



The Cost of COVID-19: Social and Emotional Impacts  
Katarokwi Indigenous Resilience During COVID-19 (KIRC-19)



# Hope, healing, and resilience: What have we learned from the COVID-19 pandemic?

## *Lessons from Katarokwi* (area of Kingston, Ontario, Canada)

Autumn Watson, BA (Anishinaabe)  
Amrita Roy, PhD, MD, CCFP (settler ally)

International Meeting on Indigenous Child Health  
Tulsa, Oklahoma  
March 25, 2023



## Faculty/Presenter Disclosure

- In the past 24 months, **Amrita Roy** has no relevant financial relationships with the manufacturer(s) of commercial services discussed in this CME activity
  - **I do not** intend to discuss an unapproved/investigative use of a commercial product/device in my presentation.
  - In the past 24 months, **Autumn Watson** has no relevant financial relationships with the manufacturer(s) of commercial services discussed in this CME activity
  - **I do not** intend to discuss an unapproved/investigative use of a commercial product/device in my presentation.
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# Learning objectives

After this session, participants will be able to:

- ✓ Conceptualize the health and social effects of the pandemic on Indigenous children, families, and communities through a holistic ecological framework
- ✓ Identify factors that helped communities minimize the negative effects of the pandemic on children and families
- ✓ Identify programs and approaches that may be useful to address pandemic-related challenges in participants' communities
- ✓ Appreciate the value of community-based, participatory, OCAP-centered research done through academic-community partnerships



# Agenda

## Background

- Indigenous Peoples and COVID-19
- Understanding health of Indigenous children, families, and communities through Two-Eyed Seeing
- Spotlight on Katarokwi (area of Kingston, Ontario, Canada)

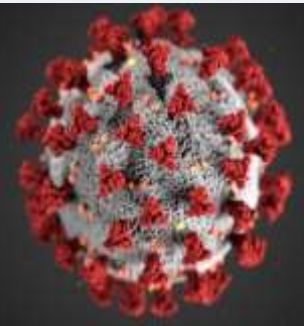
## Katarokwi Indigenous Resilience during COVID-19 (KIRC-19) Project & Cost of COVID Study

- Overview of methods, key findings
- Lessons learned from the experience in Katarokwi
- Impact of the pandemic
- Resilience in the face of the pandemic
- Recommendations
- Next steps in hope, healing and resilience

## Knowledge Dissemination and Knowledge Mobilization

- Current initiatives flowing from the KIRC-19 Project and Cost of COVID Study





# Indigenous Peoples and COVID-19

## **Indigenous Peoples in Canada: higher rates of chronic health issues**

- related to social disparities and barriers to accessing services, due to the ongoing impacts of colonization, racism, and systemic barriers

## **COVID-19 has intensified health inequities and challenges**

- socioeconomic factors, social wellbeing, and access to services

## **Most importantly, Indigenous children, families and communities demonstrate strength and resilience**

- by braiding culture, language and ceremony as a powerful force for wellness,
- built from a traditional worldview that values strong relational community connections

