

# Indigenous Student Mental Health and Well-Being Special Interest Group Resource List



As part of SMH ASSIST learning series on *Indigenous Student Mental Health and Well-being*, this resource list is meant to provide SIG participants with some supplementary links to key Indigenous organizations, tools and media to enhance understanding and to support culturally safe practices that foster positive mental health and well-being for Indigenous students.

This list is a starting point and we welcome your ideas and suggestions.

## KEY ORGANIZATIONS AND WEBSITES

### **The Thunderbird Partnership Foundation**

*The Thunderbird Partnership Foundation is a non-profit organization that is committed to working with First Nations to further the capacity of communities to address substance use and addiction. We promote a holistic approach to healing and wellness that values culture, respect, community, and compassion. Our top priority is developing a continuum of care that would be available to all Indigenous people in Canada.*

<http://thunderbirdpf.org>

### **The National Collaborating Centre for Aboriginal Health**

*The National Collaborating Centre for Aboriginal Health (NCCA) is a national Aboriginal organization established in 2005 by the Government of Canada and funded through the Public Health Agency of Canada to support First Nations, Inuit, and Métis public health renewal and health equity through knowledge translation and exchange.*

[www.ccnsa-nccah.ca/2/home.nccah](http://www.ccnsa-nccah.ca/2/home.nccah)

### **CMHA Mental Health and Wellness Services for Indigenous Children and Youth**

*There are a variety of services available for Indigenous children and youth in Ontario. These are for young people of First Nations (status and non-status), Métis and Inuit communities. Some community services are culture-based specifically for Indigenous peoples. Others are mainstream services offered to both Indigenous and non-Indigenous communities.*

<https://ontario.cmha.ca/documents/mental-health-and-wellness-services-for-indigenous-children-and-youth/>

### **Ontario Indigenous Children and Youth Strategy**

*Ontario is working with First Nations, Métis, Inuit and urban Indigenous partners to implement the Ontario Indigenous Children and Youth Strategy together. Through the strategy, Indigenous communities and the government are building stronger bonds and improving services to meet the needs of Indigenous children and youth. This will enable First Nations, Métis and Inuit communities to have a holistic, culturally-based and community-driven approach to children and youth services.*

<http://www.children.gov.on.ca/htdocs/English/professionals/indigenous/index.aspx>

### **Ontario Federation of Indigenous Friendship Centres OFIFC**

*Founded in 1971, the Ontario Federation of Indigenous Friendship Centres (OFIFC) works to support, advocate for, and build the capacity of member Friendship Centres across Ontario.*

<http://www.ofifc.org>

Find a Friendship Centre: <http://www.ofifc.org/about-fc/centres/list>

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**OFIFC: Children’s Mental Health Project (CMHP)**

*The Children’s Mental Health Project (CMHP) provides services and support to children (ages 7-15) and their families that address behavioural and mental health needs.*

<http://www.ofifc.org/about-friendship-centres/programs-services/children-and-youth/children%E2%80%99s-mental-health-project-cmhp>

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**OFIFC: Akwe:go: Urban Aboriginal Children’s Program**

*The Akwe:go Urban Aboriginal Children’s Program aims to improve the quality of life of urban Indigenous children (ages 7–12 years) through the delivery of appropriate activities and services.*

<http://www.ofifc.org/about-friendship-centres/programs-services/children-and-youth/akwego-urban-aboriginal-children%E2%80%99s>

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**OFIFC: Wasa-Nabin: Urban Aboriginal Youth Program**

*Wasa-Nabin is a self-development program for urban Indigenous at-risk youth (ages 13-18). By accessing the services and supports offered by the Wasa-Nabin program, youth will learn goal setting, leadership skills development, and how to make healthy choices, ultimately leading to healthier lifestyles and personal success.*

<http://www.ofifc.org/about-friendship-centres/programs-services/children-and-youth/wasa-nabin-urban-aboriginal-youth>

