



**GIISHKAANDAGO'IKWE
HEALTH SERVICES**

QUARTER 1 SERVICE REPORT

2022-2023

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PUBLIC HEALTH

Community Health

The Community Health Team has welcomed a new public health manager. This position will continue to provide ongoing services and oversee the programming within Community Health. This will ensure that each community practices, beliefs and wishes are captured and integrated into public health services within each community.

Our Community Health Team encountered 2117 individuals during the first quarter of the 2022/2023 fiscal year and provided services to 759 individuals. The focus continues on COVID-19 vaccination clinics for 12 years and older who are eligible to receive the vaccine. These clinics continue to require the collaboration of Community Health Directors, Community Health Representatives and other community partners. The Community Health team completed a total of 22 COVID-19 vaccination clinics and administered 264 COVID vaccine doses, 82% of which received their third or fourth dose. Going forward, the Community Health Nurses will continue to provide COVID-19 vaccination clinics on an 8 week cycle or sooner if requested or required.

In addition to the COVID-19 vaccination clinics, the Community Health Nurses continue to ensure communities receive accurate and timely information, support and guidance. Case and contact management follow up is ongoing for communities as well as monitoring of the state of the Pandemic.

During this first quarter, the Community Health team resumed regular service delivery by providing 1 community visit per week for the month of May. In June, the Community Health team increased visits to twice a week to recognize and meet the needs of each community. This allowed resumption of regular services such as newborn assessments, routine immunizations, and naloxone training, to take place.

Moving forward, the Community Health Team will be focusing on service delivery of routine and recommended immunizations of school-aged children and adolescents that may have been delayed as a result of the COVID-19 Pandemic.

Environmental Public Health

During the first quarter, the Environmental Public Health Officer (EPHO) received 18 service requests, provided 23 consultations and participated in 13 community project meetings, one which included a meeting with the Manager of Social Emergencies where resources and information were shared on how to support those individuals and communities involved in a declaration of emergency due to flooding.

The EPHO followed up on a number of Public Health related concerns, such as the investigation of 6 animal bite reports, one case of Blastomycosis, shared 38 Food Recall notifications and issued 6 Boil Water Advisories of 4 that were since then rescinded. The EPHO have been receiving and reviewing all colilert water tests results from communities, as well as distributing inventory requests for community water testing.

The EPHO continues to engage with communities remotely by providing resources, education and support. The work on program enhancement continues, focusing on educational resources as well as policy and procedure development on topics such as water sampling, rabies and bed bugs.

In addition, to program development, the process of transitioning Environmental Public Health services from Indigenous Services Canada to Giishkaandago'lkwe continues.





HOME & COMMUNITY CARE

Home Care

The Home Care Team supported 189 community members, provided over 3100 encounters in the home and 5800 total encounters during Quarter 1.

The team continued their quality improvement initiative with Swift Medical by joining the Swift Skin and Wound Advisory Team in June. This advisory team consists of home health organizations across Canada and the group will meet quarterly to provide support and feedback on various processes. Priority areas will continue to be discussed at future meetings and we look forward to continuing with the use of the technology.

The Transitions Coordinator participated in the FNIHCC Indigenous Transitional Planning workshop which focused on identifying gaps in various health sectors, specifically within remote/FN communities. The workshop provided an opportunity for networking with other Transitional Planners/Coordinators across Canada and included guest speakers. The Transitions Coordinator participated in the quarterly FNIHCC Meeting in June that provides updates to Homecare Organizations across the Ontario Region on various education opportunities, reporting updates and workshops that are available. The Transitions Coordinator also participated in the monthly Sharing Circle groups through FNIHCC Ontario Region that allows for networking and sharing of successes and/or struggles.

The Palliative Care Coordinator participated in the FNIHCC Ontario Hospice Like Spaces - Knowledge Circle group in June. This group meets quarterly and focuses on providing support to organizations who provide hospice services while providing a forum for information sharing amongst the group. The group also creates awareness of existing Provincial standards related to residential hospice, skill set of providers and quality measures surrounding the delivery of palliative and end of life care. The Palliative Care Coordinator also developed professional videos for the use of Palliative Care Education in partnership with McMaster University this quarter.



The roll out of the education series will be available in January 2023 and offered through the CAPACITI platform. The Palliative Care Coordinator and GHAC Cultural/Traditional Healers collaborated with Nipigon Hospital to assist with creating culturally appropriate practices within their hospital sector.

The team participated in various learning opportunities this quarter. One of the HCC RPNs completed the SE Health Intensive Wound Care course in Ottawa, providing her with increased knowledge and expertise in the field of wound care. Information and best practices obtained from this course was shared with the entire HCC team and will be incorporated into program delivery going forward.

Diabetes and Foot Care

The Diabetes and Foot Care team supported 299 community members and provided 778 total encounters during Quarter 1.

The team identified areas within the structuring of the program to see overall improvements to the workflow and day-to-day operations. Chelsea Janveau was reassigned as the Foot Care Coordinator in April and is now responsible for the coordination and planning of service delivery of foot care and diabetes education services. This position allows coverage flexibility for community and office appointments.



Ryan Flamand joined the Foot Care team as a full time RPN in April. He completed his Foot Canada certification in June which included an online theory course as well as a clinical component. The certification followed a comprehensive, advanced and diabetic curriculum and is based on current best practice guidelines and evidence based practices. Ryan is available to provide diabetic, acute and chronic foot care to clients, including basic foot care, ingrown toenail removal, callous and corn debridement, as well as management of blisters, cracks and fissures.

The diabetes educator continued to partner with the RRDOHT Diabetes Sub-Committee in June to review local mapping of service mandates across the Rainy River District. The group reviewed next steps to meeting the goal of creating a centralized referral system for the northwest region. This referral system will address gaps in service for the district, identify and understand partner obstacles and create pathways to further support people living with diabetes.



MATERNAL CHILD HEALTH

Children's Oral Health Initiative

The Children's Oral Health Initiative (COHI) team continued with the provision of in-person service delivery after re-resuming service delivery in March 2022. Throughout the first quarter, the COHI team performed 89 dental screenings, administered 80 fluoride varnish applications, placed 6 temporary fillings, and facilitated 22 dental referrals during this quarter.

We celebrated Oral Health Month in April and National Dental Hygienist's week April 4-10, 2022 with its "Oral Health for Mino Ayawin" social media campaign, which highlighted the importance of maintaining good oral health for good overall health (Mino Ayawin).

The campaign paid tribute to the contributions of our community COHI Aides and was featured on the Canadian Dental Hygienists Association Facebook page. The celebration concluded with the raffling off of five oral health themed prizes based on the engagement received on each daily post.