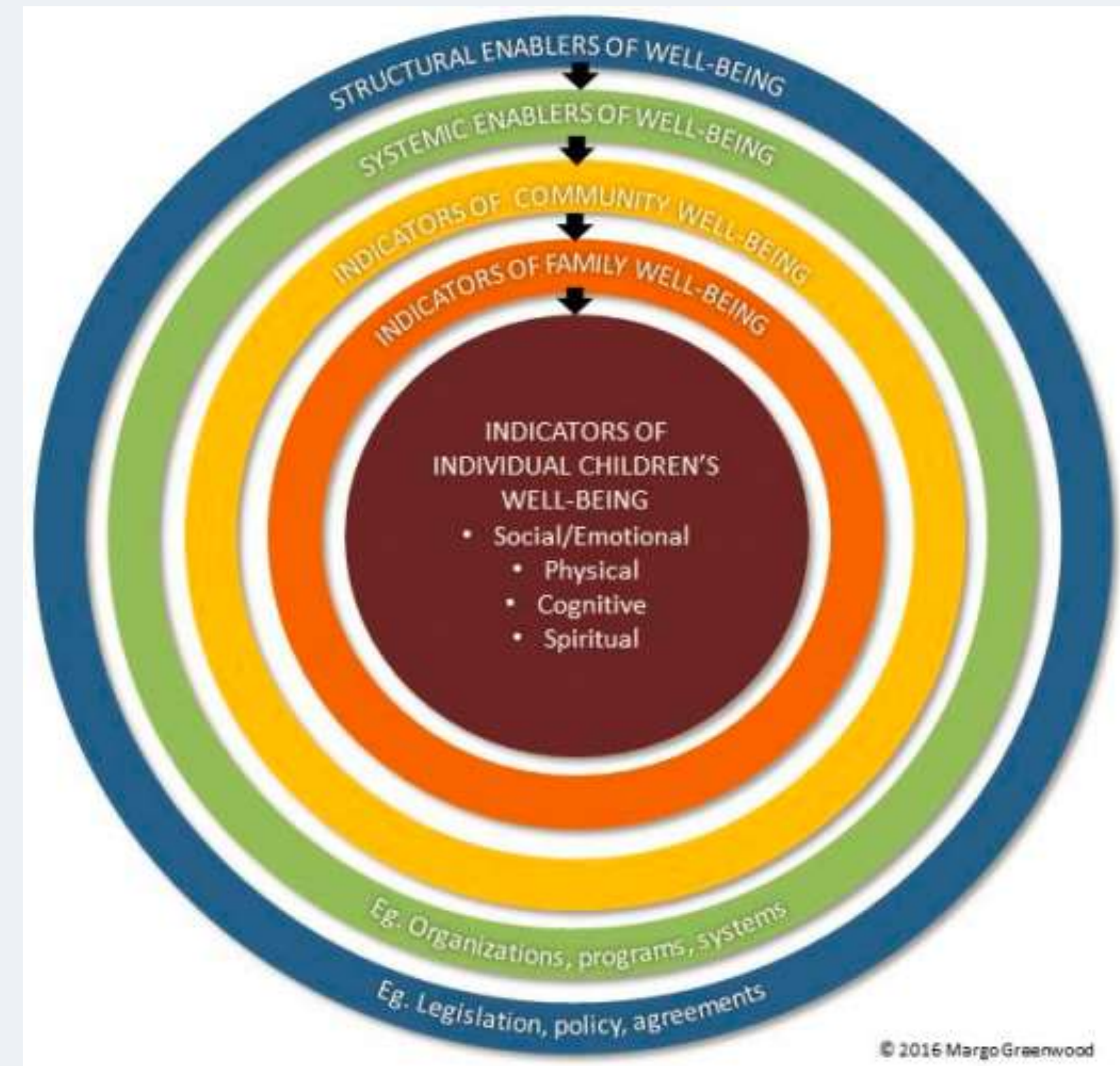


Photos of Mamawi Room at Kingston General Hospital and smudge bowl used with permission from Matthew Manor

