

Culture is Strength

2014/2015 Annual Report



National Native Addictions Partnership Foundation
Fondation Autochtone Nationale de Partenariat pour la Lutte Contre les Dépendances

Culture, respect, community, and compassion

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Vision

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

Mission

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

Mandate

NNAPF is the national voice advocating for Inuit and First Nations culturally-based addictions services.

The National Native Addictions Partnership Foundation has a
new centralized office at the Delaware First Nation.

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Message from the Board Directors

The National Native Addictions Partnership Foundation (NNAPF) is the cultural and professional voice advocating for and creating a collaborative systems approach that empowers hope, belonging, meaning, and purpose for First Nations and Inuit. 2015 sees the launch of NNAPF's new three year Strategic Plan which will respond to the implementation needs of the culturally based *Honouring Our Strengths: A Renewed Framework to Address Substance Use Issues among First Nations in Canada (HOS)* and *First Nations Mental Wellness Continuum (FNMWC)* frameworks.

NNAPF conducted an Organizational Review in 2014 in an effort to ensure fiscal responsibility and efficiency in our operations. The knowledge gained from this review prompted us to instigate a number of organization-wide changes which included restructuring our office design, revision to the roles and responsibilities of staff, and a renewed commitment to focus on ensuring that culture is central to all of NNAPF's products. The change to our office design has resulted in the creation of a new NNAPF head office at the Southern First Nations Secretariat building at the Delaware Nation in southwestern Ontario and half of our staff now work there. This shared location has helped NNAPF move forward in ensuring culture is the foundation of our work. This shift promotes a more holistic approach to wellness that reflects values found within Indigenous cultures.

NNAPF is excited about the launch of the *FNMWC* framework this year and will continue to play a role in its implementation as well as that of the *HOS* renewal framework. The *FNMWC* framework is a shared vision among the Assembly of First Nations, Health Canada's First Nations and Inuit Health Branch, and leaders in mental wellness, including NNAPF and the Native Mental Health Association who play a role in implementing the *FNMWC* for the future of First Nations mental wellness programs and services.

This is the first year that the Addictions Management Information System (A.M.I.S.) has been fully deployed to treatment centres and we have already begun to see the benefits of this valuable system.

NNAPF is looking forward to all National Native Alcohol and Drug Abuse Program (NNADAP) and Youth Solvent Abuse Program (YSAP) Treatment Centres utilizing the A.M.I.S. as it strengthens the narrative of their accomplishments and provides more consistent evidence to inform treatment planning for clients.

The Honouring Our Strengths: Culture as Intervention in Addictions Treatment (CasI) research project has produced the Native Wellness Assessment (NWA) instrument which is now being programmed into the A.M.I.S. database. NNAPF is very excited about this strengths based assessment instrument that measures the impact of culture – it takes the whole of a person into account to provide a story of wellness as defined by First Nations culture and perspective in the terms of hope, belonging, meaning, and purpose. First Nations communities will have access to the NWA through A.M.I.S. though without use of the full system. The Native Wellness Assessment Instrument will provide an evidence base for the role of culture in promoting wellness and is the first of its kind in the world!

NNAPF extends a special thanks all of our partners for their continuing support, including the Assembly of First Nations, First Nations and Inuit Health Branch of Health Canada, Native

Mental Health Association, First Nations Health Managers Association, Canadian Centre on Substance Abuse, Mental Health Commissions of Canada, UBC Learning Circle, NationTalk, and Indigenous Certification Board of Canada. We also offer heartfelt thanks to our stakeholders – First Nations communities across the country and the NNADAP and YSAP network of workers and treatment centres. Our continued success is due to the versatility, talent, and dedication of the NNAPF staff. We are proud of NNAPF's contribution to establishing a culture-evidence base for addressing substance use issues, promotion of holistic and culturally relevant approaches to healing and wellness, and support provided to First Nations communities across Canada. We look forward to the continued implementation of our research, new collaborations, continued partnerships, and the development and launch of new products in 2015/2016.

.. it takes the whole of a person into account to provide a story of wellness as defined by First Nations culture and perspective in the terms of hope, belonging, meaning, and purpose.

Message from the Executive Director and Board President

Greetings from Executive Director Carol Hopkins and Board President Chief Austin Bear,

We would like to thank all of the National Native Addictions Partnership Foundation's stakeholders, partners, and staff for their help in making this such a successful year. The growth we experienced in 2014/2015 has been followed by the completion of some exciting projects including the *Honouring Our Strengths 2014* national conference, the publication of the *First Nations Mental Wellness Continuum Framework* and *The Technical Competencies Guide to Working with First Nations Clients*, and the completion of the Native Wellness Assessment instrument.

Honouring Our Strengths 2014 was an important milestone for starting a conversation on the role that culture plays in addressing substance use issues and supporting mental wellness. Over 320 community leaders, treatment centre workers, substance use and mental health professionals, youth, and members of the public came from every province as well as the Northwest Territories and Yukon to NNAPF's first *Honouring Our Strengths* conference. Indigenous knowledge and cultural practice were at the heart of the 25 unique presentations on cultural competency, leadership and governance, program development and delivery, evaluation, residential treatment, human resources, and research.

NNAPF has worked to strengthen its national network and is enjoying the benefits of partnerships and collaborations. NNAPF and the First Nations Health Managers Association (FNHMA) signed a Memorandum of Understanding in 2014 that has resulted in our two organizations working together to advance and improve First Nations health status. Partnerships like this create a stronger relationship between community health and the work NNAPF does for mental wellness by promoting community based awareness and demonstrating its relevance. NNAPF also joined forces with the Canadian Centre on Substance Abuse (CCSA) to broadly consult and create a First Nations guide to support the addictions workforce when working with First Nations clients. *The Technical Competencies Guide to Working with First Nations Clients* was published in early 2015 and is designed to be used in conjunction with the CCSA's *Technical Competencies Report*.

NNAPF's outreach this year has been greater than any previous year and has been integral to our goals of creating hope, meaning, belonging, and purpose in the communities and individuals we serve. We have connected with our stakeholders through the power of social media, NNAPF's new online Document Library, *Honouring Our Strengths 2014*, providing certified online courses, and the tireless distribution of products by NNAPF staff. Over the course of the year NNAPF has distributed over 2,000 booklets to stakeholders at our tradeshow booth and by mail. After NNAPF turned over its new digital leaf in the 2014-2015 fiscal year www.nnapf.com saw a 95% increase in visitors, NNAPF's social media platforms more than doubled their number of followers, and our digital content has been viewed by more than 160,000 people.

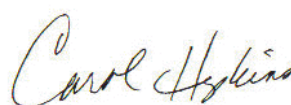
This has been a year of recognition for NNAPF's work. Executive Director Carol Hopkins has won the Canadian Alliance on Mental Illness and Mental Health (CAMIMH)'s Champions of Mental Health 2015 Award for raising awareness of the role of Indigenous culture in addressing substance use and mental health issues among First Nations in Canada. The First Nations Mental Wellness Continuum Framework Team, of which Carol Hopkins is a member, has also been selected to receive the Deputy Minister's Award for Excellence 2015 in the Innovation and Creativity category for the impact they are making in the health field.

