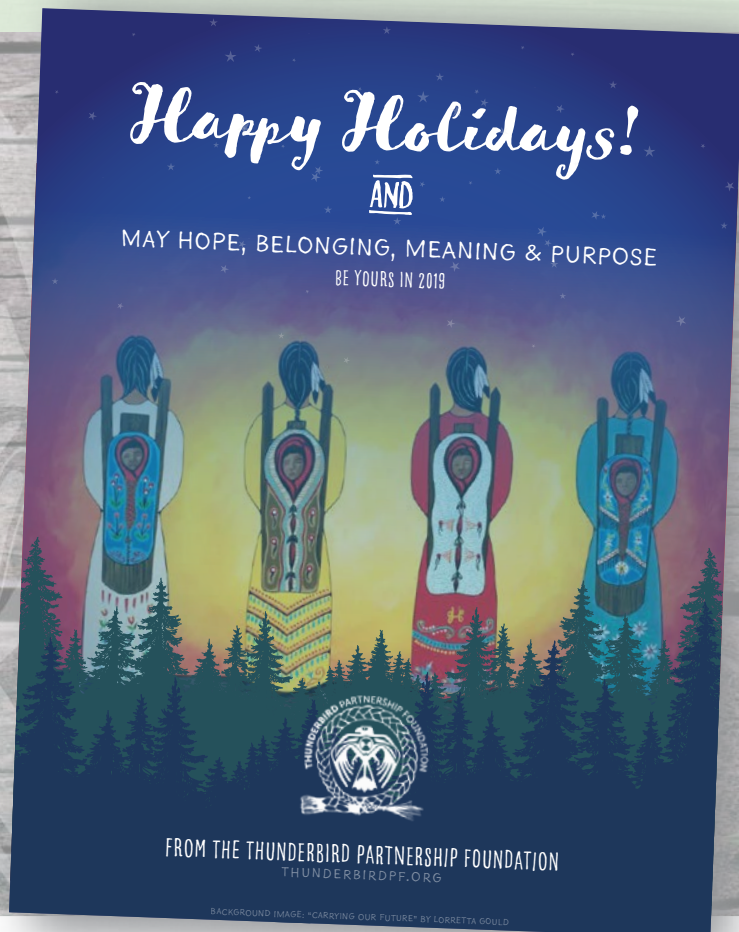




THUNDERBIRD PARTNERSHIP FOUNDATION

Winter Newsletter 2018/19



Let's Talk Cannabis

New Cannabis Dialogue Toolkit available soon!

Let's Talk Cannabis is a national project that began in 2016, where Thunderbird Partnership Foundation is collaborating with national and provincial partners. These partnerships include: the Canadian Institute for Substance Use Research (CISUR) at the University of Victoria, Canadian Centre on Substance Use and Addiction, and provincial health representatives. The partners have developed tools and strategies to support increased understanding of cannabis and the

(Continued on page 2)

New Resources to Support Wellness

Thunderbird Partnership Foundation's newest resources have been developed in response to the changing needs identified by First Nations across Canada. They draw from 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).

(Continued on page 3)



Inside This Edition:

Supporting regional cannabis dialogue.....**page 4**

Thunderbird's Executive Director
invested in Order of Canada..... **page 5**

New opioid-agonist treatment guidelines
on the way for First Nations.....**page 6**

Grandmother of NNADAP retires.....**page 11**



Talking Cannabis with Indigenous Youth is a video that offers an example of how to engage with young people to support two-way communication about cannabis, peer pressure, potential risks for youth and how culture can play a role in supporting wellness.

To watch the video: <https://thunderbirdpf.org/talking-cannabis/>

Let's Talk Cannabis (Continued)

diverse views that exist across communities in Canada. Funding from Health Canada helped bring communities together to engage in healthy dialogue about cannabis using the tools that were developed.

Thunderbird Partnership Foundation is leading the Indigenous component of the project and has developed a Cannabis Dialogue Toolkit that is intended to provide training curriculum informed by Indigenous knowledge and evidence-based information to community workers working directly with youth ages 11 – 13. As with any of the Thunderbird materials, these seven sessions can be modified to fit specific community needs.

The three-phase project aims to support increased community knowledge and dialogue, as well as help communities identify supports to reduce potential harms of cannabis, especially for vulnerable youth populations.

Over the past few months, Thunderbird Partnership Foundation has completed all three phases of the Indigenous component of the project.

