



Indigenous Health in Indigenous Hands
Anishinaabe Mino-Biimaadzawin Anishinaabe
Naagawendizan miinwaa Naaghdawendaagzig



Ojibwe Moons

Information provided by Thirteen Moons Curriculum
Ontario Native Literacy Coalition (2010).PDF

Mnido Giizis | Spirit Moon | January

The first moon of Creation is Spirit Moon. It is manifested through the northern lights. It is a time to honour the silence and realize our place within all of Great Mystery's creatures.

Mkwa Giizis | Bear Moon | February

The second moon of Creation is Bear Moon, when we honour the vision quest that began in the fall. During this time, we discover how to see beyond reality and to communicate through energy rather than sound. This moon also gives us a special teaching about the birth of bear cubs. In February, there is one morning when there is a heavy fog in the air and the traditional person knows that this is happening.

Ziissbaakdoke | Giizis Sugar Moon | March

The third moon of Creation is Sugar Moon, as the maple sap begins to run, we learn of one of the main medicines given to the anishnaabe which balances our blood and heals us. During this time, we are encouraged to balance our lives as we would our blood sugar levels. This moon also teaches us the time of year when the sap is running for maple sugar harvest. This is celebrated as the Anishinaabe new year.

Namebine Giizis | Sucker Moon | April

The fourth moon of Creation is Sucker Moon, when sucker goes to the Spirit World in order to receive cleansing techniques for this world. When it returns to this realm, it purifies a path for the Spirits and cleanses all our water beings. During this time we can learn to become healed healers. Another teaching is that the sucker gave up his life for the Ojibwe in the month of February. The previous month, January, is the hardest time of year to get food because of the scarceness of game. In February it is easier to net these fish and it is believed that the sucker is giving his life for the Anishinaabe.

Waawaaskone Giizis | Flower Moon | May

The fifth moon of Creation is Flower Moon, where all plants display their Spirit sides for all the world to see. This life giving energy is one of the most powerful healing medicines on Mother Earth. During this moon we are encouraged to explore our Spiritual essences.

Ode'miin Giizis | Strawberry Moon | June

The sixth moon of Creation is Strawberry Moon. The medicine of the strawberry is reconciliation. It was during this moon cycle that communities usually held their annual feasts, welcoming everyone home, regardless of their differences over the past year, letting go of judgment and/or self righteousness. The strawberry is the first berry to ripen it is thought to be a good medicine for the heart and the teeth.

Mskomini Giizis | Raspberry Moon | July

The seventh moon of Creation is Raspberry Moon, when great changes begin. By learning gentleness and kindness, we may pass through the thorns of its brush and harvest its fruit, as we gain knowledge that will help in raising our families.

Datkaagmin | Blackberry or Thimbleberry Moon

The eighth moon of Creation is Thimbleberry Moon (Blackberry Moon), when we honour the blackberry which produces an abundance of fruit once every three years. It was one of the first plants put on Mother Earth, and its purpose is to protect the Sacred Circle of life by allowing us to recognize and understand the teachings that come from the Spirit World. *The eighth moon can fall in either July or August, depending on the year.*

Mdaamiin Giizis | Corn Moon | August

The ninth moon of Creation is the Corn Moon, during which time we learn about the cycle of life. Each cob of corn has thirteen rows of multicoloured seeds which represent all the spirits waiting to begin their Earth Walk. These will be the future generations for whom we must prepare.

Biinaakwe Giizis | Falling Leaves | September

The tenth moon of Creation is the Falling Leaves Moon, a time when Mother Earth is honoured with the grandest of colours. As all of Creation makes their offerings to her, we become aware of all the miracles of Creation before us and our spiritual energies are once again awakened.

Mshkawji Giizis | Freezing Moon | October

The eleventh moon of Creation is the Freezing Moon, a time when the Star Nation is closest to us. As every creature being prepares for the coming fasting grounds, we are reminded to prepare ourselves for our spiritual path by learning the sacred teachings and songs that will sustain us.

Mnidoons Giizoonhg | Little Spirit Moon | November

The twelfth moon of Creation is the Little Spirit Moon, a time of healing. By receiving both vision of the spirits and good health, we may walk the Red Road with purest intentions, and we can share this most positive energy with our families and friends for the good of all.

Mnidoons Giizis | Blue or Big Spirit Moon | December

The thirteenth moon of Creation is Blue Moon or Big Spirit Moon. Its purpose is to purify us, and to heal all of Creation, a process which may take a three month long spiritual journey. During this time, we receive instructions on the healing powers of the universe and transform into our own vision of the truth.

**Curriculum information used monthly during Noojmowin Teg staff meetings.*

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Message from the Board Chair



**Linda Debassige
Ogimaa Kwe (Chief)**

As the Chair for *Noojmowin Teg Health Centre (NTHC)* and on behalf of the Members of the Board of Directors, I am respectfully reporting on the 2021-2022 NTHC operations, finances, and programs and services. NTHC is in its 25th year of operation as a local and culturally relevant primary health care organization. In these 25 years, NTHC has grown from a humble beginning of 10 employees and now consist of over 50 employees. Through all the years and changes in board members and staffing, NTHC has consistently received direction and oversight from the local First Nation leadership. As such, while the priorities have changed over the 25 years, health care priorities and strategic direction has been informed by local First Nation partners with the goal to improve health outcomes of Indigenous peoples living in our service area.

Growth over the 25 years has been most notable in the expansion of Primary Care services to now include Family Doctors, Nurse Practitioners, Nurses, Diabetes Wellness Team, Mental Health and Addiction Counsellors, Health and Wellness programs, all rooted within Anishinabek ways of knowing and being. Services and programs of NTHC now include Sexual Domestic Violence Services, Mobile Mental Health and Addiction Clinic and federally funded programs such as Indian Day School Survivor program with an alignment with Mental Health services.

Last year, in consultation with our partners, NTHC developed a 5-year Strategic Plan and the Board of Directors have the responsibility to ensure the implementation of this plan. The Strategic Plan is the backbone from which aligns the Board and Staff Workplans and any other planning and objective setting through the year. The 2021-2026 Strategic

Plan is based upon Anishinabek teachings and values and we are proud of the work that has already been accomplished to meet the priorities identified in the Plan.

Most of the organizational priorities this past year focused on supporting COVID-19 activities such as vaccination clinics, testing and volunteers for other social based programs. However, two years into this pandemic has provided NTHC with the clear ability to adapt and adjust to the modified health care environment to a virtual world that includes social distancing, air quality, self-screening and Personal Protective Equipment (PPE). NTHC has been an ally with our First Nations in supporting pandemic efforts and will continue to support communities in pandemic recovery efforts.

During this past year, discussions about Ontario Health Teams have resurfaced and NTHC has been engaging in discussions that frame *“Indigenous Health in Indigenous Hands”* with First Nation leadership. Work continues with health care partners in such discussions and ensuring that Indigenous peoples health care priorities and needs will be represented at all levels of OHT discussions and planning tables.

The 2021-2026 strategic priorities the Board continues to support include to:

- Support and advocate for First Nation communities in addressing their community based priorities such as mental health and addictions, diabetes care and pandemic recovery efforts.
- Continue to strengthen the traditional and cultural foundation of NTHC by increasing the advisory role of Eniigaaniijik Traditional Advisory Committee.

- Oversee the growth and depth of NTHC services so that it is sustainable, equitable and barrier free
- Enhance our work around wholistic health care to balance Western and Indigenous knowledge and practices that is directed by community members.
- Apply a community development/family-centred approach to our work with community members.

Below are some key activities this past year that highlight the important accomplishments of the NTHC Board of Directors:

- Filled both Off-Reserve Board Representative vacancies.
- Reviewed and approved implementation of Mobile Mental Health & Addictions Clinic to service all persons living on Manitoulin Island.
- Monthly Financial and Operational updates and approvals.
- Coordinating By-law review to meet the Ontario Not-for-Profit Corporations Act (ONCA) ahead of the 3 year deadline.
- 100% Quorum at monthly NTHC Board of Director meetings.
- Review of monthly NTHC Executive Director's and Director of Operations reports.

The NTHC Board of Directors are also proud of the staff's high standards of care and nimbleness demonstrated in their work duties as the COVID-19 continued to impact our First Nation communities. Their dedication and support of the communities has been commendable and it is with pride that we acknowledge their efforts. NTHC Board of Directors are proud of the Staff and in their ability to adapt services to meet the health care needs of community members during this pandemic.

