

Aboriginal/Indigenous Youth Mentorship Program

3rd Annual National Team Gathering

*March 20th & 21st, 2019
Treaty 7 Territory - Calgary, Alberta*



Diabetes Action Canada





Overview

On March 20th & 21st, the Indigenous Youth Mentorship Program (IYMP) team members from across Canada came together in Calgary, Alberta for the 3rd Annual National Team Gathering. The primary goal of the gathering was to review progress over the past 2 years, share new data/information gathered within each door and set a preliminary direction for the next 5 years as a Pathways Component 3 Research Team. We also introduced new communities to the IYMP team.

To start the gathering off in a good way, a prayer and ceremony was led by Elder Alex Crowchild with drumming from the Youth Drumming Group.

After opening prayer and icebreaker activities, Joannie, Heather and Kate presented on the history of IYMP. Next, participants engaged in small and large groups activities. During the first activity, participants were asked to reflect on their experiences delivering IYMP to date. The conversation provided a space to discuss 'what we are doing now', 'what we hope to achieve', 'how we will get there', and 'who needs to be involved'. In the afternoon, we heard from youth mentors and Young Adult Health Leaders (Y AHLs) on the "Best Parts of IYMP in our Communities". LEAP also presented on how their organization could support the rippling of IYMP. The day ended with a visit to the Tsuutin'ina Nation Community.



Day two opened with a keynote from Dr. Lindsay Crowshoe on the topic of Educating for Equity. We then came together as a group to share tea with Elders. After lunch, Dr. Colleen Fuller presented on the Kahnawake Mohawk Territory Regional Health Survey Report. The day ended with the 25/10 activity to plan what training and gatherings should look like for the next 5 years.

Throughout the gathering, information shared by IYMP team members was written down on flip-chart paper by facilitators and summarized for this report. The information gleaned from this meeting will serve as a foundation for the IYMP team as we plan for the next 5 years.



Learn & Share

As a way to welcome everyone to the gathering and set intentions for the two-day gathering, IYMP team members were invited to individually reflect and write down one thing they would like to share about their IYMP experience and one thing they would like to learn at the gathering on a piece of paper. Participants were invited to crumple and toss their piece of paper. After the 'snowball fight', participants picked up a new piece of paper and shared what was written with a facilitator who wrote down participant comments on flip-chart paper. The summary below describes the overarching themes that participants wanted to share and learn at the gathering.

IYMP Team Members wanted to *share*:

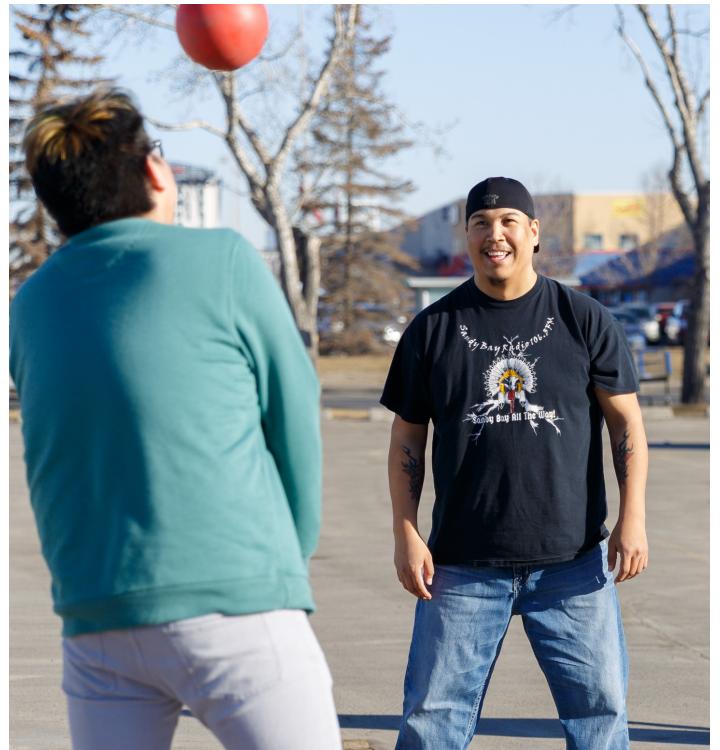
- Their experience working with youth
- Energy, enthusiasm & support
- New ideas, games and activities
- How IYMP is running including strengths and challenges
- Things about themselves
- Traditional Knowledge
- The positive impact of IYMP
- Friendship and relationships
- Experiences of community-university partnerships

