

Nov 6, 2023 – Monday: Event Speakers & Presentations:

Nov 6, 2023 – Monday: Event Speakers & Presentations:

AM Keynotes: 9:00am– Noon

Break: 10:15 – 10:30am **Location: Enoch Ballroom** (Capacity 256)

*Keynote #1

Indigenous Knowledge & Culture in Community Addiction Care and Action.

Learn how an Indigenous community in Alberta created the change to deal with the impacts of the substance abuse and the overdose epidemic. Learn how leaders, community members, first responders and medical professionals despite their own personal losses and sorrow have created a healing journey guided by their Indigenous knowledge and cultural practices.

Presenter: *Dr. Esther Tailfeather **In-Person**

*Keynote #2

"Healing the Whole Human Being" Indigenous Practices for Prevention & Addiction.

In January 2021 Elders, Indigenous Community & Service Providers, Health System and Researchers came to work together to learn about best practices and situations for preventing and treating Opioid misuse. Learn about these practices and what is happening now with their development and the impact they have had supporting the healing of Indigenous people and their communities affected by the Opioid crisis.

***Presenters:** Dr. Rita Henderson & *Iskotoahka (William) Wadsworth Indigenous Primary Health Care Research and Policy Network (Alberta) **In-Person**

Nov 6 – Monday PM Afternoon Break out Presentations #1:

1:00 – 2:15pm

Break: 2:15 – 2:30pm

Breakout #1 – **Location: Enoch Ball Room** (Capacity up to 128)

VODP & ARCH programs.

Presenters from Alberta's Virtual Opioid Dependency Program (VODP) and the Addiction Recovery and Community Health Program including Indigenous Peer Workers (ARCH) will speak about their medical programs to connect with people where they are at in their addictions. There is help to immediately stop opioid withdrawal and provide support with complex withdrawal management, treatment and recovery planning, connection to housing, health care, income supports and identification. These programs will speak about how they are working to embed and incorporate Indigenous knowledge and culture into a western medical model for Indigenous people.

Presenters: Dr. Grady Gibson MD CCFP ISAM. Medical Director, VODP & ARCH **In-Person**

Breakout #2 -**Location: River Cree Room 1** (Capacity up to 36)

***Culture's Role in Healing for People Recovering from Hard Drug Use.**

Dr. Cheryl Currie is an addictions researcher who has published studies on the role of Indigenous cultures and traditions in addiction prevention and healing. This talk will focus on a study completed in southern Alberta. They interviewed 50 adults who recovered from an addiction to opioids, methamphetamines, and/or crack cocaine in the past 3 years while living in the Lethbridge area. Among the adults we spoke to, 22 identified as Indigenous, Metis or Inuit. Before recovery, adults felt trapped by addictions they could not overcome.

This study highlights the powerful role that engaging or re-engaging with Indigenous traditions and ceremonies had in drug addiction recovery. As stated by two participants:

As stated by two Indigenous adults:

"I was so close to being dead from fentanyl that my body and my mind would want to shut down. Well, my body would shut down, but my mind would keep screaming and my spirit would keep crying out, trying to keep me alive." (age 40-49)

"We were just prisoners. It's just so evil. It's just such a nightmare. And it, there's a point where you just, you can't get out of it. You're stuck. The drugs are so powerful you don't realize where you're at. You're in limbo, you're numb. You're just - it's like someone dragging you around by your hair and you're lying on your back, and you can't get up. Trying to quit thousands of times and just never succeeding." (age 40-49)

Presenter: Dr Cheryl Currie (University of Lethbridge) **Virtual** *Treena Tallow **In-Person**

Breakout #3- **Location: River Cree Room 2** (Circle Capacity 30)

***Indigenous Wellness Coordinator -**

Learn about the lived and professional experience of an Indigenous Peer Support Worker (6 years) who is now building the new role of Indigenous Wellness Coordinator in a large city hospital. How does her traditional knowledge, culture and medicines support her and the work she is doing, calm her own fears and doubts as she moves through barriers to support people (not save people) to find their glimmer of hope to stop the suffering and move towards healing.