We trust the NTHC Board reporting and the following information provides a comprehensive accounting of the Organization's activities for 2021-2022.

Chi-Miigwetch,

**Chief Linda Debassige
Board Chair
Noojmowin Teg Health Centre**



Message from the Executive Director

Danielle Wilson
Executive Director



When **Noojmowin Teg Health Centre (NTHC)** first opened their doors in 1996, from a pop-culture standpoint Princess Diana was divorcing Prince Charles, Mike Tyson bit Evander Holyfield's ear, OJ Simpson was found guilty, Donovan Bailey won gold at the Atlanta Olympics in 100 metre sprint, and El Nino was cause for many climate issues. On the political front, Mike Harries was Premier and to be later succeeded by Dalton McGuinty, and provincially the Member of Parliament was Brent St. Denis, Liberal party member. Locally, the population on Manitoulin Island estimated at 11,413, So much has grown and changed since then and this includes the growth at NTHC. In our 25th year of providing services, it comes also during a time of significant change where upon the COVID -19 pandemic has caused a dramatic change in so many aspects of our daily lives, including health care services.

Going back to 1996, NTHC was created as a direct result of a joint application submitted by Wikwemikong and the United Chiefs and Councils of Manitoulin (formerly) to create a holistic health care service that honors and values Indigenous ways of knowing and being. While not the words used back in the day, this was the beginning of **'Indigenous Health in Indigenous Hands'** by putting health care under the governance and direction of Indigenous leaders. During the course of the years of continued expansion of health care services, NTHC has always been committed to improving health outcomes of Indigenous clients using a holistic approach to health care.

This past year has also been a year of changes because of the continued impacts of the COVID-19 pandemic. NTHC

has adjusted and readjusted to the changing health care landscape that shifted on a monthly basis. Staff of **Noojmowin Teg Health Centre** stepped into the health care gaps as a result of the pandemic and assisted to provide a continuity of care for Indigenous clients. So while it was recommended to remain physically distanced from others, this pandemic demonstrated a commitment by all to work collaboratively and cohesively to protect the health and wellness of community members. There is much to be proud of for the collaboration between our health care partners to meet the health care needs of community members.

This highlights the importance of promoting and working towards **'Indigenous Health in Indigenous Hands'** and ensures that NTHC services are accountable and responsive to the priorities of Indigenous communities and clients. Knowing that mental health and addictions is a priority of the First Nation communities on Manitoulin Island, NTHC was successful in being one of five pilot sites in Ontario for a Mobile Mental Health and Addictions Clinic. This service comes at a time of increasing rates of opioid related overdoses and deaths and in response to improving access to Mental Health and Addiction services for Island residents. And more importantly, the services will be culturally appropriate and responsive to the needs of all communities of Manitoulin Island.

Also, in response to the increase demands for Mental Health Services, **Noojmowin Teg Health Centre** has realigned referral pathways for clients seeking mental health services from NTHC providers. This new process streamlines clients to the most appropriate provider and

their appointment with the most appropriate provider. Therefore, NTHC is not just expanding our services, but working to become more efficient and effective for our clients seeking mental health services.

This pandemic has also highlighted that accessibility to wholesome and affordable foods are an important factor in maintaining health and wellness of individuals and families. Through the work of the Health and Wellness Team and with a focus of 'Food as Medicine', there has been a concerted effort to improve access to Indigenous foods such as fish, game meats, wild rice, and locally grown and harvested foods. This initiative is also being expanded to include accessible Indigenous foods within the local hospitals – we have been planning with the hospital Dietitian to be able to offer Indigenous based meals to Indigenous patients at community hospitals on Manitoulin Island. Thereby, offering 'Food as Medicine' to patients that are in a hospital setting, a culturally responsive and wholistic service that is in partnership with the Manitoulin Health Centre.

We are proud to report that the **Sexual and Domestic Violence Services (SDVS) - Ka Naad Maa Go** clinic has been in operation for over one year now for Manitoulin Island residents. After many years of advocacy for the service to be located on Manitoulin Island, the SDVS Clinical Nursing Team has assisted over 30 clients since opening the doors. These valued services provides Nursing, Forensics, Counselling and Cultural Support Services to survivors of sexual assault and domestic violence. In the coming year, the SDVS plan to expand services to include pediatric populations.

Also new to the complement of services provided by NTHC included offering residents of Manitoulin Island access to COVID testing. Supported by Ontario Health, NTHC received and implemented a Rapid ID testing instrument for clients needing a COVID-19 test. The Primary Care staff took on this role in addition to their current work with clients, knowing that the pandemic has placed undue hardships upon First Nation communities. As well, the Primary Care staff in partnership with **Mnaamodzawin Health Services and Public Health Sudbury & Districts** assisted with the administration of over 1,482 COVID vaccines for First Nation clients in the past 14 months. (As of June 14, 2022). The pandemic, while for most of last year was not

a large concern for First Nation communities, became an increasing concern with the higher transmissible variant. So, NTHC was and continues to be an ally in health prevention and promotion services related to COVID-19.

Much like previous years, the COVID-19 pandemic impacted the Organization's ability to host group gatherings and events. This restriction prevented many staff from being able to provide in-person events, therefore, the team shifted to providing programming/ services online, including Cultural Healing and Support services. While this is not the ideal format for providing health care and health promotion services, Noojmowin Teg anticipates an increase of in-person appointments and events this coming year.

Meanwhile, many of the Administration staff such as those responsible for data reporting, finances, human resources, IT support, communications/marketing, janitorial services and administrative assistants are the unsung heroes of this past year. Their ability to shift and adjust to the continuously changing work environment along with their dedication to their roles and duties, NTHC remained open to provide care for clients. The NTHC administration team is the backbone of the Organization that supports the frontline staff to be able to provide wholistic care for clients without missing a step.

Almost two years into the role as Executive Director, I have been honoured to work with such dedicated and highly skilled staff. Their commitment to providing high quality care for clients during a pandemic is commendable and admirable. The full complement of staff at **Noojmowin Teg Health Centre** are such honourable people, and I am truly blessed to work with every one of the staff members. I look forward to the coming year and the opportunity to finally gather in person again.

Thank you/Miigwech/Kleco!

Danielle Wilson
Executive Director
Noojmowin Teg Health Centre

Our Vision

Mino-bimaadziwin (Good Life) leads our wholistic health care services to braid health and wellness across Mnidoo-Mnising and surrounding area.

Our Mission

To support and nourish Mino-bimaadziwin (Good Life), led by our Anishnabek healing practices, by braiding our wholistic health care services together within our organization and with our partners and community-based programs/services.



**Noojmowin Teg
Health Centre**
A place of healing

Our Service Philosophy

Noojmowin Teg Health Centre's philosophy is based on what was before us, looking back is what helps guide our future. **Noojmowin Teg Health Centre** recognizes the four directions, the four seasons, and four quadrants of the medicine wheel, and the four strands of Wiingash (Sweetgrass), as demonstrated in the Medicine Wheel.

We respect the importance of braiding Wiingash (Sweetgrass) in the delivery of programs and services as well as in the gathering and application of resources and operations. Our priorities encompass improvements to the mental, emotional, spiritual, and physical well-being of our First Nations by strengthening the traditional health care system through a partnership between Traditional Healing approaches and the Western medical systems.



Inner medicine wheel model created by Indigenous Primary Health Care Council <https://www.iphcc.ca/membership/membership-advantage/>
Sweetgrass and four seasons created by Johnston Research Inc.



