

Fall 2022

ALICIPSUMQUI

News on the health and well-being of our communities

THE *Journey* HOME

New documentary highlights programs for youth in our communities to deal with trauma of the past / 4



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summer photo gallery

A snapshot look at some of the things the KCA departments have been up to through the season in our communities.



KCA to build new addictions supports with rising opioid rates

Northwestern Ontario's Kenora Chiefs Advisory is receiving new funding from the province to help address mental health and addictions in their home communities.

The Ontario government is investing \$667,000 through their new Addictions Recovery Fund to help add and enhance specialized addictions treatments in northwestern Ontario.

"Our government recognizes the importance of making substantial investments in high-quality addictions care across Northwestern Ontario," Kenora-Rainy River MPP and Minister of Indigenous Affairs, Greg Rickford.

"Our \$667,000 investment will help residents access specialized treatment that is culturally appropriate, and will improve the lives of people in our communities."

Ontario says that studies have shown that opioid-related deaths surged by nearly 80 per cent during the COVID-19 pandemic, with rates being three times higher in Northern Ontario.

In the area, the Kenora Chiefs Advisory will be receiving \$273,750 to immediately enhance access to bed-based addictions treatment supports through 2022-2023. The Rainy River District Ontario Health Team is also seeing \$394,200 through 2024.

"This opportunity allows for greater options and flexibility for participants seeking treatment closer to their First Nation community. This much-needed programming will be located at our Youth and Family Camp property located just outside the City of Kenora," explained Jennifer Dreaver, KCA's Chief Operating Officer.

"We continue to lead in the development of a full continuum of holistic care for all ages, and look forward to building on our established work as the lead agency for one of the first 10 Youth Wellness Hubs in Ontario."

Overall, Ontario's \$90 million Addictions Recovery Fund aims to build close to 400 new addictions treatment beds across the province, helping to care for roughly 7,000 clients. Other investments include six new youth wellness hubs, mobile mental health clinics and additional community supports.

"Both before and during the pandemic, we've seen a surge in demand for high-quality addictions care that addresses the unique needs of vulnerable populations across Ontario," said Michael Tibollo, Associate Minister of Mental Health and Addictions.

"This historic investment is an important step forward to protect our progress in



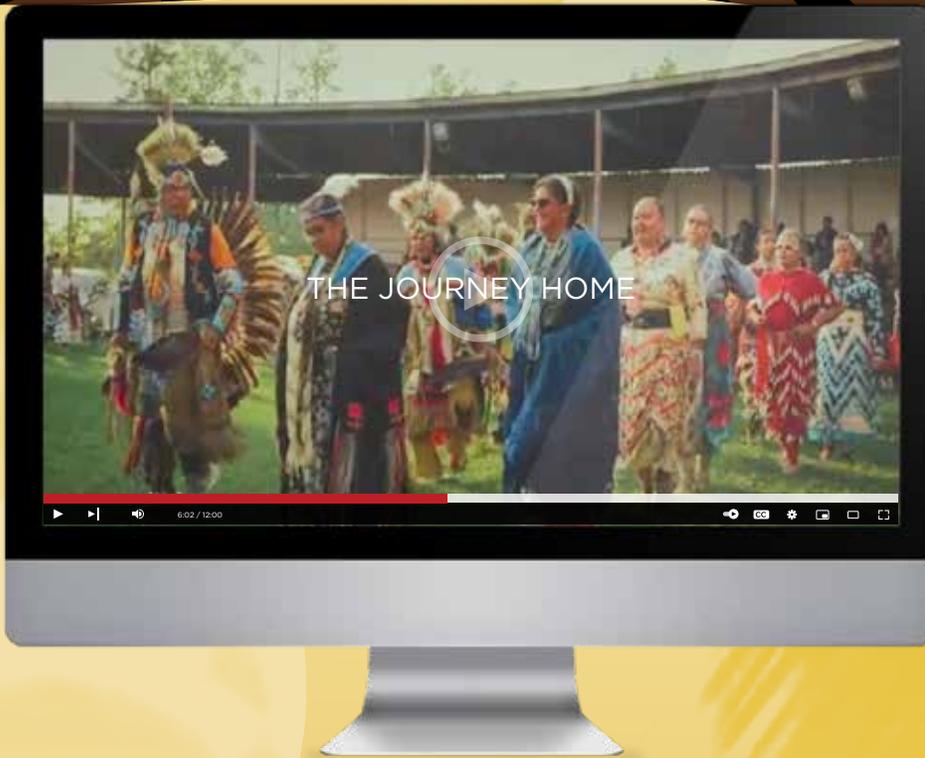
The Kenora Chiefs Advisory will be receiving \$273,750 to immediately enhance access to bed-based addictions treatment supports through 2022-2023.

