

Regional Feather Carriers Community Engagement Results

WHAT OUR COMMUNITY HAD TO SAY



Community Engagement Sessions

The Community Engagement sessions were well attended

Six (6) virtual sessions were held over the months of November and December

47 unique community members participated

In addition to the sessions, a survey was widely distributed among community members

Discussion Questions/Comments/Ideas

The majority of our survey and engagement session participants were women

- How do we encourage more participation from men?

It should be noted that there was some crossover between organizations in the services that they have and have not been able to transition to online

- Next steps include a more thorough review of these crossovers and looking for knowledge sharing opportunities to help organizations that are struggling to transition more of their services to online

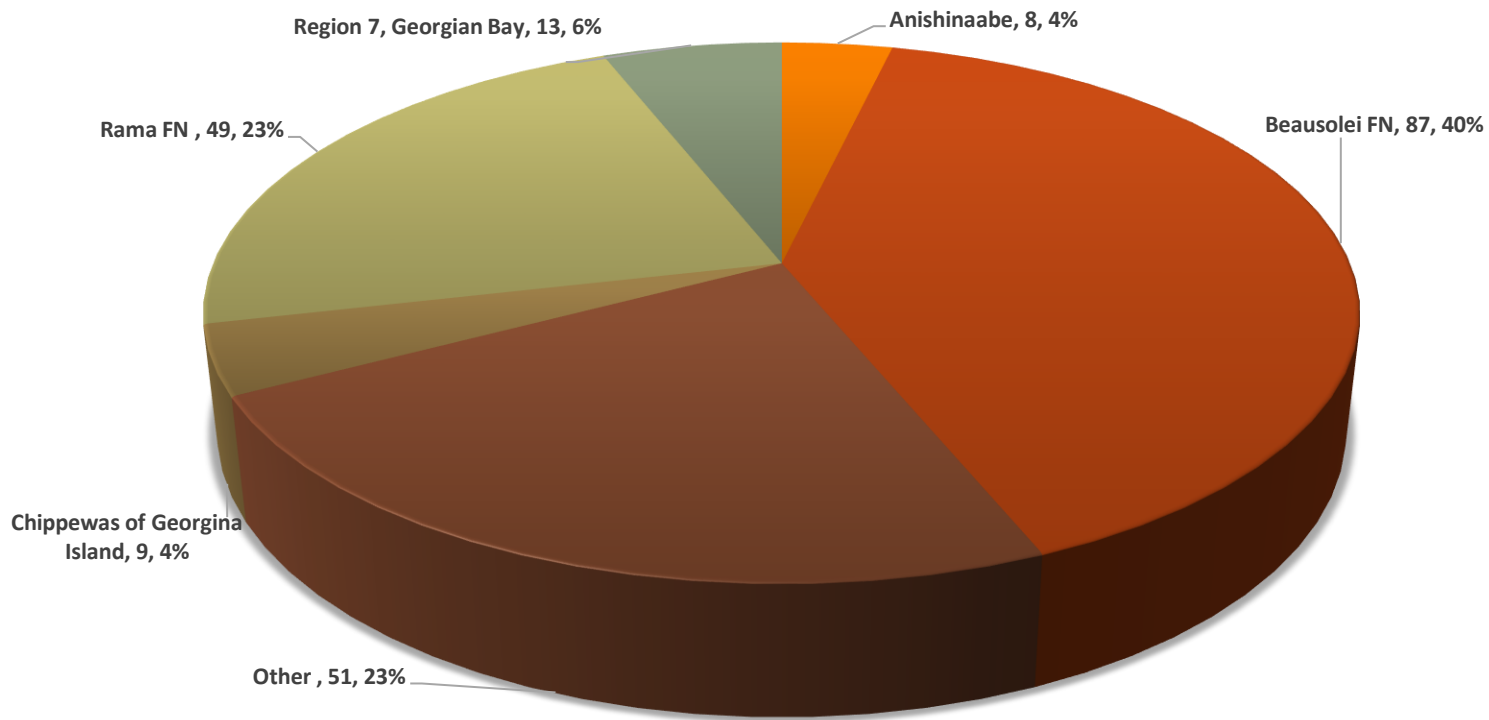
What is the best way to share this information back with the community?
Best practice says that survey results should be shared with participants so that they know that their time and feedback is valued

- At what stage do we share? Do we share these results now?
- Do we wait until we have a solid draft of where future programming will go?

How can we use this information for future programming?

How can we adapt this survey for youth?

217 Participants Self-Identified with the Following Nation and/or Community



217 Responses in which 37 Distinct Nations/Communities were identified

*Beausoleil First Nation includes Christian Island, Chimnissing, Gchimnissing

*Other – 35 Nations/Communities had less than 5 participants (a complete list of all identified communities/nations can be seen on the following slide)

The following are the survey results, which have been sorted by survey section:

- ❖ Demographics
- ❖ Provider responses
- ❖ Life Promotion
- ❖ Follow-up Questions