Board of Directors

- Ogimaa Kwe Linda Debassige, Board Chair
M'Chigeeng First Nation Representative
- Ogimaa Kwe Patsy Corbiere, Alternate Chair
United Chiefs & Councils of Mnídoo Mnising Representative
- Margaret Manitowabi, Secretary
Wiikwemkoong Unceded Territory Representative
- Richard Lathwell, Treasurer
Off-Reserve Representative
- Terry Beaudry, Director
Wiikwemkoong Unceded Territory Representative
- Jasmine Recollet, Director
Wiikwemkoong Unceded Territory Representative
- Ogimaa Andrew Aguonie, Director
Mnaamodzawin Health Services Representative
- Melanie Francis, Director
Off-Reserve Representative



Communities Served

- Aundeck Omni Kaning First Nation
- M'Chigeeng First Nation
- Sheguiandah First Nation
- Sheshegwaning First Nation
- Whitefish River First Nation
- Wiikwemkoong Unceded Territory
- Zhiibaahaasing First Nation
- Off-Reserve Indigenous Population living in the District of Manitoulin, Espanola and surrounding area



Committees

Client Advisory Committee (CAC)

This past year, *Noojmowin Teg Health Centre (NTHC)* recently formed the *Client Advisory Committee (CAC)*. An Expression of Interest was distributed and the *Eniigaaniijik Traditional Advisory Committee (TAC)* was a key partner in recruiting individuals to be members of CAC. This committee has representation across the lifespan of peoples with different lived experiences such as Elder, Men, Women, Youth and LGBT2SQ+ individuals.

To date, there have been two meetings of the CAC with one being the inaugural meeting in January, 2022. Since the first meeting, the CAC were given

the opportunity to have a virtual tour of the Mobile Health & Addictions Clinic and provide input as potential clients. Recommendations provided by CAC included aspects of safety, lighting and accessibility. Their input was important to ensuring future clients have safe and appropriate experiences while accessing services from this Mobile Wellness clinic.

This committee will be important in ensuring NTHC services are informed by our clients and responsive to the needs and priorities of the clients we serve.

Eniigaaniijik Traditional Advisory Committee (TAC)

This committee meets monthly and membership is from all seven (7) First Nation communities of Mnídoo Mnising. The role of Chairperson for each meeting is rotated among the membership and there has been core attendance of key members in these meetings.

This past year, the TAC reviewed and updated their Terms of Reference. The notable difference was clarification of Terms of Appointment to this committee and included Off-reserve Indigenous representation. The NTHC Board representative of the TAC also provides a monthly update to the Board of Directors of activities and recommendations of the TAC.

The TAC was also instrumental this past year in assisting in new staff orientation that included a meeting with our Traditional Healing team within the first week of hire. This committee also approved the monthly Moon Teachings that start

all staff meetings. All of which supports the 2021-2026 Strategic Plan of integrating Anishinabek knowledge, culture and ways into our daily work.

Currently, the TAC is working to 'building a bridge' to support the growth and mentorship of new and emerging Traditional Healers, Knowledge Keepers and Firekeepers. The intention is to support younger people to be successful in traditional healing roles. Therefore, two Firekeepers of NTHC will be supported and guided by the TAC with the hopes that they will become Knowledge Keeper or Healers for other and future generations.

The TAC has been a teacher and guiding NTHC in integrating Anishinabek traditional ways into services. We look forward to another year of their leadership, wisdom and guidance.

Primary & Clinical Care

The Primary & Clinical Care team is comprised of **Physicians, Nurse Practitioners, Nurses, Dietitians, Traditional Knowledge Keepers, Cultural Support Service Providers, Program Manager and Medical Administrative Assistants**. Outreach and on-site Primary & Clinical Care Services are delivered in seven (7) First Nations Communities within the **District of Manitoulin** as well with the **Espanola Family Health Team**, and the **Noojmoowin Teg Health Centre** main office to support on and off reserve populations. The team functions in an interdisciplinary and collaborative approach, **providing a wide range of care across the lifespan**, inclusive of health promotion, disease and injury prevention, wellness, episodic, acute care and chronic disease management, holistically, incorporating physical, psychosocial-emotional and spiritual realms.

Highlights of 2021-2022:

This year we welcomed new nursing staff to our program – Maggie Eadie, Registered Practical Nurse, ID Now COVID testing unit, Heather Turner, Primary Care/Vaccination Nurse. Vanessa Brandow, team lead for the new **Mobile Wellness** clinic. We have also expanded our administration team to include Danielle Bourgault, Medical Administrative Assistant and Amanda McDougall, Medical Administrative Assistant who will support our Nurse Practitioner and Physician team with OTN bookings and intakes for new patients.

The Primary Care team was involved with multiple COVID-19 committees to allow collaboration and planning for Manitoulin Island. These meetings involved community discussion on vaccine roll out, pediatric vaccine roll out, ID now swabbing and the potential opening of a field hospital for surge capacity. Currently, the staff are working in collaboration with the Island hospitals to work on a process to deliver Paxlovid and Remdesivir to COVID positive clients who are symptomatic and considered a higher risk for hospitalization.

Nogdawen Dissun Diabetes Wellness Team

The Diabetes Wellness Team (DWT) provides education and resources to support those living with diabetes. The team focuses on empowering clients in their self-management journey.

This year the team welcomed Sara Duchene-Milne, Registered Dietitian. Crystal Morra, Registered Dietitian successfully completed Certified Diabetes Educator. Kendra Recollet, Registered Nurse successfully completed the Advanced Nursing Footcare Program. The team also established a triaging system to address issues relating to lengthy wait times. The DWT hosted the first ever virtual Diabetes Wellness Conference (November 2-4, 2021) in collaboration with the **Manitoulin Diabetes Health Network**.

The DWT team is part of the **Manitoulin Diabetes Health Network**. The network consists of care providers from across Manitoulin Island working in diabetes who come together quarterly to share resources and experience.

Sexual & Domestic Violence Services (SDVS) - Ka Naad Maa Go

Sexual & Domestic Violence Services (SDVS) - Ka Naad Maa Go provides wrap around confidential care **to all individuals** age 12 & up who have experienced sexual and or domestic violence at any time in their lives. The program provides the following services:

- Forensic Evidence Collection
- Nursing Assessment/Intervention
- Counselling Services
- Anishinabek Cultural Support Services

January 21, 2022 marked the one-year anniversary of the nursing medical and forensic component of the SDVS program. A media awareness campaign is in development to continue to spread the word in the communities regarding the services. Program highlights in 2021-2022 consist of:

- Two (2) Program Nurses have completed the *International Association of Forensic Nurses (IAFN)* Sane Adolescent & Adult online training and will be sitting for the certification exam.
- SDVS is excited to initiate consultations with Dr. Chantal Corbeil to explore adolescent care models and future initiatives that the SDVS can endorse/develop and support to improve services for children and families involved in concerns of child maltreatment.
- Dr. C. Corbeil will also be sharing her expertise in the field of Pediatric Medical Care and specifically child maltreatment by offering several speaker sessions which will be open to our community partners to participate in.
- Cultural Support Services are available to clients in an effort to provide a safe wholistic space, that will nurture and tend to a person's individual spiritual wounds. The following virtual/in-person programming took place:
 - Womb Blessing & Cleansing (I. Meawasige),
 - One-day workshop: Intergenerational Trauma, Grief & Loss (Dr. Marsh & Elder J. Ozawagosh).
 - Cultivating Unconditional Self Love & Self Worth (S. Pheasant)
 - International Women's Day
 - National Day of Awareness & Action for Missing & Murdered Indigenous Women, Girls & 2 Spirited People.

Changes/Adjustments due to COVID-19

Vaccine Clinics

Noojmoowin Teg Health Centre has partnered with Mnaamodzawin Health Services, Mindemoya Family Health Team, Espanola Family Health Team and community health centres to run vaccine clinics across the district of Manitoulin.

ID NOW

NTHC began **ID NOW Rapid Antigen Testing** the week of April 19, 2021. Testing is offered weekly, and adjusted to meet the demand of community, occasionally going off-site as needed.

Rostering Clients

Primary Care Nurse Practitioners and Physicians are working on the new intake process as we move towards the rostering of NTHC patients. Communication has been developed and distributed offering clients a choice of their Primary Care provider.



Mental Health & Addictions

The **Mental Health & Addictions (MH&A)** program helps to support and promote the overall wholistic well-being of Anishnabek individuals and families who are seeking support for mental health and addictions concerns.