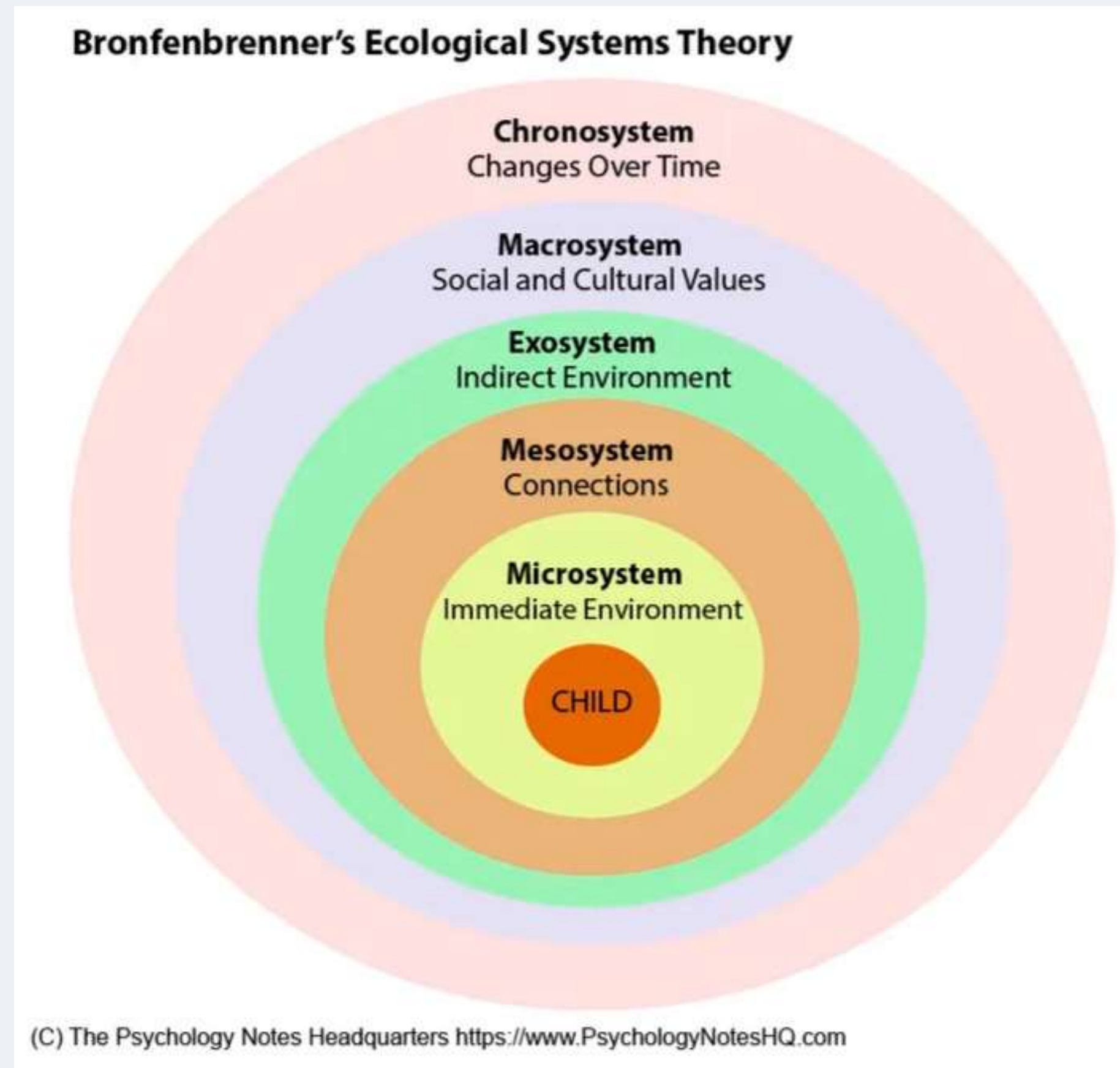


“Developed by Dr. Margo Greenwood, the Determinants of Health Model presents a way of thinking about the complexity of individual and collective health and well-being.