Every day we are humbled by the strength, resilience, and knowledge within our stakeholders and we are grateful for their support. Thank you all for making this such a successful and rewarding year. We look forward to the new projects, opportunities, and partnerships that 2015/2016 brings.

Chief Bear



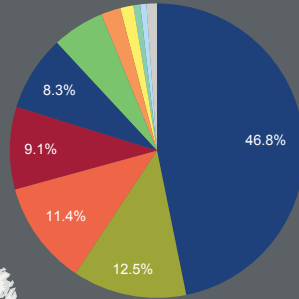
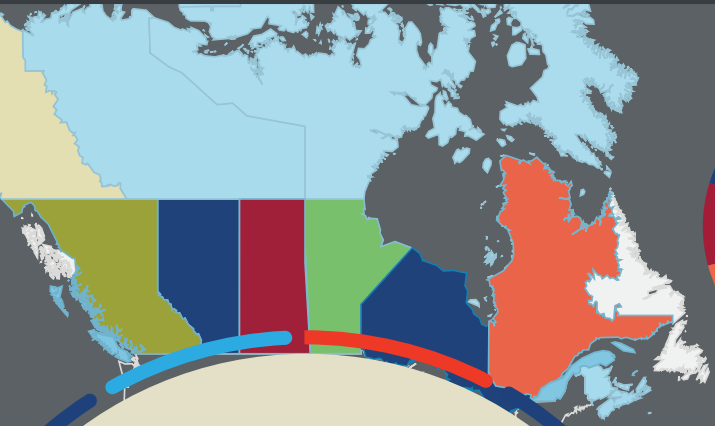
Carol Hopkins



NNAPF.COM
WEBSITE

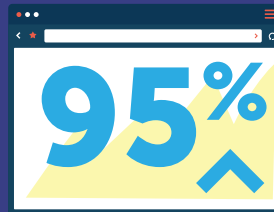
13,487 TOTAL VISITORS
to nnapf.com in the last year

10,871 CANADIAN VISITORS BY PROVINCE



1. Ontario	46.82%
2. British Columbia	12.51%
3. Quebec	11.40%
4. Saskatchewan	9.06%
5. Alberta	8.30%
6. Manitoba	5.73%
7. Nova Scotia	2.15%
8. New Brunswick	1.44%
9. Yukon Territory	0.75%
10. Northwest Territories	0.68%

CREATING
BELONGING
THROUGH
CONNECTION



PERCENTAGE INCREASE
in visitors in March 2015 (1,564),
compared to March 2014 (804)



3 OUT OF 4 VISITORS
in the last year were visiting
nnapf.com for the first time

42,320

PAGEVIEWS
on nnapf.com
in the last year



HONOURING OUR
STRENGTHS 2015

Conference
attendance

57%	General Participants
9%	Evening Social
14%	Presenters
5%	Board and LT
2%	FNHI staff
8%	Exhibitors
2%	Chiefs and gov't
3%	NNAPF staff

As NNAPF continues to develop Training, Guidebooks, Toolkits, and other materials to promote wellness we are also developing improved ways to deliver these resources to communities. One way to do this is by **growing our audience** to increase the number of people we can share and connect with directly. Social media connections create a channel to **converse with our stakeholders, determine their needs, and follow their interests.**

These connections and conversations are aimed to foster a sense of hope, meaning, belonging, and purpose not only for our stakeholders but also for the NNAPF staff as well.

127



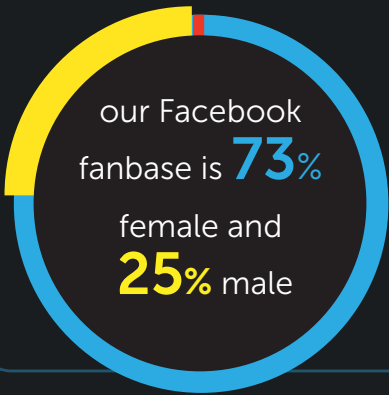
DIFFERENT COUNTRIES

represented in the other **2,616** visitors

Facebook

referred more visitors

to our website than any other source



987



LIKES ON OUR FACEBOOK PAGE, created last year

One of our best Facebook posts reached **5,378** different people, over **1100%** more than our average Facebook photo post reach of **474**

1,975

PEOPLE FOLLOW OUR TWITTER ACCOUNT, more than double the

amount of followers at the beginning of last year



Twitter

allows us to engage with our audience on a daily basis

160,200

views of tweets in May of 2014, our best month, with **5,200** views per day

Printed Products

3,100

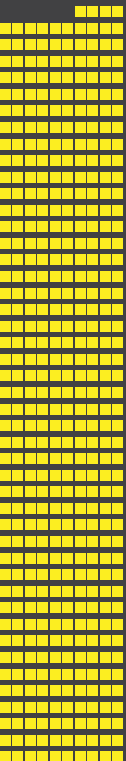
BOOKLETS PRINTED BY NNAPF in the last year, including guidebooks, toolkits, and annual reports

2,161

BOOKLETS DISTRIBUTED BY NNAPF in the last year, including guidebooks, toolkits, and annual reports

454

PAGES GRAPHIC DESIGNED by NNAPF in the last year in **9 different guidebooks and toolkits**, and other products





NNAPF Knowledge Exchange

Honouring Our Strengths: Renewal Implementation

Honouring Our Strengths: A Renewed Framework to Address Substance Use Issues among First Nations in Canada (HOS) is a national framework that outlines a continuum of care that supports strengthened community, regional, and national responses to substance use issues. This framework is intended to guide the design, coordination, and delivery of services at all levels of the system. It also provides guidance on an approach to community development that prioritizes mental health and well-being and builds upon community and cultural strengths. The vision outlined in the framework is one that supports a strengths-based, systems approach to addressing substance use issues among First Nations people in Canada. This vision recognizes that a strengthened system of care is the shared responsibility of various jurisdictions (community, province, federal) as well as a wide range of care providers including family and community members, community service providers, primary care and other medical staff, and off-reserve service providers. This vision emphasises ensuring that

people, families, and communities have access to a range of effective, culturally-relevant care options at any point in their healing journey. Realization of this vision will require ongoing commitment, collaboration, and sustained partnerships. Commitment and collaboration will, in turn, depend upon effective leadership throughout the system. The deliverables of NNAPF's 2014-2015 fiscal year included an evaluation of the program that engaged key informants to ensure accountability for the investment in HOS renewal implementation. This evaluation included a broad cross-section of partners and stakeholders from across the field of service providers in addressing substance use issues, health, and social services spectrum. The results of the evaluation validate the work done to date as meaningful to the field and a more focused evaluation of the products will be necessary once they have been in use. NNAPF will conduct this evaluation of its HOS implementation products in 2017.

Realization of this vision will require ongoing commitment, collaboration, and sustained partnerships. Commitment and collaboration will, in turn, depend upon effective leadership throughout the system.



