

Indigenous Services Update

Central East LHIN Board of Directors
December 19, 2018

Presented By: Jeanne Thomas, Director, Health System Strategy, Integration,
Planning and Performance

Outline

- Provide an update on the Central East Local Health Integration Network (Central East LHIN) Indigenous Portfolio, specifically surrounding:
 - Planning at a Provincial and Local Level;
 - Education and Training Opportunities;
 - Clinical Services; and
 - Engagement Opportunities.
- Identify Next Steps
- Identify Future Considerations to the Board of Directors and Senior Leadership
- Appendix - Indigenous Communities within the Central East LHIN

Planning

Draft Provincial Workplan

- Provincial meeting was held on October 3, 2018, where leadership and community members attended, to discuss priorities, current best practice, and next steps.
 - Interim CEO (Dr. Barry Guppy) and Indigenous Portfolio Leadership (Jeanne Thomas and Kaitlin Loudon) were present
 - Representation from the Inuit, Métis, Indigenous Peoples Health Advisory Circle (Dr. Nicole Blackman) and First Nations Health Advisory Circle (Malcolm Ponnayan) were present as community representatives
- The following provincial priorities are outlined in the Provincial Indigenous LHIN Network (PILN) – Draft Annual PALN Workplan 2019-2021:
 1. Improve partnership/working relationship between Indigenous communities and LHINs;
 2. Create mechanisms that emphasize cultural safety;
 3. Increase Indigenous representation within LHINs and place greater emphasis on Health Human Resource management; and
 4. Reduce/remove systemic barriers to self-managed care.

Inuit, Métis, Indigenous Peoples Health Advisory Circle Workplan

- The Inuit, Métis, Indigenous Peoples Health Advisory Circle developed a workplan that identifies priorities advising the LHIN in future considerations
- The workplan was developed surrounding the Seven Grandfather Teachings: Truth, Bravery, Love, Wisdom, Respect, Humility, and Honesty
- Outlines 30 different actions in seven focus areas (grandfather teachings):
 1. Relationship
 2. LHIN Partnership Accountability
 3. Outreach and Networking
 4. Access and Transportation
 5. Mental Health & Addictions
 6. Health Promotion & Primary Care
 7. Chronic Disease, Home and Community Care, and Palliative Care
- Intended to be shared with external health providers to support further alignment and inclusion into key documents (e.g., Annual Business Plans, Policy and Procedure documents, Program Development, etc.)

Inuit, Métis, Indigenous Peoples Health Advisory Circle

Workplan Cont'd

- From the 30 actions found within the workplan, the Health Advisory Circle identified the following top three priorities:

ACTIONS	LEAD/ TIMELINE	OUTCOMES	Potential Measures
Mandatory Cultural competency training and awareness	Quarterly	<ul style="list-style-type: none"> ✓ Reduction of cultural barriers ✓ Cultural protocol recognition ✓ Central East Local Health Integration Network Cultural competency reported to Indigenous Peoples Health Advisory 	<ul style="list-style-type: none"> # of HSP reported trainings # of cultural referrals # of accessed services # of language and cultural recognition references in Central East LHIN mission, operations, materials
Create Cultural space within health service provider facilities	Quarterly	<ul style="list-style-type: none"> ✓ Increase of designated cultural space signage within health service provider facilities ✓ Cultural protocols utilized ✓ Community involvement in off reserve member care 	<ul style="list-style-type: none"> # of HSP's with cultural space and signage # of HSP's with Indigenous language signage, print materials, web & social media
Reach greater Indigenous populations throughout region	Mid-term (1-3yr)	<ul style="list-style-type: none"> ✓ Increase communication between agencies ✓ Increase coordination between agencies ✓ Build confidence in public health care 	<ul style="list-style-type: none"> # of new clients in region # of agency referrals increased through region # of regional communications

First Nations Health Advisory Circle Workplan

- The First Nations Health Advisory Circle developed a workplan which identifies priorities that advise the LHIN in future considerations
- Key areas of focus:
 - Diabetes;
 - Explore opportunities for home hemodialysis in First Nation communities
 - Telemedicine (OTN);
 - Primary Care;
 - Mental Health and Addictions;
 - Explore options for providing mental health first aid training to First Nations staff and community members
 - Seniors' Care;
 - Transitional/Supportive Housing; and
 - Transportation
 - Cost and availability of transportation to and from health services continues to be a barrier for First Nations community members

