

Final report

Etèts'ehdèe 2019



Hoti ts'eeda
NORTHWEST TERRITORIES
SPOR SUPPORT UNIT

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Photo captions for cover page (left to right, top to bottom):

Jennie Vandermeer feeds the fire during the opening ceremony.

Beadwork shared by cultural knowledge holders during the tipi sessions.

Denise McDonald advises Sophie Roher on beading during the tipi sessions.

The Canadian Frailty Network meeting graphic recording as drawn by Melaw Nakehk'ò.

Pertice Moffitt shows a group of participants her research.

Mahsi

On behalf of Hotii ts'eeda's Governing Council, I thank you for participating in and contributing to the third Èlèt's'ehdèe annual gathering. For the last three years, the gathering has been held on the traditional Chief Drygeese territory of the Yellowknives Dene First Nation. Mahsi.

Hotii ts'eeda is led by a unique collaboration of governments and communities. It is housed within the Tłı̄chǫ Government and led by a Governing Council made of up representatives from the Tłı̄chǫ Government, the Inuvialuit Regional Corporation, the Gwich'in Tribal Council, Délı̄nǫ Got'ı̄nǫ Government, the Government of the Northwest Territories, and the University of Alberta. The name Hotii ts'eeda means “working together for good health”—it represents a state of wellbeing in mind, body and spirit. It is about collaborating with others in a way that leaves each other in a state of grace.

This third year of the Èlèt's'ehdèe was built around the theme: “Building on our Strengths.” In a context of ongoing colonization and having to bear its' impacts, Indigenous peoples are often viewed by governments as people to control or change. Building on Strengths represents a core value of Hotii ts'eeda, which is unique in Canada. Instead of a teaching hospital or university, the Unit is embedded in Indigenous governments, focusing on the strengths of communities, relationships to land, and Indigenous knowledge. In this third year of operation, I believe we have proof of concept—Hotii ts'eeda is successfully supporting health and wellness in communities by building on the strengths that exist in those communities. During this gathering, Hotii ts'eeda highlighted strengths such as Elders'



Hotii ts'eeda staff and Governing Council at a strategic planning meeting on May 22nd: Heather Nakehk'o (Operations Manager), Danny Bayha (Délı̄nǫ), John B. Zoe (Tłı̄chǫ Govt), Sangita Sharma (U of A), Stephanie Irlbacher-Fox (Scientific Director), Sharon Snowshoe (standing in for Carolyn Lennie, GTC), Lisa Cardinal (GNWT) and Bob Simpson (IRC).

cultural and land-based knowledge, the creativity and drive of the artistic community to lift peoples' spirits, research projects that are restoring power in communities, and that Indigenous culture-based medicine and wellness is essential.

The Èlèt's'ehdèe is more than a gathering—it is also part of Hotii ts'eeda's governance, where the organization practices accountability to the community by meeting with partners in person, reviewing the last year of work, and asking the community what health and health research priorities in the NWT should be. This year, stakeholders shared insightful comments, suggestions and stories that reflect where Hotii ts'eeda's priorities should lie. I thank you for engaging in this process and invite you to review the priority-setting section of this report carefully. I look forward to your feedback and welcome you to stay engaged with Hotii ts'eeda so we can all continue working together for good health.

Mahsi,
John B. Zoe, LLD (Hon.)
Chair, Hotii ts'eeda Governing Council

Executive Summary

The third annual Èlèt's'ehdèe was held May 22-24 at the Northern Arts and Cultural Centre, and the Chateau Nova Hotel, and at Aurora Village on Chief Drygeese Territory, the traditional territory of the Yellowknives Dene. The gathering brought together 125 people from across the NWT and Canada to share experiences, reflections and knowledge under the theme of “Building on our Strengths.” The Èlèt's'ehdèe provides a space for sharing information and building and renewing relationships between stakeholders, from community health advocates to university researchers to Canadian health organizations. It is also an important accountability and governance practice of Hotìì ts'eeda, seeking direction from partners who have gathered together about how Hotìì ts'eeda can do better, and to identify opportunities for collaboration and support. The Èlèt's'ehdèe informs priorities for the next year and helps Hotìì ts'eeda staff to better connect to communities and understand their needs and how Hotìì ts'eeda can provide support.

This report provides background on Hotìì ts'eeda and activities over the past year. It describes the 2019 Èlèt's'ehdèe event, giving short summaries of sessions. It describes the priority-setting exercise undertaken by participants on the final day of the conference and identifies priorities set for the next year. Finally, it describes lessons learned that will be applied to organize an even better Èlèt's'ehdèe next year, based on participant evaluations submitted.

Hotìì ts'eeda welcomes input on the contents of this report and your experience at the Èlèt's'ehdèe.

“I’m grateful that I was able to listen to the presenters and speakers at such an early stage in my research—it was filled with really important conversations that I think I needed to hear.”

“It was an amazing experience with exceptional learning opportunities.”

“I loved sitting by the fire listening to stories by the Elders.”

“The connections made with people and this territory are memorable and lasting. This gathering reminded me of sharing stories, experiences, and medicine (research) bundles.”

“Everything was flawlessly organized and executed. The app was great.”

“Tipis were very relaxing and comfortable and a safe space for sharing and participating in cultural activities. Being outside was really important. And it was also great that language was respected and supported.”

“This might be the best conference I’ve ever been to.”

“It was a really meaningful, traditional, healing conference. I feel like I can bring back a lot to my town. I felt welcomed.”

“This workshop just brought my understanding of research to a whole different level.”

About Hotii ts'eeda

Hotii ts'eeda is a research support centre for community members, organizations and researchers involved in Northwest Territories health and health research.

Hotii ts'eeda's vision is to support health research and training that is rooted in Dene Naowo, Inuvialuit and Metis knowledge and responds to the needs of patients, communities and governments. The aim is to connect researchers and communities, build capacity and contribute to a health system that is culturally competent and inclusive of Indigenous methodologies and ways of knowing. Hotii ts'eeda acts as a connector: connecting researchers with communities, Indigenous organizations, and NWT health research priorities.

The Governing Council is made up of members from:

- Tłı̄chǝ Government (Chair)
- Inuvialuit Regional Corporation
- Gwich'in Tribal Council
- Dèl̄nǝ Got'̄nǝ Government
- Government of the Northwest Territories
- University of Alberta

Hotii ts'eeda is hosted by the Tłı̄chǝ Government and funded by the Canadian Institutes of Health Research (CIHR) under their Strategy for Patient-Oriented Research (SPOR).

CIHR is Canada's federal funding agency for health research. Its mission is to create new scientific knowledge and to enable its translation into improved health, more effective health services and products, and a strengthened Canadian health care system.

The Strategy for Patient-Oriented Research is a coalition of federal, provincial, and territorial partners led by CIHR. Its goals are:

- Engaging patients as partners in research;

- Ensuring that health research is relevant to patients' and policy-makers' priorities; and
- Ensuring research results are used to improve healthcare systems and practices.

Patient-oriented research is research that engages community members as partners in every step of the research process, including individuals, community health workers, organizations, and policy-makers. Hotii ts'eeda uses the term community member rather than patient to reflect that in the NWT and Indigenous communities, health and wellness affects everyone.

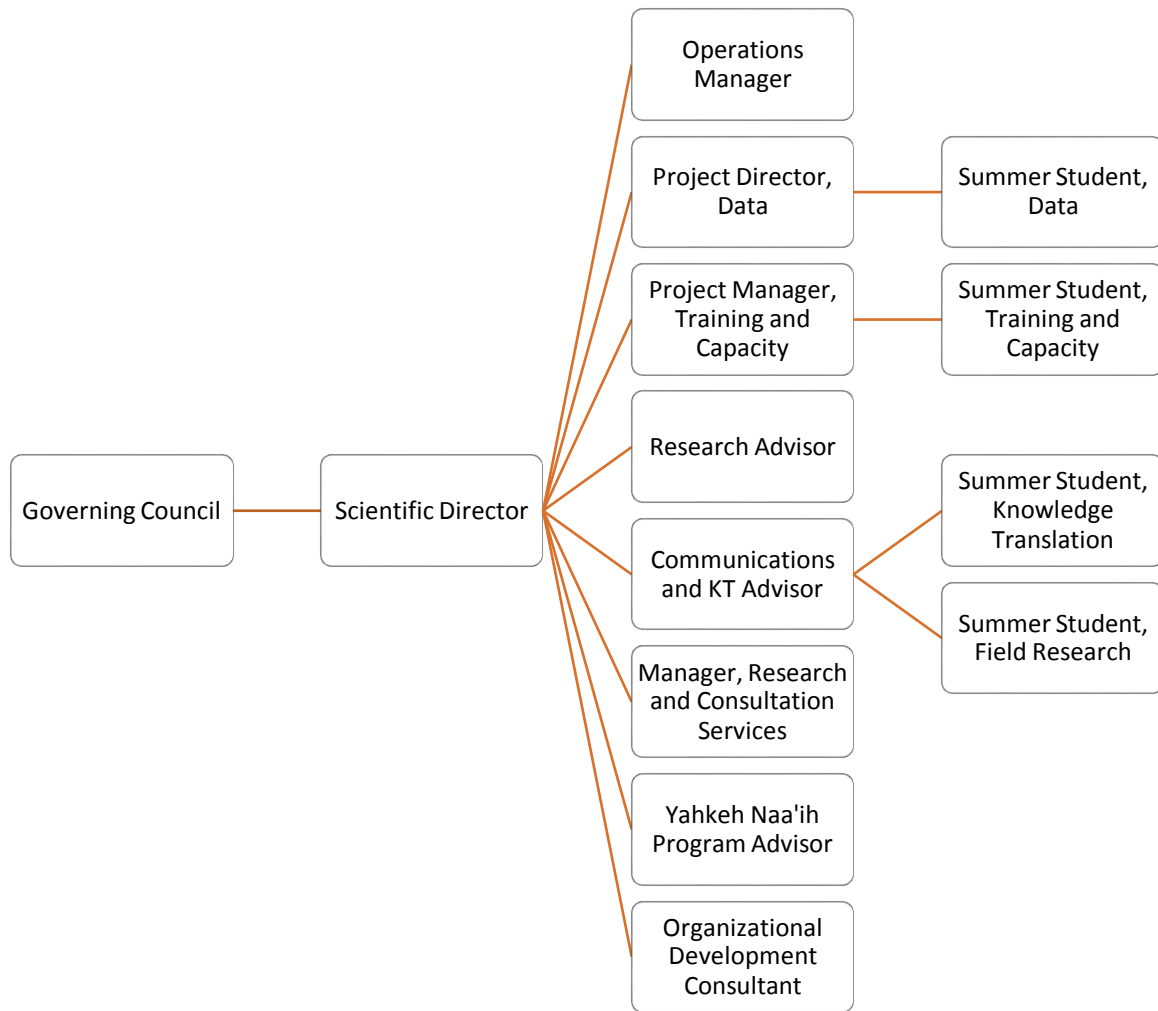
SPOR SUPPORT (Support for People and Patient-Oriented Research and Trials) Units exist or are being built in every province and territory. SUPPORT Units work to improve health research and the health care system in response to local needs and bring together key partners to identify and respond to local research priorities and needs.

SUPPORT Units conduct activities in the following areas:

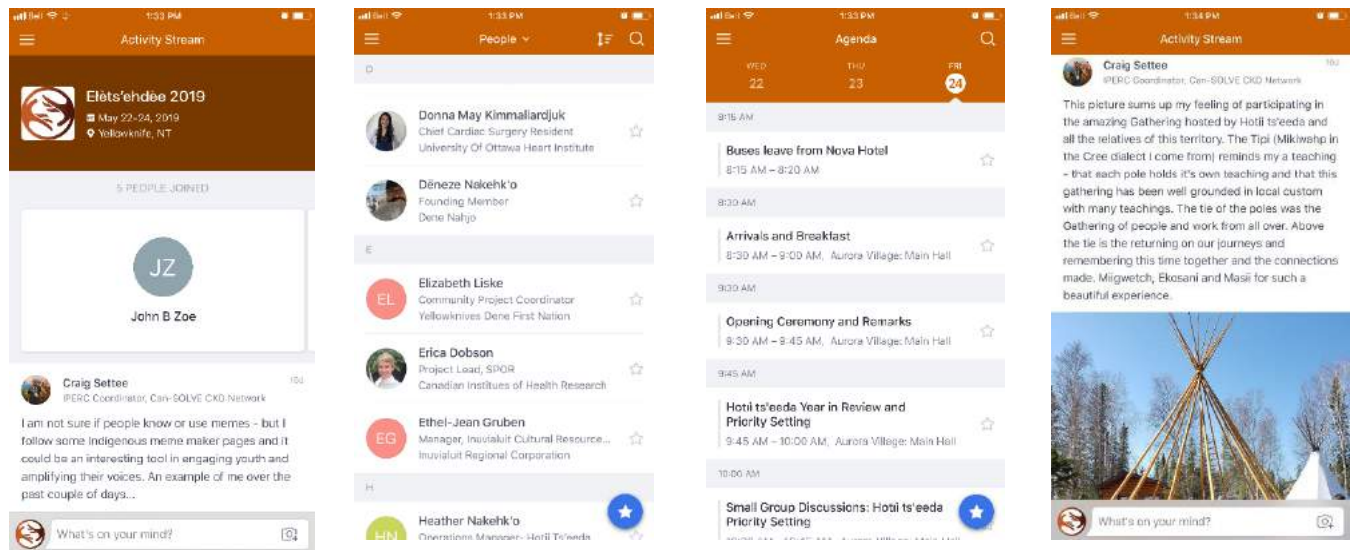
- Research Methods
- Consultation and Research Services
- Data Platforms and Services
- Training and Capacity
- Knowledge Translation
- Clinical Trials

Each of these areas involve the integration of community members in every step of the research process. Hotii ts'eeda is unique in that it focuses on Indigenous health and Indigenous health research.

