



OUR LIVES HAVE MEANING

Mental Wellness Across Our Lifespan



THUNDERBIRD
PARTNERSHIP FOUNDATION

Annual Report
2021/22



Vision

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

Mission

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

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

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VISIT OUR LIFE PROMOTION WEBSITES

cultureforlife.ca for Youth

wisepractices.ca for Communities

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Message from the Board President and CEO

Thunderbird Partnership Foundation* marks another milestone in the journey of supporting First Nations Mental Wellness. While we operate under a mandate to serve First Nations, we have been called upon to engage in national conversations, to influence the transformation of Canada's relationship with First Nation mental wellness and ensure it is reflected in national initiatives across the country.

This involves making recommendations to Health Canada on decriminalization and changes to Canada's Drug Strategy to reflect Indigenous Knowledge and culture. It involves working in partnership to deliver reports that speak to the impact of the pandemic on Indigenous mental wellness across Northern Canada. These efforts are steps towards decolonizing substance use, (a drop in the bucket for anti-Indigenous racism) and recognizing the value of Indigenous Knowledge and culture-based practices to reduce the harms of substance use among First Nations individuals, families, and communities.

This work is the expertise of Thunderbird Partnership Foundation. Our work is reflected in this year's annual report, titled ***Our lives have Meaning: Mental wellness across our lifespan***.

We know mental wellness creates meaning in our lives.

We know that partnerships and networks need to be leveraged to improve the relevance and timely response to mental wellness needs. We also know addressing the complex needs of First Nations requires supporting First Nations strengths, valuing Indigenous Knowledge and understanding the need for diverse resources.

The year also provided an opportunity to evaluate our own work because we strongly value our stakeholder's insight. An organizational evaluation gave us the opportunity to hear their voices and highlight critical learning. Their appreciation for the services of Thunderbird in training and education, communications, research, and policy and partnerships was loud and clear. For this we are grateful for the gifted Thunderbird staff, for the meaningful collaboration with partners, for the Elders and Cultural

Practitioners who share their expertise, and for the governing body that challenges the team with guidance and confidence to respond to stakeholder needs. We learned where we need to focus to improve our relevance and response to First Nations communities, workforce, addictions treatment programs and our own staff.

While our efforts have been noted, what stood out as a gaping wound is the impact of the pandemic on workforce wellness. Without equitable resources to support workforce wellness, First Nations are limited in their capacity to respond to the drug crisis, opioid poisoning, and overdose deaths. Advocating for the right to life, protection, and preservation of the sacred breath of life for First Nations people who use drugs, along with their families and communities has been a critical focus for Thunderbird and our partners. Supporting the wellness of the workers who have been depended upon to respond to the dual pandemics of COVID-19 and opioid poisoning deaths requires more action.

Thunderbird continues to advance sound evidence that champions the outcomes of treatment services and culturally grounded land-based services to support those who set policies, operate prevention programs, and deliver treatment.

Thunderbird's work benefits greatly from the wisdom of Elders, Knowledge Holders, and Cultural Practitioners. We have been so fortunate to have the love and guidance of esteemed Elders. Elder Oscar Kistabish and Elder Howard Walker have always been generous with Thunderbird, our stakeholders, and other partners. We finished the year remembering and honouring Elder Walker and his wife Elaine, who began their spirit journey home together. We give great thanks in celebrating the tracks they left for others to follow.

We are pleased to present Thunderbird's Annual Report for 2021-2022, ***Our lives have Meaning: Mental wellness across our lifespan***. We hope you are inspired and encouraged by the presentation of our efforts and our achievements.



President Austin Bear
President and Chair



Carol Hopkins, O.C., MSW, LL.D (hons)
Chief Executive Officer

* Thunderbird Partnership Foundation is a division of the National Native Addictions Partnership Foundation Inc.

Thunderbird creates more opportunities to talk about life promotion

Thunderbird's new culturally-grounded life promotion resources published this year have created opportunities for youth to talk about suicide.

The Life Promotion Toolkit was released at the World Indigenous Suicide Prevention Conference in August 2021. Life promotion shares insight into suicide prevention, and the trauma of suicide while cultivating an attitude towards living life. The new toolkit delivers what youth have been calling for information aimed at promoting life rather than focusing on preventing death.

Some of the youth who helped develop the toolkit are using it to have conversations with other youth, First Nations leadership and other organizations such as Cannabis and & Psychosis (Schizophrenia Society of Canada), Mental Health Commission of Canada, Ontario Undergraduate Student Alliance, Anishinabek Nation Youth Council, Chiefs of Ontario Youth, Canadian Mental Health Association, and First Peoples Wellness Circle among others.



To arrange a youth presentation of the Life Promotion toolkit, contact us at info@thunderbirdpf.org



The toolkit is available on our website at <https://thunderbirdpf.org/LifePromotionToolkit>



Akimel Oodham (Pima)

Thunderbird's life promotion initiatives will continue to be supported through a working group and the creation of a national framework, with some of the following foundational concepts:



Life promotion takes a holistic view to prevent suicide, which considers the whole person (spiritual, emotional, mental and physical).



Understanding that life promotion also means recognizing suicide prevention initiatives and programs as being critical to First Nations communities.



Life promotion includes the impacts of the Indigenous determinants of health by highlighting community-level factors that contribute to living a good life.

Supporting Harm Reduction

The opioid and methamphetamine crisis in Canada is described as being the worst public health crisis in modern history. The crisis is also shining the light on chronic inequities First Nations communities face in the healthcare system. As a response, Thunderbird is creating resources to support a better understanding of an Indigenous approach to harm reduction.

Thunderbird defines harm reduction as a way to keep individuals, families, and communities safe from the harms of substance use. Our culturally safe approach uses Indigenous ways of knowing and doing to take care of each other with kindness, compassion, and acceptance. The approach aims to remove barriers to the Indigenous determinants of health, and ensure protection of the sacred breath of life so that the people who use drugs, and their loved ones, continue to live.

Here are some of the ways we have supported harm reduction this year:



Development of culturally-safe information for communities about harm reduction.



New harm reduction sections added to Thunderbird's existing resources.



Virtual town halls, including a First Nations Health Managers Association Town Hall live stream (ihtoday.ca) which was also rebroadcast on APTN



Collaboration with partners through working groups to support safe supply, understand stigma and develop the 'Soar Above Stigma' media campaign with First Peoples Wellness Circle and First Nations Health Managers Association.



Conversations via Thunderbird's Mino Bimaadiziwin podcast to support an understanding of harm reduction with leading experts in Indigenous wellness, including people with lived experience.



Thunderbird's harm reduction work will result in the development of an Indigenous harm reduction media campaign in fiscal year 22/23. It will be culturally-appropriate, and create space for unstigmatized conversation, share educational resources, strengthen support networks, and inspire a social movement towards the acceptance of harm reduction approaches.


Harm reduction kits offer support to communities

Thunderbird is sending out more than 4500 harm reduction kits to support First Nations communities and treatment centres as they respond to substance use and overdose.

The kits contain naloxone nasal spray and safe consumption supplies, as naloxone is an important tool in reversing opioid overdose and preventing death for those who use opioids or other substances contaminated with opioids. Providing sterile, clean consumption supplies can support community wellness by reducing risk of infection and transmission of bloodborne diseases.

The kits are made possible through Thunderbird's Canadian Research Initiative in Substance Misuse (CRISM) project funding.

Thunderbird is also creating much needed naloxone training for First Nations communities. Training has been identified as a need by Indigenous Services Canada. A working group of partners has been established, with support by Thunderbird's National Elder, Oscar Kistabish. The training curriculum will have a harm reduction, trauma informed and wholistic approach with content that reflects culture, decolonization, anti-stigma, aftercare and how to administer naloxone.



Harm reduction items include:

- **Condoms**
- **Safer Snorting Kit**
(contains information, 5 short straws, 2 alcohol swabs)
- **Meth Kit**
(contains 1 bulb pipe, 2 mouthpieces, 6 alcohol swabs)
- **Crack Kit**
(contains 2 stem pipes, 4 mouthpieces, 2 push sticks, 6 alcohol swabs)
- **2 Hit Injection Kit**
(contains 2 - 1cc 28g syringes, 2 ties, 2 sterile water capsules, 2 cookers, 2 alcohol swabs)
- **Naloxone Kit**



Lending library improves virtual access

Thunderbird's Digital Tools Lending Library is supporting access to virtual treatment services, training and survey participation to support better understanding of opioid, methamphetamine and cannabis use.

The library provides laptops, tablets, and mobile internet sticks to First Nations treatment centres and communities.



FISCAL YEAR 21/22
210 tablets and laptops lent
> 4 laptops lent (and returned) for First Nations community participation in Thunderbird's surveys.
> 30 tablets lent to NNADAP/NYSAP treatment centres and still in use.
Losses: 14 tablets reported lost from previous years
Mobile internet sticks - data cost: \$11,878.99
Tablet internet access - data cost: \$61,554.12



Tablets, laptops and mobile internet sticks are available for NNADAP/NYSAP treatment centres and First Nations communities. Find out more by contacting us at info@thunderbirdpf.org

Lakota

Finance Report 2021/22

Assets				Liabilities			
Current	95%	4,690,959		Equity	88%	4,355,155	
Fixed	5%	264,016		Liabilities	12%	599,820	
Total		4,954,975		Total		4,954,975	
Revenue				Expenses			
Indigenous Services Canada – Core	6,000,000	84%		Indigenous Services Canada	2,558,869	79%	
Indigenous Services Canada - Other Program Funding	295,000	4%		Johnson & Johnson Grant	1,400	<1%*	
Own Generated	27,818	<1%*		Substance Use and Addictions Program – SUAP	155,705	5%	
Johnson & Johnson Grant	100,000	2%		Canadian Research Initiative in Substance Misuses – CRISM	182,479	6%	
Substance Use and Addictions Program (SUAP)	155,705	2%		Mental Health Commission of Canada – MHCC	26,416	<1%*	
Canadian Research Initiative in Substance Misuse (CRISM)	106,250	2%		Public Health Agency of Canada – PHAC	253,525	8%	
Mental Health Commission of Canada (MHCC)	52,726	1%		Manitoba Health - Buffalo Riders Programming	74,175	2%	
Public Health Agency of Canada (PHAC)	314,660	4%		Epigenetics - Dalhousie University	6,000	<1%*	
Manitoba Health (Buffalo Riders Programming)	74,715	1%					
Epigenetics Dalhousie University	15,533	<1%*					
Total Revenue	7,142,407			Total Expenses	3,258,569		

* < is less than 1%

Promoting effective use of virtual services



A priority for Thunderbird is managing change by expanding virtual services. To do this we are developing capacity and implementing supports so virtual services can be used as effectively as possible.