Phase One included drafting an Indigenous Cannabis Dialogue Toolkit for use in First Nation's schools, communities, as well as tribal councils. The toolkit is also based on cannabis evidence developed by the Canadian Institute for Substance Use Research (CISUR) at the University of Victoria. The toolkit includes two videos, which Thunderbird produced to support a culturally-grounded approach to engaging in cannabis dialogue for Indigenous communities.

Phase Two of the project saw Thunderbird hold short focus group sessions, which were held in Eelūnaapèewii Lahkèewiit (Delaware Nation) ON, Toronto, Winnipeg, Saskatoon, Edmonton, and Yellowknife.

Phase Three of the project involved sharing the cannabis toolkit with Indigenous educators, counsellors and youth workers from across Canada for a train-the-trainer event held in Calgary in November 2018. During this training, Thunderbird shared knowledge and received feedback from participants on how the *Cannabis Dialogue Toolkit* worked in practice and made necessary adjustments.

Once finalized, the *Cannabis Dialogue Toolkit* will be available for distribution to First Nations across Canada.



From Anxiety to University: One Man's Journey with Medical Cannabis is a video account of one man's experience with medical cannabis.

To watch the video:

<https://thunderbirdpf.org/anxiety-to-university/>

New Resources to Support Wellness (Continued)



Land for Healing

The new Land for Healing: Developing a First Nations Land-based Service Delivery Model released by Thunderbird Partnership Foundation in the summer of 2018, can be used as a road map to support First Nations communities wanting to create their own land-based healing programs and services.

"Culture, manifested through ways of living and being in the world, is the foundation of a life of balance and wellness. Each Nation and community possess culture and thus a unique way of seeing, relating, being and thinking." (FNMWC, 2015)

First Nations have developed a holistic understanding of wellness stemming from generations of living on the land. This approach takes a more expansive perspective than the western concept of health (often limited to the absence of disease) by incorporating physical, emotional, intellectual and spiritual dimensions.

Land for Healing SDM shares practical information, such as

- how to integrate traditional healing with western approaches;
- how to enlist the support of Elders and knowledge keepers;
- an outline of what culturally-competent care can look like;
- how to manage risk and ensure safety on the land;
- a sample of cost estimates for land-based programs, and
- eight examples of Indigenous land-based programs that apply the five key themes of the FNMWC:

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



Community Crisis Planning

The new Community Crisis Planning for Prevention, Response and Recovery First Nations Service Delivery Model was released by Thunderbird Partnership Foundation in the fall of 2018 to be used alongside existing local processes and protocols, such as community safety plans. This model includes templates, sample documents, case scenarios and other resources. It draws from the FNMWC, which recognizes culture as a critical social determinant of health for First Nations people, and is intended to be a supplementary tool, supporting complex mental wellness needs of an acute crisis, such as a house fire, the death of a community member or a major storm.

A crisis is defined as an extraordinary circumstance that significantly challenges community capacity to respond.

(First Nations Health Authority, 2014)

Community Crisis Planning promotes a strengths-based approach, a core Indigenous value which embodies the belief that we have answers within our knowledge and ways of being to address the underlying root causes of crisis and to prevent the reoccurrence of social emergencies. This model guides strategic leadership to ensure our communities have the right resources at the right time.

Community Crisis Planning outlines practical information, such as

- identifying community characteristics and capacities (strengths);
- how to enlist the support of Elders and knowledge keepers;
- how to provide culturally-competent care;
- capital requirements
- examples and links to community crisis plans that apply the key themes of the FNMWC:

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

The Land for Healing and Community Crisis Planning SDMs were developed in partnership by the First Nations Mental Wellness Continuum Implementation Team, the Land-based Service Delivery Model Working Group and the Crisis Planning, Prevention, Response and Recovery Service Delivery Model Working Group. For more information about these service delivery models, or any of our other resources, visit

thunderbirdpf.org.

Supporting Regional Cannabis Dialogue

Thunderbird Partnership Foundation is wrapping up its Regional Cannabis Dialogue project, where it held focus group discussions across the country, facilitating dialogue, sharing factual information surrounding cannabis and supporting community wellness. The initiative is the result of requests to support First Nations individuals, families, and communities, to respond to cannabis legalization, which took place October 17th in Canada. Thunderbird Partnership Foundation was chosen to lead this dialogue process, by drawing from its two foundational frameworks, the Honouring Our Strengths: A Renewed Framework to Address Substance Use Issues Among First Nations People in Canada (HOS) and the First Nations Mental Wellness Continuum (FNMWC) framework.