Additionally, the COHI team continued working on the development of "Giziiyaabide'on, Mazina'igan, Nibaawan", Brush, Book, Bed program, a joint Quality Improvement initiative with the Child's First Initiative program.

The Elder's Committee had the opportunity to review all of the resources that were created and 650 Brush, Book, Bed packages were assembled over the course of two days in May. The program will be launched later into the second quarter.

We implemented "Tooth Tuesday", a monthly social media awareness campaign to bring increased awareness to the COHI program, its services, as well as key oral health messaging.

We began preparing for this year's summer programming "Screenings & Cleanings" which will run throughout July & August. The COHI team is excited to utilize their newly acquired HEPA filtration systems and Quatro MedEVAC Units, which will allow for enhanced safety during the delivery of COHI services.

Each child that receives a screening and cleaning between July & August will be entered into our summer giveaway. Prizes include an iPad, Electric Toothbrush Package (child & adult), and Home Cleaning Bundle (parent prize). Prizes will be drawn on September 6, 2022.

The COHI team continues to support children in accessing dental supports through Jordan's Principle and have submitted 8 dental related Jordan's Principle funding proposals during this quarter.

After more than a year of preparation, the COHI team successfully completed the Accreditation Survey!

Child's First Initiative

Since April 1, 2022 the CFI team has completed 5101 encounters with 371 clients. The Child's First Initiative is a multidisciplinary program supporting children from all 10 communities, living on and off reserve. The team includes:

Family Navigator/Case Managers
Infant Child Development Family Navigator/Case Managers
Behavioural Consultant
Children's Mental Health Therapists
Communication Assistant
Community Development Workers
Cultural Support Worker
Dietitian
Occupational Therapists
Physiotherapist
Program Assistant
Speech Language Pathologist
Program Manager



April, May, and June were busy months for the CFI team as we were able to again travel to community to meet with children, families and community partners! Our Family Navigators/Case Managers supported 371 children and families, completing service referrals, system navigation, Jordan's Principle and other funding applications, and advocating to ensure children receive necessary services and supports.

Our Infant Child Development Family Navigator/Case Managers provided developmental assessment, intervention, referrals, and support for preschool children and their families.

Case Manager teams and community assignments include:

Communities	Family Navigator / Case Manager	Infant Child Development Family Navigator Case Manager
Mitaanjigamiing Naicatchewenin Onigaming Seine River	Jessika Ewald	Sara McCormick
Lac La Croix Nigigoonsiminikaaning Rainy River First Nation Big Grassy Big Island Couchiching	Leanne Penney Janice Neurinski	Katlynn Jewell Lexi Caul

Occupational Therapists, Chantal Jodoin & Sheryl Barkley, provided classroom wide activities focusing on well-being and self-regulation strategies. Feedback from students and teachers was very positive and this will be offered during the 2022-2023 school year also.

Dee O'Sullivan-Drombolis, Physiotherapist, continued to see children in all communities and schools. Assessment, supports and intervention were offered as needed.

Kelly McIntosh, ABA/Behavioural Consultant, worked with schools, families, and partners to develop and implement positive behaviour plans to ensure children are successful in their school, home, and community environments. Kelly provided a number of workshops and training sessions assisting parents and caregivers to develop skills to support children.

Kate Norman, Speech Language Pathologist visited communities seeing both preschoolers and school aged children providing assessment and intervention recommendations. Brandy Hyatt, Communication Assistant, provided ongoing therapy sessions for children across the district.

Community Development Workers, Dana Ward, Danielle Spuzak, and Jillian Cridland, provided 1:1 support for children and families as identified during intake and assessment working to ensure goals and needs are met.

Children's Mental Health Therapists, Lindsay Hamilton and Brenda Whitehead, provided psychotherapy services to children in community locations. Recently Jillian Cridland has accepted a position as an additional Children's Mental Health Therapist with our team and will be starting her role this summer referrals for this vital service can be made by calling the CFI office.

In addition to the client services, other highlights of the service quarter include:

On April 25, the Child's First Initiative staff participated in a team meeting focusing on program planning and evaluation. Lindsay Hamilton, Children's Mental Health Therapist and registered Art Therapist, led the team on a team building art exercise. As shown in the picture below, each staff has a piece of art, created by the whole team, representing our team unity.



In May, our Community Development Workers, Dana Ward & Danielle Spuzak, along with ICD Family Navigator/Case Manager Sara McCormick, hosted a weekly "Home Grown Play Group" for parents/caregivers and their little ones in Seine River. This group focused on the importance of play at "no cost/low cost" so that the little ones can do their "jobs" which is to play! Materials that families may have at home were set out for all to explore. Items like cardboard to make car ramps, paper plates to make music makers, coffee cans to make drums and sheets / blankets to make forts were available. This was a great chance for families to get out and have fun playing! We are hoping to offer these groups in other communities this fall!



On May 10, the CFI team celebrated an important day in the history of Jordan's Principle—Bear Witness Day & Spirit Bear's Birthday. Spirit Bear, a member of the Carrier Sekani Tribal Council, was 'born' on May 10, 2007.

Spirit Bear joined the First Nation Caring Society team in 2008 and immediately committed himself to witnessing all of the Canadian Human Rights Tribunal hearings.

Spirit Bear is an advocate and representative for all First Nation Children in support of reconciliation and equity. In 2016, with Spirit Bear present, the Canadian Human Rights Tribunal ruled that Canada was to fully implement Jordan's Principle by May 10th of that year.

Jordan's Principle is a child first principle and legal rule named in memory of Jordan River Anderson ensuring that First Nations children receive the services and supports they need - when they need them. Unfortunately it took several more years and many non-compliance orders against Canada before any real progress was made - but we 'Bear Witness' on May 10th of each year to ensure Jordan's Principle is fully implemented.

To celebrate the legacy of Jordan River Anderson, Spirit Bear, and Bear Witness Day, the CFI team hosted a number of activities. Children across the district were invited to participate in a coloring contest highlighting Bear Witness Day and in honor of Jordan River Anderson.

"Bear Paw" snack and activity bags were delivered to the schools and daycares in our communities. At the CFI office on Scott St. in Fort Frances, children and families were invited to visit us for a "Beary" good snack, face painting, and 'bear hunt'.

We continue to honour Jordan River Anderson and encourage our children and families to learn more about his story and legacy.

Working with the Pegamigaabo School, Mikinaak School, and Lac La Croix School, the Infant Child Development team created "Off To School" bags for children entering Kindergarten in September 2022.

