



WANAKI CENTRE

Annual Report

2022-2023



Wanaki Team & Board of Members 2022-2023

Wanaki Team

Angela Miljour,

Executive Director

Jenny McConini,

Operational Team Lead

Sheyanna Emmerson,

Accreditation Team Lead

Gilbert Whiteduck,

Program and Services Team Lead

Chad Thusky,

Cultural Program Facilitator

Tiffany Dumont,

Mental Wellness Team Lead

Marlene Carle,

Program Administrator/Admissions

Pierre Brascoupe,

Residential Team Lead

Maude Paul,

Virtual Team Lead

Nicole Miljour,

Counsellor

Jennifer Beaudoin,

Counsellor

Annie Maillot,

Counsellor

Edward Decontie,

Groundskeeper

Mary-Ann Buckshot,

Program Facilitator Attendant

Cynthia Labelle,

Program Facilitator Attendant

Allyson Moore,

Program Facilitator Attendant

John Dewache,

Program Facilitator Attendant

Rene Racine,

Program Facilitator Attendant

Board of Members

Kitigan Zibi Anishinabeg

Gilbert W. Whiteduck, President

Abitibiwinni

Joan Kistabish

Barriere Lake

Jeannette Wawatie

Kebaowek First Nation

Vacant

Kitcisakik

Edouard Brazeau, Board Member

Lac Simon

Brian Dumont, Board Member

Long Point First Nation

Sky Polson, Board Member

Temiscaming First Nation

Heather McBride, Board Member

Wolf Lake First Nation

Tyra Perrier, Board Member

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Message from the President



Kwey,

It is with great pride that I present the 2022–2023 annual report. I want to thank Ms. Angela Miljour Executive Director for her focused leadership during the past fiscal year. I also want to thank all Wanaki Board members representing each of the 9 Algonquin communities for their important governance contributions at the 9 Board meetings that were held during the past fiscal year. These contributions were important for the continued good functioning of the Centre. Additionally, and most importantly, I want to thank all staff for their continued positive input in the delivery of the virtual program, support to community front-line workers, and other client support activities. It takes strong collaborative efforts to ensure the delivery of quality services on a consistent basis and the Wanaki Centre has been coherent in this orientation.

The delivery of the virtual 4-week Virtual Program as well as Wellness Weeks which began in June 2020 continued throughout the fiscal year 22–23. Since the closure of the Centre in March 2020 initially related to the COVID pandemic and subsequently due to the completion of Phase 1 of infrastructure improvements, the Centre has continued to be very active in its support of individuals seeking a wellness program. With Phase 2 of the infrastructure improvements to now begin in Spring 2023 the Virtual Program and Wellness Weeks will continue to be offered to all First Nation and Inuit individuals seeking support to regain their wellness. It is important to note that the wellness services offered to people seeking support never stopped even if the Residential Program was put on pause until the infrastructure improvements were completed.

The past year has taught us, as it has done in the past, the importance of adapting to new situations while ensuring the delivery of quality services. The proactive and positive work done to prepare for the Accreditation Canada review was a demonstration of the Wanaki Centre's dedication to excellence. The result of being accredited with Exemplary Standing under the Quantum Accreditation Program is a recognition of the high standard of quality services that have been established for all services provided. We should all be proud of this great accomplishment which confirms the leadership and visionary approach of the Wanaki Centre as one of the First Nation Centres in Canada.

The Wanaki Centre was persistent in its ability to address challenges in a manner that allowed for the continued improvement of the various program activities. Furthermore, a stable team of dedicated workers ensured that the Centre continued to grow in leaps and bounds over the past year. This created an important stability that enriched the proper environment from which emerged a quality program and support services.

In closing, I want to express my sincere thanks on behalf of the Wanaki Board to the Algonquin Chiefs for their presence when required for the support of the Wanaki Centre. We are collectively part of a circle in which we are connected to each other. The continued leadership and strength of the Wanaki Centre to deliver quality Virtual and Residential Programs as well as other support services lie in our continued connection and strengthening of the circle. It is important that we be present for those in need of support and that we adapt to the changes that we are encountering. Guided by the Wanaki Vision, Mission, and guiding principles (7-Sacred Teachings) we will continue to be well grounded, understanding our limits but also seizing the opportunities.

Migwech



Gilbert W. Whiteduck
President



Message from the Executive Director



Many considerations drove the advancement of substance use landscape in 2021-2022. COVID 19 brought the need to explore important options to maintain services First Nation and Inuit. We've developed and even greater awareness of how substance use health intersects with mental and physical health, education, public safety and the economy.

The Wanaki team has responded with virtual tools that increased effective alternative services to support First Nation and Inuit on their wellness journey.

Staying true to our values involves examining ways we work to continue improving the process in which each individual accessing services will gain important life skills. We are pleased to share that we have been Accredited with Exemplary Standing, it was satisfying to be validated for all the time we have dedicated to this process.

While it is critical to acknowledge the devastation communities continue to live through, it is equally important to acknowledge and appreciate all of the individuals who continue to fight for their wellness, peace and growth.

Culture as intervention remains an integral part of who we are, ongoing conversation, consultations, evaluations, and adaptability all contribute to the implementation of quality cultural programming.

We also reviewed and adopted new policies and communication standards to enhance day to day operations. Community visits have been key to understand community needs and increase visibility and understanding on how best to serve. Community input will always be invaluable to our continued growth and success.

I am extremely proud of the work the Wanaki team has done not only in this past year but since the drastic changes required due to COVID. I know our efforts have supported change and new conversations about (Treatment) for substance use.

As we move forward in 2023-2024, we remember the importance of taking the time to connect with each other and unite for wellness. The issues facing our field are not new, but the increasing attention on them today offers an opportunity for change. There will always be new territory to venture into as we seek to meet the needs of those we serve.

In this respect, I would like to thank the team and partners for their incredible passion and dedication to improving First Nation and Inuit health and wellness. It has been a privilege to work with all of you.

Migwech,

Angela Miljour,
Executive Director
Wanaki Centre

Strategic Objectives Reviewed

The Wanaki Centre 5-Year Strategic Plan: 2020-2024 concentrates on anticipated Wanaki Centre activities over the next five years. After meaningful dialogue with concerned parties (as outlined in the methodology section), the Wanaki Centre will focus on the needs of the Centre, the needs of the client, and the relationship with communities and partners.

These three goals are to:

- 1** **CREATE AN OPTIMAL ENVIRONMENT THAT PRIORITIZES SAFETY, FOSTERS WELLNESS, AND ENHANCES THE OVERALL WANAKI CENTRE EXPERIENCE**
A planned expansion project will increase the residential capacity of the Centre, allow for an improved flow and reorganization of available space and address current safety issues for staff and residents. Overall quality improvement initiatives and a comprehensive Policy & Procedures manual including enhanced Infection Prevention & Control policies will contribute to a safe environment for all.
- 2** **ENRICH THE DELIVERY OF QUALITY PROGRAMMING TO SUPPORT A COMPREHENSIVE CONTINUUM OF CLIENT CARE.**
Hiring of additional human resources including a Nurse to oversee medical elements (e.g. medication management) and a resource worker to assist clients in the transition back to their community is planned. Developing emergency and contingency plans will ensure uninterrupted delivery of the program and services.
- 3** **SOLIDIFY COMMUNITY PRESENCE AS AN ESSENTIAL, SPECIALIZED-SERVICE PARTNER**
The promotion and delivery of services through outreach initiatives geared towards communities and leadership will be developed through innovative means, such as the use of a mobile team and an increased online presence to provide virtual care.

