



Oshki-Nochmoowin

Dreaming new ways to bring healing to our communities

Oshki-Nochmoowin

“new” or “young” “healing”

Welcome message

Thank you for coming to participate in this gathering. All of our communities have been affected by the substance use crisis. At this gathering, we are bringing together a wide cross-section of stakeholders to work towards positive responses.

While the situation may look dire, we know that there are answers in our Anishinaabe teachings and culture. We have designed this conference in a way that allows us to build upon these strengths to come up with positive actions that can make a real difference.

We encourage you to share openly and honestly and believe with us that we will be able to build healthier communities together.

About the front cover image

“Supporting those who have been hurt” by Brandon Jacko

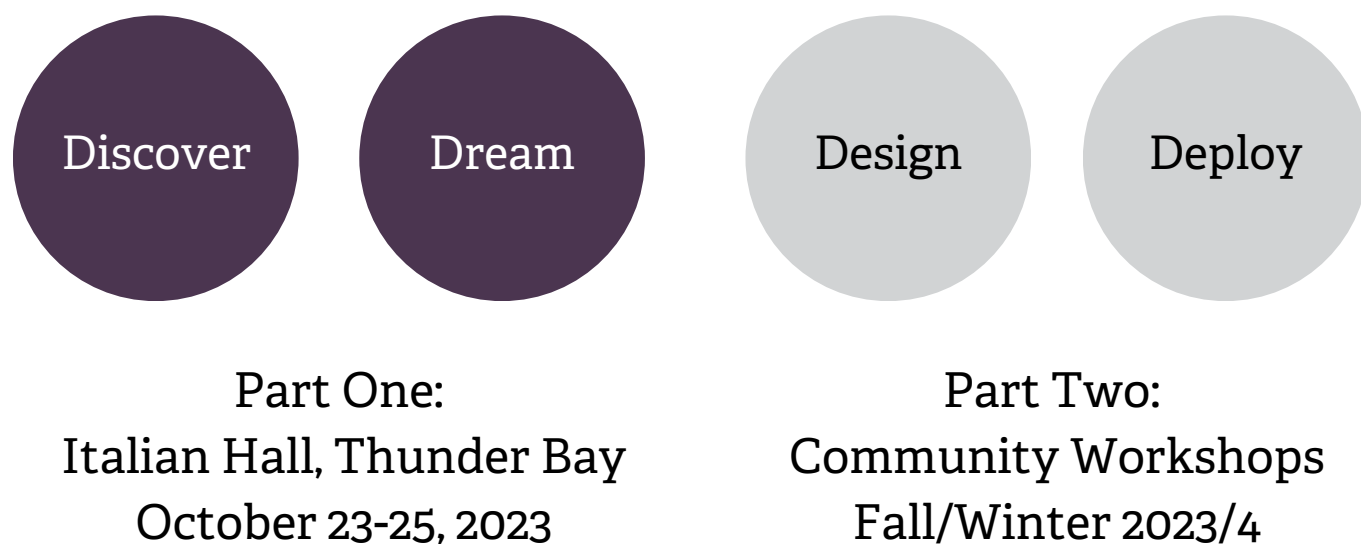
The person who has been hurt is supported by community. The people care for their well-being and are not there to judge them for how they are dealing with their pain. They balance the need to provide acceptance with the need to feel loved. The spirit of Turtle Island provides the foundation for healing to occur on its back while holding the sacred fire that burns to help the healing process. Four flowers represent the four directions, the four races of beings, and the four seasons.

What is an Appreciative Inquiry Summit?

An Appreciative Inquiry Summit is a unique way for a big group of people from an organization to come together and imagine a better future. Instead of just trying to find and fix problems like usual, these summits focus on what the organization is good at, its strengths, and what it has done well before. This positive approach helps the organization grow and come up with new ideas. During these summits, people talk openly, share their thoughts, and work together to make a plan that fits with what the organization cares about and wants to achieve.

Appreciative Inquiry has four steps: first, find out what's working well (Discovery); next, dream about how things could be even better (Dream); then, make a plan to reach those dreams (Design); and finally, put the plan into action to create a brighter future (Destiny or Deploy).

