

Reconciliation in Mental Wellness: Shifting to a Strengths Based Paradigm

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Did you see the movie “Indian Horse?”

What do you remember most?



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**Have you ever known anyone who lived
on the streets, sometimes known as “skid
row”?**

What do you remember most?



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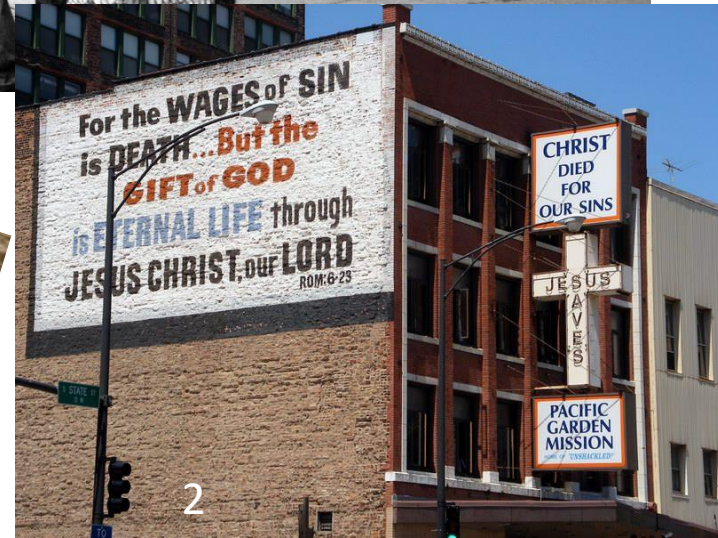
Have you ever worked in the “soup kitchens”

What do you remember most?



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Colonization



Why does this matter?



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Windows of Change: Decolonization

4.



5. Benton-Banai spent his life connecting American Indians with their spirituality and promoting sovereignty in wake of alleged police brutality, *The Guardian*, 2020

6.



MOTHER EARTH WATER WALK, 2003



United States and Canada — 10,900 miles/17,549 kilometers (including connecting channels, mainland and islands). The Great Lakes shoreline is equal to almost 44% of the circumference of the earth



What does this have to do with Mental Health and Wellness?



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Decolonization: Connection and Nurturing Life

Touches the earth for the first time



What does this have to do with Mental Health and Wellness?

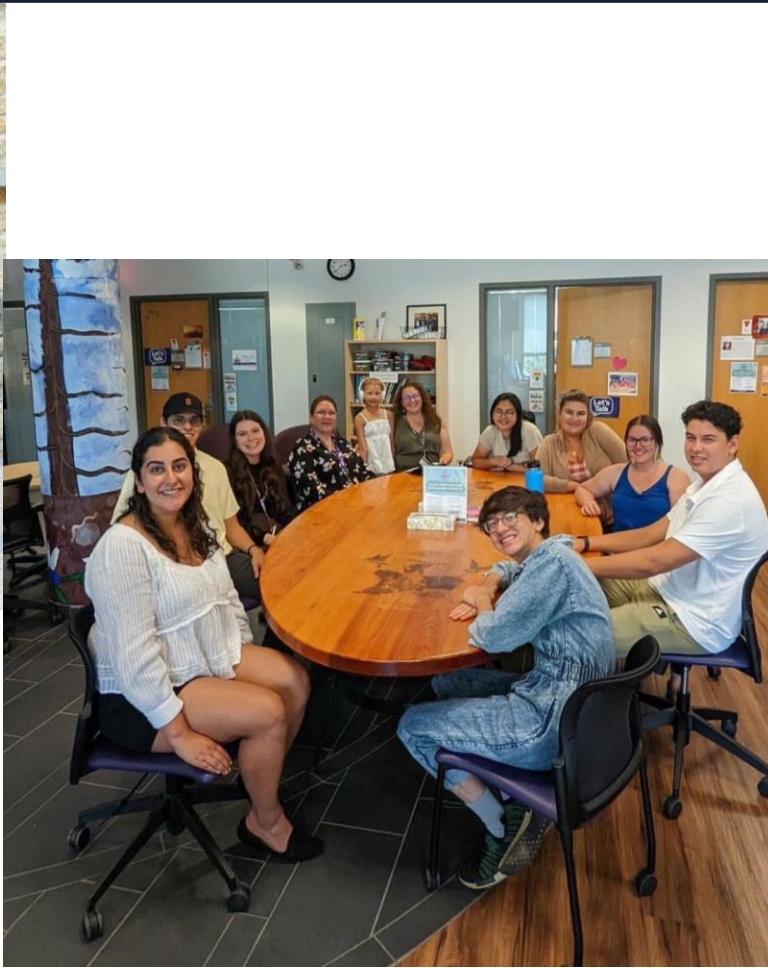


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The TRC definition of reconciliation

