of how culture contributes to wellness is:



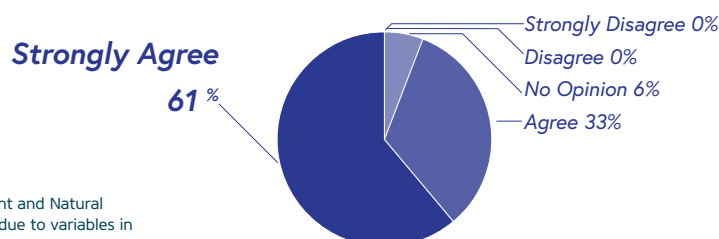
Before this training my understanding of the benefits to applying culture to improve wellness was:



After this training my understanding of the benefits to applying culture to improve wellness is:



The training is useful to me work:



(Note: Understanding Opioid Addiction and Treatment and Natural Medicines are excluded from this year's infographic due to variables in survey questions.)

New Indigenous policy tool supports a healing justice model



The Thunderbird Partnership Foundation was retained this fiscal year by the Federal Department of Justice to develop an Indigenous Policy Tool to provide insight for policy makers and legislators when working on initiatives that could affect Indigenous Peoples.

Development of the tool was grounded in Indigenous knowledge and included a comprehensive review of relevant literature and other existing policy tools, engagement with Indigenous Peoples, and oversight by a representative advisory committee.

The new tool is meant to guide the development of justice policies that support wellness within the context of the five themes of the First Nations Mental Wellness Continuum. In this context, the FNMWC would support justice policies that are interdependent to health and social policies, which can respond in a culturally-safe way to the current reality facing First Nations. Such a reality includes a high prevalence of incarceration resulting from opioid dependence, drug related fatalities and violence, the ineffectiveness of punitive measures for severe drug use disorders, the role of childhood sexual abuse in the prevalence of drug misuse and the need for increased access to drug treatment and trauma-informed supports in prison.

Incarceration has severe negative consequences for people with drug use disorders, their families and their communities. Prison can worsen the underlying health and social conditions that are associated with drug use. However, what is encouraging is more and more governments today are looking for ways to increase drug treatment access and lower incarceration rates.

The FNMWC guides the following key considerations for policy

- the use of Indigenous knowledge, culture, and evidence,
- wise practice,
- outcomes and monitoring,
- mitigating unintended outcomes,
- equity,
- rights of Indigenous people,
- self-determination and autonomy, and
- activating movement based on the Calls to Action from Canada's Truth and Reconciliation Commission Report.

2018-2019 Opioid Snapshot

Despite a range of effective treatment options for drug use disorders, access to treatment at a global level is low. According to estimates by the United Nations Office on Drugs and Crime (UNODC), only 1 in 6 people in need of treatment has access to it, with many countries seeing less than 10 percent of people with drug use disorders receiving treatment. For First Nations in Canada, it's not yet known how many people have no access to treatment. First Nations participating in the 2018 National Opioid Summit did however report a lack of human and financial capacity to meet the needs:

- Some First Nations regions reported 50 percent prevalence in opioid dependence with **no treatment**.
- Thunder Bay, Ontario has the highest opioid poisoning in the province and has the seventh highest murder rate in Canada.
- Compared to non-First Nations people in Alberta, First Nations people **die three times as often from opioid toxicity**, visit emergency rooms for substance misuse six times as often, are hospitalized five times as often for opioid and substance misuse and are dispensed opioids two times as often.

2 - History of Childhood Abuse in Populations Incarcerated in Canada: A Systematic Review and Meta-Analysis. Claire Bodkin, BA, Lucie Pivnick, MD, MSc, Susan J. Bondy, PhD, Carolyn Ziegler, MAMIS, Ruth Elwood Martin, MD, Carey Jernigan, BSc, and Fiona Kouyoumdjian, MD, PhD, MPH. March 2019, Vol 109, No. 3 AJPH

International Drug Policy - A Paradigm Shift

From a War on Drugs to a Right to Health



The global shift away from the punitive war on drugs approach to one focused on prevention and treatment continues, with Thunderbird Partnership Foundation attending to the wellness needs of First Nations people.

Thunderbird travelled to the 62nd Session of the United Nations Commission on Narcotic Drugs (CND), in Vienna in March seeking to learn more about UN conventions that are meant to be the foundation for a drug control system that avoids the health and security challenges of inappropriate use of narcotic drugs and psychotropic substances. For First Nations people, a right to health means addressing social inequities and intergenerational trauma while being caught between jurisdictional funding policies and other barriers to mental wellness. Some of these barriers are linked to imposed poverty, homelessness, systemic racism, and criminalization.

Like many in Canada, First Nations struggle with the impact of opioids and methamphetamines. These challenges can be understood only by examining the experience of colonialism and its impact on drug policy as it relates to First Nations. Racialized policy, stigma, social exclusion, denial of cultural continuity, access to life-saving measures including prevention, harm reduction, and treatment are all factors. An example of this is the disproportionately high First Nations incarceration rate for drug-related offenses, despite evidence that mandatory minimum sentencing is ineffective. Collaboration across sectors is part of the conversation when examining impacts on First Nations populations, including Indigenous Services Canada, Health Canada, Justice, and Public Safety. Policies are changing to facilitate greater access to culturally-relevant services, but these do not go far enough for some, including people struggling with problematic substance use and those who are vulnerable to or living with HIV.

While in Vienna, the Canadian Civil Society Working Group, of which Thunderbird is a member, delivered the policy

document: **Supporting Health and Human Rights in Drug Policy: Brief to the Minister of Health and Canadian Delegation to the UN Commission on Narcotic Drugs.**

This brief contained ten policy recommendations for consideration by the Canadian government. The working group was appreciative to find some of its recommendations reflected in the Canadian government's official statements and negotiating positions, particularly, Canada

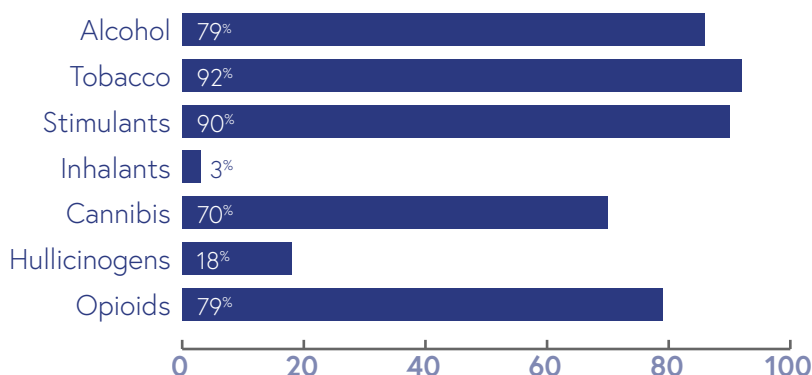
- took a leadership role promoting a public health approach to psychoactive substances,
- committed to continue work with relevant UN entities to address stigma and its impact on the health and human rights of people who use drugs,
- co-sponsored the launch of the International Guidelines on Human Rights and Drug Policy, aligning their drug policies with human rights obligations,
- strongly supported harm reduction interventions,
- consistently countered *drug free* and other stigmatizing language, and
- engaged youth and civil society in their delegation, and co-sponsored an event dedicated to civil society participation.

There are eleven years left to meet commitments enshrined in the UN Sustainable Development Goals. To achieve these goals, strengthened political leadership is urgently required at all levels. The Thunderbird Partnership Foundation is a devoted contributor to drug policy that affects meaningful change for the mental wellness of First Nations people in Canada.

NNADAP Year in Review

The Addictions Management Information System (AMIS) has been designed to meet the needs of the National Native Alcohol and Drug Abuse Program (NNADAP) and the National Youth Solvent Abuse Program (NYSAP) funded treatment centres. There are 38 NNADAP centres across the country, and 22 are actively using AMIS. This infographic represents national aggregate data from AMIS of NNADAP treatment centres across Canada.