Community Engagement Survey Results

324 Surveys were completed

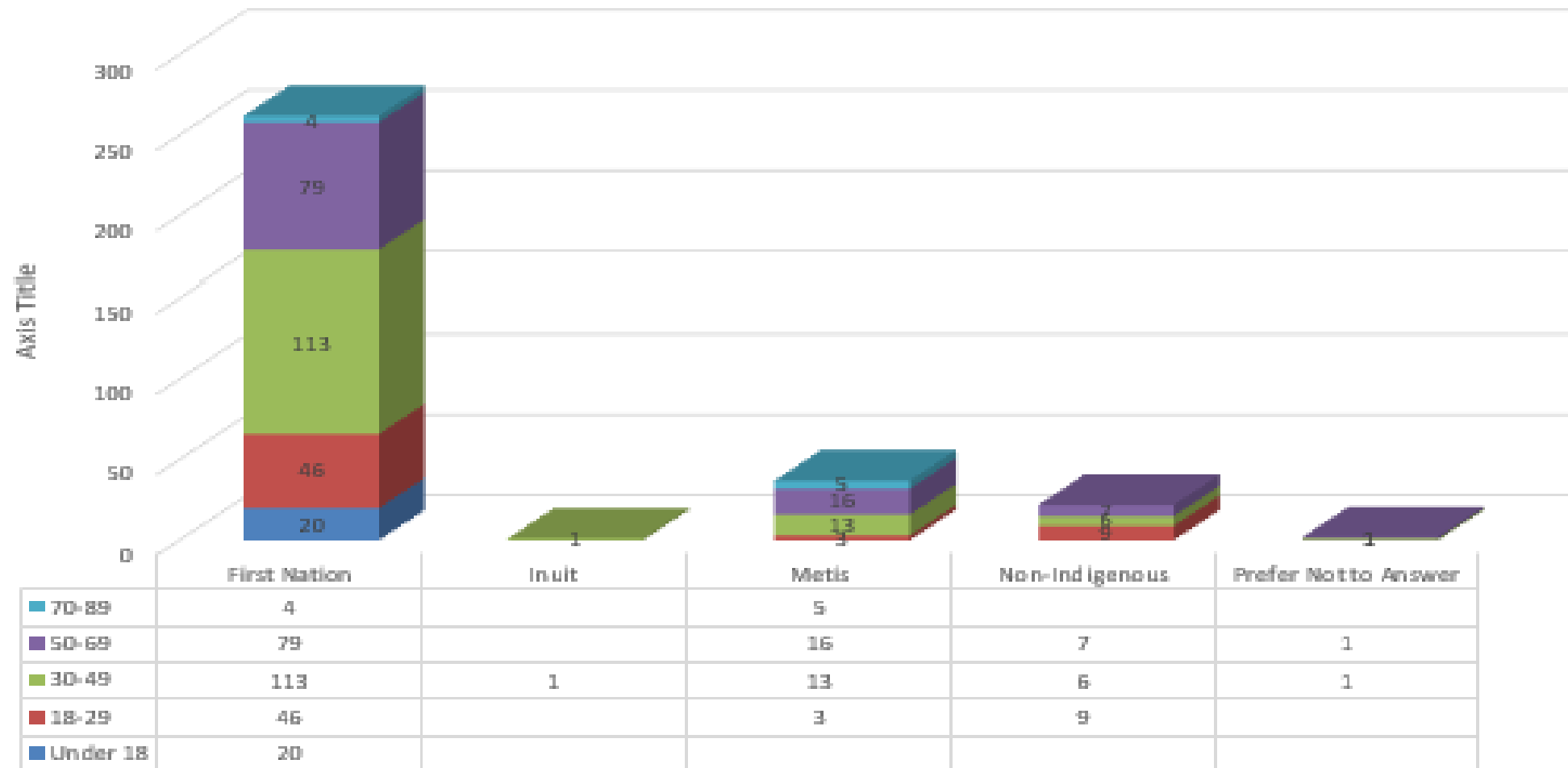
34 Questions

Demographics

COMMUNITY ENGAGEMENT SURVEY

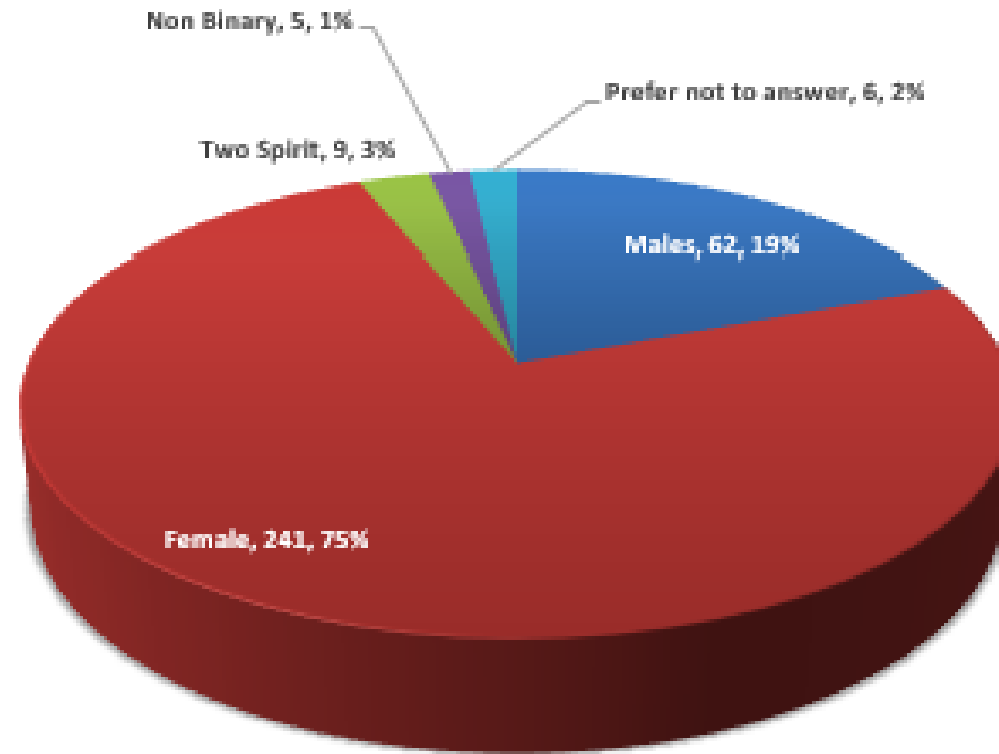
AGE & SELF IDENTIFICATION

323 Survey Respondents



GENDER IDENTITY/PREFERRED PRONOUN

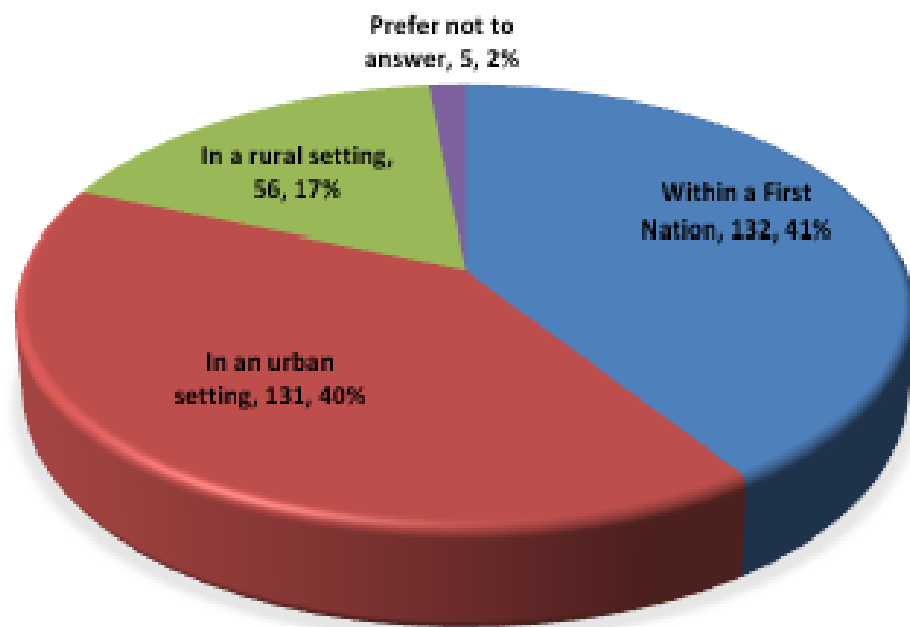
323 Respondents



RESIDENCE

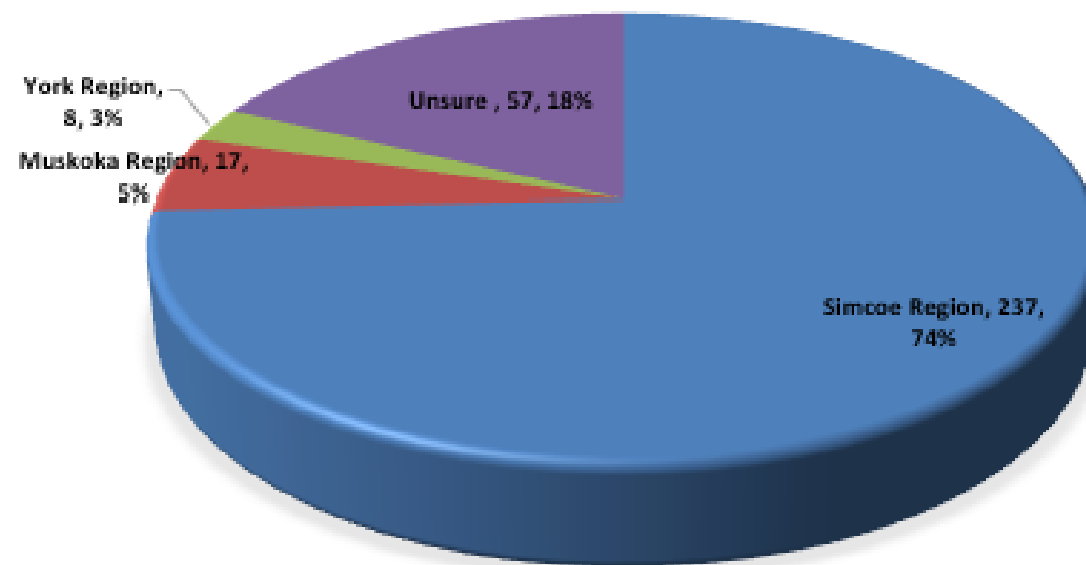
CURRENT RESIDENCE IDENTIFIED

324 RESPONDENTS



REGION OF RESIDENCE

319 RESPONDENTS



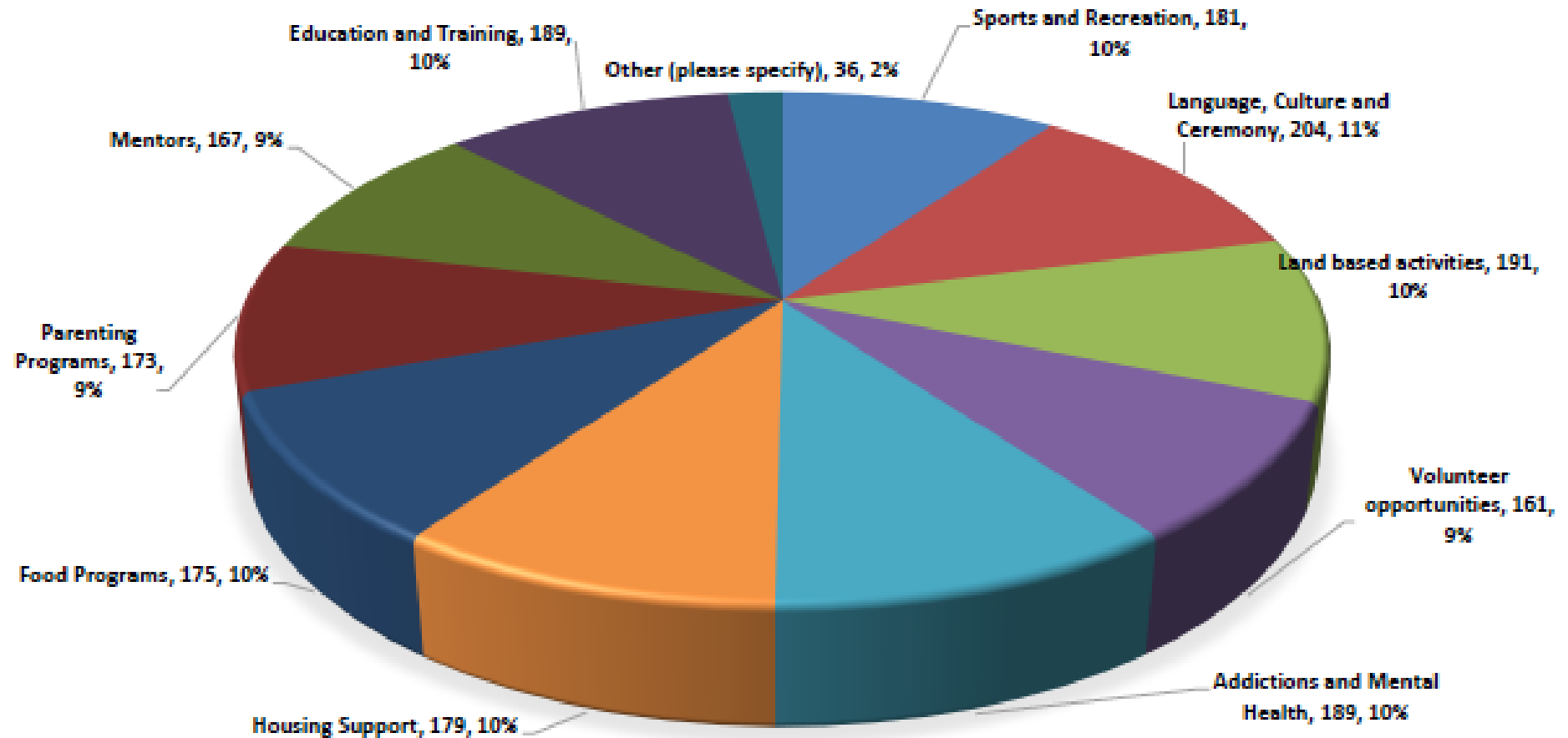
COMMUNITY
ENGAGEMENT
SURVEY

Life Promotion

WHAT KIND OF ACTIVITIES IN YOUR COMMUNITY/ORGANIZATION
DO YOU CONSIDER LIFE PROMOTING? (SELECT ALL THAT APPLY)

COMMUNITY ACTIVITIES THAT ARE CONSIDERED LIFE PROMOTING

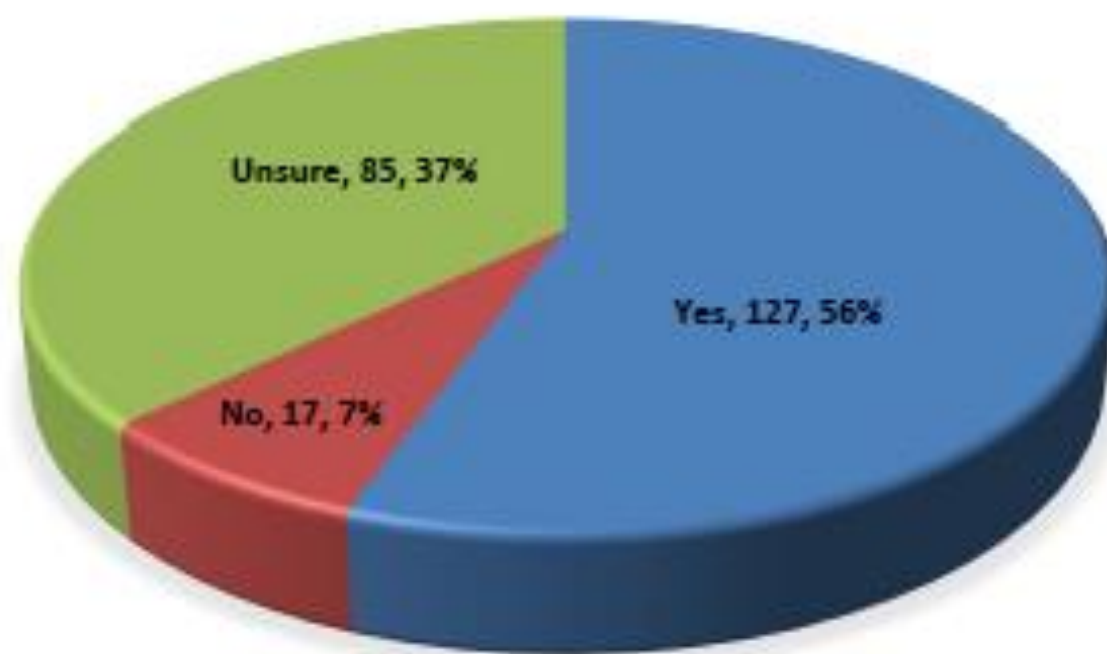
228 RESPONSES



NATURAL LIFE PROMOTERS

ARE THERE PEOPLE WITHIN YOUR COMMUNITY/ORG THAT
YOU SEE AS NATURAL LIFE PROMOTERS?