Organization Chart



Èlèt's'ehdèe App



This year, Hotiì ts'eeda launched the Èlèt's'ehdèe App to help keep participants up-to-date with the gathering. The aim of the App was to help reduce paper used during the Èlèt's'ehdèe and allow participants to get real-time updates of any schedule changes. It also allowed participants to share links and information with each other throughout the conference, similar to the experience of Facebook or Instagram. The App featured a live agenda, an interactive networking wall, profiles of participants, a messaging feature, and background information about Hotiì ts'eeda and the Èlèt's'ehdèe available for download.

Comments or suggestions are welcome. The App is downloadable for free from the Apple App Store and on Google Play.

Year-In-Review 2018/19

In the year since the last Èlèt's'ehdèe, Hotii ts'eeda has grown significantly, adding a Manager of Research and Training (embedded with the Gwich'in Tribal Council), a Program Advisor for the Yahkeh Naa'ih Health Leaders Program (consultant), a Research and Consultation Services Manager (embedded for year one with the GNWT), a Research Advisor and an Operations Manager (both embedded at the Tłı̨chǫ Government). Last summer, seven Indigenous summer students were funded. Hotii ts'eeda staff attended Health Fairs and other events in 21 communities, engaging with over 900 community members on various programs and projects.

In last year's Èlèt's'ehdèe report, nine categories were identified that came out of the 2017 and 2018 gatherings. These categories are:

- Involvement of the Community in Health Research
- Involvement of Elders and Youth
- Building Relationships of Trust

- Indigenous Methodologies and Trauma-Informed Practice
- Cultural Competency for Researchers and Practitioners
- Achieve Sustainability
- Open Communication
- Making Sure Research Makes It Back to the Community
- Research Funding in the NWT

This year's Èlèt's'ehdèe report simplifies this structure and reported highlights in four key areas:

- Support
- Funding
- Training
- Impact

These highlights are contained in the infographic below, also included in full as an appendix to this report. In addition to these highlights, each staff member submitted a brief oral report on their major accomplishments and future directions (following section).



Support

- Provided over \$1,000,000 to NWT Indigenous governments for program and staff resources
- Provided over \$250,000 in in-kind support to funded research projects
- Supported 2 major NWT-driven research projects with knowledge translation support
- Nominated and supported one Indigenous patient advisor to participate in a national project

Funding

- Awarded over \$75,000 to 12 recipients of the Strategies Priorities Support program for activities such as sharing knowledge at conferences, developing community health programming, and supporting cultural knowledge as a basis for wellness
- Launched the Community Researcher Capacity fund, with funding of \$100,000 for communities and Indigenous organizations to hire and train local researchers
- Launched the Researcher Capacity Development fund, with funding of \$50,000 for university-based researchers to hire and train local researchers and community advisors
- Launched and awarded the \$20,000 Edets'eèhdzà studentship award in partnership with Aurora College, supporting one postsecondary student to be involved in local research projects

Training

- Hired and trained 7 summer students
- Launched the Yahkeh Naa'ih Health Leaders Program, and selected an inaugural group of five recipients

- Hosted Graphic Recording Training for 11 community members
- Supported 18 Indigenous and NWT community members to attend conferences and networking events

Impact

- Produced more than 10 policy interventions on issues of importance to NWT residents, including:
 - Developing a Sustainable Knowledge Economy in the Northwest Territories: A Hotì ts'eeda Discussion Paper
 - Building a Sustainable Knowledge Economy: Infographic
 - Engaging Northern Youth: Summer Student Field Research Project
 - Tìchq Youth Voices on Health Research: Summer Student Field Research Project
 - Public Presentation: A Vision for Postsecondary Education in the Northwest Territories (Inuvik, March 12, 2019)
 - Public Presentation: An Approach to Postsecondary Education that Benefits Everyone (Yellowknife, March 14, 2019)
 - Public Presentation: University of Alberta Indigenous and Global Health Research Group (Yellowknife, January 22, 2019)
 - Public Presentation: University of Alberta Indigenous and Global Health Research Group (Inuvik, January 24, 2019)
- Supported 48 medical professionals' taking cultural competency training
- Consulted with over 16 community members to develop Hotì ts'eeda programming, and hosted or attended 23 community engagement events in the NWT

Staff Year-In-Review

Scientific Director



Scientific Director Dr. Stephanie Irlbacher-Fox

The Scientific Director has oversight and day to day management responsibility for Hotiì ts'eeda. This position establishes the overall direction of the organization, working closely with the Governing Council and Chairperson, and in alignment with other SPOR SUPPORT Unit and national initiatives.

Activities in 2018-19

included:

- Identifying required staff positions, and overseeing recruitment and hiring processes, providing day to day direction, and decisions;
- Developing policy, process, and accountabilities within the organization;
- Initiating policy advocacy and interventions as appropriate to further Hotiì ts'eeda goals;
- Reporting to and seeking advice and decisions from Governing Council members;
- Reporting and interface with the Canadian Institutes of Health Research (funder), the SPOR SUPPORT Unit Council (national), and engaging with other SPOR funded initiatives to ensure Hotiì ts'eeda representation and views at the national level;
- Building relationships with senior managers and executives of partner organizations through regular communication, briefings, and involvement in relevant Hotiì ts'eeda initiatives;
- Financial management, oversight, and reporting.

Communications and Knowledge Translation (KT) Advisor



Communications and Knowledge Translation Advisor Rachel MacNeill

This position is embedded in the Tłı̄ch̄ Government and holds three key areas of responsibility: communications, knowledge translation (KT) and patient engagement (shared with Manager, Training and Capacity). KT means to take technical information and re-package it in a way that everyone can understand

it – writing in plain language, making videos, creating posters, and other activities that make information easier to understand.

Communications activities in 2018/19 included:

- Reorganizing and updating the NWTSPOR.CA website, including managing a researcher consultant to continue updating the project database (currently profiling 55 NWT-based research projects);
- Growing and maintaining social media communications;
- Developing informational materials such as summer student field research publications, promotional materials, and infographics;
- Coordinating media interest for Hotiì ts'eeda initiatives.

KT activities in 2018/19 included:

- Launching Hotiì ts'eeda's KT Services;
- Co-developing a detailed knowledge translation strategy with Ekwò Nàxòède K'è: Boots on the Ground;
- Developing videos, infographics and other KT materials for Ekwò Nàxòède K'è: Boots on the Ground;
- Co-developing a detailed knowledge translation strategy with FOXY/SMASH;

- Recruiting a shared summer student with FOXY/SMASH to execute the KT strategy;
- Organizing a Graphic Recording Workshop for ten community members to learn the skills of graphic facilitation;
- Launching a Call for Abstracts for a special issue of Northern Public Affairs titled “Working Together for Good Health”, which will be published in January 2020.

Patient Engagement activities in 2018/19 included:

- Linking and supporting an Indigenous patient advisor on a national project developing an evaluation framework for Patient Engagement;
- Responding to and supporting community member requests;
- Organizing the 2019 Ètèt's'ehdèe.
- Future priorities for this position include:
- Working with two summer students over summer 2019 to develop field research and KT activities;
- Connecting with more community and research projects who need knowledge translation services;
- Organizing graphic recording training in at least one community outside Yellowknife;
- Growing Hotìì ts'eeda's patient engagement platform;
- Contracting at least one dedicated Patient Advisor to advise Hotìì ts'eeda and partners on patient engagement in the NWT.

Project Director, Data Access and Research

Methods



Project Director, Data Access and Research Methods Jullian MacLean

This position is embedded in the Inuvialuit Regional Corporation and is responsible for Hotìì ts'eeda's Data Access Services

Platform. Key data activities over the 2018/19 year included:

- Working to develop a database of who holds NWT health data, how it can be accessed and rules around its use;
- Participating in the SPOR Canadian Data Access Service in partnership with Pan-Canadian Real World Health Data Network (PRHDN) and the GNWT, which aims to help researchers overcome barriers to to multi-jurisdictional research with health data in the NWT and across Canada.
- Liaising with data stakeholders across the NWT and Canada;
- Supported Inuvialuit research and initiatives related to Food Security;
- Developed a beta website to analyze publicly available health and social determinants of health information by NWT region;
- Undertook research to establish a plan and approach to data access in the NWT, which resulted in establishing two specific projects with GNWT to ensure data access supports will be developed during 2019-20;
- Liaising with Hotìì ts'eeda partners across the Beaufort Delta by attending Health Fairs and other events in Inuvialuit communities.

Future priorities for this position include:

- Continuing to work with PRHDN and the GNWT to spearhead Hotìì ts'eeda's involvement in the SPOR Canadian Data Access Service;
- Planning the development of an Indigenous data engagement group that will focus on the health data interests of Hotìì ts'eeda's Indigenous partners;
- Supervising a Hotìì ts'eeda-funded summer student with the Inuvialuit Regional Corporation.

Project Manager, Training and Capacity



Project Manager, Training and Capacity, Amanda Chaulk

This role is embedded in the Gwich'in Tribal Council and involves working with communities to support access Hotii ts'eeda funding, planning and

implementing programs related to building capacity and training, and patient engagement (shared with the Communications and KT Advisor).

Key activities over the 2018/19 year include:

- Developing Hotii ts'eeda's Capacity and Training strategy;
- Representing Hotii ts'eeda at eight community wellness fairs;
- Overseeing the development, launch and awarding of the Edets'seèhdzà studentship (in partnership with Aurora College);
- Overseeing the development and implementation of the Yahkeh Naa'ih Health Leaders Program (in partnership with GTC and alongside Program Advisor Denise McDonald)
- Liaising with southern researchers and community members in the Gwich'in Settlement Region and across the NWT, providing advice to access Hotii ts'eeda funding programs.

Future priorities for this position include:

- Continuing to implement and launch the Yahkeh Naa'ih Health Leaders Program, including leading all activities for the cohort;
- Supervising a Hotii ts'eeda-funded summer student with Gwich'in Tribal Council;
- Working with the Communications and KT advisor to increase Patient Engagement

activities and support community member involvement in research and knowledge translation activities.

Manager, Research and Consultation



Manager, Research and Consultation, Sara Komamisky

The Manager of Research and Consultation is responsible for the Healthy Family Program (HFP) Renewal Project, contracted to be done by Hotii ts'eeda by the GNWT. This position is embedded at the GNWT for the first year of the project. This two-year project is the first under Hotii ts'eeda's Research and Consultation Service.

Activities for the first phase of the renewal project included:

- Launching the project in September 2018;
- Developing a needs assessment and community engagement process to learn about the experiences of parents and the unique challenges and strengths in NWT communities;
- From January-March 2019, visiting the communities of: Délıne, Inuvik, Tsiigehtchic, Tuktoyaktuk, Hay River, Kát'odeeche First Nation, Fort Providence, Ndilo, and Yellowknife to hear from community members;
- Visiting the communities of Behchokò and Whatì to learn from Healthy Family Program staff with the the Tłıchò Government;
- Developing preliminary reporting for Phase 1.

Future priorities (HFP):

- Developing a comprehensive program design and evaluation structure for the renewed program;

- Developing an implementation plan for the renewed program;
- Supporting the GNWT to interpret findings and develop a renewed program.

Future priorities (other):

- Leading development of Grant Writing Workshop for communities and organizations;
- Continuing to develop HT's Research and Consultation Services Platform.

Operations Manager



Operations Manager,
Heather Nakehk'o

This position is embedded at the Tłıchq Government and was staffed in April 2019, one month before the Elèts'ehdèe.

Key activities for this position before the 2019 Elèts'ehdèe included:

- Meeting with staff to identify administrative and financial needs of each program area;
- Creating systems to improve workflow and working with partners and stakeholders;
- Leading financial management of Elèts'ehdèe, including travel and accommodations for participants.

Future priorities for this role include:

- Developing internal policies and guidelines for Hotì ts'eeda;
- Developing a yearly planning cycle;
- Leading and coordinating professional development for staff;
- Leading and coordinating a historical scan and visioning for Hotì ts'eeda.

Research Advisor



Research Advisor, Jessica Simpson

This position is embedded at the Tłıchq Government and was staffed in February 2019. The research advisor is embedded in the Tłıchq Government, and supports research activities for stakeholders.

Key activities for this position included:

- Supporting Queen's researcher Rebecca Hall coordinate and execute multiple focus groups/talking circles in the communities of Yellowknife, Ndilo and Behchokq;
- Overseeing and planning a Youth Mentorship Day for the 2019 Elèts'ehdèe (with the Manager of Training and Capacity);
- Coordinating outreach for Dr. Donna May Kimliardjuk, the first Inuk heart surgeon in Canada, to connect with Yellowknife youth and share her story;
- Coordinating the Caribou Demonstration Project, which builds on previous archaeological surveys in key traditional land use areas in the Tłıchq regions;
- Completing a literature review on Tłıchq place names, relationships to caribou, and society.