Honouring Our Strengths: Culture as Intervention in Addictions Treatment

The *Honouring Our Strengths: Indigenous Culture as Intervention in Addictions Treatment (CasI)* research project is a collaboration between NNAPF, the University of Saskatchewan, the Assembly of First Nations (AFN), and the Centre for Addiction and Mental Health (CAMH). The aim of this community-based research team's work was to develop an Indigenous knowledge based wellness assessment instrument that can demonstrate the effectiveness of First Nations culture as a health intervention in addressing substance use and mental health issues.

Indigenous knowledge holds that traditional culture is vital for client healing and wellness. However, empirical documentation of its impact on client wellness is absent. This project is the first of its kind in Canada and is suitably timed with the renewal processes underway in Canada's First Nations addictions treatment system. A key recommendation of *Honouring Our Strengths: A Renewed Framework to Address Substance Use Issues Among First Nations People in Canada (HOS)* has been to establish a culturally competent evidence base to document the nature and to demonstrate the effectiveness of cultural interventions within treatment programs.

CasI is a three year research project that began in 2012 and has created a culturally competent instrument called the Native Wellness Assessment (NWA) instrument that is now being programmed into the Addictions Management Information System (A.M.I.S.) database. The NWA is capable of measuring the impact of culturally-based services on wellness for First

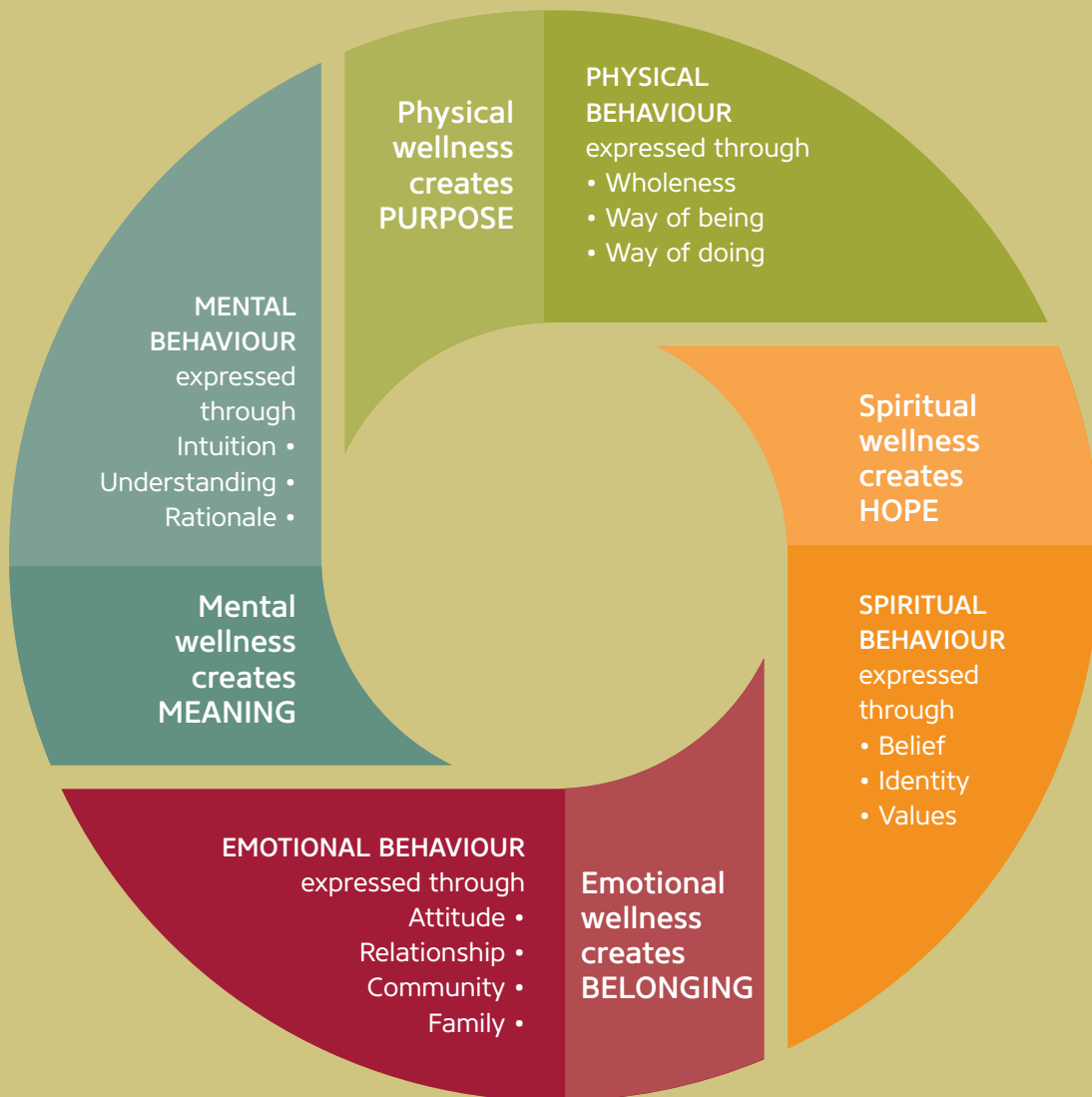
Nations people. The NWA identifies 22 cultural interventions that are common across a number of First Nations culture groups in Canada and that work to facilitate wellness of the whole person in spirit, emotion, mental, and physical aspects. The CasI project makes Indigenous ways of knowing central to better understand the positive impact that cultural interventions have for clients in addiction treatment. We committed to understanding and implementing "Two-Eyed Seeing" with Indigenous knowledge as a priority. This is an approach that brings together the best of Indigenous and Western knowledge systems. The Native Wellness Assessment instrument has been demonstrated to meet various psychometric tests and is valid and reliable in measuring change over time in spiritual, emotional, mental, and physical wellness.


The CasI project has also produced at least 5 journal articles, 3 of which are currently in review for publication, and a number of knowledge exchange tools including the HOS Recipe Cards that promote food as healing medicine through favourite recipes of the NNADAP/YSAP treatment centers. Another product soon to be released is a "Growing Your Wellness" facilitator and participant handbook. Also popular are the following that were developed through CasI: Indigenous Wellness Framework, Indigenous Knowledge based definition of Wellness, Description of Culture, and the Common Descriptions of Cultural Interventions.

Indigenous Wellness Framework and Outcomes



The Indigenous Wellness Framework is the foundation of the Native Wellness Assessment (NWA) instrument and, for the first time, identifies culturally based indicators for measuring outcomes of cultural practices to facilitate wellness.





Addiction Management Information System (A.M.I.S.)

The Addictions Management Information System (A.M.I.S.) has been developed to support case management needs of the National Native Alcohol and Drug Abuse Program (NNADAP) and Youth Solvent Abuse Program (YSAP) Treatment Centres. The A.M.I.S. Working Group that was formed to meet this need includes Treatment Centre Directors, First Nations Community Representatives, and representatives from partner organizations such as NNAPF, the Youth Solvent Addictions Committee (YSAC), and Health Canada's First Nations and Inuit Health Branch (FNIHB). The A.M.I.S. database will collect evidence that can be used to inform client care, to demonstrate the strengths of NNADAP/YSAP and to support research initiatives over time. Programming of the Native Wellness Assessment (NWA) instrument into the A.M.I.S. database is underway and will be available early in the 2015/2016 fiscal year.