229 RESPONSES



WHAT ARE THESE INDIVIDUALS DOING TO PROMOTE LIFE AND WHAT ROLES DO THEY HAVE WITHIN THE COMMUNITY? The response was overwhelming. Below is a sampling of the responses:



My Chief by sharing our legends and his experiences

Living bimaadziwin. "The good life" Lives by the 7 grandfather teachings and involved in the community and the plans for the future

Other caseworkers working with clients are positive role who assisting clients to meet the recommendations in their gladue report or Gladue letter.

We have a full-time Counsellor who has gone through the Feather Carriers training and our Elder who carries the language and lives by the Grandfather Teachings

Many have passed and their presence is missed. They were easy to talk to, didn't gossip, and understood kindness. They didn't post on social media about it either.

Our Manager of First Nation, Métis and Inuit Education (Linda McGregor)-- she is very vested in educating our youth and continues to engage with community partners to increase awareness-- she has previously helped my students understand specific teachings around smudging (for example) and has been very connected with parents, which encourages a community-team approach (super critical).

- ❖ Leadership positively engaging with individuals in day-to-day activities.
- ❖ Health care providers are incorporating programming and encouraging individuals to get out of their personal bubble and expand themselves.
- ❖ Mentoring good minds and good hearts
- ❖ Indigenous student advisors are providing cultural supports to students and are the first to respond to concerns re mental health

I see people in my community who are life promoters, but I also see this as part of their paid positions within communities. Still life promoters, but paid to do so, rather than someone like an Elder or a coach.

Local and provincial sporting programs for youth with principal ideas for nonjudgmental and acceptance for all the participants

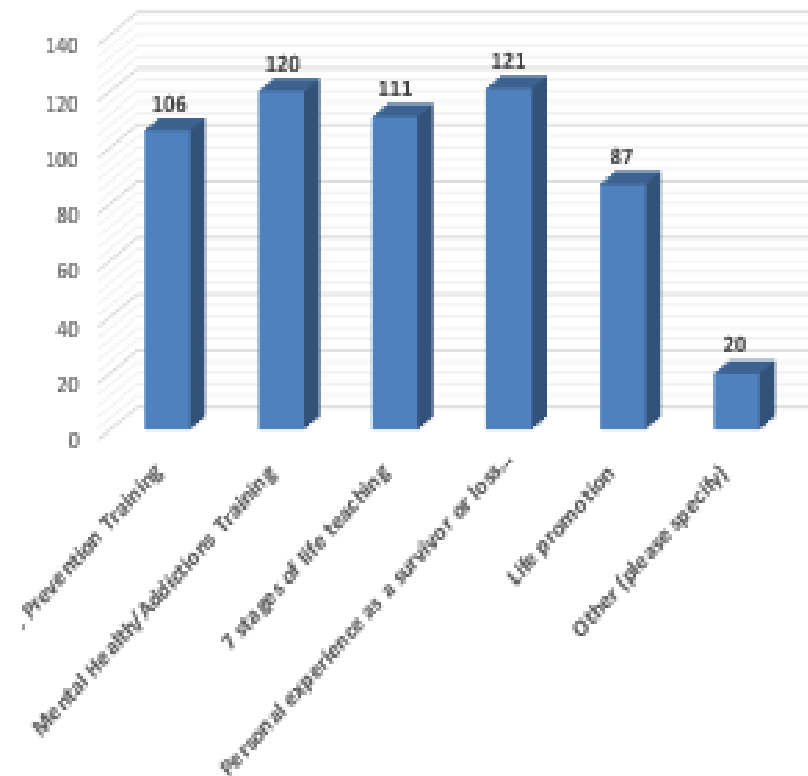
Young adults reaching back support youth in sports, traditional practices, i.e. hunting, beading, singing & drumming, harvesting medicines, sharing historical knowledge

Many teachers are providing extra one-on-one time with their students (virtually if needed) - more communication between parents and teachers has been happening.

WHAT KNOWLEDGE OR TEACHINGS ARE YOU FAMILIAR WITH SURROUNDING PREMATURE DEATH?

Familiarity with Premature Death

209 Responses



Responses to "Other" included:

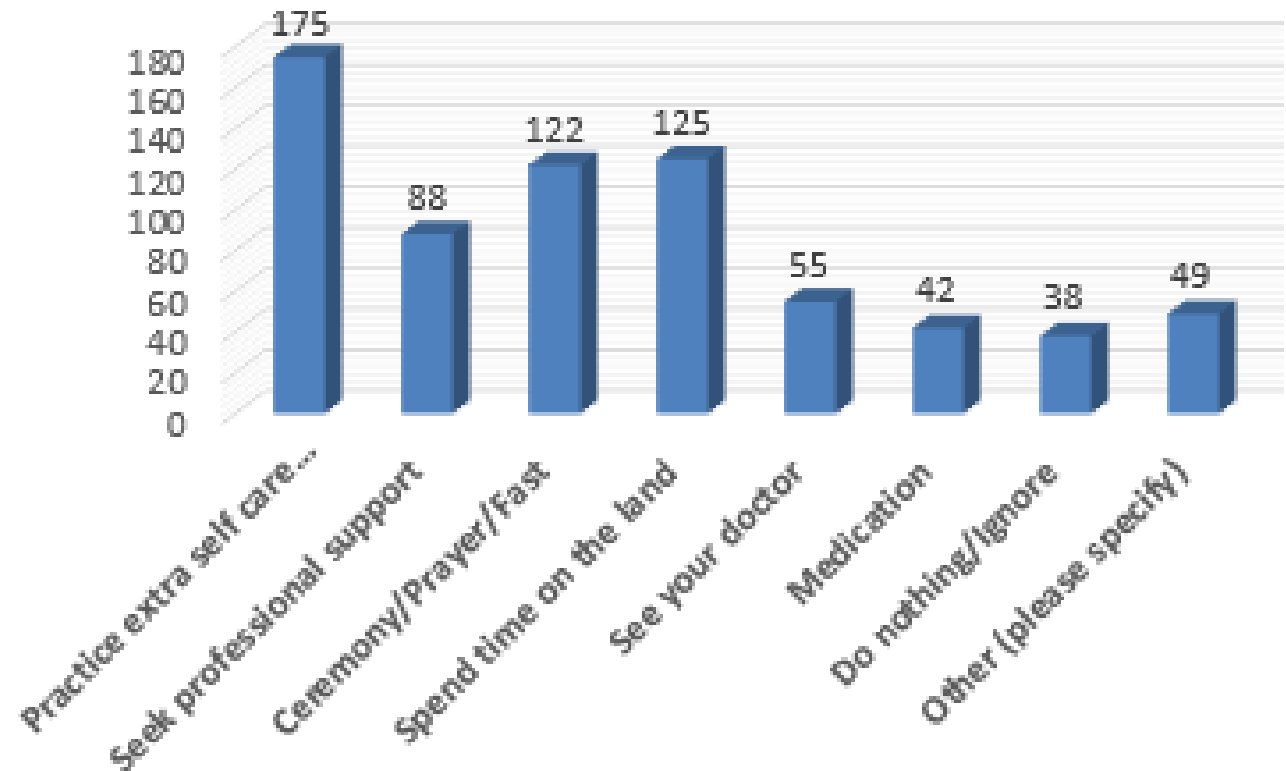
- ❖ Ceremonial lodge teachings
- ❖ Cultural knowledge keeper
- ❖ Depression and recreation
- ❖ End of Life Doula
- ❖ Force training non-Jedi/site specific
- ❖ Grandmother
- ❖ Grief tools
- ❖ Healthy relationships
- ❖ Lived experience with mental health & addictions
- ❖ No experience with it (none) – this should be an option
- ❖ Post graduate education
- ❖ Nursing education
- ❖ Personal support working in the past/did hospice care
- ❖ Rites of Passage Ceremonies, traditional roles
- ❖ safeTALK facilitator
- ❖ Other cultural teachings
- ❖ Social gathers of small groups that give a sense of belonging
- ❖ Support system to struggling Mothers who have addictive children
- ❖ Harm reduction/street outreach
- ❖ A family member planned to commit suicide. When she reached out it was a wake up call for me and those around her. Through this experience I look at life differently, being mindful we do not know what others are mentally and emotionally going through.

HOW DO YOU COPE IN TIMES OF EXTREME STRESS AND ANXIETY?

The responses to “Other” were varied and included:

- ❖ Aboriginal healer or energy healer
- ❖ Art, music, dance
- ❖ Gardening
- ❖ Journaling/reading
- ❖ Counselling
- ❖ Meditation
- ❖ Ceremony
- ❖ Crafting: beading, sewing
- ❖ Circle of family and friends, people who engage my spirit
- ❖ Smudging
- ❖ Use medicines from the bush/herbal medicine
- ❖ Exercise, yoga
- ❖ Sleep
- ❖ Sit by the water
- ❖ I try to address any issue head on with courage. I know it is important to take action right away rather than let an issue grow.