Future priorities:

- Supporting more researchers to connect to community members in the Tłıchq region and the rest of the NWT;
- Advising researchers and other stakeholders on Indigenous methodologies and protocol in Indigenous communities;
- Continuing to develop the Caribou Demonstration Project, including:
 - Creating a timeline of Tłıchq history linked to social determinants of health,

- Validating and adapting archaeological surveys with Tłıchq communities,
- Contextualizing the Demonstration project into the larger body of caribou-related Tłıchq research, under the “Banned from Our Land” research umbrella of the Dedats’eetsaa Tłıchq Research and Training Institute.
- Contributing to a workshop in November 2018 to further development of on-the-land and Indigenous evaluation methods, with a road map created for further work;
- Supporting Hotıì ts’eeda’s health data initiatives;
- Advising on evaluation for Research and Consultation Services’ Healthy Family Program renewal project.

Next steps:

- Developing the Indigenous evaluation NWT community of practice;
- Developing a position for an Indigenous Evaluation specialist with Hotıì ts’eeda;
- Working with the NWT On-The-Land Collaborative NWT Recreation and Parks, TIDES Canada, and the Department of Health and Social Services to develop common tools and methods for on-the-land evaluation methods;
- Developing a policy discussion paper to build consensus and awareness around Indigenous and on-the-land evaluation efforts.

Organizational Development Consultant



The Organizational Development Consultant is a part-time consultant position. Over the last year, the position primarily focused on evaluation activities.

Key activities for this position in the 2018/19 year included:

- Facilitating a partnership between the Canadian Evaluation Society, Hotıì ts’eeda and the Tłıchq Government to host the NWT Evaluation Symposium;
- Spearheading the inclusion of Indigenous evaluation in the NWT Evaluation Symposium;
- Organizing a delegation of NWT Indigenous participants in the Indigenous Peoples’ Conference on Evaluation in Rotorua, New Zealand;
- Launching the development of an NWT community of practice in Indigenous evaluation;
- Representing Hotıì ts’eeda on the NWT On-The-Land Collaborative regarding developing programming for evaluation for on-the-land programs;

Organizational Development Consultant Debbie DeLancey

Yahkeh Naa’ih Health Leaders Program Advisor



Yahkeh Naa’ih Health Leaders Program Advisor Denise McDonald

This position is a part-time consultant position.

Key activities for the 2018/19 year included:

- Working with the Manager of Training and Capacity to convene a workshop with education stakeholders, youth and Elders from around the Gwich’in Tribal Area to develop the foundation of the Yahkeh Naa’ih Health Leaders Program;
- Advising on the development of the Yahkeh Naa’ih Health Leaders Program;

- Interviewing and advising on selections for the Yahkeh Naa'ih Health Leaders Program.

Future priorities for this position include:

- Continue to develop mentoring and professional development activities for the inaugural Yahkeh Naa'ih Health Leaders cohort.

Èlèt's'ehdèe 2019: Panels and Activities

Public Event: Research, Resurgence and Indigenous Health

Wednesday, May 22, 2019 7:00PM
NACC: Northern Arts and Cultural Centre

Presenters:

- Donna May Kimmaliardjuk (Heart Surgery Resident, University of Ottawa Heart Institute)
- Marie Wilson (Commissioner, Truth and Reconciliation Commission)
- John B. Zoe (Chair of Governing Council, Hotii ts'eeda: NWT SPOR SUPPORT Unit)
- Jennie Vandermeer (Founder, Everrrr Sexy)
- Malcom King (Scientific Director, Saskatchewan Center for Patient Oriented Research)
- Elder Besh'a Blondin (Indigenous Healer)

Hotii ts'eeda receives a great deal of interest from the public in the Èlèt's'ehdèe. This year, the team decided to add a public event to the agenda to provide an opportunity for the wider community to engage with the Èlèt's'ehdèe and highlight some excellent speakers.

Deneze Nakehk'o was master of ceremonies, and the event opened with a song from the Yellowknives Dene Drummers. Stephanie Irlbacher-Fox, Scientific

Director of Hotii ts'eeda, welcomed the public on behalf the governing council and staff.



Dr. Donna May Kimmaliardjuk speaks at the Northern Arts and Cultural Centre (NACC) on May 22nd.

Dr. Donna May Kimmaliardjuk is a resident at the University of Ottawa Heart Institute and the first Inuk Heart Surgeon in Canada. She was raised in Ottawa and has family connections to Chesterfield Inlet, Nunavut. In her opening statements, she said that if you ask the general public in what ways Indigenous cultures and health and wellness intersect, you will hear about the deficits. You will hear stories of Indigenous people which highlight the negative, higher rates of disease, higher rates of suicide, unclean drinking water, and so on; there are numerous negative associations between Indigenous peoples in Canada and health and wellness. These health statistics and the current state of Indigenous health in Canada is a direct result of colonization.

Dr. Kimmaliardjuk described the current state of Indigenous health using the analogy of a parasite infecting its host: colonizers coming to Turtle Island is analogous to a parasite infecting a host body. To be clear, this does not mean that Europeans are parasites, but the act of migration and taking over a new environment is analogous to a parasite coming into a healthy host (Turtle Island) with health resources, using up the resources and impairing the function of the host (Indigenous culture). In this analogy, the host (Indigenous peoples) is slowly but

surely evolving and adapting to live with the parasite (colonizers). In order to become healthy, the host looks to its immune cells. The immune cells are the tools engrained in us which enable our bodies to be strong and healthy (culture, language, ceremony, land, family). To cope with the parasite also requires the help of anti-parasitic agents (Indigenous allies). Indigenous culture and health is on the mend. Colonization had Indigenous peoples so sick for so long, it stands to reason the recovery will be even longer. The priority now is to shift the focus from the negative, on just surviving, to recovery, to regaining our strength as Indigenous people.

Dr. Kimmaliardjuk discussed strength-based approaches. Indigenous peoples come from cultures that are family oriented and rooted in community; being connected to Indigenous culture is vital to health and wellness. Strength comes from resurgence, from practicing Indigenous cultures and being connected to traditions and land. The first step to getting non-Indigenous Canadians to change their views from stereotypes and stories of poor health to something important and relevant is knowledge. She discussed the importance of Indigenous health research, Indigenous scientists, doctors, health care providers. She shared how critical it is to have quality research about Indigenous Canadians being done by Indigenous Canadians. Getting the information out to the public is an important step for the public to learn about the illness (colonization) and become informed about the positive changes that are occurring.



Marie Wilson shares a story from her time on the Truth and Reconciliation Commission.

Dr. Marie Wilson, a commissioner for the Truth and Reconciliation Commission, began with sharing a personal story of an interaction between herself, 37 years ago as a new mom, and a drunk family member that had come into her home. She credited this experience with preparing her for her future role as a commissioner with the biggest oral history research project ever undertaken in Canada: The Truth and Reconciliation Commission. She spoke of the brutally honest realities that were uncovered during the TRC research, the horrors that occurred during the residential school era including starvation experiments, sexual, physical, and mental abuse, and the spirits of many being broken. The legacy of the residential school system belongs to Canada; addressing the gaps that exist as a result belong to all of us. The importance of culturally appropriate methodology was stressed, the importance of respect. She discussed the healing potential of how the research was done and how important it was that Indigenous protocols, traditions and homeland were respected and valued. If the pain of residential school has an intergenerational impact then it follows that the healing from residential schools will be intergenerational as well; there will be intergenerational survivors, intergenerational resilience.

Dr. John B. Zoe, chair of the Hotì ts'eeda Governing Council, shared a story of the day he knew what it felt like to be Tłıchq̓. In the mid 80's, communities were well established, and very few people lived in the bush. John and his peers were struggling to retain their way of life and language. They looked to their elders for a solution, who gave them the advice "go back to the land." A long canoe trip ensued, and during a difficult portage an Elder encouraged him: "If you feel it's [the canoe] is too heavy and you want to give up, just take another step, then take another, then another, and another one, and you start floating." Along the trip, the group came across burial sites, grave markers, and trails along with the associated Tłıchq̓ place names, relationships, and genealogy. As they approached their final destination, he recalls an emotion pouring over him, a sensation unlike any he's felt in his life. He felt deeply connected to his Tłıchq̓ identity. John now makes that same trip every summer, taking people with him, to reclaim that feeling.

heal: to be rooted in culture, language, access to elders, and to be close to family. She credits her strength and resilience from her Dene culture, saying she gets her strength from her family, powerful Dene women that came before her. Jennie found that by sharing her experience with people, she has found a huge community of supporters on different stages of their paths towards wellness.



John B. Zoe talks about being out on the land and reclaiming identity.



Jennie Vandermeer shares how her culture contributed to her rediscovering her health.

Jennie Vandermeer, founder of Everrrr Sexy, grew up in the community of Délıne. She now resides in Norman Wells where she works as a GNWT wildlife biologist. Jennie echoed the sentiments of earlier presenters, saying that typically Indigenous health is not framed in a strengths-based way. Through sharing her own story of trauma, addiction, recovery, and resilience Jennie stressed that Indigenous people know what they need in order to

Dr. Malcom King is a member of the Mississaugas of the New Credit First Nation and the Scientific Director of SCPOR: Saskatchewan Center for Patient Oriented Research, a provincial sister organization to Hotì ts'eeda. He spoke of the importance of researchers, the health system, and patients working together as a health research team.



Malcolm King brings home the point that patients have a place on research teams.

Patients, families, and communities have an expertise of the own that is complimentary to the expertise of researchers and the health system: their

lived experience. This expertise makes the research team whole. Patients and community partners need to be involved in all aspects of research, not just deciding the research agenda—from doing the research itself to getting the results into the hands of decision-makers. First Nations, Inuit, and Metis peoples have something to teach the colonizers about the importance of wellness and resilience: it must be strength-based. Indigenous people have known and practiced this for centuries, the research and health systems are finally catching up. He ends by reiterating Dr. Kimmaliardjuk's comments—that colonization must be dealt with in partnership with the non-Indigenous community.

Be'sha Blondin, Elder and Indigenous healer, shared the words that her father had shared with her: Part of healing is to laugh, when you're sick you should laugh so hard that all that sickness moves right out of you. Be'sha spoke of the connectedness of all living things and their surroundings (land, water, sky). When we talk about healing and wellness we aren't just talking about humans, but all living things.

She asked: If the water is not healthy, how can we be healthy? If the land is sick, how can it take care of us? Be'sha shared how traditional healers have always existed in Indigenous culture, the land has always provided medicines. As time passed, new people came to this land and brought new sicknesses, the connections between Indigenous people and the land began to break, and people became divided. Besh'a shared stories of her practice as a healer, healing both humans and the environment using traditional medicines and ceremony. She stressed the importance of working together, of respectful collaboration so that our great-great-grandchildren can have a better life.



Be'sha Blondin speaks about the importance of laughter and connectedness in healing.

Panel 1: Restoring Power in Research

Thursday May 23, 2019 10:00 am

- Ketan Shankardass (Researcher and Associate Professor, Wilfrid Laurier)
- Elizabeth Liske (Research Administrator, Yellowknives Dene First Nation (YKDFN))
- Petter Jacobson (Program Manager and Researcher, Boots on the Ground)
- John Koadlak, (Co-researcher, Boots on the Ground)
- Kelly Skinner (Assistant Professor, University of Waterloo)
- John B. Zoe (Governing Council Chair, Hotiì ts'eeda)



The Restoring Power in Research panel members, with graphic recorders Brenda McDonald and Jessica Simpson in the background.

This panel was a presentation on ways research approaches can restore power to Indigenous communities during and through different stages of a research process. It is about involving communities in all stages from deciding what is researched and how to how information is used and how the resulting stories are told.

Elizabeth Liske provided background to the YKDFN Stress Study on the Giant Mine remediation project. The remediation can't start until certain measures and recommendations from the Mackenzie Valley Water Board and public concerns are addressed. One of the measures is measuring the stress of YK general public, YK Dene Population and Metis Northern Lands Population. The study is at the beginning stages, and they are trying to



Elizabeth Liske, YKDFN Research Coordinator, collaborates with researchers working on YKDFN territory.

determine the right methodology. The YKDFN recognize they are not scientists and so are getting support from Dr. Sue Moody. YKDFN set up a committee to talk about their needs and discuss how they feel the Stress Study should be conducted and roll-out the way YKDFN sees it.

Ketan Shankardass works with Elizabeth on the Stress Study and remarked on how the environment shapes stress. In 2015 the GNWT was seeking a contractor to study the effect of the Giant Mine on the stress of people around the mine and other aspects of health and wellness. Because of his experience in chronic stress, Ketan was invited to be part of the project. He was introduced to the working group of the Giant Mine Remediation Project which involves government and community partners like YKDFN and the North Slave Metis. He was invited to conduct a literature review on existing knowledge about communities, particularly Indigenous communities, who live around environmental contamination and how it impacts their wellbeing and their experience with stress. His research strives to collaborate with Indigenous communities to produce research and better the

communities. From the perspective of community partners there is some skepticism about why certain people are brought into a project to assist with it. The goal is to formulate a collaborative, and the key to that is building trust.

Ketan explained that things like Giant Mine are a cause for concern by Indigenous communities for their personal safety because of possible toxic exposure, it is interruptive of traditional cultural practices and economies, it a reminder of local history of colorization and irreparable harm to nature. Chronic stress can contribute to a range of diseases. Coping with stress can lead to increased resilience and positive outcomes, or it can be done in negative ways such as eating poorly and using drugs and alcohol.

Kelly Skinner primarily works on the topics of Food Security and Food Systems, with a lot of experience in Northern Ontario. Currently her team, which includes Andrew Spring, Sonia Wesche and Hoti ts'eeda, has partnered on an application to a CIHR Food Security Team Grant for the NWT. The application for this grant was an opportunity for community partners and researchers to come together to do priority setting. The meeting had representation for four NWT regions—the Sahtu, Dehcho, Inuvialuit Settlement Region, and the Tłı̄chǫ region. The meeting strived to be adaptive. For example, it changed its schedule to accommodate an hour lesson from John B. Zoe about the history of governance in the NWT because this was important to understand. The research questions in the gathering were built around community needs and what they want as it relates to Food Security and Climate change.

