



Wasagamack
First Nation

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Red Sucker Lake
First Nation

The Island Lake Summit on Health Report June 15, 16 and 17, 2016



Meeting Purpose

To provide a forum for discussion and decisions that support reducing unnecessary illness and early death of community members. Decisions will support the health and wellbeing of all community members by developing and ensuring a strong and resilient health care system for the Island Lake Region.

WEDNESDAY JUNE 15, 2016

THEME – POPULATION HEALTH IN ISLAND LAKE

CHIEFS OPENING REMARKS

- Chief Sharon Mason from Wasagamack spoke in her opening remarks about the need for unity in the region and that change must be driven by the communities and the region, not imposed by government
- Chief Marie A. Wood from St. Theresa Point noted in her opening remarks, that health must be an essential component in decision making in the communities and in the region and that in moving forward there is need to attain greater authority and control over a range of existing health and social services.



- Chief Dino Flett from Garden Hill expressed concern that the people of Island Lake are suffering and dying unnecessarily because of a system of health care that is not meeting their needs. He stressed the importance of implementing a sustainable health care system which meets the unique needs of the Island Lake people and lays the groundwork for a brighter future of good health and wellbeing for the communities' children
- Chief Greg Harper from Red Sucker Lake was not in attendance for the opening remarks.

The Island Lake vision for health care was developed in 1999 in response to growing concerns that the health needs of the island Lake people were not being well served.

THE VISION

To have an autonomous Island lake Health Care system that reflects the unique culture, language and history of the Island lake people and supports a strong resilient and healthy people.

PRESENTATIONS

A presentation was made by the organizing committee on the importance of considering population health as a foundation for a unified vision and better integrated community and regional health system. The Summit organizing committee also provided a review of the history of health care and Family Services in the region

A Presentation was made to the group by Judy Klassen MLA for Kewatinook. She expressed her commitment to working with the Island Lake people to improve the health status of the Island Lake people. She explained her role

as MLA for the region and the various ways she could support the Island Lake vision for health care such as asking questions of the government during question period and having issues raised in legislative committees. She expressed her unqualified support for the Island Lake people's right to a life of good health and wellbeing

DISCUSSION

In the discussion that followed the presentations, Summit participants expressed concern that the health of community members was at risk, that people are dying too young, mental health issues are increasing and the population is increasing but funding for health care has not increased at the same rate.

A number of Elders expressed the opinion that there must be a holistic approach to health care in the region that embraces both traditional and western medical practices. The approach must incorporate the physical, mental and spiritual aspects of healing if optimal health for the Island Lake people is to be achieved.



Population health and the determinants of health were discussed as a means of strengthening individual, family and community health and providing evidence for broad-based decision-making on important health issues.

A number of Summit participants expressed urgency to "Act Now" and the need for comprehensive action that moves the communities and the region towards a health care system that has a more positive impact on health.

There were concerns expressed that the long standing conflict between the provincial and federal governments has negatively impacted the Island Lake people and has resulted in a piecemeal of fragmented services, problems with coordinating programs, under-funding, inconsistencies, service gaps, and lack of integration.

PRESENTATION BY BRENDA WOOD, EXECUTIVE DIRECTOR, ISLAND LAKE FIRST NATION FAMILY SERVICES

Brenda spoke about the importance of "bringing our children home". Too many children are in the care of Family Services and there must be efforts to strengthen families and create community environments that reinforces families and creates a safe and healthy environment to raise children.

She also spoke about how success will only be achieved by building strong governance and management capacity and creating a strategic and deliberate effort to focus on the development of new partnerships that address the systemic oppression that has created so many challenges for families and children. Reclaiming authority and ownership over wellness must be a pillar of all efforts moving forward.

To achieve the goal of "bringing our children home", past and present experiences, lifestyles and culture must be not only understood but must also form the foundation for future actions. Youth and children must understand the inherent knowledge carried by the Elders as they are the future and must have this knowledge to realize the vision of a strong, healthy and reliant population.

She concluded her remarks with a call for an integrated service delivery framework that builds on the strengths of the Island Lake people and builds a future of good health and wellbeing for all Island Lake people.