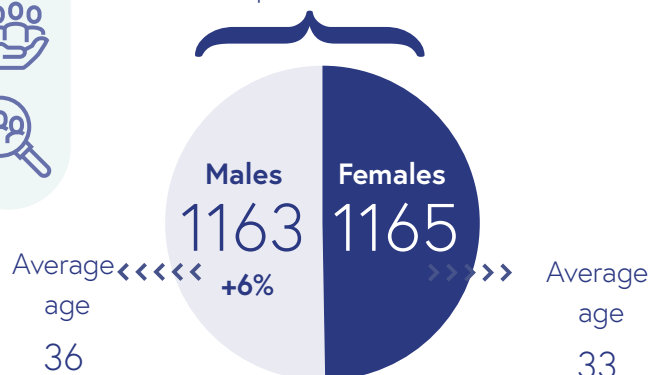
Substance Use (%)



Total NNADAP Clients

2328

+3% compared to 2017-2018



Pre-treatment

Referrals

+2%

compared to 2017-2018

Post-treatment

Referrals

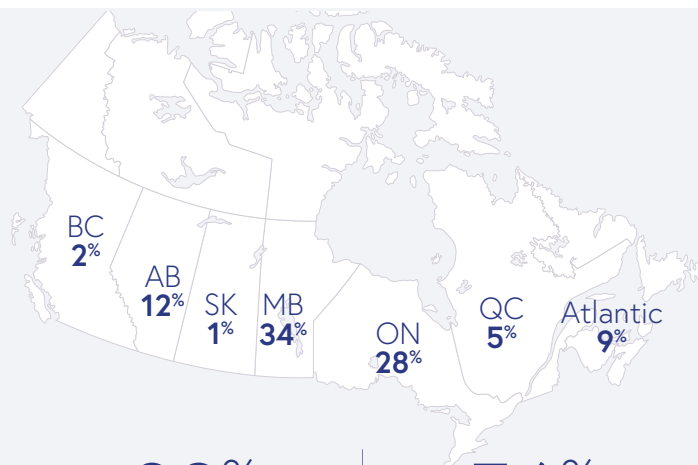
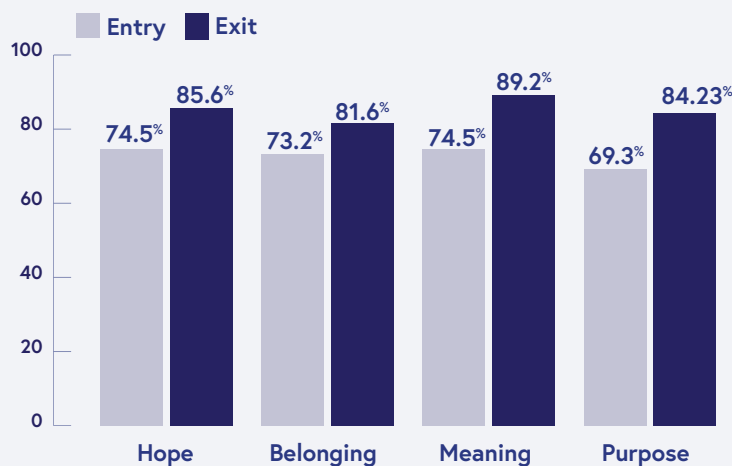
16%

of clients received post-treatment referral services

Native Wellness Outcomes

The Native Wellness Assessment™ is the first instrument of its kind to psychometrically and statistically validate the effect of cultural interventions on wellness over time. The graph below represents a **10-17% increase** in client wellness resulting from cultural interventions at NNADAP treatment centres across Canada.

Native Wellness Assessment™



39%

completed high school or post-secondary

56%

completed treatment

14%

involved in the justice system; of those involved in the justice system, **53%** are on probation

24%

have a history of suicide ideation or attempts

NYSAP Year in Review

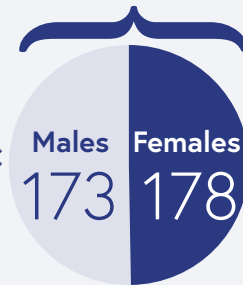
The National Youth Solvent Abuse Program (NYSAP) has a network of 10 treatment centres for Indigenous youth across Canada. All ten centres are actively using the Addictions Management Information System (AMIS). National aggregate data reflected in this infographic is captured individually at each centre, collected across our network and reported annually.



Total NYSAP Clients

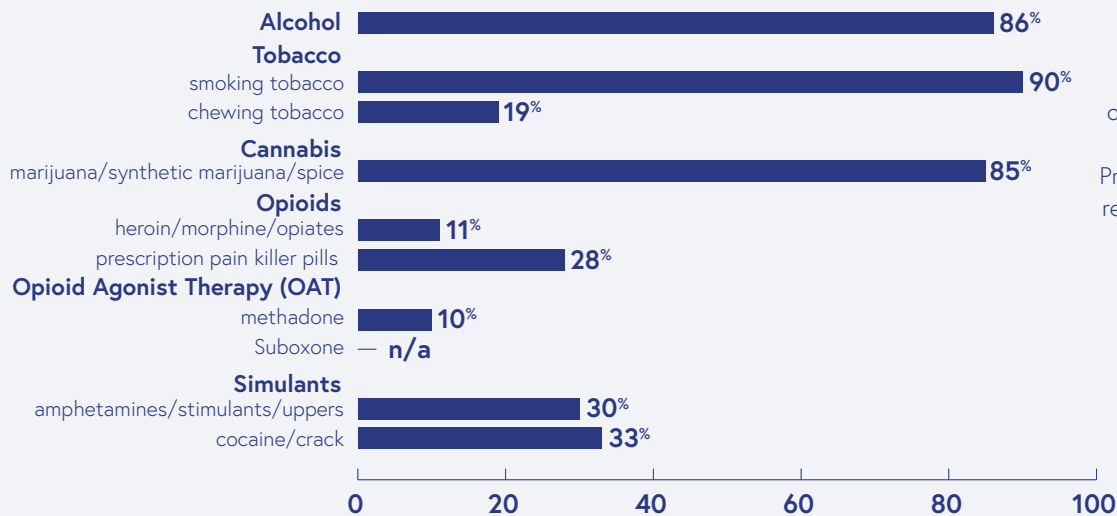
351

Average
age
17



Average
age
17

Substance Use (%)



Pre-treatment Referrals

5%

of youth clients had pre-treatment referral services.

Pre-treatment referrals ensure client readiness to optimize the likelihood of treatment completion.

Post-treatment Referrals

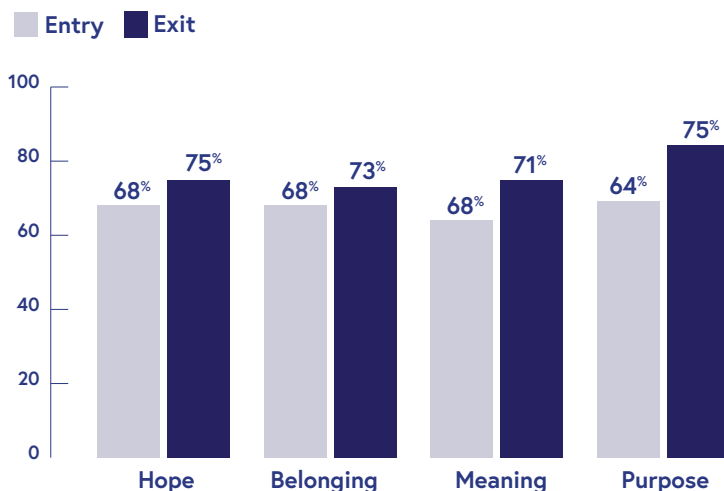
17%

of youth clients had post-treatment referral services.

