

BREAK OUT SESSIONS

JANUARY 30, 2019

SESSION A ~ 11:00 a.m. to 12:30 p.m.

Meadow Lake Tribal Council Child and Family Services

ALBERTA ROOM

Presenters: TBC

Meadow Lake Tribal Council Child and Family Services serves nine First Nation communities in northwest Saskatchewan, with the City of Meadow Lake as the largest service centre. These communities represent two linguistic groups, Cree in the Southern five communities and Dene in the northern four communities. MLTC CFS will share their best practices in prevention programming.

QBOW Child and Family Services

SASKATCHEWAN C

Presenters: Yvette Cappo, Leo Gamble and Neil Sioux

QBOW provides services to Beardy's & Okemasis Cree Nation, Muscowpetung Salteaux Nation, Standing Buffalo Dakota Nation, Wahpeton Dakota Nation and Wood Mountain Lakota Nation. We are pleased to share our Prevention Programs in each of the communities we serve and will highlight the cultural components of our programming.

QBOW Receiving Home

Presenters: Liz Pratt and Sidney McGillicky

QBOW Receiving Home will be presenting our cultural and traditional programs and how they link directly to the family. Our in house therapist will also talk about how research with children with trauma and in crisis links to our traditions such as the hand drum and pow wow drumming with self-regulation.

Peter Ballantyne Cree Nation Child and Family Services Inc.

SASKATCHEWAN B

Presenter: Vera Sayese, Executive Director

PBCFSI serves the Peter Ballantyne Cree Nation (PBCN) communities of Kinoosao, Southend, Deschambault Lake, Pelican Narrows, Sandy Bay, Amisk Lake, Sturgeon Landing, Kiskatchewan and the central office at the Child Joseph Custer Reserve in the city of Prince Albert. PBCFSI has become one of the largest First Nation CFS Agencies in Saskatchewan and Canada. We are pleased to share information about PBCNCFSI programs and services that are provided through our eight offices located throughout the region including our group homes, family wellness centres and other facilities as part of our best practices in prevention programming.

Keyanow Child and Family Centre Inc.

COURTYARD ROOM

Presenters: Jessica Atcheynum and Janice Nicotine

nâkateymisoh: Too busy to take care of yourself? I know. You are too busy and finding the time to take proper care of yourself can be hard. But if you don't, it won't be long before you're battered from exhaustion and operating in a mental fog where it's hard to care about anything or anyone.

Why does self-care matter in professional work? We all know that the first rule is to take care of ourselves before we can effectively help others. Caring for yourself is one of the most important—and one of the most often forgotten—things you can do as a caregiver. When your needs are taken care of, the person you care for will benefit, too. To commit to self-care throughout your career is to value yourself, your relationships and your professional work.

As an organization, we have the responsibility to observe and recognize **nâkateyihtamowin** when our employee's need time to care for themselves. This presentation will look at the importance of employee self-care and how organizations can play a role one ensuring that our employees are able to care for others.

Self Care for First Nations Child Welfare Practitioners

BRASS LANTERN ROOM

Presenter: Charlotte Ross

Self care is critical to our well-being and as essential as the air we breathe yet it is often not addressed until a crisis arises. Come and learn how to practice self care and to incorporate it into daily routines. Be prepared to have fun, to laugh, to move around and to truly embrace self care techniques. Moderate movement will be incorporated into the session so be prepared to move around and be comfortable. The session will include the use of massage aids for self care. Note to fragrance sensitive individuals – we will be using essential oils as part of the session that have fragrance.

SESSION B ~ 3:30 p.m. to 4:30 p.m.

TRE (Tension, Trauma & Release Exercises)

ALBERTA ROOM

Presenters: Delores Beaudry and Diane Pooyak

TRE is a self-administered process for stress reduction and trauma recovery. **TRE** is effective to help relieve stress due to everyday life experiences. These exercises are very effective at releasing the tension patterns and assist the body to return to a relaxed state. *Maximum of 15 participants in this session.*

Finding Lost

SASKATCHEWAN C

Presenter: Nancy Lafleur

Finding Lost is a powerful story of one Indigenous woman's lifelong struggle to find who she is. She shares a story of childhood trauma; a story that is still only too common for many Indigenous women today. Walk into Nancy's life, and share in her journey as she braids her childhood memories in the lives of five women

struggling to survive. Meet the kind of women Nancy thinks she could have become had she not turned life in her favour. Share in Nancy's healing journey as she picks up the traumatic pieces of her life and finds the spiritual healing and strength to move forward. Be inspired by how she draws on the strength of the many women she has seen as role models from her small community.

Lac La Ronge Indian Band Child and Family Services

SASKATCHEWAN B

Presenters: Teco Bird and Theresa Tupper

La Ronge Family Camps

La Ronge CFS holds summer and winter camps for clients and children in care each year. In this presentation we will provide attendees with a brief overview of how the camps began and the evolution of the camps over the years. We will also provide an outline of what activities and schedules we have for our Family Camp each year, the goals and objectives of the camp and how we measure whether or not we have accomplished those objectives.

Yellow Quill Child and Family Prevention Services

COURTYARD ROOM

Presenters: Dr. Raj Hathiramani and Leonard Pasonipiness

Yellow Quill Child and Family Prevention Services has worked diligently to explore, address and implement Best Practices to our specific community. It was discovered that one's personal, social, cultural and spiritual identify need to be addressed and building through interactive activities. This presentation discusses the work in progress.

