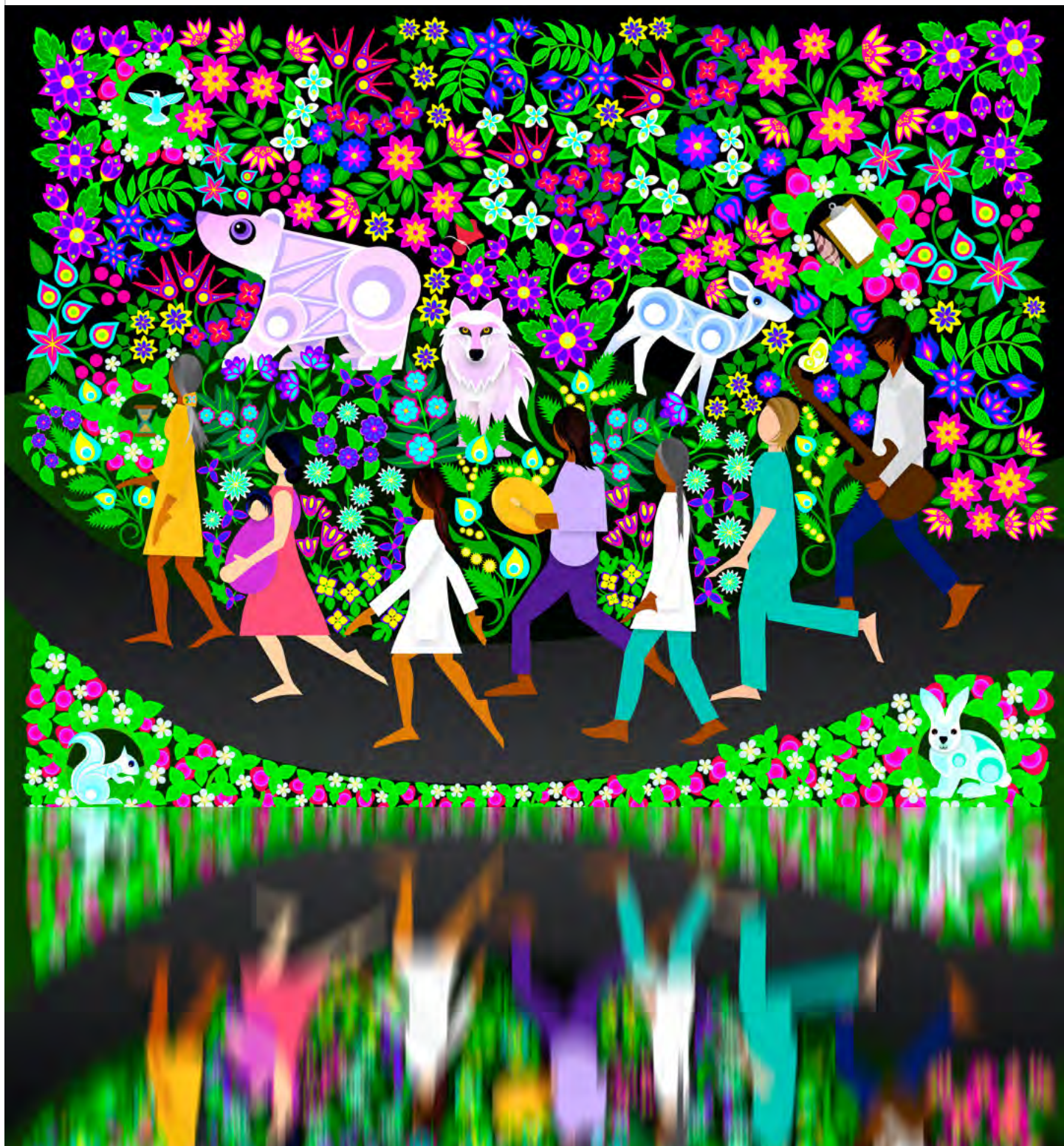


RWVG ANNUAL REPORT 2022-23

looking back, moving forward

Authors: **Carley Lennox, Diane Longboat, Eva Katz, Goji Anandarajah, Heather McKee, Karleigh Darnay, Kayan Yassine, Kristen Yee, Miguel Amante, Sam Karami**

camh



The artwork is by **Lisa Boivin**, an interdisciplinary artist, bioethicist and health care educator from the Deninu Kue First Nation in the Northwest Territories.

CAMH LAND ACKNOWLEDGEMENT

CAMH is situated on lands that have been occupied by First Nations for millennia; lands rich in civilizations with knowledge of medicine, architecture, technology, and extensive trade routes throughout the Americas. In 1860, the site of CAMH appeared in the Colonial Records Office of the British Crown as the council grounds of the Mississaugas of the New Credit, as they were known at the time.

Today, Toronto is covered by the Toronto Purchase, Treaty No. 13 of 1805 with the Mississaugas of the Credit.

Toronto is now home to a vast diversity of First Nations, Inuit and Métis who enrich this city.

CAMH is committed to reconciliation. We will honour the land through programs and places that reflect and respect its heritage. We will embrace the healing traditions of the Ancestors, and weave them into our caring practices. We will create new relationships and partnerships with First Nations, Inuit and Métis and share the land and protect it for future generations.



MESSAGE

from

LORI SPADORCIA

Senior Vice President, Public Affairs, Partnerships
& Chief Strategy Officer

Congratulations to the Reconciliation Working Group (RWG) on celebrating five years of leadership at CAMH. It has been an honour to witness the growth and impact this mighty group of advocates has had on our organization. I recall the event that sparked the creation of this group, during National Indigenous History Month in 2017 – a conversation about Canada’s 150th anniversary and our hospital’s responsibility to prioritize a reconciliation agenda. This discussion was so powerful that a group of us simply knew that the conversation could not end there. The RWG was born. We started as five founding members, and over the years, 61 CAMHers have contributed to this incredible group’s countless accomplishments.