John B. Zoe works on the food security project with Kelly as an Indigenous Knowledge Holder. One of his earliest research experiences was interpretation. He was working with the Prince of Whales Northern Heritage Centre doing archeology as an interpreter with some elders. First, they spoke to many elders who said that if the team went to the places people used to stay, they would find artefact materials. By talking to the elders, they were able to use the story of one household to locate a unique place they

stayed one time with birch bark canoes. By cross-referencing a marriage certificate (which they received that same year) they know the exact date the canoes were left in the place. What they learned is that birch bark canoes, if left untouched, can still be visible over 70 years later. He says they learned a lot from just being out on the land. That is why they need to get the youth back out there.

Petter Jacobson is the Program Manager and Primary Investigator of the Tłı̄chǫ Government's Ekwò Nàxoède K'è: Boots on the Ground research project. He stated that the territorial government has been mostly in control of the narrative around caribou and their decline. But the Tłı̄chǫ chiefs wanted their own people out there seeing the caribou with their own eyes, to create another narrative about the caribou and, most importantly, answer the question of why the caribou are in decline. So they started their own caribou monitoring program. The first year there was no plan, they just spent six weeks out on the land using the methodology of "we watch everything" based on Elder advice. Taking a wholistic view. Another one of their main research methods is walking. It is slow but very detailed. Another methodology is "wait-and-watching". Again, this is a very slow and detailed method. If you sit and just wait, the caribou eventually come around. The next challenge is to document everything they do and write it in a concise way that the government will recognize.



John Koadlak has worked with Ekwò Nàxoède K'è: Boots on the Ground for the past three years.

John Koadlak is a co-researcher who works with Ekwò Nàxoède K'è: Boots on the Ground from his year-round home on Contwoyto Lake. He wondered about why caribou cluster to one place versus another. For example, Dolphin-Union caribou, who typically reside in the Arctic, are being seen in their monitoring area, which is quite far away from their usual territory. With their observations they see the caribou coping with environmental pressures, climate change and resource development. Caribou who are coping have reproductive suppression. They are also seeing red squirrels in the tundra which is odd because they are tree squirrels. Seeing new bugs and new birds like eagles. Seeing odd things like wolves who have plastic in their stomachs. It's important to keep doing this research and continuing to see what's happening. His hope is that they can take what they are learning from into the schools. He also hopes that the monitoring program could be expanded to the winter too to understand the kinds of stresses the caribou are experiencing in the winter.

Panel 2: Building on Strengths: Supporting Community Health in the NWT

Thursday May 23, 2019 11:30 am

Presenters:

- Danielle Wendehorst (Student, Aurora College)
- Rebecca Hall (Assistant Professor, Queen's University)
- Julia Christensen (Researcher, Memorial University)
- Sangita Sharma (Indigenous and Global Health Group, University of Alberta)
- Lianne Mantla-Look (Community Health Nurse)
- Dēneze Nakehk'ó (Founding Member, Dene Nahjo)
- Tyanna Steinwand (Manager of Research, Tłıchǫ Research and Training Institute)

Hotii ts'eeda is committed to building on community strengths, by providing supports for initiatives that

strengthen capacity, training, and knowledge in communities in the NWT. These panelists described how their support from Hotii ts'eeda has enhanced their ability to work in their communities on health and wellness issues. The support given ranged from direct funding to providing advice and in-kind services.

Danielle Wendehorst has recently completed a Bachelor of Science at Aurora College. She received support to do a nursing practicum in Tromsø, Norway. Hotii ts'eeda provided financial funding to help with food and living expenses while she pursued this practicum, which was self-funded. Danielle spent four weeks working in homecare, one week in an emergency clinic, and one week in a transition health clinic. She says she now has a greater network and relationships to people who live and work in Norway and has been able to compare and contrast nursing to Yellowknife. This trip led to a lot of personal growth and enabled her to be more creative with her nursing. Danielle learned about a lot of different cultures and resilience, and saw how Indigenous cultures in Norway are impacted by the land. She also learned about how UNDRIP was created and has a more global context of Indigenous people and Indigenous rights.

Rebecca Hall is an Assistant Professor in the Global Development Studies Department at Queen's University. She began to work with Hotii ts'eeda this year on a project called Post-Extractive Futures. Hotii ts'eeda helped her set up a series of meetings in different communities addressing the question: "what will we do after the diamond mines close?" The mines have had intense social impact on the people—jobs, money distributed unequally and the source of many social burdens—the land, families, and distribution of labour between men and women, greater inequality between households. The mines will be leaving in the next 10 years, which will bring challenges and a period of opportunity. This project is currently in the pilot phase. She says that Hotii ts'eeda has deeply enriched the university-community collaboration. Her questions were developed with HT via conference calls with John B. Zoe, who helped her think through the

questions and Hotii ts'eeda staff helped with the set up and facilitation of meetings.



Julia Christensen, Memorial University.

Julia Christensen is a Canada Research Chair at Memorial University on Northern Governance and Public Policy. She has worked with Hotii ts'eeda on two main projects, both still in the early stages. Her discussion with Hotii ts'eeda have helped her align her projects to ensure her work with communities aligns with their research needs and increased strength of partnerships. It will also ensure that research leads to increased research capacity in communities and better collaboration between outside researchers and community members. Her first project is based in community-led housing, including holding workshops and talking on how housing needs to be integrated with other ways of wellness. This project incorporates food security, access to the land and family, access to healthcare. Hotii ts'eeda has identified housing and homelessness as a community research priority. Her second project involves building a network of people/communities/organizations already engaged in housing and homelessness issues to learn from one another. Hotii ts'eeda participates in this network, and is supporting a funding application to SSHRC.

Sangita Sharma is Chair of Indigenous and Global Health at the University of Alberta and a member of Hotii ts'eeda's Governing Council. For her cancer research project in Fort Good Hope and Inuvik, she worked with community member Melinda Laboucan and the GOBA group on community cancer

initiatives in Fort Good Hope. When Melinda was moving to Edmonton, Hotii ts'eeda provided funding to hire Melinda to continue her important work and contribute to projects in Edmonton. Hotii ts'eeda has also supported her unit with translation, hiring students, training and capacity, and guidance. She is currently producing videos on accessing healthcare with Melinda, and recently presented these results in Yellowknife and Inuvik—so far 300 people have commented on the videos and how they would like to see them shared and developed.

Lianne Mantla is a community health nurse and registered nurse from Behchokò who lives in Yellowknife. She was the first from her community to leave and graduate from a nursing program and return to her home community. She is the only nurse she knows of who speaks Tłı̄chq̄ fluently. Lianne is a cancer survivor and in November 2018 she attended and spoke at a conference on stomach cancer in Toronto, ON. The focus of the conference was to gather survivors and caregivers and connect with other stomach survivors. Hotii ts'eeda provided funding to attend the conference. As part of the conference, caregivers were also able to attend, and Hotii ts'eeda also provided funding for her mother, Rosa Mantla, to attend.

Dēneze Nakehk'o is a founding member of Dene Nahjo, which has received support from Hotii ts'eeda for their programming. Their Urban Hide Tanning camp, which just finished this week in downtown Yellowknife, creates a space to gather Indigenous people and share cultural activities in an urban setting where people feel safe (re)connecting to their culture and people. There are not a lot of place where Indigenous people feel safe to be themselves (e.g., social services, justice), and feeling safe is a key aspect of health and wellness for Indigenous people. Hotii ts'eeda funded this project and also funded the Rites of Passage Women's Gathering, which was a gathering for women to talk about their role in culture, and talk about how they can support each other. Children and women were key targets of colonization, and Dene Nahjo works to strengthen them to get back to the core of who the Dene people are.



Tyanna Steinwand, Manager of Research at the Tłıchǫ Research and Training Institute and Ełèts'ehdèe co-chair.

Tyanna Steinwand spoke on behalf of Tammy Steinwand, the Director of the Department of Culture and Lands of the Tłıchǫ Government. Hotii ts'eeda funded Tammy and Tyanna to go to New Zealand to attend an Indigenous Evaluation Conference in New Zealand to see how other Indigenous leaders are working with evaluation in their services and programs. Tammy shared (in writing) that the experience of being at this conference helped me to reflect upon different areas of her work at the Tłıchǫ Government's, such as the importance of practicing culture and language to the delivery of programs and activities and connecting Elders with youth. She also noted the importance of including cultural celebrations such as song and dance to healing and wellness, and the importance of identity, language and culture to determining an evaluation lens and criteria. She said that the great work being done by Indigenous people around the globe left her with a lot of validation and hope for the future. She also drew inspiration from the inclusion of culture at the conference and has many ideas for the Tłıchǫ Government.



Marie Wilson and Ori Wah-shee, Department of Health and Social Services, listen during the Building on Strengths panel.

Presentation: The Science of the Sacred

Thursday May 23, 2019 6:50 pm

- Dr. Nicole Redvers (Naturopathic doctor and Chair of Arctic Indigenous Wellness Foundation)

Dr. Nicole Redvers opening the Thursday dinner session by introducing her newly published book, *The Science of the Sacred: Bridging Global Indigenous Medicine Systems and Modern Scientific Principles*. Dr. Redvers shared about her intentions and experience writing the book, which looks to traditional healing and evidence-based Western research to address modern health problems.



Dr. Nicole Redvers, Chair of the Arctic Indigenous Wellness Foundation, presents her book, *the Science of the Sacred*.

Panel 3: Elders' Reflections on Health Research

Thursday May 23, 2019 7:00 pm

- Elder Gilbert Cazon, Fort Simpson
- Elder Grace Blake, Tsiigehtchic
- Elder Rosa Wah-shee, Yellowknife
- Elder Agnes Kuptana, Ulukhaktok

The Elders' Panel gives participants the chance to listen to the wisdom of elders and remain rooted to the traditional knowledge held within NWT communities. Elders were invited to share their reflections on health and research and the first day of presentations.



Gilbert Cazon (Fort Simpson) and Agnes Kuptana (Ulukhaktok) reflect on wellness and traditional knowledge.

Grace Blake spoke first and stated that in terms of health, people are still suffering, especially in the small communities because they don't have all the necessary services. It is important to find a way to make good nutritious food affordable, because right now the food available at the community level is often not very good. The diet recommended by the Canada Food Guide is unachievable at the community level—this needs to change. Grace shared a story about people going out on the land, hunting and making lots of dry meat, eating berries to sustain themselves while working. But people don't work like that anymore. Grace is from Tsiigehtchic and in their community the store must order a month's supply of food during break up and freeze up. If they don't get the order right, it makes

nutrition difficult for the month. Grace also spoke about the importance of having services at the community level. It is important that Elders be permitted to die in their own bed, rather than in an institutionalized setting outside the community. These institutions can be a reminder of residential schools. Grace also linked on-the-land wellness activities with poverty, saying that it's difficult for people to leave the community because they can not afford it.

Rosa Wah-shee shared a story about growing up living in a tent and being knowledgeable about the land, and that being on-the-land is grounding. Rosa discussed staff hiring in the health care system and hospitals, and concerns about how patients are treated, confidentiality and lack of connection of health care staff to the community. It can be difficult living today because you have a clash of two worlds: The Western world and Indigenous ways of knowing and doing things. It is also difficult today because people who are unfamiliar with the communities are making decisions about them. Another issue is attitudes toward Indigenous knowledge and Indigenous people. For example, Indigenous people with equivalent competencies and degrees are not treated as such.

Gilbert Cazon talked about how people who pass away are treated in the Dene way, and how that is not the same in formal hospitals because of money constraints. In the Dene way, money is nothing and land is everything. He shared how important it is that non-Indigenous people working with Indigenous people learn and understand their ways. The Dene way works with natural and spiritual law, not Western science. This means dealing with everything in one place at one time. In the Western way of knowing, things are segmented and divided, analyzed and rationalized. But in the Indigenous everything is seen as part of the whole, and everything is used together at once. Gilbert emphasizes to keep it simple in everything you do, and to keep talking to each other.



Grace Blake, Rosa Wah-shee, Gilbert Cazon and Agnes Kuptana speak on the Elders' Panel.

Agnes Kuptana spoke about her observations of climate change from Ulukhaktok. Climate change is having a big impact in the Arctic. You can no longer travel on the ice as late into the spring as you used to, and the ice is thinner than it used to be. New birds are coming to the Arctic. There is caribou decline in her region although sometimes they appear to slowly be making a comeback. Agnes shared that she was grateful to have the opportunity to learn about traditional medicines from other Elders.

Panel 4: Ekwò Nàxoède K'è—Boots on the Ground

Thursday May 23, 2019 8:00 pm

- Petter Jacobsen (Project Manager and Researcher, Boots on the Ground)
- John Koadlak (Co-researcher)
- Mercie Koadlak (Co-researcher)
- Russell Drybones, (Co-researcher)
- Roy Judas, (Co-researcher)

Hotì ts'eeda spotlighted the *Ekwò Nàxoède K'è* project at the evening plenary sessions as an example of community driven research. During the session, members of the *Ekwò Nàxoède K'è* project team spoke about their experiences and findings for the project. Tyanna Steinwand introduced the project and the presenters as both MC for the Èfèts'ehdèe and as a member of the project team.