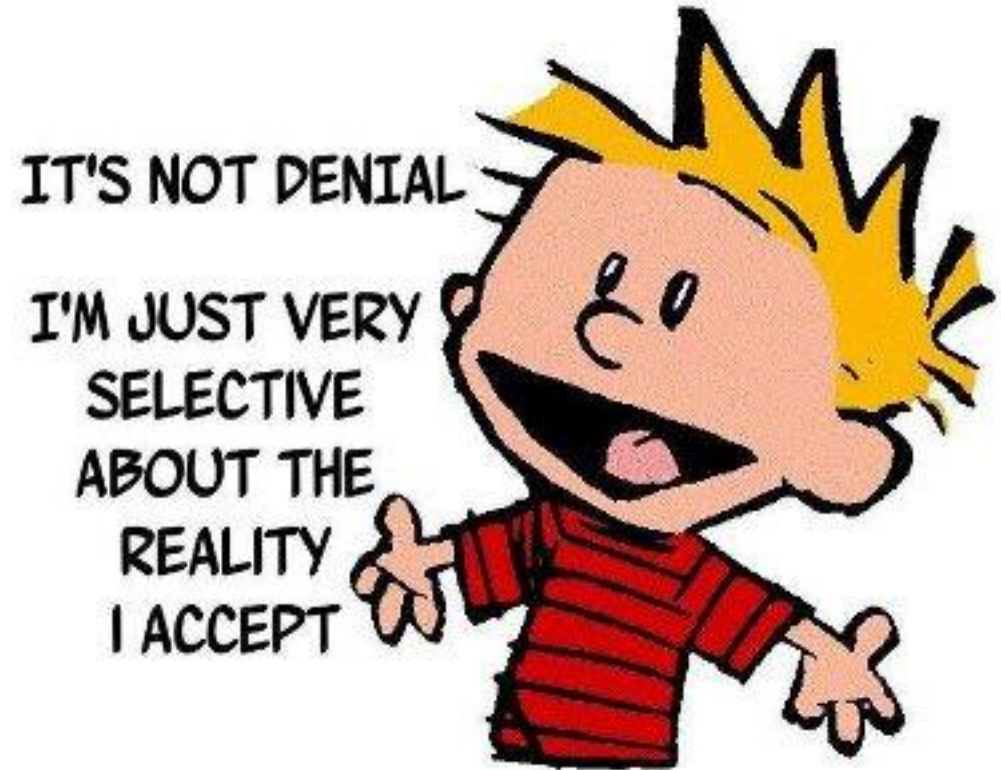
“... Reconciliation is about establishing and maintaining a mutually respectful relationship between Aboriginal and non-Aboriginal peoples in this country. In order for that to happen, there has to be awareness of the past, an acknowledgement of the harm that has been inflicted, atonement for the causes, and action to change behaviour.” [7]

Awareness through Education



Acknowledgement

- Acknowledgement – often there is push back on the voice of youth, their voice is discounted or rejected
- There is an assumption that “colonization” is not a youth’s lived experience, therefore it doesn’t matter



Do you understand how colonization is experienced by youth?

What do you remember most about colonization experiences of Indigenous youth?



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Atonement



- Atonement – cannot tell you how to reconcile, can provide information
- I cannot be responsible for “your” actions,
- Each person has responsibility to figure out what they can do and what they want to do

What emotions have you noticed in yourself?





Emotions Drive People



Reconciliation in mental health and wellness is...

- Critical
- Complex
- Multifaceted
- Continuous
- A process
- About working towards solidarity as a society and country
- The responsibility of everyone in society
- Honouring [treaties](#)
- Acknowledging and respecting Indigenous [rights and title](#)
- Acknowledging and letting go of negative [perceptions](#) and [stereotypes](#)
- Acknowledging the past and ensuring that history never repeats

8. <https://www.ictinc.ca/blog/what-reconciliation-is-and-what-it-is-not>

What Windows Have You Opened to Decolonization?



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Reconciliation is...