Some of my personal highlights over the past five years include:

- Attending the Pow Wow in the Ceremony Grounds in 2018 – to our surprise, 800 people attended and it was such a beautiful celebration filled with children, music and sunshine;
- Hosting Stephanie Scott and Jeff Newman, the directors of reality television series *First Contact*, for a screening and discussion with staff in 2019;
- Connecting with author Jesse Thistle in 2021 about his moving memoir *From the Ashes*, and reflecting on the importance of community and hopefulness;

- Launching the [CAMH Truth and Reconciliation Action Plan](#) in 2021 – this organization-wide commitment set the tone that reconciliation is a priority for CAMH and laid out a clear path forward to reach our goal of building stronger relationships between Indigenous and non-Indigenous people at our hospital. Read the [midway report](#) for an update on progress on the plan; and,
- Attending our first-ever flag-raising ceremony for the National Day for Truth and Reconciliation in 2022 – it was my first big in-person event on-site since the start of the COVID-19 pandemic and looking out to a sea of orange shirts made me feel truly hopeful.

I want to thank RWG members past and present for their commitment to making CAMH and the health system a better place by meeting health care workers, both at CAMH and externally, where they are at and guiding them in their learning, healing and action towards reconciliation. I also want to thank them for their creativity, boldness and willingness to do hard things.

In many ways, CAMH is in a moment of transition. We recently welcomed back Sarah Downey as our new President and CEO. We are starting work on a new strategic plan, as [One CAMH](#) draws to a close. We are settling into a new normal after the massive disruption of a global pandemic. As the RWG celebrates its fifth birthday and looks toward the future, I am eager to see how this innovative group will continue to level up their impact. I commit to continuing to work together to advance truth and reconciliation at CAMH.



MESSAGE from GOJI ANANDARAJAH

Assistant Manager, Communications and Partnerships and

KARLEIGH DARNAY

Advanced Clinical Practice Leader, Youth Wellness Hubs Ontario,
RWG co-chairs

Last year, we marked the fifth anniversary of CAMH's Reconciliation Working Group. As a group, we have accomplished many things. The pandemic did not slow the truth and reconciliation efforts at CAMH. We have continued to tackle anti-Indigenous racism by raising awareness and creating opportunities for ongoing learning, healing and action. The RWG has offered dialogue circles, honoured the impact of residential schools through a survivor campaign featuring CAMH staff, and invited staff to take the CAMH Pledge to Reconciliation. Over the course of 2022-23, we reached almost 1000 people through live events in June and September, and three events throughout other times of the year.

On September 30th, 2022, we raised a CAMH-designed *Every Child Matters* flag to help mark the second annual National Day for Truth and Reconciliation. It is a special time in CAMH's history as we embark on this journey of reconciliation as an organization. We were there in person to witness this powerful moment, including reflections and calls to action as a CAMH community, recognizing the racism, violence and systemic oppression that Indigenous people continue to experience today and also the incredible strength and knowledge within these communities.

Although we have accomplished so much over the last five years, our work does not stop here. Our path to reconciliation is just beginning. We continue on our journey to continuously and collaboratively work toward reconciliation at CAMH and set an example within the healthcare system. We are grateful to work in an organization that prioritizes action towards reconciliation and where we can collaborate to support change, including colleagues within the RWG and across the organization. Reconciliation is everyone's responsibility.

There is no doubt that this pandemic was truly a time of struggles and challenges for many of us, especially for healthcare workers. Despite these challenges, RWG members stepped up, took on additional work and volunteered for key initiatives to advance the work of reconciliation at CAMH. We would like to thank all RWG members for taking this journey with us. As a volunteer-led employee group, we're so appreciative of the passion and dedication of the RWG. This work would not be possible without the support of over 30 active members. Special thanks to our previous co-chairs Diane Longboat and Terri Rodak, and for the continued support and guidance from Diane as the CAMH Elder.

We would also like to thank the additional staff who supported RWG events and activities throughout the year. This work is simply not possible without the support and commitment of many dedicated people. We are thrilled to celebrate this milestone as an organization and are looking forward to seeing what comes next! Thank you and chi-miigwech.

MEMBERSHIP UPDATE

Over the life of the Reconciliation Working Group (RWG), membership has grown year-over-year, with 2022-23 marking the largest membership increase yet.

CAMH Reconciliation Working Group 2022-23



Alexia Henriques



Ashley Cornect-Benoit



Benn Brisland



Bharati Singh



Brian Walsh



Carley Lennox



Carrol Pearson



Cindy Noel



Cristina Ruiz



Cynthia White



Daphne Horn



Diane Longboat



Eric Souliere



Eva Katz



Goji Anandarajah



Heidi Maracle



Heather McKee



Heulwen Williams



Jenifer Kim



Jill Caron



Jill Shakespeare



Karleigh Darnay



Kayan Yassine



Kristen Yee



Margaret McKeeman



Paula Broeders



Quinn Kirby



Sam Karami



Sandy Brooks



Terri Rodak



Tihana Skoric



Vedusha Satheaswaran



Yara Janes

NATIONAL INDIGENOUS HISTORY MONTH 2022

In June 2022, in recognition of National Indigenous History Month (NIHM), the Reconciliation Working Group and the Indigenous Caucus (First Nations, Inuit and Métis physicians, staff, students and volunteers) offered a new slate of events and shared some outstanding recorded webinars with the CAMH community. To further raise awareness, every Friday in June and on June 21, National Indigenous Peoples Day, promotional items were distributed at all CAMH screening stations. More than 300 people attended NIHM events, and over 2,000 people viewed the recordings.



Promotional items given out at screening stations



Every Child Matters flags hung across CAMH



Live Dialogue on the Film *Kímmapiiyipitssini: The Meaning of Empathy and the Opioid Crisis in First Nations*

Opening Ceremony

Moderator

Panelists



Diane Longboat



Laura Thibeault



Dr. Jonathan Bertram



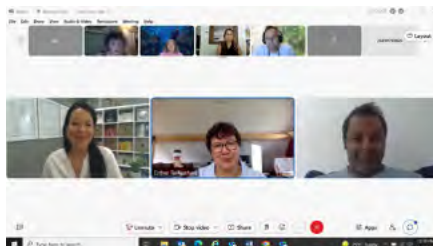
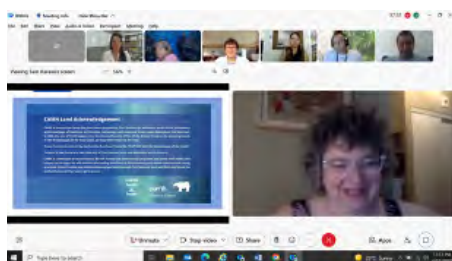
Dr. Esther Tailfeathers

National Indigenous History Month

Jun. 17 2022

Dr. Esther Tailfeathers, Family Physician, Senior Medical Director, Provincial Indigenous Wellness Core, Alberta Health Services and **Dr. Jonathan Bertram**, an addiction medicine physician at CAMH who also provides services to First Nations in Ontario, participated in a live dialogue about the film *Kímmapiiyipitssini: The Meaning of Empathy*. The film acted as a powerful backdrop to a wider conversation on the impact of the opioid crisis on Indigenous peoples in Canada. As in the film, the speakers referenced the power of Indigenous healing traditions which meet people where they are at and counter the impacts of colonialism, within which the crisis has roots. **Laura Thibeault**, Director, Wellness Innovation, Shkaabe Makwa, moderated the event with an opening ceremony by **Diane Longboat**.