Timeframe of Steps in Our Appreciative Inquiry Process



Day 1 Agenda, October 23, 2023

11:00	Registration
12:00	Lunch
1:00	Traditional Opening Remarks from Elders / Drumming
1:30	Setting the Task Focus
2:00	Paired 1:1 Appreciative Interviews
3:00	Facilitated Table Topics and Themes Discussion
4:00	Closing

Optional Evening Activity

5:30	Traditional Food, Sharing Circles, Sacred Fire at 384 Fort William Road
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Day 2 Agenda, October 24, 2023

8:00	Breakfast
9:00	Stories from Survivors Jonathan Peltier Crystal Kimewon
10:00	Traditional Healing Song & Drumming
10:30	Facilitated Table Dream Discussions
12:00	Lunch Presentation by Ron Kanutski
1:30	Table Storyboarding Activity
4:00	Closing (Drumming)

Optional Evening Activity

7:00	Dance at the Italian Cultural Centre
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Day 3 Agenda, October 25, 2023

8:00	Breakfast
9:00	Presentation from Language Speakers
10:00	Presentation from Youth
11:00	Table Storyboard Presentations
12:00	Lunch
1:30	Panel
4:00	Closing (Drumming)

Youth-Focused Area

The substance use crisis has hit youth particularly hard. People aged 18-24 are suffering some of the worst harms. As part of this conference we have gathered some people from this group to provide their perspective on how to build healthier communities.

Sacred Fire

We have established a sacred fire at 384 Fort William Road. There will be sunrise ceremonies there on Tuesday and Wednesday mornings. On Monday evening we will be holding sharing circles and serving some simple traditional food at 384 Fort William Road for those who wish to attend.

Justice Panel

On the final afternoon, there will be a panel consisting of a variety of people who work in the justice system around substance use issues. If you have any questions for them please bring them forward.

Service Provider Booths

We have invited several organizations who provide services in this area to set up information booths on Tuesday, October 24. Please take a few minutes to visit those booths during the day.

Facilitators



Ron Kanutski

Ron Kanutski is an energetic social worker, cultural teacher, group facilitator, college instructor, comedian, promoter, and musician, with an extensive background in mental health and addictions services. Ron is of Ojibway and Cree roots and is from the Bear Clan. He is a band member of the Red Rock Band (Lake Helen First Nation) with roots from Moose Cree Nation.



Elder Jimmy Mishquart

James (Jimmy) Mishquart is an elder from Biinjitiwaabik Zaaging Anishinaabek (Rocky Bay First Nation). His Anishinaabe name is Crosswind and he is from the Deer Clan. He is frequently sought after for his knowledge, story-telling and Anishinaabemowin. Not only is he a well-respected elder in the area but he is also known as the region's most popular powwow emcee.



Elder Wanda Baxter

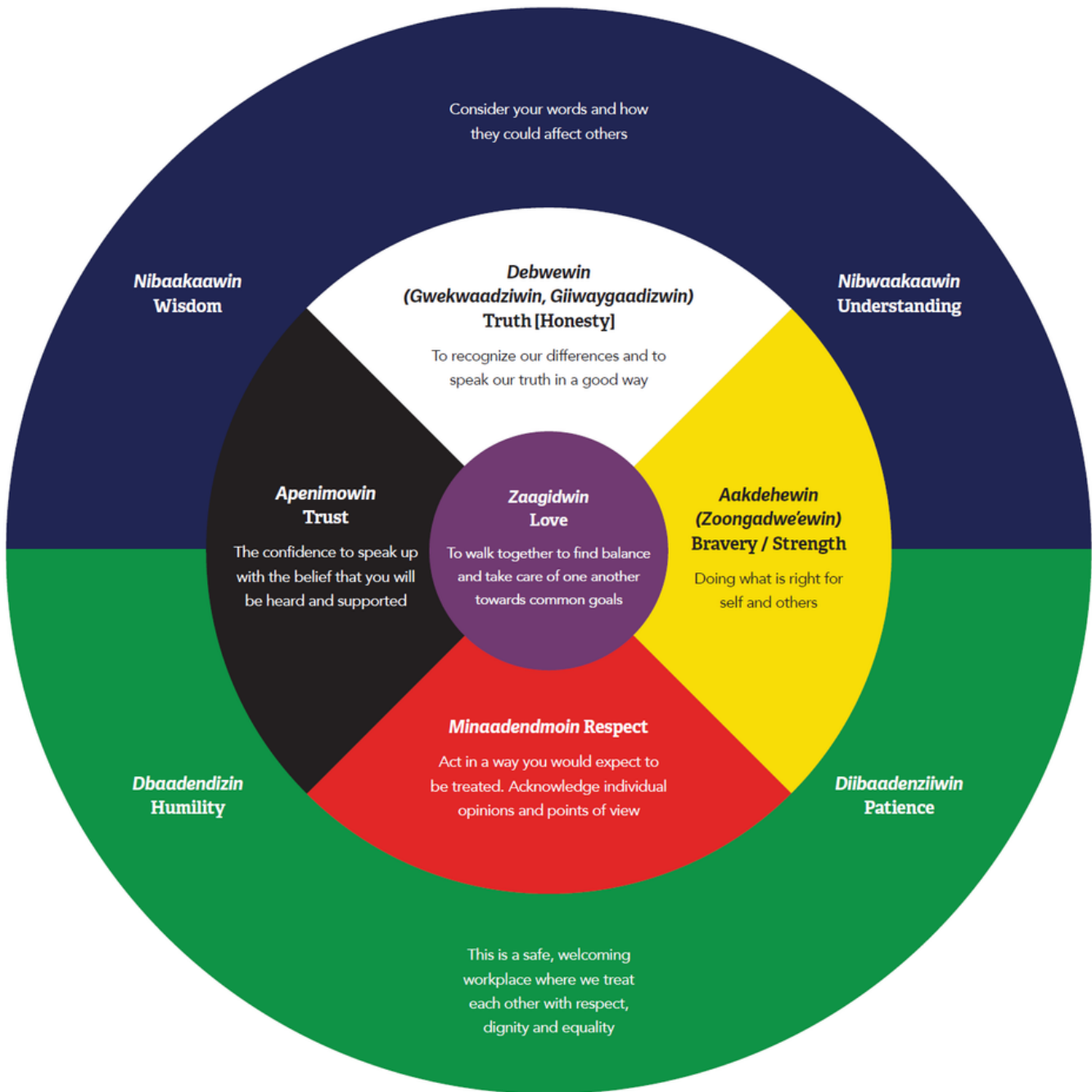
Wanda Baxter is from Marten Falls, Ogoki Post. She is passionate about language, culture, and has served as an elder for many years. She believes strongly in balance using the medicine wheel concept.