Education and Training Opportunities

Indigenous Cultural Sensitivity (ICS) Training Seats

2017/18 ICS Training Update:

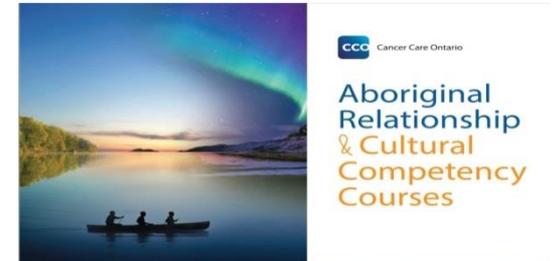
- Central East LHIN received a total of 222 Ministry of Health and Long-Term Care (MOHLTC) funded seats for 2017/18
- Completion rate of 93%, up from 81% in 2016/17
- All Board Members and Vice Presidents have completed training

2018/19 ICS Training Update:

- Central East LHIN received 141 allocated seats from the MOHLTC for 2018/19
- Based on feedback received from Health Advisory Circles, seats will be allocated to CEOs, Executive Directors, and other individuals who are in positions that can influence change at LHIN-funded health service provider organizations
- Follow-up with each person will occur six-months post training to gather insight into what changes, action plans, etc. have been implemented within their organization to improve health access and cultural competency and safety for Indigenous Peoples

Aboriginal Relationship & Cultural Competency (ARCC) Courses

- In addition to the ICS training seats, front-line staff, volunteers, and community members are encouraged to take the Aboriginal Relationship & Cultural Competency (ARCC) Courses
- Cancer Care Ontario (CCO) offers 13 different ARCC Courses that cover a range of topics. Examples of course topics include:
 - “First Nations, Inuit, and Métis Culture, Colonization and the Determinants of Health”
 - “The Need for Cultural Competence in Healthcare”
 - “Indigenous Knowledge and Traditional Health”
 - “Cancer Control Issues and Challenges”
- Courses are completely free and accredited by the College of Family Physicians of Canada and the Ontario Chapter
- To promote and increase the number of those enrolled, the Regional Cancer Program (Lakeridge Health) has organized a contest that was launched on National Indigenous Peoples’ Day 2018 (June 21).



Clinical Services

Health Links

- The Central East LHIN Project Management Office (PMO) is currently in the process of developing an engagement strategy for Coordinated Care Planning (CCP) in First Nation and urban Indigenous communities
- The purpose of the Indigenous Peoples' Engagement Strategy for Coordinated Care Planning is:
 - To expand the use of CCPs across Indigenous communities, where a need and want is identified;
 - To ensure that Indigenous Peoples are involved in the design and implementation of the coordinated care planning processes;
 - To increase the number of Indigenous representatives on each of the Coordinated Care Planning Working Groups; and
 - To expand CCP communications and education tools to include cultural and traditional practices that are important to Indigenous Peoples.

Cognitive Behavioural Therapy

- Structured Psychotherapy aims to build capacity and access to Cognitive Behavioural Therapy (CBT). Specifically, trained therapists offering problem-focused and goal-oriented sessions in the community, free of charge, work with individuals to develop skills and strategies for maintaining a healthy state of mind
- The Central East LHIN's two-phased Structured Psychotherapy project roll-out was implemented by Ontario Shores Centre for Mental Health Sciences in October 2017. Phase 1 targeted primary care by embedding clinicians within community settings in an effort to integrate and enhance the provision of CBT services
- Currently, the project is in Phase 2: Expansion of CBT therapists to further increase mental health integration with Primary Care and to expand beyond this to post-secondary institutions and First Nations
- Curve Lake and Alderville First Nations have been allotted a 1.0 Full-Time Equivalent (FTE) Cognitive Behavioural Therapist (CBT) position to support Mental Health within those First Nation communities
- As of October 2018, there were continued challenges in recruitment for this position and this process is ongoing

