



AN INDIGENOUS HEALTH COMPENDIUM

This compendium gathers information about academic research, government, health system and community organizations, programs and related resources that are designed to support Indigenous health and well-being in Newfoundland & Labrador.

Prepared on behalf of
the Research Exchange Group on Indigenous Health
Newfoundland and Labrador Centre for Applied Health Research
Memorial University
by
Quinn McGettigan
Master of Public Health Practicum Project
Faculty of Medicine, Memorial University

SEPTEMBER 2022

TABLE OF CONTENTS

LAND ACKNOWLEDGEMENT	6
COMPENDIUM ORGANIZATION	6
PART I: INDIGENOUS RESEARCH RESOURCES	7
Support for Indigenous Scholarship In Newfoundland and Labrador	7
Memorial University Strategic Framework for Indigenization 2021-2026	7
The Office of Indigenous Affairs at Memorial University	7
Indigenous Affairs Grenfell Campus	7
Memorial University Labrador Campus	8
Labrador Research Forum	8
School of Arctic and Subarctic Studies	9
The Research Exchange Group on Indigenous Health (NLCAHR)	9
Indigenous Student Resource Centre at Memorial University	9
Juniper House	10
Wellness Programming	10
Visiting Indigenous Elders Program	10
Memorial University Faculty of Medicine Indigenous Health Initiative	11
Healers of Tomorrow	11
Medical College Admission Test (MCAT) Prep Grant	11
Pre-Med Orientation	11
Indigenous Health Symposium	12
The National Centre for Collaboration in Indigenous Education (NCCIE)	12
Providing Culturally Safe Health Care for Indigenous Patients in Newfoundland and Labrador	12
NL SUPPORT	13
Memorial University Faculty of Medicine NorFam Program	13
College of the North Atlantic (CNA) Aboriginal Resource Centre	14
Faculty and Academic Appointments at Memorial/ Indigenous Research Contacts in Newfoundland and Labrador	14
Catharyn Andersen – Vice-President Indigenous Memorial University	14
Dr. Fred Andersen – School of Social Work Memorial University	14
Gisela Becker – Registered Midwife, Innu Round Table Secretariat	15
Dr. Trevor Bell – Department of Geography Memorial University	15
Dr. Daria Boltokova – Department of Anthropology Memorial University/ Cross-Appointment with School of Arctic and Subarctic Studies	16
Dr. Fern Brunger – Faculty of Medicine Memorial University	16
Kelly Anne Butler – Indigenous Education Specialist Memorial University	17
April Chaytor – Administrative Assistant, Office of Indigenous Affairs Memorial University	17
Dr. Julia Christensen – Department of Geography Memorial University	17
Dr. Rochelle Côté – Faculty of Medicine Memorial University	17
Kathleen Cranfield -Registered Midwife, Innu Round Table Secretariat	18
Dr. Ashlee Cunsolo – Founding Dean of the School of Arctic and Subarctic Studies	18
Kanani Davis – Chief Executive Officer, Mamu Tshishkutamashutau - Innu Education, Innu Nation	18
Dr. Russell Dawe – Faculty of Medicine Memorial University	18

Tama Fost – Indigenous Student Success Coordinator, Indigenous Student Resource Centre Memorial University	19
June Fry – Innu Child Health Coordinator, Innu round Table Secretariat	19
Chris Furgal.....	20
Dr. Christina Hackett.....	20
Joanne Harris – Indigenous Resource Development Coordinator Memorial University	20
Katie Hayward – Indigenous Wellness Navigator, Indigenous Student Resource Centre Memorial University	21
Dr. Rachel Hirsch	21
Dr. Amy Hudson – School of Arctic and Subarctic Studies.....	22
Dr. Erica Hurley – Western Region School of Nursing, Grenfell Campus	22
Dr. Arn Keeling – Labrador Campus.....	22
Jodie Lane – Director of Education, Nunatsiavut Government Department of Education and Economic Development.....	22
Dr. Sylvia Moore – School of Arctic and Subarctic Studies	23
Dr. Scott Neilsen – School of Arctic and Subarctic Studies.....	23
Carla Pamak – Inuit Research Advisor, Nunatsiavut Research Centre.....	24
Jack Penashue – Director of Social Health, Sheshatshiu Innu First Nation	24
Thea Penashue - Health Manager, Innu Round Table	24
Dr. Thomas Piggott – School of Arctic and Subarctic Studies	25
Valeri Pilgrim – Manager, Indigenous Student Resource Centre Memorial University	25
Dr. Nathaniel Pollock – Labrador Campus.....	25
Dr. Andrea Proctor – Department of Archaeology Memorial University	26
Dr. Lisa Rankin – Department of Archaeology Memorial University	26
Dr. Alex Sawatzky – School of Arctic and Subarctic Studies	26
Dr. Jennifer Shea – Faculty of Medicine Memorial University	27
Tom Sheldon – Director of Policy Advancement, Inuit Tapiriit Kanatami	27
Dr. Eric Smith – Faculty of Medicine Memorial University.....	27
Dr. Vianne Timmons – President, Memorial University	28
Katie Winters.....	28
Academic Projects and Publications on Indigenous Health.....	28
The Innu Midwifery Project: Restoring Midwifery and Community Birth - Thea Penashue, Gisela Becker, June Fry, Kathleen Cranfield	29
Patshitinikutau Natukunisha Tshishenuat Uitshuau (A Place for Elders to Spend their Last Days in Life): Developing an Innu Approach to Palliative Care - Dr. Russell Dawe and Dr. Xixi Gong with Mr. Jack Penashue	29
Going Off, Growing Strong: A program to enhance individual youth and community resilience in the face of change in Nain, Nunatsiavut – Rachel Hirsch, Chris Furgal, Christina Hackett, Tom Sheldon, Trevor Bell, Dorothy Angnatok, Katie Winters and Carla Pamak	29
Strengthening Relationships: Community Collaboration for an Indigenous Health Course – Erica Hurley	30
Two-Eared Listening for Deeper Understanding: Restorative Justice for NL.....	31
Increasing Indigenous Participation in the Physician Workforce – Maria Matthews, Jennifer Shea	31
Seeing Beyond Good Medicines: A Collaborative Learning Project between Innu Youth and Students of Health Care Professions at Memorial University of Newfoundland – Carolyn Sturge Sparkes, Jack Penashue.....	32
Assessing the effects of an arts-based HIV/AIDS education workshop for Indigenous youth – Rachel Landy	32
Research Ethics Resources.....	32
Indigenous Research at Memorial University.....	33
Memorial’s New Policy on Research Impacting Indigenous Groups (RIIG).....	33

Committee on Ethical Research Impacting Indigenous Groups (CERIIG).....	33
Tri-Council Policy Statement 2 (TCPS2) - Chapter 9.....	34
PART II: GOVERNMENT AND HEALTH SYSTEMS RESOURCES	34
Government and Health Systems Organizations and Programs	34
Nunatsiavut Government.....	34
Department of Health and Social Development	34
Nunatsiavut Research Centre in Nain	35
Nunatsiavut Government Research Advisory Committee (NGRAC).....	35
NunatuKavut Government.....	35
Department of Health and Community Services	35
NunatuKavut Youth Community Engagement Project (NYCEP)	36
Indigenous Cancer Project	36
NunatuKavut Mental Wellness Initiative.....	36
Department of Research, Education and Culture	36
Innu Nation Government	37
Sheshatshiu Innu First Nation.....	37
Department of Social Health	37
Department of Primary Health.....	37
Miawpukek First Nation Government.....	38
Conne River Health and Social Services (CRHSS).....	38
Qalipu First Nation Government	38
Inuit Tapiriit Kanatami	39
Qanuippitaa? National Inuit Health Survey.....	39
Inuit Nunangat Food Security Strategy	39
National Inuit Suicide Prevention Strategy.....	40
Nuluaq: The Inuit Community-Based Food Initiatives Mapping Project	40
First Nations of Quebec and Labrador Health and Social Services Commission.....	40
Eastern Health.....	40
Indigenous Patient Navigator (IPN) Program	40
Cancer Care Services	41
Cancer Care Program – Cancer Care and Body Part Terminology	41
Central Health	42
Western Health.....	42
Labrador-Grenfell Health.....	43
Department of Health and Community Services	43
Government of Canada: Indigenous Services Canada.....	43
Non-Insured Health Benefits Program.....	44
The Inuit Child First Initiative.....	44
Jordan’s Principle	44
The Indian Residential Schools Resolution Health Support Program	45
Hope for Wellness Helpline.....	45
First Nations Information Governance Centre (FNIGC)	45
The First Nations Principles of Ownership, Control, Access and Possession (OCAP)	46
FNIGC Online Library.....	46
The National Collaborating Centre for Indigenous Health (NCCIH).....	46
Indigenous Health Researcher Database	47
Newfoundland and Labrador Indigenous Administrative Data Identifier Standard	47
PART III: COMMUNITY RESOURCES.....	48
Organizations and Programming	48
First Light.....	48

Indigenous Patient Navigator Program.....	48
First Light Community Cupboard	48
Affordable Housing.....	49
First Voice.....	49
Charles J. Andrew Youth and Family Treatment Centre	49
Newfoundland Aboriginal Women’s Network.....	49
Labrador Friendship Centre.....	50
People of the Dawn Indigenous Friendship Centre	50
Aboriginal Sport and Recreation Circle of Newfoundland and Labrador.....	50
Training and Learning Opportunities.....	50
Mamu Tshishkutamashutau - Innu Education Inc. – Innu Medical Glossary.....	51
Providing Culturally Safe Health Care for Indigenous Patients in Newfoundland and Labrador	51
Indigenous Cultural Diversity Training – First Light.....	51
Innu-aimun Language Resources	51
Inuttut Kautamât uKauset (Inuttitut Everyday Words)	52
The First Nations Principles of Ownership, Control, Access and Possession (OCAP)	52
Volunteer Opportunities.....	52
First Light.....	52
Labrador Friendship Centre.....	53
People of the Dawn Indigenous Friendship Centre	53

LAND ACKNOWLEDGEMENT

We respectfully acknowledge the territory in which we gather as the ancestral homelands of the Beothuk, and the island of Newfoundland as the ancestral homelands of the Mi'kmaq and Beothuk. We would also like to recognize the Inuit of Nunatsiavut and NunatuKavut and the Innu of Nitassinan, and their ancestors, as the original people of Labrador. We strive for respectful relationships with all the peoples of this province as we search for collective healing and true reconciliation and honour this beautiful land together.

COMPENDIUM ORGANIZATION

This document will serve as a compendium of resources for Indigenous health in Newfoundland and Labrador. This compendium includes health organizations, programs, academic contacts, data sources, research and other resources pertaining to Indigenous health in the province. The compendium is organized into academic research and resources, government and health systems programs and resources and community organizations and resources. Each section will include a list of resources for Indigenous health and wellness, a brief description of each, a link to the source/more information about the resource and contact information, if applicable. This compendium seeks to inform readers of a wide variety of health care, health research and wellness initiatives taking place in the province in the field of Indigenous health. The document is a compilation of information about what is being done and where, pertaining to Indigenous health and wellness resources available in Newfoundland and Labrador. This compendium is a living document and does not yet include every Indigenous health and wellness resource available in the province, therefore, the compendium may be continually edited and updated to add additional resources.

The document is organized into three main sections:

1. Indigenous Research Resources
2. Government and health Systems Resources
3. Community Resources

Within these three main sections there are sub-sections that further organize the information contained in the document. For each resource included there will be a link to the resource and additional information.

PART I: INDIGENOUS RESEARCH RESOURCES

SUPPORT FOR INDIGENOUS SCHOLARSHIP IN NEWFOUNDLAND AND LABRADOR

Memorial University Strategic Framework for Indigenization 2021-2026

Indigenization is a process whereby Indigenous people bring Indigenous ways of knowing, being and doing into spaces that are not designed for those ways. Memorial University (MUN) has recently established a Strategic Framework for Indigenization (2021-2026) that presents a number of actions that will advance reconciliation at MUN. The report comes after an extensive consultation process with Indigenous communities where three important overarching themes were identified: Increasing Knowledge of Indigenous Peoples and Places; Indigenizing the Academy; and Strengthening University-Indigenous Community Relationships. This report provides actionable responses to each strategic priority to support the process of Indigenization at MUN.