"This event has broadened my awareness of the underlying factors that have contributed to the opioid crisis, and reasons why there are still barriers. It has encouraged me also to listen more attentively: each community and individual's experiences matter, and each community also has unique cultural treasures to offer in the path to healing."
– Event participant



NATIONAL INDIGENOUS HISTORY MONTH 2022



Jun. 21
2022

Left: Kaitlyn Gilham, Yara Janes and Krystine Abel.
Right: Cora-Lee Simon, Cindy Noel, Krystine Abel, Ashley Corneet-Benoit, Kaitlyn Gilham and Yara Janes

Shkaabe Makwa booth at Yonge Dundas Square on National Indigenous Peoples Day – To mark National Indigenous Peoples Day, the Native Canadian Centre of Toronto hosted celebrations with live concerts and traditional performances at Yonge-Dundas Square featuring award-winning Indigenous artists. Along with other organizations, Shkaabe Makwa set up a booth at the event to share the centre’s work with the public.



CAMH @CAMHnews · Jun 23
Join us right now for a discussion on [#MentalHealth](#) and [#ClimateAction](#)! We've got a panel of great speakers, including Diane Longboat, Dale Kuehl and Karleigh Darnay.

Tune in now:

7 replies, 5 likes

Jun. 23
2022

“We can see today a lot of [Indigenous youth] are re-learning the culture, the languages and our teachings, in our ceremonies, and reclaiming things that were taken away from us here in Canada and other places around the world... Young people are very aware of what is going on around them... [T]he first recommendation that I would have is to listen to young people because they will be the next leaders and the ones who will be responding to everything that’s happening with climate change. [Young people] are very creative, passionate and if you give them the space and the opportunity to get involved, they step up...” – Karleigh Darnay

Mental Health and Climate Action: Conversations around Indigenous Youth – The UNESCO Mahatma Gandhi Institute of Education for Peace and Sustainable Development invited **Dale Kuehl**, Advanced Practice Clinic Leader, Shkaabe Makwa, **Diane Longboat**, and **Karleigh Darnay** to answer questions from a global audience on topics related to perspectives on mental health, climate and Indigenous youth.



Guidance for Honouring the Land and Ancestors Through Land Acknowledgements



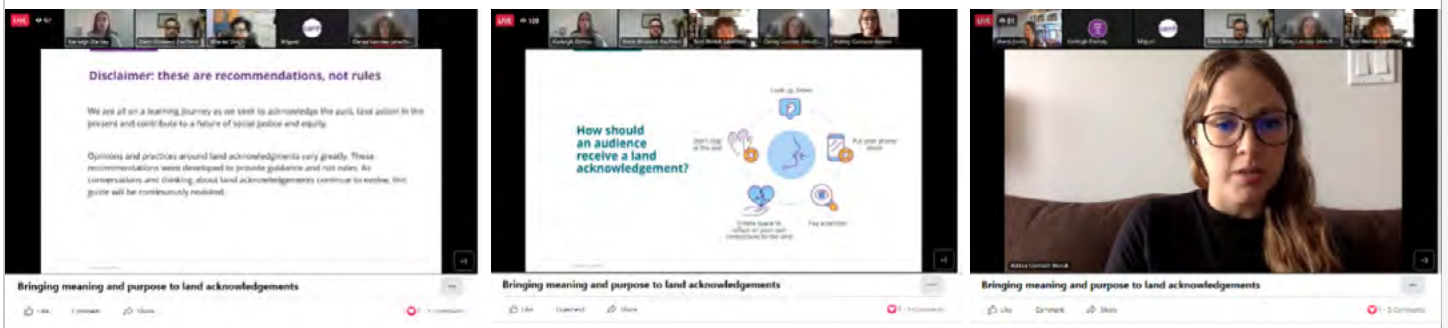
Jun. 29 2022

Bringing Meaning and Purpose to Land Acknowledgements – This event accompanied the release of the [CAMH Land Acknowledgement Guide](#) earlier in the month. The event, offered by those who created the guide, shared not only the committee’s recommendations but also the guide’s development process. Presenters included **Ashley Corneet-Benoit**, Research Methods Specialist, Shkaabe Makwa, **Carley Lennox**, Communications Manager, Public Affairs and **Terri Rodak**, Librarian, CAMH Education. **Benn Brisland**, Social Worker, Gender Identity Clinic and **Sherri Hardy**, Community Support Specialist, Shkaabe Makwa, co-moderated the event. **Karleigh Darnay** offered an opening prayer.

Participants provided thoughtful, tangible recommendations to make land acknowledgements genuine and meaningful and to, more broadly, invite us to reflect on our individual and collective responsibilities in truth and reconciliation. All participants who completed the event evaluation said the webinar increased their knowledge and skills.

“I found the session really helpful. There was so much food for thought and I felt that the personal sharing about experiences and the empathy and depth of understanding expressed by the panel members was really helpful and relatable.”
– **Elisa Hollenberg**, Research Coordinator, General Adult Psychiatry and Health Systems Division

“The[se] are powerful tools for reflecting on the meaning and significance of land acknowledgements. I have referred a number of colleagues to the guide and have incorporated into our linked resources in presentations.” – **Georgia Black**, Research Analyst, Department of Education



NATIONAL INDIGENOUS HISTORY MONTH 2022

Aanchmiinwaa – Start Over – The Reconciliation Working Group (RWG) and the Indigenous Caucus have promoted and collaborated on many events over the years. As a way to honour and further promote learning opportunities within and outside CAMH, the RWG and Indigenous Caucus highlighted some particularly memorable events from 2022’s National Indigenous History Month. Select any of the links below to watch or listen.

