



MA'MO'WEH  
WII'SOO'KA'TIWIN

PEOPLE HELPING PEOPLE



# CASE FOR SUPPORT



*Our Strengths are Our People*

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# About the Foundation

Ma'mo'weh Wii'soo'ka'tiwin (People Helping People) Foundation is dedicated to raising funds for new projects and programs that will meet a wide range of needs like health promotion, child and youth development, employment support and long-term care. These services are changing lives.

People are gaining new skills, improving their physical and mental health and coming together as strong families and communities. The healing has begun, but there is still much to do to preserve the Anishinaabe way of life for the next seven generations.

The Foundation was established to support the work of the Kenora Chiefs Advisory (KCA), an alliance of nine independent First Nations within the Western Region

of Treaty 3 Territory. This territory is spread over 3,600 square kilometres in northwestern Ontario and home to over 4,200 people.

Since 1995, the Kenora Chiefs Advisory has been providing the health, education and social services that enhance the wellbeing and build the capacity of every community member.

Now is the time to build on our progress with independent, flexible funding that encourages innovation for even greater impact.

**We have the ideas, and with your donation to Ma'mo'weh Wii'soo'ka'tiwin Foundation, in support of KCA, we can make them happen.**

## ***Ma'mo'weh Wii'soo'ka'tiwin Foundation (People Helping People)***

*was founded in 2019. Its mission is to "Rekindle hope, reclaim culture and restore strength through People Helping People."*

*The goal of the foundation is to help KCA diversify its funding sources to enable greater independence and flexibility to develop innovative and effective approaches to strengthen Indigenous communities.*

*Currently KCA receives the majority of its annual budget through provincial and federal governments. The Foundation will enable individual and corporate donors as well as private foundations to support KCAs vital work.*



## Ma'mo'weh Wii'soo'ka'tiwin Foundation

### Board of Directors



#### **David Zimmer, President and Chair**

David Zimmer is the former Minister of Indigenous Relations and Reconciliation (2013 - 2018) and a four-term member of the Ontario Legislature. He has the distinction of being the longest serving Minister responsible for Indigenous Relations. Mr. Zimmer represented the riding of Willowdale in both the McGuinty and Wynne governments and acted as Parliamentary Assistant to Attorneys General Michael Bryant and Chris Bentley (2003 - 2011) as well as Parliamentary Assistant to Kathleen Wynne, then Minister of Municipal Affairs and Housing and Minister of Aboriginal Affairs (2011- 2013). Mr Zimmer served as a member of the Standing Committee on Public Accounts (2003-06, 2007-11, 2012), Standing Committee on Estimates (2006-07), Standing Committee on Justice Policy (2006-11), Standing Committee on General Government (2012), Select Committee on Elections (2008-09). He is credited with introducing and passing "Elder Abuse Awareness Day" and measures to suspend the driver's license of anyone who is convicted of impaired boating.



#### **Eric Fisher, Secretary**

A Member of Wabaseemoong Independent Nations of Whitedog, Eric Fisher served his home community as Chief and Council member for 20 years. He is fluent in the Ojibway language and his is "a voice of reason and understanding" when it comes to negotiations with First Nation Governments and Corporations. Eric has been instrumental in the development of both his own and the greater Aboriginal Community with his dedication and service to many Treaty and Tribal Councils, Chiefs Councils and Advisory Boards. Eric has held positions as a Crisis Intervention Worker and was on the Mercury Disability Board; his compassion and thoughtful reflection have guided many clients and peers through enormous adversities. From 2013 to 2015, he co-chaired the Treaty #3 Spring/Fall National/Chiefs Assemblies.



#### **Hanita Tiefenbach, Treasurer**

Hanita Tiefenbach is a former Assistant Deputy Minister, Ministry of Aboriginal Affairs

Prior to her retirement, Hanita held a number of senior positions at the Ontario Public Service in the areas of health, indigenous affairs and inter-governmental relations. Her areas of expertise include strategic planning, innovative policy and program development, building productive relationships, and program operations. Hanita's background also includes experience in the hospital and private home care sectors prior to joining the OPS.

Hanita has worked with the Kenora Chiefs Advisory over the years, and is thrilled to be part of this initiative that will contribute to the well-being of the member First Nation communities.



### **Stephen Chan, Director**

As Founder and CEO at Dapasoft, Stephen has overseen the growth and strategic vision of Dapasoft from inception. Stephen has been directly responsible for the development of our consulting practices, and diligently pursued partnerships that have benefited Dapasoft.



### **David de Launay, Director**

David de Launay is an experienced executive, board member, and project leader presently consulting and giving back through volunteer work. He is on the Advisory Council of the Development Partners Institute which brings together mining, Indigenous, and community interests to maximize the social and economic benefits of mining. From 2013 to 2018, David was the Ontario Deputy Minister of Aboriginal Affairs and of Northern Development and Mines capping off thirty-three years of service to the people of Ontario in various provincial government senior executive positions. He often led negotiations and partnership building with First Nations. His board Director experience is extensive, including Hugh's Room for the Performing Arts, Destination Ontario, Algoma University, FP Innovations, Greater Peterborough Area Economic Development Corporation and numerous international Great Lakes organizations.



### **Chief Vernon Redsky**

Chief Vernon Redsky has served as Chief and Member of Council of Shoal Lake #40 First Nation for over 20 years. He was most recently re-elected as Chief in 2020. Chief Redsky was instrumental in bringing proper financial management and accountability to his home community of Shoal Lake and has seen the services and supports that the Band provides to Shoal Lake #40 continue to grow. Working with fellow First Nations Chiefs, he worked to ensure that First Nations received their own Policing Service. He has stewarded infrastructure development with a new water treatment plant and school almost complete. During the COVID-19 pandemic he has been a tireless advocate to ensure that proper protocols are in place and adhered to, to keep the community as safe as possible.