Source and More Information: [Memorial University Strategic Framework for Indigenization 2021-2026](#)

The Office of Indigenous Affairs at Memorial University

The Office of Indigenous Affairs at Memorial University was formed in 2012 and it works to guide Memorial University in its efforts to Indigenize the academy through research, administration, governance, facilities and operations. The Office of Indigenous Affairs ensures that Memorial builds and maintains positive relationships with Indigenous students and communities and that Indigenization, research and policy development is done in a good way. The Office of Indigenous Affairs recently created the Strategic Framework for Indigenization which presents several strategic priorities for the institution to advance reconciliation. The Office of Indigenous Affairs also has a number of reports and guides for Indigenous research at Memorial.

Source and More Information: [Office of Indigenous Affairs](#)
Contact: Office of Indigenous Affairs- vpindigenous@mun.ca

Indigenous Affairs Grenfell Campus

Memorial University's Grenfell Campus is located in traditional Mi'kmaq territory and there are more than 300 Indigenous students who attend this campus. The Office of Indigenous Affairs at the Grenfell Campus offers programs and services for Indigenous students including the Grenfell Campus Student Union Indigenous

Caucus, an Indigenous Student Lounge, the Indigenous Resource Centre, a variety of events such as an annual powwow and the annual Indigenous Peoples Week, designated seats programs, housing agreements for Nunatsiavut beneficiaries, and culturally safe spaces for students to practice smudging and Kullik/Qulliq lighting.

Source and More Information: [Grenfell Campus Indigenous Affairs](#)

Contact: indigenous@grenfell.mun.ca

Memorial University Labrador Campus

The Labrador Campus was officially established in January 2022, building on the 42-year presence of the Labrador Institute in the region. The Labrador Campus is committed to Northern-led, Northern-focused, and Northern-inspired research, education, outreach and policy. The Labrador Campus is situated on the homelands of the Inuit and Innu and the campus has a focus on Indigenous-driven research and education.

Source and More Information: [Labrador Campus](#)

Contact: labradorcampus@mun.ca

Pye Centre for Northern Boreal Food Systems

The Pye Centre in Happy Valley-Goose Bay, Labrador is a hub for community-led and Northern-focused food systems research, education, community connections, production, and distribution in Labrador. Memorial University acquired 80 acres of farmland in Happy Valley-Goose Bay in 2019 and has used this land to support agricultural growth, food innovation, food production and community connections.

Source and More Information: [The Pye Centre Website](#)

Contact: pyecentre@mun.ca

Labrador Research Forum

The Labrador Research Forum is a biennial forum dedicated to sharing knowledge, experience and innovations about diverse research happening in Labrador. The Labrador Research Forum is a collaboration of many organizations in Labrador, including the Labrador Campus, the Innu Nation, the Nunatsiavut Government, NunatuKavut Community Council, the Labrador North Chamber of Commerce, and the Torngat Wildlife, Plants, and Fisheries Secretariat. In 2022, the forum was held online from May 9th-12th and the theme was Arctic and Subarctic Futures. The forum includes pre-conference workshops and special events along with the main forum events.

Source and More Information: [Labrador Research Forum](#)

School of Artic and Subarctic Studies

The Labrador Campus contains the School of Artic and Subarctic Studies (SASS) which is Memorial's newest academic unit. The School of Artic and Subarctic Studies has a mission to develop and deliver place-based, Indigenous-led, and Northern-focused undergraduate, graduate, and post-graduate degrees, diplomas, certificates, and micro-credential opportunities, focused on meeting the needs and priorities of Labrador and the North. The School of Arctic and Subarctic Studies curriculum was developed in 2020 to meet Indigenous needs and priorities around educational offerings. The School of Arctic and Subarctic Studies includes representatives from the Innu Nation, Nunatsiavut Government, and NunatuKavut Community Council as members on the Academic Council meaning that Indigenous representatives outside of the University can participate, with voting privileges, on academic matters of the school.

Source and More Information: [School of Arctic and Subarctic Studies](#)

Contact: labradorcampus@mun.ca

The Research Exchange Group on Indigenous Health (NLCAHR)

The Newfoundland and Labrador Centre for Applied Health Research (NLCAHR) established the Research Exchange Group on Indigenous Health in 2020. This research exchange group is a forum where people meet to discuss issues related to Indigenous health research, policy and programming. The group connects researchers, community partners, clinicians, health system decision makers and those with an interest in this important applied health research topic. The group will promote equitable partnerships and honour traditional knowledge and be an avenue for Indigenous circle pedagogy, team and group work. More information and links to past group activities and presentations can be found below through the link to the NLCAHR webpage for the Research Exchange Group on Indigenous Health.

Source and More Information: [NLCAHR website](#)

Contact: Dr. Fred Andersen- Assistant Professor, School of Social Work, Memorial University

Indigenous Student Resource Centre at Memorial University

The Indigenous Student Resource Centre (ISRC) provides support and resources to Indigenous students attending Memorial University. The ISRC supports students by offering a range of resources and programming to ensure their success. The ISRC also assists the non-Indigenous community in building positive relationships with Indigenous peoples through education about the diverse populations, cultures, perspectives and experiences of Indigenous peoples. The ISRC supports Indigenous

wellbeing by providing cultural experiences and resources. The ISRC provides many services to aid students academically and financially. These services include tutoring, scholarships, opportunity sharing, photocopier and printing services, study and workspaces with computers, convocation photos/videos, smudging and Kullik/Qullik lighting, and several other services.

Source and More Information: [Indigenous Student Resource Centre Webpage](#)

- [ISRC Services Webpage](#)

Contact: ISRC@mun.ca

Juniper House

Juniper House is the heart of the Indigenous Student Resource Centre, located on 208 Elizabeth Avenue on the Memorial University St. John's Campus. Juniper House offers a warm and welcoming space for the Indigenous student community here at MUN, by offering an expansive range of support. With an emphasis in cultural programming gatherings and events, Juniper house provides services to help foster a sense of belonging for Indigenous students on campus. Juniper House has designated staff in roles to help support students with their individual academic success and wellness while on their post-secondary journey. The Juniper House has many resources including a study room, computer lab, Elder's space, multimedia room, kitchen and two gender-neutral bathrooms.

Source and More Information: [Juniper House Webpage](#)

Contact: ISRC@mun.ca

Wellness Programming

The Indigenous Student Resource Centre offers many programs and activities to support the wellbeing of indigenous Students at Memorial University. These programs/activities include but are not limited to tent gatherings, craft sessions, bannock and board games, medicine garden, wisdom Wednesdays, writing sessions, First Nations drumming, Inuit drumming and throat singing, yoga and camping. The ISRC has recently hired an Indigenous wellness navigator to plan and implement a wide range of wellness initiatives.

Source and More Information: [ISRC Programming Webpage](#)

Contact: kmbayward@mun.ca

Visiting Indigenous Elders Program

The Indigenous Student Resource Centre has recently completed a pilot project for a Visiting Indigenous Elder's Program in partnership with the School of Social Work at Memorial. This program has Elders from across the province visit the St. John's campus to meet with students, staff and faculty to share guidance and instruction in Indigenous ways of knowing, doing and being. This program was a pilot program, however, the ISRC hopes to implement this program permanently in the future.

Source and More Information: [ISRC Programming Webpage](#)
Contact: ISRC@mun.ca

Memorial University Faculty of Medicine Indigenous Health Initiative *Healers of Tomorrow*

The Healers of Tomorrow summer camp program has been offered for Indigenous youth since 2015. This program takes place every second year and allows Indigenous students who may be interested in a career in the health care field an opportunity to learn more about programs and careers in health care. Since it began, the program has been offered both in-person and virtually. When the program is offered in-person, students attend a university campus and take part in information sessions given by various health care professionals. Various health care practitioners including nurses and doctors share their expertise and experience about health care. The attendees of the camp receive accommodations, food and can partake in a range of activities along with the health care information sessions. The Healers of Tomorrow camp was last offered virtually in September 2021.

Source and More Information: [Healers of Tomorrow](#)

Medical College Admission Test (MCAT) Prep Grant

The MCAT Prep Grant is another resource offered for Indigenous youth who are interested in a career in health care. The MCAT Prep Grant offered through the Faculty of Medicine is a grant for Indigenous students who wish to study for and write the MCAT exam for application to medical school. The grant offers reimbursement of up to \$1000 for materials and resources used for taking the MCAT exam. Indigenous students who are interested may submit an application to the Faculty of Medicine at Memorial University.

Source and More Information: [MCAT Prep Grant](#)

Pre-Med Orientation

The Indigenous Health Initiative at the Faculty of Medicine also offers pre-med orientation to Indigenous students wishing to pursue a career in health care.

Beginning in 2009, the pre-med orientation has been offered to current university students and includes resources and information about medical school and careers in medicine. The pre-med orientation includes information sessions from doctors in various fields who share their experiences and expertise with the students. The program often also includes current medical students who provide mentorship and information about life as a medical student. Along with information about medical school and careers, the program offers information about the financial aspect of medical school as well as admissions and curriculum.

More Information: [Indigenous Health Initiative](#)

Indigenous Health Symposium

The Indigenous Health Symposium was last held in 2019 at the Faculty of Medicine at Memorial University. This symposium showcases Indigenous education and research, which is taking place both within the community and at Memorial University of Newfoundland. The symposium features important and innovative education and research activities that are happening within the area of Indigenous health.

Source and More Information: [Indigenous Health Symposium](#)

The National Centre for Collaboration in Indigenous Education (NCCIE)

The National Centre for Collaboration in Indigenous Education (NCCIE) is hosted by First Nations University of Canada and is grounded in principles of respect, reciprocity, and relationship, which are understood in Indigenous ways and honoured according to Indigenous protocols and customs. The NCCIE facilitates collaborative networking among communities, leaders, parents, educators, Elders, Knowledge holders, practitioners, policy makers and researchers to advance the success of Indigenous education across Canada and to support efforts in reconciliation for all Canadians.

Source and More Information: [NCCIE Website](#)

Providing Culturally Safe Health Care for Indigenous Patients in Newfoundland and Labrador

Providing Culturally Safe Health Care for Indigenous Patients in Newfoundland and Labrador is an online course for Indigenous cultural competency training for physicians and surgeons in Newfoundland and Labrador (NL). The course will help improve physician and surgeons' knowledge on culturally safe practices for Indigenous patients, their families and communities. The course covers 7 modules and has 9 learning objectives. Some of the learning objectives of the course include:

- Demonstrate an understanding of the terminology used to refer to Indigenous Peoples in Canada and their communities.
- Identify some of the ways in which colonialism has impacted the health and wellbeing of Indigenous Peoples in Newfoundland and Labrador.
- Demonstrate an understanding of culture and how it relates to the concepts of body, health, and healing.
- Outline Indigenous knowledge/s of the body, health, and healing.
- Explain the concept of cultural safety.
- Identify strategies for providing culturally safe health care for Indigenous Peoples of Newfoundland and Labrador.

Source and More Information: [Course Information](#)

NL SUPPORT

NL SUPPORT offers knowledge brokering, expertise and funding to create a culture of Patient-Oriented Research in Newfoundland and Labrador. NL SUPPORT has developed an Indigenous Communities Development Grant and funding for Indigenous health research. The funding will provide student stipends to students pursuing Indigenous health research and Indigenous students will be prioritized for the funding.

Source and More Information: [NL SUPPORT Website](#)

- [NL SUPPORT and Quality of Care Slideshow](#)

Memorial University Faculty of Medicine NorFam Program

The Northern Family Medicine Education Program (NorFam), one of the country's first rural, remote teaching programs, was established in 1991 following consultations with Labrador communities, Melville Hospital Board of Management and the Indigenous organizations of the Innu Nation and the Labrador Inuit Health Commission, and the Department of Health. NorFam was developed to respond to the health needs of the Indigenous communities in Labrador.

The NorFam Stream offers an intensive two-year rural and northern family medicine residency to prepare physicians to be confident and competent in rural and remote medicine. While gaining excellent exposure in Indigenous health, rural, and remote medicine, residents will have the opportunity to enhance their experiences by completing a number of rotations in NL and/or NB (e.g. Internal Medicine, ICU, Obstetrics and Gynecology).