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**OFIFC: Trauma-Informed Schools**

*The Trauma-Informed Schools research project examined the role of trauma in school environments in Friendship Centre communities, and methods to develop trauma informed approaches to support Indigenous student success and enrich students’ experiences within schools.*

<http://research.ofifc.org/sites/default/files/Trauma-Informed%20Schools%20Report.pdf>

Toolkit: <http://research.ofifc.org/content/trauma-informed-schools-project-tool-kit>

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**Aboriginal Children’s Health and Well-being Measure © ACHWM**

*A measure of health and well-being for Aboriginal children in Canada (ages 8 to 18 years).*

<http://achwm.ca/public/home>

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**Honouring Our Strengths:**

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**A Renewed Framework to Address Substance Use Issues Among First Nations People in Canada, 2018**

*A Renewed Framework to Address Substance Use Issues Among First Nations People in Canada*

<http://thunderbirdpf.org/honouring-our-strengths-full-version/>

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**Buffalo Riders Program (students 11-13)**

*Buffalo Riders is a 5 day school based program. Its is designed to enhance the capacity of a community to provide young people with early interventions and support services to help reduce harmful substance-using behaviour.*

<http://thunderbirdpf.org/about-tpf/scope-of-work/training-programs/buffalo-riders/>

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**Feather Carriers: Leadership for Life Promotion**

*The inaugural Feather Carriers: Leadership for Life Promotion is a one-year (5 day) grassroots education initiative motivated to bridge the gap reflected in the Truth and Reconciliation Commission of Canada: Calls to Action report (2015) and advances local community cultural knowledge for new and existing training in all sectors and will be of interest with northern and remote communities.*

<https://www.feathercarriers.com/>

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**Healing trauma through a First Nation lens: Promising Practices**

*EENet; Evidence Exchange Network for Mental Health & Addictions; Aug 15, 2015*

<http://eenet.ca/resource/healing-trauma-through-first-nation-lens>



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## **Truth and Reconciliation Commission of Canada: TRC**

*The important work of truth-gathering continues from coast to coast to coast, as Survivors of the Residential School system share their experiences with the Truth and Reconciliation Commission. Read the final report for recommendations.*

<http://www.trc.ca/websites/reconciliation/index.php?p=312>

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## **First Nations Child and Family Caring Society of Canada FNCFCSC**

*The Caring Society stands with First Nations children, youth, and families for equal opportunities to succeed.*

<https://fncaringsociety.com>

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## **Chiefs of Ontario**

*Chiefs of Ontario is an advocacy forum and secretariat for collective decision making and action for Ontario's First Nations communities.*

<http://www.chiefs-of-ontario.org/>

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## **Ontario Native Women's Association**

*The Ontario Native Women's Association (ONWA) is a not for profit organization to empower and support all Indigenous women and their families in the province of Ontario through research, advocacy, policy development and programs that focus on local, regional and provincial activities.*

<http://www.onwa.ca/about>

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## **Métis Nation of Ontario**

*The Métis Nation of Ontario website provides up to date information on Métis history, culture, language and territory topics.*

<http://www.metisnation.org/>

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## **Tungasuvvingat Inuit**

*Tungasuvvingat Inuit is an Inuit-specific, provincial service provider that provides social support, cultural activities, counselling and crisis intervention as a one-stop resource centre to meet the rapidly growing, complex and evolving needs of Inuit in Ontario.*

<http://tungasuvvingatinuit.ca>

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## **Indspire Indigenous Education Canada's Future**

*Indspire is a national Indigenous-led registered charity that invests in the education of Indigenous people for the long term benefit of these individuals, their families and communities, and Canada.*

*Our vision is to enrich Canada through Indigenous education and by inspiring achievement. In partnership with Indigenous, private and public sector stakeholders, Indspire educates, connects and invests in Indigenous people so they will achieve their highest potential.*

<https://indspire.ca/>

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## **COPA: Habitat for Learning**

