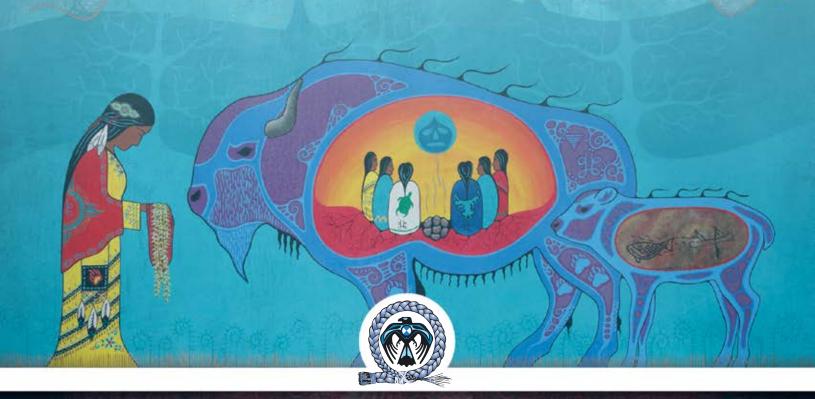
RENEWAL AND HOPE

Carrying the Vision



THUNDERBIRD PARTNERSHIP FOUNDATION

2019/2020

Annual Report



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Cover art: Grandmother's Prayer by Loretta Gould, Waycobah First Nation, Nova Scotia.

Vision

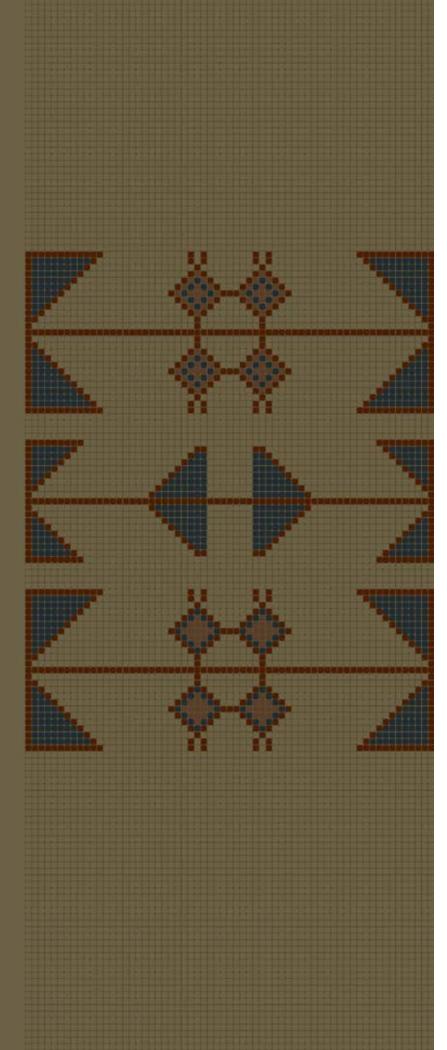
Cultivating and empowering relationships that connect us to our cultural strengths and identity within holistic and healthy communities.

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 substance use and mental wellness services.



Message from the Board President and Executive Director

Hope is essential to mental wellness. Hope and faith go hand in hand. Hope is about the future while faith grounds us in meaning gained from the past and motivates us in the present. Thunderbird Partnership Foundation draws on a belief that the Great Spirit will always help us to do the work our stakeholders have asked of us, and we have begun to see the evidence of that belief unfold over the past year. We are thankful for the blessing of the Great Spirit and our ancestors who we know will always support us as we work together for a good life and mental wellness.

Once you choose Hope, they say anything is possible. We know for First Nations, Hope is real when what we do reflects who we are, our identity, world view, and values as First Nations Peoples.

For Thunderbird, Hope means that we must honour the diversity and distinctness of who we are as First Nations. Relying on Indigenous knowledge to support the pathway to change, to strive for greater equity, and witnessing how the First Nations workforce continually demonstrates the extent they will go to support what is meaningful for the mental wellness of their communities, continues to inspire us.

Through this report, we also hope to convey our gratitude for your support. The partners that have provided guidance and advice, and the networks of First Nations that continue to uphold the work of Thunderbird Partnership Foundation means we can achieve meaningful outcomes together. Equity in First Nations mental wellness has been a constant focus in our work. We have Hope that the conversations with many partners in mental wellness, including some of the pan-Canadian health organizations, about what equity means for First Nations will lead to more clarity.

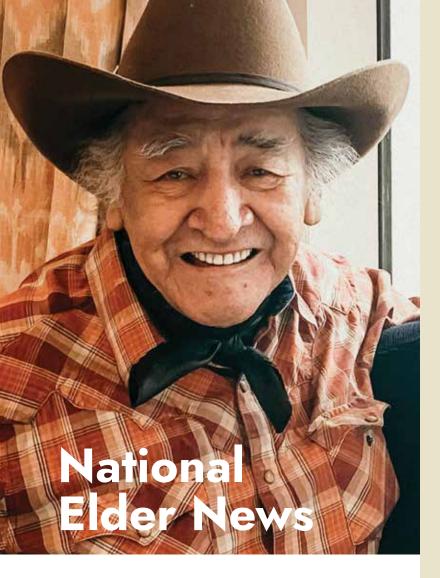
As a national organization, our teams: Training and Education, Research, Communications, Policy and Partnerships have expanded and that has changed the way we work. There is increased equity for Thunderbird Partnership Foundation, and we are determined to demonstrate the value of this for First Nations.

In the spirit of Hope and Faith,

President Austin Bear

Carol Hopkins, Executive Director

Carol Hylins



Elder Howard Walker joins Thunderbird

Thunderbird Partnership Foundation is pleased to announce Cree and Saulteaux Elder, Howard Walker has joined the organization as a second National Elder.

Elder Howard was born on the Fishing Lake First Nation and grew up on the James Smith First Nation in Saskatchewan. He is a gifted storyteller and motivational speaker in four languages – Cree, Saulteaux, Ojibway and English. Elder Howard is known for his stories that weave together traditional knowledge and ways of being, with humility and humour. His work life has included providing cultural support to children at risk, working with drug and alcohol treatment programs, advocating for treaty rights and providing support to inmates in penitentiaries in Ontario and Saskatchewan.

As a National Elder, Howard Walker will join Elder Oscar Kistabish, (Algonquin Anishinabe), who joined Thunderbird in 2018. Together, they hold extensive knowledge to support the organization's mandate, and provide wise counsel and guidance to Thunderbird's Board of Directors.



Renewal and Hope:

Carrying the Vision

We reflected on our five-year mandate beginning last year with Vision for the Future, and over the next four years, our aim is to focus on each of the four wellness outcomes of Hope, Belonging, Meaning and Purpose in our work.

This year's theme is aptly named, Renewal and Hope: Carrying the Vision. It's a sentiment we are all eager to hold onto as we, our families and communities draw from our strengths and reconnect with culture to find our way through COVID-19. Elder and our mentor, Jim Dumont has often shared that "The Great Spirit ensured everything we would need,

forever and all time was placed within Creation from the very beginning." This is a belief that each one of us has what we need to not only survive but thrive through the current global health crisis.

Thunderbird embodies this belief in everything we do. As we further strengthen our role as the leading authority on Indigenous substance use issues and mental wellness research and advocacy in Canada, we reflect on all four wellness outcomes as defined by the Indigenous Wellness Framework.