Source and More Information: [Memorial University Faculty of Medicine family Medicine Webpage](#)

College of the North Atlantic (CNA) Aboriginal Resource Centre

The Aboriginal Resource Centre at the College of the North Atlantic is committed to providing a welcoming, supportive, and comfortable environment by incorporating the culture and values of Aboriginal peoples for the purpose of increasing accessibility and retention. They offer resources including a gathering space, study space, computer stations, Elder visits, crafting events and cultural events and activities.

Source and More Information: [CNA Website](#)

FACULTY AND ACADEMIC APPOINTMENTS AT MEMORIAL/ INDIGENOUS RESEARCH CONTACTS IN NEWFOUNDLAND AND LABRADOR

Catharyn Andersen – Vice-President Indigenous Memorial University

Catharyn Andersen was appointed as Memorial's first vice-president (Indigenous) on July 1, 2021. As the vice-president (Indigenous) Catharyn will uphold a university-wide mandate to support Indigenous education broadly across the university, encouraging respectful engagement and relationship building with Indigenous peoples and communities, and supporting the success of Indigenous students across Memorial University. Catharyn led the development of the Strategic Framework for Indigenization and is looking forward to furthering the strategic priorities identified in the framework's 5 year timeframe from 2021 – 2026 in her continued mandate to strengthen and expand Indigenization and decolonization throughout Memorial University. Catharyn is an Inuk from Nunatsiavut, born and raised in Labrador, with Inuit, Norwegian, English and Scottish ancestry and she holds a Bachelor of Arts in linguistics, a Master of Arts in linguistics, and a Master of Business Administration from Memorial University, as well as an International Baccalaureate diploma from Lester B. Pearson United World College of the Pacific in Victoria, B.C.

Source and More Information: [Office of Indigenous Affairs Team](#)

Contact: vpindigenous@mun.ca

Dr. Fred Andersen – School of Social Work Memorial University

Dr. Fred Andersen earned his BA, BSW, MSW and PhD from Memorial University and is an Assistant Professor (ABD) at the School of Social Work, Memorial University.

Drawing from his experience as a residential school survivor, Fred's scholarly interests include a self-reflexive gaze which champions the voices of residential school survivors and their successive generations. Fred has a wide ranging local, regional and

national community-based and institutional expertise in the areas of HIV/AIDS, addictions and mental health. His practice areas focus on Indigenous contexts in both urban and community populations as an addictions counsellor, mental health consultant and therapist, advocate and activist, and as a community-based researcher.

Fred's academic and professional interests include Indigenous community capacity building; Indigenous ways of knowing, Indigenous knowledge translation and mobilization; action outcome co-creation of community-based, community-driven research with, for, and by Indigenous communities; promoting Indigenous communities' ways of knowing and healing; anti-colonial social work practice including its relevance for Indigenous communities, promotion of equitable partnerships and honouring of traditional knowledge; Indigenous circle pedagogy; team and group work.

He is a doctoral scholar in the School of Social Work; his dissertation explores Indigenization in BSW Social Work Education. More specifically, he examines the way in which social work BSW students and instructors in Atlantic Canadian universities understand the Indigenization of social work education, and how it is integrated in the curricula and reflected in pedagogies in social work classrooms.

Source and More Information: [School of Social Work Faculty](#)

Contact: fandersen@mun.ca

Gisela Becker – Registered Midwife, Innu Round Table Secretariat

Gisela Becker is a registered midwife and midwifery consultant with the Innu Round Table Secretariat in Labrador, and Chief Advisor for midwifery implementation with the Government of Prince Edward Island. Gisela was also the Provincial Chief Midwife with the Government of Newfoundland and Labrador from 2017 to 2020 and became the first registered midwife under the NL Health Profession Act. Gisela has many years of experience working in Indigenous and northern communities and a strong interest in research, data collection and program evaluation. Her work includes the Innu Midwifery Project: Restoring Midwifery and Community Birth.

Source and More Information: [NLCAHR Research Exchange](#)

- [Linkedin](#)
- [Publications](#)

Dr. Trevor Bell – Department of Geography Memorial University

Dr. Trevor bell is a geographer who studies the Canadian landscape from a variety of perspectives, including recent geomorphic evolution, climate change impacts and

human-environment interactions. He is a field scientist with a geographical focus in Arctic and Atlantic Canada. His research focusses include understanding how environments have changed in the past and the impacts of those changes on natural and human systems. His recent publications include research with Inuit communities surrounding environmental health and safety, climate change and Inuit self-determinations in research. His webpage on the Department of Geography website linked below includes a list of recent publications and community-based research projects.

Source and More Information: [Department of Geography Faculty Members](#)

Contact: tbell@mun.ca

Dr. Daria Boltokova – Department of Anthropology Memorial University/ Cross-Appointment with School of Arctic and Subarctic Studies

Dr. Daria Boltokova is Assistant Professor of Anthropology at Memorial University of Newfoundland with a cross-appointment with the School of Arctic and Subarctic Studies. She is also a voting member of the School of Arctic and Subarctic Studies.

Her research and teaching interests are in linguistic and sociocultural anthropology, with a special focus on language revitalization, Indigenous self-governance, youth activism, language documentation, youth engagement and support technologies for Indigenous language revitalization. Dr. Boltokova is currently studying the intergenerational transmission of linguistic and cultural practices within northern Indigenous communities.

Source and More Information: [School of Arctic and Subarctic Studies Membership](#)

- [Publications](#)

Contact: dboltokova@mun.ca

Dr. Fern Brunger – Faculty of Medicine Memorial University

Dr. Fern Brunger is a professor of Health Care Ethics in the Division of Community Health and Humanities in the Faculty of Medicine, Memorial University. Dr. Brunger's research is at the intersection of anthropology and ethics and one of their main interests is in the governance of research that poses collective risks to socially identifiable communities, particularly for Indigenous communities and marginalized populations. One important focus of that work, which was developed through a long-standing research collaboration with the Southern Inuit of NunatuKavut, is the examination of the "politics of risk" in community-based research ethics.

Source and More Information: [Faculty of Medicine](#)

- [Selected Publications](#)

Contact: fbrunger@mun.ca

Kelly Anne Butler – Indigenous Education Specialist Memorial University

Kelly Anne is the Indigenous Education Specialist with the Office of Indigenous Affairs, as well as an Adjunct Professor, School of Arts and Social Science (Grenfell Campus).

Source and More Information: [Office of Indigenous Affairs Team](#)

Contact: kelly.butler@mun.ca

April Chaytor – Administrative Assistant, Office of Indigenous Affairs Memorial University

April has worked with the Office of Indigenous Affairs since September 2018 and has been working at Memorial for 20 years in various administrative roles supporting students.

Source and More Information: [Office of Indigenous Affairs Team](#)

Contact: chaytora@mun.ca

Dr. Julia Christensen – Department of Geography Memorial University

Dr. Julia Christensen is the Canada Research Chair (Tier II) in Northern Governance and Public Policy. Dr. Christensen's research lies at the intersection between social, cultural and health geographies, with a specialization in critical research with northern and Indigenous communities, in particular geographies of home and homelessness, health and housing, colonial formations, northern urbanization, cultural safety in health and social policy, and social determinants of health. Dr. Christensen also works with arts-based methods such as creative writing, oral storytelling, and digital storytelling. Dr. Christensen has a website with links to their research publications, books, courses and other work.

Source and More Information: [Julia Christensen](#)

Contact: jchristensen@mun.ca

Dr. Rochelle Côté – Faculty of Medicine Memorial University

Dr. Côté's program of research considers the variable experiences of Indigenous people, ethnic minorities and immigrants as they engage with mainstream society – whether through experiences of migration, social cohesion, or participation in cultural, social and economic venues. Her primary work focuses on Indigenous entrepreneurship and participation in mainstream markets. Located within research and theory on social boundaries and social networks, her work explores “walking in

two worlds”, the movement across the Indigenous/non-Indigenous boundary. Her webpage is linked below and includes a list of selected research publications.

Source and More Information: [Department of Sociology Faculty Members](#)

Contact: rrcote@mun.ca

Kathleen Cranfield -Registered Midwife, Innu Round Table Secretariat

Kathleen Cranfield is a registered midwife in Fort Smith, NWT and a midwifery consultant with the Innu Round Table Secretariat in Labrador. Kathleen has been instrumental in bringing regulated midwifery services to the Yukon. Her work includes the Innu Midwifery Project: Restoring Midwifery and Community Birth.

Source and More Information: [NLCAHR Research Exchange](#)

- [Linkedin](#)

Dr. Ashlee Cunsolo – Founding Dean of the School of Arctic and Subarctic Studies

Dr. Ashlee Cunsolo is the founding Dean of the School of Arctic and Subarctic Studies at the Labrador Campus of Memorial University. She is recognized nationally for her institution-building work in Northern higher education and led the establishment and development of the Labrador Campus, including expanded infrastructure, educational program offerings at the undergraduate, graduate, and postgraduate levels, increased research support, and the development of a community-based research and educational farm.

Source and More Information: [School of Arctic and Subarctic Studies Membership](#)

- [Research and Publications](#)

Contact: ashlee.cunsolo@mun.ca

Kanani Davis – Chief Executive Officer, Mamu Tshishkutamashutau - Innu Education, Innu Nation

Kanani Davis is the Chief Executive Officer of Mamu Tshishkutamashutau - Innu Education since 2018. Kanani grew up in Sheshatshiu, Labrador and graduated from Memorial University with a Bachelor of Education. She is trained in linguistics in standardized Innu spelling, and she has developed many Innu children’s books in Innu-aimun. She is part of the voting membership of the School of Arctic and Subarctic Studies.

Source and More Information: [School of Arctic and Subarctic Studies Membership](#)

Dr. Russell Dawe – Faculty of Medicine Memorial University

Russell Dawe is an assistant professor with the Discipline of Family Medicine at Memorial University and Director of Memorial's Care of Underserved Populations enhanced skills program. He practices a broad scope of family medicine, including low risk obstetrics and palliative care, and has experience in postgraduate and undergraduate medical education, including program assessment and design in low and middle-income countries (LMIC's).

Source and More Information: [LinkedIn](#)

- [Faculty of Medicine](#)

Contact: r.dawe@mun.ca

Tama Fost – Indigenous Student Success Coordinator, Indigenous Student Resource Centre Memorial University

Tama is a first-generation urban Inuk, and mother of one. Her roots are from the Hopedale and Okak communities, as well as the Red Indian Lake area of Central Newfoundland. Tama completed a Bachelor of Arts at Memorial University with a major in English and two minors in Aboriginal Studies and Religious Studies. She has been throat singing and drum dancing locally, provincially, nationally, and internationally for over 13 years, and is honoured to host Inuit throat singing bi-weekly on alternating Fridays.

As the Indigenous Student Success Coordinator, Tama provides academic and social support to self-identified Indigenous students through: advocating for Indigenous students, assisting students with navigating university policies and procedures, pairing students with academic supports like tutoring, providing emotional and cultural support to students, and providing other supports to help retain and ensure the success of Indigenous students attending the St. John's Campus, Marine Institute, as well as those studying via distance education.

Source and More Information: [Office of Indigenous Affairs Team](#)

Contact: tama@mun.ca

June Fry – Innu Child Health Coordinator, Innu round Table Secretariat

June Fry is a BN, RN and in her 38th year of her nursing career. June has worked in a variety of positions from a staff nurse, Public Health Nurse, Head Nurse, Regional Nurse to Director of Nursing, Coordinating Instructor in Licensed Nursing programs, curriculum development for the Integrated Nursing Access Program for the Inuit of Labrador, Maternal Child Health Nurse with Health Canada, and the last 6 years working with the Innu Round Table Secretariat in Labrador, as the Innu Child Health Coordinator. June received the Excellence of Nursing Award in 2010 from First Nations and Inuit Health Branch for her work with the two Innu communities in

Labrador. June's work includes the Innu Midwifery Project: Restoring Midwifery and Community Birth.