[Two-Spirit and Indigiqueer Cultural Safety](#)



[Virtual Sweat Lodge Teachings with Traditional Healer Kawennanoron Cynthia White](#)



[From the Ashes: A conversation with Jesse Thistle](#)



[Anishinaabe Knowledge and Culture as the Cure](#)



[Treaties: Peace and Friendship – Realizing the Vision of Turtle Island](#)



[Indigenous Vaccine Confidence](#)




[Decolonizing the Way We Heal with Renee Linklater, PhD](#)



[MMIWG2S+ Voices: Indigenous Healing and Resistance](#)



Faces of CAMH


 camhnews



   **Goji Anandarajah**



Jun. 23 2022

 camhnews



   **Karleigh Darnay**



Faces of CAMH – In June 2022, the RWG welcomed two new co-chairs: **Goji Anandarajah** and **Karleigh Darnay**. **Diane Longboat** shifted to an advisory role. **Terri Rodak** stepped down as chair. The RWG thanks Terri for her leadership. Terri remains an active member of the RWG.

RECOGNIZING EVERY CHILD MATTERS/ ORANGE SHIRT DAY AND THE NATIONAL DAY FOR TRUTH AND RECONCILIATION

During the entire month of September, CAMH people were offered many opportunities to engage in truth and reconciliation, specifically honouring residential school survivors and those children who never came home. More than 200 people attended September events, and over 1,100 people viewed recordings.

Pledge to Reconciliation - The pledge asks CAMH people to make personal commitments to learning, healing and taking meaningful action towards reconciliation. This past year, 103 CAMH people made the pledge, bringing the lifetime total to more than 373 pledges.

AT A GLANCE CAMH PLEDGE TO RECONCILIATION

camh

Highlights from the **Second Annual Pledge Campaign**

+106

signed the second annual Pledge launched in September 2022



indicated that they would like to receive a reminder of the Pledge they've made in six months.

✓ **75** new signees

✓ **31** renewing signees



said they were interested in connecting with other CAMHers to support their Pledge to Reconciliation.

373

Pledge made since the campaign launch



267

signed the inaugural Pledge that was launched in September 2021

2021



The Reconciliation Working Group invites you to make the **CAMH Pledge to Reconciliation** or **renew your previous Pledge**, here: www.surveymonkey.com/r/6VRDJM9 or by scanning the QR code:



For questions, please contact reconciliation@camh.ca

Sept.
30
2022




Artwork developed by **Lisa Boivin**, member of the Deninu K'ue First Nation in the Northwest Territories, interdisciplinary artist, bioethicist and health care educator

RECOGNIZING EVERY CHILD MATTERS/ORANGE SHIRT DAY AND THE NATIONAL DAY FOR TRUTH AND RECONCILIATION

Faces of CAMH

Faces of CAMH: Pledge Signees - To highlight the many ways CAMH people are learning, healing and taking action, September editions of Faces of CAMH featured CAMH people who have signed the pledge to reconciliation.

Sept.
12
2022


 camhnews



“Another action I have taken in recent months includes speaking with colleagues about the importance of inviting and integrating Indigenous voices into our work, especially in our knowledge mobilization efforts. It is essential that we all learn how to do this type of work meaningfully and continuously and not in a tokenistic fashion.”

   **Tara Marie Watson** 

Sept.
15
2022

 camhnews



“If other staff members are interested in starting or continuing their own journey toward reconciliation, I would recommend taking the San’yas Anti-Racism Indigenous Cultural Safety Training course. I recently completed it and it taught me that in order to say goodbye to a problem, we first must say hello. I challenge everyone to learn about the history of Indigenous peoples in Canada, say hello to the problem introduced by those who came before us and reflect on how you can make a difference in reaching a place where racism, oppression and unconscious biases are things of the past.”

   **Jennifer Clarke** 

Sept.
29
2022

 camhnews



“Opportunities like this profile give me the opportunity to share the Truth. This was part of my pledge. But sharing the Truth is not enough. To learn more about the damage of the residential school system, my wife and I took initiative and found Indspire.ca. It is an Indigenous-led organization that empowers Indigenous youth to reach their educational and career goals. We make monthly and annual donations and are thankful to be able to support the great work they do.”

   **John Spavor** 

RECOGNIZING EVERY CHILD MATTERS/ORANGE SHIRT DAY AND THE NATIONAL DAY FOR TRUTH AND RECONCILIATION

Residential School Survivors Poster Campaign – CAMH launched a Residential School Survivors campaign across its social media and digital displays throughout the hospital to raise awareness about the continued impacts of the residential school system and recognize and honour Indigenous colleagues within our community healing from intergenerational trauma.

Sept. 2022

EVERY CHILD MATTERS camh

Kahontakwas Diane Longboat, BA, B.Ed., M.Ed.
CAMH Elder, Senior Manager of Strategic Initiatives, Shkaabe Makwa
1st Generation Survivor
of the Mohawk Institute, Brantford, Ontario



❤️ 🔍 📌 **Diane Longboat** 📌

EVERY CHILD MATTERS camh


Renee Linklater, PhD
Senior Director, Shkaabe Makwa
1st and 2nd Generation Survivor
of the St. Margaret's Residential School, Fort Frances, northwestern Ontario



❤️ 🔍 📌 **Renee Linklater** 📌

EVERY CHILD MATTERS camh


Atik Bird, M.Ed., M.Sc.
Research Coordinator, Shkaabe Makwa
1st Generation Survivor
of the All Saints Residential School, Prince Albert, Saskatchewan



❤️ 🔍 📌 **Atik Bird** 📌

EVERY CHILD MATTERS camh


Karleigh Darnay, MSW, RSW
Clinical Practice Lead, Youth Wellness Hubs Ontario
2nd Generation Survivor
of the Shingwauk Residential School, Sault Ste. Marie, Ontario



❤️ 🔍 📌 **Karleigh Darnay** 📌

EVERY CHILD MATTERS camh

Krystine Abel, M.Ed., MSW, RSW
Manager, Implementation, Shkaabe Makwa
1st Generation Survivor
of the Spanish Indian Residential School for Girls, Spanish, Ontario



❤️ 🔍 📌 **Krystine Abel** 📌

EVERY CHILD MATTERS camh

Leona Lonethunder
Cook/Cashier, Out Of This World Cafe
1st Generation Survivor
of Marieval Indian Residential School, Marieval, Saskatchewan



❤️ 🔍 📌 **Leona Lonethunder** 📌

RECOGNIZING EVERY CHILD MATTERS/ORANGE SHIRT DAY AND THE NATIONAL DAY FOR TRUTH AND RECONCILIATION

camh

Fetal Alcohol Spectrum Disorder (FASD) for Indigenous Helpers

Friday, September 9 | 9:30 am – 12:30 pm EDT

This three-hour webinar will explore Indigenous perspectives on disabilities, wellness, colonialism and intergenerational trauma, as well as health & research disparities before moving into a brief overview of FASD, the diagnostic process and the impact of language, messaging, and stigma on awareness and prevention work.