Cherokee

There were five key areas of focus in 2021-2022:

- 1. Virtual Training delivery and supports**
- 2. Assessment and update of the virtual Community of Practice (CoP)**

The number of training courses delivered and the number of participants substantially increased due to the necessary shift to virtual training delivery. Thunderbird's online CoP was updated and opportunities for ongoing learning and networking include:

 - Train-the-Trainer program resource supports
 - Individual course training hubs
 - Vimeo virtual tools tutorials
 - Community Wellness Hub
 - Virtual engagement sessions (zoom tips and tricks)
- 3. Identify and promote the versatility of virtual services, and identify strategies for virtual services sustainability**
 - Training recordings and resources are available and accessible on CoP Training hubs
 - Development of a virtual National Training calendar for 2022-2023
 - Digital Tools Lending Library was set up for laptops and wifi data sticks
- 4. Ethical guidelines for culturally-safe mental wellness virtual service delivery**
- 5. Establish parameters for engaging Indigenous Knowledge in a virtual environment**

Thunderbird established a working group of key partners and stakeholders supported by Elder Kevin Deer to

1. identify impacts and opportunities in the development and use of virtual services, and
2. respond to the identified need for ethical guidelines for effective and culturally safe virtual services.

A toolkit is being developed to include guidance to ensure virtual culture-based knowledge sharing is respectful of and protects the integrity of the knowledge under Indigenous laws and is respectful of First Nation protocols.

Thunderbird distributes Healthcare Excellence Canada pandemic funds

In late summer 2021 Thunderbird secured \$240,000 in funding from Healthcare Excellence Canada through a program called, *Learning Together: Emergency Shelters and Substance Use Centres Program*. This was to offset costs associated with the pandemic and was distributed to support treatment centres to respond to client's needs (including virtual or in-person).

Examples of expenditures included purchasing additional personal protective equipment (PPE), contributions towards additional staff time, infection prevention and control training, mental health training/support, support for a vaccine rollout strategy or equipment that supports virtual care needs, and purchasing harm reduction supplies.

Up to 24 organizations were eligible for funds (\$10 000 per centre), 20 NNADAP & NYSAP treatment centres received funding and the remaining funds (~\$40 000) were used to benefit all centres by purchasing naloxone nasal spray kits. A total of 21 centres expressed interest in receiving the bundle of 16 kits. A total of 352 kits were distributed.

10,000 Rapid Antigen Tests secured for treatment centres

By now almost everyone has experienced the *up the nose treatment* of a rapid antigen test to find out if they are COVID-19 positive or negative. In January 2022, treatment centres struggled with getting enough tests through local, provincial or federal routes to support programming and services.

In response Thunderbird connected with the First Nations and Inuit Health Branch (FNIHB) and obtained 10,000 tests. FNIHB connected with regional representatives to ensure communication and supply routes were open between regions and treatment centres to support ongoing supplies through Indigenous Services Canada (ISC). Thunderbird was well underway in distributing the rapid tests by the end of March 2022.



Xaayda (Haida)

National Virtual Treatment Program to support First Nations treatment centres

Thunderbird has been developing a National Virtual Treatment Program (NVTP) with First Nations treatment centres to support resource sharing and to increase awareness and outreach for clients. The NVTP will meet a need expressed by treatment centres for accessible care, as well as more intervention and self-management resources to help them develop virtual care programs.

Draft vision and mission statements for the program have been developed.

Draft Vision: "Access to culturally based virtual mental wellness and addictions resources that support a continuum of care for First Nations communities and treatment centres."

Draft Mission: "The National Virtual Treatment Program supports a series of culturally based eMental health programming for Indigenous-led substance use treatment centres aiming to continue alternative substance use and addiction services."

A resource hub has been set up for treatment centres to begin sharing programming content, best practices, policies, and processes. This information will ultimately be housed on a website managed by Thunderbird.

An evaluation of the NVTP will be led by Dr. Elaine Toombs to support further content, address overall needs and best practices in delivering virtual treatment, and to make recommendations on how to advocate for sustainable funds for virtual treatment programming.



NNADAP Year in Review

The Addictions Information Management System (AMIS) has been designed to meet the needs of the 45 National Native Alcohol and Drug Abuse Program (NNADAP) and the nine National Youth Solvent Abuse Program (NYSAP) funded treatment centres across Canada.

This year's data reflects the second year of delivering services during the COVID-19 pandemic, which reinforced treatment centres' ability to innovate and offer treatment services virtually, and through socially distanced in person, land-based treatment programs.

A total of 35 treatment centres (26 NNADAP and 9 NYSAP) actively used AMIS from April 1, 2021, through March 26, 2022. This infographic represents national aggregate data from AMIS of NNADAP treatment centres across Canada, as of March 26, 2022.

Total NNADAP Applicants – 1133

Number of clients accessing multiple levels of care: **162**

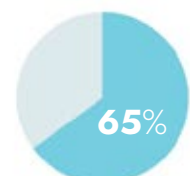
+54%

COMPARED TO 2020-2021

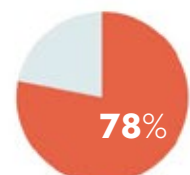
Total NNADAP Clients in Treatment – 605

♂ **Males: 308**
Average Age: 38

♀ **Females: 297**
Average Age: 34



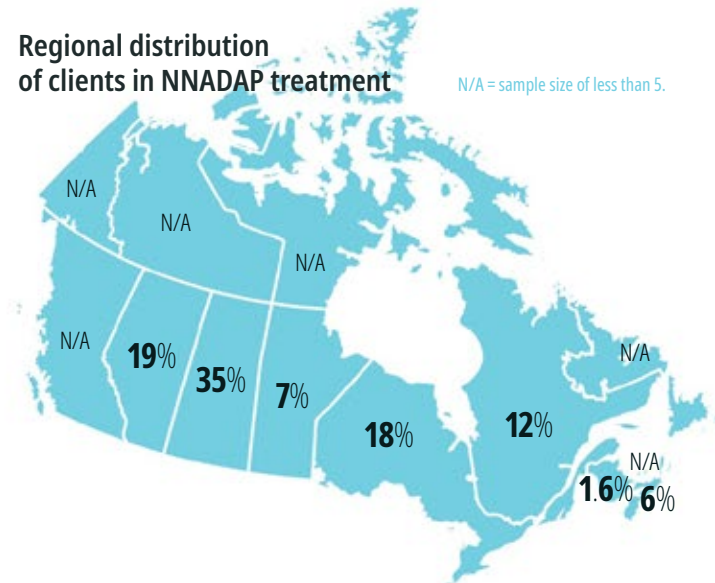
Pre-treatment Services
(394 clients)



Post-treatment Referrals
(474 clients)

Regional distribution of clients in NNADAP treatment

N/A = sample size of less than 5.



27% (232 clients)

completed high school or post-secondary



30% (219 clients)

have a history of suicide ideation or attempts



43% (237 clients)

attended previous residential treatment



59% (506 clients)

involved in the justice system. Clients could be counted in more than one level of the justice system



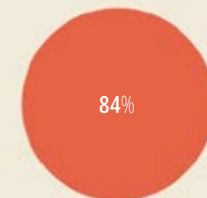
59% (293 clients)

completed treatment

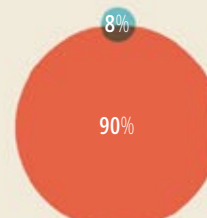


Substance Use (%)*

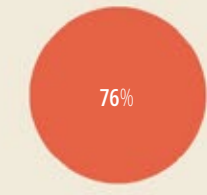
Male/Female Combined Use



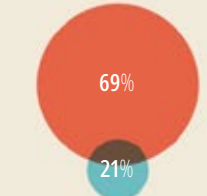
Alcohol: 381



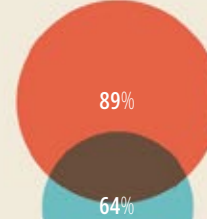
Tobacco
Chewing tobacco: 36
Smoking tobacco: 404



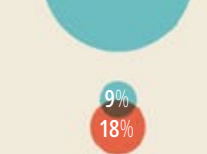
Cannabis: 342



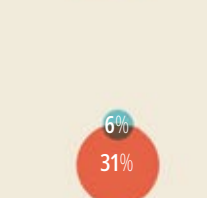
Opioids
Heroin/morphine/non-prescription codeine, oxycontin, oxycodone/diverted methadone and suboxone: 313
Prescription pain killers: 93



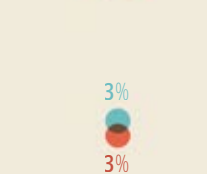
Stimulants
Crystal Meth/Ice/Glass/Speed: 401
(+49% increase compared to 2020 – 2021)
Cocaine/Uppers, Khat: 288
(+15% increase compared to 2020 – 2021)



Opioid Agonist Therapy
Methadone: 42
(+3% increase compared to 2020 – 2021)
Suboxone: 80
(+8% increase compared to 2020 – 2021)



Hallucinogens
Phencyclidines – PCP, Angel Dust, Ketamine, Cyclohexamine, Disocilpine: 27
Other: LSD, Mescaline, MDMA/Ecstasy, DOM/STP, DMT, Magic Mushrooms, Morning Glory Seeds, Jimson Weed, Salvia Divinorum: 140
(+49% increase compared to 2020 – 2021)



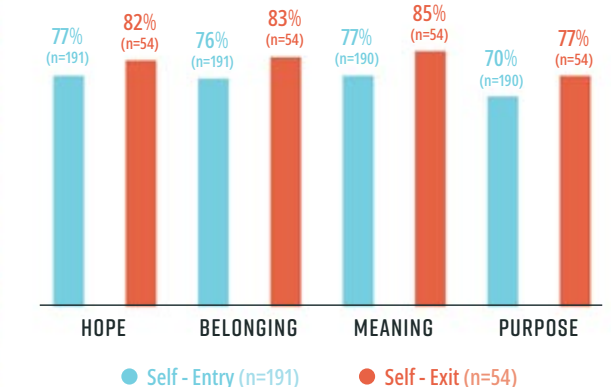
Inhalants
Gasoline or other fumes: 12
Glue: 13

ANNUAL REPORT 2021/22

Native Wellness Outcomes

The Native Wellness Assessment™ is the first instrument of its kind to validate the effect of cultural interventions psychometrically and statistically on wellness over time. The graph below represents a 5-8% increase in client wellness for Hope, Belonging, Meaning and Purpose, resulting from cultural interventions at NNADAP treatment centres across Canada.