Physical wellness creates PURPOSA **Physical Behaviour** expressed through: Way of Being Way of Doing Wholeness wellness creates creates, **Mental Behaviour** Spiritual Behaviour expressed through: expressed through: Rational Wellness Belief Intuition Understanding **Emotional Behaviour** Attitude

Attitude

Attitude

Wellness creates BELONGING

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

New Thunderbird Training Strategy Increases Access

Thunderbird launched its new national Train-the-Trainer (TTT) courses in 2019-2020, beginning with three sessions of the Land-based Healing training and one session of the Buffalo Riders Early Intervention training. There are now dozens of new trainers in several regions:

WENDAKE, QUEBEC SESSION

21 new trainers of Land-based Healing - representing QC and MB regions.

ENOCH. ALBERTA SESSION

22 new trainers of Land-based Healing – representing NB, NS, ON, MB, SK, BC, YT and NT regions. LONDON, ONTARIO SESSION

12 new trainers of Land-based Healing – representing ON, MB and YT regions.

FLYING DUST FIRST NATION, SK

17 new trainers of Buffalo Riders Early Intervention – representing Saskatchewan region.

Total number of training courses

Participants



Total number of regions of Canada represented

- → Alberta → Atlantic (NB, NS, PEI)
- → Northwest Territories



BUFFALO RIDERS EARLY INTERVENTION PROGRAM

3 trainings 48 participants AS FOUNDATION 2 trainings 37 participants

CULTURE



EMOTIONAL INTELLIGENCE

1 training 24 participants



1 training 14 participants



OPIOID ADDICTION 2 trainings

44 participants



STRENGTH-BASED TRAINING

1 training 11 participants



TRAUMA-INFORMED CARE

5 trainings 235 participants

Addictions Information Management System (AMIS) Governance

Each year, Thunderbird coordinates national AMIS training. This year, 13 participants from 11 National Native Alcohol and Drug Program (NNADAP) and National Youth Solvent Abuse Program (NYSAP) treatment centres took part.

- ► Rising Sun Treatment Centre, NB
- ► Charles J. Andrew Youth Treatment Centre, NL
- ► Walgwan Centre, QC
- ► Ka-Na-Chi-Hih Specialized Solvent Abuse Treatment Centre, ON
- ► Benbowopka Treatment Centre, ON
- ► Native Addictions Council of Manitoba, MB
- ► Sagkeeng Mino Pimatiziwin Family Treatment Centre, MB
- ► White Buffalo. SK
- ► Leading Thunderbird Treatment Centre, SK
- ► Kapown Rehabilitation Centre, AB
- ► Nengayni Wellness Centre, BC

Website Analytics

thunderbirdpf.org

The number of new and returning visitors to our main website remains strong.

VISITORS THIS YEAR 22,091 /+2% PAGEVIEWS 74,638 /

17% of our pageviews are by return visitors.

cultureforlife.ca

focused website are return visitors.

wisepractices.ca

VISITORS THIS YEAR

Thunderbird and its partners created the website to showcase leadership and give credit to wise practices in life promotion work taking place in First Nations communities across Canada. We are honoured to provide web support to ensure this work continues to be shared for mutual benefit.

Social Media Engagement

Our social feeds are holding their own!



Facebook – 2.3K fans, up 10% in 2019/20



Twitter – 2.6K Followers, Net 0 change in 2019/20

Our top posts on our social media platforms are those from events, work with our partners and powerful messages that reinforce First Nations family and community values as well as our resiliency as Nations.



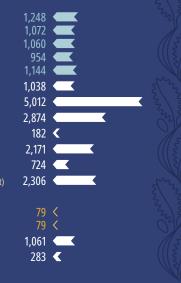
A top Facebook post from the Assembly of First Nation's Special Chief's Assembly in Ottawa. Here, Thunderbird's Sherry Huff and Paula Naponse of First Peoples Wellness Circle take time out to pose for a photo. The two organizations often share booth space, distributing culturally grounded resources to support Indigenous wellness. There's usually a good crowd gathered around, with folks sharing a few good stories!

Strong Demand for Thunderbird Resources

Thunderbird resources remain a pillar of the organization's strength. This year, demand for the guidebooks, toolkits, and booklets increased by 11%. The total number of resources shared is 21,287, despite the cancellation of several conferences and events in March due to COVID-19. Our printed resources are shared with stakeholders from our events booth, training and website orders. Here's how the numbers break down.

SURVEYS Cannabis · Opioid FNMWC (Wheels) Guidebook/Toolkits Connecting with Culture (CWC/CASI-IWF/Fac/Ref) French - Resources Cannabis (Dialogue Report and Brief) Brochures/Bags Opioid Information (ID Booklet/Other Substance/Crystal Meth Booklet) LAND-BASED TTT

Thunderbird USB Sticks **Annual Report**



Balanced Scorecard and Strategic Planning Update

Thunderbird Partnership Foundation's strategic plan is organized by the five themes of the First Nations Mental Wellness Continuum (FNMWC) and is guided by outcomes of Hope, Belonging, Meaning, and Purpose, all of which are foundational to implementation efforts.

A balanced scorecard model was developed to facilitate governance and operational objectives in monitoring how well Thunderbird reaches outcomes of Hope, Belonging, Meaning, and Purpose. The model uses four perspectives to help guide outputs of the strategic priorities and focus outcomes and associated measures

- Financial & Stewardship
- Internal Process
- · Stakeholder Satisfaction
- Learning & Development

It was determined that Thunderbird's core functions specific to strategic priorities could be assessed using each of the four balanced scorecard perspectives.

Monthly balanced scorecard case scenarios highlight successes, monitor and mitigate risk, and demonstrate to the Board of Directors how the work of Thunderbird aligns with the outcomes of Hope, Belonging, Meaning, and Purpose; Truth and Reconciliation Calls to Action; and the United Nations Declaration on the Rights of Indigenous Peoples.

To guide a consistent and standardized approach to assigning outcomes of Hope, Belonging, Meaning and Purpose (HBMP) to the balanced scorecard's priorities, an evaluation framework was developed. The HBMP Evaluation framework is meant to facilitate internal discussion on how Thunderbird's work is grounded in our foundational frameworks and accountable to our mandate.

Based on our learnings over the year, the balanced scorecard will continue to be used and revised, helping Thunderbird reach its strategic goal to establish itself as a centre of excellence. This initiative is documented in a separate report to highlight the learning through development, and benefits of this model.









Core functions for the Centre of Excellence are:

Training & Education Policy & Advocacy Look for these icons to see how fiscal 2019-2020 delivered the core functions of our strategic plan.

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



The HOS framework outlines a continuum of care supporting strengthened community, regional and national responses to substance use issues.



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

FNMWC Themes

- 1. Culture as Foundation
- 2. Community Development, Ownership and Capacity Building
- 3. Quality Care System and **Competent Service Delivery**
- 4. Collaboration with Partners
- 5. Enhanced Flexible Funding









Supporting First Nations Treatment Centres and Frontline Workers

In response to the COVID-19 pandemic, National Native Alcohol and Drug Program (NNADAP) and National Youth Solvent Abuse Program (NYSAP) treatment centres closed their doors to clients or repurposed their facilities as part of community pandemic plans. To offer support, on March 17, 2020 Thunderbird initiated and continues to facilitate a weekly teleconference call with treatment facility directors, and frontline workers supporting substance use and mental wellness issues in First Nations communities across Canada.

