



**GIISHKAANDAGO'IKWE  
HEALTH SERVICES**

# **QUARTER 4 SERVICE REPORT**

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**2022-2023**

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# PUBLIC HEALTH

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## *Community Health*

The Community Health team continues to provide public health services for 8 First Nations communities of the Rainy River District. Since the beginning of the first quarter, the Community Health team has had 8,938 encounters and provided services to over 1,500 individuals.

The Community Health Nurses (CHN's) have completed over 680 community visits since the increase of community visits in June 2022. During these visits, the CHN's continued to prioritize public health by promoting and protecting the health of people and the communities. They did this by administering scheduled childhood vaccines, planning, administering COVID-19 and flu vaccines, completing prenatal and well-baby visits, distributing monthly milk coupons and providing over 80 clients Canada Prenatal Nutrition Program (CPNP) vouchers for children under the age of 2.

In addition, the Community Health Team continued to focus on ensuring that eligible community members are up to date with their COVID-19 vaccines for the purposes of protecting individuals and their families against severe COVID-19 disease, including hospitalization and death. The National Advisory Committee on Immunizations recommends receipt of monovalent mRNA Covid-19 vaccines to complete the primary series for all individuals 6 months and older, along with offering a booster dose at least 6 months after a previous COVID-19 vaccination or confirmed SARS-CoV2 infection, for those eligible.

In order to ensure the continuation of access for individuals to stay up to date on their vaccine or receive their primary series, the Community Health Team had held over 53 COVID-19 vaccination clinics and administered over 440 COVID-19 vaccines. Furthermore, the CHN's continued to ensure protection against infection of influenza viruses by administering over 450 flu vaccines to those individuals aged 6 months and older and continues to offer the vaccine to those eligible during their community visits.



Despite the challenges of receiving notification from the Ministry of Health that there has been a shortage on particular vaccines for the School Based Immunization Program, the planning and implementation of school catch-up vaccination clinics continues to remain a high priority for our CHN's. The CHN's resume working with their Health Directors and schools to ensure all students will be up to date with their vaccinations.

Substance use continues to be an impactful issue to all communities and their families. The Community Health Team provided 10 naloxone training sessions to 77 attendees, 73 in which were First Nation members. 2 Alerts were issued to communities to inform community members of the increase of specific substances circulating around the Rainy River District and their communities. Also, along with encouraging individuals to contact their CHN to access a naloxone kit or receive overdose prevention training.

Monthly educational sessions began to take place in February 2023 to each community for the purpose of providing information and resources about specific topics to individuals and their families. Topics of education included heart and stroke, international childhood cancer day, nutrition, poison control, and world tuberculosis day. A total of 8 sessions were implemented with 197 attendees. As the fourth quarter comes to a close and we begin a new fiscal season, the CHN's are excited to continue to plan and implement educational sessions, provide catch-up school vaccination clinics and promote access to blood borne disease testing. They will continue focusing on the prevention of illnesses, injury, and the promotion of health and maintenance of each community.





## ***Environmental Public Health***

The Environmental Public Health (EPH) team provided 105 community visits since the beginning of the fiscal year and participated in 44 community project meetings and provided 94 consultations. A total of 54 community requests were received and services have been provided based on each specific request to each community. 304 food, health products and health hazard consumer product recalls were also shared to the communities to mitigate risk and determine whether appropriate action was required.

The Environmental Public Health Officer continued to follow up on a number of public health related concerns such as two cases of Blastomycosis and investigated 17 animal bite reports since the beginning of the fiscal year, in order to ensure no risk of rabies transmission.

The EPH team continuous to review, collect and complete data entry for all colilert water test results that have been received from all communities. Our Water Quality Analyst went out to community 19 times to obtain quarterly samples. 10 times to complete annual samples and 62 times to complete bacteriological analysis samples. Which is approximately 250 bacteriological samples obtained since the fulfillment of this position in the second quarter.

A total of 11 boil water advisories have been issued with 11 rescinds, since the beginning of the fiscal year and 2 elevated sodium health notices were issued to two communities, along with one “do not consume” advisory due to elevated chlorine levels. Furthermore, two communities are still on high sodium health notices due to the elevated levels of sodium in treated water.