Included is a lunch bag, water bottle, crayons, playdoh, a puzzle, book, toothbrush and paste, and information and tips on getting ready for school!

Bags are being delivered to the schools and will be handed out to children prior to school starting this fall.



LET'S GET MOVING & TALKING

roll on grass	 gently hold a massage	 hop over something	 feel the sunshine	dig in the dirt
balance on something	 find three anibish	find something tickly	 hug a mitig	smell a waabigwan
 listen to bugs buzzing	spin around	 look for something square	 jump in a waashibiya	 look for a cloud
 listen to the bineshii	touch something smooth	touch something bumpy	squish mud	 find three anibish
 look for animal tracks	 feel the wind	taste a herb	 look for a spider web	 find four rocks



May is both “Better Speech & Hearing Month” and “Physiotherapy Month”.

To highlight the importance of movement and speech, Speech Language Pathologist Kate Norman and Physiotherapist Dee O’Sullivan-Drombolis shared weekly information about sound development, language development, stuttering, movement, physiotherapy, and gross motor activities.

At the end of May they challenged families to a “Let’s Get Moving & Talking” scavenger hunt full of opportunities to talk and move – which is fundamental to children growing and thriving!

All of the tips, activities and more information can be found on the Giishkaandago’Ikwew Health Services Facebook Page.

On June 18, 2022 we celebrated "Infant Child Development Day"! The CFI team is fortunate to have Registered Early Childhood Educators Sara McCormick, Lexi Caul, Katlynn Jewell, and Dana Ward supporting our children, families and communities.

We appreciate the partnerships that we have with the amazing Infant Child Development Staff in our daycares, head start, schools and agencies.

To recognize our partners, the CFI team delivered “Miigwech” heart shaped cookies and candy bags to thank them for their hard work and for keeping “play” in childhood.

To further celebrate the importance of play & Infant Child Development Day, we encouraged families to celebrate with us – connect with Mother Nature and get messy.

We are never too old or too young to get down in the dirt and play!