IYMP Team Members wanted to *learn*:

- From youth to improve the program
- How to build a wider Indigenous network of support
- How to strengthen relationships
- How to support the running and rippling of IYMP
- About IYMP
- New games, activities, and tools
- How to be a leader
- About different aspects of research
- About Indigenous language, culture and stories



Game Sharing



Sharing Experiences

During this activity, participants were asked to reflect on and share their experiences with IYMP. This knowledge will be used to guide discussions as we move forward over the next 5 years. Specifically, each small group was asked four questions: what are we doing now, what do we hope to achieve, how do we get there and who needs to be involved. A facilitator in each group guided, participated and wrote down comments on flip-chart paper depicting a mountain landscape. At the end of the activity, each small group shared their reflections with the larger group. The summary below describes what was heard from each small group.

What are we doing now?

- Providing school/community-based programming
- Providing a place for healthy interactions and relationships
- Creating a positive environment
- Promoting healthy living and preventing diabetes
- Connecting to culture and land
- Fostering leadership
- Fun
- Mentorship
- Providing education and employment
- Supporting community-specific autonomy



What do we hope to achieve?

- Holistic health & wellbeing
- The good life
- Healthy communities
- Create a future youth will enjoy
- Promote healthy living
- Foster relationships and role modelling
- Training for mentors
- Fun
- Rippling & Sustainability
- Recognition
- Enhance participation through collaboration and by eliminating barriers (childcare, transportation, weather, homework)
- Celebrate culture
- Learn from one another

Sharing Experiences



How do we get there?

- Patience
- Humility
- Happiness & love
- Positivity
- Encouragement
- Motivation
- Engage youth to generate excitement and enthusiasm
- Provide training for mentors, YAHLS and parents
- Integrate culture
- Share knowledge between communities
- Support mental health and healthy choices
- Consider program logistics (fundings, space, equipment, transport, food, accessibility)



Who needs to be involved?

- Children and youth
- Community leadership
- Health directors
- Elders
- Parents/guardians
- Community members
- Schools
- Nutritionists, student support workers, community workers
- Partners
- Other programs
- Culturally sensitive researchers
- Funders
- Media
- As many people as possible

Tea with Elders



Elders from across Canada shared their wisdom and experience with the IYMP team through a moderated session. This created an opportunity for reflection and open discussion for everyone in the room.



25/10 Activity

On day two, participants took part in the 25/10 activity. This activity is used to quickly generate and sift through a group's ideas for future actions. It taps into the collective wisdom of the entire group by fostering participation. During this activity, we focused on two topics. First, participants were asked to reflect on and write down on a flash card: 1) what is the most important training need or support for YAHLs and high school mentors to plan and implement IYMP, and 2) what first step would you take to get started? Once participants were finished, they began moving around the room to music and passing cards from person to person. When the music stopped, everyone read the card in their hand and scored the idea from 1 ('meh, its okay) to 5 (absolutely amazing). This process was repeated for a total of 5 rounds. At the end of the fifth round, the ideas were read aloud starting with the highest rated ideas (maximum score is 25). The top 10 ideas were written down on flip-chart paper. This process was repeated for the second topic. For this topic, participants were asked to reflect on and write down: 1) what is your best idea for making the national gatherings amazing, and 2) what first step would you take to get started? The table below includes the top 10 ideas and step, in rank-order, for both topics.

Topic 1: What is the most important training need or support for YAHLs and high school mentors to plan and implement IYMP, and what first step would you take to get started?

24
YAHL/mentor only national gatherings once a year to practice games/share ideas
Get funding to support these gatherings

24
Incorporating physical activity into cultural activities
Connect youth with resources to make it happen

23
Need a constant facilitator for resources (A go-to person for just in-case situations and support)
Hire a facilitator for this position so the program is sustainable

21
Public speaking training for YAHLs to be open & not shy
Seek an organization offering this training & encourage other youth to join



25/10 Activity

Topic 1: What is the most important training need or support for YAHLS and high school mentors to plan and implement IYMP, and what first step would you take to get started?