Balance in Wellness Across Time



* These statistics were gathered by clients attending NNADAP treatment centres using DUST-R (Full and Short Versions, n=451).

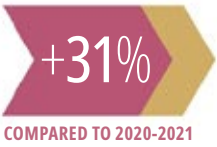
NYSAP Year in Review

The National Youth Solvent Abuse Program (NYSAP) has a network of nine treatment centres for Indigenous youth across Canada. All 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, 2021, through March 26, 2022 and accessed from AMIS on March 26, 2021.

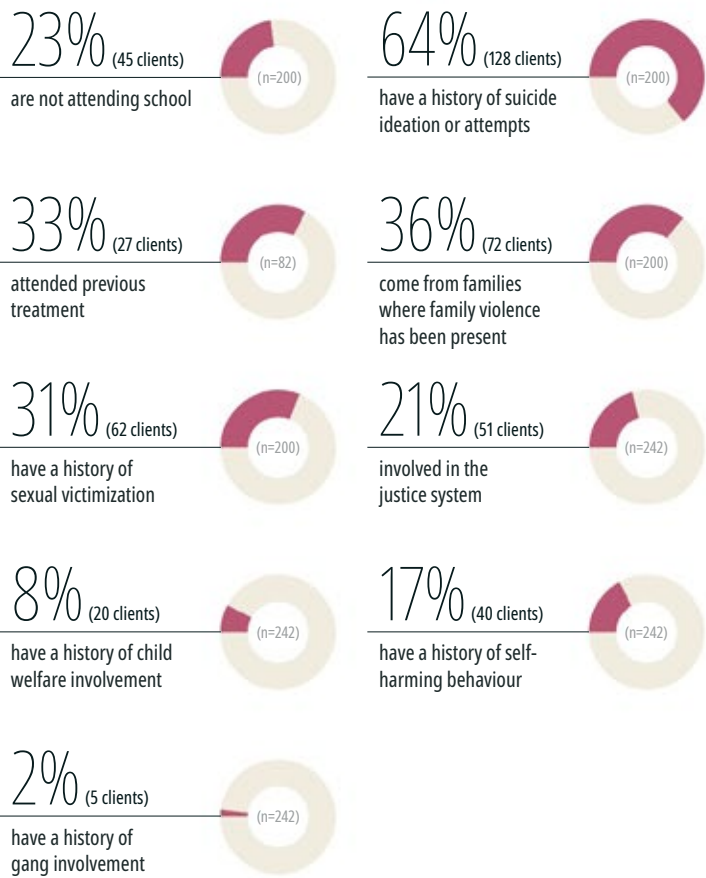
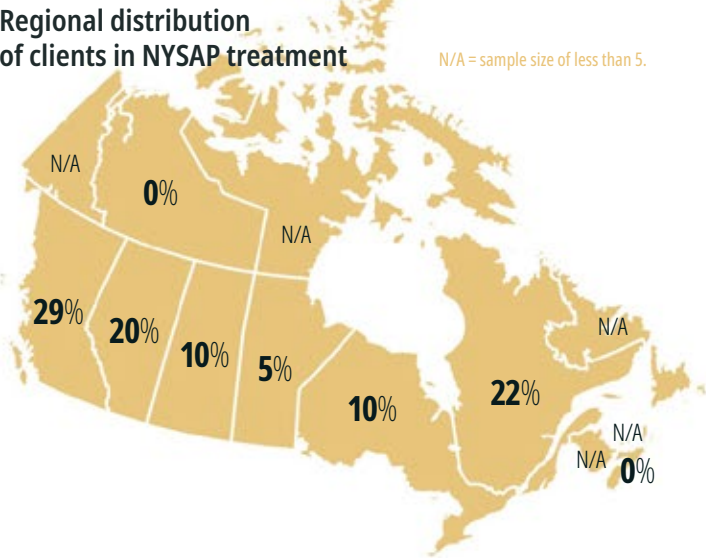
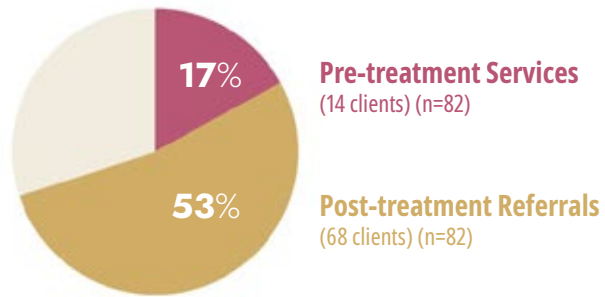
This year's data also reflects the COVID-19 pandemic, which resulted in treatment centres demonstrating their ability to innovate to continue to provide treatment services and supports virtually.

Total NYSAP Applicants – 133

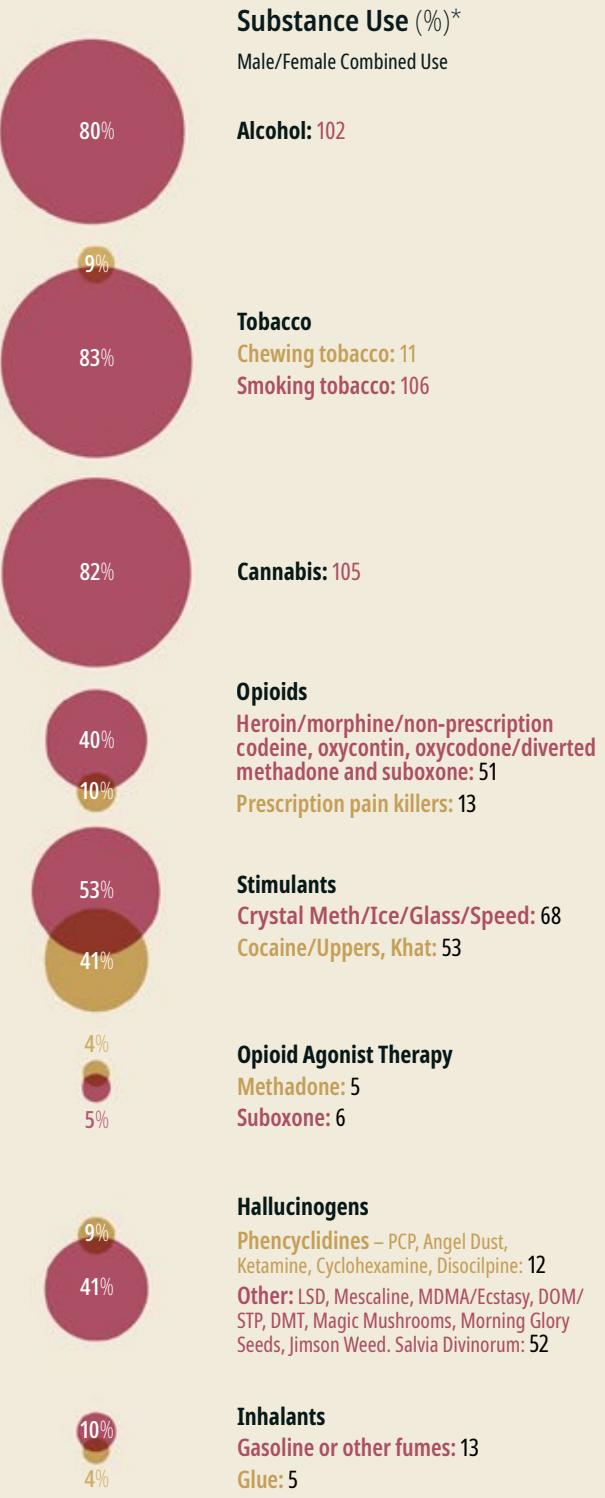
Number of clients accessing multiple levels of care: 46



Total NYSAP Clients in Treatment – 82

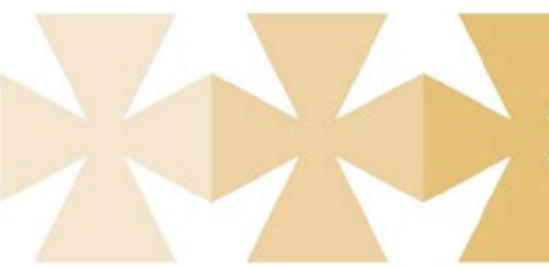
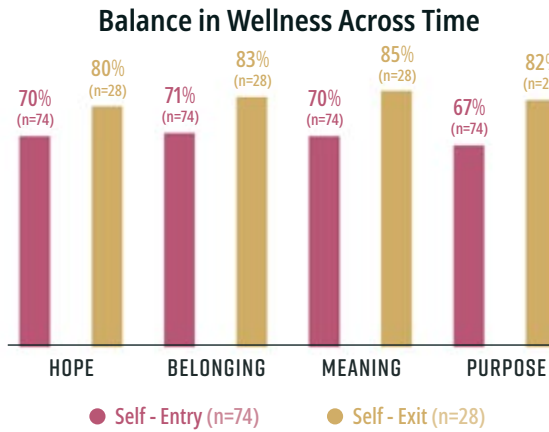


Astarawi (Pit River)



Native Wellness Outcomes

The Native Wellness Assessment is an Indigenous Knowledge-based instrument that shows 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. The chart shows client outcomes for improvement in Hope, Belonging, Meaning and Purpose. Overall, NYSAP clients are gaining 10 - 15% in wellness indicators throughout their program stay.