*Join us as we continue to build our experience,  
reputation and programming.*

# KENORA CHIEFS ADVISORY PROGRAMS

**Mino bimaadiziwin – living the good life – hasn’t always been easy on the nine First Nations we serve.**

**We’re changing that with culturally-appropriate, holistic programs and services that really work.**

## UNIQUE PROGRAMS

**Some KCA programs are the first of their kind in the country.**

### **KCA Family Rookie League**

In 2015, several Treaty 3 Chiefs joined forces with KCA to develop a mental health strategy that would support the most marginalized and hard-to-reach children and youth in their communities.

A key element was bringing people together through baseball, which led to the creation of the KCA Family Rookie League, in partnership with the Jays Care Foundation and Right to Play.

The goals were to engage a large number of community members of all ages in weekly sport and play, and by reviving a love of baseball, to reduce the number of mental health concerns reported by children and youth.

By May 2017, eight First Nations were participating with players as young as four and as old as 100, with remarkable results (see box). The rules of play were adjusted so that community involvement – coming to practices and games, providing meals, and cheering on every player regardless of talent – earned as many points as actually winning a game.

Chiefs and Elders were invited to lead opening ceremonies before each game and a drumming group led the Opening Ceremonies at the Beyond the Ballpark end-of-season tournament.

### **STATISTICS, 2019-2020**

- 315 ACTIVE CHILDREN AND YOUTH** attended Rookie League programming each week.
- 25 COMMUNITY AND FRONT-LINE STAFF** participated in intensive training facilitated by Jays Care, Right to Play and baseball clinicians.
- 760 SUPPORTIVE COMMUNITY MEMBERS** participated in events held by communities during season.
- 18 BASEBALL GAMES PLAYED PER COMMUNITY** during season.

*“This was an opportunity to be part of something bigger than myself, part of a team, to endure things together.”*

*“It has given me lots of courage and energy, something to look forward to.”*

*“It brings the best out of us. It brings me joy and happiness.”*

# MENTAL HEALTH PROGRAMS

## Many community members are residential school survivors.

Ripped from their families, punished for speaking their language, sexually abused by their so-called caretakers and left feeling utterly worthless, some survivors turned to alcohol and drugs to dull the memories, rage and depression - or self-harm and suicide when they could not. Others struggled to raise families after growing up without love or traditional teachings to guide them, perpetuating a cycle of abuse and dysfunction over generations.

### Adult Mental Health & Addictions Services

- Counselling, referrals to addictions treatment, and treatment aftercare are provided to clients aged 12+.
- Pre-arrest diversion - including illness stabilization, life skills and restorative justice - is available to clients aged 16+.
- Clients aged 18+ and their families receive counselling and referrals to external services.

Crisis intervention services are available at the individual, family and community levels. Workers support community members for a brief time to get them through the initial crisis and strengthen their ability to cope mentally emotionally and spiritually. Working with KCA's Cultural Coordinator, Case Managers also help community members find healing through Anishinaabe ceremonies and other traditional ways, delivered by Elders, Knowledge Keepers and Healers from member First Nations.

### Family Violence Program

Through workshops and presentations, community members increase their awareness of all forms of violence - school (peer pressure, bullying), family, workplace and lateral (between peers/equals) - and learn about its effects on their families and themselves.

## STATISTICS, 2019-20

- 24 workshops held, attended by 562 participants.
- 5 Healing Circles held, attended by 50 people.
- 14 Health Fairs held, attended by 541 participants.

*Richard struggled with drug and alcohol addiction for much of his youth and adult life. He had been sober for about four years when his grandmother died under suspicious circumstances. Richard felt he was holding it together pretty well, but when many family members began confiding their problems to him, he relapsed and started drinking again. Richard was deeply ashamed of this and as a result, was too embarrassed to seek guidance from his Elder. His mental and physical health gradually deteriorated as he continued coping in an unhealthy way. Eventually, he was persuaded to accept some services, and after learning about trauma bonds and vicarious trauma, he agreed to attend treatment for his addictions and mental health issues. A crisis counsellor helped Richard to fill out the referral and application forms, but because he was still embarrassed about his situation, he did not want to attend treatment in the Kenora area. KCA's Crisis Response Team got approval to transport Richard to a traditional healing facility in the Thunder Bay area. Richard has graduated from*

*treatment and is back living and working in his home community and maintaining his sobriety. Richard still checks in with his former counsellor from time to time to give updates.*

## **STATISTICS, 2019-20**

**Adult mental health services provided to 1237 clients through over 10,000 contacts.**

### **Children, grandchildren and great-grandchildren still feel their relatives' pain.**

Every day, between one and three youth from these communities arrive at Kenora's Lake of the Woods District Hospital in crisis. There are many reasons why - damaged family members, a loss of identity, and pervasive inequalities in living standards, services and opportunities. Their lack of hope for the future is a perfect breeding ground for serious mental health issues - as well as the high rates of school failure, addictions, crime, self-harm and suicide that can follow. At certain times of year, mental health workers can't get to kids in some communities, and those who seek professional help off-reserve face average wait-times of more than six months before seeing someone.

### **Child & Youth Mental Health & Addictions Services**

As well as providing short/long-term direct counselling and referrals to psychiatric/psychological services, Child and Youth Case Managers also facilitate access to traditional healing by Elders and work with families to increase understanding of mental health issues and develop healthy coping skills.