To provide a consistent update of the 4 year strategic plan, the following report card represents YEAR 3 of Wanaki outcomes. Some indicators and actions have been modified to reflect necessary adjustments due to Infrastructure Planning of Phase 2. With consistent and appropriate evaluation of services to respond to community needs, we feel our goals have all met or surpassed expectations. The team has developed and maintained tracking of all indicators over the years, this data has guided us to make strategic decisions and priorities our goals.

Each table in the following pages will break down our goals and outcomes. The Strategic Plan report card is scored based on Board feedback, program evaluations and data summary tracking and reports.

Our report card GRADING LEGEND

A: Completed

B: Partially Completed

C: Requires additional work

D: Needs to be re-evaluated

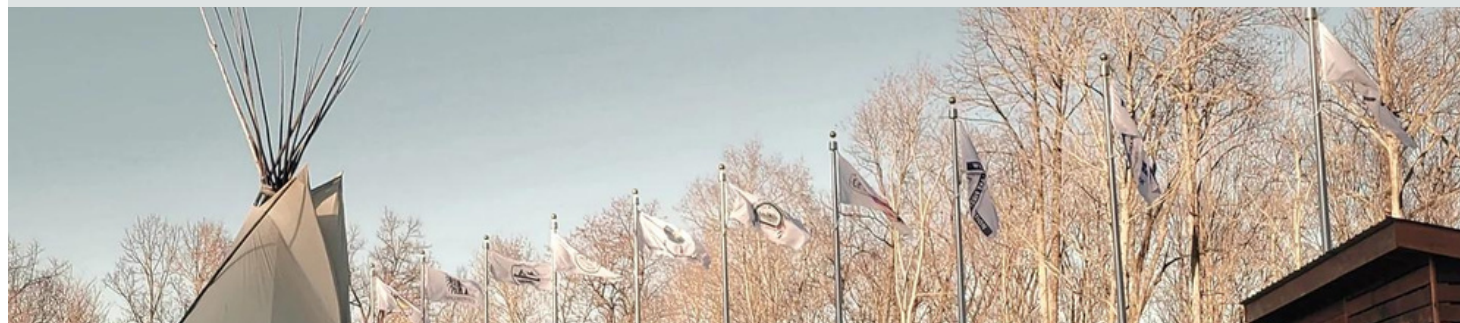
Goal 1: Create an optimal environment

GOALS	ACTIONS	INDICATORS
<p>1.1 Phase 2 Building Plans approved, including agreement with KZA</p> <p>B</p>	<ul style="list-style-type: none"> • The Agreement with Kitigan Zibi Anishnabeg has not yet been formalized, this agreement will include Property allocation, Internet, server and IP systems, back ups. In collaboration with FNEC. • Phase 2 plans have been modified as per budget allocation. 	<ul style="list-style-type: none"> • Phase 2 – Capital Project Approved funding by Indigenous Services Canada in November 2021. • Building Plan execution of 12 Private rooms and Washrooms • Political support Algonquin Chiefs through Special Chiefs Meetings. • Expected end of construction February 2024
<p>1.2 Address outbreak management and implement strategies to ensure health and safety</p> <p>A</p>	<ul style="list-style-type: none"> • Achieved the highest level of Accredited status with Exemplary Standing. • Ongoing delivery of Virtual Services • Ongoing Policy Review and Partnership Development with various Professionals in the field. 	<ul style="list-style-type: none"> • 15 policies reviewed and approved • PPE is sufficient and easy to receive • Implemented Systems including (MS 365, AMIS) • Maintain COVID measures at the office • Reported COVID cases among staff in 2022, ongoing information regarding changing measures has been communicated to all staff. • Staffing of a Full time nurse significantly enhanced health administration and programing • Increased % of hand compliance, included in orientation. • Increased communication with Public Health CSSSS
<p>1.3 Adopt and familiarize staff with innovative quality improvement initiatives</p> <p>A</p>	<ul style="list-style-type: none"> • Ongoing Training (Tech support, clinical and cultural) • Social Media Videos to enhance hand washing, and other informational videos. • Evaluate current practices and identify gaps in policy areas • Develop a comprehensive Manual for all Policies and Procedure 	<ul style="list-style-type: none"> • 10 Training Sessions available to MWT Subscribers • Accreditation working group and scenario • Ongoing review and discussion regarding organisational structure, job descriptions roles and responsibilities to adjust to new programs and services • Invest in data collection systems to evaluate outcomes (Survey Monkey, AMIS)



Goal 2: Enrich program delivery

GOALS	ACTIONS	INDICATORS
<p>2.1 Adapt the Pre-Treatment process to address client readiness, engagement and orientation.</p> <p>B</p>	<ul style="list-style-type: none"> • Adapt intake packages for virtual programs and review residential content. • Further Develop the Mental Wellness team to promote capacity building and develop outpatient programs • Ongoing Review the AMIS Client Pathway • Customize AMIS to work with Wanaki data collection needs • Evaluate Human resource Capacity to deliver Virtual and Residential Programs • Modification of Virtual Application • Defined and clarified the client pathway. 	<ul style="list-style-type: none"> • 28 Clients COMPLETED the Virtual program (4 week) • 7 of workshops developed and/or enhanced. • 3 Significant investments and modifications made to AMIS <ul style="list-style-type: none"> ◦ Incident Reporting ◦ Transition reports ◦ Implementation of AMIS pre-treatment services • Pre-treatment services include: completing client file, pre-treatment meeting, Material Prep and mail out.
<p>2.2 Enhance Program Delivery by securing essential Human Resource for Medical Leadership and Client Care</p> <p>A</p>	<ul style="list-style-type: none"> • Secured a full-time Nurse • Ongoing advocacy to Secure Budget with Indigenous Services Canada 	<ul style="list-style-type: none"> • Full time Nurse was hired since September 2021 • Ongoing development of health prevention and treatment programming • Implementation of comprehensive hand washing policy, including Bilingual Videos) • Enhancement of Infection Prevention and of medication management policies
<p>2.3 Bridge identified gaps within the client wellness continuum with a pro-active and planned approach for improved seamless services</p> <p>B</p>	<ul style="list-style-type: none"> • Develop Meaningful partnerships to support front line community services • Work in collaboration with the Quebec Treatment Centre network • Ongoing Contingency Planning • Hosted and presented Wanaki Services on a variety of platforms. • Ongoing prioritizing has been necessary, Wanaki employees are often called upon to support at many levels. 	<ul style="list-style-type: none"> • Follow up calls increased and recorded by the clinical team in 2022-2023 using AMIS new developed feature • Over 25 Front Line Program presentations • Survey monkey admission and discharge data AMIS validation • Consent to transition for ongoing care will be increased and recorded by the clinical team in 2022-2023