The Addictions Information Management System is fully deployed to NNADAP/YSAP treatment centers. Deploy-

ment has included transferring information from the previously utilized S.A.I.S. (Substance Abuse Information System) to A.M.I.S. Four FNIHB regions have provided funding for hands-on training while webinars are available for training on various aspects of the system, and eCenter

Research has a help desk that responds to system user needs.

The A.M.I.S. database will collect evidence that can be used to inform client care, to demonstrate the strengths of NNADAP/YSAP and to support research initiatives over time.

A referral function is also being developed within A.M.I.S. so that community referral workers can go into the system and complete the Drug Use Screening Inventory (DUSI), which is an addictions and mental health assessment, and get a report back that

indicates whether or not residential treatment is the best fit for the client. The referral agent can then make a referral to up to 5 treatment centers that meet the client's profile and needs. The DUSI has been modified to ensure cultural relevancy and a trauma scale has also been added to the DUSI to ensure that intergenerational trauma and trauma as defined by First Nations peoples experience can be assessed in a culturally relevant manner.

Buffalo Riders Training Program for Early Intervention (Grades 7 & 8)



"A very complete, culturally bound intervention for youth that can also be used for anyone with just a few changes."

"The student session gave me a better understanding of how to develop programs – resiliency was the most interesting and was well delivered."

"I appreciated the fact that the training stayed focused on positivity."

"Drug and alcohol education isn't just about learning the harmful effects, it's about self-awareness."

NNAPF began the Manitoba First Nation School Based Early Intervention Pilot Project in November 2011 with funding from the Manitoba government department of Manitoba Healthy Living, Seniors, and Consumer Affairs. The School Based Early Intervention Pilot Project, called "Buffalo Riders," has been delivered in more than 20 Manitoba First Nation communities. The Manitoba provincial government has released copyright to NNAPF so that the program can continue to be delivered by NNAPF to more communities in Manitoba and throughout Canada at a fee based on actual cost.

The Buffalo Riders program provides youth-specific brief screening and assessment tools (DUSI) for addictions and mental health, enabling First Nation schools and communities to identify youth at risk and intervene early or make appropriate referrals for services. The Buffalo Riders program consists of 26 curriculum modules to support a 10 session skills-based program that can be run after school or in school for youth aged 10-13 years old. The Buffalo Riders training aims to help communities improve capacity to provide at-risk youth with early intervention, increase access to early intervention and evidence-informed interventions for substance-using youth, decrease demand for and utilization of long-term intensive treatment services, and decrease substance-use harms associated with substance use among youth. The complete Buffalo Riders curriculum meets all provincial/territorial education standards for health curriculum and can be implemented immediately. You can learn more about the Buffalo Riders program, including upcoming training dates, at www.nnapf.com.

NNAPF held four Buffalo Riders training sessions in the 2014 - 2015 fiscal year with a total of 45 people trained in the early-intervention program representing 30 First Nation communities, 2 First Nations Tribal Councils, and one youth solvent abuse treatment center.



Technical Competencies Guide to Working with First Nations Clients

NNAPF and the Canadian Centre on Substance Abuse (CCSA) partnered to create a new resource for Canada's substance abuse workforce. *The Technical Competencies Guide to Working with First Nations Clients* is a treatment resource designed by the First Nations community for the First Nations community. This guide has been made to assist treatment providers in delivering culturally sensitive treatment to First Nations clients and it is meant to be used in conjunction with the CCSA's *Technical Competencies Report* that identifies the 17 Technical Competencies deemed most desirable for the substance abuse workforce and provides sample behaviour indicators.

The Technical Competencies Guide to Working with First Nations Clients addresses a significant gap in mainstream service delivery and will enhance the quality of treatment available to First Nations people, no matter where the service is delivered. In practical terms, this guide provides a way for substance abuse and addiction professionals to work more effectively with their First Nations clients by integrating behaviours that are more sensitive to First Nations cultures in their treatment approaches. For example, the guide emphasizes the importance of collaboration with Elders and cultural practitioners for services and case consultation, and of community development that considers Indigenous social determinants of health. It is available on the CCSA website at <http://www.ccsa.ca/Eng/topics/Workforce-Development/Workforce-Competencies> and at nnapf.com.

Workforce Survey and Wage Parity

NNAPF launched a National Workforce Survey in 2014-2015 as a follow-up to NNAPF's 2009 Workforce Survey Report. The National Workforce Survey built on the baseline information obtained in 2009 and added survey items pertinent to present workforce concerns. The surveys will assist NNAPF in updating its database to advance the regional and national interests of the addictions workforce. The survey data will also allow NNAPF to look at challenges faced by the addictions field including workforce management relative to staff development and recruitment, professional development, quality of work and family life, and salary and benefits both regionally and nation-wide. Concerning salary and benefits, wage parity for the National Native and Alcohol and Drug Abuse Program (NNADAP) and Youth Solvent Abuse Program (YSAP) workforce has been a significant challenge within this sector for several decades. NNAPF has supported this initiative through research and writing to support the Ontario Regional Addictions Partnership Committee (ORAPC) in their efforts. ORAPC has been successful in gaining the support of the Chiefs of Ontario (COO) and the Assembly of First Nations (AFN) who are now taking the lead in the advocacy work that lays ahead.

NNAPF Guidebooks, Toolkits, and Online Learning

NNAPF offers several online courses and a large array of toolkits certified by the Indigenous Certification Board of Canada (ICBoC) who assess the level of competency of addiction and treatment center workers against a core set of culturally based addictions treatment standards of skills and knowledge needed to work effectively within First Nations communities. These accredited cultural-based guidebooks and lesson plans for online learning are consistent with renewal opportunities described in *Honouring Our Strengths: A Renewed Framework to Address Substance Use Issues among First Nations People in Canada*. NNAPF designed and completed 6 additional online courses in 2014-2015 that will be launched this year. NNAPF will also be making all of its online courses available in French.

The online courses that NNAPF currently offers are:

- Clinical Supervision
- Intake, Referral, Discharge, and Aftercare
- Protocols for Indigenous Practitioners
- Indicators to Assess Cultural Competency

NNAPF produced 9 new toolkit and guidebook booklets in both English and French in the 2014-2015 fiscal year. These are supplemental material for corresponding online training courses which are also designed to support service providers. Over the course of the year NNAPF has distributed 2,161 booklets. NNAPF has also made it easy for stakeholders to share the guidebooks and toolkits by distributing them through USB keys at the *Honouring Our Strengths 2014* conference and offering them as free downloads from the Document Library at www.nnapf.com.

In addition to these products, NNAPF also created and delivered 2 training programs – one in strengths based practice and another in change management. The change management course was originally designed as an online course and then it was further developed as a face to face training program. These 2 course will be further developed to a printed toolkit. The online change management course is available through www.nnapf.com.