Mental Health & Addictions Outreach Positions

- Positions funded for Alderville First Nation, Hiawatha First Nation (flowed thru Alderville), Curve Lake First Nation, Mississaugas of Scugog First Nation (flowed thru Durham Mental Health Association); and TAIBU Community Health Centre
- In some cases, the Mental Health and Addictions Outreach Worker has been challenging to hire for a variety of reasons, including close community relationships
- Recognizing these challenges, Hiawatha First Nation was able to utilize the funding in 2017/18 by providing a culturally appropriate knowledge transfer and development program, integrating Western and Traditional Approaches to Health and Wellness in Mind, Body, Spirit, and Emotion
 - 24 Group Workshops that serviced:
 - 132 Youth Participants (age 12-24)
 - 91 Adult (age 24-49)
 - 58 Elders (age 50+)
 - Total Participation = 281

Engagement Opportunities

Budget

- In fiscal year 2008/09, the Central East LHIN received an “Aboriginal Health Transition Fund” (AHTF) grant from the federal government for the purpose of supporting local engagement. The Project was recognized as a Best Practice by both the Federal and Provincial Governments in March 2010.
- All LHINs now receive an annual base allocation to support Indigenous Engagement. The Central East LHIN Engagement allocation (\$20,000) supports the two Health Advisory Circles in the identification and implementation of their priorities.
- In 2017/18 and 2018/19, a collaborative process between the Central East LHIN and the two Health Advisory Circles was implemented.
- Examples where funding has been allocated include:
 - Hosting of Annual Joint meeting;
 - Organization of Community Events;
 - Purchasing of Traditional Medicine Kits;
 - Purchasing OTN equipment for Hiawatha First Nation; and
 - Supporting the development of Cultural Competency Project at Nogojiwanong Friendship Centre.

Community Engagement

- Indigenous partners are represented on several of the Central East LHIN Committees. This includes: Sub-region Planning Tables, the Diabetes Sub-Committee, and the Central East Regional Palliative Care Steering Committee
- Although there is Indigenous representation to guide and inform discussions, it is still essential to engage communities in a meaningful way
- Consultations with each First Nation community occurred surrounding the Mental Health and Addictions Coordinated Access
- Recent and upcoming event dates and details are as follows:

Date	Event
March 2018	Visioning Day
June 2018	Indigenous Peoples Day Celebrations (various locations: Northumberland Hills Hospital, Regional Cancer Centre, Peterborough Regional Health Centre, Ontario Shores Centre for Mental Health Sciences)
October 2018	Provincial Indigenous Leads Network (PILN) Meeting
November 2018	Wound Care Event
February 2019	Optimal Health Weekend (additional details highlighted on slide 18)
March 2019	Scarborough Community Engagement Event
Spring 2019	Joint Annual Health Advisory Meeting

Optimal Health Weekend – February 2019

- February 8, 2019 – Social/Gathering
- February 9, 2019 – Health Education offering alternative therapies, cultural activities, reflexology, massage, outdoor games, Thai yoga, and reiki
- Anticipating approximately 200 community members to attend
- Shared partnerships with Indigenous Diabetes Health Circle, Central East Regional Cancer Program, Nogojiwanong Friendship Centre, Lovesick Lake Native Women’s Association, Niijkiwendidaa, Métis Nation of Ontario, Hiawatha First Nation, Nourish, and Curve Lake First Nation

2nd Annual
Optimal Health Weekend

SAVE THE DATE!

This Free Event Will Include

<p>Friday February 8th 5:00 p.m.</p>	<p>Saturday February 9th 10:00 a.m. - 4:00 p.m.</p>
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Feast and Social

• Please bring feast bundles •

Peterborough or surrounding area.
Exact location TBD

- ✓ Alternative Therapies
- ✓ Cultural Activities
- ✓ Reflexology
- ✓ Massage
- ✓ Outdoor Games
- ✓ Interactive program/services booths
- ✓ Thai Yoga
- ✓ Reiki

Thomas A. Stewart Secondary School
1009 Armour Rd, Peterborough Ontario
(Gymnasium)

For Information
 Please call or email Autumn Watson, Indigenous Diabetes Health Circle
 1-888-514-1370 or dwweast@idhc.life










To Register
 Please call or email Kaitlin Loudon
 Central East Local Health Integration Network
 Toll Free: 1-800-263-3877 Ext: 5873
Kaitlin.Loudon@lhins.on.ca