Source and More Information: [NLCAHR Research Exchange](#)

- [Linkedin](#)

Chris Furgal

Chris Furgal is an Associate Professor in the Indigenous Environmental Studies Program at Trent University in Peterborough, Ontario. He has a multidisciplinary background in natural, social and health sciences and studies. He is cross appointed to the Chanie Wenjack School of Indigenous Studies and the Trent School for the Environment and is Director of the Health, Environment and Indigenous Communities Research Group and co-Director of the Nasivvik Centre for Inuit health and changing environments. His teaching and research interests are in the areas of Indigenous environmental health and science-Indigenous knowledge interaction. He has been working with Indigenous communities and organizations on issues of environmental health for over 25 years.

Source and More Information: [Western University Indigenous Mentorship Network Program Publications](#)

Contact: cbrisfurgal@trentu.ca

Dr. Christina Hackett

Dr. Christina Hackett is a scholar at McMaster University and her research interests include Indigenous health and social determinants of health. One of her publications includes the project Going Off, Growing Strong: A program to enhance individual youth and community resilience in the face of change in Nain, Nunatsiavut.

Source and More Information: [Google Scholar](#)

- [Publications](#)
- [Doctoral Thesis](#)

Joanne Harris – Indigenous Resource Development Coordinator Memorial University

Joanne is a first-generation urban Ktaqmkuk Mi'kmaw, with Mi'kmaw, French, Scottish, and English ancestry, and roots in the Codroy Valley as well as Trinity Bay. Joanne completed her Bachelor of Arts at Memorial University with a major in Archaeology and a minor in Aboriginal Studies. She also holds a Master of Philosophy in Humanities from Memorial University, which explored the role of power and

narrative in the erasure of the Mi'kmaq in Newfoundland. Joanne is a drum carrier, doting dog-parent, and avid crafter and gardener.

As the Indigenous Resource Development Coordinator, Joanne works to build the Indigenous webpage, and supports the work of the Office of Indigenous Affairs and the Indigenous Student Resource Centre.

Source and more Information: [Office of Indigenous Affairs Team](#)

Contact: joanne.barris@mun.ca

Katie Hayward – Indigenous Wellness Navigator, Indigenous Student Resource Centre Memorial University

As the Indigenous Wellness Navigator, Katie empowers self-identified Indigenous students attending the St. John's Campus, Marine Institute and those studying via distance education to thrive at Memorial. Doing so by offering an inclusive space, facilitating healing and wellness programs, cultural events and educational sessions. As well as, identifying and responding to individualized wellness needs of students in a variety of ways, including: navigating systems, referrals, cultural support, case management and connecting students to community-based resources to meet their holistic health needs.

Katie holds a Bachelor of Science degree in Behavioural Neuroscience and is currently working towards completing her Master of Counselling Psychology.

Source and More Information: [Office of Indigenous Affairs Team](#)

Contact: kmbayward@mun.ca

Dr. Rachel Hirsch

Dr. Rachel Hirsch is an award-winning scholar and research facilitator, offering expertise in research development and knowledge mobilization stemming from a decade working collaboratively with academics and community groups across Canada and internationally. She completed a postdoctoral fellow at the Labrador Institute and some of her work includes the publication: *Going Off, Growing Strong: A program to enhance individual youth and community resilience in the face of change in Nain, Nunatsiavut.*

Source and More Information: [LinkedIn](#)

- [Personal Website](#)
- [Publications](#)
- [Contact](#)

Dr. Amy Hudson – School of Arctic and Subarctic Studies

Dr. Amy Hudson is the Governance and Strategic Planning Lead & Associate Negotiator, Recognition of Indigenous Rights and Self Determination, for the NunatuKavut Community Council. She is also an adjunct professor of the School of Science and the Environment at Memorial University, Grenfell Campus. Amy is a voting member of the School of Arctic and Subarctic Studies.

Dr. Hudson is originally from Black Tickle, a remote island community off the southeast coast of Labrador in NunatuKavut. Amy completed her doctoral research in collaboration with her community in the area of Inuit governance and sustainability, where Inuit knowledge and perspectives were privileged, and culturally relevant methodologies were identified and employed. She is currently leading and co-leading research in related areas like Inuit education, water security, renewable energy and Inuit history.

Source and More Information: [School of Arctic and Subarctic Studies Membership](#)

Dr. Erica Hurley – Western Region School of Nursing, Grenfell Campus

Dr. Erica Hurley is a nurse educator at the Western Region School of Nursing at the Grenfell Campus of Memorial University. Her research interests are in Indigenous health, Indigenous women, Indigenous research, Indigenous research methodology, community-based research, heart health, simulation and nursing education.

Source and More Information: [Grenfell Campus Faculty](#)

Contact: Ehurley@grenfell.mun.ca

Dr. Arn Keeling – Labrador Campus

Dr. Arn Keeling is Professor and Department Head of the Department of Geography with Cross-Appointment with School of Arctic and Subarctic Studies, Labrador Campus. His research and publications focus on the environmental-historical geography of Western and Northern Canada. His recent research has explored the historical and contemporary encounters of northern Indigenous communities with large-scale resource developments.

Source and More Information: [School of Arctic and Subarctic Studies Membership](#)

○ [Selected Publications](#)

Contact: akeeling@mun.ca

Jodie Lane – Director of Education, Nunatsiavut Government Department of Education and Economic Development

Jodie Lane is the Director of Education for the Nunatsiavut Government Department of Education and Economic Development. She is also a voting member of the School of Arctic and Subarctic Studies of the Labrador Campus. She is a Beneficiary of the Labrador Inuit Land Claims Agreement and was born and raised in the Inuit community of Makkovik. She holds a Bachelor of Arts degree in Sociology and a Master's degree in Education.

Jodie is passionate about infusing Inuit language and culture into curriculum and played a key role in developing the Labrador Inuit Society & Culture high school course in collaboration with the Newfoundland and Labrador English School District, as well as the Inuit Bachelor of Education program in collaboration with the Labrador Campus of Memorial University.

Source and More Information: [School of Arctic and Subarctic Studies Membership](#)

Dr. Sylvia Moore – School of Arctic and Subarctic Studies

Dr. Sylvia Moore is an educator, mental health professional, associate professor and voting member at the School of Arctic and Subarctic Studies. Sylvia mentors instructors in the Nunavut Teacher Education Program through the partnership with Memorial University and the Nunavut Arctic College. Her community-based research is in the areas of Indigenous-led education and decolonizing/Indigenizing education at all levels. She presents and publishes on decolonizing pedagogies, Indigenous teacher education, land-based learning, language rejuvenation, Indigenous identity, and policies impacting inclusion in the Circumpolar North. Sylvia also sits on numerous university committees including those leading the Indigenization and decolonization of the academy.

Source and More Information: [School of Arctic and Subarctic Studies membership](#)

Contact: sylviam@mun.ca

Dr. Scott Neilsen – School of Arctic and Subarctic Studies

Dr. Scott Neilsen is an associate professor, Coordinator for the Certificate in Indigenous studies, and voting member of the School of Arctic and Subarctic Studies. Scott Neilsen's research interests are connected to his supervision of graduate students, and relationships he has with various heritage stakeholders in Labrador and Newfoundland. This includes research related to Innu, Inuit and Mi'Kmaq archaeological history, Indigenous and co-management of cultural and natural resources, the decolonization of archaeology and academia, repatriation, critical theory, contemporary archaeology, digital archaeology, and cultural resources management policies and practices.

Dr. Neilsen set up the Laboratory for Applied Archaeological Research and Community Heritage (LARCH), which is an interdisciplinary lab dedicated to supporting individuals, communities, not-for-profit organizations, and local governments with research related to archaeological history, community heritage, and tangible and intangible cultural resources. This lab is housed by the Labrador campus in North West River.

Source and More Information: [School of Arctic and Subarctic Studies Membership](#)

Contact: scott.neilsen@mun.ca

Carla Pamak – Inuit Research Advisor, Nunatsiavut Research Centre

Carla Pamak is the Inuit Research Advisor for the Nunatsiavut Research Centre. She was involved in the project Going Off, Growing Strong: A program to enhance individual youth and community resilience in the face of change in Nain, Nunatsiavut. One of her current research involvements is the Canadian Arctic One Health Network.

Source and More Information: [Nunatsiavut Research Centre](#)

- [Canadian Arctic One Health Network](#)

Contact: research@nunatsiavut.com for Nunatsiavut Research Centre

- carla.pamak@nunatsiavut.com

Jack Penashue – Director of Social Health, Sheshatshiu Innu First Nation

Jack Penashue has most recently served as the Director of Social Health for Sheshatshiu Innu First Nations. Jack has also worked for and been a consultant to both provincial and federal governments. He was involved in setting up a Community Advisory Committee on health, a Crisis Response Team, and a Community Health Board. Some of his work includes the project: Patshitinikutau Natukunisha Tshishennuat Uitshuau (A Place for Elders to Spend their Last Days in Life): Developing an Innu Approach to Palliative Care.

Source and More Information: [CAMH Webpage](#)

- [Linkedin](#)
- [NLCAHR Research Exchange](#)

Thea Penashue - Health Manager, Innu Round Table

Thea Penashue is the Health Manager for the Innu Round Table. Her role is to assist community members on how to navigate the health system, including non-insured health benefits (NIHB). Thea is also the Co-chair of the IRT Midwifery Steering Committee and advocates for the return of midwifery to the Innu communities of

Labrador. She lives with her husband and two daughters in North West River, Labrador. Thea gave birth to her second daughter in a traditional Innu tent. Her work includes the Innu Midwifery Project: Restoring Midwifery and Community Birth.

Source and More Information: [NLCAHR Research Exchange](#)

- [Linkedin](#)

Dr. Thomas Piggott – School of Arctic and Subarctic Studies

Dr. Thomas Piggott is the current Medical Officer of Health and CEO of Peterborough Public Health. Prior to this position, Dr. Piggott was Medical Officer of Health and VP lead for Population Health and Rural and Remote Health in the northern region of Labrador-Grenfell Health. He is also an adjunct professor with the School of Arctic and Subarctic Studies at the Labrador Campus.

Dr. Piggott's research work has focused on guideline development and health equity, with a focus on Indigenous populations.

Source and More Information: [School of arctic and Subarctic Studies Membership](#)

Valeri Pilgrim – Manager, Indigenous Student Resource Centre Memorial University

Reporting to the Special Advisor to the President on Indigenous Affairs, Valeri is the manager of the Indigenous Student Resource Centre (ISRC). She oversees the development of programs, resources and supports to empower Indigenous students to thrive at Memorial University. This includes providing operational direction in the areas of Indigenous student success, Indigenous education, and cultural initiatives. As the manager of the ISRC, Valeri leads and represents the student centre in its day-to-day operations, ensuring a student-centred approach to program planning and delivery. Valeri grew up in Nain, Nunatsiavut in northern Labrador and is of Inuit ancestry. She holds a Bachelor of Arts degree from the University of New Brunswick and a Master of Philosophy degree from the University of Oslo in Norway.

Source and More Information: [Office of Indigenous Affairs Team](#)

Contact: vpilgrim@mun.ca

Dr. Nathaniel Pollock – Labrador Campus

Dr. Nathaniel Pollock is a Research Associate and Adjunct Professor at the School of Arctic and Subarctic Studies at the Memorial University Labrador Campus. Through this role, he works collaboratively with Indigenous governments and health and social care agencies in Labrador and elsewhere in the Circumpolar North on research, post-secondary education, and program and policy development projects. His interests

include suicide prevention and mental health promotion, health services, and child and family health, particularly in rural, northern, and Indigenous communities. Dr. Pollock is currently serving as the Vice President of the Canadian Society for Circumpolar Health and the International Union of Circumpolar Health.

Source and More Information: [Labrador Campus Research Staff](#)

- [Selected Publications](#)

Contact: nathaniel.pollock@med.mun.ca

Dr. Andrea Proctor – Department of Archaeology Memorial University

Dr. Andrea Proctor is an adjunct professor with the Department of Archaeology at Memorial University. Dr. Proctor's research interests include settler colonialism, Indigenous sovereignty, Inuit governance in Labrador, resource conflicts and development, residential schools, Inuit women's leadership. Her webpage linked below contains some of her selected publications.