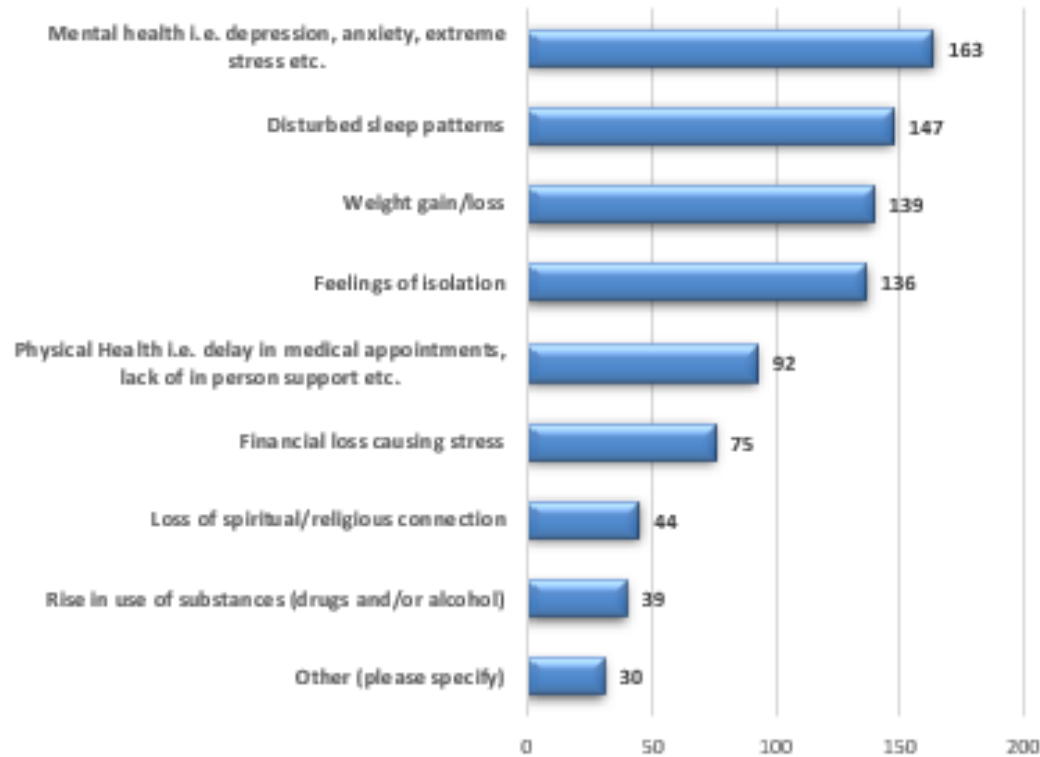
Coping Practices
229 Responses



HOW HAS YOUR HEALTH AND WELLNESS BEEN IMPACTED DURING THE PANDEMIC?

Health and Wellness Impact

225 Responses



The responses to “Other” were varied and included:

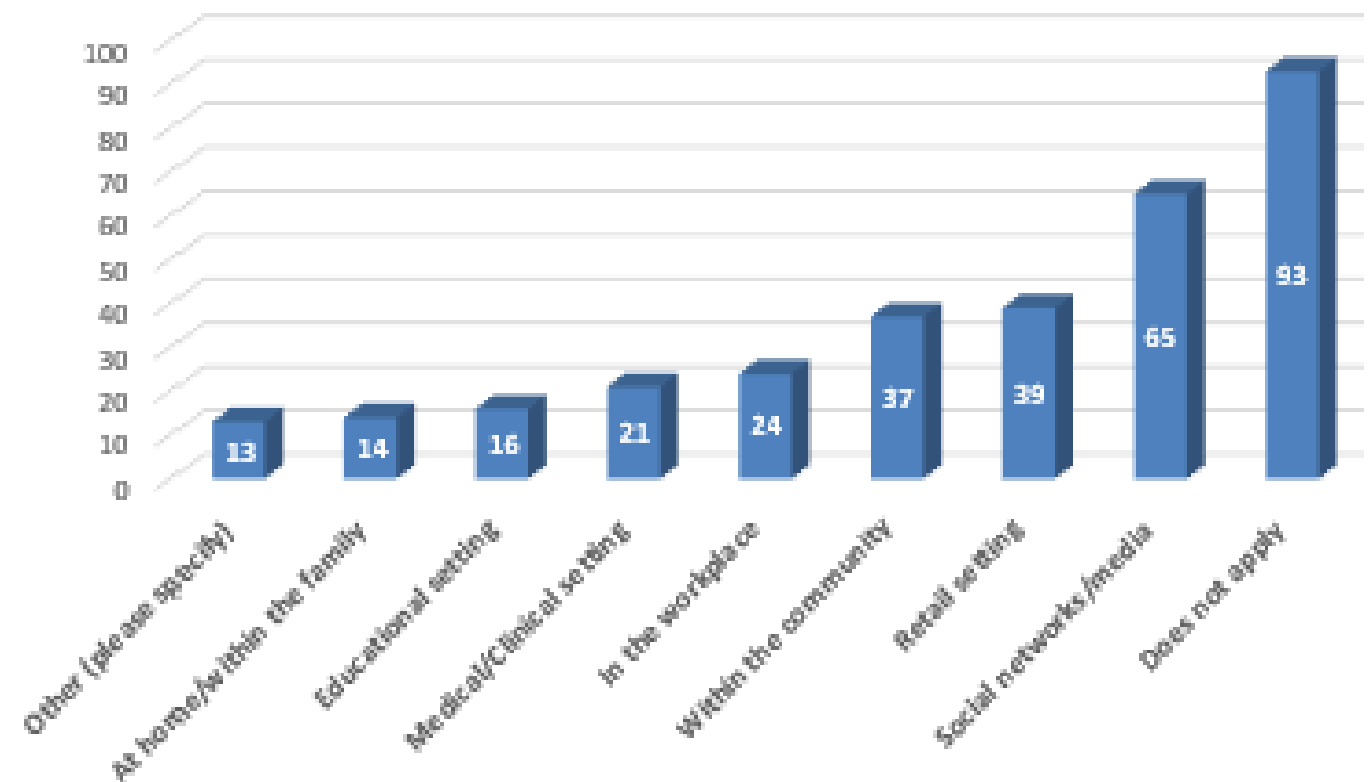
- ❖ Early signs of burnout
- ❖ Disconnection from socializing
- ❖ Exhausted I haven't stopped working and financially have fallen behind unable to pay debt or buy food. Yet I have to work 10 times harder and I don't get paid more. Wearing a mask running all day I can barely walk. I can't pay my rent when I could it was closed. I was told don't worry about it. Now I have a giant bill.
- ❖ Feeling sad and useless
- ❖ Family does not come around
- ❖ Grief and loss
- ❖ Doing much better since connecting with Red Road
- ❖ I have seen this as a blessing
- ❖ Lack of love and motivation for living
- ❖ Loss of goals and motivation
- ❖ Working too much
- ❖ Not able to connect with community members for support
- ❖ Missing human contact
- ❖ Loss of a parent has had a huge impact on my mental health
- ❖ Relationship ended

DURING THE PANDEMIC, HAVE YOU EXPERIENCED AN INCREASE IN AND/OR BEEN AFFECTED BY RACISM AND/OR DISCRIMINATION WITHIN OUR REGION?

The responses to “Other” were varied and included:

- ❖ Global racism
- ❖ Construction sites, road repair crews
- ❖ Housing
- ❖ Division between cottagers and band members
- ❖ Racial profiling, being followed by security in a store
- ❖ The election south of the border has showcased racism and bias within the general population
- ❖ I don't know if it was because of the pandemic but I had to get an ultrasound and the clinic kept making appointments then cancelling them, happened 3 or 4 times. Last time they called they told me just to go somewhere else. I was prepared to go to every appointment they had made for me.

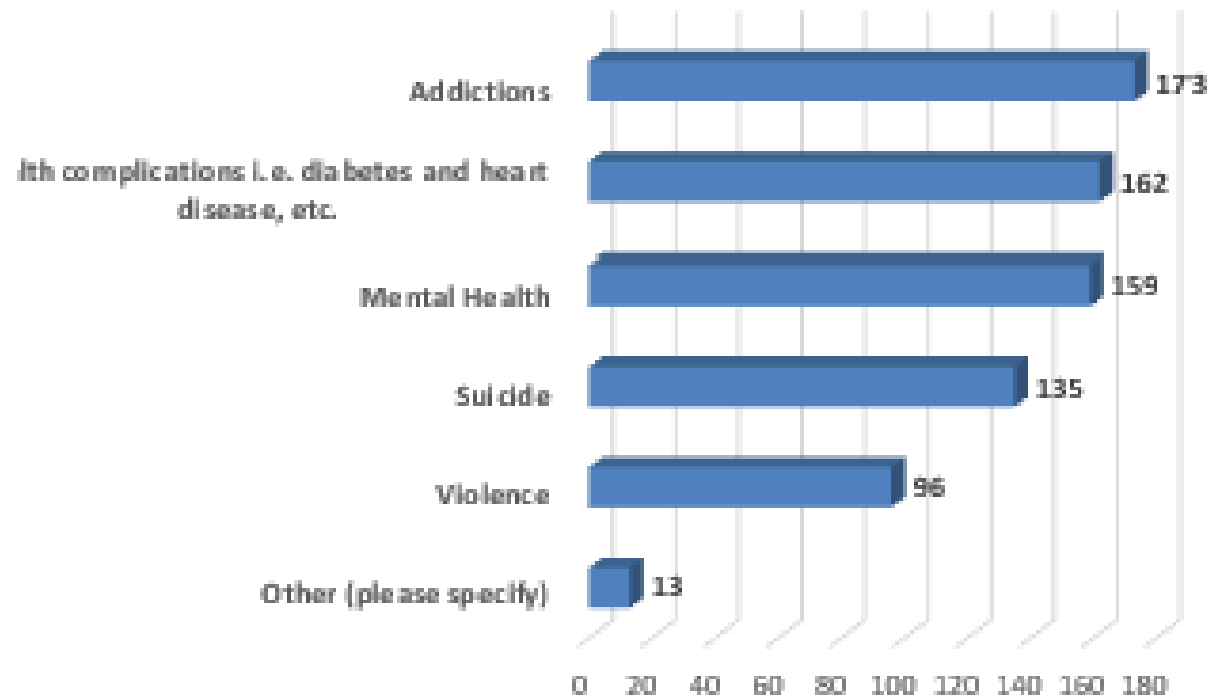
Racism/Discrimination within our Region
205 Responses



How has your community been impacted by premature death?

