

SERIES 1
FIRST PEOPLES' PROGRAM
« MEDICINE WHEEL »

**ONTARIO HEALTH PROMOTION SUMMER
SCHOOL
JUNE 23- 25, 2008**

***« HEALTH PROMOTION UNDER PRESSURE:
STRENGTHENING COMMUNITY ACTION »***

**CENTRE FOR HEALTH PROMOTION
University of Toronto**

**WORKSHOP SUMMARIES
&
PRESENTERS' BIOGRAPHIES**

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 23, 9:00 a.m. (Opening) and Thursday, June 25, 2:30 p.m. (Closing)
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The Opening and Closing Ceremonies are 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.

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	
<i>« Community Resilience, Health Crises and Health Promotion: How are they connected? »</i>	Monday, June 23, 9:30 – 10:30 a.m.
Olga Michie, Regional Officer, Emergency Preparedness & Response	Public Health Agency of Canada, Ontario and Nunavut Region

SUMMARY: This plenary will present the key concepts of emergency management - preparedness, mitigation, response and recovery. In each case, there is an important role for community resilience in enabling better handling of the crisis situation and in recovering afterwards. Then as we move into the health field, there are special considerations to understand. The basic actions and concepts in emergency planning and management will be described with an eye to the key roles that health promoters can play at each stage of a crisis. This session will give everyone a common understanding and language before going into each stream where specific aspects of this topic will be explored in more detail.

PRESENTER’S BIOGRAPHY: The EPR Section provides preparedness and response coordination for the federal health portfolio in the event of a public health emergency or disaster in Ontario or Nunavut. Prior to joining the public service in 2004, **Olga Michie** worked in employee assistance programs. She designed and managed national and international trauma and counselling programs and worked in responses to 9/11 in New York and SARS in Toronto.

Olga has an MA in Social and Political Thought from York University and an M.Ed in Applied Psychology from University of Toronto. She is a certified clinical counsellor and specializes in disaster mental health. Olga is member of the Ontario Association of Emergency Managers.

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.

SERIES 1: CORE SESSION 1 (Emotional)	
« <i>Community Support for a Community in Crisis: Kasheshewan and Friends</i> » (Panel presentation)	Monday, June 23, 11:00 a.m. – 12:00 noon
Allison Fisher, Executive Director	Wabano Centre for Aboriginal Health, Ottawa
Luanne Naponse, Central Registry Trainee, Jennifer Wynne, Field Worker, Social Services Department	Atikamesksheng First Nation Kashechewan First Nations

SUMMARY: During this panel presentation, participants will have the opportunity to hear various perspectives on the story of Kasheshewan, and how community partners came together to support those in need. Representatives from three communities will provide a retrospective illustrating challenges, success stories and lessons learned.

PRESENTERS' BIOGRAPHIES: **Allison Fisher** is a First Nations member of the community of Wikwemikong (We-Kwim-i-kong). Ms. Fisher has a Masters in Counselling Psychology from the University of Western Ontario.

In her more than 25 years' experience, in areas such as advocacy, research, policy analysis, management, counseling and assessment, Ms. Fisher's work in recent years, has focused on issues such as Aboriginal health and wellness, health education and promotion, and youth in custody. In addition to the range of responsibilities she has held in the federal public service, she has also worked in the private sector, including establishing and managing a viable and competitive business enterprise.

Ms. Fisher has served on several committees and non-profit organizations to encourage national and international Aboriginal industry and arts, and is a former Board member of the National Capital Commission. She has made presentations at a number of Native wellness conferences in the United States, the International Women and Health Conference at York University, and the Prime Minister's Task Force on Urban Issues.

She continues to provide cultural sensitivity training to several organizations, including Carleton University, the City of Ottawa, the Ontario Hospital Association, and the Children's Aid Society.

Luanne Naponse: Luanne coordinated two crisis evacuations for the Kashechewan people to the city of Sudbury. She worked with the people and the city of Sudbury. She worked with the Greater City of Sudbury EMS, Directors of Shkagamik Health Centre, the Ministry of Health,

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Dentists, Optometrists, walk-in clinics, schools and other community members to expedite help for our brothers and sisters while here in Sudbury.