Youth transitioning out of the child welfare system are helped to identify needs, set goals, and access mental health services and housing, education and employment supports.

Mental Health Promoters give workshops at all communities on a range of topics, including addictions/mental health awareness, dealing with stress and grief, elder abuse, suicide prevention, conflict resolution, anger management, healthy relationships, self-esteem, and dealing with emotions.

### **Youth Mobile Crisis & Outreach Program**

Through a unique partnership with the OPP and Treaty 3 police, KCA Youth Mental Health Workers ride with officers responding to day-time calls involving youth in crisis in the Kenora area. It means that kids aren't alone while they wait for immediate support at the hospital, nor sent home without being connected to ongoing supports after the intervention.

Because of a history of poor experiences with police, many at-risk Indigenous youth won't seek help, but these teams actively search them out, often diffusing problems before they become crises; at the same time, better relationships are being built between youth and police, as well as with the local hospital.

*Carol was in and out of foster care as a child. She had very little consistency in her life and moved around so much that talking to agency workers and counsellors was exhausting as she had to keep re-telling her story over and over. She often skipped school and dealt with her unhappiness by smoking cannabis, drinking and self-harming. When Carol was 16, she signed herself out of care and moved into transitional housing. Shortly afterwards, she came through KCA's after-hours crisis program when a self-harming incident went too far. Carol was adamant it was not a suicide attempt; she admitted the thought had crossed her mind but said she would never act on it for fear of what would happen to her spirit. Initially apprehensive about working with a KCA counsellor*

*because of her previous experiences, Carol was assured she wouldn't be pressured to talk and finally gave counselling a chance. It took several months of consistent follow-up and sessions, but Carol reached a point where she felt comfortable sharing her story with her counsellor. Carol was surprised that someone would stick with her this long during her healing journey. By*

*practicing harm reduction, Carol was able to substantially curb her cannabis and alcohol use. She also developed healthy coping strategies to reduce her self-harming – when she feels the urge, she uses rubber bands and hair elastics and follows her safety plan instead of cutting herself. Carol is now regularly attending school and played for her school volleyball team this past year.*

## YOUTH PROGRAMS

### Promoting Life Skills in Aboriginal Youth (PLAY) Program

KCA partners with Right to Play to deliver its PLAY program in eight communities, led by six Community Mentors. This evidence-based program uses games, sport clinics, leadership workshops and volunteer opportunities to foster teamwork, build confidence, improve peer relationships, improve physical and mental health, enhance educational outcomes, and increase future employability.

#### STATISTICS, 2019-20

**402 youth reached, 16 Elders engaged, and 88 parents/ guardians and 135 community members involved.**

### Wiisokodaadig Peer Helper Program

To address the high and persistent rates of youth suicide in our communities, KCA provides leadership, communication and personal skills training to teens so that they can help their peers with friendship, support, conflict resolution and problem-solving. The curriculum is built around traditional teachings and ceremonies, and covers confidentiality and trust, self-esteem, self-care, healthy relationships and sexuality, goal-setting, boundaries, positive influences, peer pressure, making decisions, trauma, stress, bullying, empathy and coping strategies.

#### Only three communities have high schools.

Because First Nation schools typically receive 20-30% less per student than provincially-funded schools, the education gap between kids living on reserve and the general population keeps widening. Some youth go to school in Kenora, spending up to three hours on a bus each day; others must leave home and board with strangers because they're too far away. Of the almost 2,400 people in these communities aged 15+, only 17% have finished Grade 12.

#### STATISTICS, 2019-20

- 464 youth, adults and Elders received Peer Helper Training.
- 6 workshops held for 290 participants. and 9 Youth Council and Networking events attended by 1,835 community members of all ages.



*Peter had been in and out of a couple of schools and juvenile detention centres for disciplinary reasons, and had some connections to organized crime through extended family. He struggled with cannabis addiction and alcoholism and carried a lot of historical trauma due to physical and emotional abuse as a child. He tried to stay out of trouble by joining sports teams and clubs at school, but was often bullied because of his weight and acne. KCA Counsellors tried cognitive and dialectical behaviour therapy, motivational interviewing and art therapy, but with limited success. While Peter had never expressed an interest in his culture, he also hadn't been given many opportunities to learn about it either. Yet within a month of receiving his spirit name, clan, colours and ribbon shirt, and starting to regularly attend sweats, Peter changed dramatically. He stopped drinking completely, harm-reduction strategies vastly decreased his cannabis use,*

*and he returned to school, where he was encouraged to rejoin sports programs. Peter never felt he belonged anywhere, even his family – but being adopted into the Makwa clan made him part of something bigger than himself, enabling him to find purpose and meaning. Peter now works as an Education Assistant in the Nishnawbe Aski Nation territory and volunteers for his local school's sports teams.*

### **Biizindadedah Program**

In February 2018, KCA delivered the first school-based Listening to One Another program in Canada at Asubpeeschoseewagong First Nation. Developed by a collaborative of First Nations and university research teams from four provinces, the 14-week program for youth and their families uses cultural teachings to strengthen participants' sense of belonging and connection to the land. The sessions provide training in problem-solving, communication, emotional regulation, dealing with bullying and discrimination, and seeking help. As well as its own staff, KCA partnered with McGill University and Abinooji Anishinaabe Family Services to train another 30 Treaty 3 Prevention Workers to deliver the program.



## FAMILY WELL-BEING PROGRAMS

### Two communities have no year-round access to a service centre.

In summer, these communities are only accessible by water, and a shopping trip to Kenora can take up to two and a half hours by boat and land; in winter, the journey is shorter, but it's over a frozen lake. Every year, people die crossing the ice during the spring thaw, trying to access medical treatment or buy goods that aren't available on reserve.