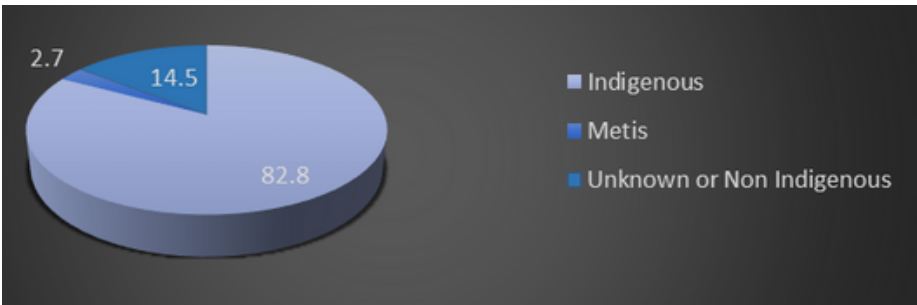


MENTAL HEALTH SERVICES

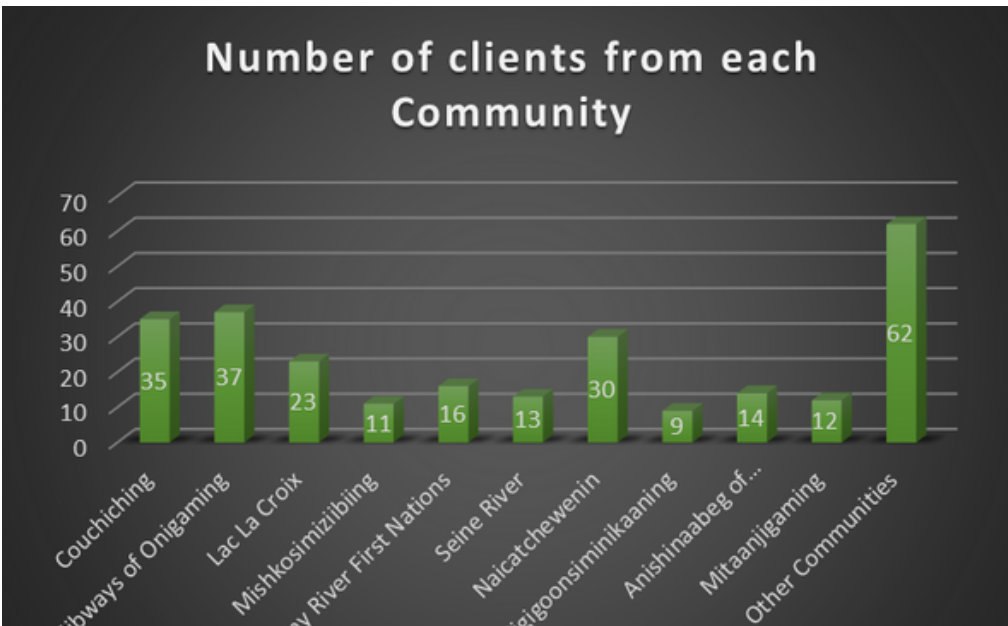
Mental Health Counselling

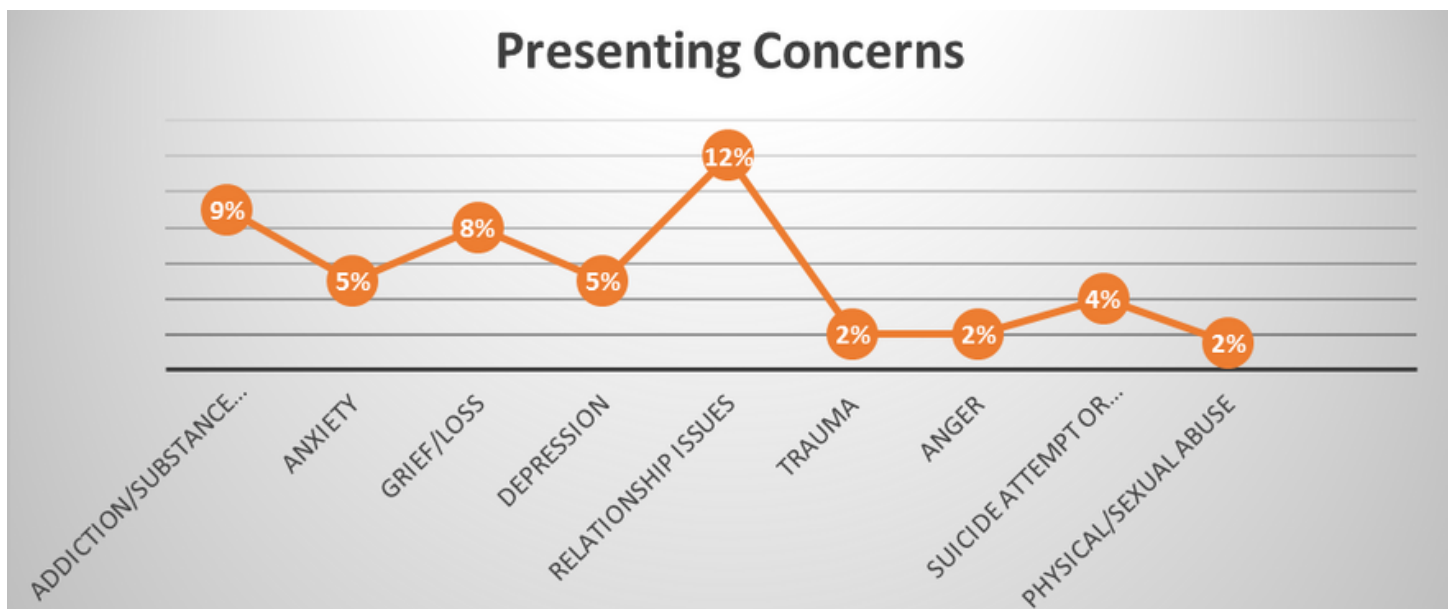
A total of 432 direct counselling contacts were provided by Mental Health counsellors since April 1, 2022. The team also supported coverage of the weekly mental health direct line which provided one to one walk in and phone/virtual support services to those experiencing crisis. With the help of other staff within Mental Health Services, the team tended to community level social emergency crisis situations within the quarter to communities where support services were offered through Social Emergency team coordination.

Of the individuals accessing all of our Mental Health Services programming within quarter one, 82.8% identified as Indigenous, 2.7% identified as Metis and 14.5% were listed as unknown or non-Indigenous.



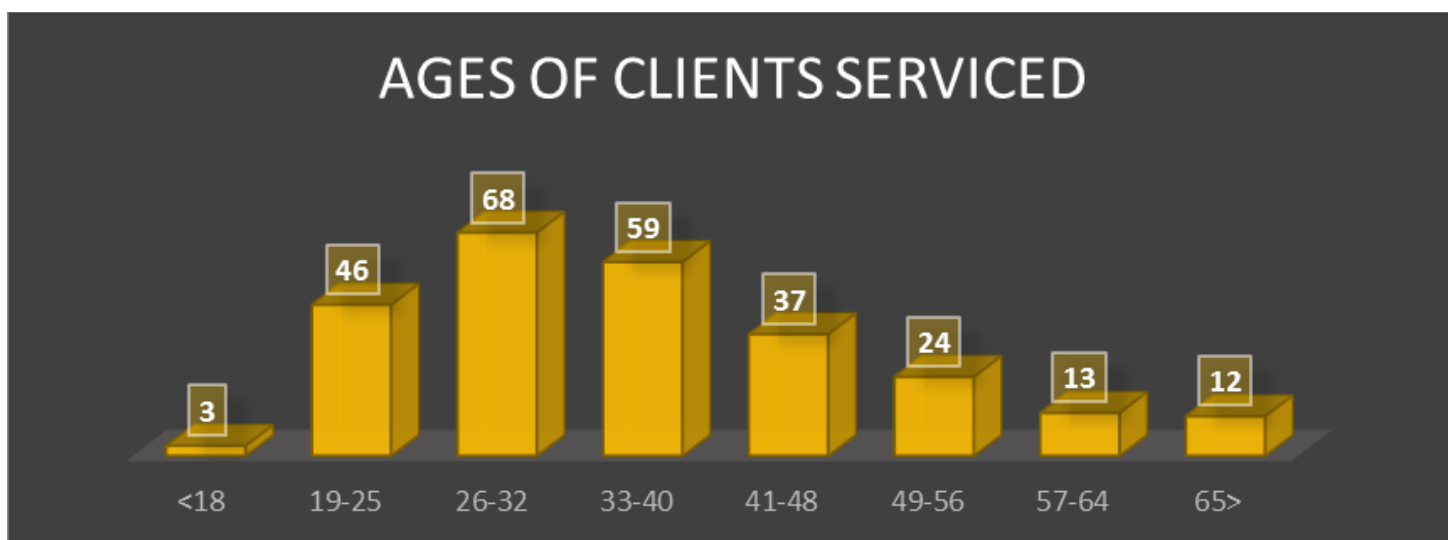
The following graph below shows the number of clients from each of the communities accessing Mental Health Services during quarter one.





The graph above displays the percentage of individuals who access Mental Health Services with presenting concerns. Relationship Issues were reported to be the highest presenting concern identified within the 1st quarter by 12% of individuals, followed by Addictions/Substance Use (9%) and Grief/Loss (8%). Both Anxiety and Depression were listed each by 5% of the individuals accessing services as an identified concern.

The graph below shows the average ages of individuals who access our Mental Health Services. Much like data reported in the past years, the largest age demographic remains between ages 26-32 years.



During World Mental Health Week in May the Mental Health Services team hosted a walk to build awareness and hand out resources while walkers had the opportunity to connect with counsellors while benefiting from physical activity. We had approximately 40 walkers attend the event. Two self-care/wellness baskets were given away.



During Mental Health Week, the Mental Health Services team also supported an event hosted by Canadian Mental Health Association at Rainy Lake square in Fort Frances. Resources were handed out during the presentation and plenty of individuals inquired about our services.

Two more self-care/wellness baskets were given away during the draw from this event. Green ribbons were distributed at these events as well as to each of the communities in which we service to build awareness for mental health along with resources.

2SLGBTQQIA+ Pride Breakfast

Many of the Mental Health team members supported the 2SLGBTQQIA+ Pride Breakfast event in June.



The team also provided support during the sandbagging efforts coordinated by the Social Emergencies team to help impacted community members.



Land-Based Counsellors

The Giishkaandago'lkwe Land Based Program consists of two workers who provide land-based and cultural activities/programming, As well as the delivery of Pre-Treatment and After-care Services for individuals addressing their substance misuse. Program workers consistently network and support community events when possible. The Land Based Program workers have supported with crisis response services within communities when required and other community land-based workshop requests.

A total of 285 direct contacts have been made with individuals by our land-based counsellors since April 1, 2022.