In addition, the EPH team provided training to two communities on based water monitors and provided a food safety presentation to the Ontario North West First Nation Child Care Cooks organization. The team continues to work with community requests to fulfil inventory orders and supplies for the completion of water testing.

With the end to another fiscal year, the focus of the program continues to be:

- providing resources
- recommendations
- and the development of policies and procedures

New resource development for food safety and factsheets for childcare setting are in development in order to continue to provide educational opportunities.

The priority remains with monitoring and sampling of all drinking water to ensure clean, safe and reliable drinking water for all individuals in all communities.



# HOME & COMMUNITY CARE

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## *Home Care*

The Home Care team supported 343 community members, received 131 new referrals and provided over 13,821 encounters in the home and 20,353 total encounters cumulative from Quarter 1.

The team is happy to share that 35 clients across the service area utilized the Swift Skin and Wound technology program with a total of 317 in-person wound care assessments completed and 7 resolved wounds this quarter. The data obtained during these assessments will continue to support quality improvement initiatives and provide consistent communication with care providers.

The team completed several in-person and online training sessions this quarter, such as:

- The Home and Community Care nurses participated in a three day virtual wound care workshop delivered through Sault College.
- The Home and Community Care team participated in three health fairs this quarter in collaboration with the Foot Care and Diabetes team. They were able to offer education, resources, wellness checks and food box prizes.
- The Manager of Home and Community Care and Director of Health Services attended the Grand Council Treaty #3 Diabetes Strategy Gathering in Winnipeg to discuss pathways, share successes and challenges along with food security.
- Employees attended the virtual Palliative Care for Front-Line Workers in Indigenous Communities through Lakehead University that happened weekly over a four week period.

The Palliative Care Coordinator participates in various campaigns and co-planning education sessions across the district. Knowledge sharing meetings continue to take place with organizations across the region to discuss implementation of palliative and end of life services in the First Nation communities, specifically utilization of standardized assessment tools and the importance of early identification.

Our Palliative Care Coordinator continues to co-facilitate aspects of the new education series offered through McMasters University “Supporting the Journey Home” and it will be offered to health care professionals working within the palliative care field along with First Nation’s Communities health employees. Goals include coordinating services and improving access to services for all individuals in the community while also assisting various nurses, providers and caregivers involved in palliative care. The Sunset Country palliative care committee is currently organizing the 1st annual Pushing Up Daisies Health Fair that will be held April 20, 2023 at the Metis Hall. She is also a peer review for holistic distinctions based indigenous palliative and end of life care draft policy frame work which is new to quarter 4.

## **Diabetes and Foot Care**

The Foot Care team supported 456 clients, received 83 new referrals and provided 2,396 total encounters cumulative from Quarter 1. Our Diabetes Educator supported 222 clients, received 82 new referrals and provided 1,223 total encounters cumulative from Quarter 1.

The Diabetes Educator provided 21 screening clinics across the service area this quarter. The screening included random glucose and blood pressure monitoring to help early identify those at risk of diabetes or hypertension as well as education, information and various resources.

- All Foot Care employees became certified in conservative sharp debridement with the exception of our new nurse.
- The Foot Care Nurses have been registered for compression fitting certification and once completed will be able to partner with physicians in providing this service in our area for community members within the home alleviating the need to travel.
- Foot Care certification was held within the organization and offered to partnering organizations to help increase capacity.
- Diabetes continues to deliver 2 food boxes to each community monthly.

The team welcomed a new Certified Foot Care Nurse this quarter. Orientation will be completed by mid-April, she is excited to meet the clients and work with the team to provide Foot Care services and education.

The Diabetes Education program continues to collaborate with the Rainy River District Ontario Health team Diabetes Sub-Committee through Quarter 4 to advance the planning on the centralized referral system for the northwest region. The committee met recently in March finalizing multiple tasks to advance into next steps. Walk in clinics for diabetes education continue and available every Friday at the Foot Care and Diabetes Education office, Rainy Lake Plaza Unit E. Community members of the 10 Southern Treaty #3 First Nations communities are welcome to drop in.