* These statistics were gathered by clients attending NYSAP treatment centres using DUSTI-R (Full and Short Versions, n=128).

COVID-19 Data

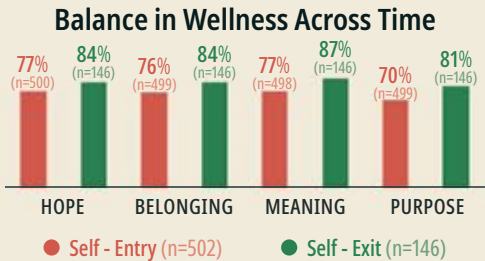
– Virtual Services

This data was filtered to provide a snapshot of how cultural interventions used by treatment centres through outpatient/virtual services and outreach/virtual treatment services impacted wellness over time during COVID-19.

Outpatient/virtual services include virtual treatment provided on a non-residential basis, usually in regularly scheduled sessions (i.e., 1-2 hours per week).

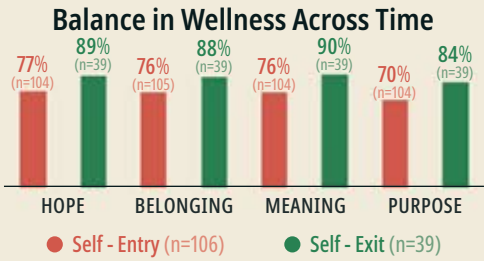
This data includes clients participating in outpatient virtual services from both NNADAP and NYSAP treatment centres from April 1, 2021 – March 27, 2022.

Outpatient Virtual Services



Client wellness increased from 7 – 11% due to cultural interventions used during outpatient virtual treatment services at NNADAP and NYSAP treatment centres across Canada.

Outreach Virtual Services



Client wellness increased from 12 – 14% due to cultural interventions used during outreach virtual treatment services at NNADAP and NYSAP treatment centres across Canada.

Outreach Virtual Treatment* services include anyone who participated in the following virtual services through NNADAP and NYSAP treatment centres:

- Cultural Intervention
- Individual Counselling
- Substance/Life Skills Education
- Group Counselling
- Emergency Crisis Services
- Prevention Webinars
- Harm Reduction
- Opioid Replacement Treatment

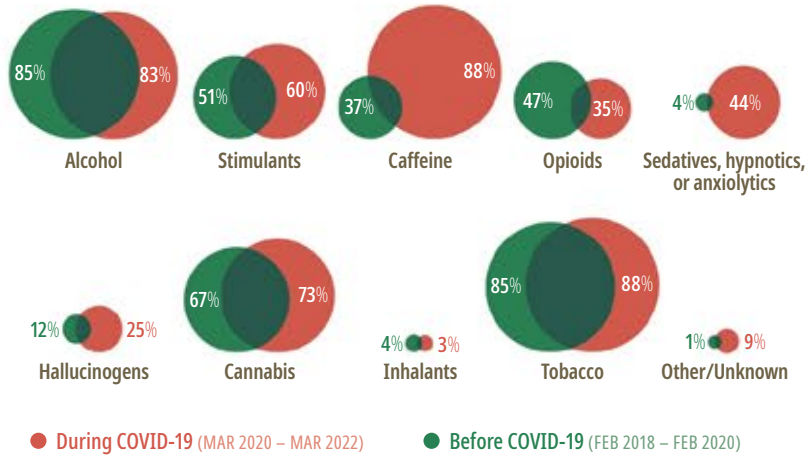
* The services were delivered using virtual platforms such as: Live Streaming (Facebook/other), Instant messaging/text support, audio/video platforms (i.e. Google Classroom, Zoom, or Microsoft Teams).

The following section provides a comparison of substance use prior to COVID-19 and during COVID-19. The data was gathered using the DUSI-R.

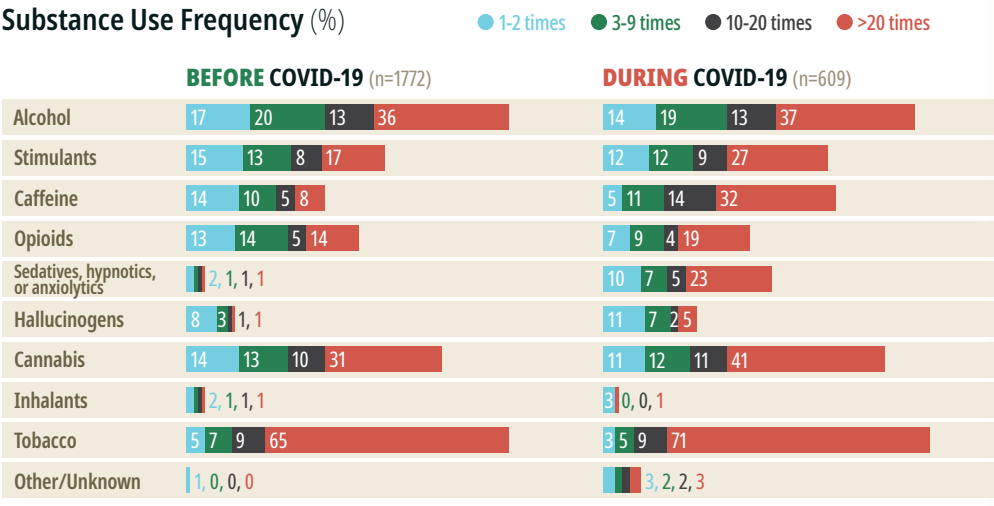
It is important to note that culture-based supports and interventions, land-based programming, virtual supports and family and community supports were protective factors identified for substance use during the pandemic and can be used to develop prevention strategies and public health education.

During COVID-19 substance use increased for stimulants, caffeine, sedatives, hallucinogens, cannabis, tobacco, and other substances.

Substance Use BEFORE and DURING the Pandemic



Substance Use Frequency (%)



Substance use frequencies were higher during the pandemic compared to pre-pandemic when comparing substances used more than 20 times per month. The frequency of substance use increased for the following: stimulants (10%), opioids (5%), sedatives, hypnotics and anti-anxiety medication (22%), hallucinogens (Phencyclidines, ketamine, MDMA/ecstasy, LSD, magic mushrooms, salvia divinorum, DOM/STP) (4%) and other (or unknown) substances (3%). A 24% increase in caffeine was reported during the pandemic, which can affect sleep patterns.

Two Day AMIS Virtual Annual Report Training

The virtual training was held on Wednesday March 23rd, 2022 and Thursday March 24th, 2022 (10am-2pm SASK; 11am-3pm EST; 12-4pm AST).

Day 1 - Wednesday March 23rd, 2022

Agenda: How to run an annual report and understanding the results

1. New reporting features
2. How to run your annual report
3. Choosing NNADAP/NYSAP
4. Having the right credentials to run the report
5. Checking centre data
6. Understanding the numbers
7. General questions
8. Infographic support for centre annual reports

Treatment Centre Participation

- Rising Sun Treatment Centre (NB)
- Native Addictions Council of Manitoba (MB)
- Migisi Alcohol and Drug Treatment Centre (ON)
- Charles J Andrew Youth Treatment Centre (NFLD)
- Nimkee NupiGawagan Healing Centre (ON)
- Leading Thunderbird Lodge (SK)
- Kainai Healing Lodge Centre (AB)
- Walgwan Centre (QUE)
- Peguis Al-Care Centre (MB)
- White Buffalo Treatment Centre (SK)

Day 2 - Thursday March 24th, 2022

Agenda: Drop-in support for annual reports and optional certified module

1. Drop-in to ask questions regarding your annual report
2. Optional certified module: Quality and outcome collection using the NWA and DUSI (2.5 hours)

Rising Sun Treatment Centre (New Brunswick) and Native Addictions Council of Manitoba (NACM) (Manitoba) joined the drop-in sessions for further support with their annual reports

Individual staff from these centres attended the certified Quality and Outcomes training:

- Rising Sun Treatment Centre (NB)
- Native Addictions Council of Manitoba (MB)
- Migisi Alcohol and Drug Treatment Centre (ON)
- Peguis Al-Care Centre (MB)
- Mikaaming Mino Pimatiziwin Healing Lodge (MB)

A snapshot of First Nations opioid and methamphetamine survey results

To promote a better understanding of the effect of opioids and methamphetamine as well as the strengths and resiliency in First Nations communities, Thunderbird participated in a three-year national research project with the Public Health Agency of Canada (PHAC). Survey information can provide guidance to First Nations for treatment strategies and culturally safe services.

The following is a snapshot of some of the data gathered and compiled into a national report in 2021/22. A total of 2,068 surveys were returned, and 87% of respondents who completed the survey were adults. Most participants were First Nations (92%) with status who lived on reserve, and many were female (67%).

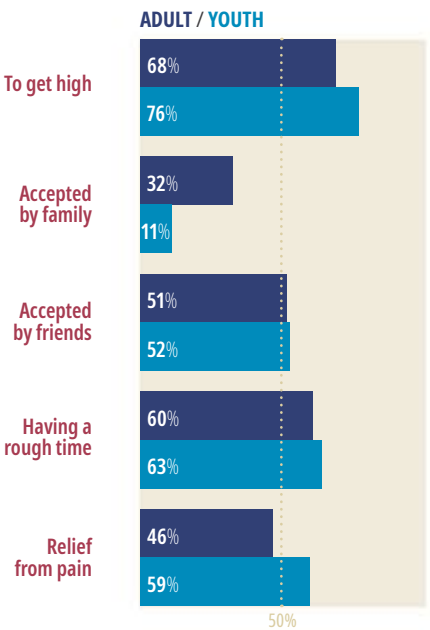
Snapshot of Opioid Use

The information gathered on opioid use helps to understand initial or current use, reasons for use, duration of use, how it was accessed, use with other substances, and treatment(s) sought.

Among adults surveyed who used opioids, 31% said they were experiencing a history of trauma and grief when they first started using them. They also reported experiencing unemployment (17%), legal issues (10%), and child welfare issues (9%) stemming from opioid use. Fifty-four percent said they used them in a way that increased their risk of harm. Most got their opioids from a drug dealer (62%) or a friend (45%).