Community Impacts from Premature Death

205 Responses



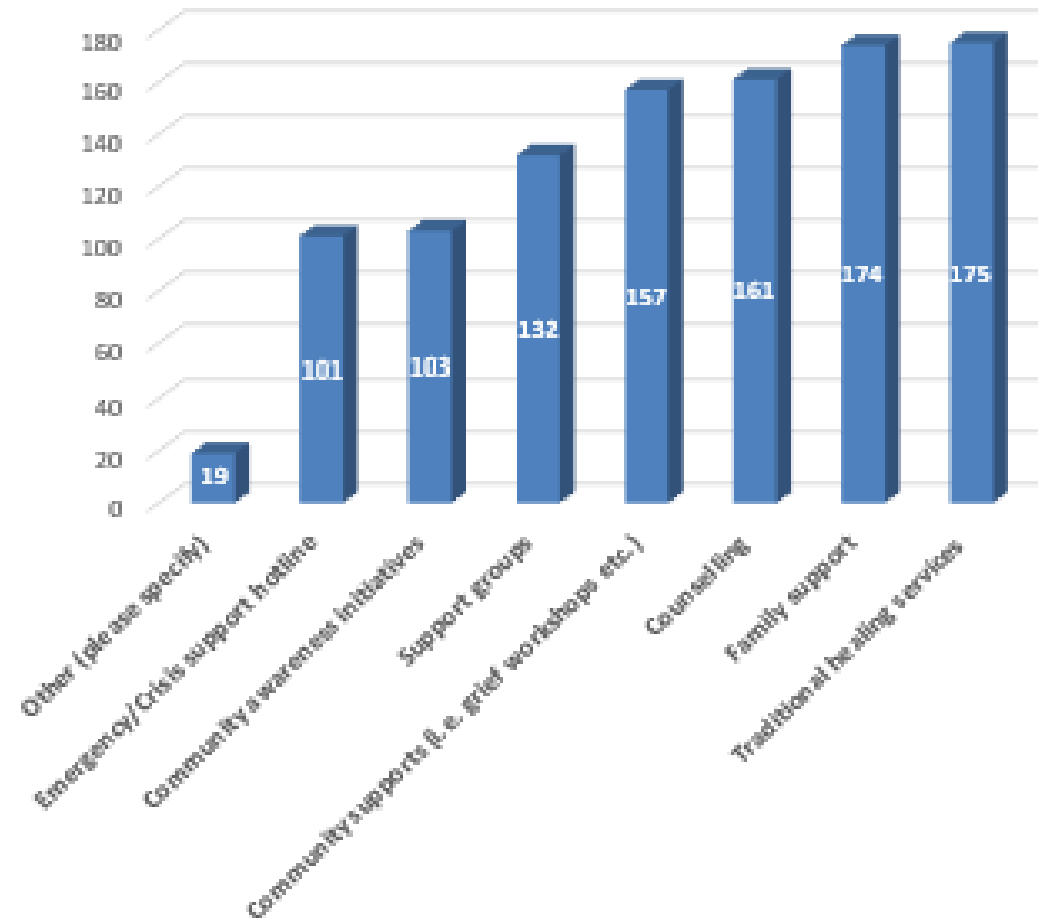
The responses to “Other” were varied and included:

- ❖ A small community like ours , every death here affects everyone one way or another.
- ❖ COVID
- ❖ Human trafficking
- ❖ Murder
- ❖ Not being able to come together for support
- ❖ Teenage Pregnancy, Dropouts, Ruse in ‘Gang’-like activities
- ❖ I am finding the impacts of premature and natural deaths within the community had enhanced the sense of loss
- ❖ There has been an increase in clients passing since March(I believe much to do with isolation and living alone)
- ❖ I’m sure people who have experienced this issue would be affected mentally and physically.

What supports and/or services would have been most helpful after a premature death and over time?

Most Helpful Supports and Services After a Premature Death

227 Responses



Responses to "Other" included:

- ✦ A clearer understanding of what supports were available and how to access them
- ✦ Maintaining a connection/community wrap around/community support
- ✦ Families and communities being knowledgeable and aware of available services
- ✦ Group grief counselling
- ✦ I think people are scared to get involved and speak or seek/give help. I think we need our community members to reconnect with each other to promote health.
- ✦ I was very fortunate to have wise elders to bolster, support and help me work through loss. I am deeply grateful that I did not get stuck on the moment of death but can look at the whole journey.
- ✦ National suicide prevention strategy
- ✦ Not keeping things bottled up, having a voice and seeking help
- ✦ Peer supports - I was young and felt very alone within people of my age group
- ✦ Recent suicide attempt in our home, no support system
- ✦ Returning back to our teachings or relearning them - picking up our bundles
- ✦ Some type of a prevention class that can help with guiding emotions and healthy outlets.
- ✦ Treatment centres
- ✦ We have very little mental health supports in my community. We have inexperienced workers with no confidence in themselves.

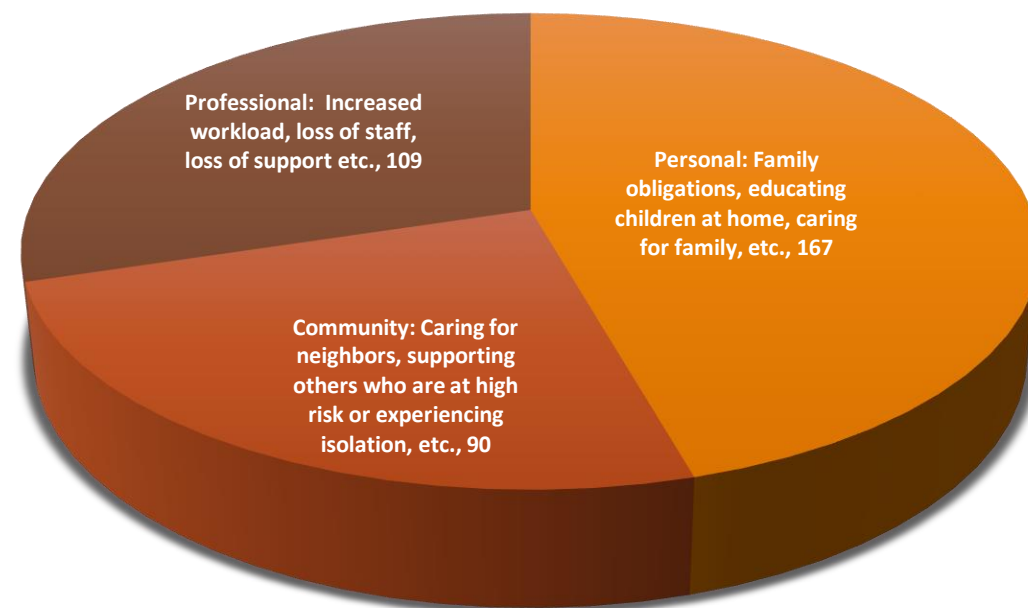
HAVE YOUR RESPONSIBILITIES INCREASED DURING THE PANDEMIC?

35 Respondents chose to provide additional details. These were a few:

- ❖ After it is all over, it will be a time for reflection
- ❖ A lot of extra work, virtual schooling, virtual meetings, etc.
- ❖ Crisis support
- ❖ Had to lay people off and pick up the slack
- ❖ It's like working two jobs, the job you get paid for and the job you don't as personal support for family which could easily be a full-time job
- ❖ Caring for Indigenous Elders living in urban settings (grocery shopping, filling out Indian Day School application, paying bills online, and just visiting because they are lonely)
- ❖ Caring for grandkids to help out the parents
- ❖ My responsibility at home making sure my sick mom is always careful and making sure her house is always clean and sanitized always, getting her groceries and cleaning them for her, driving her around. And at work with my clients, I got a separate phone for them to call as a crisis line and making sure I check up with them more.

Increased Responsibilities

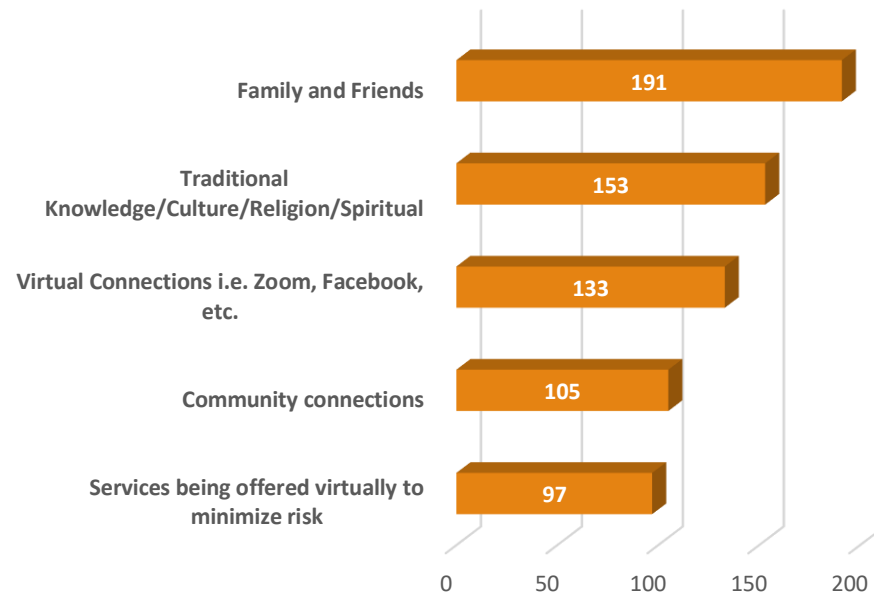
213 Responses



WHAT STRENGTHS AND RESOURCES HELP YOU LOOK TO THE FUTURE WITH HOPE?

Strengths & Resources that help you look to the future with hope

228 Responses



The responses to “what else would you find helpful at this time” were varied and included:

- ❖ Access to land based medicines to continue our daily smudges and family cleansing me
- ❖ An outdoor gathering or social
- ❖ Community dinner
- ❖ Ability to connect virtually with friends and family
- ❖ Downsized work weeks – no breaks when working from home
- ❖ Food security
- ❖ Financial support
- ❖ Hobbies/crafts
- ❖ In person Ceremony with social distancing measures STRICTLY adhered to. NO sharing pipes, cups, etc.
- ❖ More community engagement
- ❖ Supplies
- ❖ Traditional mental health counselling
- ❖ Virtual AA and NA availability that actually work
- ❖ Visitors!
- ❖ Regular interactions with Elders
- ❖ More Elder stories as we move into the winters

What do your hopes for a post-COVID 19 world look like?