# MATERNAL CHILD HEALTH

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## *Children's Oral Health Initiative*

The 2022/2023 fiscal year marks the first full fiscal year of service delivery, without interruptions, for the Children's Oral Health Initiative (COHI) team since the inception of the COHI program. This fiscal year the COHI team performed 286 dental screenings, administered 448 fluoride varnish applications, placed 134 temporary fillings, placed 127 dental sealants, applied 16 Silver Diamine Fluoride applications, and made 120 dental referrals.

The COHI team is pleased to share that they received notification that Jordan's Principle partially approved their group funding application "Equitable Access to Oral Health Care" for the upcoming 2023/2024 and 2024/2025 fiscal years. Access to this funding will ensure that children with unmet oral health needs but do not have their status cards are able to access oral health services in a timelier manner.

Additionally, the COHI team continued to support children in accessing dental supports through Jordan's Principle and submitted nine dental related funding proposals during this quarter.

During the quarter, the COHI team welcomed two new COHI Aides. We are excited to welcome Tanisha Boshkaykin as the new COHI Aide for Mitaanjigamiing First Nation and Tracy Arvelin as the new COHI Aide for Couchiching First Nation. We are grateful for the contributions of our previous Aides Dianna Singleton and Cheryl Paavola and wish them all the best in their future endeavors.

The COHI team was excited for the return of March Break Health Fairs and attended events in Naicatchewenin, Nigigoonsiminikaaning, and Seine River First Nation.

The COHI team also participated in the following Continuing Education opportunities this quarter:

- Beautiful Difference: A Primer on Intellectual and Developmental Disabilities for Indigenous Helpers. This accredited four-day training is for Ontario-based Indigenous helpers and workers who provide direct services to First Nations, Inuit, and/or Métis peoples living with developmental disabilities. This training provided an overview of developmental disabilities, screening, assessment and diagnosis, support and intervention, physical health, dual diagnosis, and programs and policies across Ontario.
- The University of British Columbia's Autism and Neurodiversity in Dentistry. This course is designed to provide dental professionals and all members of the dental team with practical knowledge and skills to better support and serve autistic and neurodivergent individuals of all ages.
- Giishkaandago'Ikwe Health Services Indigenous Midwifery Program Indigenous Breastfeeding with Elaine Ross.
- Rising Angels Service Providers training which provides training for service providers and front line workers who may encounter women who have been sexually exploited.



## Child's First Initiative

Since April 1, 2022, the Child's First Initiative (CFI) team has completed 18,249 encounters with 492 clients. The CFI is a multidisciplinary program supporting children from the 10 First Nation communities in southern Treaty 3, living on and off community.

The CFI team celebrated Family Literacy Day by honouring family and heritage through books. Sharing the works of many indigenous authors, families were encouraged to include literacy and books in their daily activities.

Families were asked to share photos to be used as the CFI team develops "Abinoogii, Abinoogii, What do you see?" celebrating children, families and tradition. See below of our book we created at CFI. See the next page of the creation of Abinoogii, Abinoogii.



Abinoogii, Abinoogii,  
what do you see??



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Abinoogii, Abinoogii, what do you  
see??



I see Elder's teaching me  
about ceremony



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Elder's, Elder's , what do you see??

I see drummers , drumming and  
singing for families



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Drummers, Drummers,  
what do you see?

We see Kookum  
making our favorite  
recipes



#### Bannock Recipe

2/3 cup lard  
6 cups flour  
1/2 teaspoon salt  
3 heaping teaspoons baking powder  
1 tsp sugar  
3-4 cups warm water  
Mix dry ingredients in large bowl  
slowly add in water- mix till no longer  
sticky  
cook @350 for 45-50 mins



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Kookum, Kookum,  
what do you see?

I see Mishoomis sharing  
stories with family



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Mishoomis, Mishoomis. what do  
you see?



I see families hunting and  
fishing in our community



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In February, Giishkaandago'lkwe Health Services entered into a contract with Children's Therapy Collective from Winnipeg for the provision of Occupational Therapy and Physiotherapy services. The employees from the Children's Therapy Collective travel to our area bi-weekly and worked with our CFI team to support children across the 10 First Nation communities. This will help to reduce the wait lists and increase the service capacity.