### Gambling Addiction Awareness Program

To promote responsible gambling and address problem gambling, KCA offers prevention education workshops at schools and in communities, treatment and rehabilitation services, and general support. Youth ambassadors are trained to help with resource development.

#### STATISTICS, 2019-20

- "The Game Brain" program was delivered to 4 high schools and 550 youth.
- 12 youth were trained as Problem/ Responsible Gambling Ambassadors.

### Aakozi'ma'gut Kima'Maa'anun Project (2018-2020)

The Learning from Mother Earth Project works to reduce the impact of climate change on Anishinaabe communities. Due to aging infrastructure, geographic location, and close ties to the land, Indigenous communities in Canada's north are the first - and hardest - hit. It is vital that traditional knowledge and the perspectives of women, children and youth be at the heart of planning and development. By ensuring these voices are heard, this project empowers community members to recognize their strengths, build internal partnerships, and better understand and respond to the effects of climate change on themselves, their families, and their community.

### Family Wellbeing Program

Family Wellbeing Workers in six communities run activities designed to reduce domestic violence and the number of children and youth involved with the child welfare and youth justice systems by bringing families together. Cultural support plays a big role at Family Day Pow Wows, craft workshops, community meals, and family healing circles. Other activities include sports tournaments, ice fishing derbies, board game nights, dances, health fairs, home visits to Elders, addictions workshops and one-to-one counselling.

### Niigaanning Bimaadiziwin Development Services

In partnership with Firefly Family Services, KCA provides a full range of early intervention services for children and youth with disabilities to 13 First Nation communities. These services blend traditional knowledge with Western rehabilitation methods and include developmental screenings, infant development, speech/occupational/ physiotherapy, communication and social skills support, assistance with transitions to daycare or school, service coordination, and system navigation.

#### STATISTICS, 2019-20

Occupational Therapy = 103 children

Physiotherapy = 24 children

Speech Language Pathology = 145 children

Infant Development = 112 children

Communication Support = 357 children

*A non-verbal child in JK was having trouble in school - running away, throwing things, hurting other children - and his parents wanted to pull him out, despite his need for social skills and consistency. KCA's Infant Development worker persuaded them not to. In the fall, he couldn't sit still for more than one minute during "Moe*

*the Mouse” circle time. By December, he was sitting for five minutes, and carefully watching what the worker was doing. When the program started again in April, he was sitting still for the whole 30-minute program and doing all the actions to the songs. While he cannot speak any of the words yet, he does make sounds. When*

*it’s time to go home, he comes up to the worker and gives her a hug – something he never did before. He is making huge strides because his parents had enough faith to keep him in school, where he can learn what he needs to be successful. The calls from the school have lessened, and his parents are grateful and happy.*

## HEALTH CARE PROGRAMS

### **Anishinaabe Diabetes Education Program**

Led by a nurse and a dietitian, education sessions show participants how to reduce the risk of diabetes with information on healthy lifestyle choices and nutrition and blood glucose screenings. People with diabetes can get advice on preventing and managing complications, as well as referrals to clinical and support services.

#### **STATISTICS, 2019-20**

- Education Sessions = 1,442 participants
- Nutrition Sessions = 909 participants
- Physical Activity Sessions = 117 participants
- Blood Glucose Screenings = 339

### **Long-Term Care Program**

KCA works with local community staff, providing support, training and resources that enable seniors and people with complex medical conditions to maintain their health and independence with customized homemaker and home support services.

### **Tobacco Reduction Program**

A staged, three-year research project – Community Assessment; Education and Policy Development – is underway to reduce commercial tobacco consumption in all nine communities.

### **Fetal Alcohol Syndrome Disorder Child Nutrition Support Program**

To help prevent FASD births and improve the quality of life of FASD-affected children and their families, this program provides prevention outreach

(family planning, risks of drugs and alcohol during pregnancy); workshops on traditional birthing practices, community gardening (access to healthy food), breast-feeding and parenting; and referrals to prenatal care, cultural support, and Case Management.

#### **STATISTICS, 2019-20**

28 clients attended 42 workshops and received 28 services.

### **Five communities have been under boil-water advisories for decades**

as a result of the mercury, radioactive atoms, lead and tannins dumped in the water by outside industry, and old water plants that can’t deal with high levels of contamination. Some of what’s in the water has posed serious health risks to three generations – from a disproportionately high rate of cancer to the seizures, cognitive delays, impaired balance, hearing/vision loss, and tremors caused by mercury poisoning. Band Councils spend between \$100,000 and \$240,000 per year on bottled water to drink, but people still bathe and wash their clothes in dirty water.

## EMPLOYMENT PROGRAMS

### Unemployment levels are high.

Unemployment rates range from 13.3% to 33.3% (vs 7.4% for all Ontario), and many residents are forced to depend on social assistance. Those close enough to larger centres to find work earn an average of \$18,721 across all nine communities - well below Canada's Poverty Line of \$20,676. In Kenora-Rainy River, it costs \$982/month to feed a family of four. On a monthly income of \$1,560, that leaves just \$578 for electricity, clothes and transportation. To stretch it, people either do with less food or buy unhealthy, cheap food.