Native Wellness Outcomes

The Native Wellness Assessment™ is an Indigenous knowledge-based instrument that demonstrates the effectiveness of First Nations culture as a health intervention in addressing substance use and mental health issues. Culture is the key to restoring and maintaining wellness. Indicated below are client outcomes for improvement in Hope, Belonging, Meaning and Purpose. Overall, our NYSAP clients are **gaining 4 – 14% in wellness indicators** throughout their program stay.

Native Wellness Assessment™



42%

are not attending school

57%

have history of suicide ideation or attempts

47%

attended previous treatment

60%

come from families where family violence has been present

21%

have a history of sexual victimization

New International Indigenous Drug Policy Network created

The International Indigenous Drug Policy Network was established in collaboration with the Thunderbird Partnership Foundation and its partners in Australia and New Zealand. The focus areas are international human rights, the world drug problem, and effects on Indigenous Peoples. Internationally, drug law reform is moving away from punitive justice approaches. Indigenous Peoples, however, still carry burdens of inequality and disease from addiction. The International Drug Policy Consortium, which is a global drug policy watchdog network, states that governments should repair discrepancies between UN drug conventions and international human rights agreements, to protect the rights of Indigenous Peoples. A document resulting from the UN General Assembly Special Session (UNGASS) on the World Drug Problem in 2016 suggests Indigenous communities should be meaningfully involved in the design and implementation of any policies that affect them, however the actual impact of those documents remains to be seen. The International Indigenous Drug Policy Network would ensure the world's Indigenous Peoples have a voice on issues associated with drugs, while sharing strategies and best practices. Proposed interim goals are to

- establish an international collective Indigenous voice on drug policy,
- increase visibility of implications of legal and illicit drugs on Indigenous Peoples,
- influence the UN and other international bodies on prioritizing Indigenous drug policy,

- promote Indigenous-specific approaches to supply control, problem limitation and harm reduction,
- influence the work of the UN Commission on Narcotic Drugs in response to Indigenous rights and equality to influence equity within member countries,
- improve meaningful inclusion of Indigenous Peoples in research, policy and intervention, and
- facilitate a paradigm shift from the war on drugs to everyone has the right to health including prevention and treatment.

This network will be established in an interim capacity by the Thunderbird Partnership Foundation, the Aboriginal Drug and Alcohol Council (SA) and New Zealand Drug Foundation. Together, they will advocate at multiple levels, focused on reducing harm among Indigenous people. The network will acknowledge and respect traditional practices and medicines.



The International Indigenous Drug Policy Network was launched at Healing Our Spirit Worldwide – The Eighth Gathering, in Sydney Australia, by the Aboriginal Drug and Alcohol Council (SA), the New Zealand Drug Foundation and the Thunderbird Partnership Foundation.

Enhancements to Addictions Management Information System

Enhancements have been made to the Addictions Management Information system (AMIS) which is coordinated by the Thunderbird Partnership Foundation. AMIS is an on-line case management tool used by treatment centres across Canada to track client success and aggregate local data to inform future programming and continue their great work. The enhancements made to the system are designed to simplify data verification and improve the efficiency of year end reporting.

Thunderbird oversees AMIS through a data governance initiative that upholds the principles of OCAP, which establishes standards to ensure First Nations retain data ownership, control, access and possession. Thunderbird has also implemented data sharing agreements with treatment centres to give them confidence that their data safety is a top priority for the organization.

In the year ahead, Thunderbird plans to continue to move forward with the Google Classroom learning environment to support learning and development support for AMIS users.



Projects and Research



The Thunderbird Partnership Foundation continues to develop partnerships and opportunities that further implement Honouring Our Strengths (HOS): A Renewed Framework to Address Substance Use Issues Among First Nations People in Canada. The HOS is Thunderbird's foundational framework which provides a continuum of care to support strengthened community, regional, and national responses to substance use issues.

Partnership with Canadian Research Initiative in Substance Misuse

The Canadian Institutes of Health Research (CIHR) Institute of Neurosciences, Mental Health and Addiction launched the **Canadian Research Initiative in Substance Misuse (CRISM)** in 2015. The CRISM network consists of four nodes, located in British Columbia, the Prairies, Ontario and Quebec/Maritimes. Nodes are large regional teams of researchers, service providers, decision makers and people with lived experience. They can function independently and/or in concert on studies related to substance misuse. CRISM focuses on prevention research and treatment interventions, and knowledge translation of related research and evidence. The network facilitates communication and collaboration among substance misuse researchers, service providers and policy makers nationwide. Thunderbird receives funding for a three-year CRISM project through the Prairie node.

Goal:

To establish culturally-relevant opioid agonist therapy (OAT) Guidelines for First Nations-governed, community-based and residential treatment-based services.

Opioid misuse has become a public health concern in Canada and has emerged as a critical issue for First Nations people. As of 2017, Canada has the second highest popula-

tion of opioid users in the world³. For First Nations, opioid misuse and other wellness challenges are a direct result of colonization: evidenced through the lasting impacts of attempted destruction of cultures, language, connection to land, and family; and, intergenerational trauma resulting from the institutions of colonization i.e. the Indian Act, reserve system, Indian agents, residential schools, and child welfare systems experienced by multiple generations. These factors combined with issues of access to health and wellness have the potential to put First Nations at a greater risk than the general Canadian population for opioid misuse.

However, reconnecting with First Nation cultures has been proven to be a facilitator in the recovery from addictions (such as opioids) and improves overall wellness as measured through a balance of Hope, Belonging, Meaning and Purpose. (for more, see inset on next page)

The success of addictions services provided by the National Native Alcohol and Drug Abuse Program (NNADAP) and National Youth Solvent Abuse Program (NYSAP), is attributed to moving from generic residential programs to culturally-focused, community-based day treatment, outpatient and land-based services and supports. By developing more linkages to support clients entering treatment with opioid agonist therapy (OAT) prescriptions, while addressing complex trauma and chronic health issues, NNADAP and NYSAP workers have expanded their scope of practice considerably to respond to the changing needs of First Nations and Inuit communities. From a recent

environmental scan, at least 45% of NNADAP and NYSAP treatment centres are accepting clients in OAT.

This project will examine the literature and conduct an environmental scan to study OAT practices, including use of medical cannabis, in at least five First Nations governed, community-based treatment settings and at least 10 NNADAP/NYSAP residential treatment centres. Engagement sessions will take place to understand how community-based and residential treatment guidelines can assist First Nations whose opioid use is problematic. Specific attention will be given to the collaboration between conventional OAT and First Nations culture-based practices.



Elders supporting Thunderbird's CRISM project include (L-to-R): Jo-Anne Saddleback, Jeanette Armstrong, Jim Dumont, Marlow Sam, Mary Crate and Jerry Saddleback.

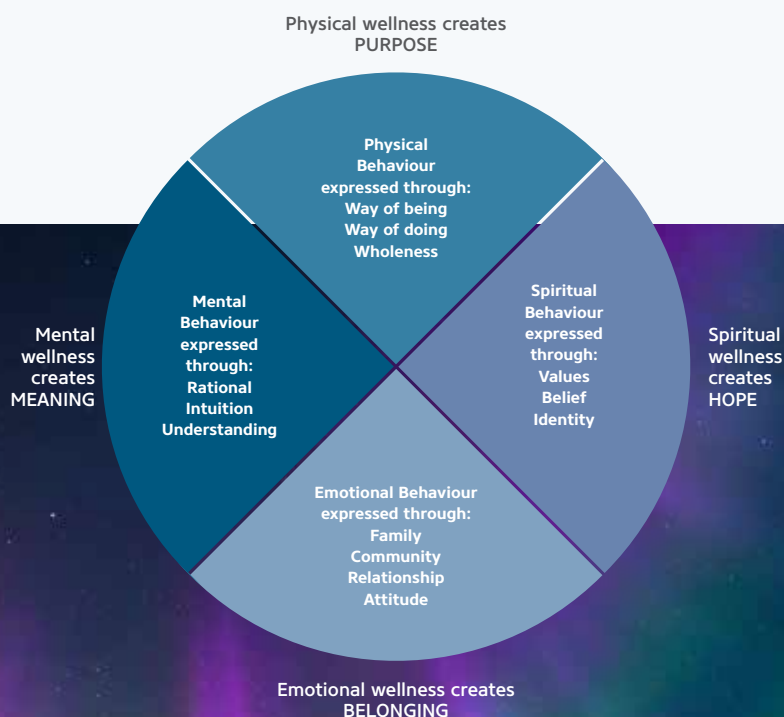
Hope, Belonging, Meaning & Purpose...are wellness outcomes defined by the Indigenous Wellness Framework:

Hope for the future is grounded in a sense of identity, unique Indigenous values, and having a belief in spirit

Belonging is a feeling of connectedness within family, community, and culture

Meaning comes from understanding how one's life is a part of Creation

Purpose is found through giving back to family/community, through education, employment, care-giving activities, or cultural ways of being and doing



Live-In Treatment Standards for Addictions Services



Thunderbird Partnership Foundation, in partnership with Alberta Health and the Métis Nation of Alberta, led the development of provincial *minimum standards* of care for live-in addiction treatment services for both a youth and adult population in Alberta. Specific attention to the standards was given to treatment-specific needs such as opioid agonist therapy (OAT), medical cannabis, trauma, intergenerational trauma, mental health diagnosis, and populations including pregnant women, LGBTQ2S+, First Nations, Inuit and Métis individuals and families.

Through numerous stakeholder engagement sessions as well as advice and guidance from the Valuing Mental Health: Indigenous Integration Committee (IIC) in Alberta and the Alberta Treatment Standards Working Group, 28 minimum standards of care were developed with corresponding standards overview, intent, elements, notes and examples.

Continuum of Care Standards: Following the Wellness Journey

- | | |
|--|-------------------------|
| 1. Screening | 7. Medical Needs |
| 2. Matching, Referral and Treatment Services | 8. Treatment |
| 3. Intake | 9. Medication |
| 4. Orientation | 10. Client Records |
| 5. Assessment | 11. Transition Planning |
| 6. Treatment Planning | 12. Aftercare |

Foundational Standards: Foundational to the Wellness Journey

- | | |
|---|--|
| 13. Informed Decision Making | 17. Professional and Ethical Practice |
| 14. Culturally-Competent Practice | 18. Evidence and Experience-based Practice |
| 15. Trauma-Informed Practice | 19. Monitoring, Evaluation and Quality Improvement |
| 16. Staff Experience and Qualifications | 20. Safety |

Organizational and Administrative Standards

- | | |
|---|------------------------------------|
| 21. Governance | 25. Risk Management |
| 22. Organization and Management | 26. Occupational Health and Safety |
| 23. Regulations, Policies, and Procedures | 27. Employee Records |
| 24. Data Collection and Utilization | 28. Clinical Supervision |

In addition to stakeholder consultations, the development of the minimum standards also relied on feedback related to implementation of the standards, including feasibility, necessary supports, and additional issues for consideration by Alberta Health. Recommendations and implications for

applying the standards have also been developed with the purpose of ensuring implementation aligns with the needs of individuals accessing treatment and care providers across the province.



Cannabis Update: Three Projects



First Nations and neighbouring communities continue to experience shifts related to cannabis decriminalization. The Thunderbird Partnership Foundation is proactively seeking best practices and current research to provide comprehensive resources. In fiscal 2018-2019, Thunderbird developed the following three projects to ensure First Nations have relevant tools to support changes in policy and social conditions.

Project A – Regional Cannabis Dialogue Project

Focus groups provide regional and national cannabis perspective

Thunderbird's Regional Cannabis Dialogue Project provided opportunities for First Nations across Canada to discuss the potential risks and benefits of cannabis use, especially in relation to risks to mental health, addictions, youth and pregnancy.

There continues to be limited to no access to public health resources surrounding cannabis in First Nations communities. Access to trauma-informed resources and services is also fragmented, causing disruptions in the continuum of care. Thunderbird initiated 10 regional cannabis dialogue sessions with First Nations across Canada to help address this gap and support strength-based approaches that will assist in the development of community policy and programs rooted in community beliefs and values.



Regional Reports

Regional Reports were created by Thunderbird's team of researchers, based on feedback collected during each of the focus groups to reflect the authentic voice of participants. Each specific report was shared with and validated by the regions, with final versions sent to participants.

Indigenous Community Cannabis Survey

A significant source of information informing the Regional Cannabis Dialogue Project, was the Indigenous Community Cannabis Survey. Developed in both English and French, the survey gathered thoughts and opinions regarding cannabis within each region. This survey was used to better understand community strengths and opportunities to enable preparation for cannabis legalization through the perspectives of Indigenous youth (18–25 years) and adults (26+ years). Over the course of the project from May to November 2018, 229 adult surveys and 27 youth surveys were completed.

National Report

A national perspective on the Indigenous cannabis reality was captured through Thunderbird's development of a

National Report, which combines information from both regional focus groups and the Indigenous Community Cannabis Survey. The finalized report was revealed at the Assembly of First Nations Mental Wellness Forum in Winnipeg, Manitoba, April 1 – 5, 2019. The report is available digitally; look under HOS Renewal tab: <https://thunderbird-pf.org/nnapf-document-library/>

Ongoing National Webinars

Every month, Thunderbird hosts a one-hour webinar providing cannabis basics, an update on cannabis resources and tools, and an opportunity for webinar participants to share what their communities are doing to ensure wellness for their members. If you would like to be added to the email list, please contact info@thunderbirdpf.org.

Project B – Let's Talk Cannabis

The Thunderbird Partnership Foundation conducted a three-stage plan to support cannabis education awareness focusing on First Nation school settings and community settings.

Stage one will see Thunderbird modifying existing materials provided by the Canadian Institute for Substance Use Research (CISUR), to develop appropriate tools for a First Nations context.

Stage two will test these cannabis dialogue tools.

Stage three will bring partners together to discuss the tools in practice, and modify, if needed. These items include

- ten common tools for dialogue; i.e. town halls, dinners followed by information sharing, collaborative drawing,
- levels of engagement in dialogue,
- a guide to nurturing community dialogue; i.e. guidance for using specific cultural values to reach consensus about cannabis rules/regulations,
- active listening; i.e. learning to listen for understanding vs listening for opportunity to talk next, and
- empathy, i.e. supporting ability to see multiple sides.

Thunderbird also developed youth-focused lessons on cannabis, emotional intelligence, positive coping mechanisms, and dialogue. To extend the reach of this valuable information, a train-the-trainer program has been developed, piloted, and adjusted based on participant feedback. The seven youth-focused lessons include

- dialogue and cannabis,
- spiritual wellness and cannabis,
- physical wellness and cannabis,
- nurturing relationships and cannabis,
- emotional wellness and cannabis,
- mental wellness and cannabis, and
- focusing on our strengths and cannabis.

Videos available on YouTube



Talking Cannabis with Indigenous Youth
<https://www.youtube.com/watch?v=vgrqX-6ai-4c&t=2s>



From Anxiety to University - One Man's Journey with Medical Cannabis
<https://youtu.be/UWSbNUHVw74>

Project C – Curriculum, tools and resource development

Cannabis Resources and Tools – In progress

Based on focus groups and survey responses, more resources are being developed to support understanding of the risks and benefits of cannabis. These include posters/pamphlets, fact sheets, and guidebooks.

To further enhance the work, Thunderbird has partnered with SE Health, (Saint Elizabeth Health Care, sehc.com) to create the following guidebooks

- Cannabis and Mental Health,
- Cannabis and the Brain,
- Cannabis and Fetal Wellness,
- Recreational Cannabis vs Medical Cannabis,
- Chronic Care and Cannabis,
- Harm Reduction, and
- Youth Facilitation.

Evaluating eHealth supports

What is eHealth?