February 22, was Pink Shirt Day. It is a day to highlight anti-bullying, diversity, and promote kindness. The CFI team delivered bags of pink popcorn to communities including the students at Pegamigaabo, Mikinaak, and Zhingwaako Za'iganing School. We raised awareness about the importance of “being a friend and not a bully”. We shared how Pink shirt Day began in 2007 when a group of boys wore pink shirts to school to support a classmate who had been bullied for wearing pink.

March was Nutrition month and with grocery prices climbing, the CFI team challenged families to do some meal planning. It is one of the best ways to reduce grocery bills and to help keep a healthy diet. Families were asked to share what works for them when meal planning, for a chance to win their “grocery list”.

The CFI team assisted the Behavioural Health Services team with the Youth and Elder Gathering held in March. Our employees enjoyed interacting with the youth and the elders and helping out with the various sessions and activities.

During March Break, the CFI team was busy visiting communities and participating in different events. On March 15, we hosted an Open Air Art Studio at Pegamigaabo School in Big Grassy First Nation. All ages were invited to come out for the afternoon, visit, and make art.

Our Employees also attended health fairs at Naicatchewenin, Nigigoonsiminikaaning, and Seine River First Nation to share information about the CFI program and services offered.

Referrals to the CFI program can be made by calling (807) 274-2042. Our employees are available to answer general questions and complete referral information. The Family Navigator/Case Managers are also available to answer any questions that families or communities may have.



## Land-Based Counsellors

Giishkaandago'lkwe Health Services Land Based Program consists of two counsellors who provide land based, culturally safe activities, programming, facilitating Pre-Treatment and Aftercare Services for individuals addressing their substance misuse. The Land Based Counsellors will often assist with cultural programming such as Women's Hand Drumming, Men's Drumming, Full Moon Ceremony and Sweatlodge Ceremony along with land based activities within communities.

### **Land Based Programming Statistics April 1, 2022 to March 31, 2023**

Event/ Program	Number of Programs Offered	Attendance
Wild Rice Processing	1	10
Pre-Treatment Programming	17	12
After Care Programming/Circles	53	151
After Care Sweat Lodge Ceremony	11	44
Full Moon Ceremony/Sweatlodge	12	93
Men's Drumming	24	152
Women's Drumming	20	167
Bear Grease Rendering	2	40
National Addictions Awareness	1	65
Shkaabewiz Teachings & Sweat	1	8
MMIW Tree Lighting Ceremony Support	1	14
Azhemiinigoziwin (Women's Empowerment)	2	8
MATW Counselling Sessions	58	106
Cedar Bath Ceremony	2	5
Clan Teachings	1	12
Drum Socials	2	120
Family Sobriety Fishing Event	1	40
Trapping Workshops	4	38
<b>Total</b>	<b>213</b>	<b>1,085</b>



Pre-Treatment Programming is offered by Land-Based Counsellors. This programming provides opportunity to begin exploring and assessing the nature of addictive behavior. This is an open program, the group is free of judgement and delivered in a culturally safe environment. Participants connect with counsellors who provide support through group participation and treatment referrals.

The After Care Programming and coordination is available for all community members living, on and off their respective communities. This programming provides opportunities for participants to further explore and assess the nature of addictive behavior. Participants are encouraged to participate in activities which promote Mino Ayawin (Good health) as an alternative to substance using behaviour. This group is delivered in a culturally safe, respectful environment. Aftercare clients are invited and welcomed to join in the programming at Giishkaandago'lkwe Health Services and are strongly encouraged to attend cultural programming delivered by other organizations and communities as able.

The coordination and collaboration of Drum Socials are held in Seine River First Nation and Couchiching First Nation. Hosting these drum socials has been a great way to build community engagement and support those wanting to drum and learn songs.

The coordination of the Full Moon Ceremony and Sweatlodge Ceremony each month for women and girls is supported by the Land Based Program. Elders and knowledge keepers gather with participants to share teachings, ceremonial protocols, make offerings and feast together. Participants are exposed to the Anishinaabemowin language and encouraged to learn. All of which contributes to Mino Ayawin (Good health), positive cultural identity and regeneration of mind, body, spirit and heart. Our Land Based Counsellors support individuals who would like to start attending Sweatlodge Ceremony and other ceremonies offered as part of their healing and wellness journey.