THE WEEKLY CALL

- identifies how NNADAP and NYSAP treatment centres are managing with COVID-19;
- provides a space for treatment centre directors to discuss needs of clients and staff in a peer-to-peer supportive environment;
- highlights what centres are doing to ensure the health and safety of clients and staff; and
- identifies what help is needed, such as assistance with advocacy and planning in areas such as training, program and curriculum revisions, meeting accreditation requirements, pandemic planning, telehealth/virtual counselling services, and other virtual programming.

Over a short few weeks resources were shared, and needs identified, networks were established, and long-term goals and actions were discussed. A new project management platform has been created to share information, knowledge, and resources with call participants and those in their network who would benefit from membership to the platform. Information and resources discussed over the calls and additional information of benefit to the group (e.g., informative conversations and resources from outside networks) is uploaded and shared by all call participants. The platform also offers a space for communication and collaboration between treatment centres, regional groups, and Thunderbird staff.

HANG

THERE

New Online Hubs Provide Robust Supports



Community Wellness Hub

In response to the COVID-19 pandemic, Thunderbird has launched a Community Wellness Hub to facilitate the demonstration of First Nation People's resiliency, and examples of best practices during the current global health crisis. The wellness hub utilizes the online Community of Practice training platform and provides an online forum for First Nations community workers to support one another as they continue to provide services to community members.



Treatment Centre Hubs

In response to a request from treatment centres, two new additional hubs have been created to support the delivery of an online treatment program (group education sessions). The online treatment program hosts an Adult Treatment Centre Hub and a Youth Treatment Centre Hub. It provides a collective approach to online programming and is accessible through Thunderbird's Community of Practice platform.



Welcome to our online Community of Practice (CoP)

expending our training platform to include a covert a regional Plant National States that Taylores (This start Fad consolution via a Diese tha Taylores (TTI) program. The inclinial soope of the TTI models into thosese the Thin-platfold Statesman's Purphasistantial locations of the Thin-platfold Statesman's Discount facilities of past landows reported and community separatify through certified the range and knowledge to make.

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will guide all expects in design, delivery, povernance and evolution of the TTT ritiatives, Click have to review our states and Guefrey Principles.





New Journeys











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Providing Culturally Relevant Information on COVID-19



Beginning in March as the COVID-19 pandemic took over our lives, Thunderbird heard from stakeholders about a need for culturally grounded information they could trust about COVID-19. While the internet was overflowing with information, most resources were not culturally relevant or did not offer the kind of guidance needed for First Nations who found themselves quickly responding to the pandemic from the reality of inequity.

Thunderbird began creating bilingual COVID-19 fact sheets on topics specific to Indigenous needs, providing guidance to support First Nations communities work through the global health crisis, while continuing to face existing health challenges. Topics ranged from nurturing hope during the pandemic, to safe alcohol use and harm reduction, as well as work-life supports, addressing stigma, addressing youth boredom and how to move to online and phone-based counselling. By creating short concise fact sheets guided by culture, relationships and the Indigenous way of knowing, Thunderbird filled an information gap for our stakeholders that was met with positive response.

Additional fact sheets continue to be developed and added as the need and request for information arises. To view and download the fact sheets, visit Thunderbird's COVID-19 webpage https://thunderbirdpf.org/covid-19/. You can also find and share our fact sheets on our Facebook, Twitter and Pinterest social media platforms.

Keeping Moms and Babies Safe Juring COVID-19

Espoir pendant COVID-19

Hope during COVID-19

Managing Withdrawal during COVID-19 Prise en charge de la réduction des méfaits pendant la COVID-19

ANNUAL REPORT 2019/20

La stigmatisation au temps de la COVID-19

Stigma during COVID-19

Expansions for Thunderbird's Training Platform



Thunderbird Partnership Foundation's expanded training platform includes a cohort of regional First Nations trainers to deliver certified curriculum via a Train-the-Trainer (TTT) program. Three new courses have been developed, joining Buffalo Riders Early Intervention training, which already follows a TTT model.

At the completion of the program, trainers are enrolled in an online hub, called the Community of Practice (CoP). The CoP will provide a national network through which the knowledge,

experience and skills of its members can be shared online. The CoP will serve as a means of educating, supporting and sharing knowledge and best practices to advance individual and organizational goals of professional excellence.

Thunderbird will continue to create online hubs for all of its training courses, where former training participants can share resources, discuss their specific training and find peer support and collaboration.

New TTT Courses are Now Available

Let's Talk Cannabis

- Train-the-Trainer

A 3-day facilitator training program where participants learn to facilitate conversations about cannabis with First Nations youth in their communities.

Land for Healing

- Train-the-Trainer

A 5-day facilitator training program that supports application of the Land-based Service Delivery Model, where participants learn how to help their communities develop culturally competent land-based programming, a critical component to community health and wellness.

Community Crisis Planning for Prevention, Response and Recovery

- Train-the-Trainer

A 5-day facilitator training program that supports application of the Community Crisis Planning, Prevention, Response, and Recovery Service Delivery Model.

Both the land-based and community crisis planning service delivery models were developed by the implementation team for the First Nations Mental Wellness Continuum framework.

Training Courses in Development

Three new Train-the-Trainer courses are currently in development.
Thunderbird expects to begin offering these courses in fiscal 2020-2021.

Cannabis and First Nations Communities Train-the-Trainer

resulted from the 2018-19 Regional Dialogue Focus Group recommendations and a request for resources to support understanding of the risks and benefits of cannabis. This course is expected to be available in the fall of 2020.

First Nations Mental Wellness Continuum Train-the Trainer will be added to the training delivery roster in early 2021.







Trauma Informed Care Train-the-Trainer

is another course in high demand. This training is being developed in collaboration with our partners at First Peoples Wellness Circle.

Thunderbird's Training Courses Continue to Hit the Mark

The following is a summary of training course evaluations. Participants were asked to measure the effectiveness of Thunderbird's training and their knowledge of connecting to culture to support wellness.

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:



This training is useful to my work:



What People are Saying **About our Courses**









"After this training, I feel more confident in doing my job with the youth in helping my community."

"Amazing amount of resources given to ensure each participant is well equipped to go back to home community and have all they need to deliver programming."



"As a new NNADAP worker this training really enhanced my core competencies to provide the NWA to future clients!"

"Validation of importance of culture in programming operations, management etc."



UNDERSTANDING OPIOID ADDICTION

"Our country/people are hurting and using drugs, pain killers, to numb themselves. We need to build our families and make culture/tradition a part of our lives and in our community."

"The opioids addiction learning opened my eyes."



"This training has strengthened me as a person, my spirit, my drive, and my ability to make connections and reconnect to my community and the land."

"The chronology of colonization depicted

across the wall was very educational. This knowledge applied to our youth will yield

far better relationships/collaborations in the



"Knowing yourself and taking care of yourself is very important and must be done before helping others."

"BANG ON!! I have never seen training that was so well designed to deliver a message that will help us help our people. Chi Miigwetch."