Goal 3: Solidify community partnerships

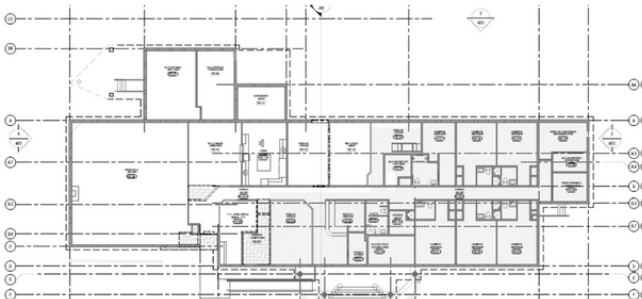
GOALS	ACTIONS	INDICATORS
<p>3.1 Engage in community outreach initiatives that promote the Wanaki Centre as an established community resource</p> <p style="text-align: center;">A</p>	<ul style="list-style-type: none"> • Explore potential of mobile team – community visits • Increase virtual care through online platforms • Advocate for network funding. • In person Community visits • MWT Subscribers training • Increase Wanaki Social Media Promotion <ul style="list-style-type: none"> ◦ Tik Tok ◦ Facebook ◦ Instagram 	<ul style="list-style-type: none"> • Program Evaluations are completed using Survey Monkey consistently. • Ongoing cross cultural training and discussions with CHUM. • Weekly Zoom Circles • Quarterly Front-Line virtual information sessions • MWT Subscriber • 7 Community visits • Monthly Wanaki Challenges • Host a Special Chiefs meeting Annual General Assembly
<p>3.2 Formalize Strategic Alliances, partnerships, and linkages with regional and community agencies.</p> <p style="text-align: center;">B</p>	<ul style="list-style-type: none"> • Outreach to various partners in the continuum of care • Developed Service offers to account for organisational support and services • Developed relationship with AMOS Detention centre • Treatment Centre Networks 	<ul style="list-style-type: none"> • Increased Partnerships <ul style="list-style-type: none"> ◦ Algonquin Communities (Leadership, Front Line) ◦ Indigenous Services Canada ◦ Santé Public ◦ Treatment Centre Network ◦ Thunderbird Partnership Foundation ◦ Ecenter Research ◦ Canadore College ◦ MSSSS ◦ CSSSPNQL ◦ Centre de Détention AMOS • Montreal Organizations (5-10) • 30-50 meetings with various partners • Collaboration with Western Qc school board delivered Buffalo Rider program to grade 6 and 7
<p>3.3 Engage Leadership in meaningful dialogue regarding the positive role of the Wanaki on the continuum of care</p> <p style="text-align: center;">A</p>	<ul style="list-style-type: none"> • Attend and support the participation in various meetings • Revaluation of financial priorities and participation outcomes • Presented Treatment Centres Strategic Plan to AFNQL Chiefs in September 2022. We received general consensus to support healing and treatment for addictions and mental health. • National Roundtable Presentation 	<ul style="list-style-type: none"> • CSSSPNQL Governance meeting 1 • 7 Administrative Board member meetings • 2 Special Chiefs Meetings • 12 of Regional Treatment Centre meetings • 30-50 National Treatment Centre working group meeting (AMIS, Virtual, Naloxone, National bi weekly Treatment Centre, Public Health, Mental Health Roundtables) • Meetings with Public Health • Justice – Detention Centres • Canadore College • CHUM Hospital • Thunderbird Partnership Foundation • National Capital Commission • University of Ottawa • Carleton University

Capital Projects Progress

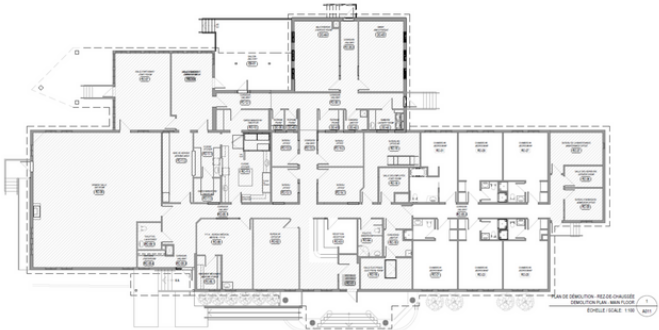
More details are available in the capital project report submitted to Indigenous Services Canada in June 2022. You can contact angela.miljour@wanakicentre if you wish to further consult or review. Some major improvements include;

- Complete clinic with triple locked medication system
- Private 12 bedroom and bathroom facility
- Increased number of offices 10 additional offices
- Appropriate space for individual sessions
- Improved Dining space, and library
- Additional Janitor, Gym, Recreation, and laundry rooms
- Additional Washroom in the common space
- Improved storage space
- Improved land based environment
- New archives unit

Original

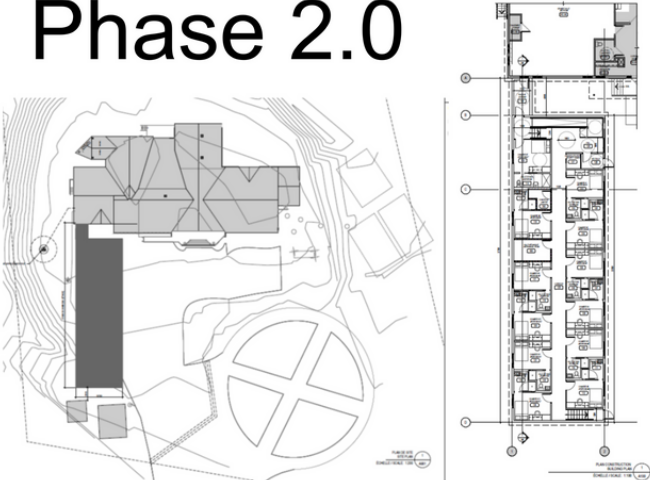
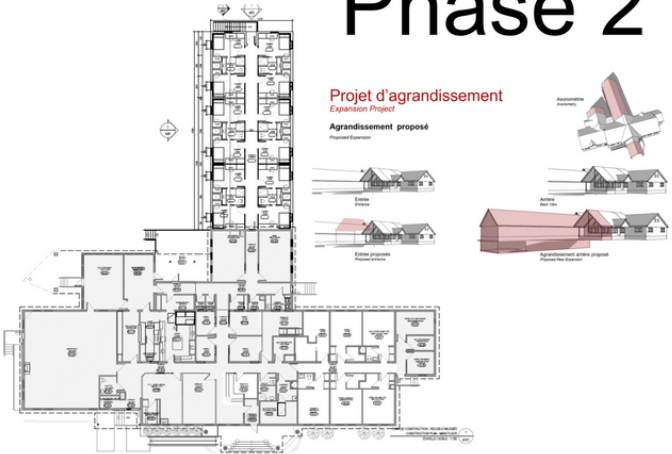


Phase 1



Phase 2

Phase 2.0



Virtual Program Summary

April 1, 2022, to March 31, 2023

The Virtual program is under regular review to ensure that the program responds to the needs of the clients and that quality control of content and delivery methods are reviewed to make changes when required. This year we have delivered 35 workshops withing the 4 week program and continue to evaluate the impact of individuals throughout the program.