"New Tools for Screening and Assessment for First Nations, Inuit, and Métis Populations"

August 7, 2014 from 1:00 PM to 2:30 PM (EDT)

This public webinar was co-hosted by the CAMH Health Promotion Resource Centre and Aboriginal Engagement and Outreach, Provincial System Support Program. This webinar reviewed three screening and assessment tools that have been culturally adapted or developed from an Indigenous perspective – the Child and Adolescent Strengths and Needs (CANS) Tool, the Aboriginal Children's Health and Wellbeing Measure (ACHWM), and the Honouring Our Strengths: Indigenous Culture as Intervention in Addictions Treatment (CasI) research project.

NNAPF Executive Director Carol Hopkins and the CasI project Research Manager Dr. Barbara Fornssler presented on the Honouring Our Strengths: Indigenous Culture and Intervention in Addictions Treatment community-based project which aims to evaluate the effectiveness of First Nations culture as a health intervention in alcohol and drug treatment. The Native Wellness Assessment (NWA) the product of this project and is an instrument that measures the impact of cultural interventions on client wellness within a framework that addresses

physical, emotional, mental, and spiritual well-being. The NWA also identifies 22 cultural interventions that are common to treatment centres across the country and that work to facilitate wellness in all four of the framework areas.

"NNAPF and Using Addiction Toolkits"

March 11, 2015 from 9:30 AM to 11:30 AM (PST)

This public webinar was hosted by the UBC Learning Circle which is a partnership between the Centre for Excellence in Indigenous Health at the University of British Columbia and the First Nations Health Authority. NNAPF Stakeholder Coordinator Raymond Deleary and NNAPF Research Manager Michael Martin delivered a special presentation about the Honouring Our Strengths: A Renewed Framework to Address Substance Use Issues among First Nations in Canada (HOS), the Addictions Management Information System (A.M.I.S.), the Native Wellness Assessment (NWA) instrument, the Drug Use Screening Inventory (DUSI), and the NNAPF Toolkits and Guidebooks. This webinar was an interactive introduction for BC region First Nations to the HOS framework. It also showcased an example of NNAPF's Toolkits which are available from nnapf.com and the NNAPF Tradeshow Booth.

NNAPF's Treatment Centre Web Solution

NNAPF created a list of items that are required to build a basic treatment centre website after collecting data about the resources available from some treatment centres. This list includes basic items such as contact information, a mission statement, and a logo. The list also asks for good quality photographs of the treatment centre and digital copies of any forms that they would like to have available on their site.

NNAPF is currently working with three treatment centres that have filled out the initial question-

naire and are in the process of collecting the needed items. On receipt of the required items from one of the treatment centres, we will work with that treatment centre to develop the 'template' website that can be used as a web solution for all the NNADAP/YSAP treatment centres. We will review the process after the pilot project with the first treatment centre is completed to see how it can be improved and if all of their needs were met. We will also develop training screencasts to help staff manage, update, and maintain their own websites.

NNAPF, YSAC, and ICBoC Partner with NationTalk

NNAPF, the Youth Solvent Addiction Committee (YSAC), and the Indigenous Certification Board of Canada (ICBoC) are excited about our new partnership with NationTalk, the world's first hyperlocal online network for the Indigenous community and the foremost Canadian online Indigenous communication source. NationTalk has more than 15,000 daily newsletter subscribers and over 2 million page impressions a year through its website which makes it an ideal platform to promote events,

press releases, interviews, and products to our stakeholders. We look forward to working with NationTalk to promote a climate of communication and information sharing that fosters hope and belonging in Indigenous communities. You can visit our NationTalk partner webpage at www.nationtalk.ca/partner/nnapfysaciboc.

NNAPF's Web Presence

The user base of nnapf.com expanded rapidly after the re-design of the website last year. nnapf.com had a total of 13,487 users* who created 42,320 page views. The number of unique users* in March 2015 was 1,564 which represents a 95% increase over March 2014. May 2014 saw the largest monthly bump in traffic with 3,759 unique users – this was due to the Honouring Our Strengths 2014 national conference that NNAPF hosted.

Three out of four of our website visitors* in the last year were visiting NNAPF for the first time which is a strong indicator of growth. Many users returned to the website multiple times and almost 2,000 people visited the website five times or more in the last year. This is a clear sign that a substantial number of people viewed the website as a resource they could return to again and again. There were also over 3,000 people who visited the website from smart phones and nearly 1,000 people viewed the website on tablets. As this trend continues, NNAPF will optimize and enhance the website for this growing traffic segment.

An analysis of the web analytics shows that there are two common "paths" that users travel when visiting the website. The most popular "path" is to visit the Document Library to see what resources are available. This will likely continue to be a popular feature as new products are added to the Document

Library on a regular basis. The second most common "path" through the website is to look at NNAPF's accredited courses and review the available online courses.

NNAPF accomplished these increases through several means – the largest online referrer was Facebook and social media was a large contributor to the growth. Additionally, a large number of users either searched for NNAPF specifically on the internet or entered the "nnapf.com" address directly into their browsers. This indicates that many visitors learned about the website from contact at events, print products, and the HOS 2014 conference.

NNAPF's community engagement and efforts to be a thought leader in our field have resulted in almost 1,000 people following our Facebook page and 1,100 new Twitter followers this year. Some of our more popular posts have reached over 5,000 people due to the organic engagement of those who follow NNAPF's accounts. NNAPF's web presence continues to be a great tool for distributing resources that can assist community workers in their work creating hope, meaning, belonging, and purpose in First Nations communities.

*These numbers are based on counting the number of unique IP addresses used to access the NNAPF website. If returning visitors use a new or different device to access the website then they would be counted as new or unique users.



Good Medicine Podcast

The Good Medicine Podcast is hosted by NNAPF and explores the topics of mental health, substance use issues, and wellness through an Indigenous lens. NNAPF's work is built on a cultural foundation and this is the starting point of all of our conversations. This podcast shares wise practices and viewpoints on current topics within the mental health and substance abuse field and is a free online resource for Indigenous communities, individuals, and health professionals. This project supports the *Honouring Our Strengths: A Renewed Framework to Address Substance Use Issues among First Nations in Canada (HOS)* and *First Nations Mental Wellness Continuum (FNMWC)* frameworks and aims to inspire hope, belonging, meaning, and purpose among its listeners.

The first installation of the Good Medicine Podcast was a special interview for Aboriginal AIDS Awareness Week 2014 that was launched by the Canadian Aboriginal AIDS Network and All Nations Hope. In this interview Irene Peters, who is an Elder on the Ontario First Nations HIV/AIDS Education Circle, speaks about her experiences as a former HIV and AIDS Educator. You can find this interview on the NNAPF YouTube channel at www.youtube.com/watch?v=XDvvNSuvXdk.



First Nations Mental Wellness Continuum Framework

The First Nations Mental Wellness Continuum (FNMWC) framework is built upon the Honouring Our Strengths: Indigenous Culture as Intervention in Addictions Treatment (CasI) research project's vision for mental wellness. Mental wellness is a state of well-being and balance in which the individual can realize his or her own potential, cope with the normal stresses of life, and contribute to her or his own community. This balance is maintained when individuals have purpose in their daily lives, hope for the future, a sense of belonging, and understand the meaning of creation. Hope, Belonging, Meaning, and Purpose are central to the CasI model as a way of reminding us that whatever investment we make in wellness should be measurable by those elements. Mental wellness within a First Nations context is supported by culture, language, Elders, families, and creation; it is necessary for healthy individual, community, and family life.