Luanne is Ojibway from Atikameksheng First Nation. She went to Cambrian College for Native Studies and has worked in administrative positions with Ministry of National Resources and Atikameksheng First Nations. Her background is in accounting.

My name is **Jennifer Wynne**. I am 26 years old. I am from Kashechewan, Ontario... known as Swampy Cree. Cree is my language. I have three boys and one girl. I am a single mother, currently working at Kashechewan First Nation Social Services Department as a Fieldworker. I have six sisters and seven brothers, and around 35 nieces and nephews. Gladly, both parents are still here with us.

My life is very busy and stressful at times but I find time to relax through various ways. I like to work and support my children and pay my bills. I am a confident, outspoken, independent woman. I am known to be funny, caring and nice.

I was on the Crisis Team for four years as a volunteer, but not anymore. I am on the Emergency Committee as a volunteer for the past two months. I help whenever I can and when I have the time to help out in any emergency situations in my community.

During the evacuation my families' lives changes. It affected us in the ways that are impossible to imagine. My kids are worried every year about the floods. I assure and comfort my kids in any way I can to make them feel safe. Even though it affected us in a scary way, I tell them 'always be prepared in life' because you don't know what is coming your way.

This is me: I love my kids and my family dearly.

SERIES 1: CORE SESSION 2 (Physical)	
« TBD »	Tuesday, June 24, 9:00 a.m. – 10:30 a.m.
Bryan Laforme, Chief	Mississaugas of the New Credit First Nation

SUMMARY: TBD

PRESENTERS' BIOGRAPHIES: TBD

SERIES 1: CORE SESSION 3 (Mental)	
« <i>The Role of Sport, Recreation and Physical Activity in the Holistic Development of Individuals, Families and Communities</i> »	Tuesday, June 24, 11:00 a.m. – 12:30 p.m.
Marcia Trudeau, National Coordinator, Communications and Community Development	Women's Sport Circle

SUMMARY: Participants will learn about some of the ongoing initiatives of the Aboriginal Sport Circle. Four key areas will be examined: Athlete Development; Coach Development; Recognition of Excellence; and Community Development.

Particular attention will be focused on initiatives aimed at increasing opportunities for sport and recreation development at the community level; increasing opportunities for sport and physical activity for aboriginal girls and young women; and new initiatives of the Aboriginal Sport Circle.

PRESENTER’S BIOGRAPHY: Marcia Trudeau is a member of Wikwemikong Unceded Indian Reserve, on Manitoulin Island. A graduate of Brock University (Communications Studies and Sociology, Hons.), Marcia was also a member of the Brock Badgers women’s varsity field lacrosse team. She was the former editor/publisher of Wikwemikong’s community newspaper ‘The Wiky News,’ before joining the Aboriginal Sport Circle.

Marcia has been involved in many sports and recreation initiatives at the community, regional/provincial, and national levels. Working out of the Aboriginal Sport Circle’s satellite office in Ottawa, Marcia is responsible for Communications, Community Development, and Athlete Development/High Performance programs.

The Aboriginal Sport Circle (ASC) is Canada’s national voice for Aboriginal sport, which brings together the interests of First Nations, Inuit and Metis peoples. Established in 1995, the ASC was created through a national consensus-building process, in response to the need for more accessible and equitable sport and recreation opportunities for Aboriginal peoples. The ASC is a collective of Provincial/Territorial Aboriginal Sport Bodies. Each of them carries the mandate to represent the grassroots sport and recreation interests of the Aboriginal peoples of their regions. It is their voice that guides the direction of the ASC and establishes its national priorities. The ASC views sport and recreation as an integral part of the Aboriginal community wellness model because of its positive impact on the quality of people’s lives. Sport and recreation promote positive lifestyles, develop individual life-skills, encourage youth leadership, and reinforce family and cultural values. For these reasons, the ASC refers to sport and recreation as powerful medicine, because they can prevent many of the social ills facing Aboriginal peoples, and foster community healing. The ASC is committed to the development of Aboriginal athletes and coaches by supporting their efforts to achieve personal excellence through sport. The ASC takes a holistic approach to sport by promoting an environment which offers a balanced approach to the physical and mental, as well as the spiritual and cultural development of Aboriginal athletes, coaches and community sport leaders. The ASC takes a proactive approach to sport development. By partnering with mainstream sport organizations, we create integrative programs, which bring expertise in athlete and coaching development to Aboriginal communities.

