

**CENTRE FOR HEALTH PROMOTION
University of Toronto**

**ONTARIO HEALTH PROMOTION SUMMER
SCHOOL**

JUNE 25- 27, 2007

« MENTAL HEALTH PROMOTION »

**CROWNE PLAZA HOTEL (TORONTO DON
VALLEY)
TORONTO**

**SERIES 1
FIRST PEOPLES' PROGRAM
« MEDICINE WHEEL »**

**WORKSHOP SUMMARIES
&
PRESENTERS' BIOGRAPHIES**

SERIES 1 – MEDICINE WHEEL

NB: An integrated set of workshops and lectures will be offered within each series. Participants are advised NOT to consider attending workshops within different series.

FIRST PEOPLES' CEREMONIES – HPSS OPENING and CLOSING

Jan **Kahehti:io** Longboat, Elder, Traditional Teacher,
Herbalist, Keeper of Indigenous Knowledge

Walter J. Cooke, Elder/Counsellor, Ojibway-Cree of the Bear Clan

Monday, June 25, 9:00 - 11:00 a.m. (Opening) and Thursday, June 27, 2:30 - 3:00 p.m. (Closing)

The Opening and Closing is done in a traditional Anishnawbek manner. It is Ceremony. We generally have four sacred medicines that are burned: tobacco, cedar, sage and sweet grass.

This particular ceremony is as old as time. All original Nations have their own ways to do this. It is not acceptable to consider one 'way' better than another. Instead, all ceremonies are highly regarded and respected for their sacred nature.

Anishnawbek Way brings a holistic approach that integrates spiritual, physical, mental and emotional aspects of ourselves and the world around us. Through the process of opening and closing, we literally explore what surrounds us and what is inside us. We want to ensure that we are gathering everything we need to carry out the tasks ahead.

It is to help bring the body, mind and spirit of each of us together. Ceremony also reminds of us how we are to behave in a balanced manner for the benefit of ourselves and generations that will follow.

We welcome everyone to join in ceremony as we open the Health Promotion Summer School.

ELDERS' BIOGRAPHIES: Jan **Kahehti:io** is the mother of three daughters, one son and ten grandchildren. She is the keeper of Earth Healing Herb Gardens and Retreat Centre at Six Nations.

During her life she has experienced the many losses of our values, culture, language and traditional healing arts and medicines. For most of her life, Jan has worked in education and the healing arts to bring back what she has experienced in loss.

She has focused on the `power of the Good Mind` to bring about well-being in her life and now teaches in her community and in learning institutions around the country.

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Jan Kahehti:io believes our ancestors have left us a great legacy of knowledge in how to have `good well-being`. Our responsibility is to go back and pick up the pieces that we have left along our journey of 500 years.

Jan Kahehti:io presently services First Nation communities in Indigenous practices of Healing and Well-being.

Walter Cooke (Star Watcher) presently resides in Winona, Ontario and was originally born in Berens River, Manitoba. He works as an Elder/Counselor for De dwa da dehs nye>s Aboriginal Health Centre in Hamilton, Ontario. Walter has been doing traditional healing work for approximately 20 years. His teachings come from listening to elders and in large, from his own way of life and that of his parents. He is from the Ojibway – Cree nation and is from the Bear Clan. Walter facilitates a Healing Journey Program at the Aboriginal Health Centre. He obtained his counseling certificate through Mohawk College.

Walter has also been involved with the 'Outdoor Adventure Camp', a community health initiative offered by the Aboriginal Health Centre's Health Promotion and Education Services. At camp, he provides cultural teaching/story telling to youth and parents and begins each day with a Sunrise Ceremony. He has also been involved with many Aboriginal Agencies/Organizations in Hamilton in addressing their own healing journeys.

OPENING PLENARY SESSION	
« Key Concepts in Mental Health Promotion »	Monday, June 25, 9:00 – 11:00 a.m.
Suzanne Jackson, PhD, Director (Centre for Health Promotion) and Chair of Health Promotion Summer School	Centre for Health Promotion
Marianne Kobus-Matthews, Senior Health Promotion Consultant and Co-Chair of Health Promotion Summer School	Centre for Addiction and Mental Health

SUMMARY: Mental health promotion definitions and key concepts will be presented in the form of a model in the opening plenary for all participants. The model includes socio-environmental and individual risk factors, protective factors and the determinants of health. Turning these concepts into practical actions means there are certain strategies that are appropriate and necessary. These will also be described. The Summer School Co-Chairs will present this model and describe how the other sessions in the summer school will fit with the model. We will draw on children's perspectives on mental health and incorporate some of the information from an international symposium on mental health promotion that will be held in Vancouver on June 10th.