- | | |
|---|--|
| <p>21
Training mentors/teachers for YAHLS & mentors to help the mentors (open communication, body language, understanding the situation & problem solving)
Provide workshops for YAHLS & mentors</p> <p>21
How to facilitate games that incorporate numeracy, literacy, language, culture and/or cooperative efforts (problem solving)
Connect with physical education teachers or physical literacy specialists</p> <p>21
Learning what has worked from YAHLS & mentors from similar communities
Pair YAHLS & mentors with a mentor YAHL/mentor from another community</p> <p>20
Partnership creating training - learning how to partner with other agencies or staff (elder) to help build a robust program)
Educate youth on local opportunities, meet with different agencies to understand all the supports they can draw from</p> | <p>20
A set of cooperative learning games/activities to learn/memorize
Hands-on group workshops with a booklet for support</p> <p>19
YAHL & high school mentor IYMP manual (basic 101, intro to program across Canada, fundamentals)
Highlights, successes, challenges, reconnecting each community & put it together</p> <p>19
Support/training for mentors (1 or 2 day retreat/gathering with time for team building/bonding)
Talk to mentors about what they want</p> <p>19
Elder input & support throughout the process
Buy some tobacco & find/approach an Elder who is able to help in this process to provide guidance throughout the steps going forward</p> <p>19
A book of "back pocket games" for last minute planning
Google some games/activities!</p> |
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25/10 Activity

Topic 2: What is your best idea for making the national gatherings amazing, and what first step would you take to get started?

25
Kate Storey telling stories
Ask Kate

21
Land-based activities & teachings (like the Wiki boat ride)
Identify a host group for next year!

24
More time outside for land-based learning
Connect with Lawrence

20
More physical activities/dance breaks
Give group heads up that there will be random dance breaks

23
Learning what has worked from YAHLs & mentors from similar communities
Meet & greet tables (5 minute musical chair game on first day - 5 minutes to talk & then move on)

20
Include a session during the gathering that is a cultural activity (mental wellness: dream catcher making, talking stick making, skinning a beaver, fillet a fish)
Invite cultural coordinators from closest IYMP community to facilitate activity

22
More facilitated opportunities to connect with other communities (relationship building)
Educate youth on local opportunities, meet with different agencies to understand all the supports they can draw from

19
Support/training for mentors (1 or 2 day retreat/gathering with time for team building/bonding)
Talk to mentors about what they want

22
Have them hosted in First Nations communities
Organize a planning committee with YAHLs & youth mentors to be key leads in planning

19
Continuing to have people in a wide variety of roles (YAHLs, mentors, elders, researchers, etc.) come together & ensuring all these voices are heard)
Involving youth, YAHLs, elders in the planning of National Gatherings



25/10 Activity

Topic 2: What is your best idea for making the national gatherings amazing, and what first step would you take to get started?

19

I love the food and the chance to see different cities and people

Booking nice and friendly hotels with healthy food caterers

19

Promote items and cultural activities from various cultures (i.e. drum dance, sewing circle, showcase traditional clothing, Dene games, stories, etc.)

Mention on invite if participants have any cultural components to share/show at the gathering

19

Land based gathering

Tipis and tents

19

Allow for youth to lead the majority of sessions and act as emcee's

Create the next agenda in collaboration with YAHLs and mentors

19

Have a youth specific stream for support, game sharing, training/empowerment sessions

Identify 'champ' YAHLs and establish Youth Stream planning group

19

Increase cultural activities, elders presence (include evening cultural entertainment)

Hand out a survey after each National Gathering to gain input

Summary & Next Steps

Thank you for your interest, dedication, and candor during the 3rd Annual National Gathering. We aimed to create an interactive and inclusive discussion where IYMP team members had the opportunity to share ideas and experiences. We were excited to make new connections and invite new communities to the IYMP team.

We hope that documenting the work from this gathering might prove helpful when planning for the next 5 years. We look forward to ongoing discussions during future training, door and national gatherings. We are excited for the future of IYMP!