During the period of April 1, 2022, to March 31, 2023, some 136 client files were received and 123 were reviewed as they were complete. There were 87 clients that had been accepted but were not able to proceed to engage or complete the program because they were no longer available for the session or withdrew during the program because of employment, health, or other related personal issues. Most of the applicants (83) were referred by a NNADAP front-line workers. Some 50 clients were successful in completing the program which meant that they were present for all the workshops that were presented which is a basic requirement to get a Certificate of Completion.

Clients that have completed the program have shared their satisfaction with all aspects of the program from the application to the completion of the program. Periodically we get suggestions that we consider approaches to continuous improvement. It should be noted that we get far more

WORKSHOPS 4-WEEK PROGRAM

Please note that the workshops are in alphabetical order

- 7 GRANDFATHER TEACHINGS
- ANGER AND RESENTMENT
- ANXIETY
- ATTITUDES
- BALANCE NUTRITION
- CO-DEPENDENT RELATIONSHIPS
- COMMUNICATION AND CONFLICT
- DEFENSE MECHANISMS
- DIABETES 101
- FAMILY TREE
- GAMBLING
- GRATITUDE
- HARM REDUCTION
- HEALTHY AND UNHEALTHY RELATIONSHIPS
- HOW TO BUDGET
- IMPACTS OF OUR HISTORY
- INSPIRATION & MOTIVATION
- INTRODUCTION TO TRADITIONAL MEDICINES
- LIFE WOUNDS
- LOSS AND GRIEF
- MEDICINE WHEEL
- NALOXONE
- NOW WE ARE SOBER
- ORAL HEALTH
- OUR STORY
- PAZAMÀN AND MADÒDISON
- RELAPSE PREVENTION
- RESIDENTIAL SCHOOLS
- SELF-ESTEEM
- SEXUAL HEALTH
- SMOKING CESSATION
- SOCIAL MEDIA DEPENDENCY
- STAGES OF USE
- UNDERSTANDING TRAUMA
- WELLNESS PLAN
- WHAT DOES IT MEAN TO LOVE YOURSELF?
- YOUTH PROTECTION

The Wanaki Center's approach to treatment is a mix of CBT cognitive behavioral therapy and Anishnabe teachings based on the 4 aspects: mental, emotional, physical & spiritual.

applications for the English cycles than for the French. We continue to work on communication strategies as well as work to deploy them to have increased numbers for the French cycles. We continue our partnership with Thunderbird to lend out tablets with data to individuals who are accepted into the program and who do not have the necessary tools to connect

The Virtual program has allowed the Wanaki Centre to continue to deliver important healing/wellness programming to members of various communities. We feel comfortable validating the Virtual care as an integral part of the Wanaki Centre services and the continuum of care for addiction and mental health services.

Centre Wanaki Centre
2022 VIRTUAL PROGRAMMING
PROGRAMMATION VIRTUELLE

ADMISSIONS: 819-449-7000, ext. 4227 | 819-449-2007 | admissions@wanakicentre.com

50 Wanaki Mikan, Maniwaki (QC) J0E 3B3 | C.P. 37, Maniwaki (QC) J0E 3B3 | 1-800-745-4205 (toll-free/numéro sans frais)
 819-449-7000 | 819-449-7832 | reception@wanakicentre.com
 @centrewanakicentre | @wanakicentre | @WanakiCentre

KENÓZIOU KÍZIS JANUARY / JANVIER	AKAKWÍDÍSH KÍZIS FEBRUARY / FÉVRIER	NIKI KÍZIS MARCH / MARS	KÁ - WÁSHKOTÓOU KÍZIS APRIL / AVRIL
WÁBÍGON KÍZIS MAY / MAI	OGEYIMIN KÍZIS JUNE / JUIN	MISKOMINI KÍZIS JULY / JUILLET	ADITAGÁGOMIN KÍZIS AUGUST / AOÛT
KARONE KÍZIS SEPTEMBER / SEPTEMBRE	NAMEGOS KÍZIS OCTOBER / OCTOBRE	ADIKAMEG KÍZIS NOVEMBER / NOVEMBRE	FIÓUBHÓN KÍZIS DECEMBER / DÉCEMBRE

4 Week Virtual Program - Mondays to Fridays | Programme virtuel de 4 semaines du lundi au vendredi

ENGLISH TREATMENT CYCLES Feb 21 - Mar 18 May 21 - June 17 Aug 15 - Sept 9 Nov 7 - Dec 2	PROGRAMMES DE TRAITEMENT FRANCOPHONE 10 jan - 4 fév 4 - 29 avr 4 - 29 juillet 26 sept - 22 oct
FRENCH TREATMENT CYCLES Jan 30 - Feb 4 April 4 - 29 July 4 - 29 Sept 26 - Oct 21	PROGRAMMES DE TRAITEMENT ANGLOPHONE 21 fév - 18 mars 23 mai - 17 juin 15 août - 9 sept 7 nov - 2 déc

Wellness Week (Bénévolat) May 9 - 13 & Oct 12 - 16 | Semaine du Bien-être (Bénévolat) 12-16 mai & 12-16 oct

Annual General Assembly: June 29 | Assemblée Générale Annuelle: 29 juin

Administrative Days | Jours administratifs

SHARING CIRCLES (English)
 ZOOM: 622 814 1392
 See our website for more information.

LES CERCLES DE PARTAGE (Francophone)
 ZOOM: 622 814 1392
 Consultez notre site Web pour plus d'informations.

BESOIN DE PARLER? (sans mens)
 • Parlez à un conseiller certifié
 • lundi au vendredi
 • 8 h à 17 h

www.wanakicentre.com

Centre WANAKI CENTRE
2023 VIRTUAL PROGRAMMING
PROGRAMMATION VIRTUELLE

ADMISSIONS: 819-449-7000, ext. 4227 | 819-449-2007 | admissions@wanakicentre.com

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 819-449-7000 | 819-449-7832 | reception@wanakicentre.com
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KENÓZIOU KÍZIS JANUARY / JANVIER	AKAKWÍDÍSH KÍZIS FEBRUARY / FÉVRIER	NIKI KÍZIS MARCH / MARS	KÁ - WÁSHKOTÓOU KÍZIS APRIL / AVRIL
WÁBÍGON KÍZIS MAY / MAI	OGEYIMIN KÍZIS JUNE / JUIN	MISKOMINI KÍZIS JULY / JUILLET	ADITAGÁGOMIN KÍZIS AUGUST / AOÛT
KARONE KÍZIS SEPTEMBER / SEPTEMBRE	NAMEGOS KÍZIS OCTOBER / OCTOBRE	ADIKAMEG KÍZIS NOVEMBER / NOVEMBRE	FIÓUBHÓN KÍZIS DECEMBER / DÉCEMBRE

4 Week Virtual Program - Mondays to Fridays | Programme virtuel de 4 semaines du lundi au vendredi

ENGLISH TREATMENT CYCLES January 24 - February 12 April 17 - May 12 July 15 - August 8 October 1 - 27	PROGRAMMES DE TRAITEMENT FRANCOPHONE 27 février - 24 mars 23 mai - 16 juin 21 août - 15 septembre 13 novembre - 8 décembre
FRENCH TREATMENT CYCLES February 27 - March 24 May 21 - June 18 August 21 - September 15 November 13 - December 8	PROGRAMMES DE TRAITEMENT ANGLOPHONE 14 janvier - 10 février 17 avril - 12 mai 10 juillet - 4 août 1 - 27 octobre

Wellness Week (Bénévolat) Apr 8 & Dec 13-15 | Semaine du mieux-être (Bénévolat) 8 avril & 13-15 déc

Wellness Week for Frontline Workers (Bénévolat) June 26-30 | Semaine du mieux-être pour les travailleurs de première ligne (Bénévolat) 26-30 juin

Annual General Assembly: June 28 | Assemblée Générale Annuelle: 28 juin

Administrative Days | Jours administratifs

SHARING CIRCLES (English)
 ZOOM: 622 814 1392
 See our website for more information.