Highlights of 2021-2022:

- The **Sexual & Domestic Violence Services (SDVS) - Ka Naad Maa Go Counsellor/Navigator** held monthly Wellness Wednesday workshops open to all community members including Yoga, Dialectical Behavior Therapy (DBT) skills, Trauma and the Legal System, and Moccasin Making
- A **Self-Care Workshop Series** was held by our Espanola Mental Health & Addiction Counsellor in the Fall consisting of topics such as mindfulness, meditation, gentle yoga, and living by the seasons
- An **Art for Healing Workshop Series** occurred throughout the fiscal year, providing a safe atmosphere for participants to express themselves artistically, practice self-care, promote wholistic health, and share in cultural teachings
- The **Elders Social Call** program took place bi-weekly over the year for older adults living in the Noojmowin Teg catchment area and highlighted various health-related topics
- A **Truth & Reconciliation Video Project**, "From History to Hope: Exploring Truth and Reconciliation" was filmed and completed in March 2022.
- Completion of the **Manoomin (Wild Rice) Video Series**. Videos can be viewed on the NTHC YouTube page.
- Numerous collaborative workshops took place over the course of the year including: Beaded Ornament Workshop, Cookie in a Jar, Seven Grandfather Teaching and Paint Program, Art of Self Reflection Sketchbook Series
- Weekly workshop series was held in June in celebration of **Anishinaabe Giizhigad / Indigenous Peoples Day**. Four virtual workshops were hosted: Guided Meditation with Isabelle Meawasige, Giizhig (Cedar) Teachings, Anishinaabemowin A-Z Medicine Words and Protocols, and Traditional and Western Medicines with Esstin McLeod and Jim Roszell.
- Community wide activities to recognize the first **National Day of Truth and Reconciliation** occurred in September 2021.

The Mental Health & Addictions program is comprised of the following staff:

- Mental Health & Addictions Counsellor (Espanola)**
- Community Addictions Support Worker (2)**
- Psychologists (2)**
- Sexual Domestic Violence Services (SDVS) Counsellor/Navigator**
- Geriatric Social Worker**
- Intensive Treatment Child and Youth Counsellor**
- Mental Health and Addictions System Navigator**
- Missing and Murdered Indigenous Women and Girls (MMIWG) Cultural Support Worker**
- Indian Residential School (IRS) Resolution Health Support Worker**
- Anishnabek Services Coordinator**
- Mobile Mental Health Systems Navigator**



Changes/Adjustments due to COVID-19:

Appointments

Staff continued to use a hybrid model of both in person and virtual/telephone technology for client counselling.

New Initiatives:

Mobile Wellness Clinic

Noojmowin Teg Health Centre received funding for a pilot Mobile Mental Health & Addictions clinic that will serve the Manitoulin Island District. The program will be offered to all individuals residing in the Manitoulin Island catchment area and will consist of a multidisciplinary team including a Registered Nurse, Nurse Practitioner, Social Worker, Mental Health System Navigator, and a Peer Support/Cultural Support Worker.



Talk with your Friend Campaign
March 2022

Health & Wellness

The **Health and Wellness** department engages in programs and services that focus on promoting an individual's **healthy lifestyle choices**. The program and services consists of community-based workshops, cultural practices and protocols, activities, and supports. The FASD program also engages in client-based support.

Highlights of 2021-2022:

- **Healthy Living Children and Youth Program** held an annual conference during the month of March 2022; several online contests and activities were hosted throughout the year; funding was received to purchase equipment for a 2-year Badminton program
- **Seniors Food Basket Program** led by the Child Nutrition Coordinator provided food baskets to seniors 55+
- **Aging at Home Van** provides transportation to individuals 55+ to attend medical appointments and shopping.
- **Fetal Alcohol Spectrum Disorders (FASDs)** led training and group sessions in, Neurodiversity and Safety; FASD and Sleep; Mnidoo Mnising Nini group; FASD 101; Circle of Security; Mnidoo Mnising Sharing and Learning for All play session. The AG7 Virtual Conference was held on September 28 & 29, 2021
- **Assisted Living Program** provides increased care for clients 55+ who require additional services to remain in their home.
- **Respite Program** provides relief supports for at-home caregivers.
- **Vaccine Ride Program** for individuals with disabilities who required transportation to vaccine programs.
- **Firekeeper/Harvesters** provides daily fire duties, smudging and assist the Knowledge Keeper/Healer with medicine preparation and distribution. Attended Elders' Gathering in Sault Ste. Marie to provide support and assistance.
- **Knowledge Keeper/Healer** – virtual and in-person appointments are available. Healer on-site two (2) days per week.



Virtual 'Fun in the Snow' Contest Family Entry February 2022



New Initiatives:

Healthy Living Program has moved to a skill specific model: Sports & Recreation; Landbased and Health Promotion.

The **FASD Coordinator** has implemented a new model of support for families, individuals and schools.

Firekeeper/Harvesters will be engaging in increased community programming initiatives.

Community Medicine Garden on the grounds at **Noojmowin Teg Health Centre**

Health Promoter position will include food access programs.

Food as Medicine partnership with the local hospital.

The program is comprised of the following staff:

- **Aging at Home Van Drivers**
- **Child Nutrition Coordinator**
- **FASD Coordinator**
- **Firekeeper/Harvesters (2)**
- **Knowledge Keepers/Healers**
- **Land Based Counsellor**
- **Healthy Living Children's Coordinator**
- **Healthy Living Promoter**
- **Healthy Living Youth Coordinator**

Changes/Adjustments due to COVID-19:

- Due to restrictions at local schools, planned school programming could not be offered.
- Online/virtual program options were offered with a few in-person sessions.
- **Aging at Home Van Transportation** for much of the year was restricted to 1 client per van.
- **Community programming** was reduced and staff were redirected to pandemic related duties.



DISCOVERY DAYS AT THE WOODLAND CENTRE
OUTDOOR SENSORY PLAY ...COME AND EXPLORE!

THURSDAY, JULY 15TH AND TUESDAY, JULY 23TH
9:00AM - 12:00PM

LIMITED SPACES AVAILABLE

TO REGISTER, CONTACT:
kim.stewart@noojmowin-teg.ca

In partnership with the Anishinaabe Mnising Sharing & Learning Centre for All.

OPEN TO EVERYONE

ADDRESS:
The Woodland Centre
8905 Hwy 140
M'Chingwiy First Nation

Ontario logo and other organizational logos.

For more information, visit Noojmowin-teg.ca or call (705) 368-2182



Schedule of Operations

For the year ended March 31, 2022 with comparative figures for 2021.