Men's Drumming is supported by the Land Based Program encouraging those in our After Care Program to attend along with our Cultural Community Support Worker. Men's Drumming occurs bi-weekly at Behavioural Health Services. There has been an increase in involvement and community drums have been invited on numerous occasions. This program allows for a culturally safe and supportive environment for individuals to connect, share songs and teachings.

Women's Hand Drumming is offered bi-weekly for women and girls at Behavioural Health Services. Women gather and are provided teachings, protocols, songs and stories. Each session is opened with a brief sharing circle where participants have an opportunity to share and receive support from each other. This programming is supported by the Land Based Program encouraging individuals engaged in the Pre-treatment and Aftercare Programs to attend. A number of the lady hand drummers have been featured at drum socials, walking events, and workshops throughout the year.

Land Based Program coordinated Family Sobriety Fishing Derby. Many families came out to support the gathering. Past clients and individuals inquiring about Pre-Treatment and After Care services was in attendance.

Coordination of the trapping workshop was held in Nigigoonsiminikaaning First Nation and Rainy River First Nations during quarter four. The programming was part of the Pre-Treatment and After Care program embodying overall wellness and returning to the land as a support through inductive learning. Participants learned the processes involved with skinning and preparing the hide and fur of the animals. All ages participated in the community event.

The pictures below show the process involved with skinning, preparing the hide, and the fur of the animals. All ages participated in the community event.



## Cultural Community Support Program

### Cultural Community Support Worker Statistics April 1, 2022 – March 31, 2023

Event/Program	Number of Programs offered	Attendance
Bi-Weekly Sweatlodge Ceremony	28	380
Other Sweatlodge Ceremony	31	165
Men's Drumming	24	162
Other Events/Meetings Ceremony Support	19	2372
<b>Total</b>	<b>102</b>	<b>3,079</b>

The Cultural Community Support Worker has been supporting communities throughout the fiscal year by providing support for ceremonies, gatherings, gifting of grandfathers for sweatlodge ceremony, wood for sacred fires, medicines to Elders, and those in need. Our Cultural Community Support Worker provides support to individuals interested in attending a sweatlodge ceremony and offers ongoing bi-weekly ceremonies. A total of 17 sweatlodes were supported during quarter four.

Sweatlodge ceremonies were supported in several communities by our Cultural Community Support Worker and additional sweatlodge ceremonies were offered separately from our regular bi-weekly lodges. Coordination and scheduling of drummers as needed was supported for various events throughout the quarter such all staff meetings, support with Grand Council Treaty #3 health and education gatherings, Treaty #3 Police events and other community workshops.

Men's drumming nights have continuously been supported and coordinated by the Cultural Community Support Worker by offering bi-weekly drum nights with 7-12 men in circle each evening. Supporting the men in learning traditional songs and drumming is an ongoing role of the Cultural Community Support Worker.







# MINO AYAA TA WIN HEALING CENTRE

## Residential Treatment

Since April 1, 2022, Mino Ayaa Ta Win (MATW) Residential Treatment services provided bed based addiction services to 61 individuals. Clients who were engaged in the program had the opportunity to explore concerns related to addiction, co-dependency, family systems, grief and relapse prevention, and many land-based healing opportunities.

- Mishkosminiziibiing First Nation - 1
- Couchiching First Nation - 13
- Chima'aganing First Nation - 6
- Mitaanjigaming First Nation - 8
- Zhingwaako Zaaga'Igan First Nation - 5
- Other treaty 3 community - 7
- Ojibways of Onigaming First Nation - 2
- Naicatchewenin First Nation - 4
- Nigigoonsiminikaaning First Nation - 2
- Manidoo Baa Witi Gong First Nation - 6
- Anishinaabeg of Naongashiing First Nation - 0
- Other treaty 3 community - 7
- Other - 7

Between the treatment cycles at MATW, Land Based Facilitators also held community engagement sessions this winter in 5 of the First Nation communities. These brief sessions introduced participants to the MATW Land Based Facilitators and provided an opportunity to hear a story of recovery, learn about the nature of substance use disorders, and participate in a sharing circle.