Kich Awasis Family Services Inc. - Prevention Services

BRASS LANTERN ROOM

Presenters: Louis Bighead and Wendy Singer

Soup and Bannock Program

Inviting respected, well-known Elders to join families and children and individuals with sharing and delicious made soup and baked or fried bannock. Elders then talk about their wisdom and knowledge only heard at sacred gatherings and everyone enjoys and listens attentively.

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SESSION C ~ 11:00 a.m. to 12:00 p.m.

Recovery and Healthy Lifestyles

ALBERTA ROOM

Presenter: Anthony Roulette

This presentation will educate the participants on how recovery from addictions is a process of self-realization and self-awareness. We will discuss how we can learn from these experiences and move forward on a path of wellness and recovery. Maintaining a healthy lifestyle is about recognizing and paying attention to your physical, emotional and spiritual self. In order to maintain a positive outlook on life we must learn to focus on the present and be grateful for life.

Drug Awareness

Metis Addictions Council Saskatoon

SASKATCHEWAN C

Presenter: Onyeka Arinze

Participants will gain an understanding and awareness of crystal meth and fentanyl including symptoms, overdoses, addictions, deaths and the overall crisis facing our children, youth and families. Treatment programs for addictions will also be presented.

Guiding Our Communities Through Cultural Teachings

SASKATCHEWAN B

Presenter: Gilbert Kewistep and Mary Lee

The basis of this presentation will reflect on the Traditional Teachings that Knowledge Keepers Mary Lee and Gilbert Kewistep utilize to educate Social Work students attending the First Nations University of Canada (FNUniv) yearly Culture Camp. This is a nine-credit course that each student must take in order to fulfill the requirement of the Bachelor of Indigenous Social Work degree. This is a ten-day camp with a natural outdoor environment that will include FNUniv Knowledge Keepers. Family members that include children and relatives are welcomed at the camp.

Onion Lake Child and Family Services

COURTYARD ROOM

Presenters: Dion Paskimin, Florence Saskatchewan and Gary Waskewitch

Onion Lake CFS will present their best practices in prevention services.

Healing and Mental Health

BRASS LANTERN ROOM

Presenter: Marlene Mirasty

Mental Health issues including anxiety, depression, substance related disorders, self-harming behaviours etc. are prevalent in our First Nation communities within youth and adults. The presentation will look at these issues more closely, and provide an understanding about them. It will take a look at how do we manage and support individuals with mental health issues and how does the individual heal and function in day to day life. The presentation will talk about what are those things that support an individual everyday including culture, strong support systems etc.

Yorkton Tribal Council Child and Family Services

MANITOBA ROOM

Presenters: Arlene Pinay, Colin Rope and Kim Sinclair

This presentation will give the participants an overview of Yorkton Tribal Council Child and Family Service Agency's (YTCCFS) Prevention programs and services in the following areas:

- Community-based Prevention
- Land Based Programming
- Case Specific Prevention & Family Services
- Community Based Prevention and Request for Collateral Services Form
- Evaluation of Community-based Prevention Programs and Services
- Comparison of Community Based Prevention and Case Specific Prevention

SESSION D ~ 3:00 p.m. to 4:00 p.m.

Play Therapy

ALBERTA ROOM

Presenter: Laverne Laliberte

Laverne is a licensed Mental Health Therapist/Counselor and is currently working towards accreditation as a Play Therapist. Laverne will be sharing how the core values of using play therapy is beneficial when working with First Nations children. The core values are connections/outreach, growth and advocacy, inclusion and respect, and education, ethics and professionalism.

Transition Planning: Youth Focused Resources

SASKATCHEWAN C

Presenters: Laura Hicks and Shelley Thomas Prokop

SFNFCI is excited to present multiple transition planning resources to youth and practitioners working with youth. The resources include: a binder, on-line resources, and a free app. SFNFCI wants to support the use of the innovative tools to engage youth, increase importance of working with youth in transition to minimize stress, share a successful process of resource development that is community based and grounded in First Nations values of collaboration, provide awareness of one resource and three tools, and improve

documentation and reporting using technology. The resource is based on life skills identified by a working group as essential for youth transitioning into adulthood.

Kanaweyimik Child and Family Services

COURTYARD ROOM

Presenters: Delores Beaudry and Diane Pooyak

An overview of the Prevention Programming for the 5 communities that are serviced by Kanaweyimik, also an outline of what services or programs that Kanaweyimik provides to clients. The best practices and challenging programs will be presented.

Sturgeon Lake Child and Family Services

BRASS LANTERN ROOM

Presenter: Marjorie Quewezance

Sturgeon Lake CFS will present their best practices in prevention services.

Agency Chiefs Child and Family Services

MANITOBA ROOM

Presenters: Barry Morin and Sarah Scott

This presentation will discuss the importance of traditional activities for the health and well-being of youth and families and how we need to regain our culture as an enhanced prevention planning strategy.

The presenters will also address how CFS Agency staff roles and responsibilities have evolved over time with the provision of prevention programs and services. How our changing perspectives of prevention can be effective in keeping children from coming into care and the importance of community-based partnerships are important in achieving success.