Ekwò Nàxoède K'è (Boots on the Ground) is a Caribou monitoring program based on the traditional knowledge of Indigenous Elders and harvesters. It began in 2015 in response to the decline of the Bathurst caribou herd. The Tłıchq Government initiated the program to monitor the herd and collect conditions on their summer range. The new name of the project, *Ekwò Nàxoède K'è*, is in Tłıchq and refers to the movement of the caribou herd throughout the year from the calving grounds to the forest and back again, encompassing the whole life cycle of the caribou.

Petter Jacobsen, principal investigator for the project, talked about how the project has expanded and grown over the years. Now the team is on the land for 9 weeks each summer, they have been able to buy more equipment, and in the future the project may be able to expand to other lakes, and have more people on the land watching caribou.

Presenters all talked about their experience with the project at Kokèti (Contwoyto Lake) and the findings they observed. Key themes were the effects of climate change on the habitat and behaviour of the caribou and other animals, the experience of being on the land, exchanging knowledge with each other, food security, and the incredible number of mosquitoes on the tundra!



Russell Drybones, Roy Judas and Petter Jacobsen, of Ekwò Nàxoède K'è: Boots on the Ground (Tłıchq Government), share stories of observing caribou (and mosquitoes) on the barrenlands.

Petter Jacobsen, explained that the team has been able to document climate change because it's so easily detectable by the Elders and observable in the land and the caribou behaviour. For example, the team saw caribou standing in the water to cool down. In the summer of 2018 they saw something not seen before: a big herd of caribou moving around in circles. This is at a time where the weather is hot and there are so many mosquitoes. This very warm and very buggy time of year on the tundra is extended with climate change. The team filmed this behaviour and included it in a results video created in partnership with Hotii ts'eeda: "Effects of Climate Change".

After the video, John Koadlak spoke. John and Mercie live off the land at a homestead right in the caribou range. They are able to document and share the changes they see in the land year round. John began by talking about the caribou behaviour in the video: "That's the first time we saw those caribou moving in circles like that. I've never seen that in all my life." He also described some of the other changes from climate change that he sees in the land and animals in the region:

- Eskers are receding into the land as the permafrost melts. Eskers are critical for wolves and other animals to den and for bears to hibernate
- Many other animals are moving up north, including red squirrels, chipmunks, bald eagles, golden eagles, and different insects
- Changes in weather patterns including extended periods of hot weather in the summer, no more year-round ice patches, and different snow patterns
- Changes to caribou migration patterns (for example, this year there were 4 different caribou herds wintering in their range, which has never happened before)

Because of the changing land and animals, "you don't know what else is going to come next, so it's really important to record everything that we do with caribou monitoring." John would like to see this



The team members from Ekwò Nàxoède K'è: Boots on the Ground (Tłıchq Government) share stories of their years working together.

kind of work spread over the whole north to get a broader picture of “what’s happening with the north’s main staple, the caribou.”

Roy Judas, from Wekweèti, talked about the behaviour of the caribou in the “Effects of Climate Change” video as well. He explained that caribou doesn’t stay in one spot, the herd moves all the time. The only time they stop moving is when it’s a windy day or a rainy day, they stop and lay down for a bit. But when the sun comes out again or nighttime, there’s a lot of mosquitoes, like you’ll see a million of them. And the caribou that were filmed going around and around in circles – that was on a July day when there were so many bugs, it looked like a dust cloud.



Roy Judas and Petter Jacobsen of Ekwò Nàxoède K'è: Boots on the Ground (Tłıchq Government).

Mercie Koadlak spoke about life on Contwoyto Lake. She described being humbled by the number of caribou there at first. Thousands and thousands of caribou: “I went to bed and I could see nothing but caribou, nothing but caribou. I was up til 6 in the morning that morning trying to get some sleep and I

told John when I woke up, I'm never looking at that herd again [laughs]." She described her life on the land as healing and the best place to be.

Petter Jacobson shared a story from last summer. The team flew to the north end of the lake where the caribou were supposed to be, but they found the caribou had moved south. So they packed up to follow them but it was very windy and they couldn't travel. The team set up camp on an island and got up early to start moving before the wind picked up. Petter said, "And... it really hit me, this is what it's about. Being out here, feeling the land, being connected and that's what a traditional knowledge program should be about. Really just being there and feeling it the way people have always done it." For Petter, doing traditional knowledge research means getting out on the land and spending a lot of time on the land.

Russell Drybones talked about what it has been like to do research on the land. He wasn't expecting so many mosquitoes! He acknowledged the Elders and that they see the land and the animals and the changing environment, and they wanted to see the young people go out and record information and do research. As part of the project team, Russell learned how to do research. He talked about walking long distances and observing the caribou. He described watching wolves take down caribou, and explained their work: "We want to see if they're eating, we want to see if they're migrating, we want to see what impacts them, not only the prey but also the climate change. What we've been doing in Boots on the Ground is trying to understand what's affecting, what's happening to our Bathurst Caribou." Russell ended by telling about an experience with a grizzly bear who caused trouble in the camp and left him sewing up a tent.



Mercie Koadlak, John Koadlak and Russell Drybones of the Boots on the Ground Program, (Tłı̄ch̄q Government).

John and Mercie Koadlak talked about the links between food security, climate change, and caribou. When Mercie was growing up caribou was always the main staple in the house, her dad's freezer was always full, full of caribou meat, fish, all kinds of wild game. But today, cupboards and freezers are empty because the caribou is so declined and moved. The ice goes away "just like that" and the weather is unpredictable. And the groceries are so expensive in the store. John said, "in the past everyone says they never had to venture far off [to hunt caribou]. Now they're going hundreds of miles just to get a meal." Mercie said, "I wish the people still had caribou meat so they're not having such a problem with food security. There's no more caribou, the caribou is declining. That's the main staple of our culture."

Members of the project team spend a lot of time together exchanging stories and knowledge. John and Mercie are from Nunavut, but the rest of the project team is from the Tłı̄ch̄q region. John and Russell shared that they all benefit from cultural exchange.

Panel 5: Building on Strength: Indigenous Culture-Based Medicine and Wellness

Friday May 24, 2019 11:30 am

- Dr. Nicole Redvers (Naturopathic Doctor and Chair, Arctic Indigenous Wellness Foundation)
- Lila Erasmus (Practitioner of Indigenous Traditional Medicine)
- Jennie Vandermeer (Founder, Everrr Sexy)

Lila Erasmus, a member of the Na-cho Nyak Dun First Nation in Yukon, has roots in Northern Alberta, Yukon and the Sahtu region of the NWT. Lila shared her personal history of growing up on-the-land with her father and dropping out of high school at grade 11. Lila's upbringing was grounded in Dene culture. Lila shared about her experience attending university in Lethbridge; the racism she faced, learning about the residential school system, the laws that the government of Canada had made that had a damaging effect on her people. While at university, Lila learned to gather the supports around here, to find strength in the Indigenous community in Southern Alberta. Lila credits her education to bringing her to space of forgiveness, love, and understanding for her parents, to overcoming the traumas she had experienced as a child.

Lila eventually pursued a graduate degree in dispute resolution from the University of Victoria. She shared her research, a case study of dispute resolution in the community of Délı̨ne. Lila looked at two principals: spirituality and relationality. Lila shared that indigenous people are very spiritual, and don't conform spirituality to a church, rather working from a worldview that sees spirituality coming from the land, the water, the animals; nothing is compartmentalized. Her research found that in Délı̨ne, elders spoke of traditional law, traditional leaders, how stories were used to ground and teach children. The land was a source of medicine, but also a mechanism of punishment. Lila stressed that researchers and government must stop and listen, as Dene are taught to sit and listen

before acting, that anyone going into a community must get to know a community and understand how it operates.



Governing Council member Danny Bayha (Délı̨ne Got'ı̨ne Government) listens during the presentation.

Dr. Nicole Redvers is a member of the Dene First Nation, growing up in the South Slave Area, a practicing naturopathic doctor and board member of the Arctic Indigenous Wellness Foundation. Dr. Redvers opened by sharing a lesson from her elders, when you have key things to say, you don't need many words; reflection is important. She shared in her experience working as a naturopathic doctor in the NWT she saw so many issues with the health system and communities, often wondering why things weren't working. All of the programs and the health system are trying to twist Indigenous systems to fit into a western model and governance. She stressed that the system needs to change to create health systems and programming that are done the Indigenous way. She credits the success of the Arctic Indigenous Wellness Foundation to this model; that the wellness camp was built on Indigenous values, recognized the value in Indigenous knowledge.

Dr. Redvers challenged the definition of knowledge translation: instead of putting scientific knowledge into ways Indigenous people can understand, the system needs to change to where the western institutions can understand the Indigenous way of life, the way Indigenous people look at the world. Programs will continue to fail until this happens, western institutions need to work with the people

they aim to serve to define the health programming that meets the needs of the community.

Jennie Vandermeer is a Dene woman originally from Délı̄ne, now living in Norman Wells. She is a wildlife biologist with GNWT and has a keen interest in health, wellness, culture and language promoting her to found Everrr Sexy, an online group for women. Jennie shared her story, her struggle with alcohol, depression, and overcoming trauma. She believes that by sharing her story, things can change. Within one generation, so much connection to Dene culture was lost in Jennie's family: her mom grew up on the land, while she grew up in the community. Jennie credited returning home, reconnecting with her family, culture, and language with helping her become a healthier person, helping her overcome the trauma she had survived and the depression she felt. Jennie ends with a final thought: if any lasting change is going to happen, people need to live their lives as an example to others. People are watching, even if they are not saying anything, they are watching.



Lila Erasmus speaking about her graduate work on Dene laws.

Tipi Sessions

Thursday, May 23 2019 1:00 p.m.

Cultural knowledge holders:

- Elder George Mandeville (Guitar)
- Elder Angus Beaulieu (fiddle)
- Elder Muriel Betsina (traditional food)
- Elder Judy Lafferty (Dene sewing and beading)
- Elder Lucy Yakeleya (Dene sewing and beading)
- Expert cultural knowledge holder Dolly Martel (fashion design)
- Elder Harriet Geddes (traditional medicine)
- Expert cultural knowledge holder D'Arcy Moses (furs and fashion)
- Elder Therese Zoe (traditional medicine)
- Elder Teri Naskan (traditional medicine)
- Elder Mary Adele Rabesca (traditional medicine)
- Elder Gilbert Cazon (Indigenous protocol and ceremony)
- Expert cultural knowledge holder Melaw Nakehk'o (moosehide tanning)

Presenters:

- Karen Blondin Hall (GNWT Cultural Safety Action Plan 2018-2020)
- Craig Settee (Indigenous patient engagement in research)
- Pertice Moffitt (Maternal health and wellness)
- Rebecca Hall (Community health and wellness after the mining economy)
- Lila Erasmus (Indigenous health and medicine)
- Julia Christensen (Northern housing and homelessness)
- Hiedi Yardley (K'at'odeeche Dene Wellness Centre and an EMDR initiative)
- Malcolm King (Indigenous patient-oriented research in Saskatchewan)

- Lianne Mantla-Look (Patient engagement in cancer treatment)
- Jennie Vandermeer (EverrrSexy and homegrown health)
- Danya Erasmus (Grassroots organizing for strong communities)
- Ketan Shankardass (YKDFN Giant Mine Stress Study)
- Renata Rosol (YKDFN Health Effects Monitoring Program)
- Elizabeth Liske (YKDFN Giant Mine Stress Study and Health Effects Monitoring Program)
- Donald Prince (Evaluating the Arctic Indigenous Wellness Foundation)
- Kelly Skinner (Climate change and food security)
- Sahr Wali and Stefan Superina (Digital health solutions in Indigenous communities)
- Russell Williams (Engaging the north in the Canadian Frailty Network)

Facilitators:

- Kyla Kakfwi-Scott
- Julia Gyapay
- Sophie Roher
- Jessica Simpson
- Sara Komarnisky
- Jullian McLean
- Crystal Milligan

Tipi sessions are breakout sessions where Hotii ts'eeda brings together cultural knowledge holders, researchers and participants to encourage free-flowing, deep conversations that bridge research, health and wellness, and Indigenous knowledge and practice. There were several excellent speakers and conversations during the afternoon tipi sessions.



Moosehide tanning tools.



Rebecca Hall of Queen's University gets a lesson in Dene beadwork.



Karen Blondin Hall, GNWT Department of Health and Social Services, shares her work on the GNWT Cultural Competency Strategy.



Mary Adele Rabesca, Tł'ichq Elder, talks about traditional medicines.



Participants and Elders gather around the fire with Elders and musicians John Landry, Angus Beaulieu, and George Mandeville.



Dolly Martel (fashion designer and cultural knowledge holder), and Lila Erasmus (expert on Dene laws and traditional medicine practitioner), share stories in their tipi.



Arlyn Charlie (Yahkeh Naa'ih Health Leader), Harriet Geddes (Elder), Sharon Snowshoe (Gwich'in Tribal Council), Denise McDonald (Hotii ts'eeda) and Sophie Roher (Institute of Circumpolar Health Research) practice their beading skills.



Elders John Landry and George Mandeville entertain the crowd during a break.



Pertice Moffitt, Aurora College, discusses her research on maternal health.

Training day

This year's Èfèt's'ehdèe theme was "Building on Strengths." As part of that theme, Hotii ts'eeda decided to hold three side events to the Èfèt's'ehdèe: A youth mentorship day, a blanket exercise, and a focus group meeting for the Canadian Frailty Network.

Youth Engagement Day

May 22, 2019 9:00 am – 4:30 pm

This year, Hotii ts'eeda ran a youth engagement day in advance of the Èfèt's'ehdèe. The day brought together 12 youth aged 17-33 from across the NWT, including participants of the Yahkeh Naa'ih Health Leaders Program and Indigenous youth with an interest in or working in the health and wellness field. The youth were joined by Elder Paul Andrew, mentor Dr. Donna May Kimmaliardjuk, and facilitator Stephanie van Pelt (Momentum Training Services). Hotii ts'eeda staff Amanda Chaulk and Jessica Simpson organized and participated.