LES CERCLES DE PARTAGE (Francophone)
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BESOIN DE PARLER? (sans mens)
 • Parlez à un conseiller certifié
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 • 8 h à 17 h

WWW.WANAKICENTER.COM

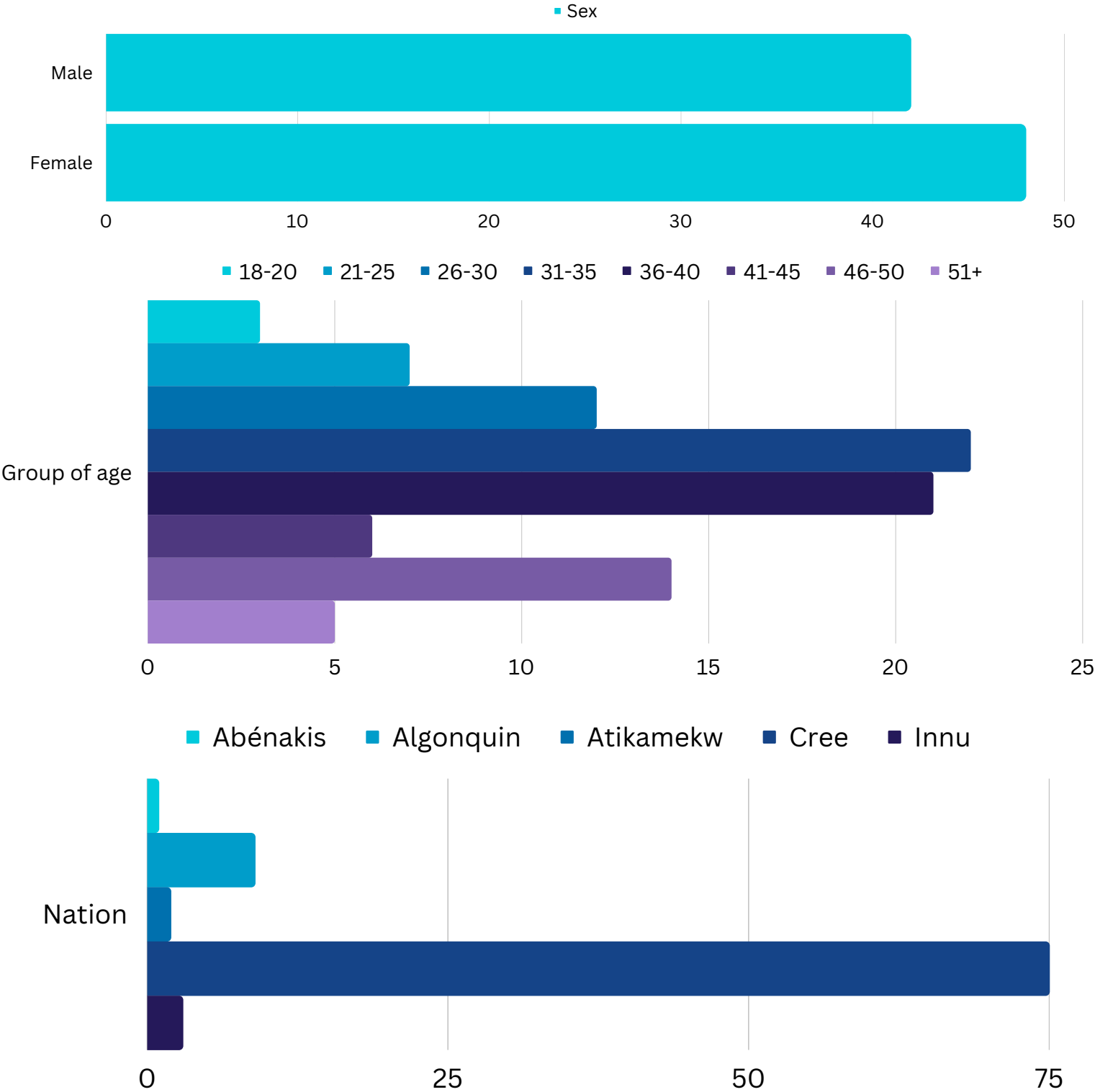
In addition this year, we have offered a one week program to the Amos detention Centre, 9 detainees participated and expressed their appreciate for the program. This increases our utilisation rate and we will need to review how additional services are funded.

I want to thank all members of the Board, the Executive Director, and all the clinical staff

for their support and work in making the Wanaki Centre Virtual program and services one that we can all be proud of. We will continue to improve because we have created a powerful base.

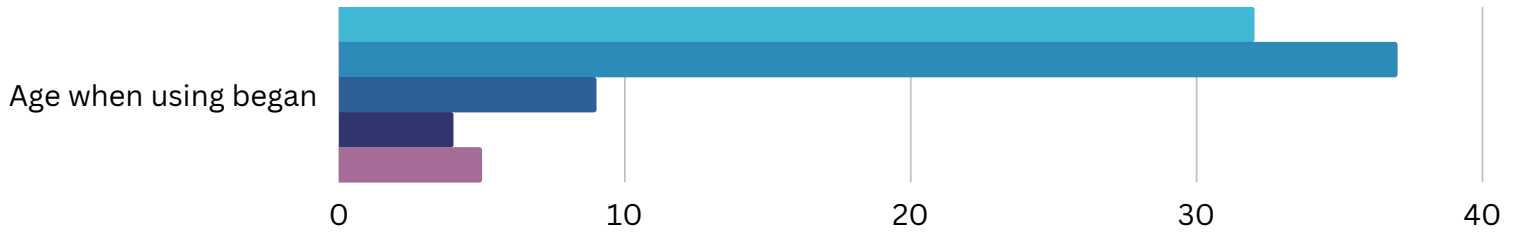
Data collection – Program and demographics summary