Source and More Information: [Department of Archaeology](#)

Contact: andrea.procter@mun.ca

Dr. Lisa Rankin – Department of Archaeology Memorial University

Dr. Lisa Rankin is a professor in the Department of Archaeology at Memorial University. Dr. Rankin's current research focuses on the culture and history of the Labrador Inuit from the late 16th to early 19th centuries, and their changing role in increasingly global social and economic networks during that time. Dr. Rankin is a researcher and director of the community-based research partnership [Tradition and Transition among the Labrador Inuit](#). This multi-disciplinary, multi-year partnership, funded by the Social Sciences and Humanities Research Council of Canada (SSHRC), is a collaboration between Memorial University and the Nunatsiavut Government, along with other academic and community partners to expand and deepen our understanding of Nunatsiavut history, language and culture.

Source and More Information: [Department of Archaeology Faculty Members](#)

Contact: lrarkin@mun.ca

Dr. Alex Sawatzky – School of Arctic and Subarctic Studies

Dr. Alex Sawatzky is the Special Projects Manager and Adjunct Professor at the School of Arctic and Subarctic Studies. She is an interdisciplinary researcher and artist who collaborates with communities, researchers, and organizations to co-create and mobilize knowledge. For the past six years, Alex has been working in partnership with Inuit in Labrador on community-led climate change adaptation projects. During her PhD, she worked with the community of Rigolet to develop the foundation for a

place-based, Inuit-led environment and health monitoring system that works with and for Inuit.

In her current capacity as Special Projects Manager at the Labrador Campus, Alex is working with key partners and leaders in Labrador and Memorial to manage the strategic development of the Pye Centre for Northern Boreal Food Systems. She is also leading and supporting projects and activities related to the Labrador Campus development and transition, including the strategic growth and development of educational programming, research initiatives, and infrastructural developments.

Source and More Information: [School of Arctic and Subarctic Studies Membership](#)

- [Projects and Portfolio](#)

Contact: asawatzky@mun.ca

Dr. Jennifer Shea – Faculty of Medicine Memorial University

Dr. Jennifer Shea is an Assistant Professor of Indigenous Health in the Division of Community Health and Humanities at the Faculty of Medicine, Memorial University. Her research interests include Indigenous health, community-based participatory and decolonizing approaches, visual methodologies, gender, youth, cancer journey, #mmiwg, mental health and addictions, resilience, social determinants of health and knowledge translation. Her webpage on the Faculty of Medicine website includes some current research and recent publications.

Source and More Information: [Faculty of Medicine Faculty](#)

Contact: jennifer.shea@med.mun.ca

Tom Sheldon – Director of Policy Advancement, Inuit Tapiriit Kanatami

Tom Sheldon is the Director of Policy Advancement with Inuit Tapiriit Kanatami and he previously served as the director of the Nain Research Centre in Nunatsiavut until 2016. Some of his work includes the project Going Off, Growing Strong: A program to enhance individual youth and community resilience in the face of change in Nain, Nunatsiavut.

Source and More Information: [LinkedIn](#)

Dr. Eric Smith – Faculty of Medicine Memorial University

Dr. Eric Smith is an assistant professor of emergency medicine at Memorial University. He was appointed the Senior Regional Medical Officer of the Assembly of First Nations (AFN) for NS/NL. Dr. Smith is one of the first Mi'kmaw physicians in Canada and is actively involved with helping Indigenize the curriculum at MUN medicine.

Source and More Information: [Faculty of Medicine Website](#)

Contact: eric.smith@med.mun.ca

Dr. Vianne Timmons – President, Memorial University

Dr. Vianne Timmons, OC, took office as the 13th president and vice-chancellor in April 2020. Dr. Timmons grew up in Labrador City, NL and holds a BA (Mt. Allison), B.Ed. (Acadia), M.Ed. (Gonzaga), and PhD (Calgary).

Some of her work and recognitions include nine books, more than a dozen book chapters, approximately 40 peer-reviewed articles, 30+ funded research projects (as principal or co-investigator), more than 200 lecture invites, Canada's Top 100 Most Powerful Women (WXN), a National Inclusive Education Award, a Humanitarian Award (Red Cross), a Community Literacy Award (Canada Post), and the first Gender and Leadership in Higher Education Award (EMULIES). As well, in 2019 she received the Indspire Award for Education. In 2017 she was named an Officer of the Order of Canada for her lifetime contributions to inclusive education, family literacy, Indigenous post-secondary education, and women's leadership.

An active volunteer, Dr. Timmons has served various post-secondary and other organizations, including as: president, International Association for the Scientific Study of Intellectual and Developmental Disabilities; chair, Universities Canada's Standing Committee on International Relations; and member, Canada Foundation for Innovation.

Source and More Information: [Vianne Timmons Biography](#)

- [Contact Information for the President's Office](#)

Katie Winters

Katie Winters is a research assistant in Nain and works with the Nain Inuit Community Government. She was involved in the project Going Off, Growing Strong: A program to enhance individual youth and community resilience in the face of change in Nain, Nunatsiavut.

Source and More Information: [Linkedin](#)

RECENT ACADEMIC PROJECTS AND PUBLICATIONS ON INDIGENOUS HEALTH

The Innu Midwifery Project: Restoring Midwifery and Community Birth - Thea Penashue, Gisela Becker, June Fry, Kathleen Cranfield

Project Description and Rationale: “The goal of the Innu Midwifery Project is to reintroduce midwifery to Sheshatshiu and Natuashish in Labrador, drawing on Innu Elders’ knowledge of Innu birthing practices, to support the training of Innu midwives using a culturally specific, hands-on, and individually paced learning approach. This project is important because restoring midwifery to the Innu communities would result in Innu babies being born into Innu hands on Innu lands, fostering a greater connection to the land and culture, continuation of cultural practices and culturally safe care, and empowering women in the context of their childbearing experience.”

Source and More Information: [NLCAHR Indigenous Health Research Exchange Group Webpage](#)

Patshitinikutau Natukunisha Tshishennuat Uitshuau (A Place for Elders to Spend their Last Days in Life): Developing an Innu Approach to Palliative Care - Dr. Russell Dawe and Dr. Xixi Gong with Mr. Jack Penashue

Project Description and Rationale: “The Sheshatshiu Innu have cultural traditions and practices related to death and dying. At times, the standard approaches to medical care at the end of life may conflict or fail to integrate these approaches. The gap between cultural and medical practices at end of life has been identified as a concern for community members in Sheshatshiu. Researchers at Memorial University’s Faculty of Medicine and Labrador Institute will be partnering with the Sheshatshiu Innu First Nation Band Council to investigate Innu cultural and spiritual practices related to death, dying, and end of life care.

Source and More Information: [Yaffle Website](#)

“The objectives of this research were to: 1) Describe the cultural and spiritual practices of the Innu as they relate to death and dying; 2) Describe current end-of-life medical and community services available; 3) Compare rates of home and hospital death for Innu and non-Innu communities in Labrador; 4) Identify aspects of current end-of-life care that serve or fail to serve the needs of the Innu; and 5) Explore ways of bringing Innu cultural and spiritual practices together with end-of-life healthcare delivery to ensure more culturally safe care going forward.”

Source and More Information: [NLCAHR Indigenous Health Research Exchange Group Webpage](#)

Going Off, Growing Strong: A program to enhance individual youth and community resilience in the face of change in Nain, Nunatsiavut – Rachel

Hirsch, Chris Furgal, Christina Hackett, Tom Sheldon, Trevor Bell, Dorothy Angnatok, Katie Winters and Carla Pamak

Project Rationale and Description: “The pilot Going Off, Growing Strong program provides opportunities for at-risk youth to engage in community- and land-based activities and build relationships with positive adult role models in Nain, Nunatsiavut (Labrador, Canada). The emergent goals of Going Off, Growing Strong are to strengthen individual youth and collective community resilience through intergenerational exchange of land, social, and cultural skills and knowledge by drawing on social supports, such as a community freezer and experienced harvesters.”

Source and More Information: [Link to Published Article](#)

“This program was designed to build the resilience of a group of Inuit youth facing widespread social, cultural and environmental change. The overarching goals of this program are to:

- Enhance the mental, physical and spiritual health of a group of ‘at-risk’ youth
- Build social connections between the youth and other community members
- Transmit environmental knowledge, skills and values from experienced harvesters to youth

The innovation consists of a community led program based on intergenerational healing through the transmission of Inuit skills such as hunting, fishing, gathering wood and wild plants, building Kamutiks (sleds for carrying supplies), fixing skidoos, making arts and crafts, wild food and movie nights, to build individual and collective resilience.”

Source and More Information: [Link to project description on Mental Health Innovation Network Website](#)

Strengthening Relationships: Community Collaboration for an Indigenous Health Course – Erica Hurley

The project will support public engagement with the project lead and Indigenous community members. It includes initial discussions and an online event that will gather important information as to what community members feel should be and should not be included in the development of an Indigenous health and wellness course at Memorial University. Goals of the project include transparency, collaboration, diversity, engagement, respect and excellence. Erica Hurley is a Mi’kmaw woman, and she wishes to strengthen existing relationships with Indigenous communities while developing the first offering of an Indigenous health and wellness course at Memorial University.

The project has the potential to strengthen and create relationships with the Indigenous community, demonstrates an Indigenous faculty member creating a course at Memorial University that speaks to the Truth and Reconciliation Calls to Action, and allows a venue for community to have a voice in the creation of an important course, meeting many objectives within Memorial's Public Engagement Framework.

Source and More Information: [Yaffle Webpage](#)

Two-Eared Listening for Deeper Understanding: Restorative Justice for NL

Two-Eared Listening for Deeper Understanding: Restorative Justice for NL is the title of a project that began prior to Covid with a SSHRC Connection Grant for creating an event that sought to provide the province of NL with deeper insight regarding the potential for nurturing a healthier relational culture in the context of education, justice, and society through restorative justice. This project involved a gathering/conference in November 2021 which was a collaboration between Miawpukek First Nation, Relationships-First Restorative Justice Consortium, and Memorial University.

The goals of the gathering were:

1. Deep listening to Indigenous experiences of justice & injustice.
2. Increasing understanding of past & present nation-nation relationships in NL.
3. Strengthening NL's knowledge & practice of relational, restorative justice.
4. Informing Education, Justice, and Community policies seeking to infuse Truth & Reconciliation Commission recommendations 27, 28, 31, 42, & 60-63.

Source and More Information: [Two-Eared Listening](#)

Increasing Indigenous Participation in the Physician Workforce – Maria Matthews, Jennifer Shea

The purpose of this project is to develop an evaluation framework that includes community and participant-relevant outcomes. Using a two-eyed seeing approach we will create an evaluation framework by reviewing existing evaluations of programs in Canadian medical schools, reviewing of the literature, and consulting stakeholders including Indigenous community partners, program participants, medical trainees, and program organizers. We will then use the framework to evaluate Memorial University's Aboriginal Health Initiative program. The project addresses priorities identified in the Truth and Reconciliation Commission and other recent national inquiries into the wellbeing of Indigenous people in Canada. The project will create a framework that can guide evaluations of programs designed to increase Indigenous

participation in the physician workforce and other health professions. Finally, it responds to the call for social accountability from Canada's medical schools.

Source and More Information: [Yaffle](#)

- [CIHR](#)

Seeing Beyond Good Medicines: A Collaborative Learning Project between Innu Youth and Students of Health Care Professions at Memorial University of Newfoundland – Carolyn Sturge Sparkes, Jack Penashue

Supported though the Public Engagement Accelerator Fund, the purpose of this project was three-dimensional:

1. To facilitate school students in the Innu communities of Sheshatshiu and Natuashish to learn about the different health care professions from post-secondary students currently studying in these various fields
2. To provide Innu students with the opportunity to share their knowledge of Indigenous medicines and healing
3. To explore ways in which these knowledges can be integrated to create new approaches that might enhance well-being among Innu populations.

The project evolved from a health care profession summer camp, called Healers of Tomorrow Gathering, launched at Grenfell Campus, Memorial University in August 2015.

Source and More Information: [Yaffle Webpage](#)

- [Memorial University Gazette Article](#)

Assessing the effects of an arts-based HIV/AIDS education workshop for Indigenous youth – Rachel Landy

The aim of this study was to evaluate Indigenous youths' HIV/AIDS knowledge and attitude change after participation in an arts-based HIV/AIDS education workshop. Participatory filmmaking was used to engage participants and facilitate dialogue about HIV/AIDS, sexual health, and health in general.