The day was organized around two central questions:

- 1) What do youth need to pursue careers in health and wellness?
- 2) What do communities need to have better health and wellness?



Elder Paul Andrew speaks during a sharing circle with youth.

Health and wellness needs by age categories:

The group was asked to choose one slip of paper with different age categories including: babies, toddlers, grades 1-4, grades 5-8, grades 9-12, post-high school youth, youth in their early 20s, a new parent, middle-aged adults, and elders. Individuals and pairs worked together to create a timeline of the different health and wellness needs of the age category they chose. This allowed the group to identify health and wellness needs and gaps in various communities. At the end of each presentation there was an opportunity for questions and comments to add to the findings of each age category.



Sonali Sivakumar, GNWT Department of Health and Social Services summer student.

Indigenous culture and language emerged as being central to overall health and wellbeing of each age category. Youth also identified the following as critical health and wellness priorities across most age groups:

- Mental health and wellness
- Teaching/talking about sexual health and consent at all ages
- Support for traditional knowledge
- Being on the land
- Support for families
- Access to health support
- Culturally appropriate health care

- LBGTQ health care and mentorship
- Trauma and healing support
- Combining art and science
- Community outreach

Health and wellness priorities:

The group moved into a sharing session identifying health and wellness priorities they see as the most pressing. This was an opportunity to gather information on what youth identify as most important to health and wellness in communities and look for opportunities for youth leadership. The next round included a description of action plans, where the youth were asked to share how they hoped to continue what they'd learned and shared in the circle as leaders in their communities.

Personal actions plans included:

- Checking in on friends and asking, “how are you?”
- Taking it upon themselves to learn about the resources available in their community for mental health and making that information available to those who ask.
- Working on themselves to be good role-models to others.
- Making queer Indigenous kids feel safe and cherished.
- Learning and speaking our Indigenous language more to access more knowledge and communicate with more people.



Mentor Dr. Donna May Kimmaliardjuk shares a laugh with youth Lindsay Debassige.

Visit to the Arctic Indigenous Wellness Foundation:

To end the day, youth had an opportunity to visit the Arctic Indigenous Wellness Foundation at their camp behind the field house. Dr. Nicole Redvers gave an introduction on how and why the camp was created. The youth also received a tour of the camp to view how the space is tailored to serve different Indigenous groups in one place. Donald Prince shared stories from the camp, and how it has benefited the community.

Evaluation:

Evaluation feedback from youth indicated that they would like to attend future events hosted by Hotii ts'eeda. They most appreciated the chance to network and connect with like-minded people. Participants felt safe sharing and appreciated the presence of Elders and the location. Suggestions for improvement included tighter organization and more advance preparation.

“I liked that youth had a voice during the event. That we mattered. I think all organizations should take this approach when they do gatherings.”

– Youth Engagement Day Participant

Participants were asked what topics they would most like to learn about or discuss at future engagement events, answers included:

- LBGTQ2+ health and wellness
- Healthy communities
- Focusing on how we can work together
- Professional development
- Networking with health professionals and leaders in health and wellness.

“I got to know the cohort of youth, and their interests. I think networking is really important when thinking about ways to impact our communities.” – Youth Engagement Day Participant

Blanket Exercise

Wednesday, May 22, 1:30-4:30pm

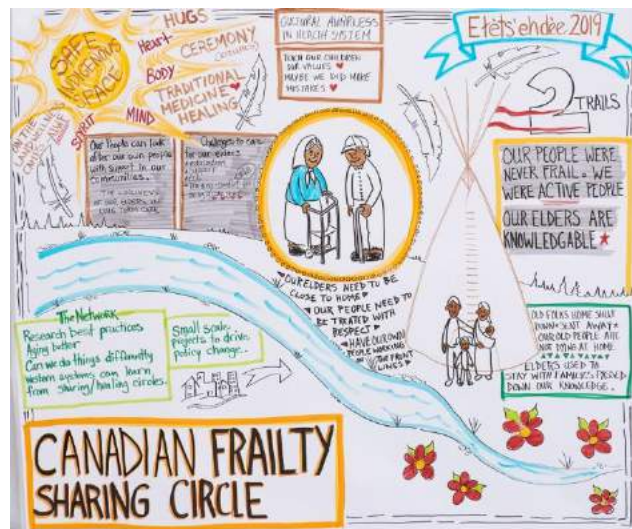
On the afternoon of May 22 at the Chateau Nova in Yellowknife, some Ełets'ehdèe guests and members of other organizations participated in a Blanket Exercise. Developed by KAIROS Canada, the Blanket Exercise is a unique, participatory history lesson that was developed in collaboration with Indigenous Elders, knowledge keepers, and educators. It fosters truth, understanding, respect, and reconciliation among Indigenous and non-Indigenous peoples.

This version was hosted by Maggie Mercredi, Indigenous Relations Advisor for the City of Yellowknife, along with a team of facilitators and cultural support workers. The script and materials were modified for the NWT context, so that the participants had the opportunity to experience the exercise through a northern lens. Every blanket exercise is different, depending on who is in the room, and participants also had the chance to share with each other their thoughts, feelings, and experiences with the exercise and beyond.

Mahsi cho to Maggie Mercredi and her team (Roy Dahl, Natasha McCagg, Linda Bussey, Bev Bagnell and Frank Hope) for leading us through the exercise and creating a powerful space to learn and share.

Engaging the North: Canadian Frailty Network (CFN)

Wednesday, May 22, 9:00 am – 12:00 pm



A graphic recording of the Canadian Frailty Network focus group done by Melaw Nakehk'ò.

The Canadian Frailty Network is a network devoted to improving care for older Canadians living with frailty, their families and their caregivers. The CFN has expressed interest in engaging with the Northern territories and expanding their programming to include northern and Indigenous communities. Hotii ts'eeda sponsored the CFN to hold a focus group including community health service providers and Elders to discuss frailty in the NWT.



Ethel Jean Gruben, Inuvialuit Regional Corporation, at the Canadian Frailty Network Sharing Circle.

Hotii ts'eeda Priorities

On May 24th, the final day of the Ètèts'ehdèe, participants were asked to help Hotii ts'eeda define its priorities for the coming year. After the Scientific Director and staff gave an overview of activities over the last year, participants were asked to break off into small groups and fill out a template that outlined priorities into five key areas:

- Training
- Funding
- Research and Indigenous Knowledge
- Relationships
- Health Services

The templates were developed by Hotii ts'eeda staff who had completed the Graphic Recording Training

organized by Hotii ts'eeda in April 2019. Participants were encouraged to use them, but also given blank flipchart sheets to take other notes as well.

The breakout groups were then asked to report back and share what their groups had identified while Hotii ts'eeda staff took notes on a larger version of the template.

Many groups addressed priorities for the broader NWT health system, rather than specific priorities for Hotii ts'eeda's work. This information is still very valuable to Hotii ts'eeda and will guide priorities as the organization strives to champion community priorities to all stakeholders. Below, feedback and key takeaways are summarized.

The below image is a graphic representation of Hotii ts'eeda priorities created by Hotii ts'eeda staff Jessica Simpson and Rachel MacNeill. "Indigenous



Culture and Communities” are included in the very centre of the flower, representing that supporting Indigenous culture and the wellbeing of Indigenous communities is at the core of the following priorities. Note: in the analysis below, Health Services has absorbed the ‘health providers’ section of the Training petal.



Participants had the option to fill out templates like this.

Training

On-the-Land Immersion

Participants said that on-the-land programming steeped in culture, language and way of life is critical to community health and wellbeing. This includes fostering traditional knowledge about health-related topics such as parenting or traditional medicines, as well as being on the land as a way to connect with culture and support individual and community health.

Hotì ts'eeda will:

- Continue to support on-the-land programming through the Strategic Priorities Support program
- Continue to work with the NWT On-The-Land Collaborative and other partners to further on-the-land evaluation methods and support
- Advise researchers and other stakeholders that programming and research that takes place on the land in an immersive way will be more successful and truer to community values



Tammy Steinwand, Tłjchq Government, and Tłjchq Grand Chief George Mackenzie participate in a breakout group.

Grant Writing

Participants expressed a need for Hotì ts'eeda to support them in accessing sources of support for community projects and initiatives. Opening up more sources of financial support for community-initiated research and health initiatives would support community health in a direct way and support the many existing ideas and initiatives that exist in communities, in line with a strengths-based approach.

Hotì ts'eeda will:

- Continue to develop a grant writing workshop in partnership with Aurora Research Institute, to be delivered to community programmers and researchers
- Continue to post relevant funding opportunities on the Hotì ts'eeda website

and share them with the stakeholder community

- Continue to offer support to community members and groups who wish to apply for funding in developing their ideas, bringing on partners and writing proposals



Elders Violet Doolittle and Margaret McDonald share ideas with Lila Erasmus while Rachel MacNeill, Hotiì ts'eeda, takes notes.

Support Youth

A consistent theme throughout Èlèt's'ehdèe priority-setting, in all three years of gatherings, has been the need to prioritize and support youth. An important theme emerged this year – the need to get Indigenous and NWT youth achieving high-level degrees such as PhDs, to be able to staff high-level positions and lead the territory, but at the same time learning to value Indigenous cultural knowledge and language to the same level as Western education.

Hotiì ts'eeda will:

- Continue to offer the Yahkeh Naa'ih Health Leaders Program for youth who wish to be involved in community health and wellness
- Develop a new funding opportunity for Indigenous NWT residents who wish to pursue a career in medicine
- Continue to identify, recruit, and train promising Indigenous summer students to work with Hotiì ts'eeda and partner staff
- Support youth to be involved in health research and programming through the

Researcher Capacity Development and Community Researcher Capacity Development programs.

Funding

Long-term and Sustainable

Participants talked about several programs that have been cut or reduced, emphasizing the need for funding to be more long-term and sustainable. As mentioned above, increased access and ability to source funding are needed by communities.

Hotiì ts'eeda will:

- Advocate for long-term and sustainable funding
- Review Hotiì ts'eeda's programs to consider their sustainability and positioning in the funding landscape
- Develop an initiative to create a resource list of funding and funders for NWT residents
- Continue to support local health programmers and researchers to apply for funding at the territorial and federal levels
- Raise awareness that Hotiì ts'eeda's funding programs do not require a traditional or written application process

Respect and Value Indigenous Knowledge

Participants emphasized that funding needs to go beyond standard research projects and view health in a wholistic way, including social determinants that contribute to community wellness. Federal and territorial policymakers and funders must recognize that Indigenous communities will approach research and health in their own ways, and that their job as policymakers and funders is to support the strengths that exist in those communities.

Hotiì ts'eeda will:

- Advocate for a northern and Indigenous lens to be applied to funding in conversations at the federal and territorial levels

Support On-The-Land Activities

As mentioned above, responses prioritized on-the-land and traditional activities such as immersive language camps, traditional foods, and on-the-land skills and training. One idea was proposed to advocate for a network of Elders to be created who can be supported to run regular programs on the land. Food waste and rescue was also identified as a priority.

Hotì ts'eeda will:

- Support on-the-land and traditional cultural programs in the NWT to apply for various funding programs
- Advocate for changes at the federal and territorial to value Indigenous forms of research and knowledge sharing
- Continue to participate in and support major climate change and food security initiatives in the territory



Elder Rassi Nashalik and her qulliq.

Research and Indigenous knowledge

Recognition of Elder knowledge

A major conversation topic during the Èfèt's'ehdèe was that academia and government must begin to recognize that Elders have as much knowledge as and deserve to be valued the same as people who

hold PhDs. As Chair John B. Zoe said, “Elders have a PhD in the University of Life.” Participants expressed a desire to ensure Elders are formally recognized and have opportunities to share their knowledge with younger generations.

Hotì ts'eeda will:

- Continue to value Elders as expert consultants and compensate them accordingly for their knowledge and input on projects
- Advocate for Elders and community knowledge holders to be recognized as expert consultants to other stakeholders
- Look for opportunities to nominate Elders and community leaders for honorary degrees and doctorates
- Continue to advocate for federal funding partners to ensure Elders and community members are considered credentialed and able to apply for research funding
- Look for opportunities to facilitate Elder knowledge sharing

Evaluation on Indigenous Terms

Another recurring conversation was the need to evaluation northern and Indigenous programs and projects on their own terms, rooted in community priorities and goals. Evaluations are important in terms of both program improvement and access to funding.

Hotì ts'eeda will:

- Continue to work with NWT and national stakeholders to further Indigenous evaluation methods and tools
- Advocate for the integration of community priorities and a strengths-based approach to evaluation, and actively work to develop this capacity in the NWT

Community Priorities

Research must be rooted in community priorities to be effective and work towards improving health and wellness for NWT Indigenous communities. Stakeholders want to see Indigenous knowledge being valued, preserved and shared. They want to see research that investigates how successful territorial health services are at servicing the needs of community members, and how it could be improved. A central tension was: How can the knowledge held in communities be valued, while still supporting youth to travel south to get formal education?

Hotì ts'eeda will:

- Continue to offer the Edets'eèhdhà Studentship in partnership with Aurora College, to encourage NWT students to be involved in northern health research
- Advise researchers that community priorities must become their priorities and be integrated into the design of every research project
- Connect researchers to communities so that they can learn about and research priorities
- Support youth in the NWT to obtain university and college degrees and doctorates through advice, and funding in areas where funding is not offered



John and Mercie Koadlak, Ekwò Nàxoède K'è: Boots on the Ground, with Tìjchq Grand Chief George Mackenzie, who shared stories about their relatives connecting on the land.