our fight against COVID-19, and ensuring that individuals and families region has targeted, reliable access to the help they expect and deserve."

Further support available

The Ontario government is also investing \$2.5 million in Breaking Free Online, a new therapy tool that makes it faster and easier for Ontarians to access safe and effective addictions supports. You can find more information on the free programming and resources by visiting breakingfreeonline.ca.

More mental health, wellness and addictions supports can be found through the Ontario government website at ontario.ca.



This 12 minute documentary video offers young people a guide to help heal from the intergenerational trauma of the past in a contemporary format.

Kenora Chiefs Advisory documentary

A new documentary by the Kenora Chiefs Advisory highlights some of the programs they have for the communities they serve, but also the programs offered to youth to deal with the intergenerational trauma of the past.

The Journey Home is a short film that touches on past harm First Nations people and communities have faced like residential schools and children in care.

The 12 minute film also explores programs and services the Kenora Chiefs Advisory offers young people to help heal from the intergenerational trauma.

“We work with them through the trauma they’ve experienced in their life, we help guide them to setting themselves goals of where they want to go, and giving them like I say, opportunities just to have fun you know there’s so much sorrow in our First Nation communities we all know that. And you know crisis after crises after crisis happens in our community you know youth need to have some fun,” said Joe Barnes, executive director of the advisory.

The main focal point of the short film is a youth and family wellness camp that is accessible by all the communities that was purchased in 2021.

“We have rolling hills, we have our own sacred teaching sites where we intend to have bigger events for our kids, we have areas identified for our elders, areas identified for specific teachings with our you know whether it be traditional ceremonies, everything from top to bottom and that space is true healing,” said Chief Lorraine Cobiness of Niisaachewan Anishinaabe Nation.

“We need people to know that we are here, we are not going anywhere, we know what we’re doing and we know how to participate, focus and take care of our most valuable resource which is our children. Build them up, make them strong. We know what works, what

hasn’t worked and sit back and listen, sit back and take notes, sit back and learn from what we know is best.”

Cobiness is also the president of the Kenora Chiefs Advisory, which was started in 1995 and is an alliance of nine independent First Nations within the western region of Ontario. Some of the First Nations include Washagamis Bay First Nation, Shoal Lake 40 First Nation and Wabaseemoong First Nation.

An elder’s council, youth council and the communities collaborate on initiatives. Their mandate is to provide programs and services to First Nations in the field of health, education and social services.

A horse-based therapy program, land-based healing and sports are just a few examples of programming offered by the advisory.

Kenora Makwa Patrol – Two Years of Success

Kenora Makwa Patrol celebrated two years of success on Wednesday, September 14, 2022.



To celebrate and honour the foot patrollers, a free celebration BBQ was held at Anicinabe Park in Kenora for staff and community members. The commemoration featured songs from Ogimaawabiitong's Grandmother Drum, Zhaawaanong Binesiik, as well as speeches from community leaders such as Chief Chris Skead,

Elder Agnes Paul, Detachment Commander Jeff Duggan, and City Councilor Sharon Smith.