Of adults who currently (and up to 12 months ago) used opioids, 42% said they were using them without a prescription, more often than directed (39%), in greater amounts than directed (34%), for a longer period (34%), and that they used street sources (34%).

The bar chart shows why adults and youth think people use opioids in a harmful way in their community.



Indigenous determinants of health are critical to wellness. First Nations who are challenged with intergenerational trauma, food insecurity, lack of or inadequate housing, who lack access to culture and do not have stable and meaningful relationships are at higher risk of using opioids and methamphetamine in a harmful way. (FNMMWC, 2015).

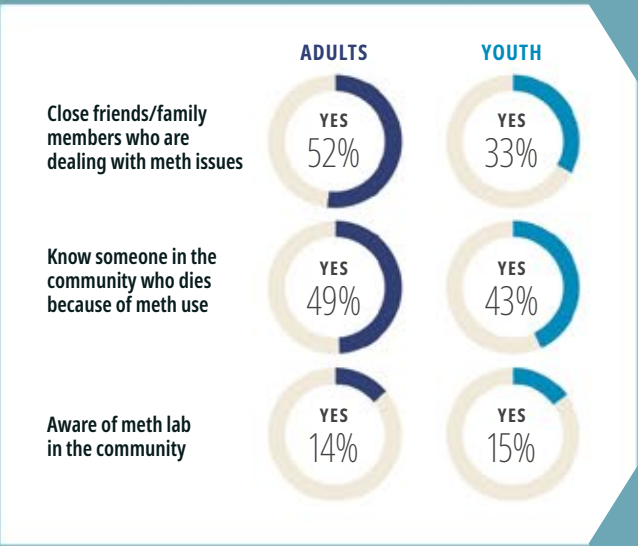
Snapshot on Methamphetamine Use

Methamphetamine use was added to the initial opioid survey as a response to concerns expressed by communities on the increased use and its impact. The survey helps understand the harms, access, experiences, and outcomes of methamphetamine use.

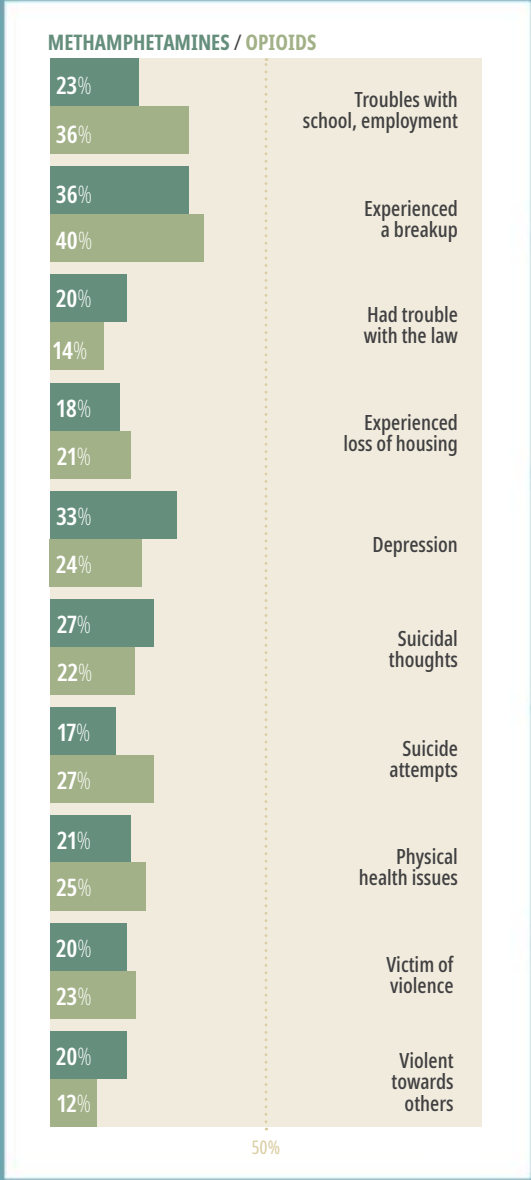
Regarding adult and youth perspectives of methamphetamine use, more adults compared to youth believe that people who stop using methamphetamines are strong and that methamphetamine addiction is a chronic disease. Most survey respondents believe people who cannot stop using deserve treatment. This reflects less stigma of people who use drugs and support for access to culturally safe services. Still, one third of respondents reported feeling abandoned or rejected by their community due to their methamphetamine use currently and in the past 12 months.

Similar to opioid use, both adults and youth reported their use of methamphetamines was to get high. The second and third most common reasons for using was to deal with the side effects of withdrawal and the effects of opioids. Respondents said they got their methamphetamines from a drug dealer (56%) a friend (44%), a local meth lab (24%) or family (24%). Many reported they prefer methamphetamines because they are cheap (56%) and last longer (38%).

The charts below indicate the severity of impacts of methamphetamine use in the community.



The following bar chart shows consequences experienced by survey respondents who used opioids and/or methamphetamine in a harmful way.



The First Nations Opioid and Methamphetamine survey has been revised and fine tuned and will be relaunched in the coming year. A major change is the development of one survey that can be completed by both adults and youth, making it easier for communities to use.

Thunderbird's websites enjoy a huge jump in visitors in 21-22

The Thunderbird website (thunderbirdpf.org) saw a significant increase in traffic during the 21-22 fiscal. Users were up by 46.78% and **new users** increased by 47.79%. The number of pageviews and sessions also increased significantly in the 30% range. This reaffirms the value of our website to our stakeholders and validates the importance of our website redesign project currently underway.

Wise Practices had a major increase in **new visitors**, 81%, reflective of Thunderbird's new Life Promotion resources and in anticipation of the Wise Practices Train the Trainer course coming soon.

Culture for Life had a major uptake in **new visitors**, 92%, reflective of a renewed focus on this website.



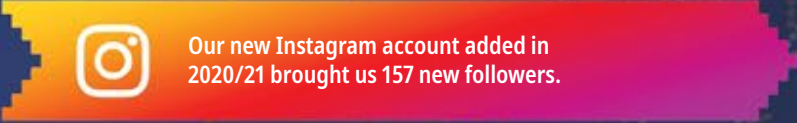
Thunderbird Wellness app analytics promising

The Thunderbird Wellness App was released for initial testing in July 2021, with a full public launch in November 2021. Despite not yet having a full year of being on the Apple App Store and Google Play, the app was downloaded 661 times.



Thunderbird Social Platforms continue to attract new fans

Thunderbird's fans and followers on social media platforms continued to rise in 21-22.



Thunderbird Wellness app ready for download!

The **Thunderbird Wellness** app was approved for download in 2021 and launched on Facebook in November through a live streamed party that celebrated both the app and the new **Mino Bimaadiziwin** podcast.



The free app offers culturally safe, trauma informed and strength-based information to support First Nations wellness. It provides easy access to Thunderbird's surveys to gather community knowledge about the use of opioids, methamphetamines, and cannabis. It also shares links to First Nations treatment facilities across Canada.

"Looks great and so grateful you have created this app!!"

"Fantastic app!"



Download the app today!



Available on the App Store



GET IT ON Google Play

Thunderbird podcast ready for streaming!

Thunderbird was excited to launch its first monthly podcast in October of 2021. **Mino Bimaadiziwin** means *living the good life* in the Anishinaabe language.

The podcast shares insights into addictions and mental health issues by having conversations with some of the leading voices in Indigenous wellness. Episodes have included reasons why the opioid and methamphetamine crisis is described as the worst public health crisis in modern history, why now is the time to address systemic racism in health care and how cultural ways of knowing can help address addictions.

Podcast listens bump up early on

Mino Bimaadiziwin had four episodes available for streaming by the end of 21/22 fiscal. It had 349 listens with 333 of those in March alone. The bump suggests interest in the podcast is growing and is a strong showing for a new and niche podcast built on engaging interviews with Dr. Evan Adams, Dr. Alike Lafontaine and Thunderbird's own Dr. Carol Hopkins and Tim Ominika.

It is also encouraging to see the listener retention rate which sees 91% of people listen to at least 3/4 of each episode, when the Industry average is below 10%. Most of our listeners are in Canada, but people from the US, Germany, India, France, Singapore, Brazil and Australia are also joining in!

What our podcast listeners are saying:

Excellent podcast!
Really enjoying the discussions in this podcast, the experience and knowledge these people bring is amazing. Can't wait for more :)

Love this podcast!
I really enjoy these interviews about such an important topic. Sherry Huff is a natural and engaging host. I'm subscribed and looking forward to future episodes!!



Listen to Thunderbird's Mino Bimaadiziwin podcast wherever you get your podcasts!

New Virtual interactive training calendar



Thunderbird is pleased to share its interactive 2022-2023 Training Calendar. Look for it on our website, or use this link where there's also a how-to video.



2022-2023 Training Calendar
thunderbirdpf.org/training-calendar

You will see dates that are set aside for treatment centres, as well as regional and national training. Virtual training will remain the predominant form of delivery, although in-person delivery will be offered for a limited number of regional trainings. Watch for our training posters shared over our virtual networks and by email, eight weeks before specific courses begin to indicate they are open for registration.

Thunderbird's national training network off to a good start in 21/22

The first year of Thunderbird's national network of regional First Nations trainers was a success, with the first two courses delivered across five regions.

The national network of regional trainers deliver Thunderbird's certified curriculum after completing the Train-the-Trainer course. They facilitate Thunderbird to support First Nations across the country who want access to the training.