Turtle Concepts

Since their inception, Turtle Concepts has helped thousands of people around the world to live more, laugh more, love more, connect more, and be more. Turtle Concepts will be working with the youth during this event.

Our Respectful Community



As Anishinaabe people, we live according to the Seven Grandfather Teachings. We ask that you act in alignment with these principles at this gathering.



I SOMEONE WHO USES DRUGS

Why are we using this logo?

As a community we want to challenge the stigma associated with substance use and encourage more open, honest and compassionate conversations that are aligned with our culture and values.

What is stigma?

Stigma is a harmful, judgmental way of thinking about people who use drugs, especially those who use them a lot or face problems because of it. According to the World Health Organization, issues related to harmful drug and alcohol use are some of the most negatively judged conditions worldwide.

Stigma happens a lot. When people who use drugs try to get healthcare, education, housing, or jobs, they often get treated badly or unfairly. The rules in our society that decide who gets help often leave out people who use drugs. Many professionals and regular people have strong ideas about drug use that make things worse by being unfair or blaming those who use drugs. Sadly, people who use drugs may even start to believe these bad ideas about themselves, which can make it tough for them to ask for help or believe they can get better.

Stigma is a big problem for people who want to have healthier, happier lives and be more connected to others.

#StigmaEndsWithMe

Changing how we talk about substance use helps

The words we use help shape other people's experiences. Let's create the reality we want by choosing words related to substance use that are compassionate and respect people's dignity.

Instead of saying that...

...say this instead

Druggie Drug Abuser Addict Junkie	Person who uses substances Person with a substance use disorder
Drunk Alcoholic Alky	Person who uses substances Person with an alcohol use disorder
Drug abuse Fell off the wagon Relapse	Substance use Recurrence of substance use



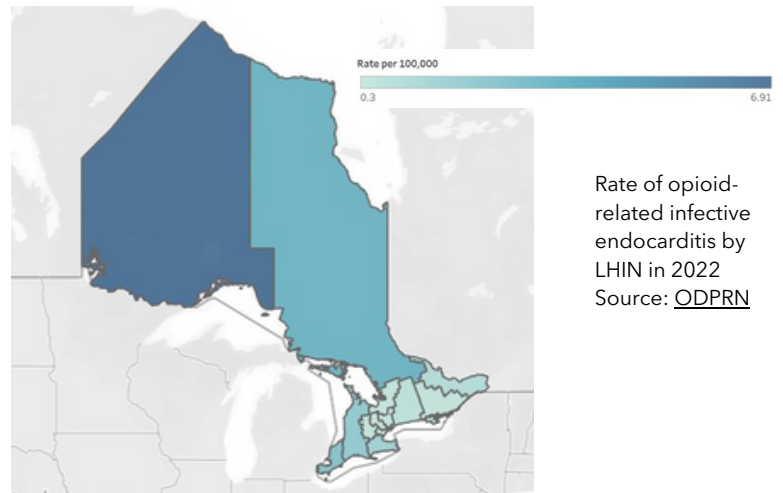
The use of the metaphor "clean" to refer to someone who does not use substances is particularly unhelpful. It implies people who use substances are "dirty" which is a stigmatizing term. This affects how people who use substances think about themselves and how they are thought about by wider society.