MOVING FORWARD

The discussion moved forward from the past to looking to the future and what underlying principles must guide the planning for action. There was support for the following principles:

- We need to understand the past and “look in the mirror” to determine what we can do... how we must act.
- We cannot wait on others to solve our problems; we must create our own solutions and work together to make sure they are implemented.
- Everyone must share the same vision for health and wellbeing for the region.
- It is important to understand and build upon foundations established in the past.
- The shared vision must offer opportunity and hope for healthy communities.
- There must be a community and regional infrastructure in place that supports the shared vision for health and wellbeing in the communities and the region.
- For the communities to thrive there must be a healthy population: children, youth, elders and adults.
- Health promotion and prevention must be a priority in establishing a healthy population and these activities must reflect the culture and traditions of the communities.
- A strong, vibrant and sustainable health care system will require building strong internal and external (leaders, funders, providers) relationships with partners.
- Community and regional organizations must breakdown the “silo thinking” that currently dominates the organizational structures and adapt new strategies that support stronger partnerships within the communities and region and with external organizations supportive of the Island Lake vision of health and wellbeing.
- The communities must begin to collect their own data on health and not rely on data from outside sources for planning and decision making.
- The Island Lake communities and regional organizations must build strong networks of support and advocate for health and wellbeing in Island Lake that is equal to that of other Canadians
- The Island Lake communities and regional organizations must have strong technical support (staff) to support the Island Lake people achieve the health and wellbeing they desire.
- We need to understand where we came from, who we are now, what we need to be in the future to achieve the balance necessary to improve health and wellbeing in the region.
- Children have always been at the centre of the circle of life, the centre of the circle of caring in the communities and must be cherished, protected and nurtured. This important value must be considered in all plans for moving forward and must be integrated into all future activities related to improving health and wellbeing.



THURSDAY JUNE 16TH, 2016 THEME – LEADERSHIP AND RELATIONSHIPS WITH OTHER GROUPS

PRESENTATIONS

Leona Daniels from the First Nations Health & Social Secretariat of Manitoba (FNHSSM) made a presentation to Summit participants on a new initiative of FNHSSM, First Nation Community Engagement or Nanaandawewigamig.

Following the presentation there was a discussion about the FNHSSM mandate. First Nation and Inuit Health Branch (FNIHB) has made a substantial investment in this organization and Summit participants wanted to know how this substantial investment by FNIHB was going to improve the health and wellbeing of the Island Lake people. Statements and questions from the discussion included:

- Having strong partnerships with First Nation organizations is important but there must be benefits from these relationships for the Island Lake people.
- It has been 8 years since the Chiefs last met with FNHSSM or its earlier incarnation as The Assembly of Manitoba Chiefs, Health Secretariat. There must be greater consideration given to keeping the Chiefs well informed about issues and plans of this organization that may impact on the Island Lake vision for health and wellbeing.
- If FNIHB are investing substantial funding in FNHSSM, what are the implication for the Island Lake region?
- If Tribal Councils had access to their share of this funding, could they develop initiatives that would have a greater positive impact on health and wellbeing in their respective regions?
- FNHSSM is a branch of the Assembly of Manitoba Chiefs which is a political organization. Should a political organization be delivering services? Is this not the role of the Tribal Councils?



DISCUSSION

There was also discussion about the proposed MKO initiative; Northern First Nation Health Authority. FNIHB appear supportive of this initiative which is of concern for the Island Lake people. MKO includes 25 First Nation Communities with an on reserve population of 56,560. The Island Lake Communities make up 17% of this population. There were concerns raised that this initiative will be located in Thompson and there will be no benefits for the Island Lake people and yet funding from FNIHB will include the Island Lake population.

Statements and questions from the discussion included:

- MKO is a political organization. Is it appropriate that they negotiate on behalf of the First Nations for service delivery funding?
- How will services be delivered to the Island Lake people?
- Will there be any benefits from the Northern First Nation Health Authority for the Island Lake people?
- If Island Lake had control of their share of the funding, would they not be able to deliver programs and services better suited to the needs of the Island Lake people?