Regional Trainer Led Facilitations (April 2021 – March 2022)	# of Regional Trainers (Delivered 1 or more trainings)	Regions Represented by Regional Trainers	# of Regional Trainer Led Deliveries
COMMUNITY CRISIS RESPONSE	11	BC, SK, MB, ON	5
LAND FOR HEALING	8	QC, ON	3

Virtual training continues to deliver

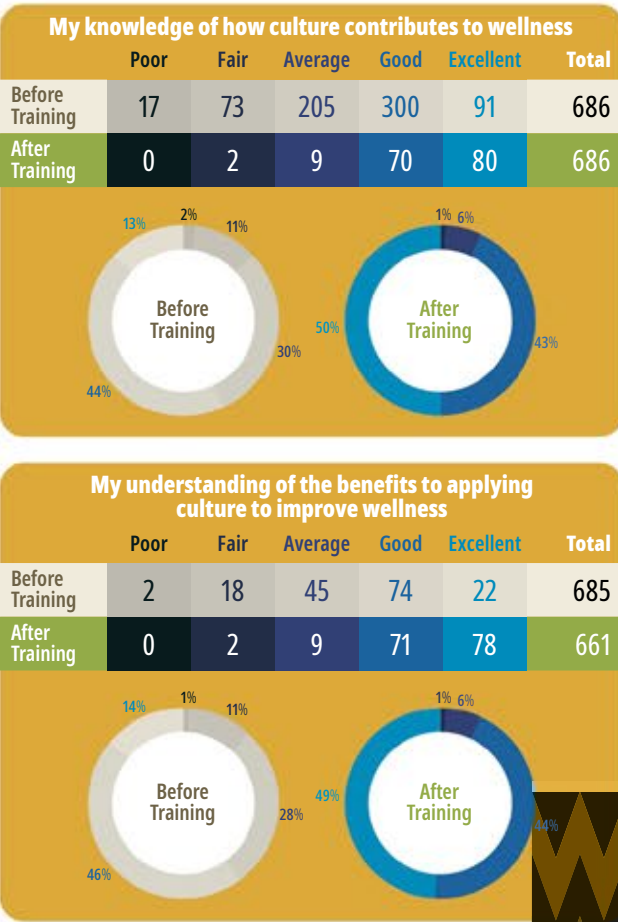
A second year of the pandemic did not deter Thunderbird from delivering its strengths-based and culturally grounded training courses.

A total of 883 participants from nine regions across the country completed Thunderbird's virtual training courses.

The following chart shows our annual rundown of courses delivered and regions supported.

Training	# of Trainings	# of Participants	Regions
PHARMACOLOGY	2	68	7 ATL, QUE, ON, MB, NWT, SK
TRAUMA INFORMED	13	376	6 ATL, QUE, ON, MB, NWT, SK
LAND FOR HEALING	5	89	8 ATL, QUE, ON, MB, NWT, SK, YK, BC
CULTURE AS FOUNDATION	4	107	7 ATL, QUE, ON, MB, SK, AB, BC
COMMUNITY CRISIS RESPONSE	6	118	7 ATL, QUE, ON, MB, SK, AB, BC
LET'S TALK CANNABIS - PFT	2	34	6 QUE, ON, MB, SK, AB, BC
BUFFALO RIDERS - PFT	3	67	6 ATL, QUE, ON, MB, SK, BC
LAND FOR HEALING - TTT	1	14	3 ON, SK, BC
CANNABIS EDUCATION FOR FIRST NATIONS - TTT	1	10	3 QUE, ON, SK
	37	883	9 ATL, QUE, ON, MB, NWT, SK, AB, YK, BC

Here's a quick summary of how participants evaluated Thunderbird's courses and how well the training builds their understanding of how culture supports wellness.



Cannabis Education Training course developed for First Nations

Thunderbird launched its new cannabis training course in March 2022. The training is a response to what First Nations say is needed to boost cannabis awareness.

People asked for cannabis education through a national Thunderbird dialogue project. People also requested more information through Thunderbird's cannabis surveys.

Cannabis legalization is expected to continue to affect First Nations health and wellness practices. It is important to ground these complex issues in community strengths, ways of doing, historical and current contexts and the Indigenous social determinants of health.

The new course joins Thunderbird's growing roster of Train-the-Trainer courses.



Lenape - Oklahoma

Indigenous Social Determinants of Health



culture



gender



health services



income and social status



social support networks



education and literacy



employment and working conditions



social environments



physical environments



personal health practices and coping skills



healthy child development



biology and genetic endowment

Refreshed Buffalo Riders Curriculum Launched

Thunderbird has launched an updated Buffalo Riders Early Intervention training program. The revamped 5-day training includes new content about harm reduction and life promotion. It meets provincial education curriculum standards for health.

Buffalo Riders enhances First Nations' capacity for culture-based early intervention programming for youth aged 11-13 in schools and community programs. Facilitators are trained to draw from culturally-relevant knowledge and skills to help youth deal with pressures around harmful substance use. Facilitators also receive ongoing support, and access to additional learning and development through an online community of practice.

"This program creates greater awareness about cannabis, methamphetamines, opioids, as well as harm reduction and life promotion," says Thunderbird's Chief Executive Officer, Dr. Carol Hopkins. "Most importantly," she says, "First Nations youth will have resources to support the development of their skills for living life well."

The revamped Buffalo Riders program is a result of a partnership with the Manitoba and Canadian governments (that includes funding), with 150 participants expected to complete the program virtually by April 2024.

First Nations Communities and urban organizations in Manitoba that provide direct services to First Nations Youth (including schools) have been invited to engagement sessions and promotional materials have been distributed province wide.

Curriculum Content includes:

- Indigenous Culture as Foundation
- Emotional Intelligence
- Changes in the Brain
- Substance Use and Misuse
- Resiliency
- Life Promotion
- Culturally Relevant Harm Reduction Approaches



Wazate (Osage)

Kuei!

First training delivery in an Indigenous language!

Thunderbird experienced an historical moment in November 2021 when two Innu Certified Regional Trainers delivered Land for Healing training in their own language. The training was delivered in Ekuanitshit, Quebec.

One of the elements of the training explores cultural safety. While both trainers speak French, and had French training material, participants were asked to share what helps them feel culturally safe. The majority said it is being able to speak Innu.

Taking training in Indigenous languages helps create a safe environment and cultural safety for training participants.

ᓇᓄᓐ - Iyilyiw (Naskapi)

Community of Practice gets new features and enhancements

Thunderbird's Community of Practice (CoP) has come a long way since its inception in early 2020 and as a response to a user survey we were able to do some great enhancements this past year!



Wazāže (Osage)

The (CoP) is a platform to support our training programs to connect people, enable dialogue, stimulate learning, and to capture and share knowledge. The CoP is home to our Train-the-Trainer (TTT) Journeys and CoP Hubs (including the Community Wellness Hub).

Engagement of the various platforms on the CoP increased by 46% over the previous year, with a total of 612 new enrollments. A total of 1338 people had access to the CoP this year.

Thunderbird conducted a CoP Baseline Assessment Survey in November 2021 to gather feedback from users on their experience. Most respondents indicated the CoP improved their sense of Hope, Belonging, Meaning, and Purpose.

The survey's findings helped us understand which aspects of the CoP needed to be improved. In response to the feedback new features and enhancements include:

To view a short video detailing the CoP's new features scan here:



A new URL for the CoP, community.thunderbirdpf.org



Native Zoom integration allowing us to host events using Zoom directly on the CoP.



A new homepage, and a more user-friendly design that makes navigation easier.



A CoP Events page, which enables CoP members to quickly view and join CoP events via Zoom.



A Member Dashboard which provides CoP members with an opportunity to keep track of their activities on the CoP and to stay connected with the community.



A Global Search function, allowing CoP members to easily find the information they are looking for.

We remain committed to delivering the best possible experience for our CoP members. One that fosters Hope, Belonging, Meaning and Purpose. For more information please email training@thunderbirdpf.org







Here's a glimpse of what some participants shared about the course:

"I would like for our youth to participate in this training."

"I enjoyed it a lot, learned a lot and especially when we want to do something for our community. Keep our language, our culture for our children, grandchildren."

Online course engagement still strong

Thunderbird’s online courses continue to be the go-to resource for people looking to increase their knowledge and skills. The online courses are located on Thunderbird’s website.

	Total Course Enrollments for 2021/2022 Fiscal Year
 CLINICAL SUPERVISION	61
 DEVELOPING A BASKET OF SCREENING AND ASSESSMENT TOOLS FOR MENTAL WELLNESS WORKERS	138
 INDICATORS TO ASSESS CULTURAL COMPETENCY	107
 INTAKE, REFERRAL, DISCHARGE AND AFTERCARE PLANNING	98
 PRESCRIPTION DRUG ABUSE	106
 WISE PRACTICES FOR VIRTUAL CARE <i>(available since July 2021)</i>	82
	592

Regional Training supports community crisis response

This past fiscal year, Regional Trainers led five (three day long) deliveries of Community Crisis Response training. Thunderbird would like to recognize our Regional Trainers for their continued efforts, as they have put training into action, while at the same time providing real-time crisis response in their communities.



Our Regional Trainers have done an excellent job in providing a virtual training experience rooted in culture and strength-based connections, taking time to use medicine, connecting with the land, and sending prayers for the training participants virtually.

Comments from training participants of our Regional Trainer led deliveries



The facilitators and staff doing the training were amazing, keep up the good work!



Very well done, the speakers were motivational and very well versed in their field. Thank you for this opportunity to learn.



All the training had a big impact on me as it had to do with what we as crisis workers would have to deal with. The training was absolutely amazing.



The facilitators were very inclusive and I thought this workshop would be very dry and boring. It was NOT! The facilitators had a way of keeping the material flowing well with lots of interesting interaction.



Thunderbird Wellness Days focus on all aspects of employee wellness

In order to support wellness in First Nations communities Thunderbird realized wellness starts at home!

So, a wellness days policy for staff was developed and launched at the end of 2021/22 fiscal as part of becoming a trauma informed organization. With the assistance of the Trauma Informed working group, a wellness program template will be created and modified for Thunderbird's employees so that it maps to Hope, Belonging, Meaning and Purpose. Four wellness days per year are now offered to employees to use quarterly to focus on their spiritual, emotional, physical and mental well being.

The effectiveness of the policy will be assessed to ensure it's working as intended.

Breathe

Ho-Chunk (Winnebago)

Thunderbird's Organizational Checkup



Stakeholders reviewed Thunderbird's delivery of services in fiscal year 21/22. They identified strengths and gaps, along with priorities and next steps. The organizational checkup will repeat in 2023-24 marking the final year of Thunderbird's current five-year strategic plan.