Appendix - Meeting Agenda

**THE INDIGENOUS YOUTH MENTORSHIP PROGRAM
3RD ANNUAL NATIONAL TEAM GATHERING
MARCH 20TH AND 21ST Calgary Alberta
Delta Hotels by Marriott Calgary South
135 Southland Dr SE, Calgary, AB T2J 5X5
Bonavista Ballroom**

Day 1

8:00am	BREAKFAST
9:00am	Opening Prayer and Ceremony – Elder Alex Crowchild Youth Drumming Group Opening Remarks – Alex McComber, Malcom King, Jon McGavock
9:30am	Snowball Icebreaker
10:00am	History/Overview of IYMP – Joannie Halas, Heather McRae, Kate Storey
10:30am	BREAK
11:00am	It's a Ball! Group Activity
11:15am	Youth – Game Sharing Adults – Communities Share Experiences (Table Discussions)
12:00pm	LUNCH
1:00pm	Voices of Youth/YAHLs on "Best Parts of IYMP in our Community"
2:00pm	Updates and Plan for 2019-2024 LEAP Presentation
3:00pm	Closing Remarks
4:00pm	Tsuut'ina Nation Community Visit
6:30pm	DINNER

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Day 2

8:00am	BREAKFAST
9:00am	Dr. Colleen Fuller – Kahnawake Mohawk Territory Regional Health Survey Report
10:00am	BREAK
10:30am	Tea with Elders
12:00pm	LUNCH
1:00pm	KEYNOTE – Dr. Lindsay Crowshoe Educating for Equity Youth/YAHLs – Game Sharing
2:00pm	Strategic Planning – 25 gets you 10: Training for IYMP 2019-2024
3:00pm	BREAK
3:30pm	Strategic Planning – 25 gets you 10: Gatherings for IYMP 2019-2024
5:00pm	Closing Ceremony

Appendix - Attendance List

Marnie Anderson	Donna Ivimey	Twyla Nitsiza
Diamond Arcand	Diane Jacko	Jessie Nyberg
Colin Baillie	Jay Johnson	Lawrence Paul
Jessica Beardy	Miroslava Jovanovic	Seth Peltier
Tamara Beardy	Stephen Kosar	Brian Percheson
Kaydance Beardy	Donna Kutz	Seneca Pond
Anita Black	Bree Langlais	Christi Poulette
Jack Jr. Blacksmith	Lucie Lévesque	Adriana Poulette
Sharon Bruce	Sabrina Lopresti	Kendall Robinson
Kim Burnouf	Kayla Manitowabi	Carol Rodgers
Barb Carlson	Dinah Marion	Sophie Roher
Kyle Cbaibomcowai	Myles Martin	Gilles Ross
Benjamin Coutu	Kennedy Mason	Pusha Sadi
Jessica Demeria	Taiosheratie Mayo	Frances Sobierajski
Andrea Dion	Alex McComber	Lisa Spence
Lawrence Enosse	Denis McDougall	Kate Storey
Gillian Epp	Jon McGavock	Reed Thorstad
Keri Esau	Connie McIvor	Melissa Tierney
Boris Eyakfwo	Baillie McIvor	Delani Trudeau
Leah Ferguson	Heather McRae	Tany Voth
Rick Fewchuck	Jennifer Medlock	Noreen Willows
Aaron Fontaine	Jill Miller	Nancy Young
Amanda Froehlich Chow	Kelsey Monais	Kyle Zacharie
Joannie Halas	Wahsontiio Montour	

Appendix - IYMP Team

We would like to thank each IYMP community and partner organization. Your support, experience and expertise continues to shape and strengthen IYMP.

- Alexander First Nation
- Paul First Nation
- Tlicho Government, NWT
- Prince Albert Grand Council
- Garden Hill First Nation
- Cross Lake First Nation
- Sagkeeng First Nation
- Sandy Bay First Nation
- Split Lake First Nation
- Swan Lake First Nation
- Thompson
- Wabowden
- First Nation School of Toronto
- Oneida Nation of the Thames
- Wikwemikong Unceded Territory
- Kahnawake
- Lakehead University
- University of Alberta
- University of Saskatchewan
- University of Manitoba
- Laurentian University
- Queen's University
- Ever Active Schools
- LEAP