### Ontario Works Life Skills Program

Community workshops on key topics teach people the life skills they need to go to work:

- Getting to Know You
- Positive Thinking
- Decision-Making
- Managing Emotions and Self-Esteem
- Communication
- Respecting Self and Others
- Conflict Management
- Critical Thinking and Problem-Solving
- Financial Management
- Balancing the Force

*"Participating in the KCA Employment Support Program provided me with supports while I was employed with the Naotkamegwanning Circle of Hope Program... it was great! I learned to socialize with people young and old. It gave me the will to speak out a little more, it helped me be more confident. I got to learn more techniques that will help me in future employment. Having the opportunity to*

*work within the health setting was a great learning experience for me because I do plan on training to become a doctor after I graduate."*

### ODSP Employment Support Services Pilot (2015-2020)

For the first time ever, First Nation people with disabilities are receiving employment counselling, job search/ application and resume-writing training, service referrals, and job coaching services through this pilot.

### STATISTICS, 2019-20

- 54 people completed applications for ODSP Employment Support Services.
- 69 were approved, and 20 started a job placement. Of these 20, 12 were employed for 13 weeks.
- 10 Employment Readiness workshops held, attended by 168 community members.



## PARTNERSHIP PROGRAMS

KCA demonstrate our deep commitment to collaboration and partnership.

### All Nations Health System

In 2017, KCA spearheaded the All Nations Health System initiative with multiple partners. Modeled on the Meno-Ya-Win Health Centre in Sioux Lookout, the initiative will harmonize funding, services and governance to provide barrier-free health care. A modern hospital campus will be culturally sensitive to Indigenous people and use both traditional healing and mainstream treatment to improve health outcomes. To date, \$2.5M has been received from the Ontario Ministry of Health and Long-Term care to conduct a community consultation and a feasibility study; a two-year planning phase was approved by the Ministry in early 2019, supported by a \$375,000 contribution from Health Canada.

#### PARTNERS

Grand Council Treaty #3  
City of Kenora  
Municipalities of Sioux Narrows and Nestor Falls  
North West Local Health Integration Network  
Kenora Métis Council  
Lake of the Woods District Hospital  
All Nations Health Partners

### Youth Residential Stabilization Centre

For over a decade, KCA has been working to meet the needs of youth in acute mental health crisis. Currently, young people are stabilized at the Lake of the Woods District Hospital in Kenora or the Child & Adolescent Mental Health Unit in Thunder Bay, 489km away. KCA's proposed model will provide a safe, local, home-like setting where kids aged 10-18 and their families can work on recovery together through wrap-around, bi-cultural programming. In early 2019, KCA received funding from Health Canada for two beds - located at Anishinaabe Abinooji Family services in Kenora - and is now seeking funds for another eight beds and construction of the building that will house them.

#### PARTNERS

Treaty 3 Police  
Ontario Provincial Police  
Waasegiizhig Nanaandawe'iyewigamig  
Health Access Centre  
Thunder Bay Health Sciences Centre  
Ontario Telemedicine Network  
Lake of the Woods District Hospital  
Firefly Child and Family Services  
Grand Council Treaty #3  
Keewatin-Patricia School District

### Kenora Youth Wellness Hub

When the Province announced funding for 10 service hubs to address gaps in youth service in 2017, KCA stepped forward as the lead agency in a successful bid to one to Kenora. Each hub is a youth-friendly space that provides the right services - mental health, substance use, primary care, housing, training, employment, system navigation - to youth aged 12-25 and their families at the right time, in one place. In early 2019, premises were found for the Kenora Hub, and KCA has hired four staff to deliver programs.



## Tri-Community Drug Action Plan

Illegal drug use and drug trafficking have been declared a public health crisis at Naotkamegwaning, Animakee Wa Zhing #37 and Northwest Angle #33 First Nations. In mid-2018, KCA began working with Chiefs and Council to create the Tri-Community Drug Action Table, a group of community members and experts dedicated to creating healthy, safe communities. Targeted, evidence-based activities will include:

- Preventing substance abuse through community education, especially crystal meth awareness training;
- Supporting innovative approaches to treatment and rehabilitation;
- Introducing harm-reduction programs to reduce the negative consequences of substance abuse;
- Addressing illegal drug production, supply and distribution through partnerships with law enforcement and promoting community accountability with an after-hours/weekend Volunteer Patrol Program;
- Developing policies for drug testing and removal from community; and
- Service coordination between KCA, First Nations and community agencies.

## Bail Residency Program

KCA Mental Wellness Workers provide frontline mental health support to the 24 residents of the Nechee Friendship Centre's Bail Supervision and Aftercare program in Kenora, as well as any KCA community members living in Kenora. The service is an extension of KCA's Adult Mental Health and Addictions Program.

### PARTNERS

Nechee Friendship Centre  
Kenora District Services Board



## OTHER KCA PARTNERS

Bimose Tribal Council  
Canadian Mental Health Association  
Cancer Care Ontario  
Centre for Addictions and Mental Health  
Community Health Care Professionals  
Kenora Association for Community Living  
Kenora District School Board  
Kenora-Rainy River Child and Family Services  
Kitapinoonjiiminaanik Family Services  
Lakehead University  
Mamow Ahyamowen  
McGill University  
Northwestern Health Unit  
Ontario Provincial Police  
Ontario Renal Network  
Right to Play  
Shawendaasowin Child and Family Services  
Shooniyaa Wa-Bitong

## Recent Initiatives

### COVID-19 Response

KCA management have worked tirelessly throughout the COVID-19 pandemic to support their staff and make the necessary adjustments to service delivery to ensure the health and safety of essential frontline staff. KCA staff have been working directly with the 9-member communities, leadership, COVID-19 community response teams and members still needing services. COVID-19 response plans have been created in regards to mobile testing, isolation spaces, monitoring, enforcement, primary care needs, redeployment of staff and the implementation of a surge plan.