Noojmowin Teg Health Centre
Schedule of Operations and Net Assets

Schedule 1

For the year ended March 31, 2022 with comparative figures for 2021

	Primary Care Program	Aboriginal FASD and Child Nutrition Program	Intensive Treatment Services Program	Mental Health & Health At Home Programs	Healthy Lifestyles and Diabetes Prevention Programs	Indigenous Services Canada Programs	Diabetes Wellness and Off-loading Devices	Sexual Assault & Domestic Violence Program	Health Sciences North Programs	Other Programs	2022	2021
Revenue												
Deferred contributions, beginning of year	\$ -	2,212	-	-	-	40,803	-	28,612	54,730	321,905	448,262	132,744
Ontario Ministry of Health and Long Term Care	4,155,097	-	100,800	-	307,800	-	374,563	376,700	-	-	5,314,960	5,324,819
Ontario Health North	-	-	-	2,105,659	-	-	-	-	-	-	2,105,659	1,263,995
Other programs	-	-	-	-	-	777,710	-	-	-	1,648,206	1,648,206	570,300
Indigenous Services Canada	-	-	-	-	-	-	-	-	-	-	777,710	422,808
Ministry of Attorney General	-	-	-	-	-	-	-	287,136	-	-	287,136	348,251
Administrative chargebacks	-	-	-	-	-	-	-	-	-	213,368	213,368	134,883
Ontario Ministry of Children, Community and Social Services	-	165,000	-	-	-	-	-	-	-	-	165,000	165,000
Donations and other revenue	-	-	-	-	-	-	-	-	-	8,842	8,842	2,591
Interest	-	-	-	-	-	-	-	-	-	4,357	4,357	4,428
Health Sciences North	-	-	-	-	-	-	-	-	-	-	-	167,723
Ontario Trillium Foundation	-	-	-	-	-	(486,497)	-	-	-	-	-	91,800
Deferred contributions, end of year	-	-	-	-	-	-	-	(30,725)	-	(1,003,487)	(1,520,709)	(448,262)
	4,155,097	167,212	100,800	2,105,659	307,800	332,016	374,563	661,723	54,730	1,193,191	9,452,791	8,181,080
Expenditures												
Salaries, wages and related benefits	2,710,350	117,325	86,969	704,713	182,959	209,145	286,032	459,470	110,708	82,375	4,950,046	5,127,728
Professional and consulting fees	714,909	6,500	-	243,395	18,987	9,071	4,800	28,000	28,000	64,973	1,090,635	1,119,656
Program supplies	21,276	6,528	6,019	93,310	24,973	46,833	1,500	17,533	3,666	306,586	528,224	299,159
Program projects	-	-	-	368,460	18,500	-	-	-	-	21,031	407,991	36,864
Information technology	81,646	2,000	701	62,065	3,500	5,750	1,862	5,001	6,751	46,153	215,429	182,135
Administrative chargebacks	79,500	-	-	50,000	18,280	8,500	13,000	21,603	35,485	213,368	213,368	134,883
Travel	42,834	10,519	3,261	71,114	5,067	15,996	16,571	16,571	3,596	7,592	189,550	135,634
Office and general	92,515	2,251	850	11,091	13,425	5,383	2,501	9,991	450	43,356	181,813	166,822
Automotive	-	-	-	4,331	-	-	-	-	-	167,640	171,971	5,600
Medical supplies and equipment	45,148	-	-	58,527	-	-	48,982	11,494	-	164,151	120,576	120,576
Training and development	56,032	1,031	2,000	12,826	6,000	4,347	7,498	26,694	1,500	33,721	151,649	77,727
Advertising and promotion	34,713	1,000	500	34,556	5,044	5,031	1,889	20,762	133	47,058	150,686	111,503
Occupancy costs	51,871	3,500	-	30,017	4,500	4,500	3,500	6,000	4,000	11,371	119,259	127,655
Program workshops	12,868	12,678	500	4,500	-	4,408	1,499	28,387	70	7,930	72,840	42,073
Association fees and dues	63,138	-	-	1,300	2,000	2,500	500	703	-	-	65,641	68,184
Board expense	48,756	-	-	6,511	2,565	8,052	-	3,000	10,369	21,799	62,767	62,750
Other meetings	11,469	1,880	-	3,650	1,000	-	-	1,015	-	41,913	60,799	49,990
Janitorial	14,000	-	-	-	1,000	-	-	3,500	-	-	60,413	16,688
Insurance	12,000	2,000	-	5,203	1,000	2,500	1,000	1,999	-	-	25,702	25,711
Traditional program	5,900	-	-	-	-	-	-	-	-	-	5,900	11,800
Interest and bank charges	3,977	-	-	250	-	-	-	-	-	-	4,227	2,229
	4,102,902	167,212	100,800	1,765,819	307,800	332,016	374,563	661,723	141,243	938,983	8,893,061	7,925,367
Excess of revenue over expenditures before unreported item												
Funds repayable to funding agencies	52,195	-	-	339,840	-	-	-	-	(86,513)	254,208	559,730	255,713
Excess (deficiency) of revenue over expenditures	(52,195)	-	-	(339,840)	-	-	-	-	(86,513)	(28,465)	(420,500)	(138,203)
Net assets, beginning of year	-	-	-	-	-	-	-	-	-	225,743	139,230	117,510
Net assets, end of year	\$ -	-	-	-	-	-	-	-	(86,513)	290,217	429,447	290,217

2021-2022 Performance Metrics



Total Active Clients by Fiscal Year

Fiscal Year	Total Active Clients
2016/2017	4,082
2017/2018	4,478
2018/2019	5,875
2019/2020	6,581
2020/2021	6,041
2021/2022	7,971

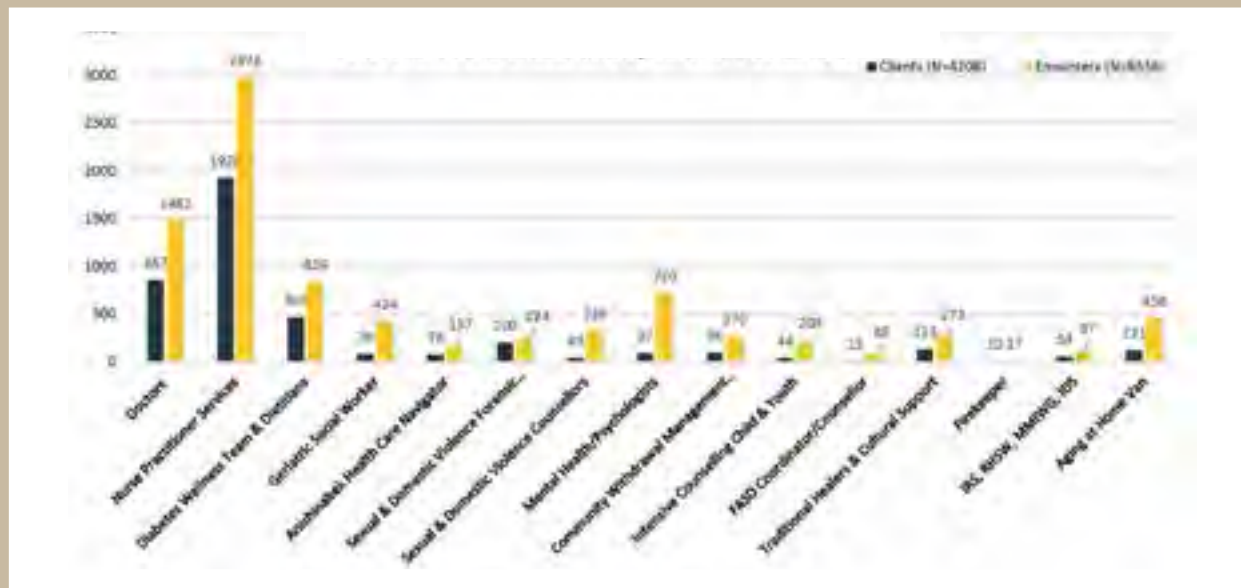
Note:
Noojmowin Teg Health Centre has seen a gradual and consistent increase in Active Clients for that last 5 years, with a total of 7971 Active Clients in 2021-2022.

An Active Client is defined as an individual having received services with at least one of our service providers at Noojmowin Teg Health Centre in the past 3 years.

From 2016-2017 to 2021-2022 Fiscal years, the number of Active Clients that received service(s) from Noojmowin Teg Health Centre has grown at an average rate of approximately 755 Clients annually by 2021-2022.



Total Clients and Encounters by Service Provider 2021-2022

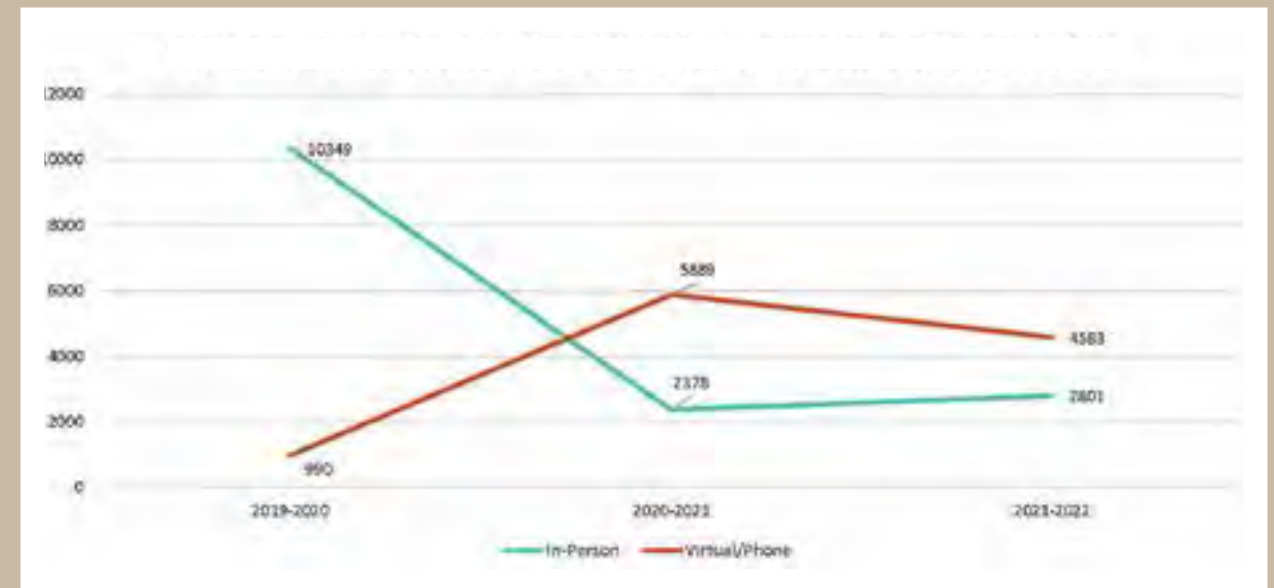


*IRS = Indian Residential School (Cultural Support)
 *RHSW = Resolution Health Support Worker
 *MMIWG = Missing and Murdered Indigenous Women and Girls (Cultural Support)
 *IDS = Indian Day School (Cultural Support)

Note:

This graph demonstrates the total number of Unique Clients and Encounters by each Service Provider Group for the 2021-2022 Fiscal year. Calculated here is the number of Unique Clients each Provider has interacted with, and therefore the total number of Unique Clients is likely inflated if Clients had seen multiple Providers/Provider Groups over the past fiscal year. Due to the ongoing COVID-19 pandemic, **Noojmowin Teg Health Centre** saw a general decrease in service delivery across all programs other than Intensive Counselling Child & Youth, which saw an increase by 72% with 32 new Clients (N=44) and 174 more Encounters, an increase of 83% (N=209) for 2021-2022 compared to 2020-2021 (N=12 Clients, N=35 Encounters).