PRESENTERS' BIOGRAPHIES: **Suzanne Jackson** is the Director of the Centre for Health Promotion at the University of Toronto. She has conducted research in community capacity indicators, economic evaluation in health promotion, empowerment indicators, indicators of health promotion for international use, and community systems. She specializes in participatory planning, research and evaluation consultations with grassroots community groups and community health organizations. Suzanne has worked in health promotion research for almost ten years in Canada and internationally and she has eleven years accumulated experience working in the public sector for the Ontario Ministry of Health and the Toronto Department of Public Health. Suzanne received her PhD from the School of Urban and Regional Planning at the University of Waterloo. She has been President of the Ontario Public Health Association, vice-president of the Canadian Public Health Association and chair of the Board of Directors of ICA Canada (a community development and facilitated group decision-making organization). She has been invited to speak on health promotion topics in various parts of Canada, USA, Jakarta, Australia, Mexico, Colombia, Germany, and Brazil

Marianne Kobus-Matthews: As a Senior Health Promotion Consultant at the Centre for Addiction and Mental Health (CAMH), Marianne Kobus-Matthews works with external partners & CAMH colleagues to ensure the strategic direction to enhance health promotion is carried out. Marianne provides training to a range of professionals, and assists in the development of resources to support communities in their prevention, health promotion and harm reduction efforts.

Marianne coordinates the provincial campaign on the Low-Risk Drinking Guidelines and represents CAMH on various provincial and national committees, networks and alliances focused on health promotion and mental health promotion, healthy public policy, and chronic disease and injury prevention. Marianne is the project lead for Culture Counts:

Best Practices In Community Education in Addiction and Mental Health with Ethnocultural Communities, and the CAMH lead on the development of “*Mental Health Promotion Best Practice Guidelines for Children and Youth*”, a resource that provides health and social service practitioners with current evidence-based approaches in the application of mental health promotion concepts and principles.

SERIES 1: CORE SESSION 1 (Introduction)	
« Medicine Wheel: Models and Theories: Four stages of growth and development: Birth to Elder »	Monday, June 25, 11:00 a.m. – 12:00 noon
Jan Kahehti:io Longboat, Elder, Traditional Teacher, Herbalist, Keeper of Indigenous Knowledge	Earth Healing Herb Farm and Retreat Centre

SUMMARY: The workshop will focus on the cultural teachings of the male and female from Birth to Elder.

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SERIES 1: CORE SESSION 2 (Emotional)	
« Elemental Healing – Emotional Well Being »	Tuesday, June 26, 9:00 – 10:30 a.m.
Ron Kanutski, Cultural Teacher, Group Facilitator, Consultant and Counsellor	Care Consulting, Children’s Centre, Thunder Bay

SUMMARY: Elemental healing is the harnessing of energy or utilization of the first four basic elements of earth (Fire, Air, Water, & Rock) for the purpose of healing or strengthening one’s holistic self. Examples of this powerful form of healing are the Sweat Lodge Ceremony or sauna. We will discuss other ways to utilize this methodology for our clients, patients and ourselves. (Individuals with 1st nation drums or rattles attending the session are encouraged to bring them to participate throughout the presentation.)

PRESENTER'S BIOGRAPHY: Ron Kanutski has dedicated 17 years to the human services field, working in Canada and the United States of America in the provinces and states of Ontario, Manitoba, Wisconsin, Michigan, Minnesota and Illinois.

Ron has delivered a wide variety of mental health, addiction and culturally based seminars, workshops and services to Aboriginal and Non-Native children, youth and adults residing in urban, rural, and remote communities.

Ron Kanutski brings a lifetime of instruction and training from numerous Ojibway, Oji-Cree and Cree elders, healers, drum keepers, pipe carriers, lodge keepers, storytellers and medicine people to his work. These experiences strengthen his abilities as a teacher, counsellor, husband, father, helper and friend.

Ron believes that his gift is his natural ability to blend traditional Ojibway healing methods and ceremonies shared by the elders with mainstream healing modalities. This combination provides unique learning opportunities and healing experiences for groups and individuals.



SERIES 1: CORE SESSION 3 (Physical)	
« FASD – A Neuro-psychiatric Attention Disorder »	Tuesday, June 26, 11:00 a.m. – 12:30 p.m.
Dr. Barry Stanely M.B., Ch.B., F.R.C.S. ©	De dwa da dehs nye s Aboriginal Health Centre (Hamilton/Brantford)

SUMMARY: This presentation will involve the chronological history of FASD, the 4 digit code, FASD Diagnostic Assessment, and the physical/neurological anomalies from pregnancy to birth.