The delivery of health services through the internet and other related technologies

The Thunderbird Partnership Foundation worked closely with the Assembly of First Nations to explore the context and availability of eHealth solutions for Indigenous youth, such as

- crisis/help lines,
- text-based services,
- chat services, and
- web-based models.

Given the suicide crisis and ongoing reported need for increased mental health services, there is a strong case to be made to do more work to explore potential eHealth strategies that can broaden existing supports and culturally-relevant resources for Indigenous people.

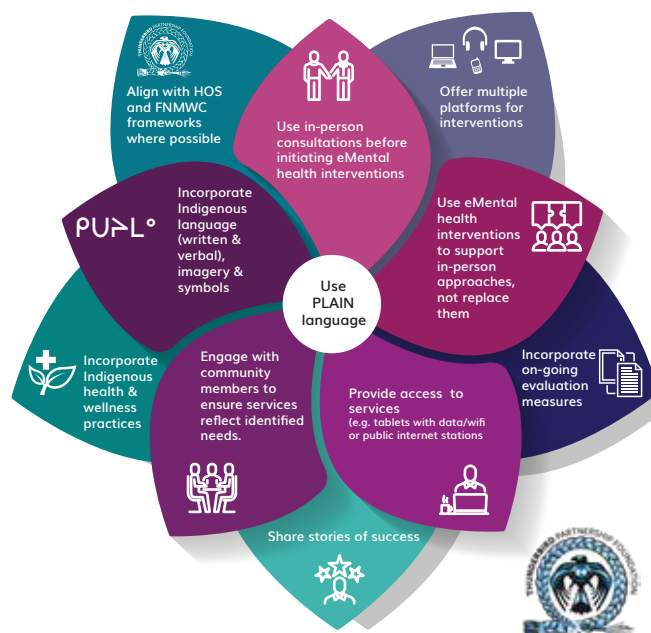
Important considerations arise when looking at environmental factors and community needs in terms of eHealth. Research by Dr. Chris Mushquash demonstrated that certain methods have potential in terms of being useful to Indigenous communities, specific to particular platforms and delivery formats.

eHealth may help address stigma

Stigma around seeking help for mental health challenges continues to be a foremost barrier to youth who require assistance and/or treatment. While technology is not a standalone solution, there are ways to incorporate technology which might help those in need to feel less stigmatized,

more supported, and more likely to utilize access to networks of care. Face-to-face services that are culturally competent remain a preferred method, with supplemental eHealth technologies serving as part of a holistic plan.

Thunderbird released the new publication, **Recommendations for Delivering eHealth Psychological Interventions to Indigenous Youth** in 2018. It's a result of a review of relevant academic and grey literature as well as engagement with key stakeholder groups, i.e. care providers, national and regional First Nations youth committees. The recommendations were developed to support a broader strategy to meet the mental health needs of First Nations.





Message from our partners at First Peoples Wellness Circle



Fiscal 2018-2019 marked growth and development for First Peoples Wellness Circle (FPWC), with the appointment of our inaugural Chief Executive Officer, Dr. Brenda Restoule; Dr.(h.c.) William (Bill) Mussell is the new Chair; and Dr. Caroline Tait is Secretary/Treasurer of the Board. Dr. Ed Conners remains Vice Chair. The Board thanks Normand D'Aragon for his dedication and contribution to FPWC as he stepped down earlier this year and we welcome . Finally, we two new staff, Marilyn Kimewon, Executive Assistant, and Anne Duquette, Project Coordinator.

The past year saw FPWC conduct a comprehensive needs assessment of Mental Wellness Teams (MWTs) and Crisis Support Teams (CSTs) which investigated needs related to capacity, governance, infrastructure, training, networking/community of practice, defining practice-based evidence and evaluation. The needs assessment is intended to provide the basis for a national strategy outlining a suite of comprehensive supports required for effective MWTs and their implementation of the First Nations Mental Wellness Continuum (FNMWC) framework. The work is guided by a working group made up of MWT members across all provinces/territories and is led by Elder Danny Manitowabi, who implemented the first MWT in Canada. FPWC expects to begin implementing MWT supports in the coming year.

FPWC's further supported implementation of the FNMWC through development of an evaluation model for mental

wellness programming in First Nation communities. A partnership with the Waakibiness-Bryce Institute of Indigenous Health and First Nation partners, we have completed a literature review of evaluation models for wellness and expect to explore key indicators of such models in the coming year. FPWC is also supporting Thunderbird Partnership Foundation in the development of Safe Policy Pathways to address sexual abuse and participated in a task force in Ontario to examine successful restorative justice models that support healing.

As FPWC shares co-chair duties and responsibilities of implementing the FNMWC with Thunderbird, the Assembly of First Nations (AFN) and First Nations Inuit Health Branch, it has a duty to promote, educate and make linkages across the social determinants of health with First Nation, government and non-Indigenous partners across the country. Plans for early 2019 include the release of a progress report to highlight our key successes in FNMWC implementation.

Our past fiscal year also saw the launch of the Wise Practices website, where FPWC is co-lead. This website shares what is being done to support life promotion and reduce suicide rates in First Nation communities. We are also pleased with the development work underway to create a youth version of the Feather Carriers training, using Indigenous knowledge to promote life.

One of our key priorities is nurturing strategic partnerships and building new ones. Such partnerships and initiatives include

- Canadian Foundation for Healthcare Improvement, Promote Life Together Collaborative
- First People First Person Hub, mentorship initiatives
- Public Health Agency of Canada, FNMWC implementation
- Assembly of First Nations, Mental Wellness Committee

Our most valued partnership remains our close collaborative partnership with the Thunderbird Partnership Foundation which provides us with considerable organizational support, mentorship and co-leading activities that support implementation of the FNMWC. Our shared goals and visions of promoting Indigenous knowledge as foundational to supporting mental wellness in First Nation communities strengthens our partnership. Our shared vision is most

apparent through our cross appointment on our boards where Thunderbird's Executive Director provides mentorship and guidance to FPWC and our Chair provides leadership support as Vice Chair of Thunderbird's Board of Directors.

Finally, our staff were busy this year with organizational development including rebranding First Peoples Wellness Circle with a new logo, website, promotional material and social media sites. Work is currently underway to build FPWC's capacity to support a bid to independently hold a contribution agreement.

Looking forward, we are eager to nurture relationships that continue to advance the important work of highlighting Indigenous knowledge, supporting and promoting mental wellness in Indigenous communities, and securing financial and resource opportunities to hold up the best practices being carried out in Indigenous communities that return all of us to health and wellness.



Dr. Brenda Restoule

Wise Practices now nominating new projects

Fiscal 2018-2019 saw the launch of the Wise Practices website (wisepractices.ca) developed with our partners at the First Peoples Wellness Circle, the University of Victoria and the Government of Canada.

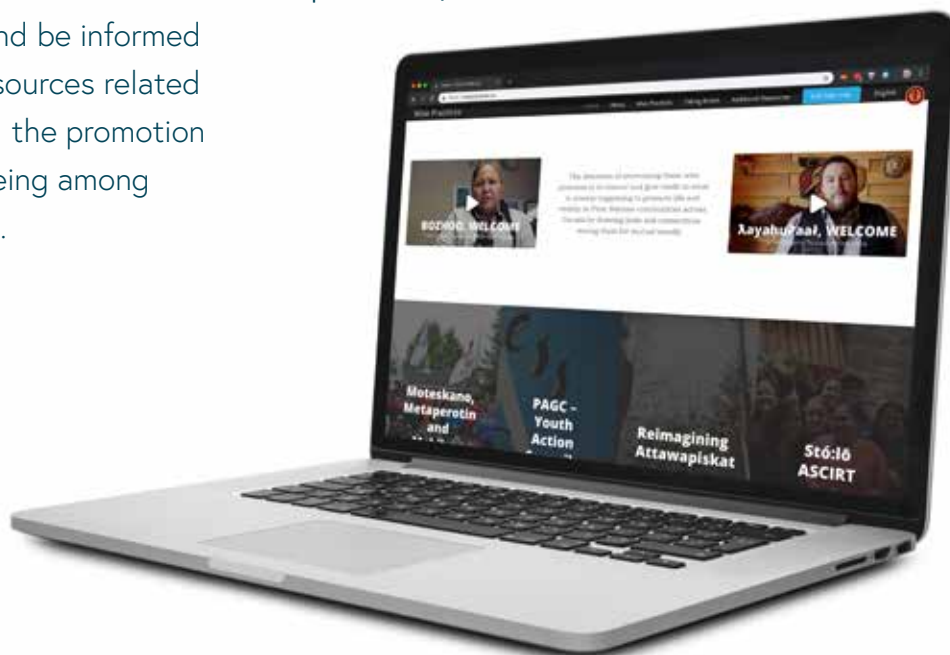
Wise Practices showcases strategies for promoting life and reducing suicide among young people in Indigenous communities. The intention of the site is to honour what is already happening in communities throughout Canada, and to create connections among them for mutual benefit.