The legalization of cannabis will result in changes to health and wellness practices in First Nations communities. It is important to ground these changes in community strengths and ways of knowing, doing, being, and seeing. Grounding these changes in community views is important to increasing potential benefits and reducing the harms of cannabis legalization, including the use of cannabis to replace opioids to manage pain, regulate the potency of cannabis products, decriminalization and ensure its use is not normalized.

Historically, cannabis has contributed to mental health and addictions challenges in First Nations communities. There is good evidence that reconnecting with one's culture, and supporting the inherent gifts of individuals, families, and community, can improve wellness. These focus groups are intended to facilitate dialogue, provide factual information surrounding cannabis and support community wellness.

Thunderbird's role in the Regional Cannabis Dialogue project is to ground information about cannabis and the national priorities for legalization within the context of First Nations communities and the Indigenous social determinants of health. Thunderbird is also providing factual information to First Nations to support increased communi-

ty dialogue and knowledge so they can plan how to reduce harms, especially to vulnerable populations. The project involved visiting ten regions across Canada to host focus groups with participants representing people from all walks of life, including community members, Elders, youth, health and wellness workers, and leaders.

The result of the regional dialogue sessions is a synthesized report to guide public health and education approaches in Canada. Thunderbird will continue to translate the regional dialogue sessions into public education resources, which will complement the Cannabis Dialogue Toolkit developed for the Let's Talk Cannabis project to be used by individuals who work directly with youth within First Nation communities. Thunderbird is also planning more national cannabis webinars to support further community planning around cannabis.



Members of Thunderbird's Regional Cannabis Dialogue Team, from left to right are: Jasmine Fournier, Christine King and Sabre Pictou Lee.



Thunderbird's Executive Director invested in Order of Canada

Thunderbird Partnership Foundation's Executive Director, Carol Hopkins is now an Officer to the Order of Canada. An investiture ceremony with Her Excellency the Right Honourable Julie Payette, Governor General of Canada was held in Ottawa in November. Carol was invested into the Order for her advocacy of Indigenous wellness; specifically, in support of a systems-level change to better support Indigenous people with substance use and mental wellness issues using culture as foundation.

Thunderbird's Board President, Austin Bear, says Carol continues to be an inspiration for her commitment and dedication to support a paradigm shift toward recognition of culture and strengths to support Indigenous wellbeing.

Carol joins the more than 7000 people from all sectors of Canadian society who have been invested into the Order, and who are helping build a better future for generations to come through the sum of their accomplishments.

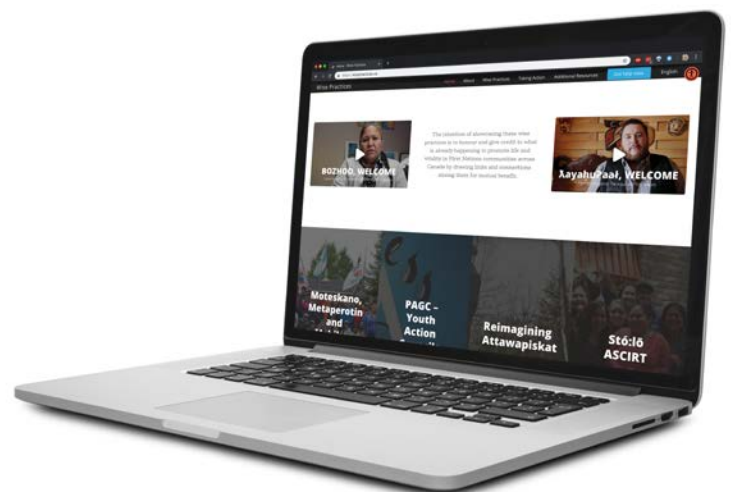
New website launches to support youth suicide prevention

Wise Practices for Life Promotion is a new website resulting from a partnership between Thunderbird and the University of Victoria, and launched in October 2018 to support First Nations communities in preventing youth suicide. The site provides an on-line resource that is focused on culturally-relevant strategies to support resilience and wellbeing. It does this through inspirational stories and wise practices from First Nations communities as well as findings from recently published research. Depending on the needs of the viewer, there are a range of entry points including: specific stories of wise practices, an action guide for communities, a guide for system-level change (intended for funders and policy-makers), reviews of the literature, and related resources. Videos, images, and audio clips help guide the viewer through the site, ensuring ease of use and clarity.