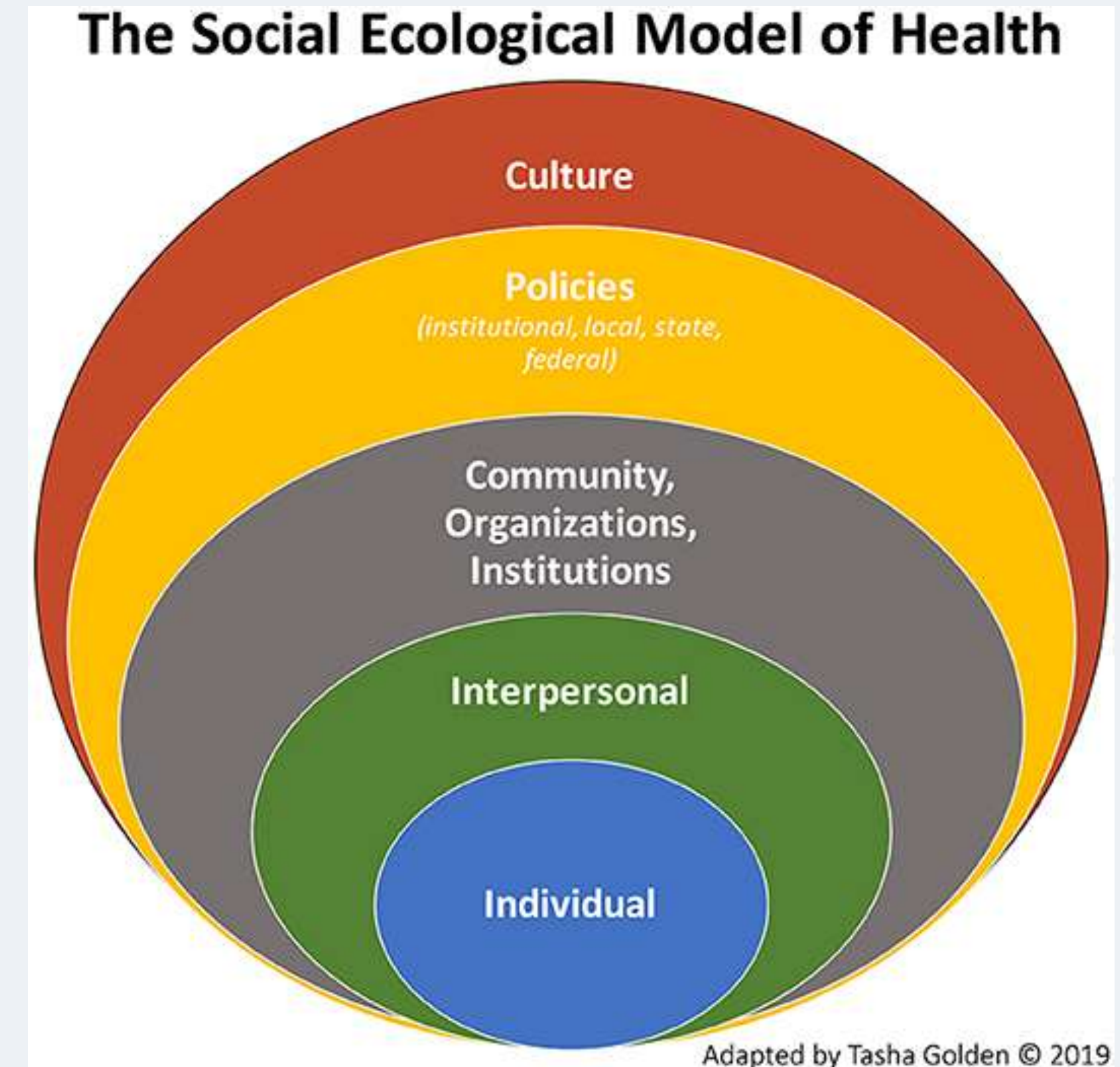
It is meant to provide a more holistic way of understanding children and their health within their collective and broader society”



# Understanding health of Indigenous children, families, and communities through Two-Eyed Seeing



(O'Keefe et al, 2022)