KCA immediately turned to Ma'mo'weh Wii'soo'ka'tiwin Foundation to raise much needed funds for Food Security, Youth Mental Health and PPE supplies.

With the assistance of all levels of government and our growing donor family, we were able to raise over \$350,000 to assist the First Nations we support.

Food security has been the number one issue for the member communities and the Foundation has been writing grants to provide KCA with the funds to shop, organize food hampers and deliver needed supplies to the communities on an ongoing basis.

All staff working with youth have sought out innovative ways to reach the youth in their assigned communities. The Foundation was able to raise needed funds to purchase tablets to provide virtual care, communication via telephone or social media, and online contests to keep youth engaged.

### Youth Camp Property - Strecker Road

What became abundantly clear when KCA asked their 9-member communities about the response during planning and our organizations willingness to pursue creative and alternate ways of dealing

with Mental Health and Addictions in the future waves of Covid-19, was that KCA's commitment to purchasing a dedicated piece of land for on-the-land based programming was something very special. This is something that has so much promise and potential to heal and positively influence our communities and to provide a space for greater resilience.

The KCA communities identified the need for space and land for communities to come together, to practice traditions and ceremonies and for Elders to be able to pass along their traditional knowledge to the youth.

In 2020, the communities purchased 327 acres of land with 1.5 miles of untouched shoreline on beautiful Black Sturgeon Lake. This land will be the foundation for the next phase of KCA's development and the next step in the healing journey for its 9 member communities.

The Strecker Road property provides many opportunities for the communities and KCA. The site already has a year-round home, 6000 square foot shop, 2 blacksmith shops and seasonal rental accommodation and commercial kitchen. These



*Kenora Chiefs Advisory Chiefs and Board of Ma'mo'weh Wii'soo'ka'tiwin receiving ceremonial blessing guided by the Elders council to start the Foundation*

capital resources will be developed based on the communities identified priorities.

The camp will create the safe but connected space needed for in-person activities and programming to enhance strengths-based programming to supporting their youth through culture and off-set the known consequences of isolation and virtual program delivery throughout Covid-19. Social Connections are needed for traditional and cultural teachings and these experiences on-the-land are known to build self-confidence, sense of identity and reverse the trends of colonial and system trauma.

KCA has turned to the Foundation to raise the funds to operate programs on this incredible land to benefit the youth of all First Nations we support and the surrounding communities.

### **Wiigwas Elder & Senior Centre (WESC)**

Wiigwas Elder and Senior Care (WESC), is a new non-profit organization created by Kenora Chiefs Advisory to provide appropriate care for the Elders and the general Kenora Community.

WESC is in the process of purchasing Birchwood, a 96 bed long term care facility in Kenora. With your support and assistance, we will convert WESC into a not-for-profit long term care facility with a "Heart" to serve our elders and community members.

As part of an announcement by the provincial government in November 2020, WESC was allocated an additional 64 spaces. This allocation coincides and enables the build of a new 160 bed long term care home that includes the redevelopment of the current 96 spaces in Birchwood Terrance, pending the license transfer approval.

The new Long-Term Care space WESC is planning to develop will be located in Wauzhushk Onigum First Nation, and will have a strong focus on being a holistic space that focuses on culturally appropriate care. WESC has been working diligently over the last year to ensure there is a solid foundational plan in place once this new build gets underway.

The newly acquired LTC Home will be operated in a manner consistent with the goals, reputation and accountability of KCA with a strong emphasis on caring for the whole individual in a loving, caring and respectful manner, sensitive to all cultures.

***KCA and WESC have turned to the Foundation to raise funds for the transition to a not-for-profit model and to ensure that exceptional care is always provided to those in need.***

### **The Seventh Generation Principle**

*Everything we do today must first be considered for its effect on those living seven generations from now.*

*In this we will be guided by the Seven Sacred Teachings: Respect, Love, Courage, Honesty, Wisdom, Humility and Truth.*



## The Future Plan

The more we learn from our communities, the more we see how much there still is to do.

### THE NEED

Mental health, social and cultural prevention and wellness programming for youth is ever more paramount due to the Covid-19 pandemic, and the stresses that have come along with it. Fear and anxiety about a new disease and what could happen can be overwhelming and cause strong emotions. Public health actions, such as social distancing and isolation, can lead to youth, especially those living with mental illness and addictions, having an increase of stress and anxiety. KCA has a goal to have the strengths of their programs, staff and community members engage youth in social participation and resilience building activities in a Covid-19 safe way. This requires spaces and a natural land-based environment that facilitates social distancing at the same time as allowing in person connection building. Coping strategies need to be a primary focus within programming and assist community-based staff and youth as the world adapts to the next normal.



There is currently no long term care facility in the Kenora Community which is culturally appropriate for the First Nations Elder Population

Housing on First Nation Communities is not suitable for the elderly as they become more frail and require mobility devices (walkers, wheelchairs, etc...)

It is estimated that 25% of our Elder population will succumb to death early, simply because they refuse to go to a non-First Nation facility.

With little available space in most communities, staff often have to meet with families in cars, bathrooms and broom closets, which is both uncomfortable and inappropriate.



### THE SOLUTION TO BE FUNDED

KCA's vision for the Youth Land Based Cultural and Traditional Wellness Camp is to provide a safe but connected space for year-round, in-person activities and strength-based programming to support youth through land-based learning, cultural opportunities, and to off-set the known consequences of isolation and virtual program delivery throughout Covid-19. KCA is actively working with its member communities to reduce the number of their youth struggling or in crisis with mental health, addictions, and involvement in the justice system. Social Connections are needed for traditional and cultural teachings and these experiences on-the-land are known to build self-confidence, sense of identity and reverse the trends of colonial and system trauma. This camp was purchased with all KCA youth in mind for its 327 acres of rolling hills and 1 ½ miles of untouched shoreline on beautiful Black Sturgeon which connects to waterways within the treaty #3 territory.