ACTION NEEDED

- It was suggested that a letter be sent to FNHSSM, Executive Director, Ardell Cochrane, requesting an overview of FNHSSM initiatives and their direct impact on the health and wellbeing of the Island Lake people.
- It was determined that a meeting with the MKO Grand Chief and members of the MKO Executive Council was needed to express the Island Lake vision for health care and determine if this vision was compatible the MKO vision for a Northern First Nations Health Authority. Island Lake is unique in that it is the only region of Oji Cree heritage with a culture, history, traditions and language different from other member MKO First Nations. Unlike other Northern First Nations who receive the majority of their out of community health services in Thompson, the Island Lake people receive all of their out of community health services in Winnipeg.

GOVERNANCE

A new structure of governance is required to strengthen the region and provide a framework for moving forward with the Island Lake vision for health care.

A presentation was made on the need for strong governance structures to support the Island Lake vision for health and wellness. Currently some health services are delivered by First Nation and Inuit Health Branch, the Island Lake Tribal Council, Four Arrows Regional Health Authority and Neewin.

GOVERNANCE DISCUSSION



A recurring theme in the discussion that followed the presentation was jurisdictional ambiguity and the lack of clarity on the respective roles and responsibilities of the federal and provincial government vis-à-vis health and social services to the Island Lake peoples. Ample documentation attests to the fact that the long standing conflict between the provincial and federal governments has negatively

impacted Island Lake people and has resulted in the patchwork of fragmented services, problems with

coordinating programs, under-funding, inconsistencies, service gaps, and lack of integration. It was also suggested that there was even further jurisdictional ambiguity within the current Island Lake governance structure that further fragments health services.

Discussion also focused on the Island Lake vision for health care and social services and the need to expand Island Lake's jurisdiction by creating a strong governance structure that supports autonomy and a process of open, inclusive, appropriate decision making. There must also be clarity on the roles and responsibilities of the various Island Lake health organizations (Four Arrows, The Tribal Council, Neewin and Community health structures) as currently health services are delivered by all of these organizations which often results in fragmented programs and services.

The group expressed support of the following principles for the development of the governance structure:

- The goal of the governance structure must focus on building and sustaining healthy communities inclusive of children, youth, elders and adults.
- There must be strong technical resources in place (staff) to support the governance structure and provide coordination in the region.
- The culture and traditions of the Island Lake people must form the foundation for the governance structure
- The governance structure must be focused on building strong relationships and partnerships with leaders, funders and service providers.
- There must be strong networks of support built that will advocate for the Island Lake vision for health.

THE ELDERS RECOMMENDATIONS

The Elders met separate from the larger group and made a presentation on issues they saw as important to improving the health of the Island Lake people:

1. The need for a regional alcohol and drug treatment program or centre to address the high numbers of community members with addiction. This centre would also provide support to youth who have attempted suicide or are at risk of attempting suicide.
2. The Primary Care Centre/ Hospital was seen as central to reforming the health care system in Island Lake.
3. Addressing the mental health needs of community members is extremely important to the Elders. The high rate of suicide and suicide attempts is impacting the health and wellness of the communities.
4. The transfer of jurisdictional responsibility from the Northern Regional Health Authority to the Winnipeg Regional Health Authority was expressed as a top priority. The Elders are concerned that without this transfer, the Island Lake people will never receive the health care services necessary to improve health and wellbeing.
5. The Elders are concerned that the Island Lake people are not being well served by provincial and regional First Nation political organizations. The Island Lake people are the only Oji-Cree Indigenous people in Manitoba and have a unique culture, language and history. Although the population of Island Lake is significant, there are only 4 voices at the table of these organisations representing the Island Lake vision for health and wellbeing. The Elders expressed concern that the Island Lake vision for health and wellness may be ignored or minimized because of a lack of support from other larger First Nation cultural groups.