This project aims to inform – and be informed by – a range of projects and resources related to the prevention of suicide and the promotion of life, resilience, and wellbeing among Indigenous youth.

The website is designed to be culturally relevant and responsive to the needs of young Indigenous people and those invested in their wellness.

Currently, the Wise Practices Advisory Group is looking to add up to three new wise practices. If you know of a local story or wise practice that should be considered for this project, please consider nominating the project or practice no later than August 1, 2019.

To learn more or to fill out a nomination form, visit: wisepractices.ca/nominations





Thunderbird's Executive Director Carol Hopkins was invited to speak about Indigenous Culture and Connection to the Land at Talk Brain, a series of evening talks hosted by the Ontario Brain Institute at the Canadian Museum of Nature in Ottawa in 2018. Resources on our foundational frameworks (FNMWC and HOS) were also shared. (L-R) Kirk Nylen, OBI Vice President, Integrated Discovery & Informatics; André Picard, Globe & Mail health reporter and columnist; Carol Hopkins; Kitigan Zibi Elder Dorothy Meness; Fatima Khan, OBI Senior Program Lead, Communications; Katherine Day, OBI Project Leader, Adult and Seasonal Programs and Thunderbird's Writer/Editor, Sherry Huff.

Conferences & Events

National Working Groups:

1. Co-Chair First Nations Mental Wellness Continuum Implementation Team
2. Co-Chair Assembly of First Nations Mental Wellness Committee
3. Co-Chair Life Promotion Collaborative on Suicide Prevention, Canadian Foundation for Health Care Improvement
4. Co-Chair, Chiefs of Ontario, Sexual Abuse & Exploitation Task Force
5. Assembly of First Nations, National Cannabis Task Force
6. Health Canada: Safe Supply Task Force
7. Health Canada: Ministers Advisory Council on Mental Health
8. Advisor, Partnership for a Drug Free Canada
9. Mental Health Commission of Canada: eMental Health

Invited Conference Keynotes and Presentations:

1. Indigenous Mental Health: Integrating Cultural Accommodations in the Workplace
2. Ontario Brain Institute: Museum of Nature Public Talk
3. Indigenous Services Canada: First Nations Mental Wellness Continuum Framework
4. First Nations of Quebec and Labrador Health and Social Services Commission: Change Management
5. Graham Boeckh Foundation 2018 Annual Policy Makers Workshop
6. Sixth Estate: Before the Bell. Indigenous Health and Mental Wellness
7. Indigenous Health Conference: Mental Wellness and Opioids
8. International One Health Conference: First Nations Mental Wellness
9. Federal, Provincial, Territorial Health Ministers: First Nations Mental Wellness
10. Australia National Suicide Prevention Conference: Indigenous Wellness
11. Union of Ontario Indians Health Forum: First Nations Mental Wellness
12. Indigenous Services Canada Executive Committee: Workplace Wellness
13. Centre for Addiction and Mental Health, Aboriginal Forum: Workplace Wellness
14. Healing Our Spirit Worldwide, The Eighth Gathering, Sydney, Australia: Wellness on the Land: Indigenous land-based healing and identity
15. First Nations Health Managers Association National Conference: Regional Cannabis Focus Groups and Dialogue Tools
16. Alberta In-Patient Addiction Treatment Centres Symposium:
17. First Nations of Quebec and Labrador Health and Social Services Commission, Regional Meeting on Mental Health and Wellness: Land for Healing/Developing a First Nations Land-based Service Delivery Model Train-the-Trainer.
18. Chiefs of Ontario Youth Gathering: Cannabis and the Developing Brain

Thunderbird shares its work on international stage



The Thunderbird Partnership Foundation is increasingly asked to share its work on the international stage. Fiscal 2018-2019 saw the organization travel to Australia to present its Land-based Service Delivery Model (LBSDM) and the Native Wellness Assessment to audiences attending the Eighth Gathering of Healing Our Spirit Worldwide (HOSW), held in Sydney.

The presentation, *Wellness on the Land: Indigenous Land-based Healing and Identity* wove together anecdotal stories with the HOS and FNMWC frameworks to illustrate how a reconnection to land and Creation supports a reconnection to culture, and ultimately wellness as defined through the Indigenous Wellness Framework, specifically the wellness outcomes of Hope, Belonging, Meaning and Purpose. Objectives of the presentation were to share knowledge of the importance of Indigenous Peoples' connection to land in maintaining wellness, the elements of a LBSDM, best practices of eight land-based programs in Canada, and how to implement such a model in the user's own context.

A poster outlining the Native Wellness Assessment® was also shared at HOSW, providing an opportunity for Thunderbird Partnership Foundation to demonstrate the importance and centrality of culture in the healing journey for Indigenous peoples through sharing knowledge and understanding. The assessment tool is the first of its kind to measure wellness outcomes when Indigenous cultural interventions are utilized in treatment programming. It is providing a much needed statistically and psychometrically-validated evidence base for the role of culture in promoting wellness. The next Healing Our Spirit Worldwide gathering will be hosted in Vancouver, Canada in 2022, with the First Nations Health Authority taking the lead, with support from several Indigenous organizations, including the Thunderbird Partnership Foundation.

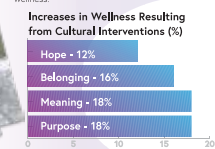


The Native Wellness Assessment™:

Measuring the Impact of Culture on Wellness



The Native Wellness Assessment™ is capable of measuring the impact of culturally-based services on wellness for Indigenous people and is building an evidence base for the role of culture in promoting wellness.



In 2017/2018, adults in National Native Alcohol and Drug Abuse Program (NNAADAP) treatment centers using the NWAATM across Canada, experienced the following increases in wellness resulting from cultural interventions: 12% increase in hope, 16% increase in belonging, 18% increase in meaning, and 18% increase in purpose.

The Native Wellness Assessment™ (NWAATM) is the first instrument of its kind to measure change in wellness for youth and adults who experience Indigenous culture as an intervention in alcohol and drug treatment. The building blocks of wellness, from an Indigenous perspective, are thought to be affected by an individual's experience with cultural interventions more than 20 of which are included in the NWAATM. Improved wellness is demonstrated after people participate in Indigenous cultural practices and experiences with various ceremonies and activities. The NWAATM has several purposes.

Setting Treatment Goals
The assessment may be completed as part of treatment planning for individuals and counsellors, particularly on a case-by-case basis or for a given treatment cohort. Possible outcomes for individuals are typically conceptualized based on a treatment plan or intake to services and described as meaningful target goals for individuals at midpoint and upon exiting treatment.

Monitoring Changes across Time - Entry (Pre), Midpoint, and Exit (Post)
The NWAATM scales are the measurement tools to assess wellness outcomes of individuals, from an Indigenous perspective. Treatment programs may examine changes in individuals as they progress through the program.