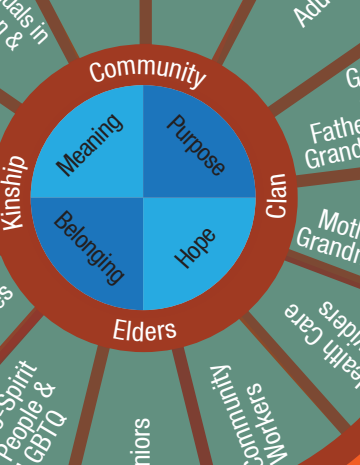
The FNMWC framework is a shared vision among the Assembly of First Nations, Health Canada's First Nations and Inuit Health Branch, the National Native Addictions Partnership Foundation, and other community mental health leaders for the future of First Nations mental wellness programs and services. The FNMWC has been developed in partnership with First Nations to outline practical steps necessary for achieving this vision. The framework's overarching goal to improve mental wellness outcomes for First Nations is a response to the mental health

and substance use issues that continue to be a priority concern for many First Nations communities. Its creation involved a comprehensive mapping of existing mental health and addictions programming that identified gaps and ways to address and avoid them.

Culture is the heart of the framework, emphasizing First Nations strengths and capacities. It is designed to strengthen federal mental wellness programming and support appropriate integration between federal, provincial, and territorial programs. The FNMWC establishes a continuum of care, a comprehensive system of wellness services for First Nations, while identifying ways to enhance service coordination among various systems and support culturally safe delivery of services. It also provides guidance for communities to adapt, optimize, and realign their existing mental wellness programs and services according to their own priorities.

The First Nations Mental Wellness Continuum Framework Team has been selected to receive the Deputy Minister's Award for Excellence 2015 in the Innovation and Creativity category for the impact they are making in the health field. We at NNAPF are proud of and committed to our work and it is truly inspiring to be part of such a talented and dedicated team.

Enhanced Flexible Funding
(Relationships)



CULTURE (language, practices, ceremonies, knowledge, land and values)

Quality Care System and Competent Service Delivery

Justice

Regional Entities

Education

Coordination of Care / Care Planning

Workforce Development

Education & Lifelong Learning

Community Development, Ownership and Capacity Building

Housing

Environmental Stewardship

Governance

Nations

Social Services

Performance Measurement

Early Identification and Intervention

Research

Crisis Response

Private Industry

Health Care

Communities

Self-Determination

Prevention, Community Development and Education

Health Promotion, Mental Health and Addiction Issues

Detox

Non-Governmental Organizations

Private Industry

Health Care

Communities

Change Management & Risk Management

Trauma-informed Treatment

Support and Aftercare

Workforce Development

Economic Development

Non-Governmental Organizations

Health Care

Communities

Provincial & Territorial Government

Federal Government

Land & Resources

Language, Heritage & Culture

Urban & Rural

Collaboration with Partners

CULTURE (Elders, Cultural Practices)

Honouring Our Strengths 2014 National Conference

The first biennial Honouring Our Strengths National Conference (HOS 2014) took place on June 24-25, 2014 in Ottawa, Ontario and was hosted by the National Native Addictions Partnership (NNAPF) in partnership with the Assembly of First Nations (AFN) and the Native Mental Health Association (NMHA). The central focus of the conference was having a conversation about using Indigenous culture in addressing substance use issues and promoting wellness. Madeleine Kétéskwew Dion Stout, Elder Jim Dumont, and Michaela Shannon delivered powerful culturally based knowledge and personal keynote addresses to over 320 participants.

HOS 2014 provided presenters with a unique opportunity – the three highest rated presenters were invited to work with NNAPF to further develop their material for implementable tools. NNAPF also supported the three winners in presenting at the First Nations Health Managers Association National Conference in September 2014 and offered a stipend to present a workshop at the Healing Our Spirit Worldwide conference in New Zealand in November 2015. Congratulations to the winners the Chisasibi Cree Nation for their "Culturally Safe Land Based Wellness Model" presentation, Chippewa of the Thame First Nation for their "Empowering Community Narratives" presentation, and NMHA for their "Cultural Competency in Trauma Informed Care" presentation!

Most presenters provided an electronic copy of their presentation and these are available at www.nnapf.com/national-conference. The intent of making this material available is to ensure those that could not attend the conference have access to the confer-

ence materials and presentations. The conference evaluation form completed by HOS 2014 participants indicated that, of those who filled out the form, 86% found the conference materials informative and 90% would attend a future *Honouring Our Strengths* conference. A common issue was that there was not enough time for discussion after the workshops so we will be adjusting the schedule to accommodate for that in future conferences. The NNAPF staff heard re-enforcing statements throughout the two days reflective of how well the conference was organized, the cleanliness and welcoming atmosphere of the hotel and conference centre, and the overall "warm" feeling of the conference.

NNAPF thanks all of our stakeholders for their interest and support in making the first Honour Our Strengths national conference such a success. We have already started planning Honouring Our Strengths 2016 and invite those who want to hear more about it to register with the HOS 2016 mailing list by sending an e-mail to hos2016@nnapf.com.





First Nations Health Managers Authority (FNHMA)

On September 25, 2014 the National Native Addictions Partnership Foundation (NNAPF) and the First Nations Health Managers Association (FNHMA) signed a Memorandum of Understanding that has resulted in the two organizations working together to advance and improve First Nations health status. FNHMA is a national voluntary not-for-profit professional association that provides leadership in health management activities by developing and promoting quality standards, practice, research, certification, and professional development to expand capacity for members and First Nations. NNAPF and FNHMA will address opportunities to collaborate in the key areas of strategic alliance initiatives, partnerships initiatives, and share services initiatives.

NNAPF has existing MOUs with:

Assembly of First Nations (AFN)
Native Mental Health Association
Canadian Aboriginal Aids Network

Each of the MOUs articulate where our organizational visions align and our commitment to work together on projects that facilitate action in areas that mutually benefit our strategic direction.