Roasting bannock over the fire.

Relationships

Time and Trust

Building relationships is at the core of successful research and health programming. Participants advocated for health service providers and researchers who come from outside the communities to spend more time in the community building relationships, emphasizing the length of time needed to build a trusting relationship. Relationships can also be built best out on the land, or participating in traditional activities and knowledge sharing.

Between Communities

Participants felt that relationships also needed to be built across communities, both for health and wellness workers and community members in general. Suggestions were made for on-the-land cultural exchanges between Indigenous groups, especially between youth and Elders, which could be attended by researchers and staff of health and research organizations. Suggestions were also made for Elders to be supported to spend time in schools teaching and sharing knowledge.

Hotì ts'eeda will:

- Advise researchers who use services of the time and commitment required to build authentic relationships

- Explore opportunities to support cultural exchanges and integrate cultural exchanges into activities
- Ensure the attendance of more Inuvialuit at next year's Èłèts'ehdèe



Institute of Circumpolar Health Research summer students Julia Gyapay and Lindsay Kastelic get a lesson in moosehide tanning.

Health Services

Wholistic Approach

Comments emphasized that approaches to health services must integrate a more Indigenous way of treating people—people-focused rather than disease-focused. This approach will allow for more effective health care delivery and more trust to be built between health service providers and community members. The NWT health system needs to work harder and be held accountable for the cultural competency and safety of its health providers. Most importantly, they want to see local, Indigenous people filling health professional roles within their communities.

Hotii ts'eeda will:

- Continue to support cultural competency training for medical professionals in the NWT
- Support Indigenous people who wish to become involved in health services through

various programs, including the Yahkeh Naa'ih Health Leaders Program and the Strategic Priorities Support Program

Support Services

A lack of support services in communities was identified. As an extension of a disease-focused approach, health services often neglect things like mental health counseling, support groups for people with illnesses and their caregivers, and support care such as foot care for diabetics or helping the elderly with house tasks or personal hygiene. The need for increased support care for families, Elders and individuals living with illnesses was identified as an urgent priority.

Hotii ts'eeda will:

- Advise funders, policy-makers and researchers that support care is a community priority
- Raise awareness that the Strategies Priorities Support Program is available for community initiatives that support health in the community, such as the Inuvik Cancer Support Ground (funded in 2018)



Participants get outside during the youth mentorship day.

Community Control and Delivery

Comments identified a trend of neglect in health care services. More Indigenous community members in decision-making and delivery positions in the health services would ensure that community wellness is prioritized and help subvert systemic issues in the health care system. It would also increase the likelihood of Indigenous language health services and reduce staff turnover, which is high in communities. Institutionalization and taking people out of communities should be a last resort, all efforts should be made to keep individuals in the community.

Hotii ts'eeda will:

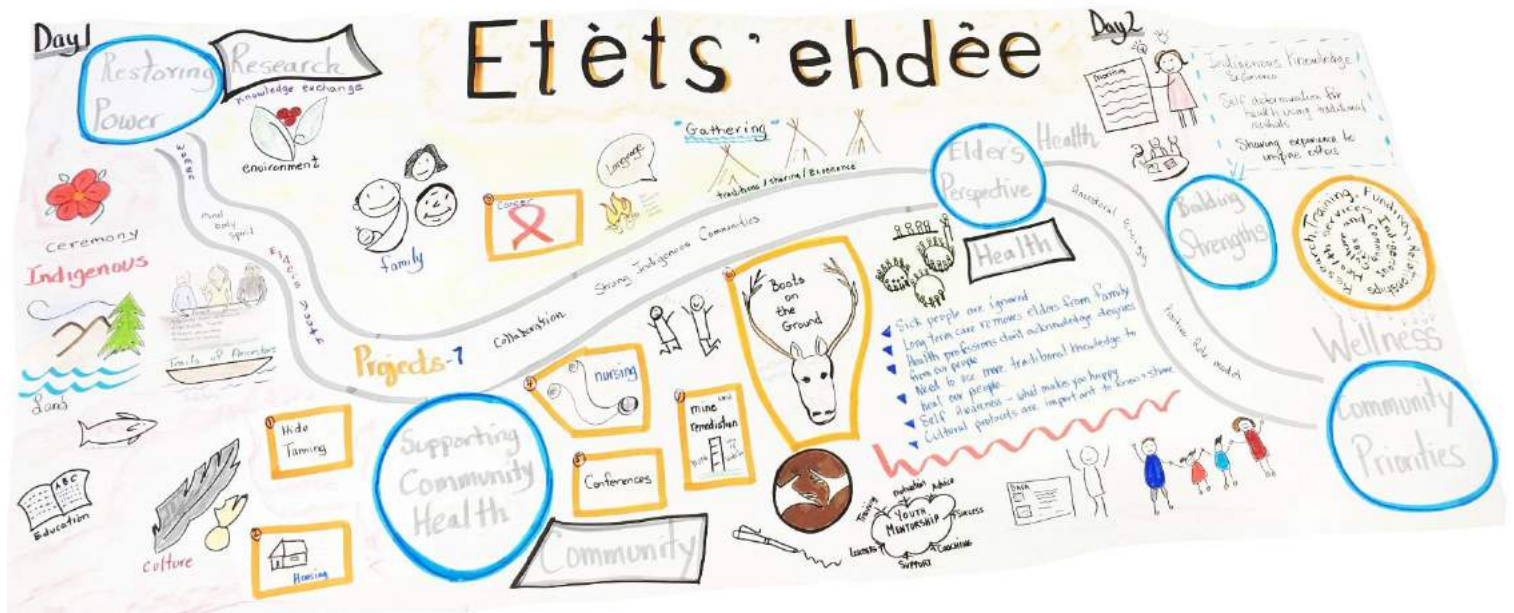
- Advise funders, policy-makers and researchers that community control and delivery is a community priority
- Support Indigenous people who wish to become involved in health services through various programs

Access to Resources

Communities need more access to resources, financial and other, when putting forward initiatives to improve community health. A strengths-based approach means that people need to look at what NWT communities are already doing, and help them promote and share that work.

Hotii ts'eeda will:

- Develop a resource map of programming and services available across the NWT
- Explore ways to support cross-community resource sharing



A graphic representation of the 2-day event, completed by Brenda McDonald with support from staff member Jessica Simpson. Brenda and Jessica were part of the April 2019 graphic recording training hosted by Hotii ts'eeda.

Lessons Learned

After the Èlèt's'ehdèe, staff debriefed to discuss lessons learned and ways to improve future Èlèt's'ehdèe and other Hotiì ts'eeda events. Using evaluation forms and feedback from participants and facilitators, lessons learned will be applied to future Èlèt's'ehdèe events.

The goal is for the Èlèt's'ehdèe to ensure governance accountability while providing a quality experience of exchange of education, information, cultural knowledge, and human connection. It is meant to create an experience, to facilitate networking across regions and fields of work, to celebrate and highlight the expertise in NWT communities, and ensure that all participants have a say in how Hotiì ts'eeda works. There is so much amazing work to share from across the NWT, and it is a huge challenge to try to include it all. Thank you for your feedback and please reach out to staff directly to share suggestions for improving future events.

Timing

- Longer breaks were appreciated and should be continued
- More breaks and unstructured time
- More time in breakout groups for longer and fuller discussions
- More time for panels and Q&As
- A full day and an evening session is very long and exhausting
- Should have a later start and earlier finish
- Work harder to stay on schedule

Participation

- More youth presence
- More participation from federal organizations
- Include more community workers
- Open up participation to wider community
- Invite the GNWT Minister of Health and staff

- Share a list of participants in advance for networking

Venue/Location

- Add a comfortable, warm place for Elders to rest in the morning and afternoon
- Include a choice of fish or meat for lunch and oats for breakfast
- Add spruce boughs in tipis
- Reduce number of tables in tipis
- Consider changing location to different NWT region
- Space should be larger and warmer
- More indoor eating space

Agenda

- Include a visit to the Arctic Indigenous Wellness Camp
- More youth invitations
- Consider an icebreaker or traditional game to get things started
- More Inuit content
- More structure for tipi sessions
- Tipi sessions could be shorter and include more
- More small group discussions
- More activities to get people up and moving
- More time to discussion solutions and actions people can take
- Fire Ceremony should last entire conference
- Provide context behind ceremonies for non-Indigenous attendees
- Use the app for more content sharing

In addition to these comments, suggestions were made regarding the focus and content for next year's Èlèt's'ehdèe. The Hotiì ts'eeda team will use these comments to plan next year's Èlèt's'ehdèe to select speakers and presentations.

Contact Us

For questions, comments or to talk about how Hotii ts'eeda can support health and health research in your community, please contact:

Rachel MacNeill
Communications and Knowledge Translation Advisor
Hotii ts'eeda: NWT SPOR SUPPORT Unit
T: 1-867-766-4003 x1011
E: rachelmacneill@tlicho.com



Appendices

Appendix 1: Presenter List

- Angus Beaulieu (Cultural Knowledge Holder)
- Muriel Betsina (Cultural Knowledge Holder)
- Grace Blake (Cultural Knowledge Holder)
- Besh'a Blondin (Indigenous Healer)
- Karen Blondin Hall (GNWT Cultural Safety Action Plan 2018-2020)
- Gilbert Cazon (Elder)
- Julia Christensen (Researcher, Memorial University)
- Russell Drybones (Co-researcher, Boots on the Ground)
- Danya Erasmus (Grassroots organizing for strong communities)
- Lila Erasmus (Practitioner of Indigenous Traditional Medicine)
- Harriet Geddes (Cultural Knowledge Holder)
- Rebecca Hall (Assistant Professor, Queen's University)
- Petter Jacobson (Program Manager and Researcher, Boots on the Ground)
- Roy Judas (Co-researcher, Boots on the Ground)
- Donna May Kimmaliardjuk (Heart Surgeon, University of Ottawa Heart Institute)
- Malcom King (Scientific Director, Saskatchewan Center for Patient Oriented Research)
- John Koadlak (Co-researcher, Boots on the Ground)
- Mercie Koadlak (Co-researcher, Boots on the Ground)
- Agnes Kuptana (Elder)
- Judy Lafferty (Cultural Knowledge Holder)
- Elizabeth Liske (Research Administrator, Yellowknives Dene First Nation (YKDFN))
- George Mandeville (Cultural Knowledge Holder)
- Lianne Mantla-Look (Community Health Nurse)
- Dolly Martel (Cultural Knowledge Holder)
- Pertice Moffitt (Manager of Research Programs, Aurora College)
- D'Arcy Moses (Cultural Knowledge Holder)
- Dēneze Nakehk'o (Founding Member, Dene Nahjo)
- Teri Naskan (Cultural Knowledge Holder)
- Donald Prince (Arctic Indigenous Wellness Foundation)
- Mary Adele Rabesca (Cultural Knowledge Holder)
- Dr. Nicole Redvers (Board Chair, Naturopathic Doctor, Arctic Indigenous Wellness Foundation)
- Renata Rosol (YKDFN Health Effects Monitoring Program)
- Craig Settee (Indigenous patient engagement in research)
- Ketan Shankardass (Researcher and Associate Professor, Wilfrid Laurier)
- Sangita Sharma Indigenous and Global Health Group, University of Alberta
- Kelly Skinner (Assistant Professor, University of Waterloo)
- Tyanna Steinwand (Manager of Research, Tłıchq Research and Training Institute)
- Stefan Superina (University Health Network)
- Jennie Vandermeer (Founder, Everrrr Sexy)
- Rosa Wah-shee (Elder)

- Sahr Wali (University of Toronto)
- Danielle Wendehorst (Student, Aurora College)
- Russell Williams (Chair, Canadian Frailty Network)
- Marie Wilson (Commissioner, Truth and Reconciliation Commission)
- Lucy Yakeleya (Cultural Knowledge Holder)
- Hiedi Yardley (K'at'odeeche Dene Wellness Centre and an EMDR initiative)
- John B. Zoe (Chair of Governing Council, Hotii ts'eeda: NWT SPOR SUPPORT Unit)
 - Therese Zoe (Cultural Knowledge Holder)

Thank you to the following participants who facilitated during the tipi sessions:

- Kyla Kakfwi-Scott
- Julia Gyapay
- Sophie Roher
- Jessica Simpson
- Sara Komarnisky
- Jullian McLean
- Crystal Milligan

Appendix 2: Elèts'ehdèe 2019 Agenda

Elèts'ehdèe 2019: Building on Our Strengths

May 22-24, 2019

Aurora Village, Yellowknife, NT

Hotii ts'eeda is grateful to host this event on Chief Drygeese traditional territory of the Yellowknives Dene.