Source and More Information: [Yaffle Webpage](#)

- [Link to Dissertation](#)

RESEARCH ETHICS RESOURCES

Indigenous Research at Memorial University

Indigenous Research at Memorial offers many resources to ensure researchers at Memorial University are conducting research with the appropriate consultation and engagement with Indigenous communities, NGOs and government leaders throughout the research process. Indigenous Research at Memorial ensures that Indigenous research aligns with Canada's Truth and Reconciliation Commission, the United Nations Declaration of the Rights of Indigenous Peoples, Inuit Tapiriit Kanatami's National Inuit Strategy on Research and other Indigenous-led research directives. More information about Indigenous research at Memorial University including the new policy on Research Impacting Indigenous Groups (RIIG), Indigenous contacts and FAQs for students and researchers can be found online through the link below.

Source and More Information: [Indigenous Research at Memorial University](#)

Contact: Indigenousresearch@mun.ca

Memorial's New Policy on Research Impacting Indigenous Groups (RIIG)

Memorial University has a new policy on Research Impacting Indigenous Groups (RIIG) which was approved on July 9, 2020. This document helps ensure ethical and respectful research with Indigenous communities. This policy supports that research that impacts Indigenous communities, cultures and lands must be grounded in ethical conduct and maintain respectful, on-going partnerships and engagement with Indigenous communities. The purpose of the RIIG policy is to ensure that research impacting Indigenous groups is done ethically and with appropriate engagement and consultation with Indigenous peoples.

Source and More Information: [Policy on Research Impacting Indigenous Groups](#)

Committee on Ethical Research Impacting Indigenous Groups (CERIIG)

In order for researchers to conduct research that impacts Indigenous groups, they must first obtain an Agreement in Principle – Concept Development Phase (CDP) which outlines that the research to be conducted has been reviewed and approved by the appropriate Indigenous group. If there is no Indigenous group that may review research to provide the Agreement in Principle (CDP), then the Committee on Ethical Research Impacting Indigenous Groups (CERIIG) may review instead. The CERIIG is composed of a group of indigenous experts in research relations, and they may review and approve of research proposals at Memorial University that impact Indigenous groups and provide Agreement in Principle (CDP).

Source and More Information: [Research Impacting Indigenous Groups Policy](#)

Contact: Indigenousresearch@mun.ca

Tri-Council Policy Statement 2 (TCPS2) - Chapter 9

The Tri-Council Policy Statement 2 (TCPS2) is a joint policy of Canada's three federal research agencies, and it concerns ethical conduct for research involving humans. The TCPS2 - Chapter 9 regards research involving the First Nations, Inuit and Métis Peoples of Canada. The TCPS2 – Chapter 9 is a guide for researchers conducting research which involves or impacts Indigenous groups. Any researcher seeking funding from the three agencies must comply with the TCPS2.

Source and More Information:

- [TCPS2](#)
- [TCPS2- Chapter 9](#)

PART II: GOVERNMENT AND HEALTH SYSTEMS

RESOURCES

GOVERNMENT AND HEALTH SYSTEMS ORGANIZATIONS AND PROGRAMS

Nunatsiavut Government

Department of Health and Social Development

The Nunatsiavut Government Department of Health and Social Development has collaborative partnerships and working relationships with organizations including the Government of Newfoundland and Labrador, Labrador-Grenfell Regional Health Authority and Health Canada in order to better address the health needs of Labrador's Inuit population. The Department of Health and Social Development is comprised of a Regional Office located in Happy Valley-Goose Bay, as well as community offices in seven communities: North West River, Happy Valley-Goose Bay, Rigolet, Postville, Makkovik, Hopedale, and Nain. The department has seven program areas:

- Non-Insured Health Benefits (NIHB)
- Mental Wellness and Healing Services
- Communicable Disease Control
- Home and Community Care
- Healthy Lifestyles
- Healthy Children and Youth

- Social Development

Source and More Information: [Department of Health and Social Development Webpage](#)

Contact: Gerald.Asivak@nunatsiavut.com

Nunatsiavut Research Centre in Nain

The Nunatsiavut Research centre was established in 2011 and is in Nain, Nunatsiavut. The centre facilitates both lab-based and field-based research to support knowledge production at the research-policy interface. The Nunatsiavut Research Centre supports knowledge development in many different areas to enhance the health and wellbeing of Inuit. The centre also provides Inuit with opportunities for research and capacity building at the community level. The Nunatsiavut Research Centre offers a dry lab, a wet lab, a social science data collection and analysis office, workstations, walk-in cooler and freezer, and washrooms as well as accommodations for up to six researchers on a year-round basis.

Source and More Information: [Nunatsiavut Research Centre](#)

Nunatsiavut Government Research Advisory Committee (NGRAC)

The Nunatsiavut Government Research Advisory Committee (NGRAC) ensures that any research conducted that may impact Nunatsiavut or its people is reviewed and accepted before proceeding. The NGRAC independently reviews research to ensure that it is appropriate and accountable to Nunatsiavut and its people and takes place with the full knowledge of those impacted by the research.

Source and More Information: [Nunatsiavut Government Website](#)

Contact: research@nunatsiavut.com

NunatuKavut Government

Department of Health and Community Services

The NunatuKavut Health and Community Services Department oversees various community health and social initiatives. The department aims to nurture and support physical, emotional, intellectual, and spiritual health to ensure the wellbeing of NunatuKavut families and communities. NunatuKavut provides many health and social resources and has currently developed several health/wellness related projects.

Source and More Information: [NunatuKavut Department of Health and Community Services Webpage](#)

- [NunatuKavut Annual Report 2021](#)

NunatuKavut Youth Community Engagement Project (NYCEP)

The NunatuKavut Youth Community Engagement Project (NYCEP) is designed for youth between the ages 15-30 to provide community services through civic engagement. It will bring Indigenous and non-Indigenous youth together to learn about reconciliation and decolonization. This project will allow youth to develop leadership skills and engage with their communities through meaningful service opportunities.

Source and More Information: [NunatuKavut Department of Health and Community Services Webpage](#)

Indigenous Cancer Project

Funded by the Canadian Partnership Against Cancer, the *Courage, Compassion and Connection – The journey to healing: exploring cancer pre-diagnosis for Indigenous peoples in Labrador Project* is a partnership between the Nunatsiavut Government – Department of Health and Social Development, NunatuKavut Community Council and Memorial University.

Source and More Information: [NunatuKavut Department of Health and Community Services Webpage](#)

Contact: Kathy.Michelin@nunatsiavut.com

NunatuKavut Mental Wellness Initiative

The *Understanding People, Place, and Culture: A NunatuKavut Inuit Mental Wellness Initiative* aims to strengthen mental wellness resources in NunatuKavut. The initiative includes the design, pilot, evaluation and implementation of a culturally appropriate mental wellness program for NunatuKavut communities. The project will involve local expertise from diverse sources including patients, families, health care providers, and community leaders.

Source and More Information: [NunatuKavut Department of Health and Community Services Webpage](#)

- [NunatuKavut Mental Wellness Initiative Update](#)

Contact: communications@nunatukavut.ca

Department of Research, Education and Culture

The Department of Research, Education and Culture has many resources and programs available. Some of the current research areas include research governance,

sustainability research and food security research. Some of the projects include the NunatuKavut Wellness Initiative and the project *Reclaiming Inuit Governance: Planning for a Sustainable Future in Nunatakavut* led by Amy Hudson.

Source and More Information: [NunatuKavut Department of Research, Education and Culture Webpage](#)

- [NunatuKavut Wellness Initiative](#)
- [Reclaiming Inuit Governance: Planning for a Sustainable Future in Nunatakavut](#)

Innu Nation Government

The Innu Nation is the organization that formally represents the Innu of Labrador, approximately 3200 people, most of whom live in the two Innu communities of Sheshatshiu and Natuashish. The Sheshatsiu Innu live in the community of Sheshatshiu while the Mushuau Innu live in the community of Natuashish.

Source and More Information: [Innu Nation Website](#)

Contacts:

- *Sheshatshiu Office - 709-497-8398*
- *Natuashish Office - 709-478-8755*

Sheshatshiu Innu First Nation

The local institution that governs Sheshatshiu is the Sheshatshiu Innu First Nation Band Council. The Band council oversees several services and has 8 departments: Health, Education, Community Services, Economic Development, Finance, Operations, Public Works and Recreation.

Source and More Information: [Sheshatshiu Innu First Nation Website](#)

Department of Social Health

The Department of Social Health is responsible for Mental Health and Addictions programming and service delivery including referrals, and counselling. The department offers many programs including a Family Treatment Program, Family Resource Centre, Rose Gregoire Safehouse, Shushepishapan Group Home, FASD services and community health planning.

Source and More Information: [Sheshatshiu Innu First Nation Department of Social Health](#)

Department of Primary Health

The Department of Primary Health is responsible for a number of programs and resources including a diabetes initiative, medical transportation, Innu interpreters, community health nurses, homecare services and community health representatives.

Source and More Information: [Sheshatshiu Innu First Nation Department of Primary Health](#)

Miawpukek First Nation Government

Miawpukek Mi'kamawey Mawi'omi is a First Nation Reserve located at the mouth of the Conne River on the south coast of the island of Newfoundland. Over the years the community has seen a steady growth in Government, Social reforms, Health, Education, Economic Development, Culture and Traditions. Miawpukek First Nation's mission is to "Preserve, promote and advance the culture, health, economic, educational and social well-being of our people – including our language, history and spirituality." Miawpukek First Nation Government has several departments which provide services and programming including the Conne River Health and Social Services (CRHSS) Department.

Source and More Information: [Miawpukek First Nation Website](#)

Conne River Health and Social Services (CRHSS)

CRHSS has a range of services including health promotion, health protection, continuing care services, social work services, childcare, and mental health services and addictions services. CRHSS provides programming ranging from daily walk-in clinical nursing services to a weekly nutritional supplement program for community members.

Source and More Information: [Conne River Health and Social Services Department](#)

- [CRHSS Contact Page](#)

Qalipu First Nation Government

Qalipu First Nation is a vibrant Mi'kmaq First Nation established in 2011 as an Indigenous Band under the Indian Act. With a large membership spread across 67 traditional Newfoundland Mi'kmaq communities and abroad, Qalipu First Nation is one of the largest First Nation groups in Canada. Qalipu First Nation provides its members with a range of health services including Non-Insured Health Benefits (NIHB) support/navigation and a housing program. Some other recent services provide by Qalipu First Nation included COVID-19 relief and an emergency housing support program. The Qalipu First Nation Website also features a health bulletin where community members can stay updated on health information and initiatives taking place.

Source and More Information: [Qalipu First Nation Website](#)

- [Health Bulletin](#)
- [Qalipu First Nation Contact Page](#)

Inuit Tapiriit Kanatami

Inuit Tapiriit Kanatami is a national Inuit organization that was founded in 1971 in response to land and resource concerns among Inuit leaders. Inuit Tapiriit Kanatami is the national voice for Inuit in Canada and their mission is to protect and advance the rights and interests of Inuit in Canada. Inuit Tapiriit Kanatami strives to improve the health and well-being of Inuit through research, advocacy, public outreach and education. Inuit Tapiriit Kanatami has several health and wellness related projects currently underway including the Qanuippitaa? National Inuit Health Survey.

Source and more information: [Inuit Tapiriit Kanatami Website](#)

Contact: [Contact Page on ITK Website](#)

Qanuippitaa? National Inuit Health Survey

Qanuippitaa? National Inuit Health Survey (QHIHS) is the first survey of its kind. The Qanuippitaa? National Inuit Health Survey is a permanent, ongoing survey which is Inuit-owned and Inuit-led. The survey will gather information and produce engaging and accessible results that aim to improve the health and well-being of Inuit in Canada through policy and programming. The survey is led entirely by Inuit and the data will be owned and controlled by Inuit. The four Inuit Land Claims Organizations will be working together on this program in collaboration with Inuit Tapiriit Kanatami. The survey will incorporate Inuit knowledge, worldviews and values along with stakeholder engagement and health science research.