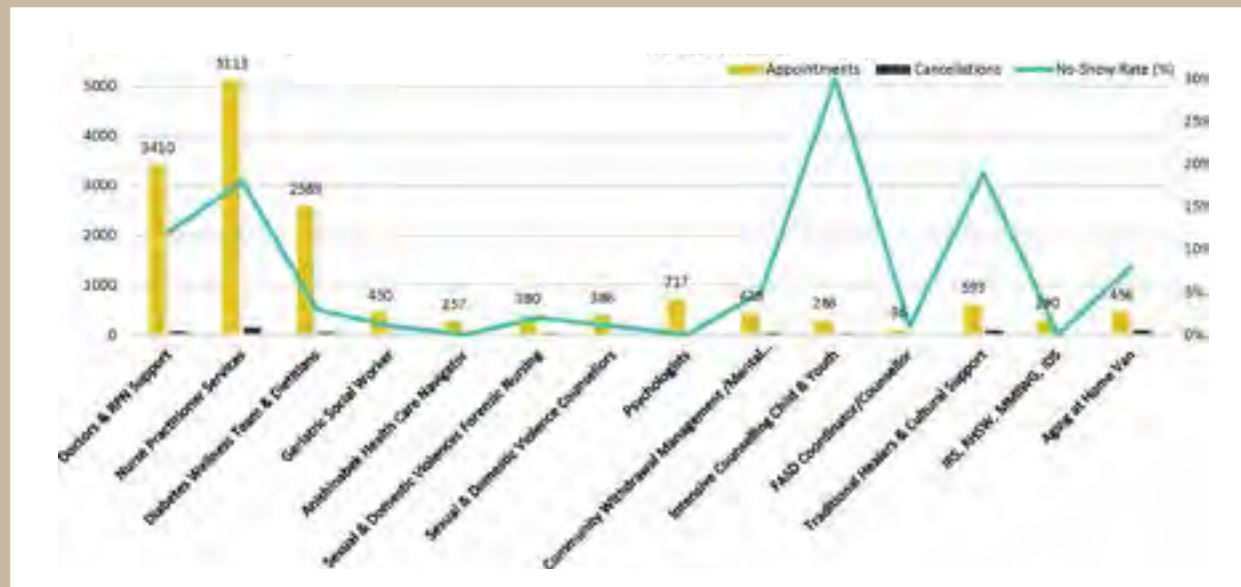
Total Encounters In-Person vs Virtual/Phone by Fiscal Year, 2019-2020 to 2021-2022



Note:

Throughout 2021-2022 **Noojmowin Teg Health Centre** continued to offer Appointments with flexibility. This graph demonstrates the Total number of Encounters completed In-Person and Virtually/by Phone across the last three years, which clearly shows the impact the pandemic has had on our Clients' preferences regarding service delivery and appointment contact types. *The In-Person vs Virtual data was not available for Espanola Nurse Practitioner Services for 3 of 4 quarters last year so this is an estimated breakdown.

Total Appointments, Cancellations and No-Show Rates (%) 2021-2022



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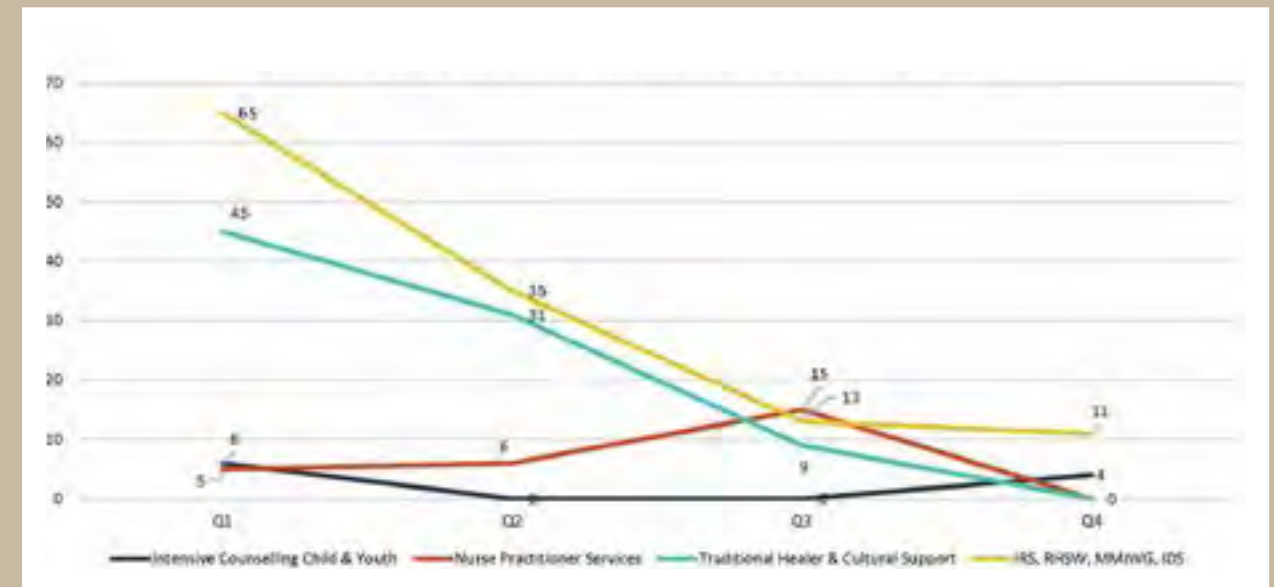
Note:

This graph shows the total number of Appointments completed, Client Cancellations, and Client No-Show Rates (percentage trendline) by Service Providers/Provider Groups for the 2021-2022 fiscal year. The total number of Appointments completed for Clients for 2021-2022 (N=15,451) declined by 38% from 2021-2022 (N=25,033).

The ongoing COVID-19 pandemic has likely strongly impacted these numbers, as this year's total Appointments is also 14% lower than in pre-pandemic times in 2019-2020 (N=18,064). This was likely due to some staff turn over, as well as fewer Clients required COVID testing by our staff as Rapid Self-Test Kits became available for individuals to test themselves at home.

Additionally, 2021-2022 saw 66% fewer Client Cancellations (N=555) compared to pre-pandemic 2019-2020 (N=1,627), however there was a 35% increase in cancellations compared to 2020-2021 (N=361). Generally, Appointments held by Phone or Video versus primarily In-Person seemed to improve Client attendance for their scheduled Appointments over the last two fiscal years.