This website honours and gives credit to what is already happening in communities across all regions of Canada, and draws links and connections among them for mutual benefit. The website will continue to evolve and change in

response to new developments and understandings of how to promote life for First Nations youth, and is guided first and foremost by the teachings and practices of diverse First Nations communities throughout Canada.

For more information, visit wisepractices.ca.



Opioid Treatment Guidelines

A new project is underway to develop culturally-based opioid agonist treatment guidelines for First Nations for use in community and residential treatment centres. The project, called Opioid-Agonist Therapy (OAT) Treatment Standards for Community-Based and Residential Treatment Centres Who Serve First Nations Clients is a collaboration with the prairie node of the Canadian Research Initiative on Substance Misuse (CRISM).

OAT is a prescribed medical treatment to prevent withdrawal from opioids, such as heroin, fentanyl, Percocet, codeine and hydromorphone. Methadone has long been the main OAT approach, however, because of access and safety issues, many regions are switching to buprenorphine or Suboxone.

There is a growing focus on implementing First Nations community governed, harm reduction strategies as opposed to abstinence only approaches. This project will examine the literature and conduct an environmental scan to study OAT practices, including the use of medical cannabis, in at least five First Nations governed, community-based treatment settings and at least 10 National Native Alcohol and Drug Addiction Programs (NNADAP)/ National Youth Solvent Abuse Programs (NYSAP) residential treatment centres. Engagement sessions are also being planned. Specific attention will be given to the collaboration between culturally-focused treatment practices and clinical OAT.

OPIOID MISUSE.

WE KNOW IT'S HAPPENING.

But what's the best way to address it in your community?

The First Nations Opioid Survey can help you develop a proactive approach.



Contact us today to find out how the survey can assist you with community health planning.



THUNDERBIRD PARTNERSHIP FOUNDATION

1-866-763-4714
info@thunderbirdpf.org
www.thunderbirdpf.org

The First Nations Opioid Survey upholds the principles of OCAP® developed by the First Nations Information Governance Centre (www.fnigc.ca/ocap). Aggregate survey data can help determine the national prevalence of opioid misuse for First Nations.

Thunderbird Partnership Foundation is the national voice advocating for First Nations' culturally-based substance misuse and mental wellness services.

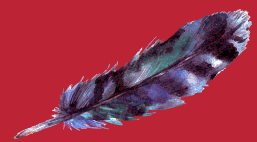
Globally Canada has the

2ND

highest number of
opioid users

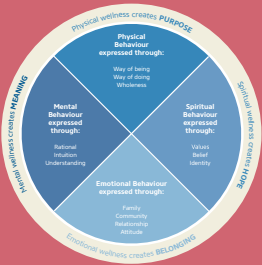
(International Narcotics Control Board, 2017)

First Nations opioid misuse is
direct result of colonization and
intergenerational trauma
(attempted destruction of cultures, languages
and disconnection to land and family)



Reconnection with
Indigenous culture is
proven to facilitate
wellness and recovery from
addictions

OPIOID QUICK FACTS



Wellness is measured
through hope, belonging,
meaning and purpose.

Nearly a quarter of all First
Nations youth entering
treatment for opioid misuse
in 2016/2017 reported an

11%
increase in wellness

More than three-quarters of
adults entering treatment
for opioid misuse, reported a