The review interviewed and surveyed treatment centre staff, community workers, as well as regional and national partners. Here's what they had to say:

Visible Strengths

Thunderbird has reorganized and grown. This has resulted in better staff accessibility, responsiveness, and available services. Thunderbird's recruitment abilities and staff competence helped carry out its vision. Participants empathized with the challenges of growing the organization.

Capacity

Respondents identified the need for additional staff capacity. This would help support priorities currently held by the CEO. They cited the need for better communication for points of contact, specifically with staff turnover. They acknowledge that Thunderbird does a good job supporting youth voices.

Service Effectiveness*

*(main themes identified in feedback)

Culture as Foundation

Thunderbird supports a culture as foundation approach. Thunderbird demonstrates this through its policies and processes to include and protect Indigenous Knowledge in its work.

Pandemic Response

Overall, 86% of stakeholders believe Thunderbird responded effectively to the COVID-19 pandemic. One example of this is the peer support from the NNADAP/NYSAP treatment centre calls. They also said new virtual training opportunities helped make Thunderbird's pandemic response effective.

Leadership

Respondents acknowledge Thunderbird as a widely recognized leader in First Nations mental wellness, substance use, and addictions. They see this leadership demonstrated through partnerships, policy, advocacy, and capacity building.

Overall satisfaction

The majority of respondents (89%) believe Thunderbird delivers services effectively. They cite overall accessibility and usefulness of 1) resources, 2) training, 3) research and data management, 4) communication, and 5) knowledge exchange.

Grief and loss during the pandemic – identifying ways to help

The COVID-19 pandemic cut off access to cultural practices and greatly increased grief and loss within First Nations communities. As we know, Indigenous Knowledge and culture-based practices can support communities and families in their grief.

As a result, Thunderbird developed a survey to help identify what supports First Nations communities need from Elders, cultural practitioners, and youth. Survey results are guiding the content for brief stories and teachings that will be presented in print, pdf, and video formats to make connections to existing resources such as mediation videos, and the Culture for Life and Wise Practices websites. The survey ran during January and February 2022.

What people told us:

- Almost all reported a loss of connection (from family, friends, community, land, spirit, etc.)
- Other losses included loss of family systems/structures, loss of employment, loss of safety after a trauma
- Most reported cultural supports were available to them: traditional medicines, sharing of food, family supports and programs, and talking with an Elder
- Children and youth, people who use drugs, Elders and seniors, and people experiencing homelessness were all identified as groups that needed specific supports.
- The mental wellness workforce provided ways they support clients with grief, most stating support is offered by being there, through counselling, and ceremonial practice.

The information from the surveys is being shared with Elders and youth, with resource development to follow.

Additional Guidance needed from Elders, Cultural Practitioners, and Knowledge Keepers around grief and loss

Grief during the pandemic

- Pandemic safe ceremonies and practices to support grief
- Suggestions for moving forward out of the pandemic (learnings we can bring from the pandemic)
- How to heal from impacts of the pandemic
- Considerations for returning to pre-pandemic ways of being

General guidance for grief

- General teachings on grief, and ways to support
- How was grief & loss supported before, through ceremony, traditional teachings and Knowledge?
- Traditional practices for funerals; how to support 1st year after loss, feasting, etc.
- Teachings specific to death and life stages after death
- How to overcome hardship
- Strengths based approaches to grief that nourish hope, support heart-to-heart connection

General guidance

- Suggestions/supports for specific groups (e.g., youth, Elders, homeless, those who use substances, etc.) for grief, and in general
- The meaning of community
- Value of life (Spirit)
- Teachings about the ancestors

Guidance from Youth

- What inspires and connects you to life?
- What sources of meaning do youth draw on while struggling?
- What are youth-specific needs and how have those needs been met?

Workforce Mental Wellness Strategy – Developing a workplan to advocate for funding equity

Thunderbird continues its work on policy development to support First Nations worker wellness. Specifically, Thunderbird continues to advocate for equitable community-based funding for First Nations treatment centres. This includes building capacity and more importantly ensuring the retention of high quality staff.

The existing funding formula for National Native Alcohol and Drug Abuse Programs (NNADAP) only considers remoteness and bed occupancy rates and has not been updated since it was created 30 years ago (1992).

Chronic underfunding and staffing issues have been heightened with the COVID-19 pandemic. As well, the discovery of residential school child graves, the opioid and methamphetamine crisis, fires and floods in communities have all contributed to issues of emotional and physical burnout in the workforce. Treatment centre frontline workers have continued to provide support to their clients while at the same time dealing with these crises in communities.

Thunderbird has partnered with a leading health focused consulting firm called Santis Health to develop a workplan for advocacy to create funding equity. Santis Health has extensive experience working with non-profit groups in the health care and mental health sectors. Phase 1–the development of an advocacy plan and supporting documents is underway. Phase 2 will involve direct advocacy moving forward and include meetings with key decision makers at the federal and provincial levels.

Treatment centre calls expand to learn from guest speakers

Since they began at the start of the pandemic, the treatment centre conference calls continue to offer peer-to-peer support and inspiration, education, pandemic response, and opportunities to identify needs and celebrate innovation. The treatment centre calls are attended by treatment centre staff and directors, outreach/intake staff, community organizations, and regional First Nations and Inuit Health Branch partners.

In 2021/22, the bi-weekly call expanded to include speakers from a variety of subject areas:



Opioid replacement therapy



Traditional teachings



Virtual treatment, residential detox



Land-based programming



Recruitment and retention



COVID-19 specific discussions (e.g., vaccines, rapid tests, other resources)

Innovations by First Nations treatment centres were featured in an article submitted by Thunderbird for the February edition of SAY Magazine. The article drew from the presentation by treatment centres at the CCSA's Issues of Substance event. You can read it here: <https://saymag.com/first-nations-treatment-centres/>



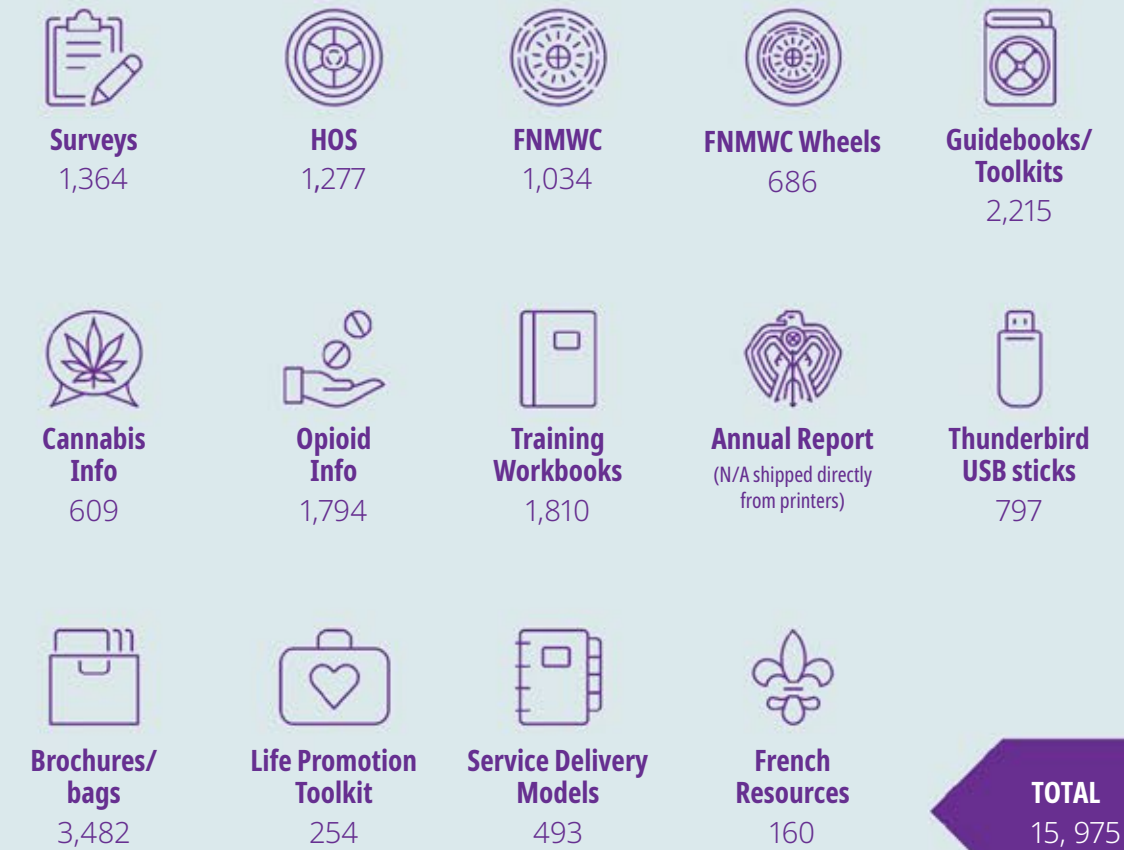
- The treatment centre calls also resulted in specific information shared and further opportunities to engage stakeholders:
- Rapid tests from First Nations and Inuit Health Branch (FNIHB)
 - Healthcare Excellence Canada funding
 - Canadian Centre on Substance Use and Addiction, Issues of Substance 2021 Conference presentation by First Nations Adult and Youth Treatment Centres, on Success in Virtual Treatment Services.

Thunderbird also highlighted chronic underfunding of First Nations addictions services, by producing a video with Rolanda Maniwabi, Executive Director, Ngwaagan Gamig Recovery Centre – "Rainbow Lodge", Wikwemikong Unceded Territory. The video was shared on social media platforms to mark National Addictions Awareness Week. View it here: <https://youtu.be/WARUPjpj8g8>

Demand for Thunderbird Resources continued in 2021

In 2021/22 Thunderbird continued to send out hard copy resources to individuals as training continued to be mostly virtual. However better planning for the shipments resulted in fewer expedited parcels. (for 20-21: 47,073 parcels; for 21-22 fiscal - 34,214 parcels)

As well, Thunderbird was proud to mail out french language resources for our first time french training deliveries.



Sadly missed by all

Thunderbird’s second National Elder, Howard Walker and his wife Elaine have begun their spirit journey home together, giving their breath back to the Creator on March 11th, 2022. The couple lived in Sturgeon Lake, Saskatchewan, and were known for their kindness and generosity of spirit, opening their hearts and home to anyone in need.