(Source: CAPSA)

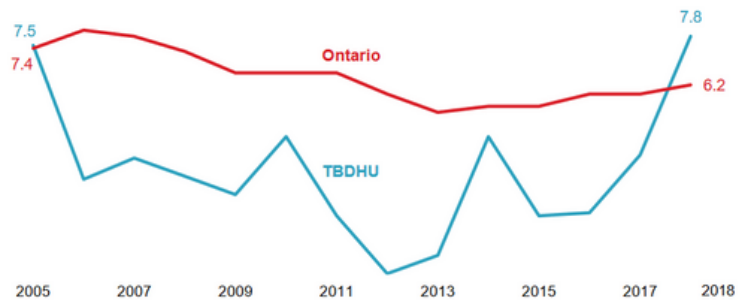
Background Information

Current Situation

In recent years, Thunder Bay and the surrounding area have seen a dramatic rise in fatal drug overdoses and other opioid-related harms in connection with an increasingly toxic drug supply. This region is also currently experiencing an HIV outbreak that is principally connected to drug use. According to provincial public health data, Thunder Bay's drug overdose, alcohol hospitalization, and HIV infection rates are currently well above the provincial average.



Crude rate of new HIV infections (per 100,000 people)



Adolescent and Young Adult Opioid Toxicity Deaths During the Pandemic

Demographics

2 in 3 deaths occurred among males

>90% of deaths occurred among young adults (aged 18-24)

After adjusting for population size, the **rate of deaths** among young adults was **5X higher** than among adolescents (aged 15-17)

Living Arrangement

7 in 10 deaths occurred in private residences, with 63% occurring at their home address

1 in 8 experienced homelessness

Circumstances Surrounding Death

There was an **individual present who could intervene** in **23%** of deaths

Among deaths where an individual was present to intervene, **naloxone** was administered only **50%** of the time

Recent reports from Public Health Ontario have also highlighted a “troubling” pattern of decreasing treatment and increasing opioid-related harms particularly impacting young people in the province:

“Rates of opioid-related deaths among Ontario teens and young adults tripled from 2014-2021 [...] the majority of those deaths occurred among those aged 18-24.”

Source: July 2023 PHO [news release](#)

Background Information

A 2017-2018 regional engagement study on addiction and mental health conducted by Lakehead University in partnership with the Thunder Bay Drug Strategy revealed “serious service gaps across Northwestern Ontario with few or no specialized programs for youth, seniors, women, Indigenous, Francophone and 2SLGBTQIA populations. Lengthy waitlists, lack of detox, counselling and supportive programming, shortages of adequately trained personnel, poor coordination of care and unclear care pathways negatively impact both clients and care providers. Prevention and wellness programming and long-term addiction and mental health recovery supports are lacking.”



Common comments from Thunder Bay District participants in 2017-2018 LU addiction and mental health engagement study

Given the regional situation, Nokiiwin is currently exploring how it might integrate culturally appropriate substance use harm reduction into its programs and services to better support individual and community health and well-being. Nokiiwin welcomes ongoing input and participation from community members to help co-create what Nokiiwin’s harm reduction programming might look like.

Support

Hope for Wellness Helpline 1-855-242-3310

The Hope for Wellness Helpline is available to all Indigenous people across Canada. Experienced and culturally competent counsellors are reachable by telephone and online 'chat' 24 hours a day, 7 days a week.



Scan me!

Trusted Elders

The following elders have gone through Nokiiwin's Trusted Elders process and agreed to be available throughout the gathering for anyone who would like to speak with them.



Francis Esquega



Sheila Decorte

Anishinaabe Medicine

There is a medicine garden at the Thunder Bay Correctional Centre where inmates work to grow sage, cedar, sweetgrass, and tobacco. They have donated medicines to this gathering. If you would like to use medicines to make an offering or in a smudge please talk to one of the gathering elders.

Drumming is an important healing practice. We have a drum group present for the gathering who can play traditional songs as needed.

Feedback Survey



Scan the QR Code or go to
www.nokiiwin.com/surveyoct2023

Local Resources & Referral Services



TBDHU Anti-Stigma Campaign

A Thunder Bay district public health campaign to overcome substance use stigma and promote local harm reduction initiatives and training



Connex Ontario

Free and confidential 24/7 Ontario-wide phone and web-based referral service for people experiencing problems with gambling, drugs, alcohol, or mental health



Nokiiwin FASD Program

Referrals and supports for individuals living with fetal alcohol spectrum disorder (FASD), particularly Nokiiwin community members navigating the justice system



Nokiiwin Jordan's Principle Program

Program and staff contact information for child and family care support, including local respite care services for Nokiiwin community members living with chronic or complex health conditions



Lifeguard Connect App

A digital overdose prevention application that features a use-alone timer to connect people with emergency services in case of overdose as well as alerts on local drug supply contaminants



Path 525 Safe Consumption Site

The only medically supervised drug consumption and testing site in Northwestern Ontario, located at 525 Simpson St in Thunder Bay



Nokiiwin Community Resource Guide

A searchable and printable directory of wellness services located in or near the five Nokiiwin member communities