17%
increase in wellness in
2017/2018

FNMWC supports development of new Indigenous policy tool

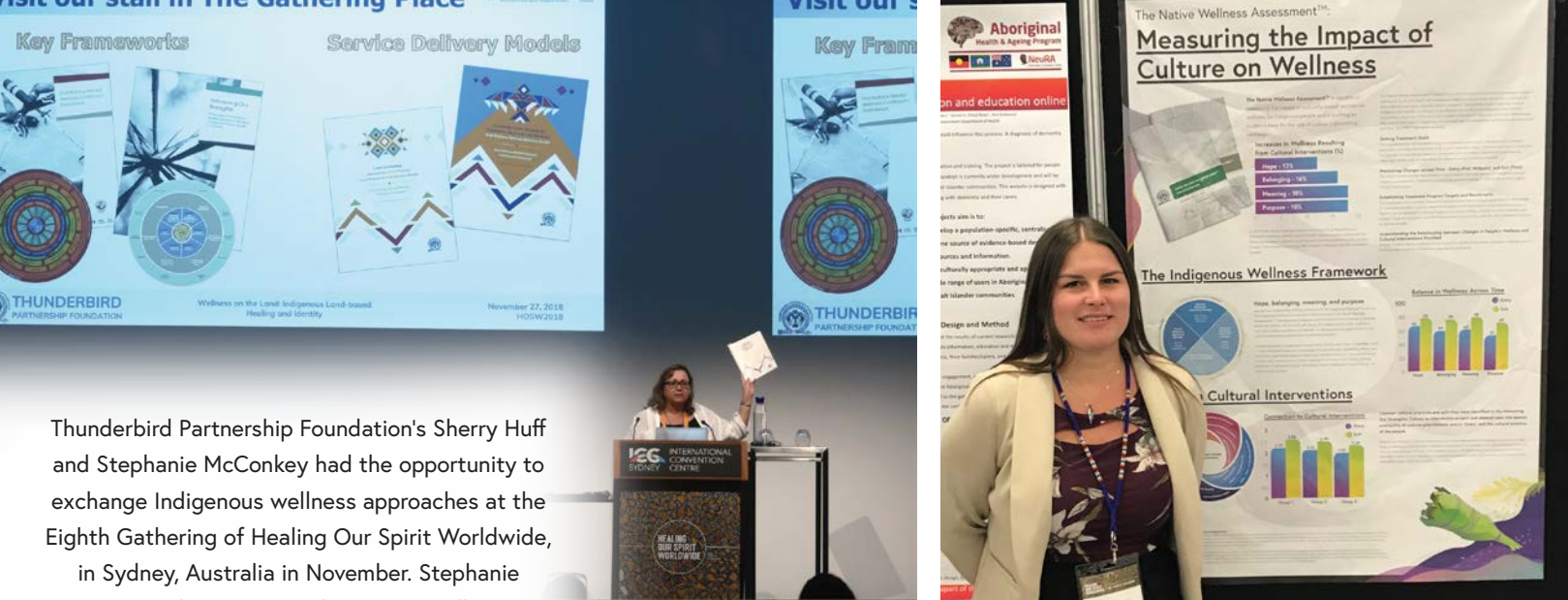
In June 2018, the Thunderbird Partnership Foundation was retained by the Federal Ministry of Justice to develop an Indigenous Policy Tool (IPT). The need for such a tool emerged at a meeting of Federal, Provincial and Territorial (FPT) officials, where it was identified that policy makers and legislators could use a clear, easy to understand guide or tool to point them in the right direction regarding Indigenous considerations when working on initiatives that could impact Indigenous peoples. The national policy tool is being developed for the federal Department of Justice (DOJ) as a direct result of Canada's commitment toward reconciliation, coupled with the advocacy work of Thunderbird Partnership Foundation, encouraging governments to implement the First Nations Mental Wellness Continuum (FNMWC) framework across all areas affecting and contributing to the Indigenous Social Determinants of Health,.

The development process for the tool was to include a comprehensive review of relevant literature and other existing policy tools, direction from Indigenous Elders and engagement with Indigenous peoples and individuals

working within the justice sector. A representative Advisory Committee was established at the outset of the process to oversee the development of the tool.

The IPT is designed to create awareness, educate and assist justice policymakers regarding Indigenous worldview, colonial experience and perspectives that need to be considered in the course of their policy and legislative work.

Thunderbird has held a face-to-face gathering with Elders, as well as performed a literature review on the history and colonization of Indigenous peoples, scanned existing federal-provincial-territorial and international policy tools, performed a rapid review, and created a survey, to support the development the new policy tool. The IPT is expected to be finalized by late 2018.



Thunderbird Partnership Foundation's Sherry Huff and Stephanie McConkey had the opportunity to exchange Indigenous wellness approaches at the Eighth Gathering of Healing Our Spirit Worldwide, in Sydney, Australia in November. Stephanie presented a poster on the Native Wellness Assessment™, and Sherry did a presentation on the land-based service delivery model.



HOSW8 celebrates who we are as Indigenous people

Thunderbird Partnership Foundation shared its work with the global Indigenous community at the Eighth Healing Our Spirits Worldwide (HOSW), which was held in Sydney, Australia in November. About 1,000 Indigenous delegates gathered, from as far away as Innu territory in Labrador, Canada to as near as Cadigal Territory, where Sydney, Australia is today; all attending with the common goal of sharing ancestral life ways in the spirit of healing.