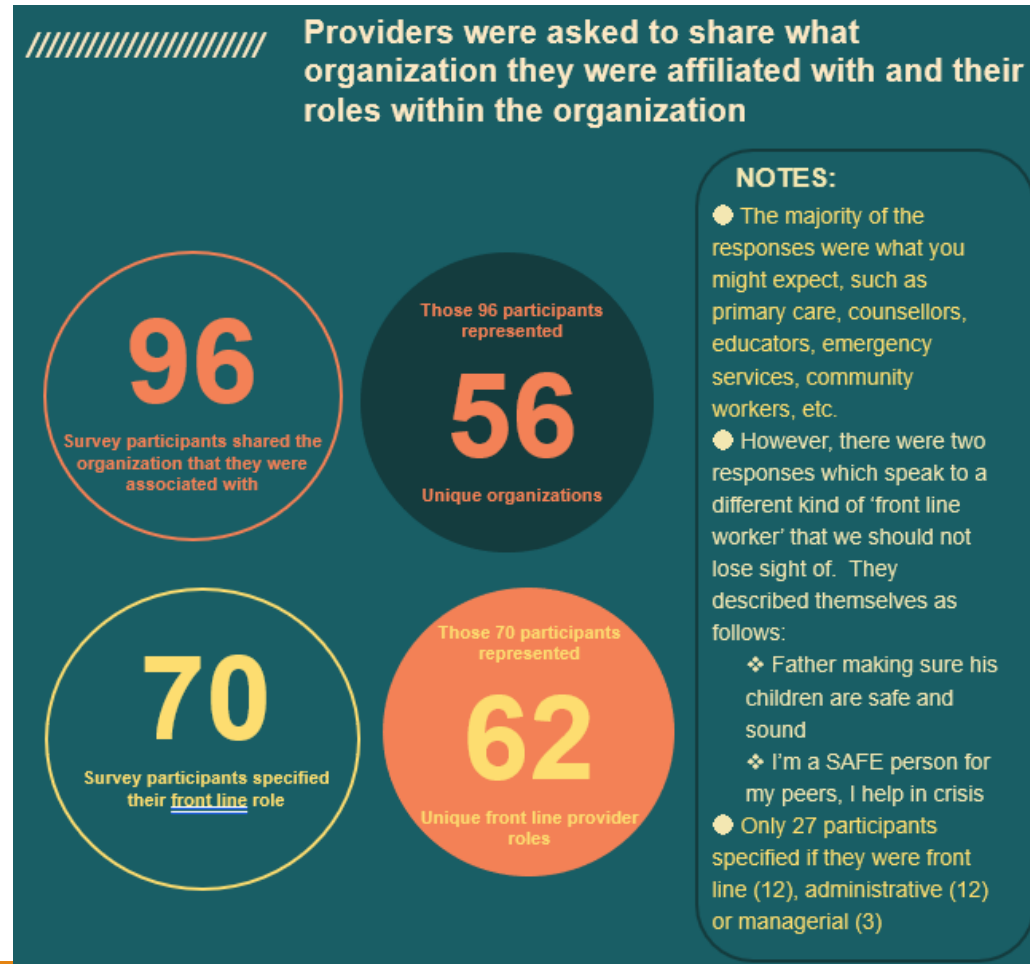


Providers

COMMUNITY ENGAGEMENT SURVEY

128 Survey Participants (40%) Self-identified as Providers

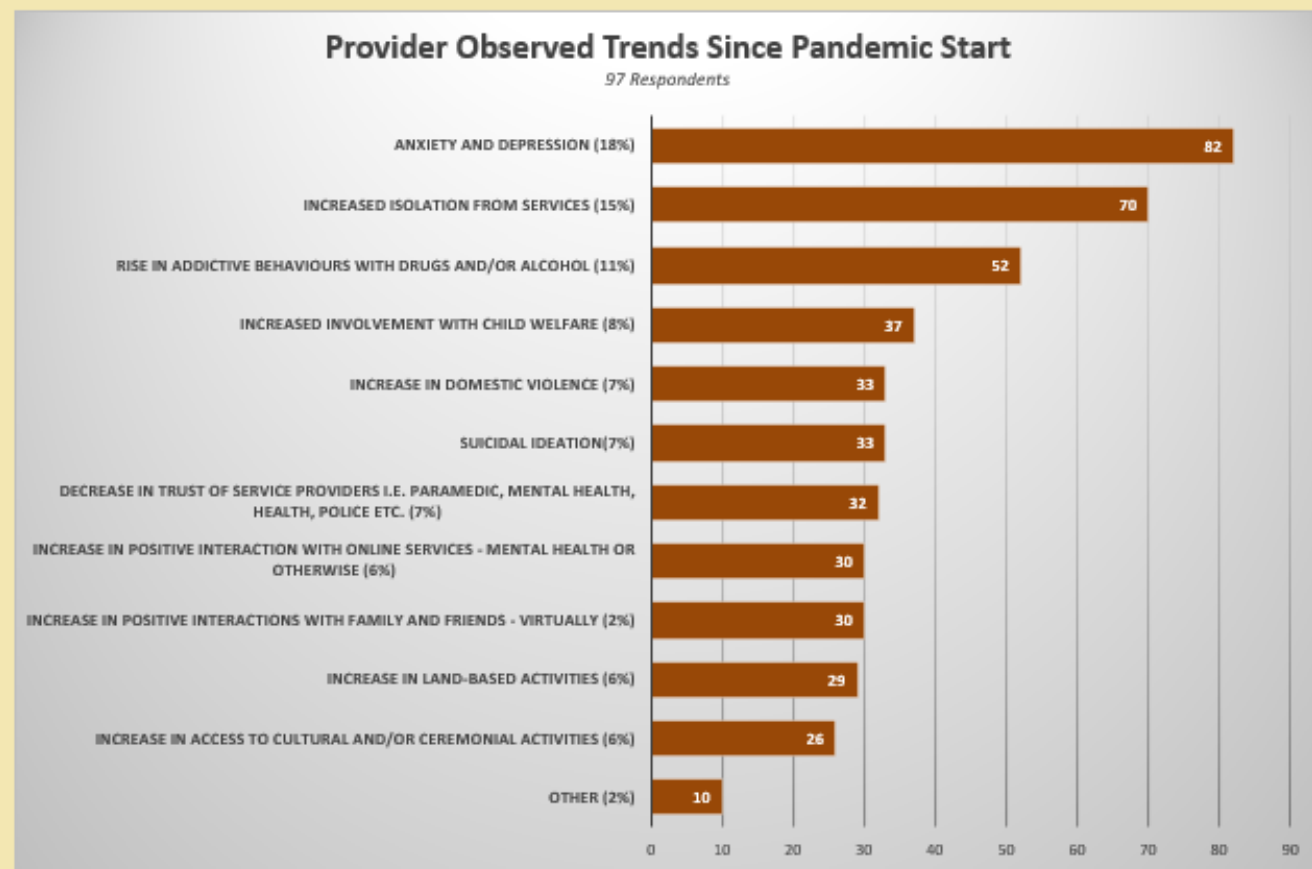
However, as shown below, not all 128 participants responded to each of the follow-up survey questions



"Other" included the following:

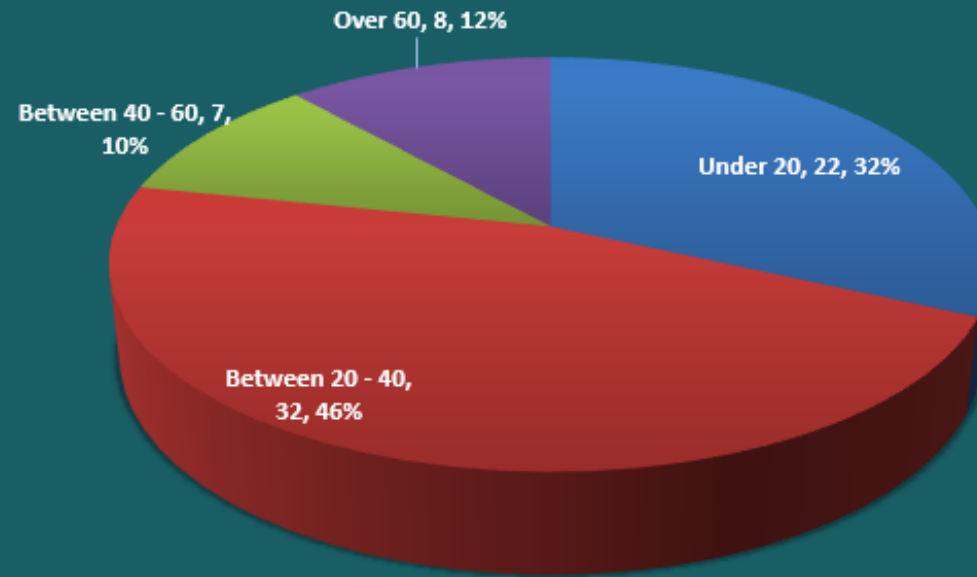
- ❖ Lack of transportation
- ❖ Increase in addictions relapse
- ❖ Increase in social isolation
- ❖ Increase in virtual workshops
- ❖ Increase in use of native language
- ❖ Decreased mobility due to isolation
- ❖ Increased dependence due to inability to shop individually
- ❖ Increased consumption of comfort junk food (i.e. chips, ice cream)

Trends Observed by Providers Since the Start of the Pandemic (March 2020)





Approximately how many Indigenous clients do these providers serve?