Next Steps

Next Steps

- Continue implementation of cultural sensitivity education (ICS Training and ARCC Courses) and ensure sustainable initiatives/projects developed to support Indigenous sensitive policies and practices;
- Align provincial (once finalized) and local priorities identified within each Health Advisory Circle's Workplan;
- Continue to bring the Indigenous voice to system initiatives (i.e., Coordinated Access to Mental Health and Addiction Services)
- Understand and support changes to address Indigenous social determinants of health;
- Identify further opportunities within Home and Community Care to ensure appropriate linkages to services;
- Ensure meaningful engagement with Indigenous Peoples' with the understanding that there should be First Nation, Inuit, Métis, urban Indigenous (FNIMuI) solutions to FNIMuI concerns (i.e., engagement with FNIMuI partners should occur in the early stages of project discussion, not as an afterthought); and
- Formalize reporting and action-based accountability by Central East LHIN leadership to prevent tokenistic or non-meaningful engagement.

Future Considerations

Members of the Health Advisory Circles have asked the Board to please consider the following:

- How Central East LHIN-funded organizations will move forward to create culturally safe environments (i.e., resources and supports); and
- The Central East LHIN Board of Directors and Senior Leadership's vision of the LHIN to meet the needs of the Indigenous Peoples and how this will be communicated back in the near future.



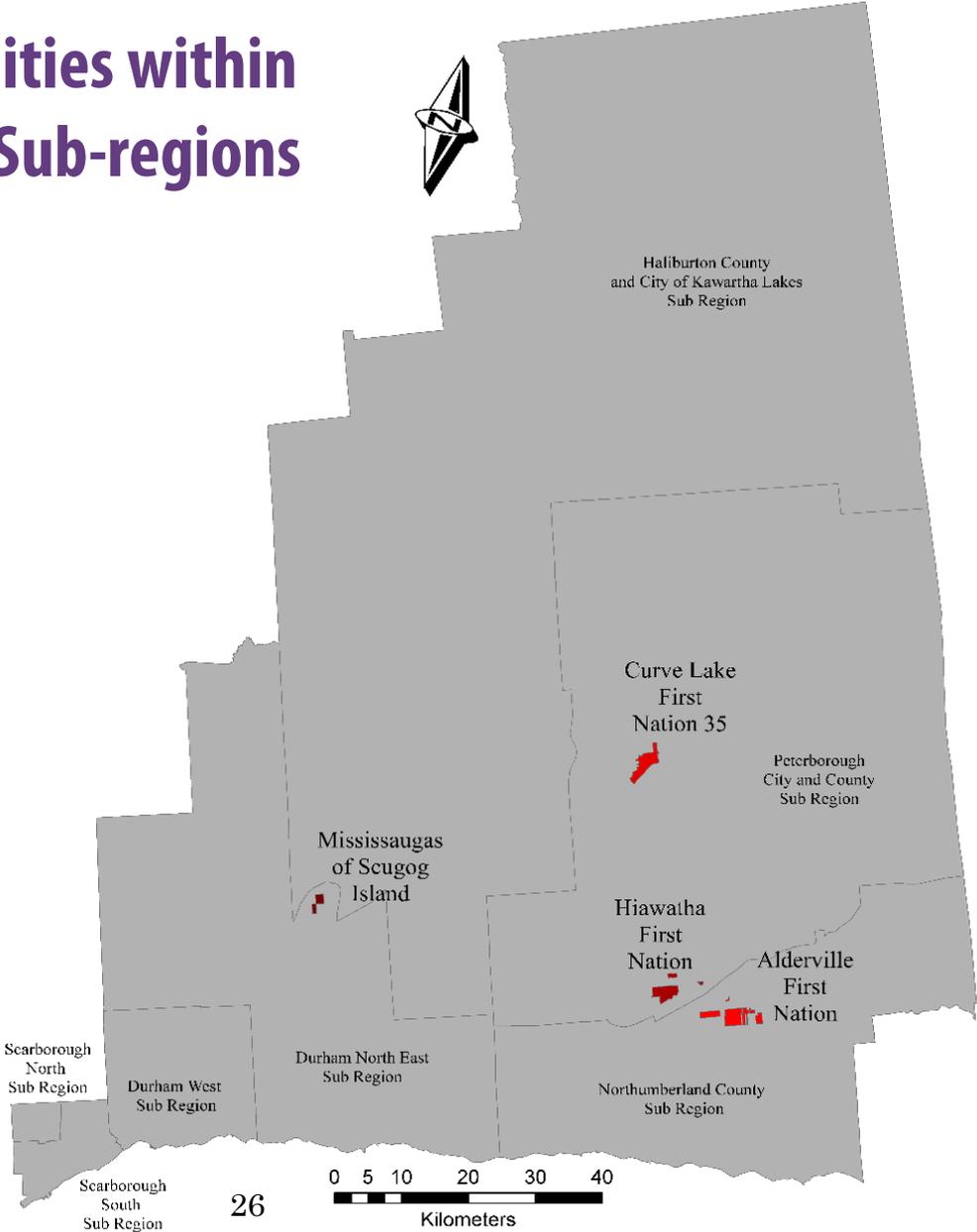
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(Thank you)**