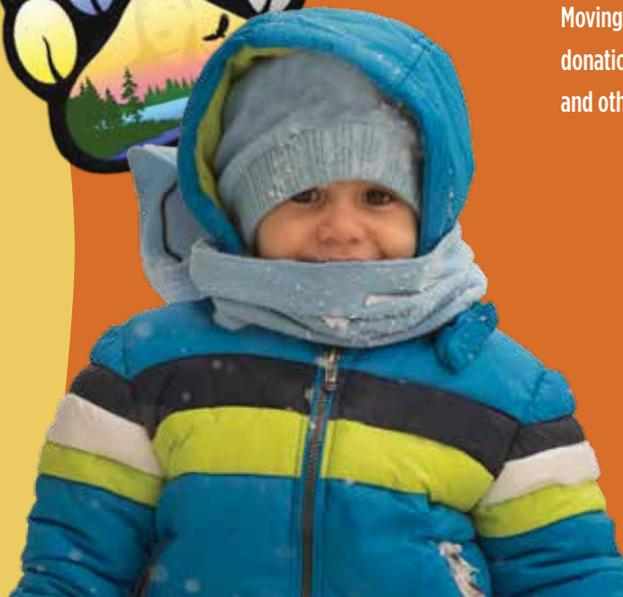
This summer, Makwa Patrol was able to hire four summer students to help with the downtown foot patrols. Makwa Patrol would like to extend their appreciation and wish best of luck to Andrew Lockwood, Christina Napish, Josh O'Conner, and Nodin Keewatin.

This summer, patrollers were able to assist a young boy in finding his stolen bike, they handed out almost 6,000 food items and 4,300 drinks to patrons in the Kenora area.

Moving into fall, Kenora Makwa Patrol is requesting donations of gently used blankets, winter jackets, and other fall/winter clothing.

Another initiative is the Kenora Makwa Patrol, which provides a range of supports to people in need on a 24/7 basis, including handing out meals and water, connecting and transporting people to additional services, and supporting emergency response by police and ambulance services.

"I think what we want to take away with this is that this is one element of building the structures, the infrastructure and doing it ourselves right. Bringing our kids back to who we are and supporting that going forward but also recognizing that we are never going to go backwards, we are never going to go back to those unsafe spaces where our people were just wrecked," said Chief Cobiness.



Makwa Patrol is collecting gently used blankets, winter jackets and other fall/winter clothing.

KCA Program Updates

NIPD

As many as 2000 people gathered at the Youth and Family Wellness Camp this summer for a day full of celebrations and activities. Kenora Chiefs Advisory, in partnership with Grand Council Treaty #3 and the Ne-Chee Friendship Centre, celebrated National Indigenous Peoples Day on June 21, with traditional ceremonies, bonding activities and lots of food, bringing thousands of people together from Kenora and the surrounding communities. Dozens of people gathered for a fashion show that featured indigenous designs for all ages. Les Stroud, AKA Survivor Man, even made a special appearance!

In a video produced by Upriver Media for the celebration, Abbie Siroishka, Communications Lead for KCA, commented on the massively successful event, "I think this is a really beautiful thing that has come together, I think it shows a lot of unity, a sense of community and strength." Miigwetch to everyone who came and participated in the events and a special thanks to all the sponsors, donors, vendors, artists and partners who made everything possible.

Healing Our Spirit Pow Wow

In mid-August, people from all around gathered on Pow Wow Island in Wauzhushk Onigum Nation for the 3rd Annual Healing Your Spirit Pow Wow to honour and help in the healing journey of the Residential School System, 60's Scoop and Day School survivors. The three-day celebration featured host drum Zhaawaanong Binesiik, Ogichidaa, co-host drums Whitefish Jrs and Whitefish Bay



Singers, and invited drums Hanisha, Agency One and Brown Eagle. On night two of the pow wow, a ceremony/honor song was held for Residential School System, 60's Scoop and Day School Survivors. Elder Ronnie P McDonald and Sherry Copenace conducted the ceremony and invited survivors and families to join in. According to Danika Crow, pow wow organizer and Cultural Services Manager with Kenora Chiefs Advisory, approximately 100 survivors participated in the healing ceremony. She acknowledged all survivors that were unable to join in at that time.

Reno Cameron, Cultural Coordinator for Ogimaawabiitong was proud to witness and take part in the events, he spoke about the importance of this pow wow for the survivors, "I look at them as heroes because we wouldn't be here if they didn't make it through [what they did]. So, when we have this pow wow, it helps them heal."

Kenora Chiefs Advisory Youth and Family Wellness Camp

The Kenora Chiefs Advisory Youth and Family Wellness Camp, located on 327-acres of beautiful land with Black Sturgeon access, was the spot of all spots to be this summer.