## Withdrawal Management Services

Withdrawal Management Services (WMS) provided services to 106 clients. WMS clients listed by Community:

- Mishkosminiziibiing First Nation - 3
- Couchiching First Nation - 19
- Chima'aganing First Nation - 9
- Mitaanjigaming First Nation - 3
- Zhingwaako Zaaga'Igan First Nation - 7
- Naicatchewenin First Nation - 11
- Ojibways of Onigaming First Nation - 5
- Nigigoonsiminikaaning First Nation - 3
- Manidoo Baa Witi Gong First Nation - 12
- Anishinaabeg of Naongashiing First Nation - 1
- Other Treaty 3 Community - 6
- Other - 27

## Rapid Access Addiction Medicine Clinic

In the last few months, the program has continued to work with the local Rainy River District Rapid Access Addiction Medicine (RAAM) Clinic twice weekly with great success. We have currently expanded our services to provide addiction medicine and the RAAM philosophy within the 10 First Nation Communities.

To date the Community Addiction Nursing program has 176 active clients on their caseloads.

- Mishkosminiziibiing First Nation - 11
- Couchiching First Nation - 27
- Chima'aganing First Nation -10
- Mitaanjigaming First Nation -5
- Zhingwaako Zaaga'Igan First Nation -11
- Naicatchewenin First Nation -15
- Ojibways of Onigaming First Nation - 6
- Nigigoonsiminikaaning First Nation – 7
- Manidoo Baa Witi Gong First Nation - 8
- Anishinaabeg of Naongashiing First Nation - 1
- Treaty 3 Community members not residing in community- 9
- Other community – 15
- Other - 50

There have been 20 presentations in Community about the Community Addiction Nursing program and services offered. We have been working with a number of communities to deliver addiction medicine services in collaboration with our partnering physicians. Through this process we have worked with clients and communities to transition all clients wishing to access addiction medicine services in community to a single “dosing” day. This has allowed Giishkaandago'Ikwe Health Services to develop and sustain a community schedule to administer addiction support medications.



## **SOCIAL EMERGENCIES**

### ***Mental Wellness***

Our Mental Wellness Workers are responsible for providing a full range of mental wellness services, including direct clinical services, cultural supports, program development and care coordination. This fiscal year, the Caseloads have fluctuated between 12-16 youth per Mental Wellness worker. Since April 1, 2022, a total of 231 client contacts have been made with youth engaging in the Mental Wellness program.

Solution focused, strength's based services, referral supports and wellness plans assisted in maintaining brief services and service user interactions which resulted in minimizing waitlists for individuals completing referrals for programming. Due to these efforts, at this time, there is currently no waitlist for eligible youth to access mental wellness services.

In addition to the caseloads within community, Mental Wellness workers continued to assist in crisis response and scheduling as well as continuing coverage of the Mental

Health Direct Line with the support of the Mental Health team. Cumulatively, this fiscal, the Mental Health and Social Emergencies program responded to 264 face to face crisis incidents/supports including in office and throughout the 10 First Nations as well as 183 phone calls. This quarter, 9 calls from communities requesting crisis support were received. These 5 crisis situations were met with a total of 98 employee contacts from the Social Emergencies and Mental Health team.

Event / Community Support	Number of Participants
Youth Teen Night x3	18
Lac La Croix Youth Programming x2 (Sharing Circle, Relationship Building & Making Stress Balls) (Be Safe App Presentation and Creating Safety Plans)	20
Fort Frances High School (Be Safe App Presentation and Creating Safety Plans)	18
Applied Suicide Intervention Skills Training Workshop (Organized by Mental Wellness and provided to community service providers free of cost)	23
Assessing Suicide in Kids Training (Organized by Mental Wellness and provided to community service providers free of cost)	21
Listening Ceremony Support (4 Day Event in Rainy River First Nation)	4
Giishkaandago'lkwe Health Services Drum Social (3 drums were invited to the event where community members were invited to gather, listen to the drums, socialize and dance)	60

A number of other community engagements and training sessions were attended which include:

- Non-Violent Crisis Intervention certification Session. Training was provided by the Mental Wellness Team which consisted of crisis intervention techniques, strategies and information to intervene appropriately with clients who present escalating risk behaviours. During this session, 11 internal employees received certification.
- Mental Wellness workers attended a 2 day counselling skills workshop through Crisis and Trauma Resource Institute. The Mental Wellness team learned about the process of counselling and how to use a problem-solving model to work with clients to identify issues, and implement plans to address areas of concern. Using experiential exercises, the Mental Wellness team worked through tools, worksheets, activities, and scenarios that help enhance helping skills.