6. The Elders would like to see more clarity around the roles and responsibilities of the Island Lake Tribal Council and Four Arrows Regional Health Authority. Currently delivery of health programs is fragmented with some programs delivered by Four Arrows Regional Health Authority and some by the Tribal Council.
7. The Elders feel that the Island Lake people would be better served by an autonomous Island Lake Health Authority with the jurisdiction to deliver services currently provided by FNIHB and the Regional Health Authorities. These organizations are not meeting the needs of the Island Lake people and an autonomous Island Lake organization would better serve the people and have the ability to make a greater impact on improving the health and wellbeing of the Island Lake people.

FRIDAY JUNE 17TH, 2016 THEME – ACTION FOR HEALTH IN ISLAND LAKE

PRESENTATIONS

ILTC lawyer, Ken Young, made a presentation of the status of residential school settlements and outlined the legal implications of the Island Lake Tribal Council moving away from participation in national, provincial and regional Indigenous political organizations.

DISCUSSIONS

Based on Summit discussions and presentations, a list of priority health issues was developed and voted on by Summit participants. The list in order of priority was as follows:

Issue	# of Votes	Rank
Meet with Winnipeg Regional Health Authority (and provincial representatives) to explore the advantages of participating with them instead of Northern Regional Health Authority.	20	1
Advance the Island Lake hospital (PHCC).	16	2
Further develop FARHA into a full Island Lake Regional Health Authority	16	2
Meet with senior officials and politicians in Ottawa to make our case.	15	3
Complete and share the Island Lake Health and Wellness Strategic Plan.	13	4
Revitalize our internal governance relationships ILTC	12	5
Better coordinate regional health efforts	9	6
Focus solely on making improvements in day-to-day health programs.	7	7
Break down 'silos' with a population health approach	4	8
Major involvement with the AMC engagement process	4	8
Establish a population health position to monitor health status.	2	9

SUMMIT WRAP UP

The youth were called upon to provide their views on the Summit and Island Lake health care. They expressed:

- The need for more programs and services targeted to youth.
- The need for more Elder involvement with youth to teach youth about the rich culture, language and history of the Island Lake people
- Their gratitude for being included in the Summit.

- The importance of including youth in decision making about health as they are the future leaders.

The Chiefs provided closing remarks and were presented with gifts to honour their participation in this landmark Summit on Health. In summary, the Chiefs spoke about the following:

- The need for unity when addressing issues impacting on the health and wellbeing of the people
- A commitment to working together to fulfill the vision for a strong, vibrant, autonomous health care system for the Island Lake people
- How change is necessary, because the current health care system is not improving health and wellness in the region
- The children and youth deserve a future of good health.
- Health must be a priority for the region and consideration of health issues must remain at the forefront of decision making in the communities and in the region.
- The proposed Primary Health Care Centre is essential for improved health and wellbeing.
- The region must forge new relationships with organizations and funders and be built upon the Island Lake vision for health and wellness.
- The Summit was the first step in advancing the Island Lake vision for health and wellness but future discussions and meetings are needed

MOVING FORWARD...THE PATH FOR THE FUTURE

The three day summit set the stage for developing a multi-year strategic plan for Health and Wellness in Island Lake communities. Such a strategic plan would set out priorities to improve the health and wellness and allow for the Chiefs and technicians to further develop consensus and plans that clearly lay out timelines and responsibilities.

While there was meaningful discussion around some priorities during the three day Summit, its principle purpose was to provide a forum for discussion and decisions that support reducing unnecessary illness and early death of community members. As this report indicates the discussions covered many relevant points and there were decisions related to short term priorities such as meeting with AMC and reaffirming the importance of the long-standing proposal for an Island Lake Primary Health Care Centre.

Woven throughout the discussion there were comments from Chiefs, Elders, Youth and Health Directors and other technicians that can be viewed as building blocks for a strategic planning process that will follow.

First are the foundational values that the participants expressed. These values include 1. Respect for the special identity of the Island Lake communities and their culture; 2. A value of having health promotion and health care close to home to reduce travel out of the communities and away from family and social support; 3. The importance of unity among the communities and within the communities (mamow); 4. The value of health equity so the population of the Island Lake community can have the same opportunity to be as healthy as the rest of Manitobans.