Client Profile

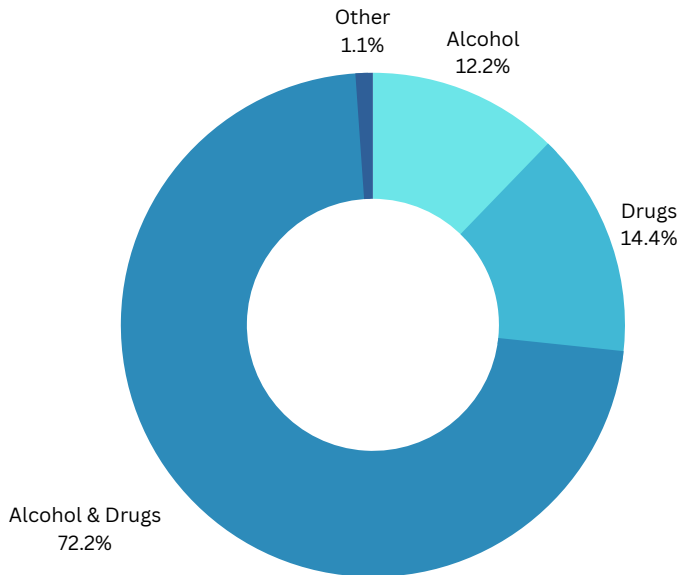


Client Consumption Profile

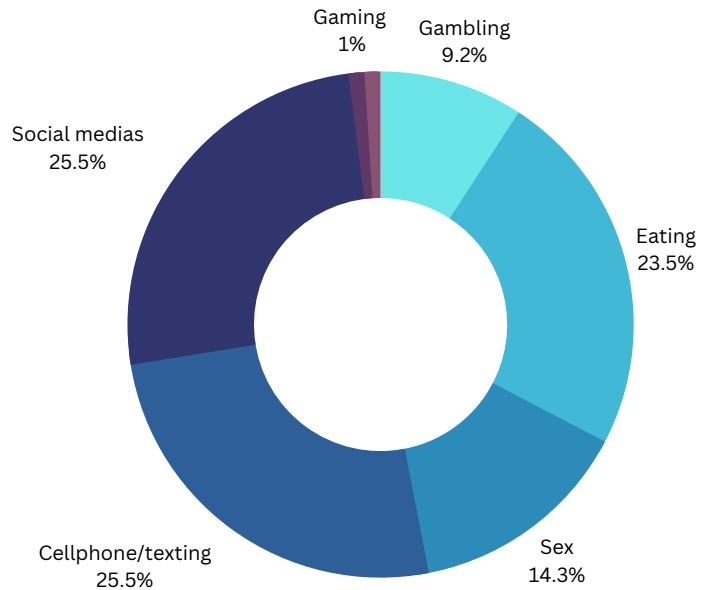
10-13 14-16 17-20 21-25 31+



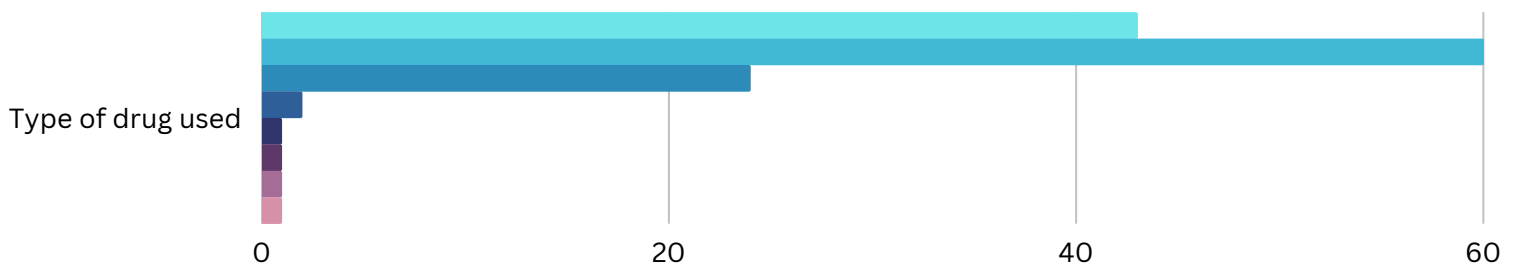
Type of substance



Behavioral Addiction



Marijuana Cocaine Speed Ecstasy Opioids
Heroin Acid Other



Culture is the foundation

The Wanaki Centre continues to advance evidence that supports culturally grounded land based outcomes to care for First Nation and Inuit. Our work benefits greatly from the wisdom of Elders, knowledge keepers, and cultural practitioners, we have been so fortunate to have had consistent guidance and open discussions about how we can collectively understand the role of culture in sustainable wellness.



The Wanaki has also hosted many presentations to non native organisations to increase understanding of colonisation, and the impacts of intergenerational trauma on First Nation and Inuit Wellness.

This year's extensive policy review was exciting as the development was base on our core values of the 7 grand father teachings. Putting these values to the test on the daily requires important team self awareness and open communication. The team is guided by circle sharing and ceremony to remain connected to evolving practices and ethical questions around culture as intervention for substance use disorders and each individual self care.



McGill Indigenous Public health workshop August 2022

Outreach Services

Outreach services have varied over the years, strategically it is Wanaki’s priority to ensure that our 9 governing communities are visited and information is shared and gathered about each community to appropriately identify needs and demonstrate an Algonquin and regional profile to share with various partners. This information gathered is shared to our governing Administrative and Political Board members, in addition to our funders and communities for whom it can support program and services enhancements.

Increasing request for cultural sensitization and harm reduction information sessions have also contributed to our community presence and engagement. The following table demonstrates sessions hosted by Wanaki or invited as guest speakers. All visits have included the distribution and collection of surveys using survey monkey.

COMMUNITY / NATION	DATE	# PARTICIPANTS	LOCATION
Paula NG PAQ Programme Autochtone du Quebec	06/02/2022		Montreal
Kahnawake- KZHSS	06/09/2022		Kahnawake
Algonquin Tour - Kitcisakik	07/12/2022	20	Kitcisakik
Algonquins of Barriere Lake outreach presentation	08/04/2022		Barrier Lake
Algonquins of Barriere Lake workshop	08/09/2022		Barrier Lake
Wolf Lake In person Presentation	08/10/2022	10	Wolf Lake/TFN/Kebowwek
KZHSS presentation	08/24/2022	12	Wanaki Centre
Mental Health and Addiction National Conference	09/20/2022	Multiple engagement (approx 500 people who attended)	Toronto
Helping Eachother healing conference	10/11/2022	Approx 100 participants	Val d’Or
Zoom Information Session for Frontline	10/13/2022	20	Virtual meeting
Rapid Lake Urban office visit	11/30/2022		Gatineau
Le Bras-Wanaki Visit	02/10/2023	8	Wanaki
Information session with Correction Services Canada	10/19/2022	3	Wanaki
Information session with Correction Services Canada	03/28/2023		Wanaki



Mental Wellness Team

Team Lead:

Tiffany Dumont, started October 2020

Host Agency:

The Wanaki Treatment Centre

Reporting Period:

April 1, 2022, to March 31, 2023

Communities being served:

- Algonquin Nation
- Provincial Partners
- CSSSPNQL

Numbers & type of other professionals who are members or the MWT:

- Louise Charbonneau
Retired Psychologist
- Angela Miljour
Treatment Center Director

The mental wellness team has now reached its 5th-year mark and has been evaluating its services and strategically planning its workplans and budgets for the upcoming fiscal years. When returning to the initial needs established in the partnership which were to: bridge gaps in mental health service delivery, ensure better continuum of wellness services, build front-line capacity, provide cultural supervision and to support the front-line workers. We can say that we have accomplished many objectives set out for our mental wellness team.