SERIES 1: CORE SESSION 4 (Spiritual)	
<i>« Spiritual - Cultural Safety & Health Crisis Prevention & Response »</i>	Wednesday, June 25, 9:00 - 10:30 a.m.
Dawn Martin-Hill, PhD, Indigenous Studies	McMaster University

SUMMARY: This workshop will provide an overview of historical trauma and its health impacts as developed through community action. It is an opportunity to promote Indigenous Knowledge as a measure for responding to critical health issues facing Aboriginal peoples. ‘Jidwá:doh - Let’s Become Again’, a documentary focusing on the Elders’ understanding of historical trauma and directions to begin to heal collectively using Indigenous knowledge and traditional practices will be screened followed by a powerpoint presentation and Q & A period. This documentary was developed through community mobilization and action.

PRESENTER’S BIOGRAPHY: Dr. Dawn Martin-Hill is a co-investigator for the Indigenous Health Research Development Program, a Network Environment for Aboriginal Health Research centre funded by the Canadian Institutes of Health Research, Institute of Aboriginal Peoples

Health and participates in the Globalization and Autonomy Research Project. Her research interests concentrate on Indigenous women, medicine, knowledge and methodology. She is a recipient of the Canada U.S. Fulbright Award and her research has been sponsored by Social Science and Humanities Council, Canada Arts Council, Assembly of First Nations, Aboriginal Healing Foundation and the National Aboriginal Health Organization. She was manager of the International Indigenous Elders Summit 2004 and has produced two documentaries of a series of four. The first one is 'Jidwá:doh - Let's Become Again', a documentary focusing on the Elders' understanding of historical trauma and directions to begin to heal collectively using Indigenous knowledge and traditional practices. The second one is 'Onkwànistenhsera - Mothers of our Nation', a documentary examining the need for Indigenous women to reclaim, restore and revitalize their traditional knowledge that has been lost through centuries of colonialism. She has also completed "Sewatokwa'tshera't – The Dish with One Spoon", a documentary that provides an overview of the principles of the Haudenosaunee Great Law of Peace, early treaty arrangements verifying Six Nations long-standing relationships to lands in the southern Ontario region, and subsequent nation-nation agreements made between the Crown and the Six Nations Confederacy. Dr. Martin-Hill has published a number of articles on community wellness and Aboriginal women. She works on a national and international level promoting the protection and preservation of Indigenous Knowledge systems and recently has begun a partnership with the Amazon Conservation Team and the National Aboriginal Health Organization. Her book, 'The Lubicon Lake Nation: Indigenous Knowledge and Power', was published by University of Toronto Press January 2008.

SERIES 1: CORE SESSION 5 (Wrap-up)	
<i>« Next Steps »</i>	Wednesday, June 25, 11:00 a.m. -12:30 p.m.
Jan Kahehti:io	Earth Healing Herb Farm and Retreat Centre
Bernice Downey	Mino a ya win Consulting (and Chair of HPSS First Peoples' Planning Subcommittee)

SUMMARY: This session will be co-Chaired by Jan Longboat one of our Summer School Elders, and Bernice Downey the First People's Committee Chair. A summary of highlights and key learnings from the four core sessions in the First People's Stream will be provided. Feedback from session participants will be encouraged to allow participants an opportunity to reflect on their own experiences.

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

Bernice Downey is of Cree and Irish heritage, and a mother of three daughters. She is a Baccalaureate prepared Registered Nurse and Health Promoter by profession and she brings many years of experience related to her roles as the Chief Executive Officer of the National Aboriginal Health Organization, the Executive Director of the Aboriginal Nurses Association of Canada and her clinical practice in mental health, addictions and health promotion. She is the Principal for Mino a ya win – Good Health Consulting.

Bernice has participated in Aboriginal health policy/research initiatives at the community, regional, national and international levels. Her experience has been broadly focused in the areas of health human resources, health promotion, Indigenous health research, policy and advocacy. Bernice is currently a member of the Canadian Reference Group which is supporting the work of the Canadian Commissioner, the Honorable Monique Begin to the World Health Organization's Commission on the Social Determinants of Health. She is committed to the work towards reducing health inequities and achieving improved health outcomes for all Indigenous Peoples.