*This is a site created for parents and caregivers and schools – a place where you can explore COPA's array of innovative resources designed to help children flourish and reach their full potential. We approach this by looking at issues of home and school collaboration, bullying and violence prevention and equity and inclusion.*

<http://www.copahabitat.ca/en>

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## **Connect with Culture for Life**

*A site for Indigenous youth who know the value of culture and living their best life but need a little help getting there.*

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



## CULTURAL UNDERSTANDING & SAFETY

### Ontario Indigenous Cultural Safety Training

*Indigenous Cultural Safety (ICS) Training is an interactive and facilitated online training program for professionals working in the Ontario health system.*

<https://www.aohc.org/Ontario-Indigenous-Cultural-Safety-Training>

### Indigenous Cultural Safety Training Program

*The Ontario Indigenous Cultural Safety Training (ICS) Program is a provincial program offered Ontario-wide and administered by Southwest Ontario Aboriginal Health Access Centre.*

[http://www.lhins.on.ca/Pan-](http://www.lhins.on.ca/Pan-LHIN%20Content/Provincial%20Aboriginal%20LHIN%20Network/Indigenous%20Cultural%20Safety%20Online%20Training.aspx)

[LHIN%20Content/Provincial%20Aboriginal%20LHIN%20Network/Indigenous%20Cultural%20Safety%20Online%20Training.aspx](http://www.lhins.on.ca/Pan-LHIN%20Content/Provincial%20Aboriginal%20LHIN%20Network/Indigenous%20Cultural%20Safety%20Online%20Training.aspx)

### A Cultural Safety Toolkit for Mental Health and Addiction Workers In-Service with First Nations People Honouring our Strengths – Continuum of Care

*The purpose of this cultural safety tool kit is to assist mental health and addiction workers to effectively and safely communicate, verbally and non-verbally, with First Nations clients through self-reflections and organizational growth.*

<http://thunderbirdpf.org/nnapf-document-library/>

## RESEARCH ARTICLES & BOOKS

### The mental health of Indigenous peoples in Canada: A critical review of research

by Sarah E. Nelson & Kathi Wilson

*This paper provides a critical scoping review of the literature related to Indigenous mental health in Canada. We searched eleven databases and two Indigenous health-focused journals for research related to mental health, Indigenous peoples, and Canada, for the years 2006–2016. Social Science & Medicine; Vol176 Mar2017 P93-112*

<https://www.sciencedirect.com/science/article/pii/S027795361730028X>

### A scoping study of cultural interventions to treat addictions in Indigenous populations: methods, strategies and insights from a Two-Eyed Seeing approach

*This paper adds to the collective work on augmenting the methodology of scoping studies. Despite the challenges of a Two-Eyed Seeing approach, it enables researchers using scoping studies to develop knowledge that is better able to translate into meaningful findings for Indigenous communities. 2015*

[https://ruor.uottawa.ca/bitstream/10393/33091/1/13011\\_2015\\_Article\\_21.pdf](https://ruor.uottawa.ca/bitstream/10393/33091/1/13011_2015_Article_21.pdf)

### Considerations for Indigenous child and youth population mental health promotion in Canada

written by The National Collaborating Centre for Aboriginal Health

*This paper aims to improve understandings of Indigenous mental health in Canada and demonstrate how particular determinants either contribute to increased risk for mental illness or act as protective factors for positive mental health.*

[http://nccph.ca/images/uploads/general/07\\_Indigenous\\_MentalHealth\\_NCCPH\\_2017\\_EN.pdf](http://nccph.ca/images/uploads/general/07_Indigenous_MentalHealth_NCCPH_2017_EN.pdf)

### The Mental Health and Well-Being of Aboriginal Children and Youth: Guidance for Approaches and Services

A Research Report Prepared for the British Columbia Ministry of Children and Family Development 2004