The camp hosted multiple key KCA events and celebrations this summer, including National Indigenous Peoples Day on June 21. The camp showcased programs such as Equine Assisted Learning and the Binesi Waziswan – Youth Mental Wellness Service.

The camp was also home to a few summer students this year. As we return to the school year and seasons change to fall, Serene Kenny, Operations Manager at the camp, said she is looking forward to the return of the weekly camp craft nights and for students to return to the property. She also looks forward to multiple new recreational additions that will be coming to the camp in the near future!



Human Resources Update

The Human Resources department was hard at work this summer as KCA continues to expand exponentially! This summer, the department partnered with many internal and external programs and partners to hire over 40+ new employees.

New HR branding and brochures were created for positive communication that reflects and supports the Seven Sacred Teachings and Ethics.

The HR department would like to recognize the amazing work that went into hiring 17 summer students for multiple programs across the company. They would also like to acknowledge the tremendous efforts that went into hosting the first annual National Indigenous People's Day celebration out at the Youth and Family Wellness Camp. As Diana Bachman, Director of Human Resources, looks forward, she said, "As we move into fall, we anticipate another busy season. We will be evaluating new projects and policies and we will be expanding our program. Our door is always open, and we welcome you to stop by and say hi!"

KCA Summer Students

Kenora Chiefs Advisory was fortunate to be able to hire 17 summer students this year. The students, ages 14 to 25, spent their summer working with multiple programs and organizations across both KCA and Treaty Three Police Service.

They celebrated the end of their summer employment at the Youth and Family Wellness Camp (YFWC) with a two-day



retreat. During the two-day retreat, students participated in activities such as land-based learning with local Knowledge Keepers, equine assisted learning with Ojibway Spirit Ponies, storytelling with local Elders, and recreational activities such as canoeing, sports and games.

Adriana Novak worked at the YFWC this summer; she was the Summer Student Camp Coordinator. When asked about her favourite experience or take away from the summer, she said, "My favourite thing about working out here would be all of the different cultural based coordinating that I got to do, and I got to learn so much about how to use the land to create opportunities for healing." Josh O'Conner worked with Kenora Makwa Patrol, when asked what he took away from his experience this summer, he said "One thing I took away was to have an open mind to anyone in whatever state they are in, no matter the demographic. The thing I took away from this summer is to treat people equally and fairly, and to always make sure they are safe."



All Nations Hospital

Planning continues to move forward in the for the All Nations Hospital. The functional planning stage (Stage 2A of planning)



was recently endorsed by the planning partners (Lake of the Woods District Hospital and Kenora Chiefs Advisory) and the All Nations Hospital Project Steering Committee. Following these endorsements, the Stage 2A plan was submitted to the Ministry of Health, the project's major funder. The proposed 81-bed hospital in Kenora is expected to see significant expansion in several areas.

In the new hospital, 24 beds will be dedicated to mental health services, an increase from 17 in the current facility. The Diagnostic Imaging Department will be expanded to include MRI services and space for a second radiologist. The Emergency Department will be properly sized with better support for Ornge and EMS, secure rooms, airborne isolation rooms and a consult/quiet room with smudging capability. In addition, the new facility will be complemented by staff who specialize in spiritual care and indigenous health. As Stage 2B commences, refining designs, cost estimates and completing furniture and equipment planning will



be the priorities. A complete Stage 2 final report is slated for completion by December 2022.

Youth Hub

The summer months were a busy time for the Youth Wellness Hub! Multiple successful Pride events were held in celebration of the 2SLGBTQ+ community including the Pride Lunch and Learn, an event held in partnership with KCA YOW program, KSAC, and WNHAC, which featured Kenora-based speakers and a tasty lunch. Cultural Youth Coordinator Kiara was an asset to the team this summer by helping with craft events and teaching youth how to bead.

Kiara and staff will also be hosting ribbon skirt/shirt workshops this September. As the YWH team looks forward to the fall, they are excited to be piloting two new groups. One is a group to build community amongst young parents through child-friendly activities and provide connection to community resources. The second is a group that focuses on assisting youth aged 18-25 that are working on their sobriety using a harm-reduction lens. Youth are provided with a meal, education, and a social space to explore alternatives to substance use.