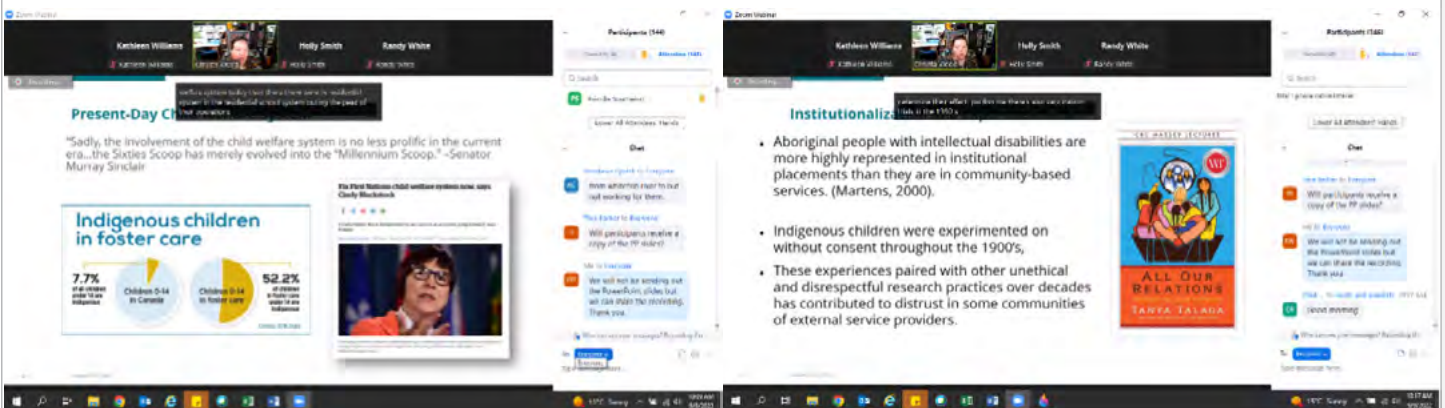
Facilitated by **Chrysta Wood**, Community Support Specialist with Shkaabe Makwa

Supported by **Keybeyaawsung, Randy White, Bizhew Clan, Nootkamegwaning First Nation**



Sept. 9
2022

Fetal Alcohol Spectrum Disorder for Indigenous Helpers – Facilitated by **Chrysta Wood**, Community Support Specialist, Shkaabe Makwa with support from **Keybeyaawsung, Randy White**, Bizhew Clan, Nootkamegwaning First Nation, this webinar grounded discussions about Fetal Alcohol Spectrum Disorder in Indigenous perspectives.



Caring for Indigenous Patients

Embedding culture and traditional healing

Tuesday, September 20 | 12:00–1:15 pm EDT



Dale Kuehl

Advanced Practice
Clinical Leader, CAMH



Nicole Robertson

Social Worker,
CAMH



Eddie Gough

Mental Health Counsellor
& former CAMH client



Moderated by

Renee Linklater

Senior Director,
Shkaabe Makwa, CAMH



Sept. 20
2022

Caring for Indigenous Patients: Embedding Culture and Traditional Healing – Dale Kuehl, CAMH Social Worker **Nicole Robertson**, and Mental Health Counsellor and former CAMH patient **Eddie Gough** joined in a conversation about how health care workers can support First Nations, Inuit and Métis patients. **Renee Linklater** moderated the conversation. **Karleigh Darnay** offered an opening and closing prayer.

Participants found this session impactful, noting in the event evaluation that they left the event understanding the importance of creating space for traditional knowledge and cultural practices.

“Thank you. The concept of “intergenerational ignorance” from Eddie resonated with me. [It’s] something I personally can work to undo in myself and community as I practice my work.”
– **webinar participant**

RECOGNIZING EVERY CHILD MATTERS/ORANGE SHIRT DAY AND THE NATIONAL DAY FOR TRUTH AND RECONCILIATION

National Day for Truth and Reconciliation & Orange Shirt Day – CAMH recognized National Day for Truth and Reconciliation and Orange Shirt Day on September 30 in a variety of ways across its community.



Staff with **Every Child Matters** virtual backgrounds



Every Child Matters flag hung across various locations at CAMH. Here a flag appears in the lobby of the Bell Gateway Building



Every Child Matters bracelets distributed on-site

Sept. 30
2022



Three Sisters soup, **Indian** tacos and **corn** muffins with cranberries offered at Out of This World Café along with teachings about the items on the menu



The **CAMH Library** provided an [updated resource list](#) related to Truth and Reconciliation



Every Child Matters flag-raising event at TD Commons



The **INTREPID Lab** (formerly Nicotine Dependence Clinic) held a day-long retreat focused on operationalizing their commitments to truth and reconciliation.

TREATIES RECOGNITION WEEK / CAMH X TSO ART OF HEALING PARTNERSHIP

Nov. 6-12 2022

Treaties Recognition Week 2022 – CAMH people were encouraged to mark Treaties Recognition Week by learning more about what makes us all Treaty People with responsibilities to the land where we live and how we can honour First Nations, Métis and Inuit as the original landholders. Treaties Recognition Week takes place every second week of November. Click on any of the links below to access resources shared during Treaties Recognition Week 2022

[Treaties: Peace and Friendship – Realizing the Vision of Turtle Island](#)



[Bringing meaning and purpose to land acknowledgements](#)



[Native Land](#)



CAMH and Toronto Symphony Orchestra (TSO) launch *Art of Healing* – November 2022 marked the launch of a multi-year partnership between CAMH and the TSO called *Art of Healing*. This new program brings together the work of Métis composer **Ian Cusson** and members of the TSO to help support First Nations, Inuit, and Métis patients at CAMH on their healing journey through musical storytelling and composition workshops. They will work together to co-create an original piece of music that will be premiered by the TSO in their 2023/24 season.