Wiigwas Elder and Senior Care (WESC), not-for-profit created by KCA, will purchase 92 bed Birchwood Terrace Long Term Care Facility and convert into a Not-For-Profit Long Term Care Facility with additional programs and supports for Indigenous and Kenora residents. Within 3-5 years we will relocate to a purpose built 160 bed facility located on Wauzhushk Onigum First Nation. The new facility will have a strong focus on being a holistic space that focuses on culturally appropriate care.

Using traditional methods and materials, build **mobile hubs** that can travel around and between communities. Offer a seamless mix of services and provide hotel space for outside agencies as well.

## THE NEED

Neither day programming nor housing for people with disabilities exists in any of our communities, and the nearest Association for Community Living is in Kenora.



As successful as it is, the KCA Family Rookie League could be even better if it accommodated different groups and skill levels in each community, and if this kind of sports activity was available year-round.



Post-secondary training is only available far from our communities and does not accommodate Indigenous learning styles.



Youth in acute mental health crisis are sent to hospitals in Kenora or Thunder Bay to be stabilized, far from home and family. Rather than more psychiatric care, what they need next is a place where they can complete their journey of healing. Instead, released from hospital before they are stable enough, they return to the environment that first triggered the crisis - and the cycle starts all over again.



Many community members are afraid to leave the relative safety of social assistance to enter the workforce. They worry that physical or mental health issues will cause them to lose a job, leaving them with nothing.



Even when communities are relatively close to a larger centre, only those with cars can easily get to and from work, medical appointments, extra-curricular activities, or special events.



Anishinaabe culture has been so weakened over the past century that many community members have lost their identity. Of 3,700 people, less than 40% still speak Ojibwe, and as Elders age, less and less of their knowledge is being passed on to the next generation.



## THE SOLUTION TO BE FUNDED

Build a **supported housing complex** in one community and increase KCA's capacity to serve people with disabilities by training more Personal and Developmental Support Workers, Special Education and Rehabilitation Assistants, and Speech Therapists.

**Add Women's, T-ball (9 and under) and Fast-Pitch (15-19) divisions** and a school-based program to extend the season. Create a Hockey League modeled on the baseball program, using rinks in our communities and in Kenora.

**Partner with Ontario colleges to adapt and deliver courses on reserve** or via Skype. Focus on skilled trades, healthcare and information technology.

While some funding has been received for beds at our proposed **Residential Youth Stabilization Centre** - offering a safe, home-like setting and wraparound care - much more is needed before construction can start. Here children and youth aged 10-18 and their families can work together on long-term recovery, with the support of both community-based mental health services and the traditional healing of Knowledge Keepers and Elders.

Train **employment coaches** to provide on-the-job supports and life skills and employment readiness training to enable people to avoid common pitfalls and gain confidence in their abilities.

Purchase a large **van or bus** that collects people from communities within 100km of Kenora to enable those without cars to get to jobs and participate in different activities outside their communities.

Develop **land-based learning programs** that immerse people of all ages in Anishinaabe ceremonies, teachings, and such traditional activities as canoe-building, story-telling, drumming, dancing, healing with ceremony, fishing and trapping, and harvesting traditional medicines.

## THE NEED

## THE SOLUTION TO BE FUNDED

Internet access is patchy in many communities and non-existent in others, undermining its power to level the playing field.



Put up one or more towers to bring broadband internet access to all communities to facilitate distance/remote learning, improve outreach and communication, and enable community members to apply for social benefits or education and recreation programs online.

Kids moving from Grade 8 to an off-reserve high school, or from Grade 12 to college, struggle with leaving home and mixing with people outside their own culture. Those who do enter mainstream education find themselves surrounded by - yet isolated from - their healthier and more experienced peers. This makes them easy prey for drug dealers and gangs because they so want to belong somewhere.



To help Indigenous youth develop a comfort level with kids from other cultures, forge a partnership with the Ontario Camping Association to reserve spaces for them at camps throughout Ontario, chosen for the diversity of both their locations and participants. Alternatively, develop a **camp** at one of the First Nations, featuring traditional, land-based activities, and work with settlement and youth agencies from around the province to recruit diverse youth to attend with Indigenous youth.

Addictions often run in families, yet most rehabilitation programs separate adults from youth so that neither has the chance to learn from and support each other.



Build a family treatment centre that works with all members of the family at the same time - a teaching and healing lodge where people can overcome inter-generational addictions.

While the Family Rookie League has more than proven the benefits of activities that involve the whole community, not everyone likes sports.



Bring in **visiting artists** - dancers, actors, musicians, painters, poets - to work with community members who want to explore their creativity. Start an annual Pow Wow that travels to a different community each year.

For those Elders who can no longer live independently, the only option is a nursing home in Kenora. Once there, they are cut off from their families and friends, as well as the culture that brings them comfort at the last stage of their lives.



Build a **long-term care facility** in one of our communities, connected to the supported living complex for people with disabilities and/or the Family Treatment Centre. Ensure that traditional healing is part of all these services.

For community members in urgent need of services or various government benefits, finding their way through the maze of providers and eligibility requirements can be overwhelming and discouraging.



Create and train a dedicated team of **Client/Family Advocates** to help people navigate each system to ensure they receive the services and benefits to which they are entitled.