Establishing Treatment Program Targets and Benchmarks
The assessment also provides a means for evaluating and setting aggregated data for any number of individuals enrolled in a given treatment program as well as across multiple treatment programs. Reports can be generated of varying frequency for accountability purposes to funders and funders. Treatment programs may find this information particularly useful for each treatment cycle and as well as annually.

Understanding the Relationship between Changes in People's Wellness and Cultural Interventions Provided
Program funders may be interested in examining the relationship between changes in wellness scores and the types of cultural interventions reported by individuals.

The Indigenous Wellness Framework

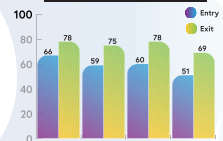


Hope, belonging, meaning, and purpose

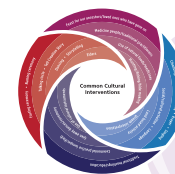
are the four foundational wellness outcomes of the Indigenous Wellness Framework. The Indigenous Wellness Framework is the backbone of the Native Wellness Assessment™. The assessment measures wellness across the four areas of spiritual, emotional, mental, and physical wellness. This makes it particularly useful as a culturally-sustainable assessment of wellness for individuals and adults linked to the cultural interventions experienced at treatment facilities.

Spiritual behavior is expressed through belief, identity and values. It manifests itself in hope. Emotional behavior is expressed through attitude, relationship, family, and community. It provides a sense of belonging. Mental behavior is expressed through intuition and understanding. It gives meaning to all things in life. Finally, physical behavior is expressed through wholeness, a way of being and a way of doing. It is seen through purpose.

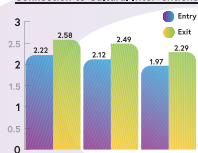
Balance in Wellness Across Time



Common Cultural Interventions



Connection to Cultural Interventions

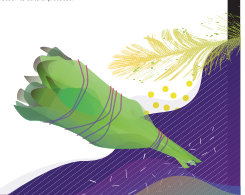


Common cultural practices and activities were identified in the Monitoring Our Strengths: Culture as Intervention project and depend upon the season, availability of cultural practitioners and/or Elders, and the cultural practice of the people.

Regular participation in cultural practices supports the development of a strong connection to this land and wellness. Using the Native Wellness Assessment™, a connection to cultural interventions can be anywhere between 100 and 3,000, where a score of 1,000 represents a low connection to cultural practices, a score of 2,000 represents a moderate connection to cultural practices, and a score of 3,000 represents a high connection to cultural practices.



Acknowledgements
The Native Wellness Assessment™ (NWAATM) was developed and supported by Thunderbird Partnership Foundation, a non-profit organization dedicated to supporting Indigenous peoples and communities who wish to see their culture and traditions integrated into their lives. The NWAATM is a tool for measuring wellness outcomes and is used by many Indigenous organizations across Canada. The NWAATM is a tool for measuring wellness outcomes and is used by many Indigenous organizations across Canada. The NWAATM is a tool for measuring wellness outcomes and is used by many Indigenous organizations across Canada.





IIMHL Sweden: Forging international collaborations for mental wellness



On May 27th and 28th 2018, Thunderbird attended the International Initiative for Mental Health Leadership (IIMHL) in Stockholm Sweden. The conference and leadership exchange was attended by a wide variety of experts, including clinical psychologists, researchers, entrepreneurs, policy makers, experts by experience, and non-profit organizations. Its aim is to develop opportunities for knowledge sharing and co-production, with an eye towards future collaboration.

Thunderbird's presentation focused on Indigenous strategies used across Canada, specifically the **Culture as Intervention** model that connects our youth/our people back to culture. This model is showing promise when it comes to healing and wellness. Examples were shared of how Cree ceremony, practices, teachings, values, and traditional laws are utilized in Saskatchewan. A youth representative, Khoniss Wuttunee was also able to share how teachings and a connection to culture keeps her grounded, balanced and living a healthy lifestyle.

Another leadership match consisted of several workshops illustrating how different organizations have met the challenges of creating digital tools for mental wellness. Thunderbird participated in the discussion "Digital Technologies for Mental Health – Building Virtual Bridges for Prevention".

Over the course of the match, several themes emerged around the success of digital tools and apps, that have been designed with user feedback in the earliest stages of development. Partnerships were also shown to be an excellent catalyst to the development of successful e-Mental health tools. It also became evident that many tools were being built with overlapping purposes – a platform to aggregate various tools for e-Mental health could help eliminate some of this overlap.

With the rapid pace of technology adoption and increasing usage rates, especially among youth, it becomes more and more important to have a strategy for developing digital tools. Where possible, tools should build on other successful examples, and aim to be adaptable to different needs.



Finance Report – 2018-2019

Through the 2018-19 fiscal year, the Thunderbird Partnership Foundation concluded a five-year funding contribution agreement with Health Canada. We continue to mobilize both guiding frameworks: 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).

Our activities and projects supported development of a foundation that will allow us to expand into new focus areas. We built a business plan and budget to support our goal of becoming a centre of excellence in our next five-year agreement.

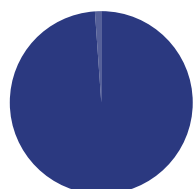
HOS Implementation Projects & Activities

- delivering workshops on data cleaning and reporting, using information obtained from the Addictions Management Information System (AMIS)
- developing opioid agonist therapy (OAT) guidelines for community-based and residential treatment centres, through a three-year partnership with CRISM
- regional cannabis dialogues resulted in regional and national reports; cannabis survey results for adult and youth and other tools to support community dialogue to respond to new Cannabis legislation, and translation of dialogue tools into Oji-Cree
- Alberta treatment standards project, in partnership with the Metis Nation of Alberta and the Ministry of Health Alberta, produced minimum standards of care for adult and youth residential treatment
- cannabis dialogue tools for Indigenous communities were developed with University of Victoria partners, and piloted as a train-the-trainer program
- international discussions on the paradigm shift around drug policy is at the forefront of our work
- a youth opioid survey began this year to accompany the adult survey; both guided by OCAP principles in First Nations data surveillance
- AMIS enhancements were made to ensure meeting the needs of our stakeholders

FNMWC Implementation Projects & Activities:

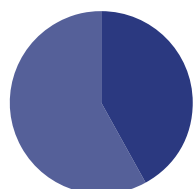
- supporting Land-Based Healing and Crisis Response Service Delivery Models development and translation into training models
- a partnership with Johnson & Johnson's Global Community Impact sector funded Feather Carriers: A Youth Leadership for Life project
- ongoing development of a training program on epigenetics and research with Dalhousie University
- completion of eMental Health resulted in Recommendations for Delivery eHealth Psychological Interventions to Indigenous Youth
- participation in events and committees to support Safe Policy Pathways and ending sexual violence
- development of a new evaluation tool will measure how well Thunderbird facilitates Hope, Belonging, Meaning and Purpose in our new focus areas: Operations, Training and Education, Research, Partnerships and Policy/Advocacy
- development of an Indigenous Policy Tool with funding from the Department of Justice Canada, founded on Indigenous laws and ways of knowing, being, and doing
- French translation of two training sessions: Culture as Foundation, and Trauma Informed Approaches to Care

The Thunderbird Partnership Foundation continues to grow, with three new full-time staff this year to support research and facilitate movement with projects. Cannabis Regional Dialogues had a team of four which supported that work. Dr. Deb Meness joined us as Office Manager and Mary Deleary transitioned to Training Education Manager. Year-end plans also include securing managers for Communications and Research Teams.