Nov.17 2022

To celebrate the launch, cellist **Yo-Yo Ma** and Polaris Music Prize winner **Jeremy Dutcher**, Tobique First Nation, performed at CAMH in two incredible community events. The events included conversations about the healing power of storytelling, music and language. Mezzo-Soprano **Rebecca Cuddy**, dancer **Sarah Prosper** and **Diane Longboat** also shared offerings.



Sarah Prosper and **Diane Longboat** embrace during an invocation



Yo-Yo Ma and **Jeremy Dutcher** together perform Honour Song

MMIWG2S+ CONVERSATION CIRCLE

Jan.
26
2023

MMIWG2S+ Conversation Circle – To create meaningful dialogue about the pervasive and ongoing racialized gender-based violence affecting First Nations, Inuit, and Métis Women, Girls, and 2SLGBTQQIA+ peoples, Shkaabe Makwa and the Reconciliation Working Group (RWG) hosted a Conversation Circle with CAMH staff, physicians and learners. The closed conversation was co-facilitated by **Chrysta Wood**, **Louis Busch**, Community Support Specialist, Shkaabe Makwa and **Terrellyn Fearn**, Executive Director of Turtle Island Institute, former Director of Outreach and Support Services, the Canadian National Inquiry into Missing and Murdered Indigenous Women and Girls. Those in attendance were clear in their desire to take meaningful action in reconciliation in their own work. **Diane Longboat**, opened this event and **Terri Rodak** delivered a land acknowledgement. CAMH people will have additional opportunities to support meaningful action in the coming years.



RWG FIVE YEAR REVIEW

RWG Five Year Review – Fiscal year 2022-23 marked five years since the introduction of the RWG at CAMH. Below are some highlights.



Renee Linklater and Lori Spadorcia led a conversation at CAMH about responding to Canada 150 with a reconciliation agenda



Red Dresses, as a part of Jamie Black's REDress Campaign, were displayed around CAMH in honour of missing and murdered Indigenous women, girls and 2SLGBTQIA+ people



Lori Spadorcia leading a discussion on reconciliation with CAMH staff



Author Jesse Thistle in conversation with Lori Spadorcia



Terri Rodak and traditional healer, Cynthia White, formerly of CAMH, showcase the HSO certificate noting the RWG as a leading practice.

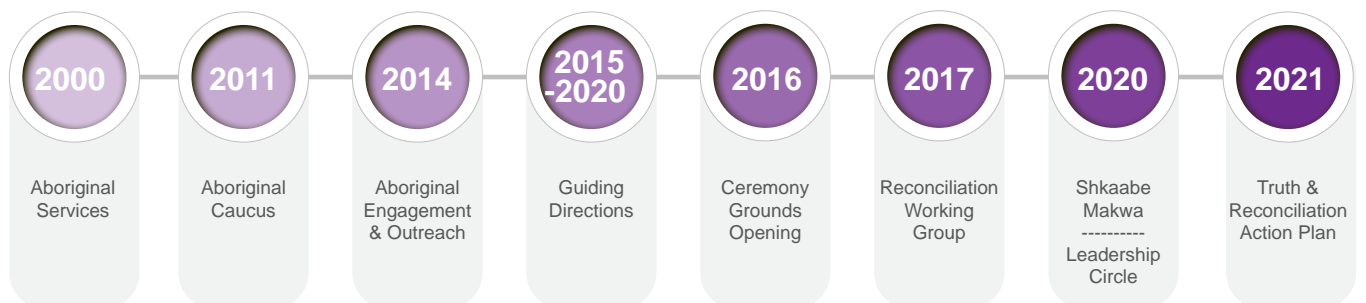


RWG members in a meeting together in 2021

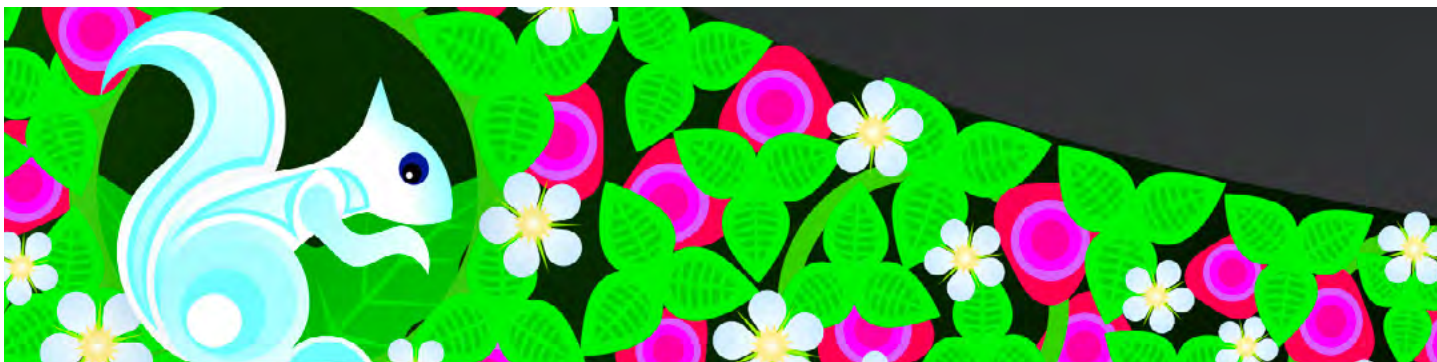


RWG members gathered to mark National Truth & Reconciliation Day in September 2022

Truth & Reconciliation at CAMH: a Timeline



CLOSING MESSAGE



As we look to the future and the next year of work supporting truth and reconciliation at CAMH, there are challenging and exciting opportunities ahead. Our reconciliation work has been guided by ways to support learning, healing and action. Over the past five years, there have been many opportunities for learning, and while we will always be learners on our reconciliation journey, we will be shifting our focus to supporting healing and action.

June is National Indigenous History Month, with National Indigenous Peoples Day taking place on June 21st. The theme for NIHM 2023 at CAMH is “Honouring Children and Youth,” with many events planned for CAMH staff, physicians, volunteers, learners, clients, community members and partners. The RWG encourages everyone to continue to reflect on their work and ways to take personal action to support reconciliation.