Child and Youth Development Services

The team at Niigaanning Bimaadiziwin Child & Youth Development Services



spent the summer focusing on promoting the child development services in each of our nine communities. As the COVID-19 restrictions have begun to alleviate, the NBDS team has been able to be more visible in the community and begin the process of reintegrating our services into communities. As part of promoting the NBDS child development program, 10 BBQ and informational sessions were held across the region with 2 more to come. Looking back at the summer, the NBDS team would like to highlight a few of their groups and events from the season such as their Mom & Tot Playgroup in Wabaseemoong, NBDS Family Summer Day Camp, and Dalles ASQ Screening Day. This fall, the team is excited to host the Wabaseemoong Children's Festival on September 30, 2022.

Crisis Response Program

The Crisis Response team would like to share with the community that they are looking to fill 3 vacancies on their team:



Crisis Counsellor, Anti-Human Trafficking Program Coordinator, and Mobile Crisis Worker. Community members are encouraged to apply!

The team would also like to remind everyone that they are available to help with individual counselling, sharing circles, mental health support for sensitive topics, and can provide some training on crisis response and mental health assessments. If you would like help with any of these topics, get in contact with the Crisis Response team.

Binesi

The Binesi Waziswan – Youth Mental Wellness Service program spent their summer learning from the land. While the Binesi house (located at the Youth and Family Wellness Camp) is being renovated, the program has been running a day program with youth this summer. Some of the activities the Binesi team did with youth this summer included fishing and canoeing, equine therapy, cultural crafts, buffalo harvesting, and weekly cultural teachings with Randy White.

The Binesi youth also participated in multiple events that were hosted at the Youth and Family Wellness Camp including the Camp Fun Day, Cultural Days, Grief Wellness Management Workshop, and National Indigenous Peoples Day.

Cultural Services Team

The Cultural Services team was kept busy this summer with a few very large projects.

Through the third week of June, the team organized Ogimaawabiitong's 1st Cultural Services Summer Days. The week featured women's and men's teachings, drum teachings, Anishinaabemowin traditional games, and much more. Over 300 Treaty 3 community members were in attendance and Ogimaawabiitong's Elders Advisory Council were present the whole time to provide their wisdom and guidance. The Cultural Services team, especially Manager Danika Crow, were instrumental in the

organization and success of the 3rd Annual Healing Your Spirit Pow Wow which was held at the end of August.

Internally, the team worked hard to keep up with cultural training for member communities, external organizations and especially with the massive amounts of freshly hired staff. "We are so very grateful as a team that we are guided through Ogimaawabiitong's Drum Zhaawaanong Binesiik, she is our organization's center and glue to ensuring all work is done in a safe and respectful way," said Crow.

The Cultural Services team is looking forward to celebrations such as the 2nd Annual Fall Harvest, Cultural Services Winter Days, and monthly Full Moon ceremonies.

"We are so very grateful as a team that we are guided through Ogimaawabiitong's Drum Zhaawaanong Binesiik, she is our organization's center and glue to ensuring all work is done in a safe and respectful way,"

- Danika Crow

TICK SEASON

Fall is peak season for black-legged ticks and Lyme disease and the Environmental Health team at KCA would like to remind everyone to be cautious. Overall, there are less ticks than in the spring and summer, but the risk of contracting Lyme disease increases due to the type of tick available at this time. If a tick manages to find you or a loved one, make sure you carefully remove the tick and take it to your local health unit so that it can be identified. Consult the infographic to learn more.



Steps to Remove Ticks



| Step 1: Tools | Step 2: Pinching | Step 3: Removal | Step 4: Containment | Step 5: Sanitization |
|---|--|--|---|--|
| Always grab a pair of tweezers before attempting to remove a tick | Take your pair of tweezers and pinch the tick by its front as close to your skin as possible without pinching yourself | Carefully pull the tick away from your skin in an upwards motion | Do not throw away or flush the tick! Instead, place the tick in a container in the freezer so that it can be identified by your local health unit | Clean the area thoroughly with soap and warm water. Report any potential symptoms of Lyme Disease to your doctor |

Warning!