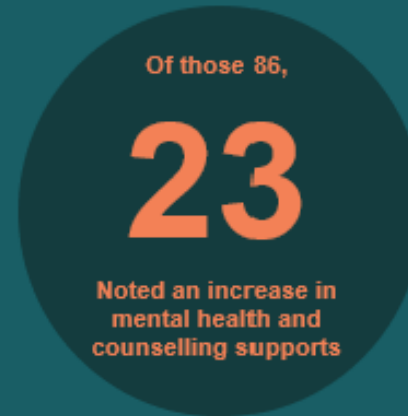
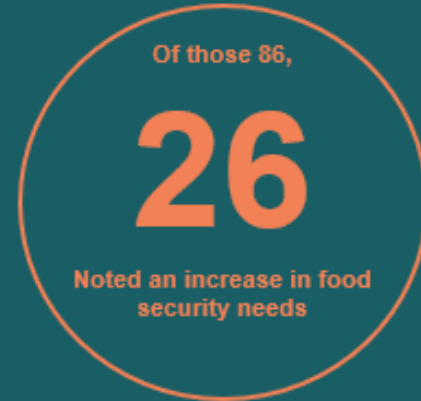


Of those providers who identified serving over 60 Indigenous clients, the responses ranged from “Whole Community”, and “Variable with Seasonal Changes”, to a Minimum of 75 and a Maximum of 1000



**86 Survey
participants
responded to this
question**

**Providers were asked to share what supports
their community/clients/population were
accessing more frequently since the start of
the pandemic (March 2020)**



NOTES:

- Housing, basic needs, traditional medicines, healthcare, virtual workshops, and infant needs were among the top 10 mentioned.
- It was also noted that:
 - ❖ Clients miss having someone who can accompany them to medical appointments
 - ❖ People are struggling so much more just to get through every day. Not having the interactions of others is taking its toll, especially for those that live alone.

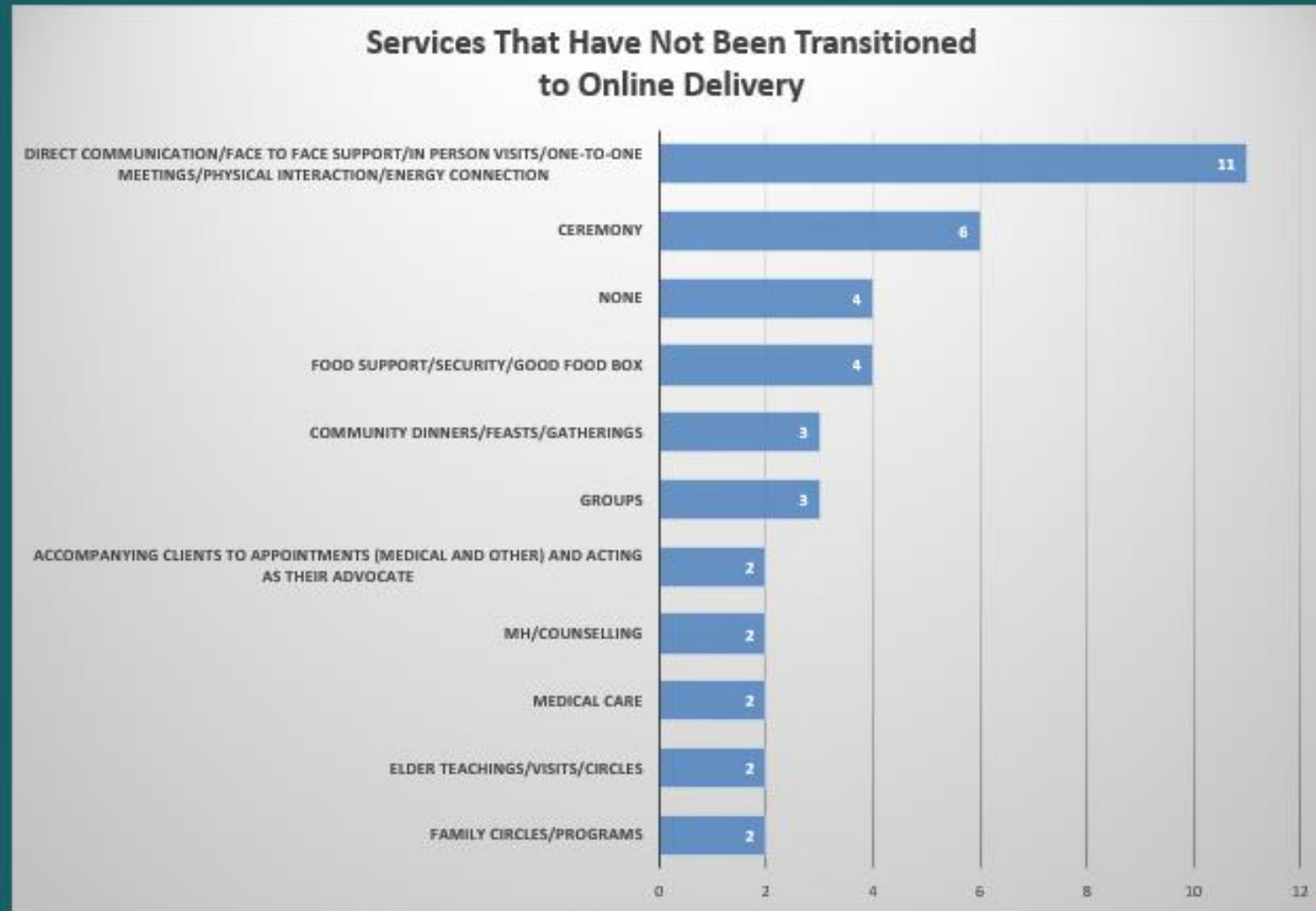
//////
**Providers shared which
services they were able to
transition to online delivery:**

**83 Participants responded to this
question. These responses were
grouped into similar categories, where
possible (top 12 shown below):**





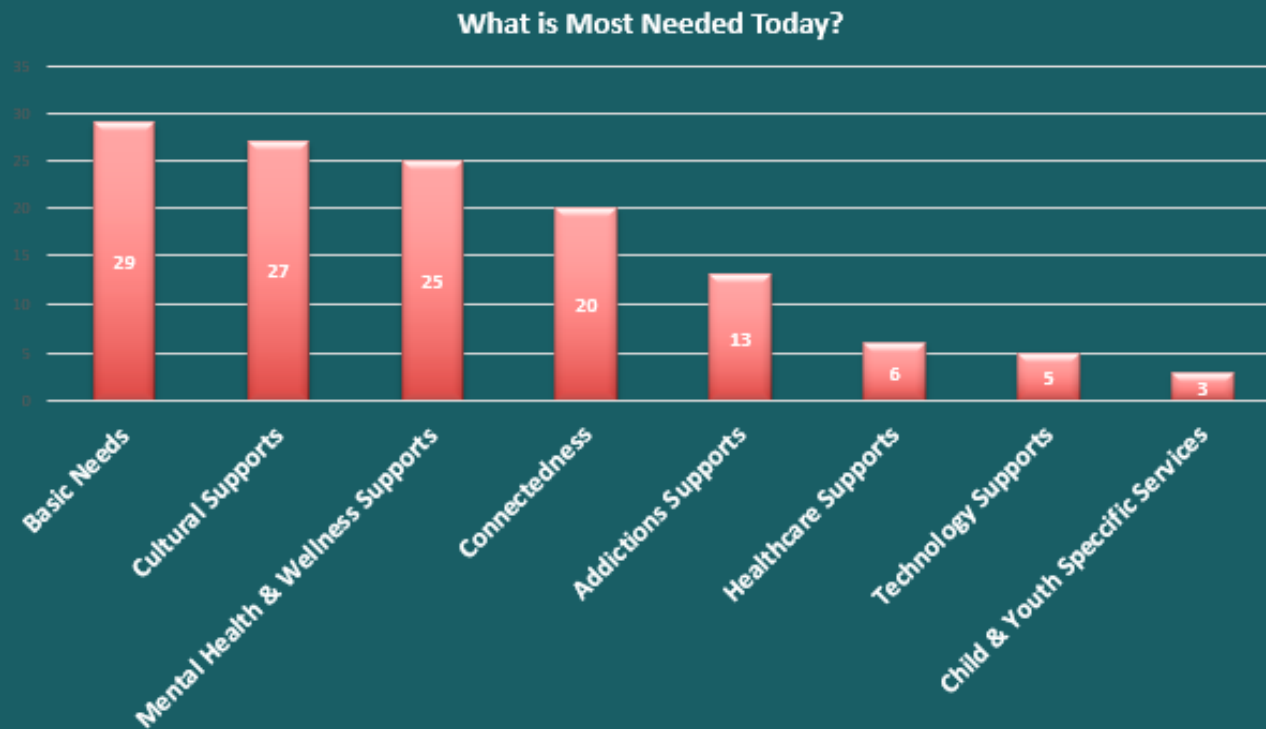
Providers shared which services they have not been able to transition to online delivery:





88 Survey participants
responded to this
question

Providers were asked to share what, in their opinion, was most needed right now for the Indigenous populations that they serve:



One respondent said: "People to talk to people who are willing to help others in their time of need. People who show they care, people who will check up on them. We need drugs out of our community: cocaine, meth, ecstasy (basically any hard drug) and the hard liquor. We need the opinions from our youth, we need to hear what they want from our reserve, ideas on how to make our community safer, ideas on how to stop bullying or harassment."