IMPLEMENTATION

"We have hope, we are resilient, we are

implementing the framework in various

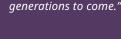
the answers to living a prosperous life."

can create stronger communities."

capacities. Our teachings have been and are

"Empowering, forgiveness, creative healing,

learning how more teachings on family roles



TRAUMA-INFORMED

"Thank you, I commend you and others who have made the choice to help our people deal with their trauma by implementing our cultural practices and way of life."

"The cultural/traditional teachings tied into the workshops always resonate with me. I've learned to see my trauma and my client's trauma through a different lens."



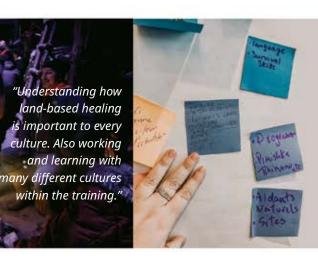
Regional Train-the-Trainer Course Launched at Wendake First Nation

The training was made possible through Thunderbird Partnership Foundation in collaboration with the First Nations of Quebec and Labrador Health and Social Services Commission (CSSSPNQL).

The regional training course hosted 22 participants representing the Huron-Wendat, Algonquin, Innu, Mi'kmag, Inuit and Ojibway Nations, as well as three training participants from Manitoba Region. All distinct Nations shared their cultural knowledge, understanding and ways of being and doing in relation to applying land-based practices to facilitate wellness.

The Huron-Wendat First Nation of Wendake has its own museum and a permanent traditional longhouse, which provided a perfect land-based activity and learning opportunity for training participants. An afternoon was spent connecting to the land, history, culture, and traditional knowledge of the peoples of Wendake and other eastern Nations of Turtle Island.

Training participants were positive in their response and offered these comments at the completion of the course.



"(The Land for Healing training) in its entirety has had the biggest impact on me; in terms of my own understanding of my own identity, the community's identity, resources, connections and re-connections to all of my relations. Each module supports the next as you learn, which in itself shows support, structure and the connection of all things."

The course was delivered with simultaneous French translation, and bilingual support was offered to participants throughout the three-day training course.







Thunderbird Partnership Foundation has completed the first year of a three year funding agreement with the Public Health Agency of Canada (PHAC) to support First Nations in gathering data to better understand the effect of opioids and crystal meth, as well as the strengths and resiliency in First Nations communities.

A total of 463 surveys were completed through engagement with First Nations communities over six months. This preliminary data tells a powerful story to help us understand addiction among First Nations people in Canada. The numbers also showed 74% of First Nations believe opioid use is a major problem in their community, and the following experiences stand out as the critical factors: because they are having a rough time (73% community crisis, 67% attempted suicide / 61% affected by suicide, 76% residential school) and want to get high (34%) and because of peer pressure (14%). While 42% have reported using opioids in a harmful way, only 22% sought help to stop using. Lack of funding (69%) and a lack of trained workforce (54%) are the most significant reasons for a lack of access to culture-based, pharmacological and counselling services for opioids and crystal meth.

The survey was created by a team of Indigenous and non-Indigenous addictions specialists to better understand the impact of opioids on individuals, families and communities, as well as the strengths and resiliency in First Nations communities. Critical strengths revealed from the survey show a good understanding of addiction as a chronic health condition (57%) and 80% believe that people with the chronic health condition of addiction have the right to treatment. This understanding indicates less stigma of people who use drugs and support for access to cultural safe services. The survey also showed 90% of respondents want access to culture-based approaches to treatment such as ceremony or land-based treatment (83%), and 73% want access to pharmacological interventions. The survey information intends to provide guidance to First Nations for opioid treatment strategies, harm reduction, and to support advocacy for greater equity in access and availability of culturally safe services.

The following graphs clearly show the link between unresolved intergenerational trauma and addiction.

Reasons for Using Opioids in a Harmful Way **Experiences that Contribute** to the Current Use of **Opioids in a Harmful Way** Did not not to employ experience





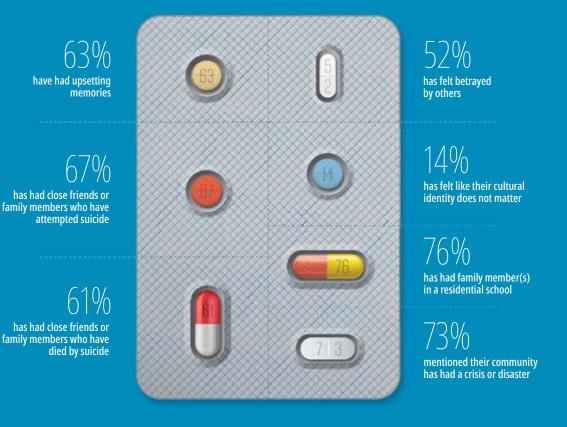
While the survey data is limited for understanding crystal meth use among First Nations, 15% of respondents reported use of crystal meth. This data does mirror what we heard from community engagement, and other national and regional conversations, and that is, "crystal meth use is a significant issue with very little knowledge about its affects, and treatment for withdrawal or risk of overdose." Thunderbird Partnership will begin a project in 2020-21, focused on researching and developing a variety of resources to support First Nations in addressing crystal meth.

Other significant data from the survey includes perception of harm reduction and reasons for not using opioids. There is a vital need to increase education on harm reduction measures as 71% of respondents indicated no knowledge of naloxone kits, how to use them or how to obtain them. The survey also reports important factors in supporting harm

reduction, the most significant response is ensuring culturebased services such as land-based and ceremonial practices, adding on other evidence-based practices, and then ensuring there are outreach and peer supports available.

Reasons for not using opioids are significant as they highlight wellness through having a sense of purpose, such as, employment or going to school 58% and having a sense belonging through role models and mentors 56% and supportive family and friend relationships 49%.

In response to COVID-19, Thunderbird is adapting this survey to capture and understand the strengths and needs of First Nations communities during a pandemic, through a shortened version. For more information on this short form, contact us at *research@thunderbirdpf.org*.





Thunderbird Partnership Foundation is working with the Federation of Sovereign Indigenous Nations (FSIN) to develop a regional opioid and crystal meth strategy. The FSIN represents 74 First Nations in Saskatchewan with a mandate to promote, protect and implement the treaty promises made more than a century ago.

A two-day gathering was held with First Nation leadership, Elders, community representatives and family members from across Saskatchewan to identify priorities for developing the strategy. Discussions were facilitated by Thunderbird Partnership Foundation, First Peoples Wellness Circle and FSIN to identify needs from the perspective of First Nations communities, systems challenges, solutions, and community capacity.

In addition to priorities identified by participants and panel discussions, recommendations included in the strategy were informed by data from the First Nations Opioid Survey. The recommendations were also guided by the First Nations Mental Wellness Continuum and the Honouring Our Strengths: A Renewed Framework to Address Substance Use Issues Among First Nations People in Canada, and supplemented by a Thunderbird-developed literature review, as well as additional Thunderbird resources and other relevant literature.

The development of the regional strategy was a transparent process to allow opportunities for building consensus: discussions were visible to participants as they occurred, and participants could reflect on their sharing to shape the regional strategy. This collaborative process aims to reflect needs, strengths and opportunities expressed by First Nations communities in Saskatchewan.

The opioid and crystal meth strategy will support local and regional approaches to pool resources and collaborate across sectors using cultural values as a foundation. Engaging with community members and people with lived experience supports the implementation of strategies that people can relate to and put into action.