Questions?

Appendix – Supporting Information

Indigenous Communities within the Central East LHIN

First Nations Communities within the Central East LHIN Sub-regions



Indigenous Peoples Living in our Sub-Regions

Table: Central East LHIN Indigenous Population

Geographical Area	Total Population (N) ¹	Indigenous Population (n) ¹	Indigenous Population (%)
Durham North East Health Link Community	284,155	9,040	3.18
Durham West Health Link Community	317,870	4,430	1.39
Haliburton County and City of Kawartha Lakes Health Link Community	88,280	2,965	3.36
Northumberland County Health Link Community	68,890	2,925	4.25
Peterborough City and County Health Link Community	130,560	6,790	5.20
Scarborough North Health Link Community	174,745	110	0.06
Scarborough South Health Link Community	411,955	3,975	0.96
Central East LHIN	1,476,455	30,235	2.05

Data Source:

1 National Household Survey, 2011

Hiawatha First Nation



Hiawatha First Nation are the proud stewards of the National Historic Site of Serpent Mounds

Hiawatha First Nation is located on the Northern Shore of Rice Lake. The reintroduction of wild rice to the lake is underway as one time the area was known for its abundance of wild rice, hence the origin of the name Rice Lake

The Mississaugii people have made this area their home since the 1600s

www.hiawathafirstnation.com

Curve Lake First Nation

Curve Lake First Nation is located on a Peninsula bounded by Chemong Lake on the east and Buckhorn Lake on the west in the heart of the Kawarthas

Curve Lake boasts a proud heritage and history that includes:

- The very first Anishnaabe Kwe O'gimaa (Native Woman Chief) in Canada - Elsie Knott (1954)*;
- World renowned artisans Norman Knott, Alice Williams and David Johnson*; and
- The famous Whetung's Art Gallery (established in 1960s)*.

* www.curvelakefirstnation.com



Mississaugas of Scugog Island First Nation

Mississaugas of Scugog Island First Nation moved into Southern Ontario from their original homeland north of Lake Huron in 1700

They were the first Mississauga people to move to the basin of Lake Scugog following the dispersal of the Wendat People, or “Huron” as the French referred to them

www.scugogfirstnation.com

Alderville First Nation

Alderville First Nation is located on the south side of Rice Lake, 30km north of Cobourg. Alderville was the site of the “Indian Manual Training School,” established in 1839

The “Alderville School” was said to set the precedent for much of the harsh treatment that was to be found in other Residential Schools throughout Canada. It was closed in 1966

www.aldervillefirstnation.ca

Urban Indigenous Peoples

- Although an Indigenous person may hold “status” under the federal “Indian Act,” they are not required to live on a First Nation community
- They may or may not be aligned with or receive service from their First Nation community
- The definitive number of Indigenous peoples residing in urban settings within the Central East LHIN is unknown

Métis People within the Central East LHIN

- There are two large Councils of Métis people in the Central East LHIN
- One Council is located in Oshawa, while the other Council represents Métis people from a wide urban/rural area, which includes Peterborough and the Four Counties
- The Métis Nation of Ontario offers a variety of services in Oshawa that include education funding, retraining and job search support, supports and services for children and for Métis people who are coping with a mental health and/or addictions issue



Inuit within the Central East LHIN

Although we are aware that there are Inuit residing in the Central East LHIN, a connection has not been established with them

It is our intention to include Inuit people in our planning activities. Members of both Circles have agreed to assist with establishing this connection