NNAPF Conferences, Presentations, and Workshops

Hosted by NNAPF

Honouring Our Strengths 2014 National Conference
24-25 June 2014 – Ottawa, ON

NNAPF Annual General Meeting and Board Meeting
26 June 2014 – Ottawa, ON

Addictions and Prescription Drugs Training for Addictions and Mental Health Workers
26-30 January 2015 – Fort Frances, ON

Strengthening Culture in Program Design, Service Delivery, and Research

AFN Mental Wellness Committee – Culture as Intervention Research
16-17 September 2014, Ottawa

Ontario Aboriginal Aids Circle: Culture and Harm Reduction
17 Sept 2014, Ottawa

Quebec Regional NNADAP/YSAP – Culture as Intervention Research
30 September - 1 October 2014, Quebec City

Mental Wellness Team National Gathering – Culture as Intervention Research
28-29 October 2014 – Regina, SK

Atlantic Policy Congress Health Conference – Culture as Intervention Research
12-14 November 2014 – Halifax, NS

Indigenous Health Conference: Challenging Health Inequities – Culture as Intervention Research
20 November 2014 – Toronto, ON

First Nations and Inuit Health Branch Community Development Training
16-17 December 2014 – Ottawa, ON

Canadian Depression Intervention Network: Establishing an Indigenous Research Group
4-5 February 2015 – Ottawa, ON

Nipissing First Nation Community Programs: Culture in Program Design and Delivery
24-25 February, 2015 – North Bay, ON

Nipissing First Nation: Cultural Competency Training
24 February, 2015 – North Bay, ON

Atlantic Policy Congress: Strength Based Training
24-26 March 2015 – Dartmouth, NS

Chisasibi First Nation: Culture in Community Programming Forum
31 March - 2 April 2015 – Cree Nation of Chisasibi, QC

HOS Renewal Framework

First Nations Health Authority: NNADAP Review
26 September 2014 – Vancouver, BC

Cree Health and Social Services – HOS Renewal Framework
4-6 November 2014 – Montréal, QC

Atlantic Policy Congress Health Conference – Culture as Intervention Research
12-14 November 2014 – Halifax, NS

Assembly of First Nations Special Chiefs Assembly
9-11 December 2014 – Winnipeg, MB

Southeast Resource Development Council Corporation: SERDC Mental Wellness and Addiction
21 January 2015 – Winnipeg, MB

FNMWC Framework

Assembly of First Nations Annual General Assembly
15-17 July, 2014 – Halifax, NS

Atlantic Policy Congress Health Conference – FNMWC Framework
12-14 November 2014 – Halifax, NS

FNMWC Framework Presentation to Regional Medical Officers of Health, First Nations and Inuit Health Branch, and Health Canada
3 March 2015 – Ottawa, ON

Annual Aboriginal Health Form: Health Sovereignty Reclaiming Your Health
11 March 2015 – Rama, ON

Buffalo Riders Training

White Buffalo Treatment Centre Staff
2-4 July 2014 – Prince Albert, SK

2014 World Indigenous Health Conference
15-17 December 2014 – Cairns, Australia

National Buffalo Riders Training
23-27 February 2015 – London, ON

Mistissini Community Buffalo Riders Training
2-6 March 2015 – Mistissini, QC

Northern Inter-Tribal Health Authority (NITHA) Buffalo Riders Training
9-13 March 2015 – Prince Albert, SK

Holistic Health Buffalo Riders Training, Prince Albert Grand Council
16-20 March 2015 – Prince Albert, SK

Wage Parity Advocacy

Wage Parity Strategy and Advocacy with Members of Parliament
24 June 2014 – Ottawa, ON

Emotional Intelligence Training

Leadership Training for Sakgeeng Family Treatment Centre's Board of Directors
7-9 July 2014 – Fort Alexander, MB

Emotional Intelligence Training – Level One
21-24 July 2014 – Saskatoon, SK

Community Based Alcohol Policies

Canadian Association for Health Services and Policy Research (CAHSPR) 2014 Conference
14-15 May 2014 – Toronto, ON

Ontario Addictions and Mental Health Conference
25-26 May 2014 – Toronto, ON

NNAPF Tradeshow Booth

Assembly of First Nations Special Chiefs Assembly
9-11 December 2014 – Winnipeg, MB

Assembly of First Nations Annual General Assembly
15-17 July, 2014 – Halifax, NS

2014 North American Indigenous Games
20-27 July 2014 – Regina, SK

First Nations Health Managers Association
23-25 September 2014 – Vancouver, BC

Ontario NNADAP Training Conference hosted by the Ontario Regional Addiction Partnership Committee (ORAPC)
21-23 October 2014 – Toronto, ON

Chiefs of Ontario Health Forum
24-26 February 2015 – Toronto, ON

Assembly of First Nations Mental Wellness Forum
25-26 March 2015 – Winnipeg, MB

Mental Health and Addictions

Addictions and Trauma Training Workshop
28 April - 1 May 2014 – Nipissing First Nation, ON

First Nations Health Managers Association Annual Conference
25 September 2014 – Vancouver, BC

Leading Thunderbird Lodge Board of Directors and Staff meeting
2 October 2014 – Swift Current, SK

Ontario NNADAP Training Conference hosted by the Ontario Regional Addiction Partnership Committee (ORAPC)
21-23 October 2014 – Toronto, ON

White Buffalo Treatment Centre Strategic Planning Meeting
8 December 2014 – Saskatoon, SK

Southeast Resource Development Council Corp: An Overview of NNAPF Toolkits and Guidebooks
21 January 2015 – Winnipeg, MB

Mental Health and Addictions, Advisory Council Meeting – Phase 2: Implementation of Ontario's Mental Health and Addictions Strategy
6 February 2015 – Toronto, ON

Assembly of First Nations Mental Wellness Committee
10-11 February 2015 – Ottawa, ON

Social, Health, and Education Committee and Chiefs of Ontario – Phase 2: Implementation of Ontario's Mental Health and Addictions Strategy
15 March 2015 – Toronto, ON

First Do No Harm: Responding to Canada's Prescription Drug Crisis National Advisory Committee
20 March 2015 – Ottawa, ON



Finance Report

Highlights of What's to Come

NNAPF's Five Strategic Goals for 2015-2018

Current efforts to renew the National Native Alcohol and Drug Abuse Program (NNADAP) and Youth Solvent Abuse Program (YSAP) has resulted in a partnership between the First Nations and Inuit Health Branch of Health Canada, the Assembly of First Nations, and NNAPF in order to facilitate the development of a national program policy, *Honouring Our Strengths: A Renewed Framework to Address Substance Use Issues Among First Nations in Canada* (HOS) and the *First Nations Mental Wellness Continuum* (FNMWC) framework. It is through this same partnership that dedicated efforts are underway to implement both frameworks with culture as the foundation. There is much strength within NNADAP and our focus is on ensuring that the services we provide are founded on “evidence” that is culturally relevant and meaningful. The source of evidence is recognized as inclusive of Indigenous cultural knowledge and the research base of what works in addictions.

NNAPF has undertaken a strategic planning process to determine its future direction, priorities, and infrastructure. Through this plan NNAPF has created five strategic goals to accomplish over the next three years that focus on meeting the needs of our stakeholders:

1. Create strategic partnerships to promote the *HOS* renewal framework and the *FNMWC* framework implementation. This includes hosting an international *Leadership Exchange* for the Initiative for Mental Health Leadership (IIMHL) 2015, participating in the Seventh Gathering of Healing Our Spirits Worldwide (HOSW) 2015, hosting a Honouring Our Strengths 2016 national conference, focusing on the health of Indigenous women and youth, and addressing issues such as prescription drugs and mental health.

2. Support evidence based culture approaches to promoting mental wellness. This includes the creation of practical Toolkits, Guidebooks, and online training in the areas of alcohol, prescriptions drugs, mental health, and mental wellness.

3. Improve communication with NNAPF's stakeholders. This includes changing our organization's name to reflect a shift from focusing on addictions to mental health and well-being; publishing position papers on topics such as alcohol, mental wellness, and prescription drugs; increasing corporate engagement; supporting the implementation of A.M.I.S.; distributing materials through the Tradeshow Booth and www.nnapf.com; and creating digital media like webcasts, webinars, and the Good Medicine Podcast.