- Employment opportunities for the community (Coordinator, Cultural Resource workers, summer students)
- Post secondary Canadore program: 31 graduates
- Ongoing relationship building with provincial services (Formal agreements)
- Training opportunities for front- line workers
- Partnership collaboration 2017-2021
- Recognized additional gaps (Community capacity building)
- Working to improve the continuum of care
- Access to clinical coaching with Professionals



There was a shift in objectives as the partnership dissolved and a new partnership developed to serve the 9 Algonquin communities. When doing out-reach work with the communities we continue to see the need to: build capacity, break down barriers to access post-secondary education with a focus on Indigenous mental health, addiction, and culture; the need for clinical supervision; the need for on-going training development that is culturally relevant to our communities; and support for front-line workers in accessing provincial programs/services.

Summary of our Best Practices

SOME OF THE BEST PRACTICES WE'VE MONITORED ARE:

- 1.Consistent communication between director and MWT coordinator via email on shared priorities and planning.
- 2.Building a network with local/provincial front-line workers and cultural resources.
- 3.Listening and being flexible to the needs of community members and staff.
- 4.Adjusting our priorities and objectives based upon available resources and capacity.
- 5.Making decisions through consensus.
- 6.Speaking as one collective voice when dealing with external partners.
- 7.Being conscious of community attitudes around mental health, culture, and harm reduction.
- 8.Recognizing the importance of culture in the promotion of mental wellness.
- 9.Ongoing training development for front-line workers to ensure best evidence-based practice and culturally sensitivity approaches to our services.
- 10.Address partnership conflicts in a timely matter to avoid unnecessary stress.



CONSIDERATIONS

It is important to consider the indicators that have been completed by the Wanaki Mental wellness team in meeting the objectives set for the past five years. There is a growing need to support our front-line workers in all communities as there is an identified turn over rate. To respond to this issue, we would like to focus in the areas of capacity building, creating access to post-secondary education that has an Indigenous focus, clinical supervision, cultural education and participation, and on-going training development.

All of MWT objectives respond directly to the many of the calls for action set out in the Truth and Reconciliation Commission of Canada as well as the calls for action in the Public Inquiry Commission on relations between Indigenous Peoples and certain public services in Québec: listening, reconciliation and progress.

For further information, a complete annual report is available on our website at www.wanakicenter.com

CHALLENGES

The partnership has taken a new direction, where we will be servicing/supporting the 9 Algonquin communities. This has made us shift our thinking in terms of next steps. We have different options, but funding remains one of the biggest challenges. To grow we will need contingency in funding that could secure at least 3–5 strategic planning.

It was challenging for the MWT team to find their place, as front-line workers at the time of sharing their needs for more programs and services during covid, then returned to normal work and that same support was not needed. **MWT needed adjust our priorities.**

Front-line programming has remained one of the most integral parts of MWT as it remains significant for front line workers to have access to clinical supervision and on-ongoing training to continue offering quality service and best practice.

WORK PLAN REVISION

With the challenges mentioned above, we are looking to move MWT as a Wanaki initiative that will support the 9 Algonquin communities as our partners. Our focus will be the front-line programming becoming available to all front-line workers within those communities. These communities will be able to access ongoing training development, clinical supervision, access to cultural teachings and ceremony, support getting certification with the Indigenous Certification Board of Canada, support upon community requests from our teams and access to community-based post-secondary programs that will continue to be delivered virtually.



Communication

Wanaki Facebook page followers have continuously increased over the past 3 years. Our operational observations required us to create a communications team to facilitate and manage social media and all information going out from Wanaki. Our goal is always to engage with past and new participants, and inform community helpers of our growingservices. We are working to maintain the workload associated with communications and will continue de monitor roles and responsibilities to ensure posting is valuable enhancement of our communication strategy.

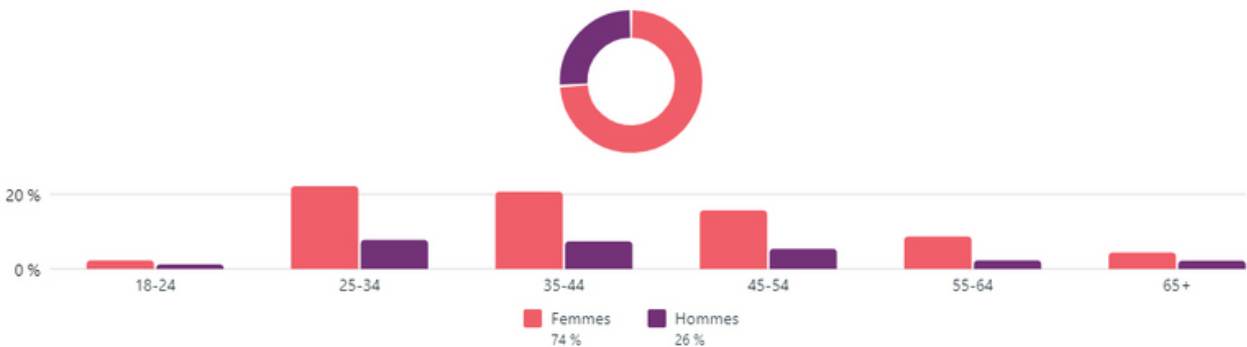


Here are some statistics from 2022–2023 Facebook page

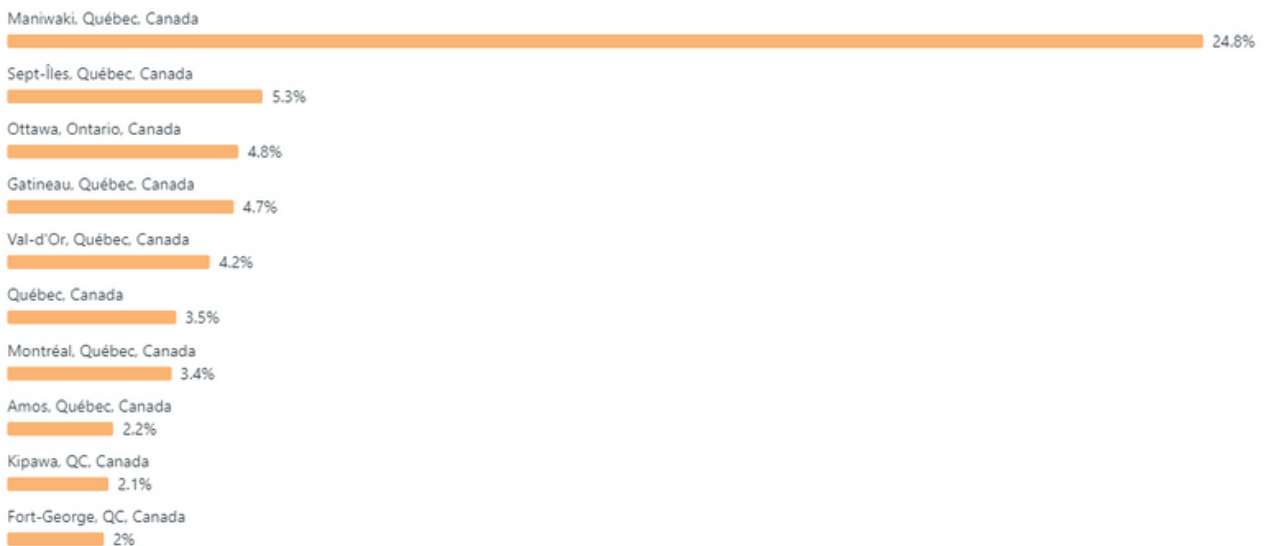
Followers de la Page Facebook ⓘ

913

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Principales villes



Quality Improvement Activities

The accreditation process is a journey we proudly partake and all contribute to the constant improvement of the quality of our services. In January 2023, the Wanaki Centre experienced our 4th planned visit and review and we are proud to announce that we have achieved 100% in all areas of Health care standards, therefor accredited with Exemplary standing.