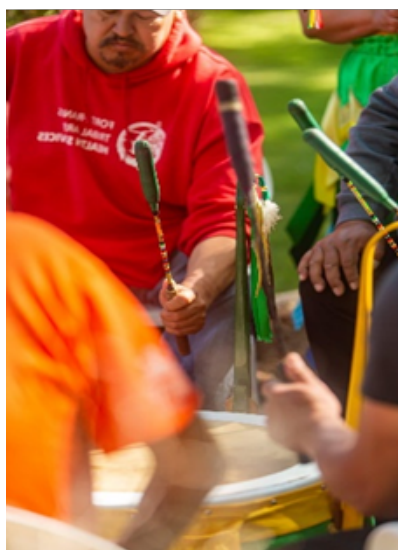
The coordination of Women's Hand Drumming is offered bi-weekly for women and girls by the program. A local knowledge keeper facilitates hand drumming sessions and women are given teachings about the songs and the stories behind them. Women's Hand Drumming is often utilized as an after-care activity as the women are offered the opportunity to make and practice singing with a hand drum while attending residential treatment and as they transition upon discharge.

A total of 23 participants over two sessions attended Women's Hand Drumming in April, 24 participants participated over two sessions in May, and 20 participants attended over two sessions in the month of June.

Coordination of Men's Drumming is offered bi-weekly for men and boys. The Land Based Counsellor and the Cultural Community Support Worker work together to provide a safe environment for men to connect and practice singing traditional songs with Aazhawe Giizhik; the organization's big drum. This opportunity allows those who attend to not only learn the songs being rendered but also share teachings and songs amongst the group. A total of 20 participants over 2 sessions attended Men's Drumming in the month of April, 20 participants over two drum sessions in May, and 10 participants over two sessions in the month of June.

Coordination of Full Moon Ceremony each month for women and girls occurs through the land-based program. Elders and Knowledge keepers gather with participants to share teachings and the group make offerings to the sacred fire. Unfortunately due to weather, Full Moon Ceremony for April had been cancelled. In the month of May 8 ladies attended the ceremony and in June 3 attended.

Coordination of Alumni Sharing Circle began for the month of April. As a supportive aftercare program, the Alumni Circle was offered for individuals who have completed a detox and or treatment program. Unfortunately there was no attendance in the month of April. Open Sharing Circles (Friday Fires) as a pretreatment/ aftercare event was also offered over a 2 week period. There was 4 total in attendance the 2 days that this programming was offered.



Weekly counselling sessions are provided for the individuals attending residential treatment at Mino Ayaa Ta Win by the land-based counsellors. By meeting with the counsellors while at Mino Ayaa Ta Win they begin to build strong relationships that support the clients after care plan and programming.

In May, Couchiching First Nation coordinated co-ed drumming at the Treatment and Support building in their community. The Land Based Counsellor and Cultural Community Support Worker provided assistance in setting up this programming as well as creating a safe and welcoming environment to those coming to learn. This opportunity allowed all in attendance to share teachings and songs openly and sing as a group on hand drums. A total of 35 individuals attended over 2 sessions.

Assistance with the rebuild/redressing of the sweat lodge and teaching lodge behind Behavioural Health Services occurred in the month of May. Local Elders in attendance guiding and supporting dozens of students from the high-school in a 2 day rebuild and redressing of these lodges. A total of 80 individuals participated in this 2 day workshop.



Sweatlodge ceremony occurs bi-weekly and is coordinated by our Cultural Community Support Worker. A local elder/ knowledge keeper facilitates the lodge and provides teachings for those in attendance. A total of 6 pretreatment/aftercare clients participated over a 2 week period that participate through our Land-Based programming with the counsellors.

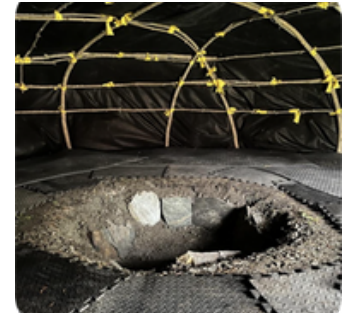
Our Land Based Facilitators also brought along the 2 Northern Ontario School of Medicine students to the RRFN fish fry celebration/ceremony. While in RRFN workers brought NOSM students to the mounds and introduced them to the history of their community. Coordination of Cedar Bath Ceremony was offered in the month of June.

A total of 5 registrants participated in the ceremony for their healing. Coordination of Clan Teachings occurred at the end of June. A local knowledge keeper provided teachings around original clans and clan systems while also allowing participants to freely pause and ask questions.

This programming was followed up with "Healing through Art" which allowed participants to paint their clan and or paint how they were feeling about the workshop. A total of 12 participants attended this workshop.

Programs from April to June	# of Programs Offered	Attendance
Women's Hand Drumming	6	69
Men's Drumming	8	65
Full Moon	3	11
Alumni Sharing Circle	1	0
Friday Fires/Circle	2	4
After Care Sweatlodge	2	6
RRFN Bridge/Mounds NOSM	1	2
Cedar Bath	2	5
Clan Teachings	1	12
Redressing Lodges	2	80

Cultural Community Support Program



The Cultural Community Support Worker has been supporting communities by providing support for ceremonies gathering and gifting grandfathers for sweat lodge ceremony, wood for sacred fires, medicines to Elders, and those in need.

A total of 6 Sweat lodge ceremonies were held at our 601 Kings Hwy location with 20-35 people in attendance at each. Sweat lodge ceremonies were also supported in several communities by our Cultural Community Support Worker.

A total of 26 activities have occurred since April 1, 2021 involving our Cultural Community Support Worker. These ceremonies impacted and resulted in 814 contacts by our Cultural Community Support program. Coordination and scheduling of drummers as needed was also supported by the Cultural Community Support Worker throughout the quarter such as for our Pride Event, 2 community powwows, our Annual General meeting, and Accreditation ceremonies. Men's drumming nights occurred bi-weekly since April 1, 2022 with 7-10 men in circle each evening. Supporting the men in learning traditional songs and drumming is an ongoing role of the Cultural Community Support Worker.

Our Cultural Community Support Worker also supported the Northern Ontario School of Medicine students with their culturally based placement and teachings by introducing them to the lodges and supporting their learning from other elders/traditional knowledge keepers.

Our Cultural Community Support Worker provided support to the Fort Frances Jail throughout quarter one by bringing the inmates medicines and providing teachings when asked of the correctional staff along with facilitating the attendance of an elder/traditional knowledge keeper at the jail to provide additional teachings to the female inmates.