## 90% of KCA's annual budget comes from the provincial and federal governments.

The fact that it has almost tripled in four years - from \$5.1 million in 2015-16 to \$13.6 million in 2019-20 - speaks to their confidence in us.

We are proud of that relationship and grateful for the support, but we understand that government resources are neither limitless nor guaranteed.

### Funding doesn't always last

One evening in 2015, a 14-year old from Asubpeeschoseewagong in crisis ran out of the hospital and into the bush, where she died. Right afterwards, KCA began sending mental health workers to the hospital at night to provide after-hours assessments and support to youth in crisis. In 2017 the Ministry of Children, Community & Social Services provided \$86,000 to pilot the service, but the funding ended after a year. Now kids are alone and scared again at the worst moment of their lives.

### Little of what we receive is core funding

As a result, we must re-apply every year or every two years for all programs, no matter how evidence-based or effective.

### Funding is delivered in silos that don't always lend themselves to effective collaboration

Over time, KCA has developed a strong group of like-minded and committed partners, but truly integrated programming isn't always possible because of restrictions on the way each partner's government funding must be used.

*More diversified funding sources would give us greater independence, resulting in increased innovation and impact.*

### FEDERAL GOVERNMENT

Health Canada/First Nation & Inuit Health  
Aboriginal Healing & Wellness Strategy  
Public Health Agency of Canada  
Service Canada/New Horizons for Seniors

### PROVINCIAL GOVERNMENT

Local Health Integration Network  
Ministry of Child & Youth Services  
Ministry of Health and Long-Term Care  
Ministry of Indigenous Relations & Reconciliation  
Ministry of Community & Social Services  
Ontario Trillium Foundation

### OTHER

First Nations  
Grand Council Treaty #3  
Save the Children  
Cancer Care Ontario  
Jays Care Foundation  
Canadian Partnership Against Cancer



## A donation to the Ma'mo'weh Wii'soo'ka'tiwin Foundation in support of Kenora Chiefs Advisory is a safe and worthwhile investment.

**KCA Board of Directors** is made up of the Chiefs of the nine First Nations, supported by a 10-member Elders Council and a 9-member Youth Council. We are directly accountable to each of their communities, and we seek their guidance, wisdom and experience when planning, designing and delivering programs.

**KCA staff are well qualified** with a wide range of academic and professional credentials, including Master of Social Work, Bachelor of Social Work, Bachelor of Science, Registered Nurse, Registered Dietician, Personal Support Worker, Developmental Services Worker, Occupational Therapist, Physiotherapist, Psychotherapist, Speech Language Pathologist and Early Childhood Educator. Ongoing staff training is a priority.

**KCA is a member of many influential groups** including the Ontario Aboriginal Responsible Gambling Program, the Ontario Native Welfare Administrators Association, the Northern Ontario Wellness Committee, the Responsible Gambling Council, the Kenora Mental Health and Substance Abuse Task Force, the Indigenous Health Council, the Kenora Coalition to End Human Trafficking, All Nations Health Partners, the Indigenous Youth and Community Wellness Secretariat, and Rapid Intervention Services Kenora.

**KCA has been approved by provincial and federal ministries** to take on major responsibilities.

Since 1998, we have provided centralized services to Ontario Works/Ontario Disability Support Program administrators at all nine First Nations. The Min-O-Qwe-Ke-Ga-Bw'en Social Services Program handles community visits, internal file audits, eligibility reviews, appeals, training, reporting on their behalf, and provides emergency support when local staff are absent or a position is vacant.

In 2019-20, the governance of environmental health services in the Northwest will be transferred from the First Nations and Inuit Health Branch of Health Canada to KCA, with local support from the Northwest Health Unit and Waasegiizhig Nanaandawee'iyewigamig Health Access Centre.

### Accreditation Canada 2020

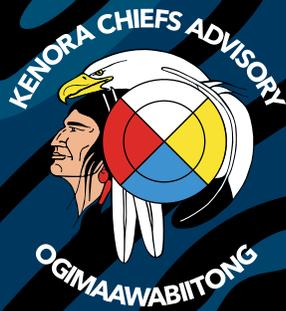
Ma'mo'weh Wii'soo'ka'tiwin Foundation wishes to congratulate the Kenora Chiefs Advisory on continuing to reach the highest standards through Accreditation Canada.

KCA has undergone a 4-year Site Survey to meet or exceed benchmarks for excellence in service "Required Organizational Practices" The accreditation evaluates the delivery of culturally competent and sensitive services, client centered care while considering governance, management, policies, procedures and a healthy work culture.

Due to the pandemic, 2020 began with the review and updating of all organizational policies, procedures and forms and submission of all relevant documents for the surveyors to review. Surveyors met virtually with the KCA Board of Directors and all managers to discuss best practices, policies, procedures, and implementation of services at all levels of the organization. Although the report can not be completed until in-person reviews can be finalized, a series of virtual meetings were conducted to evaluate financial management, budgeting, infection prevention, ethical practice and quality improvement. Surveyors reported back to KCA's management team regarding improvements that could be made. Overall, KCA had a score of 89.6 % across all criteria for Accreditation.







**MA'MO'WEH  
WII'SOO'KA'TIWIN**

PEOPLE HELPING PEOPLE

**Ma'mo'weh Wii'soo'ka'tiwin Foundation**

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[www.mwfoundation.ca](http://www.mwfoundation.ca)

Contributions to Ma'mo'weh Wii'soo'ka'tiwin Foundation are tax deductible

CRA Charitable Number 789740131 RR 0001

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