Presenter: *Beatrix Masee **In-Person**

Breakout #4 – **Location: River Cree Room 3** (Capacity up to 36)

****“Not Just Naloxone” Program and Naloxone Training – Location River Cree Ball Room 3**

Learn about this train the trainer program designed to build harm reduction knowledge and skills that includes an Indigenous approach and the opportunity to build networks of support. The evaluation of the program has shown the effect of holistic, culturally safe harm reduction training and the need for a connected community of Indigenous coordinated efforts. Red Cross will also provide training on Naloxone administration to respond to overdoses.

Presenters: First Nations Health Authority, Red Cross & AHS Harm Reduction Community Services **Virtual & In-Person**

Breakout #5 – **Location: River Cree Room 4** (Capacity up to 36)

Brain Health, and Resilience in the prevention of long-term mental health and addictions. (Part 1)

This 3-hour presentation of the Indigenous Resilience Scale Masterclass has a focus on Indigenous communities and experiences. You will learn more about the Brain Story, which uses a story that is easy to understand to explain how lifelong health is effected by more than just our genes: experiences at sensitive periods of development change the brain in ways that increase or decrease the risk for later physical and mental illness, including addiction. The Resilience Scale Masterclass will introduce how to apply the Resilience Scale in practice, to improve resilience and results for individuals, families, and communities. The workshop's three parts are: Part 1: What do individuals need? Part 2: What do organizations do? Part 3: What does the system have? A certificate of completion will be provided to participants who attend Part 1 & 2 of the workshops.

Presenter: Claire Niehaus is a Scientific Associate with the Palix Foundation. **In-Person**

Nov 6 – Monday PM Afternoon Breakout Presentations #2

2:30-4:00pm

Breakout #1 – **Location: Enoch Ballroom** (Capacity up to 128)

*** Lived Experience, Recovery, Entrepreneur and Giving Back to Community**

Learn about the real-life experience of Curtis's daily journey of healing and contributing back to his community.

Presenter: Curtis Cardinal (Owner & Operator of Tee Pee Treats) **In-Person**

Breakout #2- **Location: River Cree Room 1** (Capacity up to 36)

***Culture as Prevention to Addiction"**

This presentation will discuss the power of Indigenous traditions and cultures in drug addiction prevention. The role of Indigenous cultural connection in preventing alcoholism, prescription drug addiction, illicit drug addiction, and smoking in the Edmonton area.

Presenter: Dr. Cheryl Currie (University of Lethbridge) **Virtual** *Treena Tallow **In-Person**

Breakout #3 - **Location: River Cree Room 2** (Circle - capacity up to 30)

***kihcihkaw askî (Sacred Land) Urban Indigenous Culture & Wellness Centre**

Info to come

Presenter: * Lewis Cardinal **In-Person**

Breakout #4 **Location: River Cree Room 3** (Capacity up to 36)

***"Not Just Naloxone" Program and Naloxone Training - Location River Cree Ball Room 3** (Capacity up to 36) Learn about this train the trainer program designed to build harm reduction knowledge and skills that includes an Indigenous approach and the opportunity to build networks of support. The evaluation of the program has shown the effect of holistic, culturally safe harm reduction training and the need for a connected community of Indigenous coordinated efforts. Red Cross will also provide training on Naloxone administration to respond to overdoses.

Presenters: First Nations Health Authority, Red Cross & AHS **Virtual & In-Person**

Breakout #5 – **Location: River Cree Room 4** (Capacity up to 36)

Brain Health, and Resilience in the prevention of long-term mental health and addictions. (Part 2)

This 3-hour presentation of the Indigenous Resilience Scale Masterclass has a focus on Indigenous communities and experiences. You will learn more about the Brain Story, which uses a story that is easy to understand to explain how lifelong health is effected by more than just our genes: experiences at sensitive periods of development change the brain in ways that increase or decrease the risk for later physical and mental illness, including addiction. The Resilience Scale Masterclass will introduce how to apply the Resilience Scale in practice, to improve resilience and results for individuals, families, and communities. The workshop's three parts are: Part 1: What do individuals need? Part 2: What do organizations do? Part 3: What does the system have? A certificate of completion will be provided to participants who attend in Part 1 & 2 of the workshops.

Presenter: Claire Niehaus is a Scientific Associate with the Palix Foundation. **In-Person**

***Indicate Indigenous presenters and panelists.**