This process encourages us to review regularly our day to day tasks and responsibility and prioritize our overall goals according to our strategic plan. In addition we have hire and external contractor to support with policy review to ensure a safe, caring and client informed environment for not only our participants but for our team. Over this past year, we many hours have been dedicated to elaborate clear policy for Virtual Services ensuring we maintain best and also contribute to best practices for First Nation and Inuit. We participate on tables such as Thunderbird partnership foundation virtual services working group, and the regional table for dependencies and mental health.

The NEW Wanaki virtual world allowed for clients and the team to have access to flexible and accommodating services for individuals wanting to improve their quality of life. We have observed many positive outcomes such as the increased individual seeking alternative forms of addiction and mental health support and increase in formal team connections.

I have included the results from the last work life pulse survey conducted in June 2022, we know that work transitions have been challenging following COVID closure announcements and I am pleased but not surprised that the Wanaki Team has not only grown through the closure process but have greatly improved the capacity of our services.



Addiction Management Information System

The Wanaki has worked in collaboration with Ecentre research to enhance the centre's platform to include incident reporting, call logs and cleaning and shift transitions. It is our belief that improved data collection will improve tracking and evaluation methods of various programs have and will continue to support effective decision making based on staff feedback and experiences. We must keep in mind that although we have thoroughly implemented AMIS we still maintain important admissions and discharge data using survey to compare and cross reference with AMIS. We have still noticed discrepancies between both data collection systems and are currently working on how to make the entries seamless. Further discussion with Thunderbird will take place to implement and cover cost related to AMIS enhancements and adaptability to block virtual programs and services.

We have not collected the DUSI-R assessment with virtual participants as we felt it is inappropriate for them to not be supported during the completion process, we are currently evaluating how the Native Wellness Assessment tool can possibly be implemented within the residential and virtual cycles.

Traditional Healer Program

TRADITIONAL HEALERS BREAKDOWN

TYPE	BREAKDOWN
Event/Community Visits/Partners: Wanaki Welcomed as knowledge keepers, to present the wanaki's wellness program, workshop, opening prayers with medicines and sharing circles. In-community recruitment of Algonquin Elders, Language Speaker, Knowledge keepers – contingency for cultural resource people with community references.	Travel, meals, accommodations and traditional medicines and supplies
Traditional Medicines: for use in programming, at events, community visits, with partners, etc.	four-sacred medicines and supplies
Wanaki Challenge: Sharing Four Aspects (Medicine Wheel); virtual outreach for individual participation	participants receive an entry for each day participated in the month per theme/subject; three prizes drawn randomly per month, and mailed to the winner

ITEM	AMOUNT
Community Visits (Travel/Supplies)	9631.77
Medicines (4 sacred medicines & supplies)	3799.91
Wanaki Challenge (April 2022-March 2023)	2501.17
Admin Fee (10%-max \$1515.09)	733.15
Total	16666.00

Financial Highlights–Wanaki Centre

Some important investments in 2022-2023 were prioritised to enhance foundational systems, the Wanaki Centre has;

- Hired Lambert HR consulting to conduct a job description, salary scale, salary equity and policy review.
 - Completed and approved by the Wanaki Administrative Board in December 2023
- Hired external consulting services to complete overall policy review costing \$60,000.
- Allocated certification incentives to certified staff members: 12 certified staff \$48,000.
- Modified phase 2 original plan due to budget limitations. Revised plans decreased the overall budget but added additional cost to complete phase 1 due to the change was required.

REVENUES ARE BROKEN DOWN IN TWO MAJOR SOURCES OF FUNDING FLEXIBLE AND BLOCK, THE FOLLOWING HAS BEEN PROVIDED BY INDIGENOUS SERVICES CANADA.

REVENUE	FUNDING	2020-21	2021-22	2022-23	2023-24	2024-25	TOTAL
Infrastructure	FLEX			1,198,400			
Infrastructure	FLEX			949,249			
Tradition Healers	FLEX			16,666		16,666	
O & M	BLOCK			147,578			
NNADAP	BLOCK			917,069			
MWT	BLOCK			269,500			
MWT	BLOCK			688,945			
Accreditation	BLOCK			38,690			
Total							

EXPENDITURES	FUNDING	2020-21	2021-22	2022-23	2023-24	2024-25	TOTAL
Infrastructure	FLEX						
Tradition Healers	FLEX						
O & M	BLOCK						
NNADAP	BLOCK						
MWT	BLOCK						
Accreditation	BLOCK						
Total							

*** NOTE REFER TO THE FINANCIAL STATEMENT MARCH 2023 FOR FURTHER DETAILS

Considerations

- Achieved all strategic goal indicators for year 3.
- Maintain virtual program therefore must sustain additional long term funding.
- Data collection, review and analysis (identifying what communities need to know about treatment services.
- Increase in addictions
- Increase in mental health conditions and severity.

Challenges

- Residential Services have been closed since March 2020, understanding of the shift of momentum for the team and how we will deliver 2 simultaneous programs (Residential and Virtual)
- Review the flow of the program due to many infrastructure changes.

Successes

Outreach success (networking)

- Accredited with Exemplary Standing.
- Achieved all strategic goals and indicators for year 3.
- Developed strong automated data collection through Addiction Management Information System

Next Steps

- Outsource Strategic Plan 2025-2035 contract.
- Ongoing data analysis, collection and evaluation
- Reopen and Stabilizing the residential program due to re-open February 2024.
- Human Resource planning and evaluation of Organisational Structure?
- Team Lead positions
- Growing the team (additional counsellors and admin)



In Closing

Looking back on the 2022–2023 fiscal year, I feel privileged to have been part of the Wanaki Team. We have had the opportunity to maintain and develop strong connections with communities and Public Health service partners.

We strive to improve the continuum of care for First Nation and Inuit peoples and support healing across the land. Community development initiatives and increasing overall human resources is an important factor that will determine enhanced quality outcomes.

As we anxiously await the reopening of our residential facility in January 2024, the Wanaki will continue to provide and evaluate virtual services to individuals in need. We also recognize that the NEW Wanaki Virtual Service has come to fill many gaps within many systems and we strongly believe that we need to maintain and deliver both Residential and Virtual services in 2024.

We continue to learn and create discussions around culture and intervention, mental health and mainstream approaches to learning. We have developed more sustainable approach and continue to invest in key human resource capacities for the future.

In closing I would like to take this opportunity to recognize and thank those who have participated in the Wanaki Program, those who contributed to the Wanaki Center’s success; the devoted Wanaki staff members, the Board of Directors, the community partners, as well as our funders at Indigenous Services Canada. Together we are making a difference!

Contact us for more information on our programs and services!



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Need to talk?

1-800-745-4205 TOLL-FREE
Speak to a certified Counsellor
Monday to Friday - 8 am to 5 pm