Tuesday, May 22		
Full day	Travel and arrivals	
Wednesday, May 22		
9am-5pm	Training Day (Invite-only)	Aurora Village
130pm-430pm	Blanket Exercise (pre-registered guests only)	Caribou Room, Nova Hotel
7pm-9pm	<p>Research, Resurgence and Indigenous Health Series of short presentations on Indigenous health and health research methodologies, adapting health services and research to the northern context, and other topics of reflection. <i>Featuring Dr. Donna Mae Kimmaliardjuk, first Inuk heart surgeon in Canada</i></p> <p>This event will be open to the public. Please pre-register to confirm your place.</p>	Northern Arts and Cultural Centre (NACC)
Thursday		
815am	Buses leave Nova Hotel	Nova Hotel
830am	Registration and breakfast	Aurora Village
900am	Opening ceremony	
10am-11am	Plenary 1: Indigenous Methods: Restoring Power in Research	
11am-1130am	Break	
1130am-12pm	Plenary 2: Building on Strengths: Supporting Community Health in the NWT	
12pm-1pm	Lunch	

1pm-245pm	Tipi sessions: <i>Participants break out to tipis where cultural knowledge holders and invited researchers share their knowledge.</i>	
245pm-315pm	Break	
315pm-5pm	Tipi sessions: <i>Participants break out to tipis where cultural knowledge holders and invited researchers share their knowledge.</i>	
5pm	Buses return to town	
630pm	Dinner	
650pm	Presentation: The Science of the Sacred: A New Book from Dr. Nicole Redvers	
700pm-800pm	Plenary 3: Elder's Perspectives on Health and Health Research	Nova Hotel
800pm-900pm	Presentation: Ekwo Nàxoède K'è: Boots on the Ground and Community-led Research	
Friday		
815am	Buses leave Nova Hotel	Nova Hotel
830am	Breakfast	
855am	Opening ceremony	
910am-935am	Hotii ts'eeda Year in Review and Priority Setting	Aurora Village
935am-11am	Plenary 4 and Breakout Sessions:	

	Community Priorities for Wellness: Programs, Initiatives, and Research	
11am-1130am	Break	
1130am-1230pm	Plenary 5: Building on Strengths: Indigenous Culture-Based Health and Wellness	
1230pm	Lunch	
130pm-200pm	Hotii ts'eeda report back	
200pm	Closing remarks	
215pm	Closing music/social/time to visit <i>Featuring Johnny Landry and the YK Dene Drummers</i>	
330pm-430pm (TBC)	Buses return to town	
Rest of day	Departures and travel	

Appendix 3: Transcribed Evaluation Comments

1. On a scale of 1-5, how would you rate the Hotii ts'eeda Ełèts'ehdèe? (1 being not good, 5 being excellent)

5 (27)

4 (12)

3 (2)

2. What worked well?

- All the sharing and knowledge and elders input
- Listen to the speakers. Listen to the work that has been done. The whole friendly environment. Meeting friends and making new ones. Setting new goals.
- All of it worked well but my fave part was teepee sessions. Loved sitting by the fire listening to stories by the elders.
- The feeling was ceremonial to me. Sharing knowledge on and of the land. The connections made with people and this territory are memorable and lasting. This gathering reminded me of sharing stories, experiences and medicine (research) bundles.
- Well done!
- Amounts of information shared that is valuable for many different people to use and be inspired by in the work they do.
- Teepee work. Awesome as always. Always appreciate the work of the elders and networking excellent.
- Bringing together community. Excellent opportunity for learning.
- I really enjoyed the tipi sessions! They were what I learned best from.
- The venue of Aurora Village was a perfect location.
- App was great! Transportation to event went well. Great that you made it accessible to parents with young children. Involvement and importance of elders.
- Teepee sessions and the knowledge holders [illegible]
- Graphic recordings. Venue was excellent. Ample opportunities for networking.
- Everything was flawlessly organized and executed. The app was great.
- Good flow. Lots of opportunity for sharing and listening. Loved the tipi sessions. Tipi was very relaxing and comfortable and a safe space for sharing and participating in cultural activities. Being outside was really important. Also great that language was respected and supported (eg. translation)
- Young people attended and how they had educate themselves to know about this culture, traditional way of life and learn to speak the language.
- It was well planned. [illegible]. Meeting new people.
- The app, the food, MC/host, all accommodations were great. Loved the variety of speakers. Tipi sessions were great too.
- Presentations were great! All speakers were knowledgeable and all staff were all awesome!
- Sharing circles
- Thoroughly enjoyed plenary sessions and [illegible] discussion. Discussed planning was excellent.
- Options during tipi sessions were fantastic! Loved learning about traditional medicine, moosehide tanning and music. Very informative for someone new to Yellowknife and Yellowknife cultures.

- Tipi talks were great
- Setting was good. [illegible] activities in tipis were great. Small group brainstorming was great exercise. The app was useful.
- More tipi sessions of aboriginal wellness healing work.
- The opportunity to meet so many people with the priority to improve indigenous health.
- Group discussions.
- The open discussion was great and very insightful to hear experiences of the elders. Also, the break out session was one of the highlights as we all could really grasp our perspectives on what would work and what needed to be done.
- App was great. Amazing speakers. Very inspiring but exhausting emotionally.
- Opening ceremony, breakout workshops, panels.
- The tipi sessions were great, combining cultural activities with talks was appreciated.
- Presentation from varied groups.
- The tipi sessions were really wonderful, both inside and outside. The plenary sessions
- [illegible] way to share with everyone what programs are [illegible]
- Break out groups. Need more time.
- Tipi sessions. Networking.
- Workshops, tipi sessions. Topics, breakout groups.
- The elders and the youth settled well in the area. Feel like the atmosphere made everything work out well.
- It was really meaningful, traditional, healing conference. I feel like I can bring back a lot to my town. Felt welcomed.
- Everything was good. Meal and stay was excellent.
- The app the panel discussions, the food, the transportation, the amount of length of breaks, the microphones (heard everything), and venue.
- Tipi sessions, active participation of attendees, hearing everyone's perspectives in day 2 and condensed takeaway points.
- The organization of the conference was very well organized. Appreciated that travel logistics was taken care of. Enjoyed the presentation of all people. It was good to learn what Indigenous organizations are doing in terms of research project as well as wellness project and individual [illegible].

3. What could be improved for next year?

- See more youth invitation.
- A visit to the arctic indigenous wellness camp. A comfortable warm place for elders to rest in the morning and afternoon. A choice of fish or meat at lunch and oats for breakfast.
- Spruce boughs in tents, less tables.
- Maybe "icebreaker" activity or an indigenous (dene/ traditional) game to get things started (this may have been the best conference I've been to, very well organized and decolonial practice in action.)
- Where is the GNWT minister of health? He and his staff need to hear and listen to these talks.
- Some time allowed for questions after panels.
- I think with dinner in the evening and presentations make for a long day.
- Change location. More circle format (sharing circle)

- Allowing more time for panels so we aren't always running behind.
 - Be more on time so we can have our breaks especially for sitting hours at a time.
 - A later start and earlier finish. The main hall was tight and you couldn't see speakers if in the back.
 - Sticking to the agenda (time management)
 - A list of participants would be helpful.
 - What about using the app to also share more resources. Eg. The graphic recording, reports, videos, etc.
 - Would like to see [illegible] indigenous involved and be a person who will go forward [illegible] who you are.
 - More youth and attending meetings.
 - More breaks between panels, sometimes hard to listen well for so long. Lots of information was repetitive.
 - More participation from federal organizations.
 - Try delivery in another region. More Inuit content and the practices.
 - Tipi sessions could be more structured
 - Second day could've used more breaks to allow for absorbing information and having conversations with speakers.
 - Podium could be centred better (can't see speakers if you stay at aurora village)
 - More small group discussions and brainstorming. More activities to get people expect to work with students, youth, researchers and community members [illegible] team building.
 - Involve more indigenous people with staff.
 - Places to eat inside (not on your lap) more time to discuss ideas for improving health.
 - It was cold especially for our elders, a warmer place and a larger space.
 - A bit more structure/organization for tipi sessions, I found some presenters were limited or overshadowed by other community members.
 - Better time management, stick to schedule. Shorter days.
 - Context behind ceremonies for nonindigenous attendees.
 - Posting tipi sessions within agenda on app. Some more unstructured time. Maybe organize one bus at lunch in case anyone needs to [illegible], gets sick, etc.
 - More time for interactive discussions. This especially important for panel discussions.
 - I really can't think of anything specific.
 - More time for solution based approaches
 - Including more community workers, I've been with YKDFN for 10 years and have worked with two researchers before and this workshop just brought my understanding of research to a whole different level.
 - Proper fire ceremony, fire keeper to keep fire going 24 hours.
 - More time maybe?
 - More elders and young people.
 - Maybe have more teepee sessions but less time, so you can go to more sessions like instead of 2 sessions x 2 hours each, maybe 4x30min.
 - Shorter tipi sessions to give the opportunity to attend more talks.
 - Invite other people so that others can learn about your gatherings.
4. In your view, what should Hotii ts'eeda focus on over the next year?

- Language escorts for elders and surgery patients.
- Focus on dealing with the simpler issues that can be accomplished sooner and the plans for the more difficult issues.
- Help us determine what action we can take in our communities.
- Youth engagement/ youth panel.
- Grass roots programming.
- Researching existing mental health systems that are not working and are based in western practices. More two-eyed seeing models for health, mental health, addictions.
- Indigenous staffing. Are we practicing indigenous [illegible]? Can you make it more transparent?
- Support northern students/ youth connecting with community.
- More indigenous staff, youth initiatives.
- One focus could be more opportunities for youth in community and youth in postsecondary.
- More opportunities for youth to be engaged in research. Youth network
- Culture/ language/ health
- Addictions centre in communities. Homeless centre in communities. Shelters in communities, wet
- Shelter, day shelter (somewhere for them to hang out instead of around town), night shelter. Give homeless jobs like brush cleaning, planting grass around town, picking up garbage.
- Share knowledge of what is working well (KT). Also this seems like an organization with considerable strength and reach and I think in a key position to advocate for change at various levels, in [illegible] government policy.
- Would like these types of workshops to be done among our indigenous people.
- Yes! Health, language, education.
- Managing/ coping with community difficulties (preventative measures) ex. Safety when drinking, no drinking and driving especially with youth, alcohol in moderation. Ex. lots of abortion, more sex education and family planning.
- Accessibility to grants funding. Ecological health and animal lakes, freshwater ecology and western effects.
- Goals already brought to your attention during first gathering.
- As an [illegible] who [illegible] in a hospital environment, would be nice to see more health services, provides [illegible] of the west.
- Empowering indigenous leadership in the community
- Research gaps in programs and services as delivered by GNWT or community.
- Community leadership and community [illegible] building. Youth leadership. Knowledge translation.
- Keep working on community based program in health system.
- Research training for indigenous people. Indigenous traditional knowledge for researchers.
- Help regions to train community based researchers (teams) to work collaboratively with their communities and researchers.
- Indigenous leadership/empowerment. How to connect western and traditional medicine.
- Ways to better support our elders. Less talk more action.
- More inclusion for youth to attend.
- Building capacity for indigenous researchers.

- Provide accessible training to all sorts of youth. Group visiting, reporting, research methods at a high school level.
- Education school level. Support for indigenous culture transmission.
- Connecting with all first nations and regions.
- Spiritual checklist for water, land, animal, spirits. Cultural consideration policies, dene
- ABC (abiotic, biotic, culture.). Credit knowledge holders toward PhD.
- Northern housing and health. Food security.
- Maybe let the young people to learn more about the traditional learnings, how to keep them involved.
- Traditional food
- Learning and teaching how to apply for grants. More advocacy about equal representation. Ensuring old hospital wing designed for elders is safe and set up properly.
- Knowledge to action. Knowledge translation.
- Continue to build on your good work and keep building on your strengths and continue to involve communities in your decisions and draw on your experiences of your community/regions.

5. Any other thoughts?

- Thank you for a great stay. Good people, good job, keep gathering.
- Hotii Tseeda must work with all government/ARI researchers to make sure they follow our lead. There has to be a set of principles with a declaration that follows the UN declaration and TRC that has to be followed for all researchers. [illegible] residential school system, at department of education. Every community must have all grades, JK, K, grades 112.
- No more boarding [illegible] in large centres to get paid to provide for students.
- Great job!
- Miigwetch, massii for the invitation, I am very excited to stay connected and continue networking with Hotii ts'eeda. Many great speakers, knowledge keepers, gracious folks in attendance. Keep pushing the boundaries.
- Possibly present at Tlicho assembly in [illegible] or have a booth to share all your great work.
- Thank you for the work you all do it is making a difference.
- Mahsi cho
- A little cramped by the food inside. Bathroom is small.
- Wonderful experience. Thank you so much!
- I really hope that CHIR values Hotii ts'eeda and continues to fund and increase funding.
- The whole meeting was welcoming.
- Have a healing workshop on drugs and alcohol. There are so many kinds of drugs, need to make people aware of what they are doing in their life.
- Elders and youth get together to learn their language and stories.
- Everyone was very kind and welcoming. Big thank you!
- Yes, maybe have "country food" on the menu. More Inuit participation from Nunavut and
- NT
- Keep up the great effort!

- Thank you for your emphasis of gathering feedback from researchers, community members and organizations. It's clear that you're wanting to build of strengths of community that are aligned with community needs.
- Great conference. Learned a lot, mahsi.
- Have an opportunity to visit the indigenous wellness camp.
- None, mahsi cho for everything.
- Excellent group of people. Excellent food. So many activities to learn and share.
- Loved the graphic facilitations.
- Best gathering I have been to, truly inspiring.
- Wish speakers content was posted on app.
- Mahsi for hosting an event on such an important issue for our northern people and communities.
- Great initiative. Keep up the great work
- More involvement in the study of knowledge translation, how to do that well. [illegible]
- Mahsi cho
- Research land medicines and potential medicine resource banks. Analyze dene plants with laboratory results.
- More days for the workshops.
- I loved the outdoor component.
- Good work. Keep it up. I loved the incorporation of the many talented people from the communities and very flexible of presentation of materials, the panels, etc. I learned there are many different ways to do research, very interesting. Also learned a lot about your organization.

Appendix 4: Year-In-Review Infographic