(L-R) Brett Enns, Executive Director of Primary Health Care, Integrated Northeast, Prince Albert. Dr Peter Butt, College of Medicine, University of Saskatchwan and Dr. Ibrahim Khan, Regional Medical Health Officer FNIHB-SK, Indigenous Services Canada.

Multiple Improvements to the Addictions Management Information System (AMIS)



Treatment centres are benefiting from improvements made to the Addiction Management Information System (AMIS). AMIS is a national case management database that collects evidence from National Native Alcohol and Drug Program (NNADAP) and National Youth Solvent Abuse Program (NYSAP) treatment centres, that can be used to inform client care, demonstrate the strengths of programming and support research initiatives over time. AMIS is able to track culture-based evidence to further support First Nations mental wellness.

New Interactive Webinars

The addition of bi-weekly, interactive webinars is providing support to treatment centres and making it easier for their staff to navigate the system. Webinar participants can view real-time functionality of AMIS from their computer screen, tablet or smartphone.

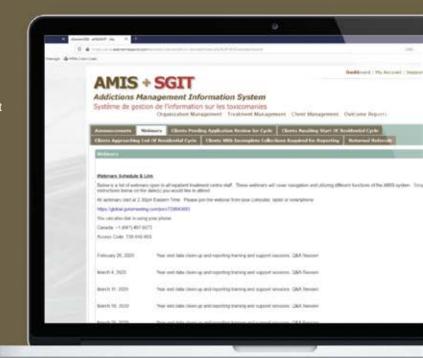
WEBINAR TOPICS HAVE INCLUDED

- year-end data clean up and reporting;
- set up of centre information, residential cycles, outreach program and services; and
- managing client records and data.

Seven treatment centres took part in this year's National Training for the Addictions Information Management System. Participating centres included Kapown Rehabilitation Centre, AB; Nimkee NupiGawagan Healing Centre, ON; Ka-Na-Chi-Hih Specialized Solvent Abuse Treatment Centre, ON; Sagkeeng Mino Pimatiziwin Family Treatment Centre, MB; White Buffalo Youth Treatment Centre, SK; and Whiskeyjack Treatment Centre, MB.

Summary of AMIS Improvements

- Closure periods have been created to support treatment centres with a continuous intake process, which supports accurate occupancy rates for annual reporting.
- Customization options for centres with continuous intake, allowing them to set start and end dates for clients. The manual end date allows centres to receive the reasons for treatment termination.
- One-on-one year-end client record management and annual report support.
- Enhanced alerts to highlight potential issues with residential cycle data for accurate quarterly reporting.
- Justice system involvement is now a required field on the intake/referral form.
- Post-treatment referrals are now a required component of the Discharge Wizard when a client is discharged from treatment.
- The addition of three new required questions on the NYSAP intake/referral form, provide data for a new table called Client Accessing Treatment with Social History by sex.
- NYSAP centres no longer have access to NNADAP Intake/Referral forms.
- Client data summary reports provide easy identification of incorrect/missing client data and ensure accurate reporting.



Using Culture in Opioid and Crystal Meth Treatment Approaches



Thunderbird Partnership Foundation is funded by the Canadian Research Institute in Substance Misuse (CRISM) to develop opioid and crystal meth guidelines for First Nations governed, community-based and residential treatment-based services. This project is guided by a working group comprised of First Nations Elders, subject matter experts, healthcare providers, etc.

The impact of these guidelines is understanding and gaining knowledge about treatments surrounding opioids and crystal meth, reducing the stigma associated with opioid agonist therapy and creating a culturally safe space for First Nations to receive treatment for opioid

and crystal meth use. Throughout the environmental scan, Thunderbird travelled to treatment centres and community-based programs to gather information to inform the quidelines.

Opioid and crystal meth guidelines are currently in progress. In collaboration with the CRISM working group, the guidelines will follow the five key themes of the First Nations Mental Wellness Continuum (FNMWC) framework and the Honouring our Strengths: A Renewed Framework to Address Substance Use Issues Among First Nations People in Canada (HOS). Below is a brief summary of the section titled Culture as Foundation included in the guidelines.



Culture as Foundation

- Treatment approaches that use culture as foundation see higher retention rates than programs that use a clinical approach only. An effective solution is to engage more with First Nations Elders and cultural practitioners as they have strengths in language, culture and land-based traditions. Using care and compassion are part of the treatment plan to help clients feel safe and to do their healing work. It is recommended to incorporate more traditional teachings throughout the treatment program to support the clients healing journey (e.g., land-based healing, sharing stories, sweat lodges, smudging, snaring, nature walks, medicine walk, etc.).
- Respect for the knowledge of Elders and cultural practitioners should be equal to that of other experts.
 Ongoing training and education for Elders and cultural practitioners is important to gain knowledge about substances, their effects, as well as medications that assist with withdrawal and recovery.

Completed Visits

- 1. Sagashtawao Healing Lodge September 3- 6
- 2. Rising Sun Treatment Centre September 16-18
- 3. Ugpi'ganjig Health Centre September 16-18
- 4. Kanesatake Health Centre October 22-23
- 5. Onen'tó:kon Healing Lodge October 24-25
- 6. Dilico Anishinabek Family Care October 29-30
- 7. Kapown Rehabilitation Centre November 5-6
- 8. Benbowopka Treatment Centre November 14-15
- 9. Kitigan Zibi Health and Social Services December 11-12
- 10. Wanaki Centre













NNADAP Year in Review

The Addictions Information Management System (AMIS) has been designed to meet the needs of the 40 National Native Alcohol and Drug Abuse Program (NNADAP) and the 10 National Youth Solvent Abuse Program (NYSAP) funded treatment centres. This year's data reflects the COVID-19 pandemic, which resulted in treatment centres demonstrating their ability to innovate and offer their treatment services virtually.

A total of 28 NNADAP/NYSAP treatment centres actively used AMIS from April 1, 2019 through March 31, 2020. This infographic represents national aggregate data from AMIS of NNADAP treatment centres across Canada, as of June 2, 2020.

This year, you will see additional NNADAP statistics, including total clients attending treatment, providing further context to the total number of applications received by treatment centres; a statistic shared previously in our annual reports.

Total NNADAP Applicants (2533*)

* Total NNADAP Clients in Treatment (1614*)



COMPARED TO 2018-2019

Total NNADAP Clients in Treatment (1614)

Males: 813

Females: 801



Pre-treatment Services: 33% (539 clients) (N= 1614)

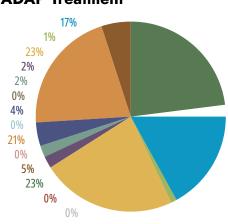
Post-treatment Referrals: 61% (987 clients) (N=1614)



Regional Distribution of Clients Who Attended NNADAP Treatment

Alberta (392) British Columbia (26) Manitoba (544) New Brunswick (50) Newfoundland & Labrador (50) Northwest Territories (2) Nova Scotia (89) Nunavut (7) Ontario (494) Prince Edward Island (6) Ouebec (128) Saskatchewan (541) Yukon (10)

Unknown (1)



31% completed high school or post-secondary









Substance Use (%)

Alcohol 85% (N=1304)

Tobacco

Chewing tobacco 93% (N=1304) Smoking tobacco

87% (N=1304)

Cannabis

73% (N=1304)

Opioids

Heroin/morphine/opiates 26% (N=1304)

Prescription pain killers 40% (N=1304)

Stimulants

Amphetamines/stimulants/uppers 39% (N=1304)

Cocaine/crack 58% (N=1304)

Opioid Agonist Therapy

Methadone 12% (N=1304)

Suboxone

Hallucinogens

10% (N=1304)

Inhalants

Gasoline or other fumes **3%** (N=1304)

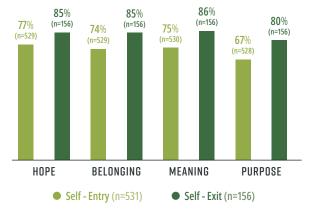
Glue

1% (N=1304)

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 8-13% increase in client wellness resulting from cultural interventions at NNADAP and NYSAP treatment centres across Canada.