Source and More Information: [Qanuippitaa? National Inuit Health Survey Website](#)

Inuit Nunangat Food Security Strategy

The Inuit Nunangat Food Security Strategy is a strategy developed by Inuit Tapiriit Kanatami for improving food security in the region of Inuit Nunangat. The strategy follows an Inuit vision for ending hunger and advancing food sovereignty through self-determined and sustainable food system. The strategy will help ensure that Inuit have access to affordable, nutritious, safe and culturally preferred foods to support Inuit health and wellbeing in Inuit Nunangat.

Source and More Information: [Inuit Nunangat Food Security Strategy](#)

- [Link to Inuit Nunangat Food Security Strategy Document](#)

National Inuit Suicide Prevention Strategy

Inuit Tapiriit Kanatami has a National Inuit Suicide Prevention Strategy that uses shared, evidence-based, Inuit-specific approaches to suicide prevention among Inuit in Canada. Inuit Tapiriit Kanatami has a webpage dedicated to the suicide prevention strategy which includes information about suicide among Inuit in Canada, related research and Inuit suicide prevention initiatives in Canada.

Source and More Information: [Inuit Tapiriit Kanatami Webpage for National Inuit Suicide Prevention Strategy](#)

Nuluaq: The Inuit Community-Based Food Initiatives Mapping Project

The Nuluaq Project on Inuit Community-Based Food Initiatives is a project created to address food insecurity in Canadian Inuit communities. The project aims to increase the information available on community-based food security initiatives in Inuit communities in Canada by creating an interactive map. The Canadian Inuit Food Security map is available on the Inuit Tapiriit Kanatami's website along with other resources and information on food security.

Source and More Information: [Nuluaq Project Webpage](#)

- [Link to The Canadian Inuit Food Security Map](#)

First Nations of Quebec and Labrador Health and Social Services Commission

The First Nations of Quebec and Labrador Health and Social Services Commission (FNQLHSSC) was founded in 1994 by the Chiefs of the Assembly of First Nations Quebec-Labrador. The mission of the FNQLHSSC is to support the health, wellness, culture and self-determinations goals of First Nations in Quebec/Labrador. The FNQLHSSC offers many services including services for mental health, sexual health, public health, nutrition, suicide prevention, information governance, chronic diseases, culture, childcare.

Source and More Information: [FNQLHSSC Website](#)

- [Annual Report 2021-2022](#)

Eastern Health

Indigenous Patient Navigator (IPN) Program

The Eastern Health Indigenous Patient Navigator (IPN) Program was started in 2009 and serves as an aid for Indigenous people navigating the health care system in St. John's, NL. The IPN program is a partnership between First Light and Eastern

Health. The IPN program provides Indigenous patients with Indigenous Patient navigators who may offer support and guidance in the following ways:

- provide referral, advocacy and support to Aboriginal patients to help them access the most appropriate health care and community services.
- arrange for translation services in Innu-Aimun and Inuktitut if required, to ensure patients and families understand the care provided.
- navigate patients to and from medical appointments.
- assist with planning accommodations, food and transport for patients and their families.
- assist patients with applying for funding for services, transport, accommodations, food and medical supplies.

Source and more information: [Eastern Health- Indigenous Health](#)

Contact: Solomon Semigak - solomon@firstlightnl.ca

Cancer Care Services

Eastern Health has developed a program for cancer services in Labrador titled *A journey in the big land: enhancing cancer services for First Nations, Inuit and Métis in Labrador*. This is an initiative of the Canadian Partnership Against Cancer in partnership with Eastern Health and aims to enhance cancer services for Indigenous people in Labrador. The project aims to enhance transitions in care between hospital and community settings, expand the tele-oncology model for improved access to care, and increase cultural safety in the delivery of health services. The project includes a document on community and clinic profiles, an orientation video for patients and a cultural-safety training program for health care professionals.

The document *Community and Clinic Profiles* was developed in partnership with First Nations and Inuit partners, Labrador-Grenfell Health and Eastern Health to facilitate discharge planning for patients returning to their home communities from secondary or tertiary level care. The community and clinic profiles included in the document provide an overview of each First Nations, Inuit and Métis (FNIM) community and outline access to health care facilities, to help familiarize the health care team with supports and resources available to patients at their local community level; and to ultimately enhance discharge planning and transitions in care.

Source and More Information: [Cancer Care Program Document – Community and Clinic Profiles](#)

- [Canadian Partnership Against Cancer Website](#)

Cancer Care Program – Cancer Care and Body Part Terminology

The Cancer Care Program at Eastern Health in partnership with the Canadian Partnership Against Cancer and Indigenous governments in the province developed several Cancer Care and Body Part Terminology documents to aid with translation services. There is a Natuashish, NunatuKavut, Nunatsiavut and Sheshatshiu version of the terminology guide. The links to each of the terminology guides can be found below.

- [Cancer Care and Body Part Terminology – Natuashish Edition \(Innu, Mushuau dialect\)](#)
- [Cancer Care and Body Part Terminology – NunataKavut Edition \(English\)](#)
- [Cancer Care and Body Part Terminology – Nunatsiavut Edition \(Inuktitut\)](#)
- [Cancer Care and Body Part Terminology – Sheshatshiu Edition \(Innu, Sheshatshiu dialect\)](#)

Source and More Information: [Eastern Health Cancer Care](#)

Central Health

Central Health provides a variety of primary, secondary, long-term care, community health, and other enhanced secondary services. Central Health's services are provided through 43 facilities, with a total of 803 beds throughout the region. Central Health works with the Miawpukek First Nation to support health services delivery in Conne River. This collaboration includes the provision of primary and secondary healthcare services, including health promotion and protection, supportive care, treatment of illness and injury, as well as access to emergency services. Central Health and the Qalipu First Nation also continue to engage and collaborate.

Source and More Information: [Central Health Annual Performance Report 2020-2021](#)

- [Central Health Website](#)

Western Health

Western Health's geographical boundaries are from Port aux Basques southeast to Francois, northwest to Bartlett's Harbour, and on the eastern boundary north to Jackson's Arm. Within this geographical region, Western Health serves a population of approximately 77,980 residents. Western Health provides community-based services from 24 office sites, community based medical services from 26 medical clinic sites (including traveling clinic sites), and eight health facilities. The health facilities include two hospitals, four health centres and two long term care centres.

Western Health, in partnership with Qalipu First Nation, was successful in obtaining a Health Services Integration Fund (HSIF) grant for the project "Journey of Collaboration: Partnering with Indigenous people to develop an engagement strategy

and implementation plan to co-design the health and wellness programs and services within Western NL”. This project includes Western Health, Qalipu First Nation, Memorial’s Grenfell Campus, the Western Regional School of Nursing, and the Mi’kmaq community. The goal of all participants is to build upon Western Health’s Person and Family Centered Care (PFCC) strategy to include Indigenous voices in the planning and co-design of health and wellness programs and services in the region.

Source and more Information: [Western Health Website](#)

- [Link to Presentation – Journey of Collaboration](#)

Labrador-Grenfell Health

Labrador-Grenfell Health is one of Newfoundland and Labrador’s four regional health authorities which covers Labrador and all communities north of Bartlett’s Harbour on the Northern Peninsula. Labrador-Grenfell Health provides quality health and community services to approximately 37,000 people (Statistics Canada, Census 2016 data) inclusive of three Indigenous groups: Innu, Inuit, and Southern Inuit.

Labrador-Grenfell Health employs approximately 1,500 staff and operates 22 facilities, including three hospitals, three community health centres, 14 community clinics and two long-term care facilities. Its headquarters is based in Happy Valley-Goose Bay.

In Indigenous communities, Labrador-Grenfell Health is joined by the Nunatsiavut Department of Health and Social Development, two Innu Band Councils, NunatuKavut (formerly the Labrador Métis Nation), Health Canada and private practitioners in delivering community health programs that meet the health needs of residents in the region.

Source and More Information: [Labrador-Grenfell Health Website](#)

Department of Health and Community Services

The Newfoundland and Labrador Department of Health and Community Services support Indigenous health through the provision of services and resources. Some of these resources include the Aboriginal Health Transition Fund, the Aboriginal Food Guide and the Medical Transportation Assistance Program. More information can be found on the Department of Health and Community Services Website linked below.

Source and More Information: [Department of Health and Community Services Indigenous Health](#)

Government of Canada: Indigenous Services Canada

Indigenous Services Canada (ISC) provides high quality services to First Nations, Inuit and Métis in Canada in collaboration with other partners and organizations. ISC supports and empowers Indigenous people to independently deliver services in their communities. ISC has a range of health and social services including the Non-Insured Health Benefits Program, The Inuit Child First Initiative, Jordan's Principle, The Indian Residential Schools Resolution Health Support Program, mental health resources and environmental health resources. ISC also has many other health and social resources available and more information about these initiatives can be found on their webpage.

Source and More Information: [Indigenous Services Canada Website](#)

- [Social Programs](#)
- [Indigenous health](#)

Non-Insured Health Benefits Program

The Non-Insured Health Benefits (NIHB) program provides eligible First Nations and Inuit clients with coverage for a range of health benefits that are not covered through other social programs, private insurance plans or provincial/territorial health insurance. The program covers a range of services including vision care, dental care, mental health counselling, medical supplies and equipment, prescriptions and medical transportation.

Source and More Information: [NIHB Program Webpage](#)

The Inuit Child First Initiative

The Inuit Child First Initiative ensures Inuit children have access to the essential government funded health, social and educational products, services and supports they need, when they need them. Some of the services and resources that may be covered through the Inuit child first initiative include wheelchair ramps, addiction services, medical supplies and equipment, cultural services from elders, culturally appropriate respite care programs, specialized summer camps, tutoring services and assistive technologies and electronics.

Source and More Information: [Inuit Child First initiative Website](#)

Contact for NL: principedejordanatl-jordansprincipleatl@sac-isc.gc.ca

Jordan's Principle

Jordan's Principle makes sure all First Nations children living in Canada can access the products, services and supports they need, when they need them. Funding from

Jordan's principle can help cover a wide range of health, social and educational needs, including the unique needs that First Nations Two-Spirit and LGBTQQIA children and youth and those with disabilities may have. Jordan's Principle is named in memory of Jordan River Anderson. He was a young boy from Norway House Cree Nation in Manitoba.

Some resource that may be covered under Jordan's Principle include mobility aids, wheelchair ramps, additional services, specialized hearing aids, medical transportation, social work services, land-based activities, specialized summer camps, respite care, teaching assistants and school supplies.

Source and More Information: [Jordan's Principle Website](#)
Contact for NL: principedejordanatl-jordansprincipleatl@sac-isc.gc.ca

The Indian Residential Schools Resolution Health Support Program

The Indian Residential Schools Resolution Health Support Program was established as part of the 2006 Indian Residential School Settlement Agreement and provides support to Survivors of Indian Residential Schools and the families of former students. Services provided by the program include cultural support, emotional support, mental health counselling and transportation to these services if necessary.

Source and More Information: [Indian Residential Schools Resolution Health Support Program Website](#)

Hope for Wellness Helpline

The Hope for Wellness Help Line offers immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada. Experienced and culturally competent Help Line counsellors can help individuals who are distressed, are triggered by painful memories, are overwhelmed or who just want to talk. The counsellors can also help callers find other mental health and wellness supports. Phone and chat counselling is available in English and French. On request, phone counselling is also available in Cree, Ojibway and Inuktitut.

Source and More Information: [Hope for Wellness Helpline](#)
Contact:

- 1-855-242-3310
- [Chat](#)

First Nations Information Governance Centre (FNIGC)

First Nations Information Governance Centre (FNIGC) is an independent organization which supports data sovereignty for First Nations across Canada. FNIGC's mission is to support information governance and management for First Nations communities through regional and national partnerships. FNIGC data is relevant and useful to First Nations, adheres to free, prior and informed consent and tools are adaptable and accessible. FNIGC respects nation to nation relationships and recognizes the unique customs of nations across Canada. FNIGC supports data sovereignty through research, partnerships and education. This includes data collection on First Nations reserves and in northern communities, knowledge translation, educational resources, and research training opportunities.