PRESENTER'S BIOGRAPHY: Dr. Barry Stanley currently devotes his time and expertise between his private practice in Burlington, Ontario and De dwa da dehs nye>s Aboriginal Health Centre in Hamilton. His commitment and dedication to his profession has spanned over four decades and his tireless efforts to undertake the scope of issues that surround FASD (Fetal Alcohol Spectrum Disorder) stem from his personal journey with his son, who suffers from ARND (Alcohol Related Neurodevelopmental Disorder). He is professionally affiliated with numerous organizations/committee's that are dedicated to the education and increased awareness of FASD and has provided several

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related presentations to members of both the professional and non-professional sectors. Eventually, Dr. Stanley would like to confine his practice to the treatment of individuals who suffer with FASD and the families and communities that support them. He resides with his wife, May Stanley, in Oakville, Ontario.

SERIES 1: CORE SESSION 4 (Mental)	
« Intergenerational Trauma »	Wednesday, June 27, 9:00-10:30 a.m.
Peter Menzies, Service Manager, Aboriginal Services	Centre for Addiction and Mental Health (CAMH)

SUMMARY: Numerous theories have been offered to explain the over-representation of Aboriginal peoples in prisons, child welfare, experiencing homelessness and the high rate of addiction and mental health issues. Explanations for this phenomena range from genetic/isolation from urban centres, unemployment, discrimination and racism. Current aboriginal research is suggesting that Aboriginal peoples are suffering from intergenerational trauma. This workshops will help participants identify components of intergenerational trauma and how to work within this model.

PRESENTER'S BIOGRAPHY: Peter Menzies, Ph.D. (Toronto). Dr. Menzies is the Clinical Head Manager for the Aboriginal Services, Centre for Addiction and Mental Health in Toronto. He has over 20 years experience in the field of social work in such areas as child welfare, income maintenance, homelessness, addiction and mental health. Peter is a member of Sagamok Anishnawbek First Nation, and sits on the Toronto Aboriginal Community Council, as well as various community boards. Peter has completed his Ph. D. at the University of Toronto - Aboriginal Studies. Peter teaches at the Toronto Hostel Training Centre, and has lectured at Laurentian University, Ryerson University and the University of Toronto. His research interests include Aboriginal homelessness, intergenerational trauma, child welfare, addiction and mental health. He has published numerous articles regarding Aboriginal health issues, and is a member of the Ontario College of Social Workers and Social Service Workers.

SERIES 1: CORE SESSION 5 (Spiritual)	
« Walk for Life Campaign – Walking with the Ancestors, Feeling the Energy of the Land, Finding Balance »	Wednesday, June 27, 11:00 a.m. -12:30 p.m.
Jeff Desmoulin, Band Council Chief	Pic Mobert First Nation

SUMMARY: Pic Mobert First Nation Youth - Walking with the Ancestors, Feeling the Energy of the Land, Finding Balance

“Our land, our spirituality and our life are one.”

A team of relay runners carry the flame from Pic Mobert First Nation, Ontario, north towards Thunder Bay, then across northern Lake Superior to Selkirk, Manitoba, where they receive the honor of lighting the sacred fire of the Sundance. Along the way, they ask other youth aged 18 and over to join their healing journey.

The Chief of Pic Mobert and a small group of support staff led 16 youth on a spiritual walk to address prescription drug abuse on this small northern community with a total population of 800, the walkers made their way across turtle island on a 1300 km trek to their goal destination to attend the Sundance Ceremonies held June in Selkirk, Manitoba, the original home of the Pequis First Nation before they were relocated to their new land. Addictions among our First Nations people run rampant in this small community and finding ways to heal our communities is an ongoing healing journey.

PRESENTER’S BIOGRAPHY: Jeff was elected to the position of Chief over a year and half ago. Prior to being elected to position of Chief, he worked at the Battle Mountain Gold Mine for 22 years. He is married with four children, two young men and two young women, and one grandchild.

Jeff's aspirations lie in the healing of our communities. He says "Children don't get to vote, so we must turn to our own accountability. Focus must be placed where it should be - we must believe in our youth and listen to them.

Jeff believes that in changing the youth's perspective from negative to positive, by being good role models, by believing in them and acknowledging what they say we can transform their ideas into healing programs for their benefit and their peers. And so, we will have good leadership for the future. Miigwetch.



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