There are challenges to realize and maintain these values. The Island Lake population growth is strong and the demand on the health promotion and health care systems is increasing. There is the challenge of distance and travel. There is the challenge of consistent and quality care in community and when members travel. For example, while not restricted to mental health, the challenges with diagnosis, follow-up and treatment for those requiring mental health prevention and care typify the difficulties in the region. Finally, there is the challenge of

existing poor health status. In order to achieve health equity, Island Lake needs extra attention and more than equal resources just to address poor health compared with other First Nations and other Manitobans.

The attached chart provides one possible relationship between the value and challenges. It also displays four possible strategies that were discussed in varying detail throughout the Summit. Finally, the chart outlines a Vision and Mission statement that were drafted based on the comments and discussion from the meeting participants. This chart is not a strategic plan conclusion but rather a starting point. It represents ideas discussed at the Summit meeting but it requires a dedicated full strategic planning process by leadership and technicians before it can be considered a final strategy. It is labelled as a strategy map ... a map that suggests a path. It is anticipated a health and wellness strategic planning session will be convened in October or November of 2016.



STRATEGY MAP ISLAND LAKE HEALTH and WELLNESS

Vision: Vibrant communities; healthy people

Goals: Self-governed, accountable, quality health and wellness system



STRATEGIES

1. Advocate and network for support of putting health first
2. Develop facilities within community (PHCC)
3. Expand quality programs (includes social determinants of health)
4. Develop toward full Island Lake RHA: (governed by and for Island Lake)

CHALLENGES >

Fast population growth needs health promotion and health care

Distance and travel

Quality and consistency

Poor health

VALUES >

CULTURAL RESPECT

CARE CLOSE to COMMUNITY

MAMOW (Unity)

HEALTH EQUITY

ATTENDEES AND INVITED GUESTS

1. Jim Harrold - Facilitator
2. Joanne Purvis - Facilitator
3. Alex McDougall - Facilitator
4. Andy Wood - Neewin Health Executive Director/Facilitator
5. Cheryl Wood - Neewin Health Finance Manager
6. Wallace McDougall – FARHA Executive Director
7. Laurie Wood-Ducharme - FARHA Operations Manager
8. Dino Flett – Garden Hill Chief
9. Wayne Harper – Garden Hill Health Portfolio Councillor
10. Oberon Munroe – Garden Hill Health Director
11. Stella Harper – Gardenhill KHSI Board
12. Marie A. Wood – St. Theresa Point Chief
13. Charles Monias - St. Theresa Point Health Portfolio Councillor
14. Robert Flett- St. Theresa Point Executive Director
15. Angela Mason - St. Theresa Point Acting Health Director
16. Greg Harper – Red Sucker Lake Chief
17. Lester Harper - Red Sucker Lake Health Portfolio Councillor
18. Ron Monias - Red Sucker Lake Health Director
19. Sharon Mason - Wasagamack Chief
20. Jonas Harper - Wasagamack Health Portfolio Councillor
21. Jerry Knott - Wasagamack Health Director
22. Jonathon Flett – Island Lake Tribal Council Executive Director
23. Brenda Wood – Island Lake First Nation Family Services Executive Director
24. Phyllis Harper – Island Lake First Nation Family Services Board Chair
25. Ashley Harper – Red Sucker Lake Youth
26. Raymond Harper – St. Theresa Point Youth
27. Kaylene Wood –Garden Hill Youth
28. Eugene Rae - Wasagamack Youth

29. Murdo McDougall – Garden Hill Elder
30. Josie McDougall - Wasagamack Elder
31. Charles P. Harper -Wasagamack Elder
32. Wallace Harper - Wasagamack Elder
33. Ed Wood – Winnipeg Elder
34. Elie Monias - St. Theresa Point Elder
35. Tom Keno – Red Sucker Lake Elder
36. Kayla Wood – Summit Administrative Support

Invited Guest Speakers

1. Judy Klassen - Liberal MLA for Keewatinook
2. Leona Daniels - FNHSSM;Community Engagement Lead Facilitator
3. Ken Young – ILTC Lawyer