4. Improve information through implementation of the Addictions Management Information System (A.M.I.S.) and culture based evidence. This includes establishing governance of A.M.I.S. with NNAPF and using its culture based data to promote the strengths of NNADAP and YSAP in order to increase their funding.

5. Support regional strategies. This includes regional reviews, the redesign of NNADAP, and linking regional and provincial addictions and mental health strategies with the *HOS* and *FNMWC* frameworks.



NNAPF Is Changing Its Name

NNAPF will be creating the "operational name" of the Thunderbird Partnership Foundation. This moves our focus from a narrow focus on "addictions" to a name more reflective of the continuum of substance use issues as described in the *Honouring Our Strengths: A Renewed Framework to Address Substance Use Issues among First Nations in Canada* (HOS) and reflects the new *First Nations Mental Wellness Continuum* (FNMWC) framework

that promotes "mental wellness" as integration of substance use and mental health issues. The new operational name also includes the new membership of the Native Mental Health Association. We will maintain the corporate name, National Native Addictions Partnership Foundation, for the legal and financial business of the corporation.

NNAPF and NMHA Merger

The Native Mental Health Association (NMHA) is joining NNAPF as a member of the corporation. This will support the strategic goals of both organizations in ensuring the implementation of the *HOS Renewal* and *FNMWC* frameworks truly reflect First Nations needs specific to substance use and mental health issues from a foundation of culture.

Native Wellness Assessment Instrument

NNAPF is promoting the use of the Native Wellness Assessment (NWA) instrument which can be accessed through the Addictions Management Information System (A.M.I.S.). This tool is useful for programs that promote mental wellness through Indigenous

culture. The NWA instrument demonstrates the change in clients' progress towards wellness and uses culture and strengths as indicators of change. We invite you to see if the NWA instrument is right for your program.

International Initiative for Mental Health Leadership 2015

The International Initiative for Mental Health Leadership (IIMHL) is a unique international collaboration between Australia, England, Canada, New Zealand, Republic of Ireland, Scotland, USA, and Sweden that focuses on improving mental health and addictions services. IIMHL organises systems for international innovation sharing, networking, and problem solving across countries and agencies with an overall aim to provide better outcomes for people who use mental health and addiction services and their families. The next upcoming IIMHL conference will be hosted by the Mental Health Commission of Canada (MHCC) and the Public Health Agency of Canada from September 21-25, 2015 in Vancouver, BC.

The IIMHL hosts this week-long learning event about every 16 months: *Small Leadership Exchanges* (like pre-conferences) will be held all over North America on various topics on the Monday-Tuesday. Wednesday is a travel day for participants to get to the *Network Meeting*. The *Network Meeting* (plenary) will

be held on the Thursday-Friday in Vancouver with all participants. IIMHL events are held in conjunction with the International Initiative for Disability Leadership (IIDL).

The Wharērātā Group, NNAPF, and the First Nations Health Managers Association (FNHMA) are honoured to host the *Reconciliation in Mental Health Leadership Exchange* on September 21-22, 2015 in the Musqueam community inside urban Vancouver. This two-day meeting will bring together Indigenous leaders in mental health and addictions and their allies from across the IIMHL member countries. Many participants will continue on to participate in the *IIMHL Network Meeting* on September 23-24, 2015.

Healing Our Spirit Worldwide 2015

The Seventh Gathering of Healing Our Spirit Worldwide (HOSW) will be hosted by Te Rau Matatini on November 16-19, 2015 at The University of Waikato, Hamilton, New Zealand. The Pōwhiri (official welcome) will take place at Tūrangawaewae Marae, Ngāruawāhia at 10:00 AM on November 15. NNAPF encourages First Nations and other Indigenous people within Canada to attend HOSW 2015 and tell of our accomplishments.

Healing Our Spirit Worldwide is an Indigenous movement which began in Canada in the 1980s to address the devastation of chemical abuse and dependence among Indigenous people around the world. The first and subsequent HOSW Gatherings have been a cultural and spiritual movement celebrating the tenacity and resiliency of Indigenous peoples around the world who struggle against alcohol and drug abuse. The purpose of

The Seventh Gathering of Healing our Spirit Worldwide 2015 is for Indigenous peoples across the world to come together to share their strength, hope, and wisdom as they face community health, governance, and substance abuse issues. It provides a forum to discuss solutions and to connect and learn from other peoples to heal the spirit, heal the earth, and sustain cultural practices for the next generation.

This is an important opportunity for Indigenous people worldwide who have an interest and commitment to the health, education, welfare, business, and environmental wellbeing of Indigenous communities to come together in a cultural and spiritual community. We hope to see you there!



NNAPF Tradeshow Booth

Look for us at First Nations gatherings nationally or send us an invitation to your gathering. We will bring all of our Toolkits, Guidebooks, and other information on the Honouring Our Strengths: A Renewed Framework to Address Substance Use Issues among First Nations in Canada (HOS) and the First Nations Mental Wellness Continuum (FNMWC) framework.





NNAPF Board of Directors

Officers / Region	Board Member	Representing
National Elder	Agnes Mills	First Nations
Board President	Chief Austin Bear	Muskoday First Nation, SK
Board Vice President	Karen Main	Leading Thunderbird Lodge, SK
Youth Solvent Addiction Committee (YSAC)		YSAC
Board Treasurer, Alberta Alberta Mental Health and Addictions Committee	Patricia Shade	Kainai Wellness Centre
Board Secretary, British Columbia Association of BC First Nations Addictions Services	Delena Tikk	Three Voices of Healing Society
Manitoba	Mari Stagg	Interlake Reserves Tribal Health Centre
Northwest Territories	Ellen Smith	Kyikavichik Consulting Services
Atlantic Region - Health Partnership	Lloyd Gouldt	Mi'Kmaw Lodge
Nunavut	Vacant	
Ontario - ORAPC	Wanda Smith	Native Horizons Treatment Centre
Quebec - FNQLHSSC	Richard Gray	FNQLHSSC
Saskatchewan	Janice Nicotine	Saskatoon Tribal Council
Yukon - Council of Yukon First Nations	Colleen Geddes	Department of Justice Kwanlin Dun First Nation
Assembly of First Nations	Sonia Isaac-Mann	AFN Associate Director of Health, ON
NNAPF Board Special Advisor	Keith Leclaire	QC

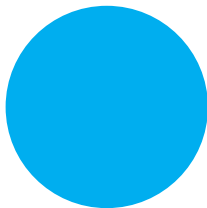
NNAPF Staff

Executive



Carol Hopkins
Executive Director

Knowledge Exchange



Mary Deleary
Indigenous Knowledge Exchange and Office Manager



Nora Bressette
Curriculum Coordinator



Jordan Davis
Web/Graphic Design and IT



Eugehne Adangwa
Bilingual Translator



Dr. Shawn Major
Editor/Writer and Social Media Coordinator



Jody-Ann Henry
Instructional Designer
(contract)