Source and More Information: [First Nations Information Governance Centre Website](#)
Contact: info@fnigc.ca

The First Nations Principles of Ownership, Control, Access and Possession (OCAP)

One of the resources the FNIGC provides is training on the First Nations principles of OCAP. The course which is available through the FNIGC website is called the Fundamentals of OCAP. The principles of OCAP states that First Nations should have control over their data collection, management and use of information. The OCAP principles establish how First Nations data should be collected, protected, used and shared and it is a tool to support First Nations information governance and data sovereignty. More information and registration details for the course are available through the link below.

Source and More Information: [First Nations Information Governance Centre Website](#)

- [Registration for Fundamentals of OCAP](#)

Contact: ocap@fnigc.ca

FNIGC Online Library

The FNIGC online library provides the most complete resource for First Nations produced data and information available through the FNIGC. The FNIGC online library includes a multitude of resources including surveys and annual reports from the FNIGC. The online library allows one to filter through resources by topic, content type or publishing date.

Source and More Information: [First Nations Information Governance Centre Website](#)

The National Collaborating Centre for Indigenous Health (NCCIH)

The National Collaborating Centre for indigenous Health (NCCIH) is a national organization which was created in 2005 and is funded by the Public Health Agency of Canada (PHAC) to support First Nations, Inuit and Métis public health renewal and health equity. The NCCIH's mission is to achieve their vision of optimal health and well-being of First Nations, Inuit and Métis peoples through knowledge synthesis, translation and exchange. The NCCIH supports a renewed public health system that is respectful and inclusive of Indigenous peoples. The NCCIH utilizes a holistic approach, strengths-based approach and supports the use of reliable, high quality, culturally relevant, and meaningful knowledge and information within the public health system. Their full mandate, vision and mission statements along with their principles, goals and objectives can be found through the link below. The NCCIH website contains links to various forms of publications including articles, reports, fact sheets, videos and infographics. The website also has links to external resources related to Indigenous health including an Indigenous health researcher database, resource library and Indigenous health links webpage.

Source and More Information: [The National Collaborating Centre for Indigenous Health Website](#)
Contact: nccih@unbc.ca

Indigenous Health Researcher Database

The Indigenous Health Researcher Database on the NCCIH website is an amazing resource for finding Indigenous Health Researchers across Canada. The database is a comprehensive listing of researchers who are affiliated with a Canadian university and have a wide range of expertise related to the health of Indigenous peoples. The names of researchers along with their contact information, university affiliation, focus of Indigenous health research, and a selection of their publications are listed by theme and location.

Source and More Information: [NCCIH Indigenous Health Researchers Database](#)

Newfoundland and Labrador Indigenous Administrative Data Identifier Standard

In 2017, The Department of Health and Community Services with support from The Newfoundland and Labrador Centre for Health Information completed The Newfoundland and Labrador Indigenous Administrative Data Identifier Standard. This data standard was created because the need for identification of health records of Indigenous persons has been recognized by many stakeholders. In 2010, a working group was formed with members from various Indigenous communities and organizations. The Newfoundland and Labrador Indigenous Administrative Data

Identifier Standard will provide a consistent method of identifying Indigenous health records to improve health service planning, delivery, evaluation and research.

Source and More Information: [Newfoundland and Labrador Indigenous Administrative Data Identifier](#)

PART III: COMMUNITY RESOURCES

ORGANIZATIONS AND PROGRAMMING

First Light

First Light is a registered non-profit organization that serves the urban Indigenous and non-Indigenous community in St. John's, NL. First Light offers programs and services rooted in the revitalization, strengthening and celebration of Indigenous cultures and languages in the spirit of trust, respect, and friendship. Some of the programs and services provided by First Light include an Elders Wisdom Circle, a Community Cupboard, a Community Cultural Circle, Indigenous Patient Navigators, childcare services and affordable housing resources.

Source and More Information: [First Light Website](#)

Indigenous Patient Navigator Program

(See Eastern Health for More Information)

The Indigenous Patient Navigator Program is a partnership between Eastern Health and First Light which helps Indigenous patients navigate the health care system in St. John's, NL.

Source and More Information: [First Light- Indigenous Patient Navigators](#)

Contact: Solomon Semigak - solomon@firstlightnl.ca

First Light Community Cupboard

The Community Cupboard provides items such as personal hygiene products/toiletries for infants, children, men, and women. The items in the Community Cupboard are free for all community members and help alleviate financial restraints for individuals or families. The Community Cupboard is made possible by in-kind donations from community members, community partners, retail stores, or community organizations.

The Community Cupboard is available during Monday-Friday from 9am – 5pm at First Light headquarters – 716 Water Street.

Source and More Information: [Community Cupboard Webpage](#)

Contact: Kathy Walsh - kathy@firstlightnl.ca

Affordable Housing

First Light has affordable housing services available for community members. There are ten affordable housing units which are located at the First Light Centre for Arts and Creativity. First Light manages the daily operations of these housing units.

Source and More Information: [First Light Affordable Housing Website](#)

Contact: info@firstlightnl.ca

First Voice

First Voice was launched in 2019 by First Light in collaboration with Indigenous Services Canada. First Voice is a coalition of Indigenous Peoples, service providers, and all levels of government working together to advance truth and reconciliation in St. John's, NL. First Voice works on promoting and supporting local implementation of the Calls to Action of the Truth and Reconciliation Commission (TRC), the Calls for Justice of the National Inquiry into Missing and Murdered Indigenous Women and Girls (MMIWG), and the United Nations Declaration on the Rights of Indigenous Peoples (UNDRIP).

Source and More Information: [First Voice Website](#)

Contact: Justin Campbell - justincampbell@firstlightnl.ca

Charles J. Andrew Youth and Family Treatment Centre

The Charles J. Andrew Treatment Centre is located in Sheshatshiu in Labrador. The Charles J. Andrew Treatment Centre has a mission to empower Indigenous youth and families through the provision of a holistic healing program strongly influenced by traditional values, beliefs and practices through spirituality and a reconnection to the land. The Treatment Centre offers two components to the Family Healing Program- A clinical and a Land-based component. More information about their programs can be found below.

Source and More Information: [Charles J. Andrew Youth and Family Treatment Centre Programs](#)

Link to Strategic Plan: [Charles J. Andrew Youth and Family Treatment Centre Strategic Plan](#)

Newfoundland Aboriginal Women's Network

The Newfoundland and Labrador Aboriginal Women's Network (NAWN) is an organization which aims to promote the health, social, educational, economic, cultural and political well-being of Indigenous women in the island portion of NL. The NAWN website has many links to projects, resources and services including resource booklets, mental health services and mental health peer support. More information including their mandate can be found through the link below.

Source and More Information: [Newfoundland Aboriginal Women's Network Website](#)
Contact: nawn@nf.aibn.com

Labrador Friendship Centre

The Labrador Friendship Centre is an organization which provides health, social, cultural, educational, employment and developmental resources and programming. The Labrador Friendship Centre is in Happy Valley-Goose Bay, and they offer several health services including assisted living services and food bank services. More information can be found on their webpage linked below.

Source and More Information: [Labrador Friendship Centre Website](#)

People of the Dawn Indigenous Friendship Centre

The People of the Dawn Indigenous Friendship Centre (PDIFC) is located in Stephenville, Newfoundland. The PDIFC is a non-profit organization which provides culturally appropriate resources for Indigenous people in the areas of employment, health, education, justice and housing. More information can be found through the link to their website below.

Source and More Information: [People of the Dawn Indigenous Friendship Centre](#)

Aboriginal Sport and Recreation Circle of Newfoundland and Labrador

The Aboriginal Sport and Recreation Circle of Newfoundland and Labrador is an organization funded by both the federal and provincial government. The organization aims to increase sport and recreational opportunities for Indigenous athletes across Newfoundland and Labrador.

Source and More Information: [Aboriginal Sport and recreation Circle of Newfoundland and Labrador Website](#)

TRAINING AND LEARNING OPPORTUNITIES

Mamu Tshishkutamashutau - Innu Education Inc. – Innu Medical Glossary

Mamu Tshishkutamashutau - Innu Education Inc. developed and published an Innu Medical Glossary with Memorial University and Health Canada in 2014. The glossary is a tool for interpreters and health professionals in their daily work, and a resource, should training ever be offered. The document includes an extensive glossary of medical terms, prefixes and suffixes, body parts and labelled medical diagrams. The glossary helps to promote understanding and assistance to both the medical community and the Innu. The Innu Medical Glossary will be an essential tool for improving cultural awareness, advancing health services and the ongoing evolution of community wellness support for the Innu people.

There is also a free download for the Innu Medical Glossary app for iOS and Android smartphones and tablets available on the App Store and Google Play.

Source and More Information: [Innu Medical Glossary](#)

Providing Culturally Safe Health Care for Indigenous Patients in Newfoundland and Labrador

Providing Culturally Safe Health Care for Indigenous Patients in Newfoundland and Labrador is an online course for Indigenous cultural competency training for physicians and surgeons in Newfoundland and Labrador (NL).

(See [Indigenous Research Resources](#) section above for more information)

Source and More Information: [Course Information](#)

Indigenous Cultural Diversity Training – First Light

First Light offers Indigenous Cultural Diversity Training for people to learn about the Indigenous groups in our province, their history, and how that information can be beneficial to the Indigenous community as a whole. They have 1-hour, 3-hour and 1-day training options. Topics in the training sessions include Indigenous groups, culture, history and current realities.

Source and More Information: [First Light Indigenous Cultural Diversity Training](#)

- [Indigenous Cultural Diversity Training Information](#)

Contact: training@firstlightnl.ca.

Innu-aimun Language Resources

Innu-aimun is an open-source, trilingual (French, English and Innu-aimun) website where teachers, students, translators, linguists – and anyone interested in the Innu language – can access a wide range of resources in and about Innu. The website includes dictionaries, grammar resources, Innu stories and lessons and other

resources. The website is a product of many years of work and numerous collaborations and partnerships. The principal partners of the resource are Memorial University, the Innu Language Project and Knowledge and Human Resources for Innu Language Development (SSHRC funded CURA project).

Source and More Information: [Innu-aimun Language Resources Website](#)

Inuttut Kautamât uKauset (Inuttitut Everyday Words)

The Inuttut Kautamât uKauset (Inuttitut Everyday Words) is a free app available for phones and tablets. The funding for this project came from Tradition and Transition, a partnership between Memorial University of Newfoundland and Nunatsiavut Government. The app was created to encourage everyday speaking of Inuttitut (called Inuttut when speaking the language) within Nunatsiavut communities in Labrador. The app contains a number of words and phrases (along with audio) designed to encourage people to speak a little more Inuttitut around their communities, and includes categories of bingo, birthdays, commands, etc.

Source and More Information: [Nunatsiavut Government Website](#)

- [Link to App](#)

The First Nations Principles of Ownership, Control, Access and Possession (OCAP)

(See [First Nations Information Governance Centre \[FNIGC\]](#) for more information)

The Fundamentals of OCAP course is available through the First Nations Information Governance Centre. This self-guided course takes learners through seven modules that are designed to introduce the fundamental concepts of OCAP, information governance, and First Nations data sovereignty.

Source and More Information: [First Nations Information Governance Centre Website](#)

- [Register for the Fundamentals of OCAP](#)

Contact: ocap@fnigc.ca

VOLUNTEER OPPORTUNITIES

First Light

First Light welcomes volunteers to apply through their website to assist with their events and programs, especially events where a higher number of volunteers are required including National Indigenous Peoples Day, Christmas parties, and the Spirit Song Festival.

Source and Link to Volunteer Form: [First Light Volunteer](#)

Labrador Friendship Centre

Volunteers play a vital role in the services and programs that the Labrador Friendship Centre offers including the community food bank, seniors' program and community soup kitchen. The contact information for volunteer inquiries can be found below.

Source and More Information: [Labrador Friendship Centre Volunteer Webpage](#)

Contact for Volunteer Opportunities: jillelson@lfcbvgh.ca

People of the Dawn Indigenous Friendship Centre

The People of the Dawn Indigenous Friendship Centre also accepts volunteer applications through their website. Volunteer positions may include helping with administration, events, fundraising, driving and other programs.

Source and Link to Volunteer Application: [People of the Dawn Indigenous Friendship Centre](#)