- Mental Wellness worker attended Edu-Therapy Certification Training. Edu-Therapy Grief Resolution is an easy to use model that reduces and eliminates intense uncomfortable emotional responses to loss, trauma, and abuse. The 4-day Certification Training teaches the most effective process that resolves the pain caused by the conflicting emotions of a meaningful loss.
- Mental Wellness worker attended the First Nations Mental Wellness & Community Safety Planning Conference which invites First Nations community workers to identify community strengths, assets and safety and wellness goals in order for all participants to see how they are involved in creating a path leading toward a healthier, safer home and community life.
- Mental Wellness workers were invited to participate in Onigaming's Youth Gathering. The Mental Wellness team presented on the topics of Healthy Coping Skills and Positive Self-Esteem. The gathering was a two day event where speakers were invited to teach and share knowledge to the youth of Onigaming and community members. There were 100 registered youth & community members who attended the two day gathering.
- A Mental Wellness worker attended the First Nations Substance Use Summit which engaged participants in knowledge-sharing, and promoting best and/or innovative practice in the field of harm reduction. Strategies and technical information were shared that are evidence-informed which encouraged use of innovations for program development and implementation.

Giishkaandago'lkwe Health Services partnered with Gizhewaaadiziwin Health Access Centre and United Native Friendship Centre to coordinate this year's Youth and Elder's Gathering. The gathering invited local elder's, youth, and knowledge keepers to share their wisdom, stories, and cultural teachings to participants from all over Treaty 3. A total of 135 people attended over the two day gathering who had the opportunity to listen, learn and participate in activities over the 2 day event. This year, gifts were provided to each attendees which supported local Indigenous artists. (see photo - top right).



Ginny Heilman, Manager of Social Emergencies, pictured, helping out with the Youth & Elder's Gathering (see photo-bottom right).



Prize bundle made by local indigenous artists.



Elder's Danny Geyshick, Margaret Ottertail, and Shirley Atwell enjoying a painting activity.

### Memengwaawag Anti-Human Trafficking Program

The Memengwaawag Program is rooted within a wholistic model of healing for Indigenous women, girls, and boys or men who are at risk of or survivors of human trafficking/sexual exploitation. The program encompasses a spirit of inclusivity in all forms by including the surrounding service providers, and the ten First Nation communities in Southern Treaty Three; along with survivors and the families of survivors of human trafficking or sexual exploitation. Our program works closely with various organizations to collaborate and support those impacted by trafficking or sexual exploitation from a trauma informed lens. The programming and services create a safe place for survivors to share, heal and re-connect. Throughout this fiscal year, the Wellness Coach/Case Manager was able to assist with providing support to the Mental Health Direct Line 59 times throughout this fiscal year.

This table below highlights a cumulative number of Anti-Human Trafficking Program engagement and service user engagement throughout this fiscal year

Description	Number of Participants
Service Provider Training and Support Activities	28
Service Provider Organizations Who Received Training and Support Services	189
Community Engagement, Education and Awareness Activities	41
Survivors Engaged and Supported	122
Individuals Who Received Training, Education and Awareness Activities	575
Community Visits: Education & Awareness of Program	41



The Memengwaawag Program is the chair for a local committee called “Be the Voice”. This committee aims to work towards ending Human Trafficking in the Fort Frances, Rainy River District Area, and the First Nation Communities in Southern Treaty 3. The committee provides education and awareness to the public and supports each other in case consultation in regards to the epidemic of Human Trafficking. Currently, the committee is composed of 32 members from local organizations and social services. The “Be the Voice” Committee met 3 times this fiscal year with attendance of 37 service providers throughout the sessions.

The Stay Connected Project is a donation based support for individuals who are high risk or who face challenges due to not having a phone. This project collects used phones and purchased cellphone minutes to provide to those in need in order to assist those in reaching out to service providers as well as crisis support services. This fiscal year, a total of 12 cellphones have been supplied to our vulnerable service users.