- Supporting the reclamation of identity, language, culture, and nationhood
- Healing for all Canadians
- Building relationships
- Never giving up despite setbacks
- Humility
- An opportunity to move forward
- A commitment to taking a role and assuming responsibility in working towards a better future for every Canadian

Mental Health to Mental Wellness

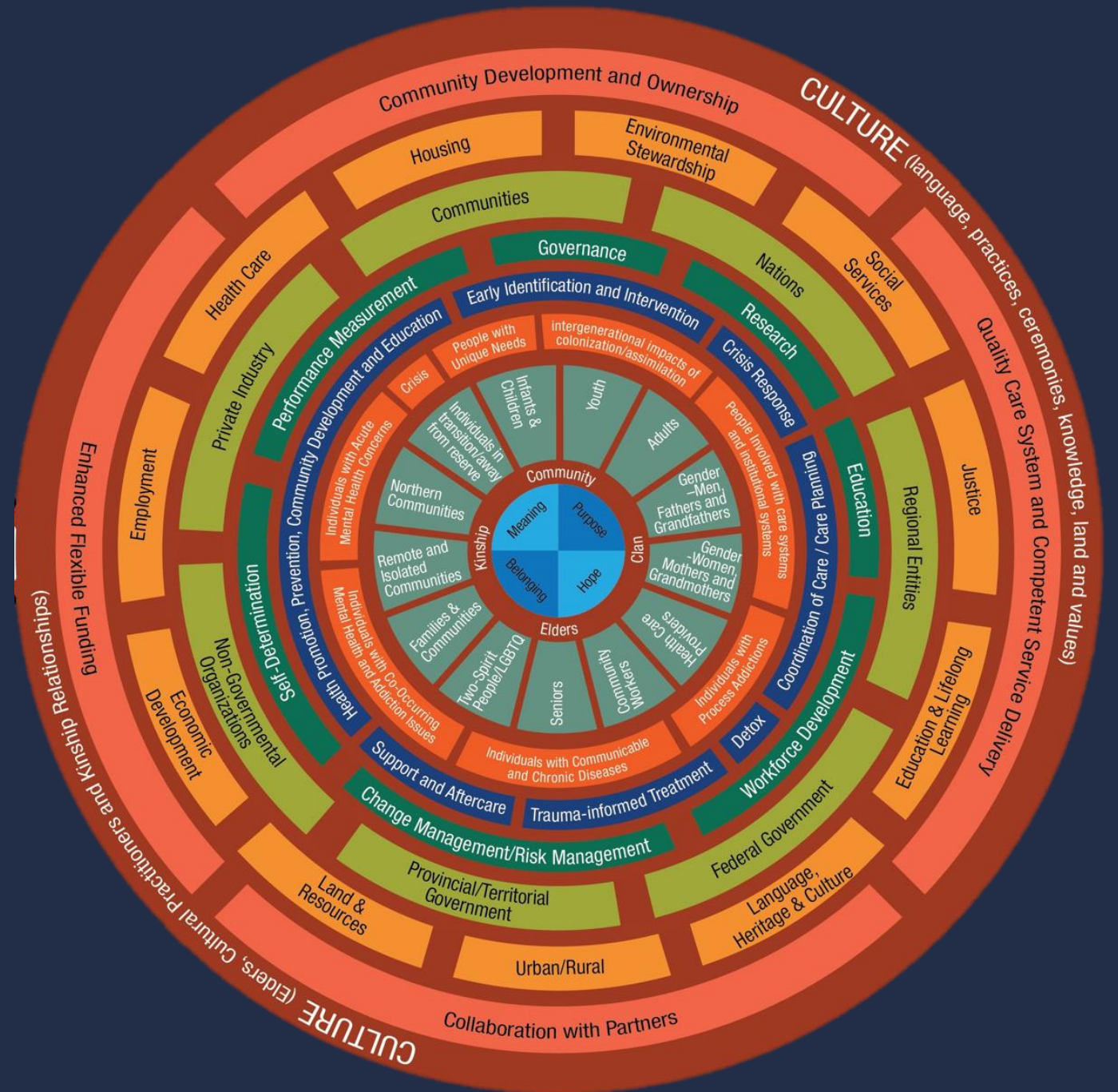


The First Nations Mental Wellness Continuum Framework (FNMWC) brings mental health and substance use together.

Both exist in the context of the indigenous determinants of health.

Themes:

1. Culture as the Foundation
2. Community Development and Ownership
3. Collaboration with Partners
4. Quality Care System and Competent Service Delivery
5. Enhanced Flexible Funding



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What system produces “knowledge and evidence”?