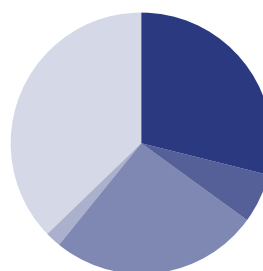
Assets

Current Assets (99%)	1,142,525
Fixed Assets (6%)	12,167
Total	1,154,692



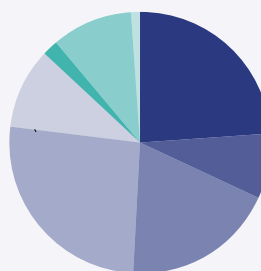
Liabilities

Liabilities (42%)	479,418
Equity (48%)	675,274
Total	1,154,692



Expenses

Payroll	(29%)	1,483,240
Administration	(6%)	322,776
HOS Projects	(26%)	1,372,671
FNMWC Projects	(2%)	104,970
Program Costs	(37%)	1,894,022
Total		5,177,679



Expenses

Health Canada - Core	(24%)	1,308,586
HC- FNMWC/NWA/eMental Health	(8%)	459,046
HC - AMIS/FPWC	(19%)	1,063,481
HC- Cannabis/PDA/HOS	(26%)	1,446,034
Thunderbird Training & Other	(10%)	553,794
Feather Carriers	(2%)	127,487
HOS Projects- Alberta Treatment Standards/CARBC/CRISM	(10%)	560,650
FNMWC Projects- Epigenetics/Indigenous Policy Tool	(1%)	67,619
Total		5,586,697

Balanced scorecard monitors Thunderbird's strategic priorities

Thunderbird Partnership Foundation's new strategic plan is organized by the five themes of the FNMWC and focuses the organization's vision for the future to establish itself as a centre of excellence. The organization's mandate is drawn from two national frameworks that ensure culture is the foundation for addressing substance use/misuse and for supporting mental wellness. Specifically, the First Nations Mental Wellness Continuum (FNMWC) framework identifies Hope, Belonging, Meaning, and Purpose as central to demonstrating meaningful outcomes in implementation efforts.

A balanced scorecard model using Hope, Belonging, Meaning and Purpose is in development to support the organization in clearly demonstrating its effort in these areas. Firstly, Hope, Belonging, Meaning, and Purpose are assigned across the critical path of the organization's strategic plan; secondly, the critical path is aligned with the structure of a balanced scorecard which has a four-pronged structure; as follows

- Financial / Stewardship
- Stakeholder Satisfaction
- Internal Process
- Learning and Growth

Once we have finalized the *fit* of the strategic objectives (five themes of the FNMWC) and outcome measures (Hope, Belonging, Meaning, and Purpose) within the balanced scorecard structure, Thunderbird will begin a process to develop organizational standards to implement the balanced scorecard model.

This reporting process will enable the governance of the organization to be clearer in monitoring the implementation of strategic direction toward a *centre of excellence*. It is hoped that this model will also benefit other organizations in monitoring their contribution towards Hope, Belonging, Meaning, and Purpose for First Nations.

Thunderbird Board of Directors honours Executive Director



The Board of Directors for the Thunderbird Partnership Foundation honoured the organization's Executive Director with a Star Blanket, upon her investiture as Officer in the Order of Canada for her advocacy. Carol Hopkins was invested into the Order for her advocacy of Indigenous wellness, specifically, in support of a systems-level change to better support First Nations people with substance use and mental health issues using culture as foundation.

"Carol is and continues to be an inspiration to us all for her dedication and commitment in the field of Indigenous addictions and mental wellness, both here in Canada and beyond," says Chief Austin Bear, President of the Thunderbird Partnership Foundation Board of Directors. "On behalf of the board and staff at the Thunderbird Partnership Foundation, we wish to express our gratitude and congratulate her on this most prestigious award."

A Star Blanket is gift of honour practiced by the people of the plains, which shows utmost respect, honour, and admiration.

(L-R) Richard Gray, Board Member for Quebec; Chief Austin Bear, Board President; Carol Hopkins, Executive Director, and Patty Shade, Board Member for Alberta.

Board Members 2018/2019



Oscar Kistabish
National Elder
Pikogan First Nation

(Chief) Austin Bear
Board President
Muskoday First Nation, SK

Dr.(h.c.) William (Bill) Mussell
Board Vice-President
First Peoples Wellness Circle
Skwah Band at Chilliwack Landing
(Sto:lo Territory)

Dr. Brenda Restoule (alt reg rep)
Board Vice-President
CEO, First Peoples Wellness Circle
Nipissing First Nation, ON

Colleen Geddes
Board Treasurer
Yukon
Jackson Lake Wellness Team,
Kwanlin Dün First Nation, YK

Bernalda Robinson
Board Secretary
Manitoba
Executive Director, Sagkeeng Mino
Pimatziwin Family Treatment Centre

Rita McIvor (alt reg rep)
Board Secretary
Manitoba
Cree Nation Tribal Health Centre

Keith Leclaire
Special Advisor
Thunderbird Partnership Foundation
Mohawk Council of Akwesasne
Director, Department of Health

Patty Shade
Alberta
Kainai Wellness Centre

Jen Horsnall (alt reg rep)
Alberta
Executive Director, Kapown
Rehabilitation Centre

Addie Pryce
Assembly of First Nations
Director, Health Policy Sector

Nelson Alisappi (alt reg rep)
Assembly of First Nations
Health Policy Analyst

Cindy Ginnish
Atlantic
Executive Director, Rising Sun
Treatment Centre

Dawna Prosper (alt reg rep)
Atlantic
Executive Director, National Alcohol
and Drug Abuse Counselling
Association (NADACA)

Sonia Isaac-Mann
British Columbia
Vice President of Programs & Services, First
Nations Health Authority

Katie Hughes (alt reg rep)
British Columbia
Executive Director of Mental Health and Wellness,
First Nations Health Authority

Ellen Smith
Northwest Territories
Kyikavichik Consulting Services

Theresa (Dolly) Simon
(alt reg rep)
Northwest Territories
Deninu Ku First Nations Community
Wellness Program

Julie McKay
Ontario
Program Manager/NIHB, Wabun
Tribal Council

Wanda Smith (alt reg rep)
Ontario
Executive Director, Native Horizons
Treatment Center

Richard Gray
Quebec
Social Services Director
First Nations of Quebec and
Labrador Health and Social
Services Commission

Natacha Hervieux
(alt reg rep)
Quebec
Wellness and Addiction Prevention
Advisor

Pamela Charlong
*Youth Solvent Addiction
Committee*
Executive Director, Walgwan Centre

Yvonne Olivier (alt reg rep)
Youth Solvent Addiction Committee
Executive Director, Siksika Medicine Lodge

Janice Nicotine
Saskatchewan
Battlefords Tribal Council, Human Services
Corporation
Federation of Sovereign Indigenous Nations

Jennifer Joy
Health Canada
Senior Program Officer, Population Health and
Wellness Division, FNIHB
Not an elected Board Member

Staff Listing 2018/2019



Carol Hopkins
Executive Director



Deb Meness
Office Manager



Mary Deleary
Office Manager/Indigenous
Knowledge Translator



Nora Bressette
Curriculum Coordinator



Val Peters
Senior Administrative
Assistant



Sherry Huff
Writer/Editor, Social Media
Coordinator



Rick Robbins
AMIS Coordinator



Sylvia St. George
AMIS Coordinator



Jordan Davis
Web/Graphic Design & IT



Eugene Adangwa
Bilingual Translator



Lily Sands
Office Administrative Assistant



Amy Fournier
Clerical Administrative
Assistant



Jasmine Fournier
Indigenous Knowledge
Exchange Coordinator



Rachelle Maskell
Research Specialist



Stephanie McConkey
Research Specialist



Efstathia Kiatos
Research Specialist



Allen Deleary
Research/Project Manager,
Cannabis Regional Dialogue
Project



Christine King
Research Assistant, Cannabis
Regional Dialogue Project



Sabre Pictou Lee
Research Writer, Cannabis
Regional Dialogue Project



Danny Szaroz
Research Writer, Cannabis
Regional Dialogue Project



Thunderbird would like to share a special thank-you to Sylvia, Allen, Sabre, Danny, Effie, Stephanie and Christine, for their support and dedication to the organization's work in 2018-2019.