MINO AYAA TA WIN HEALING CENTRE

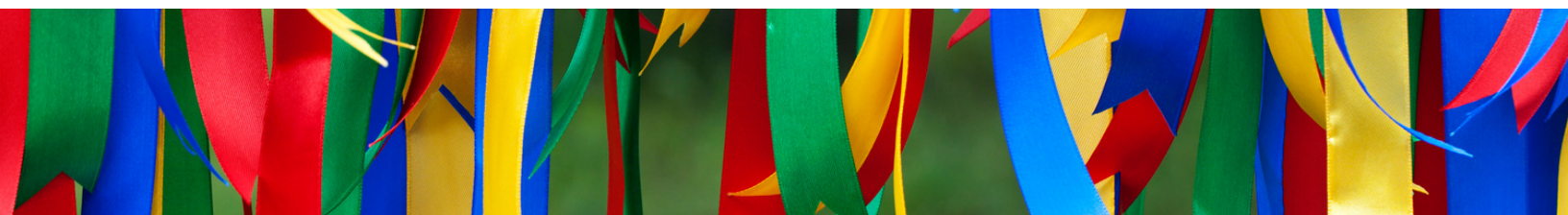
Withdrawal Management and Residential Treatment

Mino Ayaa Ta Win Healing Centre (MATW) has underwent some quality improvement in terms of staffing structure. The program has recently included Addiction Peer Support Workers and Security Guards to our staffing complement. The Program Assistant will now also be responsible for residential treatment intakes for MATW. This system improvement has streamlined referrals and improved services for our clients.

Residential Treatment:

In the first quarter, MATW has provided service to 15 individuals in the residential treatment program. During the first quarter we were able to host three residential treatment cycles. Residential Treatment clients participated in weekly Sweat Lodge Ceremonies as part of their treatment as well as other land based and cultural teachings including:

- Tobacco Teachings
- Drum Making
- Sugar Bush Teachings
- Cedar Teachings
- Ribbon Skirt
- Ribbon Shirt Making



Withdrawal Management

Withdrawal management has provided detox services to 27 clients in the first quarter.

MATW received confirmation from our funders that we have received capital dollars to expand the Withdrawal Management beds from two to three. With this funding we are able to create a bedroom with a fully accessible bathroom attached. We often hear from our Community partners and clients the need for more withdrawal management beds and are so excited to soon be able to offer this much needed third bed.



Rapid Access Addiction Medicine Clinic

Our Withdrawal Management Clinical Coordinator (WMCC) has been incredibly busy working with our Community Partners at the Rapid Access Addiction Medicine (RAAM) Clinic. RAAM has been working with Dr. Carfagnini, who is an Addiction Doctor from the RAAM Clinic in Thunder Bay and Dr. Jeff Gustafson who is a local Doctor working for GHAC. They have been running clinics generally twice weekly and have been able to induct individuals on Opioid Agonist Therapy and other medications for peoples with addictions. RAAM also provides counselling (Riverside Community Counselling) and peer support services (CMHA).

Our WMCC currently has 65 clients on her RAAM caseload.

- 17 Clients are receiving Alcohol Use Disorder Medication
- 19 Suboxone
- 9 Sublocade Injections



SOCIAL EMERGENCIES

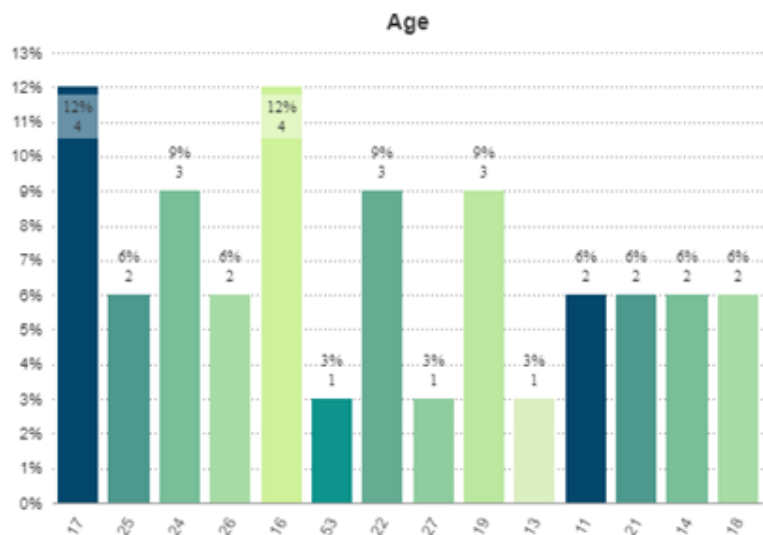
Mental Wellness

Throughout the first quarter, the Mental Wellness Workers prioritized the development and delivery of engaging activities to promote mental wellness and prevention throughout the communities. Programming and interventions that were offered, complimented both Western and culturally focused delivery methods. A full range of short term wellness services were available to service users which included direct clinical and wellness services, access to cultural supports, program development, prevention based initiatives and care coordination.

During the first quarter, Mental Wellness Workers assisted in crisis response and scheduling. The Mental Wellness Workers continued coverage of the Mental Health Direct Line with the support of the Mental Health team. Posters and business cards were shared throughout the district, online and within the police stations & hospital in order to promote the service that is available to those needing support.

During this first quarter, the Mental Health Direct Line responded to 12 face to face crisis incidents including in office and through attendance at the Riverside Hospital as well as 21 phone calls.

With decreased cases of COVID-19 and updates in the provincial guidelines, the Mental Wellness team was able to make a more physical presence in the communities and welcome in-person client sessions throughout the first quarter as opposed to a stricter virtual delivery means throughout the last fiscal year.



Counselling and wellness services were completed both in-person and virtually (Zoom & phone) throughout this period and allowed for more flexibility for clients to engage in services through means that reduced client barriers and were more accessible.

Caseloads remained at 15 youth per Mental Wellness Worker. 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.