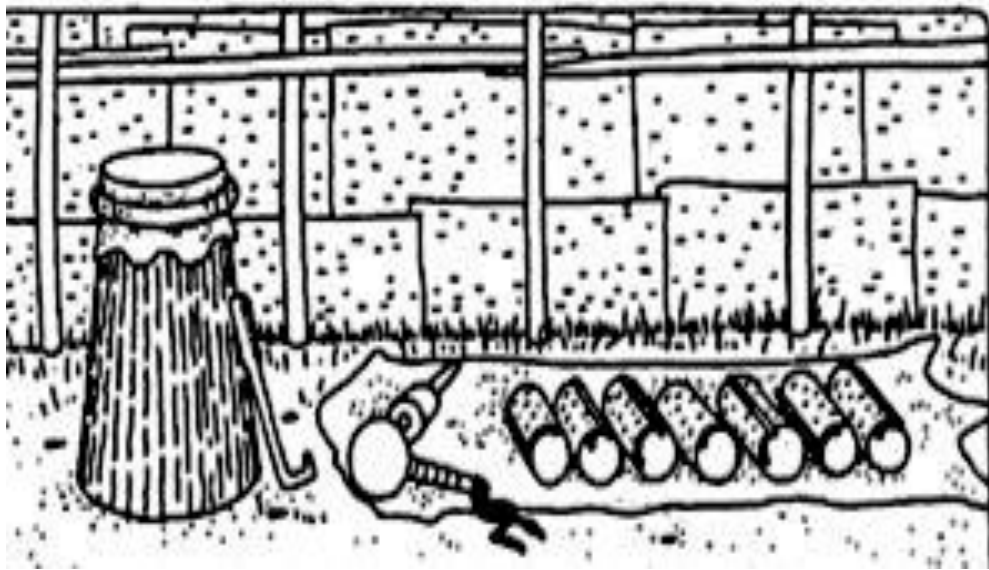


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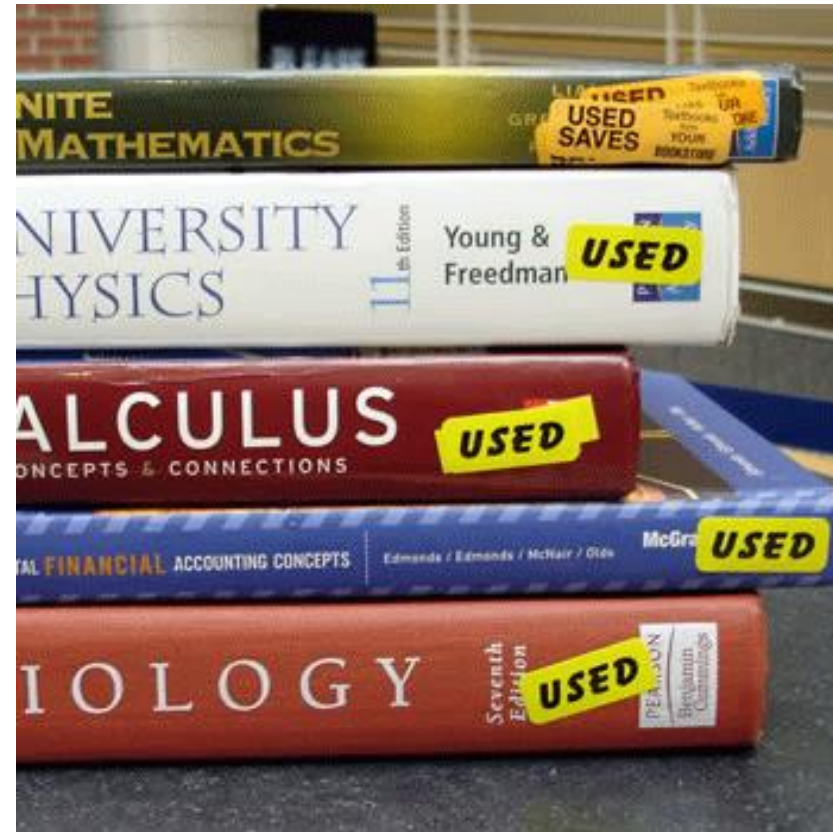
What are the sources of knowledge?

Sacred Instruments



10. Mishomis Book, Edward Benton Banai, 1988

Text Books



References

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3. <https://www.pinterest.ca/pin/571535008946709716/>
4. American Indian Movement, Wrigley Field, Chicago, 1960's
5. Eddie Benton-Banai, co-founder of American Indian Movement, dies aged 89, The Guardian, 2020
6. American Indian Movement, 2017, Winnipeg, CBC
7. Honouring the Truth, Reconciling for the Future Summary of the Final Report of the Truth and Reconciliation Commission of Canada, The Truth and Reconciliation Commission of Canada, 2015, p. 6
8. What Reconciliation Is and What Reconciliation Is Not, August 2018. Retrieved from: <https://www.ictinc.ca/blog/what-reconciliation-is-and-what-it-is-not>
9. Frame of a Midewiwin lodge, Rainy River, Ont. Photograph by T.L. Tanton, 1934 (courtesy CMC/77894).
10. Mishomis Book, Edward Benton Banai, 1988
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