Balance in Wellness Across Time



NEW!

Virtual Outpatient Services

23 clients participated in treatment services made available online and by telephone due to physical distancing requirements from COVID-19. (N=1614)



NYSAP Year in Review

The National Youth Solvent Abuse Program (NYSAP) has a network of 10 treatment centres for Indigenous youth across Canada. All 10 treatment centres are actively using the Addictions Management Information System (AMIS). National aggregate data reflected in this infographic reflects treatment services provided from April 1, 2019 through March 31, 2020 and accessed from AMIS on June 2, 2020.

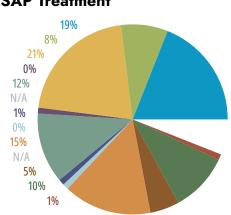
This year's data also reflects the COVID-19 pandemic, which resulted in treatment centres demonstrating their ability to innovate to continue to provide treatment services and supports virtually.

This year, you will see additional NYSAP statistics, including total clients attending treatment, providing further context to the total number of applications received by treatment centres; a statistic shared previously in our annual reports.



Regional Distribution of Clients Who Attended NYSAP Treatment

Alberta (69) British Columbia (29) Manitoba (76) New Brunswick (1) Newfoundland & Labrador (44) Northwest Territories Nova Scotia (2) Nunavut (1) Ontario (54) Prince Edward Island Quebec (54) Saskatchewan (37) Yukon (2)



Total NYSAP Applicants (370*)

* Total NYSAP Clients in Treatment (341*)

Males: 148

Females: 222

Total NYSAP Clients in Treatment (341)

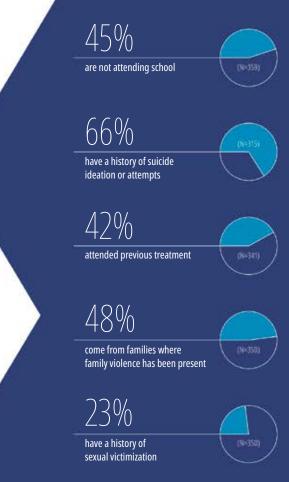
Males: 148

Females: 193



Pre-treatment Services: 5% (18 clients) (N= 341)

Post-treatment Referrals: 31%



Substance Use (%) Alcohol 83% (N=208) Tobacco Chewing tobacco 15% (N=208 Smoking tobacco 90% (N=208 **Cannabis** 83% (N=208)

Opioids

Heroin/morphine/opiates

Prescription pain killers

Stimulants

Amphetamines/stimulants/uppers

Cocaine/crack 30% (N=208)

Opioid Agonist Therapy

Methadone

5% (N=208)

Suboxone N/A

Hallucinogens 15% (N=208)

Inhalants

Gasoline or other fumes 21% (N=208)

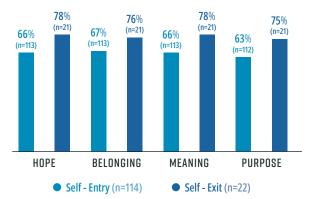
Glue

5% (N=208

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, NYSAP clients are gaining 9 - 12% in wellness indicators throughout their program stay.

Balance in Wellness Across Time



NEW!

13% involved in have a history of child welfare the justice involvement system (N=365) (N=365)

10% have a history of self-harming behaviour (N=365)

1% have a history of gang involvement

(N=365)

26 27

New Resources in 2019-2020

CANNABIS TOOLKIT

In September, the new Cannabis Toolkit was launched at the Assembly of First Nations Cannabis Summit in Vancouver. This new resource stems from the National Cannabis Dialogue Report, which captured feedback shared at regional dialogue sessions facilitated



by Thunderbird in 2018-2019. The Cannabis Toolkit offers a holistic approach to supporting healthy conversations in First Nations communities about cannabis usage and regulations. It is important to ground the changes brought on by cannabis legalization in community strengths and ways of seeing, knowing, being and doing. Addressing the use of cannabis in First Nations communities must support information sharing and education based on historical and current contexts for First Nations Peoples and the Indigenous social determinants of health.

BUILDING OUR REZILIENCY

To support a culturally grounded understanding of cannabis and opioid use, Thunderbird developed an infographic called Building Our Reziliency in August. It was featured in several publications, including the Assembly of First Nation's Health Matters magazine. The infographic compares the use of medical marijuana to opioids and outlines facts about misusing both substances. It draws from the FNMWC by highlighting the role played by colonization and intergenerational trauma in First Nations drug misuse; both of which attempted to destroy Indigenous cultures, languages and connection to land and family.

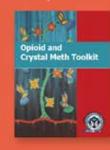


The infographic outlines how misuse puts individuals, families and communities at greater risk of harm. It also relays how wellness improves when connecting with cultural supports in treatment programs, tips on how to get help, and how to quit using opioids.

OPIOID AND CRYSTAL METH TOOLKIT

In February, Thunderbird released its new Opioid and Crystal Meth Toolkit to provide information grounded in culture and Indigenous knowledge and ways of knowing in relation to addressing substance use issues and mental wellness. The toolkit looks at harmful use of opioids in Indigenous communities, harm reduction, and opioid treatment. It addresses the connection between opioids and crystal

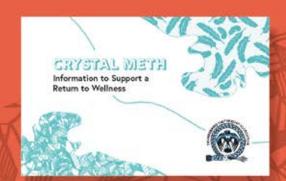
meth, provides further information on the increase in crystal meth use and treatment approaches. The toolkit offers suggestions on how to address the opioid crisis through use of the First Nations Mental Wellness Continuum (FNMWC) and the Honouring Our Strengths (HOS) frameworks.



The toolkit also includes a contact list of First Nations treatment centres that provide opioid treatment therapy programs.

CRYSTAL METH: INFORMATION TO SUPPORT A RETURN TO WELLNESS

Thunderbird launched a new series of infographic style booklets to support a return to wellness. The first booklet was a response to increasing concern expressed by stakeholders about the increase in use of crystal meth in their communities. It is a simple yet informative 12-page visual presentation outlining what crystal meth is, how it is created, it's short and long-term effects, street names and how a strengths-based, culturally grounded approach can reduce stigma and support a return to wellness for individuals, families and communities. Other booklets in development include opioid identification, other substances and cannabis.



Safe Policy Pathways to Address Sexual Abuse



The discussion on safe policy pathways for First Nations to address sexual abuse has not gone silent. It must be a carefully planned conversation. In this past year, we have examined peace-making as a possibility for changing the framework for addressing child sexual abuse in the context of child welfare.