Total Number of Social Calls by Service Provider by Quarter 2021-2022

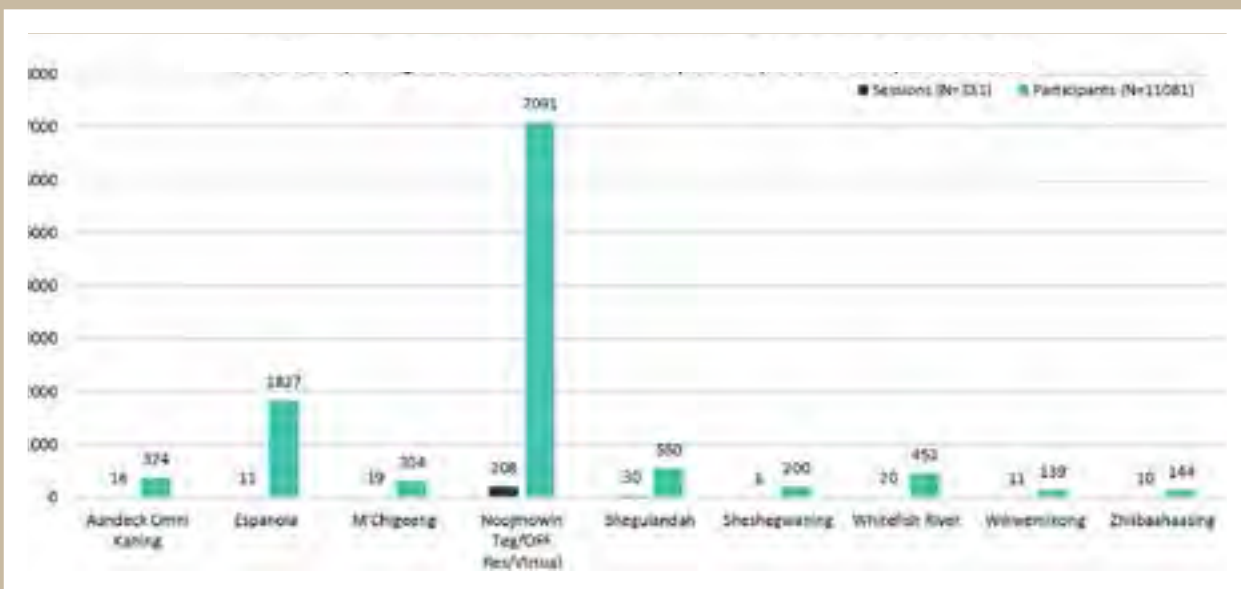


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Note:

This graph demonstrates the total number of Social Calls completed by Quarter by the four **Noojmowin Teg Health Centre** Programs for 2021-2022, the total for **Noojmowin Teg Health Centre** as an organization was N=240 for this fiscal year. The number of Social Calls to Clients in 2021-2022 was 66% lower, a difference of 461 Social Calls, compared to 2020-2021 (N=701), which is reflective of a change in desire for the service by Clients and community members (non-clients) generally across our service area of Manitoulin Island and Espanola.

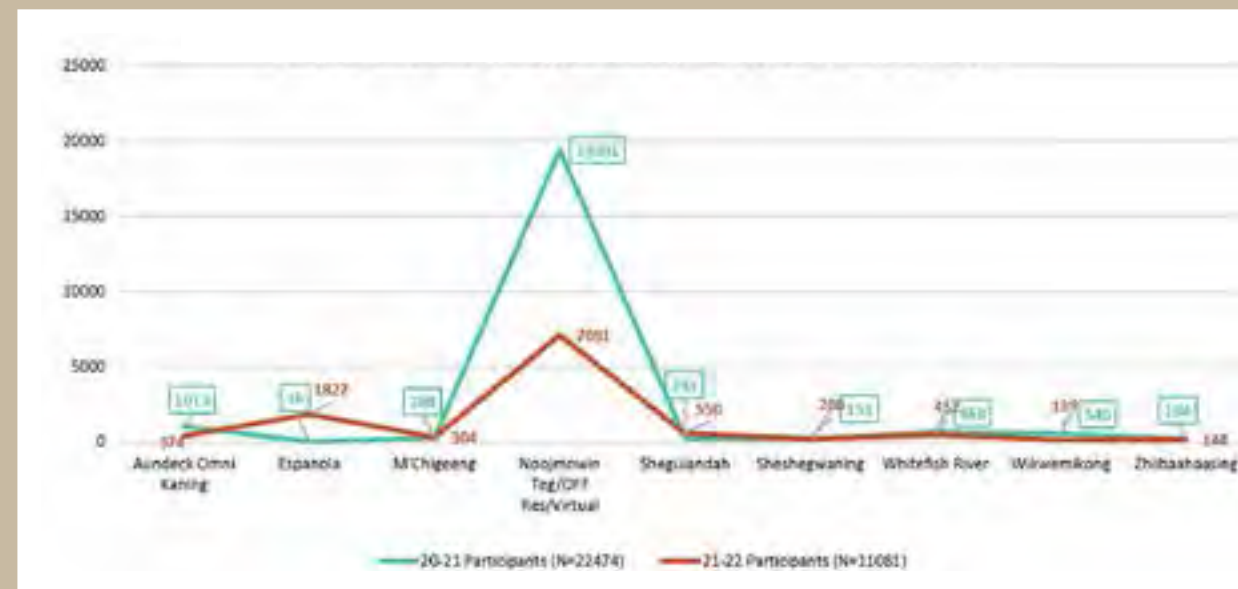
Total Group Program Sessions and Participants by Community 2021-2022



Note:

Shown here is the total number of Personal Development Group Sessions (N=331) and the total number of Participants (N=11,081) by community for the 2021-2022 fiscal year. Due to the ongoing COVID-19 pandemic, and frequent lockdowns and distance mandates, many of our Personal Development Groups had to be cancelled, rescheduled or otherwise could not continue as planned. Many could continue if they could reasonably continue online/through virtual service delivery using software such as Facebook, Zoom, or Microsoft Teams Meetings. Despite our flexibility in delivery and additions of new software, **Noojmowin Teg Health Centre** saw a general decrease of 44% for Personal Development Groups Sessions (N=331) delivered for 2021-2022 compared to 2020-2021 (N=596). Not surprisingly, the total number of Participants attending Personal Development Group Sessions also decreased this year (N=11081) by 51% compared to last fiscal year, 2020-2021 (N=22,474). Furthermore, because the majority of our Personal Development Groups were best delivered through virtual means throughout 2021-2022, the number of Sessions and Participants that attended were over represented for Noojmowin Teg/Off Reserve and under represented in the other communities had In-Person Sessions been possible.

Comparison of Group Program Participants 2021-2021 to 2021-2022



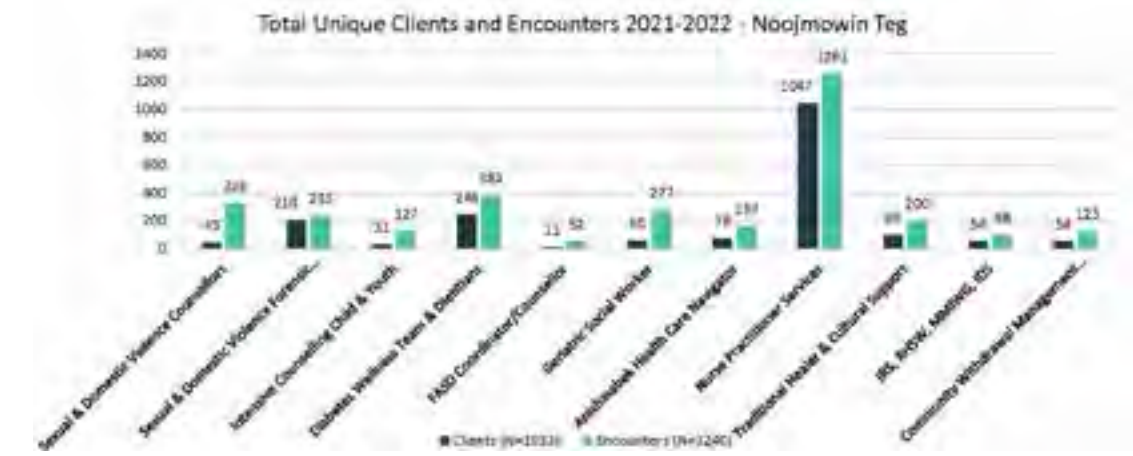
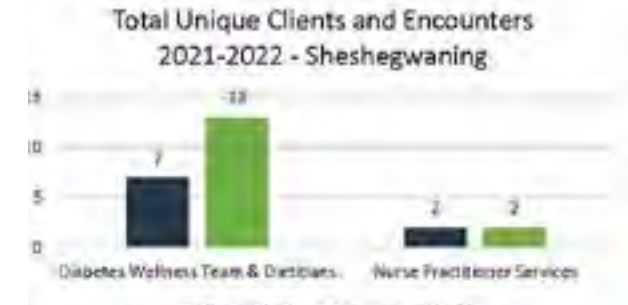
Note:

This graph represents the comparison in the total number of Participants engaging with Personal Development Groups across communities over the last two fiscal years, 2020-2021 (N=22,474) through 2021-2022 (N=11,081).