One opportunity to do this is to read ‘Decolonizing Trauma Work: Indigenous Stories and Strategies’ by Renee Linklater (Fernwood Publishing, 2014). This book will help readers understand ways to take a decolonizing approach to support Indigenous individuals and communities that have experienced

trauma, putting the “soul wound” of colonialism at the centre of these efforts.

Other opportunities for learning, healing and action will take place throughout September. A CAMH Pow Wow is planned for September 6. Throughout the month, several initiatives will take place to mark the third annual National Day of Truth and Reconciliation. The RWG will continue to promote the Pledge to Reconciliation for staff and physicians, and will be offering additional engagement opportunities among signees to support their reconciliation journey.

We have accomplished so much at CAMH and are proud to highlight the work of the RWG over the past five years. We are grateful to be a part of this work and for all of the support and commitment demonstrated across the organization and beyond. Many opportunities lie ahead and we continue to seek your support in our joint work on truth and reconciliation at CAMH. As we celebrate the fifth anniversary of the RWG at CAMH, we ask ourselves and those around us where we want to be five years from now and what CAMH will look like twenty-five years from now. Let’s accomplish this together.

5 years in the future what word would you use to describe RWG?



After celebrating the RWG’s fifth birthday, members were asked to reflect on their hopes for the RWG five years from now.

RECOGNIZING SOME OF OUR KEY PARTNERS

Many individuals and partners support RWG activities and initiatives. We would like to acknowledge over **60 members**, including **33 current members**, and **50 partners** of the RWG over the last five years.

We are incredibly grateful for the experiences, knowledge and learnings shared this past year by:

- **Ashley Cornect-Benoit, Benn Brisland, Bharati Singh, Carley Lennox, Chrysta Wood, Dale Kuehl, Eddie Gough, Dr. Esther Tailfeathers, Holly Smith, Dr. Jonathan Bertram, Keybeyaawsung Randy White, Laura Thibeault, Louis Busch, Nicole Robertson, Sherri Hardy, Terrellyn Fearn and Terri Rodak** during RWG events and webinars
- **Jennifer Clarke, John Spavor and Tara Marie Watson**, featured in Faces of CAMH articles dedicated to reconciliation
- **Atik Bird, Karleigh Darnay, Krystine Abel, Leona Lonethunder, Diane Longboat and Renee Linklater**, who courageously stepped forward for the September Survivor Campaign

Thanks to the support offered by our partners, the RWG has been able to host a number of events and activities throughout the year, celebrating National Indigenous History Month, National Indigenous Peoples Day and the National Day for Truth and Reconciliation. We would like to highlight several partners who had a big impact and helped to make CAMH's reconciliation efforts possible. A heartfelt thank you to **CAMH Foundation** for providing funding for RWG activities in the 2022-23 fiscal year.

Each year **Bharati Singh and the CAMH First Impressions team** help to raise awareness of important days of celebration, learning, reflection and reconciliation. We would like to express our appreciation for their support in distributing and displaying Every Child Matters flags and bracelets.

Thank you to the **CAMH Library Services**, including **Terri Rodak and Daphne Horn**, for developing resources and learning materials related to truth and reconciliation. You can see the impact of the Library's work through the learning and action resources highlighted on the RWG Insite page, the CAMH Pledge to Reconciliation and more.

The Toronto Symphony Orchestra has worked with CAMH to develop a wonderful partnership through the *Art of Healing*, supporting First Nations, Inuit, and Métis patients in their healing through musical storytelling and composition. Thank you to **Yo-Yo Ma and Jeremy Dutcher** for making this work possible, with special thanks to **composer Ian Cusson**, dancer Sarah Prosper and Mezzo-Soprano singer, Rebecca Cuddy.

On September 31st, 2022, **Out of This World Café** offered a special menu at all locations at the College and Queen Street sites. The menu featured corn and cranberry muffins, Three Sisters soup and Indian Tacos and also highlighted the history and teachings behind these selections. The RWG appreciates **Matthew Neil, Leona Lonethunder and others** who contributed so much from Out of This World Café and **Cynthia White** for the donation of corn.

Lastly, we would like to thank the staff who signed the CAMH Pledge to Reconciliation and **all CAMH staff who are committed to actions of reconciliation each day in your work at CAMH and beyond**. We now have 373 pledges made, which includes 75 new signees and 31 renewals for 2022-23. Your voice and actions matter. So many of you have helped to carry this work forward in your own ways. Thank you for your support and ongoing commitment.

Glossary for Lisa Boivin's Art Piece

	First Nations Teachings	Clinical Teachings
<p>Deer</p> 	<ul style="list-style-type: none"> • Teaches us about generosity. Giving us their bodies for sustenance, bones for tools and hooves and antlers for ceremony. • Deer's generosity inspires gratitude in people. • Teaches us about kindness. • Teaches us to be gentle and to navigate our world quietly as we participate in the ecosystem. • Deer moves through thorn bushes and does not give up. 	<ul style="list-style-type: none"> • Be generous, use your energy to help people. Let Indigenous (First Nations, Inuit, Métis) patients know that you respect and support their wellness, cultural beliefs and ceremonies. • Be grateful for your knowledge and experience as a clinician. Your patient is being generous with you by allowing you to participate in their journey to wellness. • Be kind and open-minded to embrace other ways of knowing and being in the world that are equal to your beliefs. • Be gentle in caring for patients. This includes listening to patients quietly as they tell you about how they experience their illness.
<p>Butterfly</p> 	<ul style="list-style-type: none"> • Symbolizes the vitality and knowledge of youth. • Teaches us the value of motion and playfulness. • Demonstrates the miracle of transformation, joy and freedom. • Shows us that we need to work to fulfill our life's dreams just as the new butterfly works its way out of the cocoon to dry its wings in order to take first flight. 	<ul style="list-style-type: none"> • Respect the vitality and knowledge of young people. Engage their perspectives in your work. • Avoid ageist models of patient care. Youth are knowledgeable and carry tender wisdom. • Feel your own freedom and self-worth in the workplace and be playful when appropriate. • Young people and their gifts will transform our healthcare system and our world.
<p>Bear Medicine</p> 	<ul style="list-style-type: none"> • Bear represents the gift of fearlessness, courage or bravery. • Bear has the gift of physical healing, carrying the knowledge of medicines and the body. • Bear teaches us not to fear being alone, is contemplative and enjoys his time alone. • Bear works with the natural cycle of weather and the movement of the Earth to den in the winter and bring new life into the world in spring. 	<ul style="list-style-type: none"> • Clinicians must take time alone to heal themselves. Self-care is very important and critical to high functioning in the healthcare setting. • Give patients time to heal. Everyone's healing journey is different. Some people need more time and require the help of allied health professionals and Traditional Healers. • Be self-reflective, as well as reflexive in your clinical practice.
<p>White Squirrel</p> 	<ul style="list-style-type: none"> • White squirrel appears and signals a new time for humanity to unify and live simply on the earth. • Squirrel teaches us to be prepared and collect things that are necessary for survival. • Squirrel shows us how to read natural signs of weather and prepare ahead of time for changes in our environment. • When squirrel appears, she encourages us to learn about and store the treasures in our environment, to be grateful for life. 	<ul style="list-style-type: none"> • Be prepared and collect pieces of knowledge that will help you in your practice. • Treasure what you learn as you collect knowledge, navigating your clinical/working environment. • See all human beings as valuable with gifts to contribute to the world and a reason to be alive in this era.
<p>Wolf</p> 	<ul style="list-style-type: none"> • Wolf teaches us humility. They are well organized in the family and know their roles in their community. • Wolf is loyal, family-oriented and protective. • Wolf is tenacious. • They are good citizens, don't mind a scrap or two and work out squabbles amongst themselves. • They listen and communicate carefully. • Family is everything. 	<ul style="list-style-type: none"> • Be humble in your clinical relationships as a servant leader. • There will be challenges in clinical relationships and sometimes failures. Lessons learned are jewels. • Be a good citizen, you are a guest in communities. • Listen and learn to communicate carefully. • Include family in clinical plan, if possible.