Elder Howard’s life work was dedicated to supporting children at risk, people struggling with substance use, and those serving time in jail. He spoke four languages – Cree, Saulteaux, Ojibway, and English and was a gifted storyteller and motivational speaker, drawing strength from his cultural knowledge and lived experience.

Elder Howard was appointed second National Elder by Thunderbird’s Board of Directors in 2019. Since then, he came to be affectionately known as *Mooshum*, (*Grandfather*) by various working groups he joined, providing support to Thunderbird initiatives including development of a media campaign to support Indigenous harm reduction approaches. Elder Walker’s wife Elaine was a huge support to him and Thunderbird, providing hands-on tech support to get him connected to virtual meeting platforms.

“We were truly blessed with the kindness and wisdom of Elder Walker and his wife Elaine – they are both dearly missed by all who knew and cherished them,” says long-time friend Austin Bear of Muskoday First Nation, who serves as president of Thunderbird’s Board of Directors.

Plains Cree

Conferences and Events

APRIL 2021

Anishinabek Nation, Mental Health & the Opioid State of Emergency • *Presentation and Survey Meeting*
Assembly of First Nations, Mental Wellness Committee • *Committee meeting*
Canadian Federation of Medical Students: Lobby Day Indigenous Mental Wellness • *Presentation*
COVID-19 Public Health Working Group on Remote & Isolated Communities • *Presentation: Substance Use, Land Based Services and Life Promotion*
First Nations Librarians • *Presentation: Cultural Trauma-Informed Approaches*
Health Canada Expert Task Force for Substance Use • *Co-Chair meeting • Progress Report Meeting*
Thunderbird Board of Directors Training Workshops • *Indigenous Leadership Workshop*
Ontario Treatment Centre Directors • *Bi-Weekly Update*
Assembly of First Nations, COVID-19 Response and Recovery • *Working Group Meeting*
Youth Suicide Prevention & Mental Health Services • *Presentation, Day of Dialogue with Experts and Advisory Board*
Shkaabe Makwa Leadership Circle (CAMH) • *Leadership Circle Meeting*

MAY 2021

Assembly of First Nations, Mental Wellness Committee • *Committee meeting*
Canadian Sociology Association Conference • *Presentation: Working Towards Equitable Access to Treatment of Substance Use for Indigenous People: Indigenous Drug Policy*
Indigenous Services Canada, Indigenous youth mental wellness • *Project Meeting*
Ontario Treatment Centre Directors • *Bi-Weekly Update*
Health Canada Expert Task Force for Substance Use • *Opioid Response Team at Health Canada Meeting*
Assembly of First Nations, Languages Center • *Change Management Workshop: An Indigenous Worldview*

JUNE 2021

Indigenous and Northern Affairs, Standing Committee • *Presentation: Sex Trafficking of Indigenous Peoples*
Ontario Treatment Centre Directors • *Bi-Weekly Update*
Assembly of First Nations, Mental Wellness Committee • *Committee meeting*
Murdered & Missing Indigenous Women and Girls, Data Sub working Group Cochair • *National Online Session*
Thunderbird Board of Directors Training Workshops • *Surveillance, Data, Information Management Workshop*
Kina Gbezhgomi Child, and Family Services • *Harm Reduction Workshop*

JULY 2021

Assembly of First Nations, Mental Wellness Committee • *Committee Meeting*
FSIN Treaty Right to Health Forum • *Panel Discussion: Traditional Health and Wellness*
Assembly of First Nations, Annual General Assembly • *Virtual Booth*
Kina Gbezhgomi Child, and Family Services • *Harm Reduction Workshop*
Ontario Treatment Centre Directors • *Bi-Weekly Update*
Thunderbird Board of Directors Training Workshops • *Organizational Evaluation*

AUGUST 2021

Ontario Treatment Centre Directors • *Bi-Weekly Update*
World Indigenous Suicide Prevention Conference • *Keynote Presentation • Workshop Presentation: Culture as Foundation/ Native Wellness Assessment • Workshop Presentation: Buffalo Riders • Workshop Presentation: Culture & Epigenetics • Workshop Presentation: Community Crisis Response • Youth Life Promotion Panel Discussion and Launch of Life Promotion Toolkit • Virtual Booth*

SEPTEMBER 2021

Ontario Treatment Centre Directors • *Bi-Weekly Update*
International Meeting on Indigenous Children’s Health (IMICH) being led by both the American and Canadian Pediatrics Society • *Panel Presentation: Cultural and Traditional Health Programs in Children and Youth*
AFN COVID-19 Virtual Forum • *Sharing Lessons Learned and Supporting a New Path Forward • First Nations Mental Wellness, Co-Presenter*
Indigenous Mental Wellness Webinar • *Virtual Event, Co-presenter*
META PHI Conference • *Conference keynote speaker*
Red Roads Wiping of the Tears Gathering • *Presentation: Neuroscience and Resiliency: How Ceremony Does Change the Brain*
Thunderbird Board of Directors Training Workshops • *Trauma Informed Care Workshop*

OCTOBER 2021

Thunderbird Partnership Foundation, Pandemic Planning & Response Working Group • *Working Group Meeting*
Ontario Treatment Centre Directors • *Bi-Weekly Update*
PSA World Pain Summit • *Panel Presentation: Equality, Diversity and Inclusion*
Canadian Mental Health Association Conference • *Windows of Change: Decolonization and Mental Health Equity for First Nations • Keynote: Mental Health for All*
First People Wellness Circle • *Board of Directors Meeting*
Atlantic Indigenous Health Conference • *Presentation: Mental Wellness*
Advance 2021 Wellesley Institute’s Health Equity Symposium • *Panel Discussion: COVID-19 Community Impacts*

NOVEMBER 2021

Canadian Centre on Substance Use and Addiction, Issues of Substance Conference • *Poster Presentation: Cannabis Education for First Nations Train the Trainer • Workshop Presentation: Land for Healing Train the Trainer Program • Presentation: Indigenous-Led Research: Experiences of Cannabis and Mental Health*
Thunderbird Partnership Foundation • *Opioid and Methamphetamine Speaker Series: Active Treatment*
Ontario Treatment Centre Directors • *Bi-Weekly Update*
Canadian Executive Council on Addictions, Cochair • *Annual General Meeting*
Building Relationships and Partnerships Between Indigenous Communities and Health Organizations • *Panel Speaker*
First Peoples Wellness Circle National Gathering • *Panel Discussion: Breaking Down Barriers to Wellness*
Executive Leadership Network Meeting • *Panel Speaker*
Canadian Mental Health Association (CMHA)
ciwina Mâyitôtakowin Webinar Series • *Presentation: Indigenous Knowledge and Culture are an Important Foundation to Harm Reduction*
First Nations Health Managers Association Conference • *Presentation: Culture and Racism*
Grand Round Session McMaster University • *Presentation: Indigenous Knowledge*
Canadian Society for Addictions Medicine 2021 Scientific Conference • *Session Presentation • Honouring the Strengths of First Nations in Substance Use Challenges*

DECEMBER 2021

First People Wellness Circle • *Board of Directors Meeting*
Ontario Treatment Centre Directors • *Bi-Weekly Update*
Thunderbird Partnership Foundation • *Opioid and Methamphetamine Speaker Series: Collaborative Partnerships • Opioid and Methamphetamine Speaker Series: Harm Reduction*
Assembly of First Nations, Special Chiefs Assembly • *Virtual Booth / Teatime*
Thunderbird Board of Directors Training Workshops • *Opioids, Methamphetamine, Cannabis Workshop*

JANUARY 2022

Independent First Nations Alliance • *2 Virtual Methamphetamine Town Halls*
Ontario Treatment Centre Directors • *Bi-Weekly Update*
Learning Network of Western University • *Webinar Presentation: Vicarious Trauma - An Indigenous Perspective: Cultural Strengths as the Roots of Resilience for Healing Trauma and Building Worker Wellness*
KDE Annual Symposium • *Keynote speaker • Mental Health Promotion in Canada: Helping it Flourish*
Wellness Through Trauma Informed Communities • *Walpole First Nation Council Managers & Council • Meeting*

FEBRUARY 2022

Yukon Government, Mental Wellness Summit • *Presentation: Strength-based Data – Native Wellness Assessment*
First People Wellness Circle • *Board of Directors Meeting*
First Peoples Wellness Circle, Indigenous Crisis Debriefing Model • *Working Group Meeting*
FNHMA Town Hall • *Mental Health in COVID-19 Pandemic*
Wellness Through Trauma Informed Communities • *Walpole First Nation Council Managers & Council • Zoom Meeting*
Mental Health Commission of Canada – Canadian Centre on Substance Use and Addiction, Cannabis Webinar Series, Winter Edition • *Presentation: Indigenous-Led Research: Experiences of Cannabis and Mental Health*
Chiefs of Ontario, Annual Health Forum • *First Nations Opioid and Methamphetamine Use – National Survey Preliminary Results Presentation*
Thunderbird Partnership Foundation • *Opioid and Methamphetamine Speaker Series: Lived Experience • Opioid and Methamphetamine Speaker Series: Aftercare and Recovery Housing • Board of Directors Training Workshops: Land and Culture Based Practice*
Chiefs of Ontario, 16th Annual Health Forum • *Virtual Booth*

MARCH 2022

First People Wellness Circle • *Board of Directors Meeting*
Ontario Treatment Centre Directors • *Bi-Weekly Update*
First Peoples Wellness Circle, Indigenous Crisis Debriefing Model • *Working Group Meeting*
First Nations Health Managers Association Covid-19 Town Hall Takeover • *Live Stream/APTN Broadcast: Indigenous Approaches in Harm Reduction*
Nishnawbe Aski Nation – Working Together to Empower our Youth / For Crisis Workers Who Support Youth • *Workshop Presentation: Buffalo Riders Program*
National Native Alcohol and Drug Abuse Treatment Centres, Board of Directors • *Governance, Training*
Thematic Roundtable with Minister Bennett on Suicide Prevention • *Virtual zoom roundtable on suicide prevention*

OUR LIVES HAVE MEANING



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