For more than 40 years, First Nations communities have been developing and using restorative justice models or healing justice models within their communities. These models have attempted to utilize Indigenous values and beliefs to structure what is known of their traditional forms of justice and laws that existed prior to Canadian laws and justice. A number of key programs across the country have sustained for years and have demonstrated over their life span that these restorative justice healing programs are successful at reducing recidivism and ultimately, crime rates.

Our next step is the development of a manual to support communities interested in addressing sexual abuse through a restorative justice healing approach.

The manual will consist of the following eight modules:

- 1. Developing an Indigenous restorative justice healing program
- 2. The steps of Indigenous restorative healing justice A Way Out
- 3. The steps of the initial circle gathering
- 4. The roles of committee members in supporting the person harmed and the person who caused harm throughout the healing restorative process
- 5. Determination that healing and restitution has been sufficiently reached
- 6. Creating the community restorative healing justice way
- 7. Implementing the community restorative healing justice way
- 8. Community evaluation of the model

The manual is being developed in partnership with First Peoples Wellness Circle, and Dr. Ed Connors. Following its completion, a training program will be developed to support implementation in First Nations communities.

Congratulations to our Partners at First Peoples Wellness Circle!

It's been five years since the Thunderbird Partnership
Foundation and First Peoples Wellness Circle began their
official partnership, sharing resources and strengths to
support First Nations mental wellness across Canada.
Thunderbird's Board of Directors and Staff wish to
congratulate FPWC for acquiring their first contribution
agreement, a development that provides stability not only for
the organization, but the mental wellness teams themselves,
who rely on FPWC to support their good work in communities.



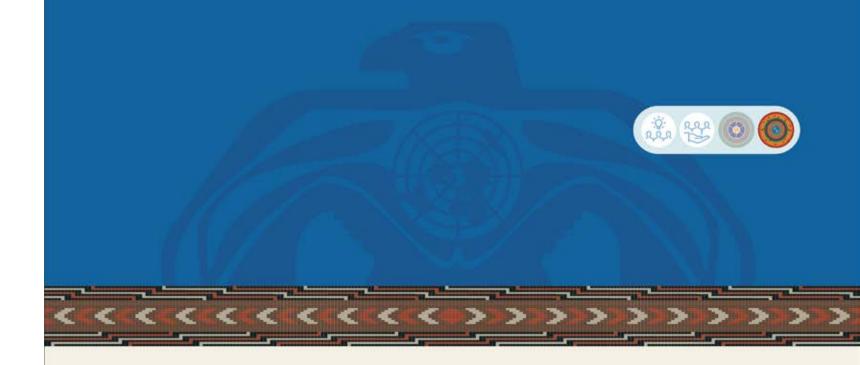


Thunderbird Raises Profile of Indigenous Wellness at UN

Thunderbird was honoured to take part in the 63rd session of the United Nations Commission on Narcotic Drugs in Vienna, Austria, March 2-6, 2020, where it participated in a discussion to raise awareness about the importance of addressing problematic substance use issues through an Indigenous lens within the international community. The side event discussion entitled: Working towards equitable access to treatment of problematic substance use for Indigenous Peoples was a partnership between Thunderbird, the governments of Canada and New Zealand; the New Zealand Drug Foundation; Te Rau Ora; Giizhawaaso Child Welfare, White Earth Nation, USA; the Canadian Centre on Substance Use and Addictions; and the Community Addictions Peer Support Association.

The speakers included Tracey Potiki (Te Rau Ora);
Maree Roberts, (Ministry of Health, New Zealand);
Laurie York (Giizhawaaso Child Welfare, White
Earth Nation, US); and Carol Hopkins (Thunderbird
Partnership Foundation). The session was moderated
by Michelle Boudreau (Health Canada). The government
of Canada and New Zealand acknowledged that
Indigenous Peoples experience extremely high levels
of violence, poverty and intergenerational trauma due
to colonization, all of which are key contributors to
disproportionate harms from alcohol and drugs.

Thunderbird's Board Member Wanda Smith (middle), Executive Director Carol Hopkins (right) and Communications Manager Sherry Huff (left) attended the 63rd session of the United Nations Commission on Narcotic Drugs in Vienna, Austria.



Equitable access to treatment for Indigenous Peoples requires more than increased funding, it requires a paradigm shift toward the use of Indigenous knowledge and culture-based practice for opioids, crystal meth and other substances. A panel of presenters, including Indigenous Peoples and government all highlighted how culture and Indigenous knowledge are being used to facilitate impactful and meaningful outcomes of treatment for Indigenous Peoples, showcasing specific examples across different populations.

Further recognition for the right of Indigenous Peoples to represent their own voice within the Commission on Narcotic Drugs was highlighted through the side event presentation, as well as the importance of partnerships between civil society groups, government partners, and between countries.

Thunderbird was asked to participate in the Canadian Civil Society Booth, where it shared resources with international visitors. Resources were well received by delegates who were especially interested in how Indigenous knowledge and perspectives supported the approach to address substance use and mental wellness issues. Material shared included the new Opioid and Crystal Meth Toolkit; Crystal Meth: Information to Support a Return to Wellness; Honouring Our Strengths (HOS): A Renewed Framework to Address Substance Use Issues Among First Nations People in Canada; the First Nations Mental Wellness Continuum (FNMWC); and the Indigenous Wellness Framework.

To read the official report of the 63rd Session of the United Nations Commission on Narcotic Drugs, which includes Thunderbird's side event transcription, visit: http://cndblog.org/2020/03/working-towards-equitable-access-to-treatment-of-problematic-substance-use-for-indigenous-peoples/



Thunderbird Partnership Foundation participated in an Indigenous wellness Side-Event Discussion at the 63rd Session of the United Nations Commission on Narcotic Drugs. (L-R) Health Canada; Tracey Potiki, Te Rau Ora; Maree Roberts, Ministry of Health, New Zealand; Laurie York, Giizhawaaso Child Welfare, White Earth Nation, US; Carol Hopkins (Thunderbird Partnership Foundation) and Moderator Michelle Boudreau.



Thunderbird's resources generated good interest and discussion at the UN in Vienna, AT about how to take a cultural and strengths-based approach to support people's wellness.

JU

Conferences & Events

- Assembly for First Nations Special Chiefs Assembly – Ottawa, ON
- Assembly of First Nations Annual General Assembly – Fredericton, NB
- Assembly of First Nations National Mental Wellness Forum – Winnipeg, MB
- Assembly of First Nations, National Cannabis Summit – Vancouver, BC
- Canadian Foundation for Healthcare Improvement Promoting Life Together Collaborative
- Cannabis and First Nations, Union of Ontario Indians, Cannabis Forum – Mississauga, ON
- Cannabis, Opioids, Crystal Meth: Enhancing a First Nation Context to Health Policy and Models of Care, First Nations Health and Social Secretariat of Manitoba – Winnipeg, MB
- Carol Hopkins Honorary Doctorate Ceremony – Western University
- Chiefs of Ontario 14th Annual Health Forum - Toronto. ON
- Crystal Meth Webinar National Collaborating Centre for Aboriginal Health
- Empowering First Nations to Prevent Opioid Misuse, First Nations of Quebec and Labrador Health and Social Services Commission Harm Reduction Conference
- First Nations Health
- · First Nati