- ✗ DO NOT forcefully remove a tick. Clumsy removal of a tick could leave parts of the tick in your body.
- ✗ DO NOT attempt to remove a tick by its body. That could cause fluids from the tick to enter your body.
- ✗ DO NOT try to kill the tick while it is still attached to your skin. You should not burn a tick nor try to apply ointments to remove it.
- ✗ DO NOT wait to remove a tick. Always remove a tick the moment you are aware of its presence.

Wiigwas

Wiigwas Elder and Senior Care had a turbulent summer dealing with the ongoing challenges of the COVID-19 pandemic. Despite the outbreaks, staff remained strong to help make sure the elders and seniors living there could have the best summer possible. Because of COVID-19, the Spring Feast needed to be delayed, but luckily, with the residents' safety and wellness in mind, they were able to have a fish fry to celebrate at the end of June.

In other exciting news, thanks to fundraising efforts and donations from the community, they were able to purchase a brand new tv for the second-floor common room just in time to watch the NHL Playoffs as well as an air hockey table to keep residents occupied in the off-season!

NOHFC Funding Update

On Tuesday, September 20, 2022, Greg Rickford, Minister of Indigenous Affairs, MPP for the Kenora-Rainy River District, and Chair of the Northern Ontario Heritage Corporation (NOHFC) announced that the NOHFC has provided the Kenora Chiefs Advisory Youth and Family Wellness Camp with \$476,833 to invest into a commercial kitchen, laundry room, bathroom and showers. The announcement was opened with prayers from Randy White, before moving into words from Minister Rickford and Chief of Northwest Angle 33 First Nation, Darlene Comegan. "It's a beautiful setting – and as we have already seen, larger-scale events



can be held here. The Northern Ontario Heritage Fund, that I chair, feels really good about what the Camp represents, the promise that it can be a great place for families and youth but also for larger-scale events," said Rickford. "We are very grateful for the chance to continue the work we are doing out at the Ogimaawa-bitong Youth and Family Wellness Camp and continue to grow the partnerships that have helped us get to this point," explained Joe Barnes, Executive Director of KCA.

Medicine Camp

Kenora Chiefs Advisory Cancer Care Project hosted a Traditional Medicine Camp for Community Youth on August 29 and 30, at the Youth and Family Wellness Camp. The Camp was led by Dr. Shannon Wesley, a physician and band member of Eagle Lake, and Tom Chisel, an Elder with the Sioux Lookout First Nation Health Authority. There were presentations on traditional medicines, the group was taught how to make traditional tobacco, and they were taught how to identify useful plants they found while on a group medicine walk through nature. Harmony Scott, a participant of the 2-day camp spoke about how the event went, "Honestly, I didn't even realize how important it was to learn this stuff, I just came because it was something to partici-

pate in. Since being here, I definitely have a lot more interest and I am excited for them to come back next year and continue to share their knowledge!" As part of the KCA Cancer Care project's goals, they are working with Dr. Wesley to host Traditional Medicine Camps for youths in member communities.

Back to School BBQ

The Kenora Youth Wellness Hub hosted another successful Back to School BBQ on August 31, 2022. The event was a huge success, feeding approximately 350 people and giving fully stocked backpacks to 200 local youth! While the BBQ was happening outside, multiple Kenora organizations had activities and information tables set up inside the Youth Hub for youth and their families to check out. Waasegiizhig Nanaandawe'iyewigamig Health Access Centre (WNHAC), Firefly, Kenora Association for Community Living (KACL) and Kenora Sexual Assault Centre (KSAC) were all set up inside ready to share their information with the youth and families that stopped by. Overall, Jourdan Kardal, one of the event organizers, described the event as going "very well." The Kenora Youth Wellness Hub would like to thank all of the event sponsors and partners: Kenora Chiefs Advisory, Kenora No Frills, Wholesale Club, KPDSB, KCDSB, Firefly, KSAC, WNHAC, and WJS.



...even more summer fun



kenorachiefs.org



240 Veterans Drive,
Third Floor
P.O. Box 349
Kenora, ON P9N 3X4

Phone: 807-467-8144
Toll Free: 1-855-367-2600
Fax: 807-467-2656



@kenorachiefs