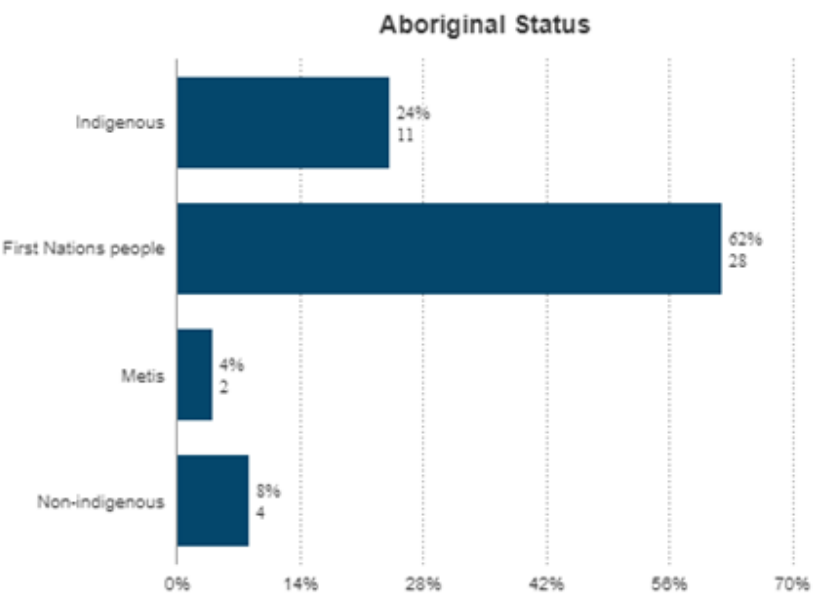
Mental Wellness Workers had 109 direct client contacts throughout this fiscal year which was split between 41 face to face sessions, 53 phone sessions, 13 interactions through correspondence (mail/ letters) and 2 emails.

Out of the 32 clients who were on Mental Wellness Worker caseloads this quarter, ages 16 & 17 made up the largest demographic of 24%.

Service users who identified as Indigenous, First Nations and Metis made up 91% of individuals who accessed Mental Wellness Services.

In addition to coverage of the Mental Health Direct Line and ongoing counselling caseloads, the Mental Wellness workers participated in the following activities.

The mental wellness team assisted with crisis response for 3 days that was requested by Onigaming First Nations. This request was to support individuals within the community who experienced the tragic loss of a community member. Social Emergencies and Mental Health program staff assisted with this coverage throughout this period and attended with traditional medicines and resources to support individuals.



The Mental Wellness team delivered two virtual Easter activities for Easter weekend that consisted of an Easter egg decorating contest for the 10 First Nations community members as well as an Easter Egg Scavenger Hunt throughout Fort Frances.

There was a total of 17 youth participants for the Easter Egg Decorating and 18 youth participants for the Easter Egg Scavenger Hunt.

An Earth Day Challenge was hosted by Mental Wellness Workers where community members were challenged and encouraged to show how their families contributed to help save the planet. There was a total of 3 families that participated in this event.



The Mental Wellness team attended the grand opening of the Youth Centre in Rainy River First Nation.

This was a great opportunity to network with other service providers and share the services our organization offers for the youth.

There was a total of 65 youth and parents that attended the grand opening.

During Mental Health Awareness week, a booth was set up at the Rainy Lake Market Square which included information and resources about our programs provided at Behavioural Health Services.

This was an opportunity for service providers, community members and current and/or potential service users to have a change to learn about programming available and gain information about referral methods.

The Anti-Human Trafficking team collaborated with the Mental Wellness Workers to organize a MMIWG2S+ Awareness ceremony. This ceremony included a sacred fire, women's singing and hand drumming as well as opening and closing prayers. This event had a total of 30 participants and 15 hand drummers.

A 2 hour workshop on Trauma Indigenous Healing Approaches was attended by both Mental Wellness Workers. During this workshop, workers reviewed a case study about a story of an Indigenous man who found traditional healing. There was a discussion generated about traditional therapeutic ceremonies that provide healing opportunities for clients.

In addition, Mental Wellness provided support for Mitanjigaamiing First Nation during a Grief and Trauma training from May 10-13. Staff members were on standby for any participants who may have gotten triggered due to the content being discussed. There were 8 participants in this training.

During the month of May and continuing into June, many communities along with the town of Fort Frances declared a State of Emergency due to extremely high water levels and flooding. During this time period, individuals were evacuated from their homes, roads were washed out and sandbagging initiatives became a priority in order to maintain existing infrastructure. Mental wellness workers along with the entire organization spent many days supporting sandbagging efforts as requested by the communities.



Mental Wellness completed training to become certified train the trainers in Non-Violent Crisis Intervention. During the month of May, they were able to provide the training to employees at Mino Ayaa Ta Win Treatment. There were a total of 22 participants over the two sessions.

Mental wellness assisted Rainy River First Nations Recreation worker in planning and attending the interest meeting for parents and players to enter a team into the 2022 Indigenous Summer Games. Mental Wellness also supported the Recreation Worker in submitting a proposal to their First Nation's Trust for funding. The Mental Wellness worker will also be providing assistance to the team and worker in fundraising efforts.

The month of June is Pride month and ongoing support and programming was offered in collaboration with other organization programs. The Mental Wellness team attended the Fort Frances High School Youth Pow wow and also assisted with PRIDE breakfast that was held at the Behavioural Health Services office.



Mental Wellness participated in “Land for Healing” three day virtual training provided by Thunderbird Foundation. The training supports application of the Land for Healing Service Delivery Model. It also supports the planning, decision-making, delivery, and evaluation of land based programming. This delivery model included templates, sample documents, case scenarios, and other helpful resources to support program implementation.

Mental Wellness workers attended a two hour virtual workshop through the First People’s Wellness Circle called Supporting First Nation Youth Mental Health. During this virtual workshop Dr. Chris Mushquash shared issues that Indigenous youth are currently facing and provided information and intervention techniques to best support clients.

In order to ensure programming is engaging and relevant for our program participants, a youth survey was completed to gain youth community member’s feedback and input on what programming they would like to see available in their communities.

A set of Apple Air Pods along with gift cards for Dominoes and Boston Pizza were given out. The draw was held on June 24th. There was a total of 31 responses from youth throughout the 10 First Nations we serve.

Onigaming First Nation held an Applies Suicide Intervention Skills Training opportunity for individuals in their community. A request was received for support from mental health staff in order to debrief and intervene in the case that the course content was triggering to the participants. There was 18 participants in this training exercise.

At the end of June, Rainy River First Nation’s held their first ever Pride Walk/Celebration within the community. Mental Wellness attended with other members of the Social Emergencies team in order to show their support and participate in networking. There were approximately 70 people that attended this event.

Mental Wellness attended the Onigaming Community Mental Wellness Plan Committee meeting. A presentation was completed on the Social Emergencies team.

Mememgwaawag Anti-Human Trafficking Program

The Mememgwaawag team provides one on one and group peer support to individuals and survivors who are looking for human trafficking related supports. The Anti-Human Trafficking program works with community partners and human trafficking committees to provide wholistic prevention and awareness opportunities throughout the Southern Treaty area.

Programming focuses on a 4 stage intervention model of: prevention based services, intervention with current service users and potential clients, advocacy and networking with district and regional partners.

During the first quarter, a total of 6 clients completed referrals and were on the Memengwaawag Wellness Coach caseload. Additional clients accessed services for one-time support or interventions whom did not wish to access regular service delivery, counselling and support.