- Grand Council of Treaty 3 Opioid Forum
- Harm Reduction International Conference 2019 (HR19) – Porto, PT
- Healing Indigenous Intergenerational Trauma – Alberta
- Indigenous Health, Global Health Equity Collective, Western University
- Indigenous Knowledge, coming together to Co-
- An Indigenous Community Health & Research Conference, McMaster University
- International Initiative in Mental Health Leadership – Washington, DC
- Issues of Substance, Canadian Centre on Substance Use and Addiction – Ottawa, ON
- Mental Health for All. Canadian Mental Health Association National Conference 2019 – Toronto, ON
- Mental Wellness, Children's Mental Health Ontario Conference
- Mental Wellness, Indigenous Services Canada,
- Ontario Native Education Counsellors Association
- ddictions Partnership erence – Mississauga, ON
- Meth Forum, Federation of us Nations – Prince Albert, SK

- Traditional Indigenous Healing Practices, Veterans Affairs Canada, Mental Health
- United Nations Commission on Narcotic Drugs – Vienna, AT
- Women Deliver 2019 Conference *Vancouver, BC*

Porto, PT

Washington, DC

Vienna, AT

• Youth Mental Wellness, Mental Health & Addictions, Sudbury Public Health

Sharing Indigenous Harm Reduction Approach with International Community

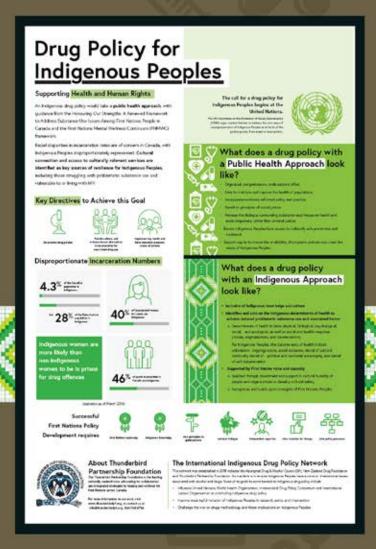
Thunderbird Partnership Foundation Board President, Chief Austin Bear was invited to chair the first ever Indigenous panel session offered at the 26th Harm Reduction International Conference. The panel session titled *Indigenous Peoples*; *Allies and Alliances to* Decolonize Harm Reduction, included a presentation from Thunderbird on the Indigenous Justice Policy Tool and the First Nations Mental Wellness Continuum. Other panel presenters (Australia, Brazil, Canada) shared information on their work with Indigenous Peoples and cultural approaches in relation to harm reduction.



(L-R) Gaby Bruning (Australia), Teresa Marsh (Canada), Mary Deleary (Thunderbird Partnership Foundation), Fernanda Matos(Brazil) and Thunderbird's Board President, Chief Austin Bear.



International **Drug Policy** Poster Wins!





Thunderbird's work was once again honoured at the Issues of Substance (IOS) conference hosted by the Canadian Centre on Substance Abuse and Addiction (CCSA) in Ottawa, November 25-27, 2019. A poster, titled Drug Policy for Indigenous Peoples won in the legal, social and community responses to harms related to substance use and addiction category.

The drug policy poster demonstrates the importance of grounding policies in Indigenous knowledge and highlights the importance of community engagement in reducing epistemic racism. It also addresses the imbalance between Indigenous knowledge and Western forms of knowledge by recognizing culture is not only foundational to wellness but is integral to the development of drug policies in Indigenous communities.

Thunderbird fosters partnerships using strategic engagement to access Indigenous knowledge and translates this knowledge into meaningful policy that fits the context of First Nations Peoples. Engaging with Elders, Knowledge Keepers and practitioners ensures First Nations perspectives are foundational to policies.



The IOS event also gave Thunderbird staff an opportunity to participate in presentations and share resources at our tradeshow booth. This large national event held biannually brings together addiction workers, healthcare professionals, researchers, policy makers and people with lived experience.

Finance Report -2019-2020

Liabilities

Equity 60.60% 667,599.89 Liabilities 39.40% 433,819.35

1,101,419.24 **Total**



Assets

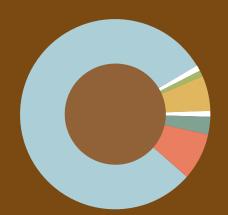
Current 99.50% 1,779,115.40 Fixed 0.50% Total

8,516.62 1,787,632.02

\$6,352

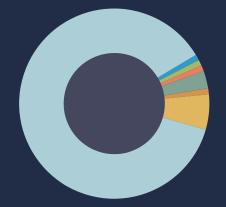
\$4,131,118





Expenses Alberta Treatment Standards 0% Epigenetics (CIHR) First Peoples Wellness Circle

\$246,528 Operations & Governance \$3,395,012 Contracts 0% \$15,415

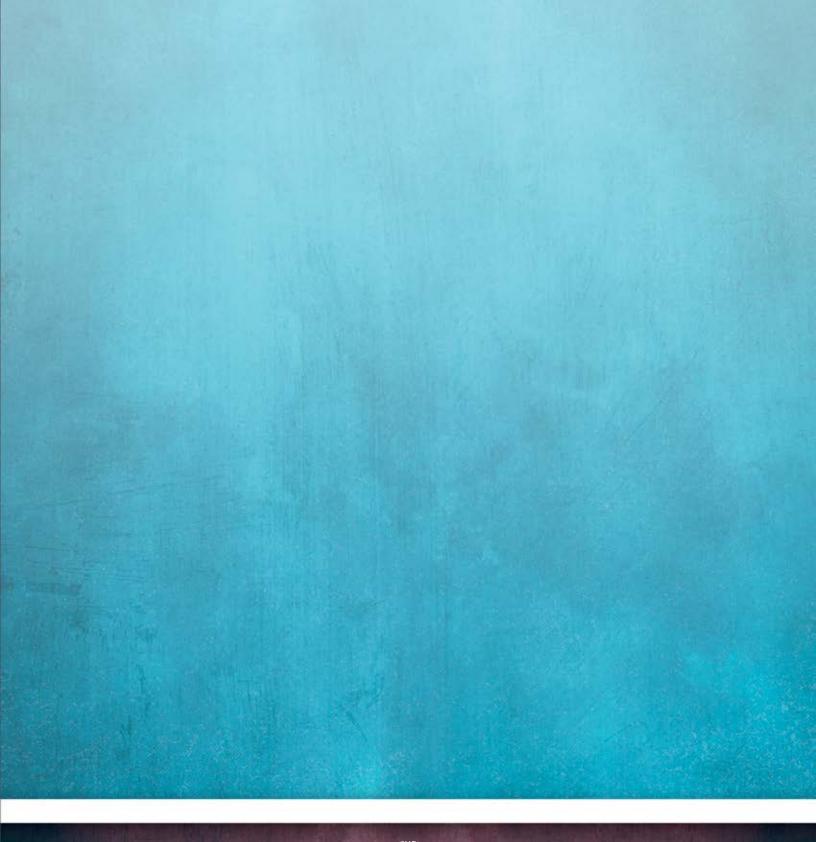


Revenue

Total Expenses

Total Revenue		\$4,817,334
First Peoples Wellness Circle	6%	\$268,065
Contracts	1%	\$52,790
CRISM - Opioid Research	3%	\$157,281
Feather Carriers	1%	\$40,843
Epigenetics (CIHR)	1%	\$54,007
Alberta Treatment Standards	0%	\$6,348
Indigenous Services Canada	88%	\$4,238,000

35 34





thunderbirdpf.org