*This review summarizes research and related literature pertinent to the mental health needs of Aboriginal children and youth. A primary goal of this review was to provide the British Columbia (BC) Ministry of Children and Family Development (MCFD) and Aboriginal communities with information and guidance for new approaches and services to support the development and implementation of a broad strategy to improve the mental health and well-being of Aboriginal children and youth.*



<http://childhealthpolicy.ca/wp-content/uploads/2012/12/RR-8-04-full-report.pdf>

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### **Colonized Classrooms Racism, Trauma and Resistance in Post-Secondary Education** by Sheila Cote-Meek

*In Colonized Classrooms, Sheila Cote-Meek discusses how Aboriginal students confront narratives of colonial violence in the postsecondary classroom, while they are, at the same time, living and experiencing colonial violence on a daily basis.*

<https://fernwoodpublishing.ca/book/colonized-classrooms>

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### **Feathers of Hope**

*We are pleased to present Feathers of Hope: A First Nations Youth Action Plan. It reflects nineteen months of planning and work including a five day youth forum in Thunder Bay, a three day youth gathering in Kashechewan/Ft. Albany, visits with youth in northern First Nations communities in Ontario, speaking engagements across the country, media interviews and more sleepless nights than we can count. Most importantly, these months of travel, discussion and listening sessions confirmed we are not alone in wanting to change the conditions of hopelessness and poverty faced by First Nations people in northern Ontario.*

[http://cwrp.ca/sites/default/files/publications/en/Feathers\\_of\\_Hope.pdf](http://cwrp.ca/sites/default/files/publications/en/Feathers_of_Hope.pdf)

## CONTEMPORARY NOVELS

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### **Seven Fallen Feathers** by Tanya Talaga

*Using a sweeping narrative focusing on the lives of the students, award-winning investigative journalist Tanya Talaga delves into the history of this small northern city that has come to manifest Canada's long struggle with human rights violations against Indigenous communities.*

[https://books.google.ca/books/about/Seven\\_Fallen\\_Feathers.html?id=pgAvDwAAQBAJ&redir\\_esc=y](https://books.google.ca/books/about/Seven_Fallen_Feathers.html?id=pgAvDwAAQBAJ&redir_esc=y)

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### **All Our Relations : Finding the Path Forward** by Tanya Talaga

*Every single year in Canada, one-third of all deaths among Indigenous youth are due to suicide. Studies indicate youth between the ages of ten and nineteen, living on reserve, are five to six times more likely to commit suicide than their peers in the rest of the population. Suicide is a new behaviour for First Nations people. There is no record of any suicide epidemics prior to the establishment of the 130 residential schools across Canada.*

[https://books.google.ca/books?id=mQBnDwAAQBAJ&printsec=frontcover&source=gbs\\_ge\\_summary\\_r&cad=0](https://books.google.ca/books?id=mQBnDwAAQBAJ&printsec=frontcover&source=gbs_ge_summary_r&cad=0)

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### **Indian Horse** by Richard Wagamese

*Alone in the world and placed in a horrific boarding school, Saul is surrounded by violence and cruelty. At the urging of a priest, he finds a tentative salvation in hockey. Rising at dawn to practice alone, Saul proves determined and undeniably gifted. His intuition and vision are unmatched. His speed is remarkable. Together they open doors for him: away from the school, into an all-Ojibway amateur circuit, and finally within grasp of a professional career. Yet as Saul's victories mount, so do the indignities and the taunts, the racism and the hatred—the harshness of a world that will never welcome him, tied inexorably to the sport he loves.*

<https://books.google.ca/books?id=dEpVDwAAQBAJ&dq=indian+horse&hl=en&sa=X&ved=0ahUKEwifo6-W5e3cAhUco4MKHe6aCVEQ6AEIMTAC>

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### **The Reason You Walk, A Memoir** by Wab Kinew

*A moving father son reconciliation told by a charismatic First Nations broadcaster, musician and activist.*

<https://www.penguinrandomhouse.ca/books/417538/the-reason-you-walk-by-wab-kinew/9780143193555>



## MEDIA LINKS

### PRESENTATION: Honouring Our Strengths: Indigenous Culture as Intervention in Addictions Treatment

Mary Deleary, Indigenous Knowledge Translator at the Thunderbird Partnership Foundation, demonstrates the importance of culture in addictions treatment, and shares available tools to assist the incorporation of culture into treatment plans. Her presentation provides insight into Thunderbird's ground-breaking work that has set the foundation for improved wellness and culturally appropriate care.