Thunderbird's land-based service delivery model was well received in a presentation entitled, Wellness on the Land: Indigenous Land-based Healing and Identity. Many also took inspiration from a poster highlighting Thunderbird's development of the Native Wellness Assessment™. In between the presentations, Thunderbird staff had an opportunity to connect one-on-one with participants at our tradeshow booth, introducing our foundational HOS and FNMWC frameworks to support Indigenous wellness in Canada. Both the Honouring Our Strengths Renewal Framework, and the First Nations Mental Wellness Continuum framework were viewed as key documents by people attending the HOSW, as they search for supports to action systems-level change to support a culturally-safe, strength-based and collaborative wellness model back home.



The next HOSW will be held in Vancouver, BC, in March 2022, with the First Nations Health Authority taking the lead, with support from Thunderbird Partnership Foundation and many other Indigenous organizations across Canada.

In the spirit of reciprocity, Thunderbird is sharing these parting words as inspiration, received from attendees at HOSW, to help us carry the healing spirit home:



We are not healing from trauma, but genocide. We did not just survive the genocide, we triumphed!

You have to know your history to move forward.

Identity is not who we are, but who we represent.

First Nations health comes from the land.

Children cannot be separated from their Elders and their families.

The answer to lateral violence, is lateral love.

We have to be committed to systematic reform.

When you leave this place, you are not alone. We are one!





Staff Updates

There have been several new additions to the team at Thunderbird Partnership Foundation. Dr. Debra Meness takes over the role as Office Manager. Dr. Meness is Anishinabwe Kwe from Kitigan Zibi, Migizi Clan, and has practiced as an osteopath and physician across the United States. She has also served as a hospital medical director. At Thunderbird, Dr. Meness will draw from her managerial, clinical and policy analyst skills, to support the organization's management. Mary Deleary previously held the position of both Office Manager and Indigenous Knowledge Translation and Mary will transition to serving as Training and Education Manager for Thunderbird and will continue to incorporate her ongoing work in Indigenous Knowledge Translation in her new role.

Also joining the team is Rick Robbins, who will serve as Thunderbird's new Addictions Management Information System (AMIS) Coordinator, assuming the role previously filled by Sylvia St George. Rick is Mohawk and a member of Six Nations of the Grand River Territory in Ontario. He

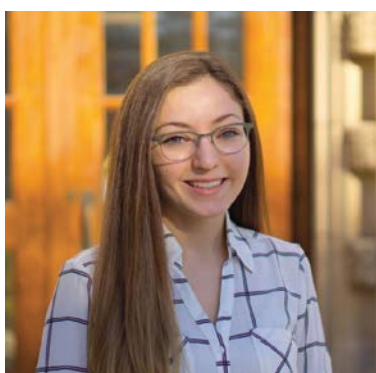
has his Bachelor of Social Sciences degree and a post graduate diploma in Human Resource Management. Rick comes to Thunderbird Partnership Foundation with a wealth of experience working in Indigenous communities.

Thunderbird's ever-expanding research role has also resulted in expanded research staffing. Efstathia 'Effie' Kiatos joins the team as a Research Specialist. Effie was born and raised in Sarnia, Ontario and has both an undergraduate degree in Health Sciences and a master's degree in Epidemiology and Biostatistics.

Rachelle Maskelle of Woodstock, Ontario is Thunderbird's newest Research Writer/Knowledge Exchange Specialist. Rachelle has her Bachelor of Arts in Political Science and Master of Science in Health and Rehabilitation. She brings with her a strong background in implementation science, program evaluation and chronic disease management. Rachelle also has extensive experience in qualitative and quantitative research and data analysis and report writing.



Dr. Debra Meness
Office Manager



Efstathia Kiatos
Research Specialist



Rachelle Maskell
*Research Writer/Knowledge
Exchange Specialist*



Rick Robbins
*Addictions Management Information
System (AMIS) Coordinator*



Elder Agnes and the board of directors of the Thunderbird Partnership Foundation.

Standing L-R (below): Keith LeClaire, Katie Hughs, Cindy Ginnish, Richard Gray, Sonia Isaac-Mann, Wanda Smith, Bill Mussell, Jennifer Joy, Mari Stagg, Julie McKay, Bernelda Robinson, Willie Alphonse. Seated L-R: Chief Austin Bear, Elder Agnes Mills, Ellen Smith, Rita McIvor.