Hummingbird

- Defies the laws of physics by flying with great speed in multiple directions.
- Has the ability to hover, observe and back up when necessary.
- Helps mother earth flourish.
- Cross pollinates flowers with precision.
- Hummingbird is adaptable to multiple environments.

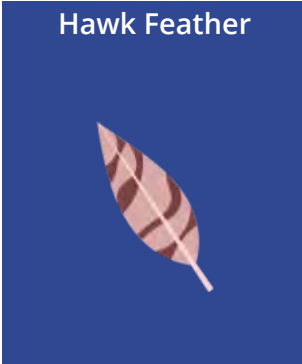
- Observe quietly.
- Be a part of a good health plan. Put patients in a position to flourish.
- Translate information between healthcare institutions carefully and with precision.
- Be adaptable in clinical plans.



Rabbit

- The rabbit is a gift from the Creator and must be respected.
- The rabbit gave the gift of dance. Dancing helps us heal.
- Rabbit helps us keep track of time.

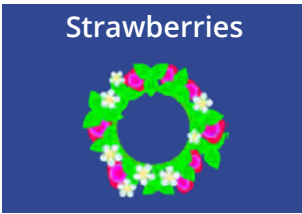
- All people are gifts from the Creator regardless of difference and culture. They must be respected.
- The rabbit gave the gift of dance. A clinical relationship is a healing dance.
- Rabbit helps us keep track of time. Spend time with patients/clients. Trusting relationships take time.



Hawk Feather

- Hawk can see everything.
- Reminds us to open our gaze to take a wider view.
- Recognize the gifts you have received.
- Open yourself up to future gifts.
- When we hold hawk feather when we are speaking it helps us to speak clearly and with kindness, reminding us to take a wider view and to consider the view of the people we are speaking with. Even when there are difficult things to say and discuss we can speak with kindness and with love.

- Take a wider view. Clinicians must consider everything in the life of the patient. Look out of the four walls of the clinic to be effective in clinical relationships.
- Understand the history of colonialism and how it impacts the health and mental health outcomes of Indigenous people and populations.
- Clinicians must open themselves up to new knowledge systems. They are gifts.
- Speak with kindness and love.



Strawberries

- Strawberries are little hearts.
- Wild strawberries almost became extinct and returned to remind us that we are loved by the land.
- All parts of the plant are used for medicine to clean the digestive system and nourish the blood.

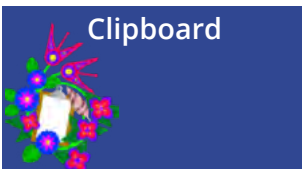
- Strawberries heal the heart and our emotions.
- They are found on the trail to the Sky World that we all walk as we return to the Place of Peace where we originated.
- Strawberries are the head of the medicine plants and have great responsibilities as leaders.

Quotes from the Artist Lisa Boivin



Timer

- The timer is strategically placed in front of the Elder who is leading the people down the path. It represents the measure of knowledge of the ancestors. Indigenous people have carried medicine teachings for centuries.
- The timer also represents that the time is now. This is the time when things must change.
- The time is now to harmonize traditional medicine ways with medical practice.



Clipboard

- Clipboard represents the sacred ceremony of informed consent between clinician and patient.
- This is a non-hierarchical relationship. Patient and clinician build a relationship of mutual respect and equality. Both parties understand each other's role in the relationship with the objective being the best clinical path/plan to wellness for patient.
- I put the hawk feather and clipboard side by side because they are equally important.

Teachings from CAMH Elder, Kahontakwas Diane Longboat



People on the Path, Walking Together

- The journey of life is meant to be shared with respect for one another.
- The Woman Elder leads with wisdom, generosity, and compassion.
- Mother and Baby follow, new life has entered the world and Mother is sacred as a vessel carrying three generations within.
- Doctor is a helper, a servant leader.
- Young man with a drum sings spirit calling songs to nourish and heal.
- Indigenous Elder and Two-Spirit person widens the circle of care to include everyone.
- Non-Indigenous transgender health care provider is an essential part of the team.
- Young man with the guitar shows his gifts to bring joy into the world as healing.

Artist

Seeking the clinical knowledge embedded in the digital art produced by **Lisa Boivin**, the Reconciliation Working Group engaged Lisa to develop an art piece that the RWG could feature on its materials reflecting both clinical knowledge and traditional medicine knowledge of First Nations. This stunning art form is filled with images that draw the emotions and exhibit harmonizing medical practice and traditional Indigenous healing. Lisa created an essential companion to the art form that embodies the teachings of the wolf, bear, hummingbird, rabbit, squirrel and the many people on the road journeying to wellness. Art raises our consciousness and enables the mind to travel unhindered.

We are deeply grateful to Lisa for sharing her gifts with us!