Our Anti-Human Trafficking Wellness Coach/Case Manager attended a Women’s Empowerment gathering hosted by Grand Council Treaty Three. This event was held over four days where the program had an information booth which shared the available services within the organization.

This fiscal, the Memengwaawag Program provided Mental Health First Aid Training to community service providers in order to build community capacity and comfortability in providing help to a person developing or experiencing a mental health problem or crisis. This was a full one day training opportunity offered free of cost for participants. As a result, 22 individuals successfully completed the training.



On March 21 and March 22, our Anti-Human Trafficking program hosted a Rising Angels training for service providers and front line workers. This training provided information and discussions to learners who may come in contact with women who have been sexually exploited. This training was specifically geared towards understanding the trauma that this type of exploitation causes to her mental and physical health. This is survivor led training that delved deeply into the issues which are crucial to her healing.

Our training session was attended by 82 participants who included front line workers, customs officers, nurses, corrections officers and First Nation Community workers. Our second session was held for educational awareness where 19 participants attended including hotel employees, customs officers, front line workers, hairdressers and members of the general public.



Pictured is Katarina MacLeod, leading our Rising Angels training.



Throughout this last quarter, the program has been working hard to develop an inventory of personal hygiene items, clothing, resources and food for individuals who are at risk, are survivors of human trafficking, or child exploitation. A total of 13 individuals (including children/ families) have been able to access these additional support items since February 2023. See picture below of the inventory that has been created for those that at risk and/or survivors of human trafficking.



## ***The Mobile Crisis Response Program***

The Mobile Crisis Response Worker provides support to individuals within First Nations communities who have concerns related to Mental Health and/or substance misuse and are in crisis. The Mobile Crisis Response Worker, works in collaboration with the Treaty Three Police services to assist with stabilization and facilitation of safe transfers between various required services as well as providing follow up and wellness checks. The Mobile Crisis Response Worker has attended multiple 911 calls with the Treaty Three Police as well as accompanied individuals to the emergency department and has made multiple referrals to mental health services, detox and treatment.

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Cumulatively, the Mobile Crisis Response Worker has assisted 65 individuals with multiple contacts per client depending on their need for ongoing case management/ referral follow-ups, wellness checks and repeated calls to Treaty Three Police. A total of 320 contacts have been made with service users within the 10 First Nations Communities since the program began in June 2022.

Broken down, our Mobile Crisis Response worker had 223 face to face interventions, 87 phone calls, 8 emails and 2 letters mailed out. Due to the support and partnership with Treaty Three Police, our Mobile Crisis Response Worker is able to meet client's right where they are even when

in vulnerable environments and situations. 76% of client contacts are within the client's home or in community which reduces barriers of transportation, confidentiality and further risk to self or others.

The table to the right, reviews the age of the individuals who have been serviced by the Mobile Crisis Response Program.

Age	Percentage
12-21	30% (15)
22-31	38% (22)
32-41	23 % (15)
42 +	10% (9)

Identified Gender	Percentage (Number)
Male	45% (31)
Female	50% (28)
Not Identified	5% (3)

The table to the left, reviews the identified genders of the service users who have accesses support services through the Mobile Crisis Response Program.

Throughout this fourth quarter, the Mobile Crisis Response had the following client interactions, see table.

Interaction	Number of Participants
Giishkaandago'lkwe Health Services Internal Service Referral	5
External Organization Support Referral	6
Support Service Recommendation (Without Referral Completed)	17
Risk Assessment Completed	11
Crisis Support Resources Handed Out	31

March 8 was International Women's Day; a day to celebrate the social, economic, cultural, and political achievement of women. The day also marks a call to action for accelerating women's equality. The Rainy River District Women's Shelter of Hope held an event where service providers and the public could attend and had the opportunity to raise awareness surrounding mental health, as well as continuing to battle the stigma around mental health and addictions. Giishkaandago'lkwe Health Services Intake Coordinator, Mobile Crisis Response and two Treaty Three Police Services co-op students attended this event and had a booth set up to share information about programming and organizational resources. During this event, there was opportunity for individuals to ask questions about the supports that the organization has available and assisted with referrals.



Pictured above is Stephanie Lance, Emerson Archie, Jailyn Taylor, and Sara Galusha.