Due to the sensitive nature of the program along with safety concerns, many survivors are apprehensive to reach out to service providers without an already established relationship of trust being built. The program has been working hard to be present in areas of identified human trafficking concern or where individuals at risk may be present in order to share information and build trusting relationships organically.

Risk factors that were identified in addition to human trafficking within programs caseloads included struggles with activities of daily living, trauma, depression, grief/loss, legal concerns and sexual abuse.

Throughout this first quarter, the Memengwaawag Wellness Coach assisted with providing support to the Mental Health Direct Line. Coverage of the MH Direct Line supports individuals with immediate crisis, suicide risk screening and assessments and safety plans.

In addition to these more urgent services, the Mental Health Direct Line also provides same day counselling and debriefing services as well as support service information sharing and referrals. This phone service is available through phone & text support as well as walk-ins at our 601 Kings Hwy office. Services are offered during Behavioural Health Service's office hours.

To commence the first quarter of the year, continued and regular contact has been maintained with the Women Elders from our 10 First Nation Communities. These Elders are assisting our program in the continued development of the posters with appropriate translation through a collaboration with the Spirit of Hope Project. This project is currently in the completion stage of the first draft and will continue to be worked on with the Elders.

These resources will be distributed to all 10 of the First Nations communities we serve along with schools, community partners and frequent identified areas of human trafficking concern.

Throughout the month of April, a priority was placed on ensuring individuals who may need Anti-Human Trafficking support, aren't facing barriers to accessing services. Updates have been made to pre-existing support cards which list helplines and services.

These support cards are for distribution to as many communities, clients and service users as possible. 500 business cards were printed out and will continue to be distributed throughout the district.

The Mememgwaawag Wellness Coach attended the walk that was held in support of Mental Health Awareness week. Employees from Giishkaandago'lkwe Health Services along with workers from CMHA, UNFC, community members and local residents attended.

On May 5th was National Day of Awareness and Action for MMIWG2S+. In collaboration with the Mental Wellness team, an event was held at Behavioural Health Services. An Elder did a traditional opening prayer and women's hand drummers attended to honour all MMIWG2S+.

Participation draws, door prizes and snacks were held at an information booth which held resources and materials to hand out.

A sacred fire was lit with a fire keeper and individuals had an opportunity to make offerings of tobacco.

A request was presented to the Social Emergencies team to support the Reach Ahead Program. Mental Wellness and AHT collaborated and offered Treaty teachings that were provided by Robert Horton for a total of nine grade 8 students who attended. This program is an initiative through the Fort Frances High School which aims to support students in obtaining an extra credit.

Robert Horton presented for 2 hours and allowed for the students to ask questions and encouraged them to participate. Program information was shared as well as resources and supports handouts. This event had 14 individuals in attendance.

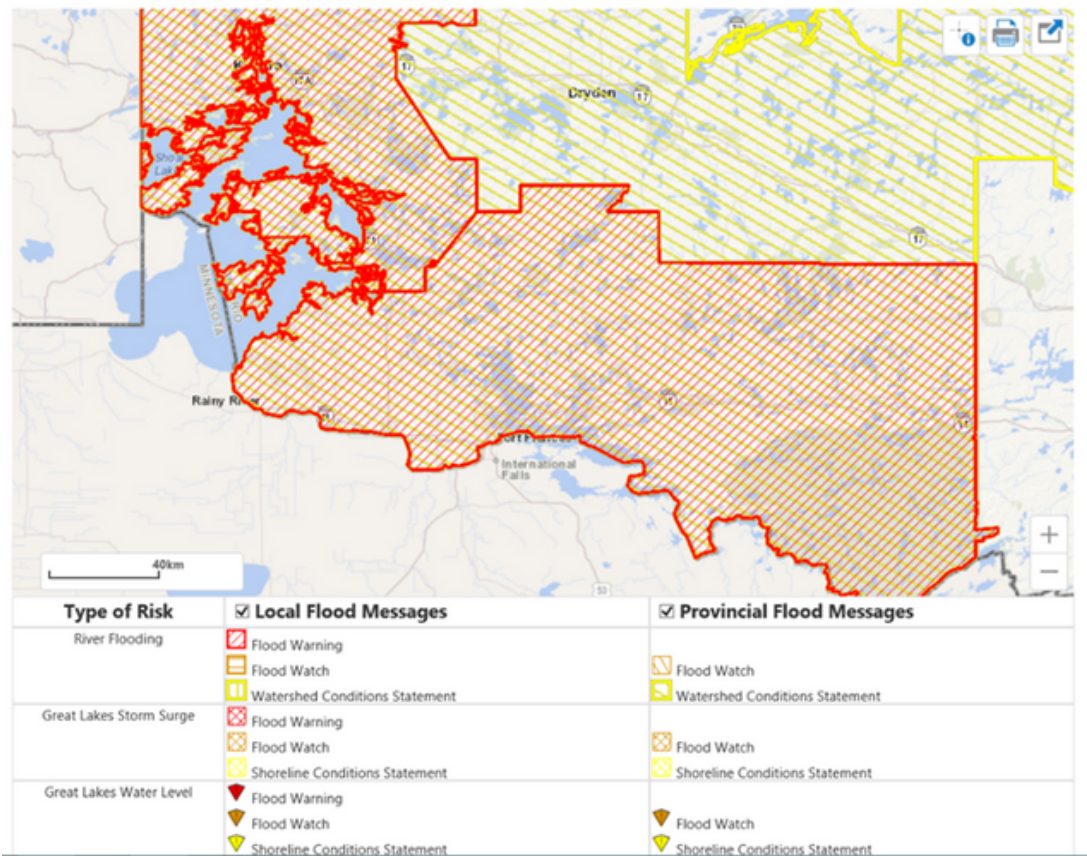
The Mememgwaawag Program participated in helping with set up and supports during the PRIDE breakfast that was held at Behavioural Health Services. Multiple speakers attended to present, other organizations brought information booths and many engaging activities were present.

Two community visits were completed where the Mememgwaawag program was shared with community programs. This was a networking opportunity where educational information was shared and resources/ supports were offered.



Social Emergencies Coordinator

Ontario flood map



Throughout the first quarter of the fiscal year, response to community flooding and pandemic related supports were prioritized. Community engagement was maintained through check-ins and networking to ensure communities were aware of the methods to request supports to social emergencies.

Through collaboration with the Environmental Public Health Officer, updates were provided to organization employees to ensure flooding updates, road & office closures and areas needing sandbagging support were communicated.