<https://www.youtube.com/watch?v=MaJUds3r0zE>

### LECTURE: OISE UofT: 2018 R.W.B. Jackson Lecture

Renowned Indigenous children's rights advocate, Dr. Cindy Blackstock, delivered the 2018 R.W.B. Jackson Lecture. Learn about her fight to protect Indigenous children in Canada and how we can play in advancing their rights, justice and more. Watch the full recording of the event.

<https://www.youtube.com/watch?v=W60WiDnEQD0&feature=youtu.be>

### VIDEO: The "Anishinaabe Dreams" song and video

DAREarts Webequie Youth Present: Anishinaabe Dream

<https://youtu.be/T4Rr2g-liag>

### FILM: Indian Horse

An adaptation of Richard Wagamese's award-winning novel, this moving and important drama sheds light on the dark history of Canada's Residential Schools and the indomitable spirit of Indigenous people.

<http://www.indianhorse.ca>

### FILM: Birth of a Family

Three sisters and a brother, adopted as infants into separate families across North America, meet together for the first time in this deeply moving documentary by director Tasha Hubbard.

[https://www.nfb.ca/film/birth\\_of\\_a\\_family\\_edu/](https://www.nfb.ca/film/birth_of_a_family_edu/)

### FILM: We Were Children

**WARNING:** This film contains disturbing content and is recommended for audiences 16 years of age and older. Parental discretion, and/or watching this film within a group setting, is strongly advised. If you need counselling support, please contact **Health Canada**.

In this feature film, the profound impact of the Canadian government's residential school system is conveyed through the eyes of two children who were forced to face hardships beyond their years.

**We Were Children** gives voice to a national tragedy and demonstrates the incredible resilience of the human spirit.

[https://www.nfb.ca/film/we\\_were\\_children/trailer/we\\_were\\_children\\_trailer/](https://www.nfb.ca/film/we_were_children/trailer/we_were_children_trailer/)

### FILM: Finding Peter Bryce

A one hour documentary which uncovers the vision and compassion of a man who pioneered the public health and social policy movements in Canada, and, in 1907, blew the whistle on the abhorrent conditions in Indian Residential Schools.

<https://vimeo.com/189577852>

### FILM: Finding Heart

This video, targeted at students as part of the education mandate of the National Centre for Truth and Reconciliation, tells the story of Peter Bryce, an early whistleblower on health conditions inside Residential Schools.

<http://reconciliationcanada.ca/finding-heart/>

### The 2018 CBC Massey Lectures - "All Our Relations"

Prize-winning journalist Tanya Talaga (*Seven Fallen Feathers*) explores the legacy of cultural genocide against Indigenous peoples- in Canada and elsewhere- in her 2018 CBC Massey Lectures- All Our Relations: Finding the Path Forward.

<http://www.cbc.ca/radio/ideas/the-2018-cbc-massey-lectures-all-our-relations-1.4763007>



<https://sites.google.com/smh-assist.ca/sig-indigenous/resources/smh-assist?authuser=0>

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2018 May: Using the Indigenous Framework

2018 April: Understanding Mikkans with John Rice

2018 February: Mainstream or Indigenous Knowledge Approaches

2017 January: Trauma Informed Care from an Indigenous Lens

2016 May: Thunderbird Partnership Foundation: Indigenous Youth & Addictions

2016 April: Indigenous Collaboration & Partnerships

2014 April: Indigenous Mental Health in Children & Youth