❖ **Basic Needs included:**

- ❖ Housing supports
- ❖ Financial supports
- ❖ Food security
- ❖ PPE
- ❖ Safety
- ❖ Fresh accessible drinking water
- ❖ Transportation
- ❖ In-home support

❖ **Cultural Supports included:**

- ❖ Access to Elders
- ❖ Ceremonies, Pow Wows, cultural events
- ❖ Traditional healing practices
- ❖ Traditional medicines
- ❖ Traditional wellness supports
- ❖ Land based activities
- ❖ Learning and sharing circles
- ❖ Power of our creation
- ❖ Ability to get medicines
- ❖ Language
- ❖ Culturally safe relationship teaching

❖ **Mental Health & Wellness Supports included:**

- ❖ Counselling
- ❖ One-on-one supports
- ❖ Self care supports
- ❖ Parenting and family workshops/counselling/supports
- ❖ Peer support

❖ **Connectedness included:**

- ❖ A way to connect with their communities
- ❖ Social isolation supports
- ❖ Consistent, ongoing group
- ❖ Online portal to keep community up-to-date and in touch
- ❖ A way to stay connected with school communities
- ❖ Direct, face-to-face encounters

❖ **Addictions supports included:**

- ❖ Mobile addictions services (for relapse, medical withdrawal, suboxone & methadone)
- ❖ Support for men sobering up and taking charge of their children
- ❖ Treatment and aftercare
- ❖ Wellbriety

❖ **Healthcare supports**

❖ **Technology supports included:**

- ❖ Better wifi/broadband
- ❖ Help with learning how to set up and use virtual platforms
- ❖ Tablets/laptops/phones etc. so everyone has access to virtual services

❖ **Child & Youth supports included:**

- ❖ Mental health supports
- ❖ Childcare/childcare workers
- ❖ Crisis line and services for Indigenous children & youth



Providers were asked to share what wellness supports they needed within their organizations:

❖ Cultural Supports (18) included:

- ❖ Access to Elders
- ❖ Ceremonies, Pow Wows, cultural events
- ❖ Traditional healer
- ❖ Traditional counselling
- ❖ Traditional medicines
- ❖ Traditional wellness supports
- ❖ Land based activities
- ❖ Learning and sharing circles
- ❖ Opportunities to share, peer support, learn from other Anishnawbe

❖ Mental Health & Wellness Supports (18) included:

- ❖ Counselling
- ❖ One-on-one & group (formal and informal) debriefing supports
- ❖ Self care supports, packages and reminders
- ❖ Wellness days off - Time for self-care
- ❖ Professional development days
- ❖ Opportunities for staff to exchange ideas
- ❖ Separate management that could help with mental health days/moments
- ❖ Mental health check-ins
- ❖ Feather Carriers
- ❖ Learn ways to cope with loss and an overwhelming workload

❖ Organization/Team Supports (8) included:

- ❖ Team building activities
- ❖ Improved collaboration
- ❖ Ability to work from home
- ❖ Social connection with team
- ❖ Trusting your team/organization has your back

❖ Technology Supports included:

- ❖ Better Wi-Fi/broadband
- ❖ Better laptop

❖ Additional Resource Supports Included:

- ❖ More staff
- ❖ Training/education
- ❖ Incentives
- ❖ Budget/resources to take create take-home activities
- ❖ More programming

❖ Other Supports Mentioned Included:

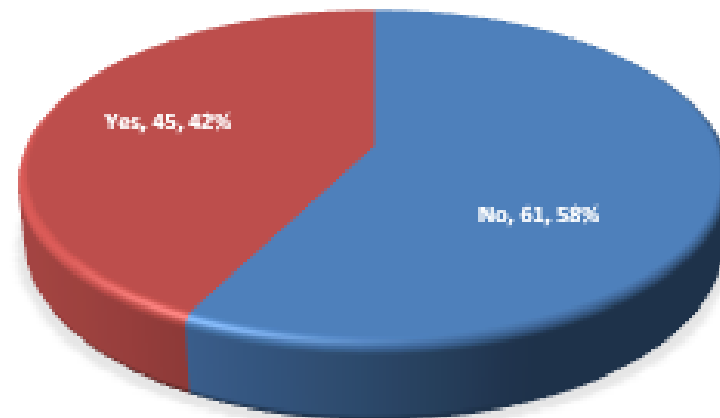
- ❖ Good program planning
- ❖ Youth supports
- ❖ Physical activity (yoga over zoom?)
- ❖ List of organizations and supports that could benefit the community
- ❖ Connecting more with our sister communities
 - ❖ Cross agency unity
 - ❖ Have a platform to advocate for the populations we work with
 - ❖ Implement resource sharing to reduce burnout
- ❖ Larger space
- ❖ Levelled communication for everyone to be knowledgeable to provide safety information
- ❖ Patience, compassion, safety and trust
- ❖ PPE – the best masks available to filter germs
- ❖ Transportation to cultural activities
- ❖ To be an organization that we can refer clients to, possibly call in to do workshops for our staff and students

Follow-up Questions

COMMUNITY ENGAGEMENT SURVEY

IS THERE ANYTHING ELSE THAT YOU FEEL WE SHOULD HAVE ASKED ABOUT TODAY TO HELP US PROTECT AND PROMOTE LIFE GOING FORWARD IN OUR REGION?

WAS THERE ANYTHING ELSE THAT WE SHOULD HAVE INCLUDED IN THE SURVEY?
106 RESPONSES



The ideas that were shared were quite varied and will be explored during future planning. They included:

- ❖ There needs to be more cultural education available online
- ❖ Asking what family connections someone has or doesn't have is important, knowing what kind of support someone has/ doesn't have is crucial to know who is filling out this survey.
- ❖ Food security – do you practice gardening? Learning more about growing our own foods
- ❖ I'd really like to see healthy eating being promoted! With diabetes being a huge impact on our reserve I'd like to see services being offered to educate for elders the proper eating habits plus having a community member to serve the proper healthy food
- ❖ Just wondering if youth received different questions – social life impacts, academic impacts, etc.
- ❖ Technology, I find is now the most difficult struggle we face, as our generation is adapting to ongoing changes in technology, our children will rely on this for everything in the future. With majority of our communities cannot even get internet, let alone costly devices. I know that our community has put in place assistance, however it did not meet the needs of everyone.



Do you have any suggestions of activities, teachings or topics to be included in a life-promotion training within our region?

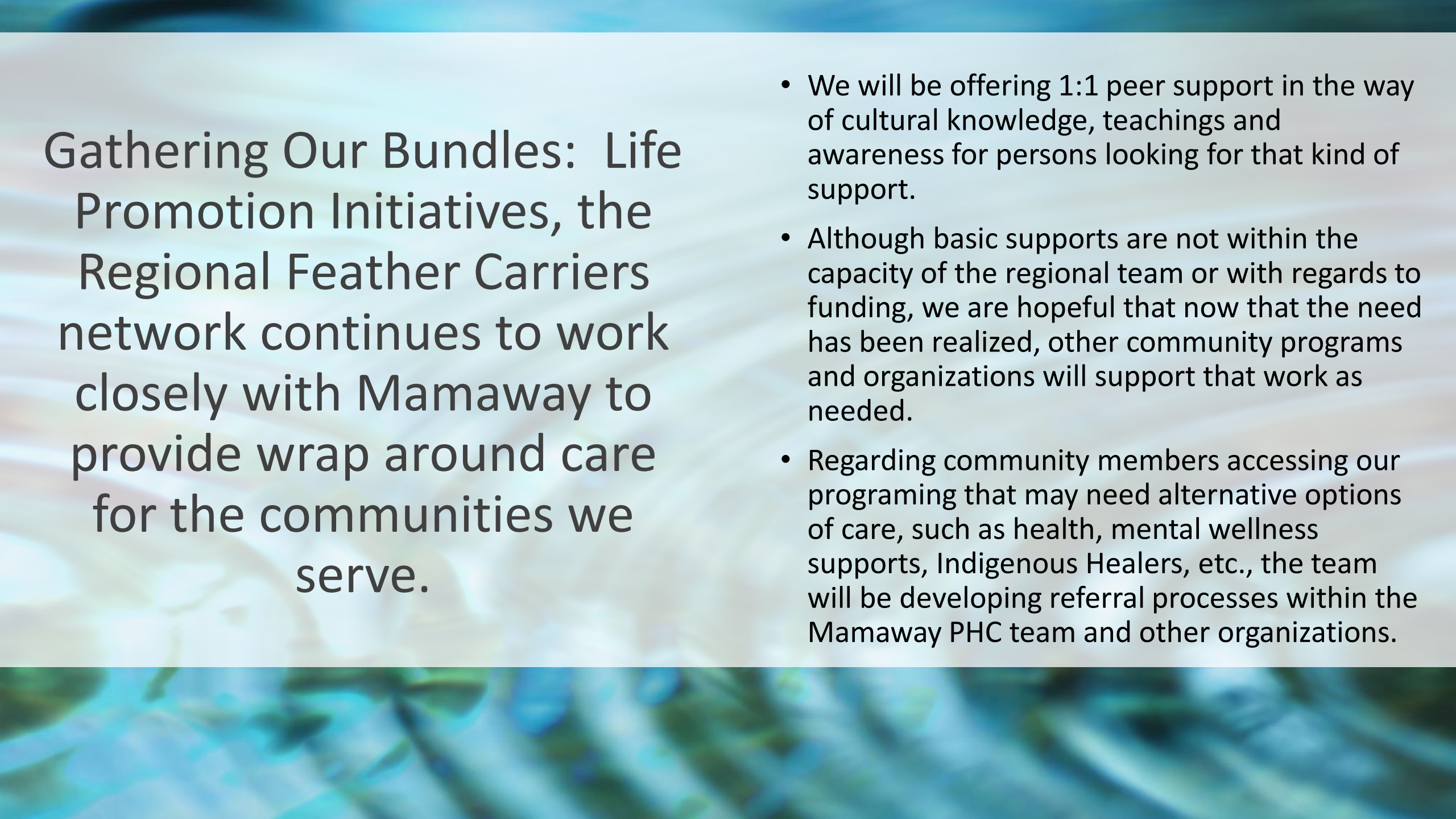
How we have responded...

COMMUNITY ENGAGEMENT SURVEY

Introducing:

Gathering Our Bundles Life Promotion Initiatives





Gathering Our Bundles: Life Promotion Initiatives, the Regional Feather Carriers network continues to work closely with Mamaway to provide wrap around care for the communities we serve.

- We will be offering 1:1 peer support in the way of cultural knowledge, teachings and awareness for persons looking for that kind of support.
- Although basic supports are not within the capacity of the regional team or with regards to funding, we are hopeful that now that the need has been realized, other community programs and organizations will support that work as needed.
- Regarding community members accessing our programming that may need alternative options of care, such as health, mental wellness supports, Indigenous Healers, etc., the team will be developing referral processes within the Mamaway PHC team and other organizations.

Over the course
of the winter
months, the
following online
cultural
programs and
workshops have
been offered:

Bundle Workshops

Miikaans Teaching Workshops

Feather Carriers Cohorts 9 & 10 have started

Eagle Staff Feast

Feather case workshops

Youth Inspiring Messages of Hope Videos

What we have planned for the coming year...

Gathering our Bundles (8-week program) 2 cohorts per quarter

- Building our Bundles Teachings
- Equine Therapy
- Land-based Teachings
- 7 Grandfather Teachings
- Miikaans Teaching Workshops

Community Workshops (Family/Individual/Youth)

- Traditional Ceremony Teachings
- Feather Cases
- Bundle Blankets
- Miikaans Teachings
- Drum Bags
- Regalia

Quarterly Socials

- Land-based Activities
- Program Graduations

Feather Carriers

- Cohort 9 and 10
- Completing Cohort 8
- Completion of 2 Ozhiitaajig Trainings

Questions?