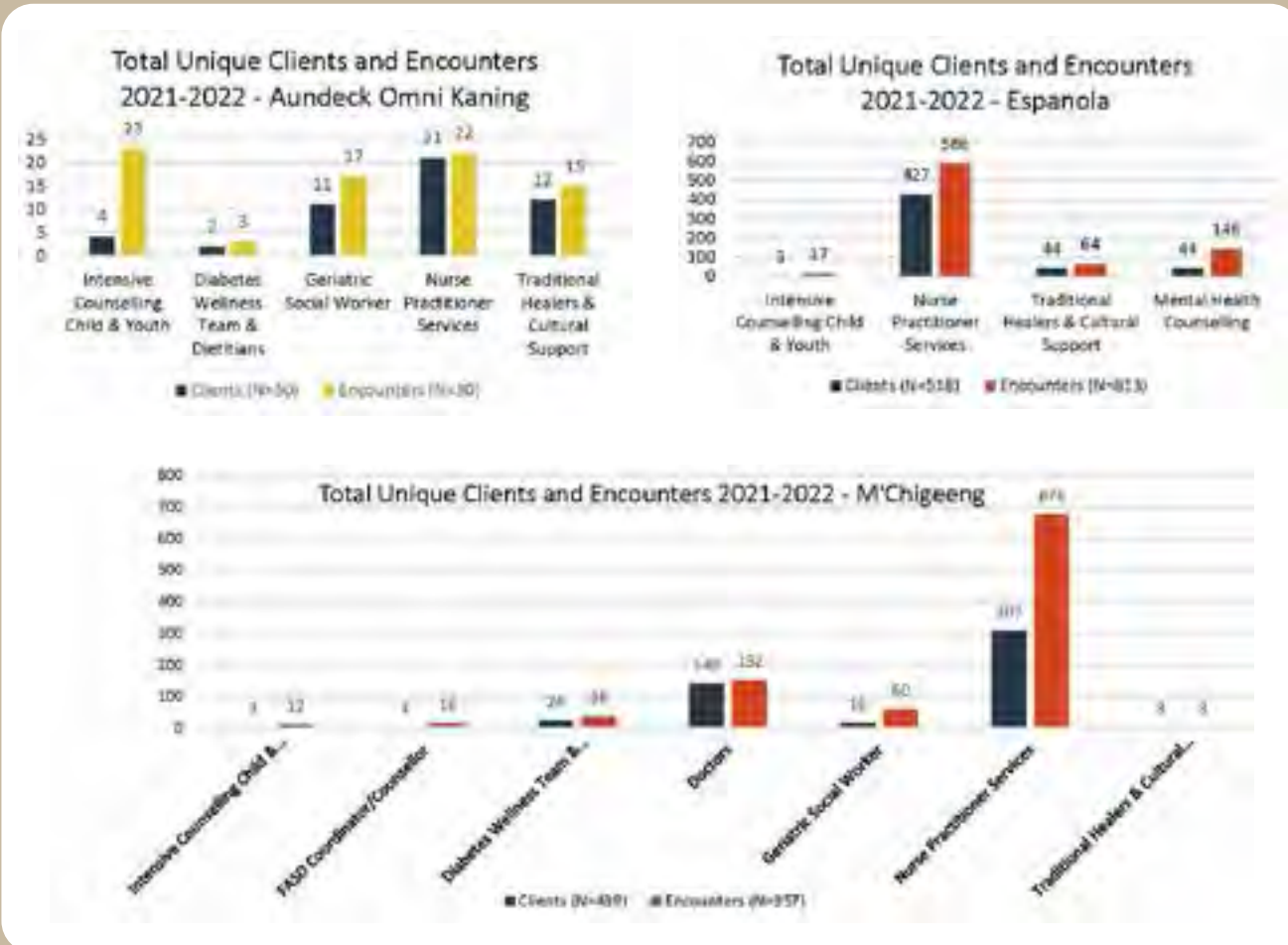


Total Unique Clients & Encounters by Community

These following graphs show the breakdown of Services completed by Providers/Provider Groups at each First Nation Health Centre across the District of Manitoulin Island. Please find the Community title at the top of the represented data in each graph.

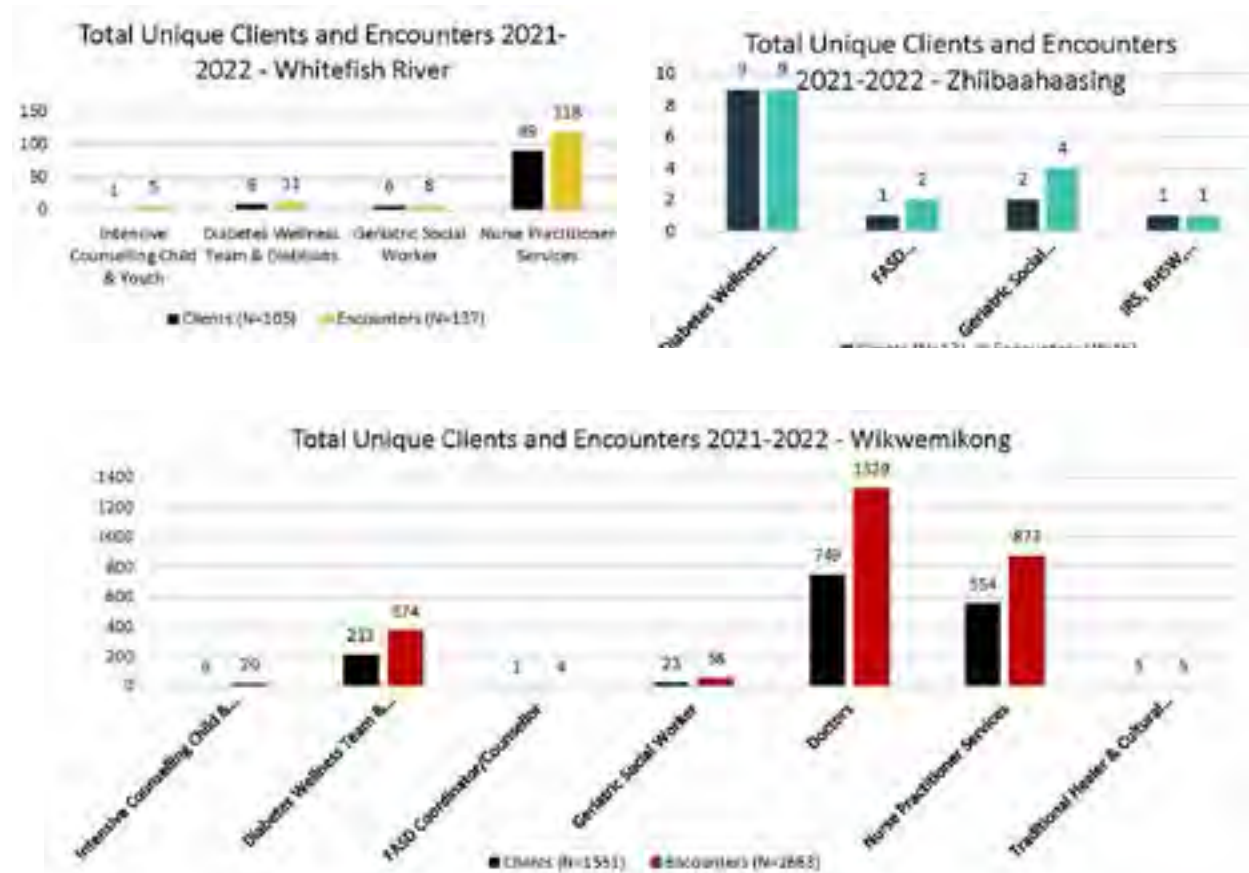


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Chi-Miigwetch/Thank you

Naagdawendizan miinwaa Naagdawendaagzig
Take care of yourself and each other



Contact:
If you have any questions or would like additional copies of the **Noojmowin Teg Health Centre 2021-2022 Annual Report**, please download from our website at www.noojmowin-teg.ca or call (705) 368-2182 or email info@noojmowin-teg.ca.



Noojmowin Teg
Health Centre

A place of healing

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