Grandmother of NNADAP retires from Thunderbird's Board

Agnes Mills officially retired as the National Elder for Thunderbird Partnership Foundation in July. A special celebration was held in her honour in Whitehorse, Yukon, surrounded by loving family, friends, and members of Thunderbird's Board of Directors and staff.

Elder Agnes has been a long-time advocate for supporting people's wellness, through inclusion of cultural ways of being and doing. With this passion in mind, it was fitting that Elder Agnes's retirement celebration was marked by a Star Blanket Ceremony, a tradition held by the Plains People. To give a Star Blanket is to show utmost respect, honour and admiration.

Admiration for Elder Agnes is felt far and wide as the evening was marked by numerous messages from people thanking her for her work to promote a culturally-grounded approach to support Indigenous substance use issues and mental wellness. She's also known as the Grandmother of NNADAP, for her instrumental role in helping start up the National Native Alcohol and Drug Abuse Program more than 40 years ago. To further honour her work, Thunderbird Partnership Foundation's President, Chief Austin Bear, presented Elder Agnes with a Years of Service plaque, having been with the organization since its inception as the National Native Addictions Partnership Foundation in 2000. Elder Agnes was also

gifted a new pair of moccasins, to symbolize moving toward her new chapter in life, where she hopes to spend more time with family, close to home.

Anyone who knows Elder Agnes, knows she's not one to mince words when there's something to say, but she told everyone that the honouring ceremony, combined with the messages of congratulations and Thunderbird plaque overwhelmed her, and that for the first time, she was at a loss for words.

Dignitaries in attendance at the gala included Kwanlin Dün First Nation Chief, Doris Bill; the Hon. Pauline Frost, Vuntut Gwichin representative in the Yukon Legislature; and the Yukon's deputy minister for Energy, Mines and Resources, Stephen Mills – Elder Agnes's son.

The evening ended with a rousing performance by Elder Agnes's favourite fiddler, Allen Benjamin, who was flown in from Old Crow, Yukon, to get people up and jigging to celebrate Gwichin style!

Massi Cho Elder Agnes!



Thunderbird's newest board members enjoy the celebrations with Chief Austin Bear, our board president. Bernelda Robinson, of Manitoba, is Thunderbird's new Secretary and Dr. Bill Mussell, of the First Peoples Wellness Circle, is the new Vice President. Bernelda also serves as the Executive Director of the Sagkeeng Mino Pimatziwin Family Treatment Centre.



WELLNESS WORKERS DO **GOOD WORK...** AND WE'RE **HERE TO HELP**

Thunderbird Partnership Foundation is a national, non-profit and Indigenous lead organization providing support to treatment centres and First Nation communities across Canada.

We have created education courses and guidebooks, done the research and developed the resource tools to support your good work in addressing substance misuse and mental wellness issues for clients, families, community members and Nations.

All of our work is Indigenous lead, strengths-based, and culturally grounded. Visit our website to learn more about our course offerings, and find easy access to all of our resource guides.

www.thunderbirdpf.org

"This training is amazing and truly focuses on just how **important our culture is to healing and our mental wellness**"

Culture As Foundation Training participant,
Moncton, NB, January 2017

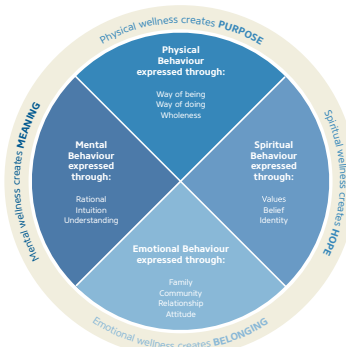
"Love all the group work - **hands on learning is so much better for me.**"

FNMWC Implementation Training participant,
Sault Ste Marie, ON, January 2018

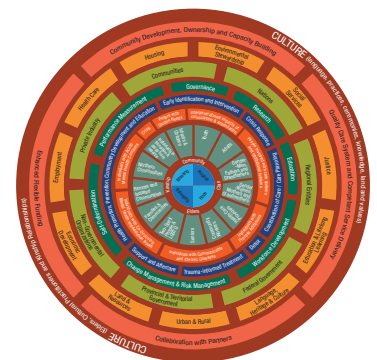
All of Thunderbird's work is guided by **these three powerful frameworks**, that are driving the paradigm shift taking place for addressing Indigenous substance use and mental wellness in Canada.



Honouring Our Strengths Framework



Indigenous Wellness Framework



First Nations Mental Wellness Continuum Framework