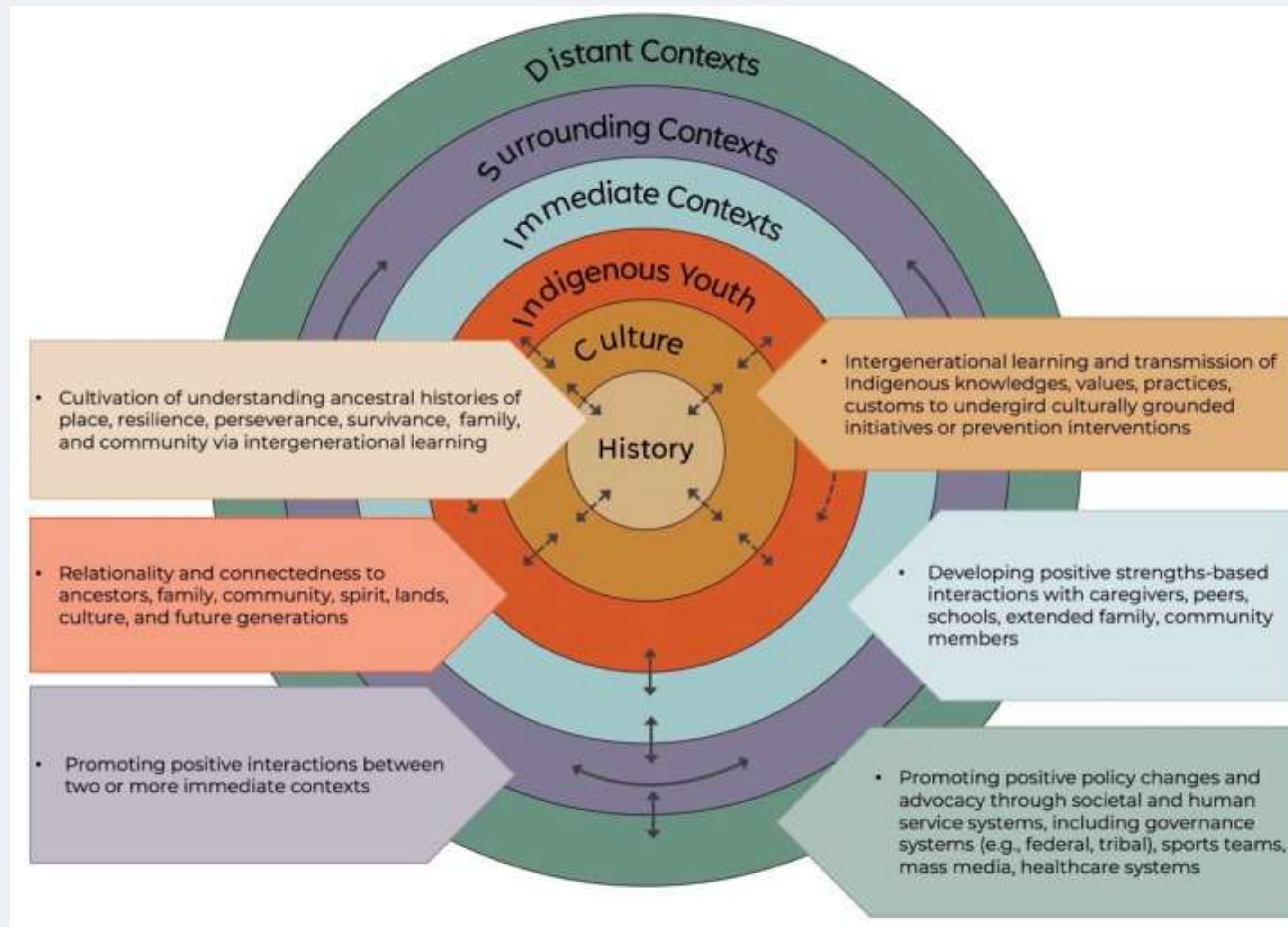
(Golden et al, 2020)

1) O'Keefe VM, Fish J, Maudrie TL, Hunter AM, Tai Rakena HG, Ullrich JS, Clifford C, Crawford A, Brockie T, Walls M, Haroz EE, Cwik M, Whitesell NR, Barlow A. Centering Indigenous Knowledges and Worldviews: Applying the Indigenist Ecological Systems Model to Youth Mental Health and Wellness Research and Programs. *Int J Environ Res Public Health*. 2022 May 21;19(10):6271. doi: 10.3390/ijerph19106271. PMID: 35627809; PMCID: PMC9140847.

2) Golden TL and Wendel ML (2020) Public Health's Next Step in Advancing Equity: Re-evaluating Epistemological Assumptions to Move Social Determinants From Theory to Practice. *Front. Public Health* 8:131. doi: 10.3389/fpubh.2020.00131



## Combined lens



O'Keefe VM, Fish J, Maudrie TL, Hunter AM, Tai Rakena HG, Ullrich JS, Clifford C, Crawford A, Brockie T, Walls M, Haroz EE, Cwik M, Whitesell NR, Barlow A. Centering Indigenous Knowledges and Worldviews: Applying the Indigenist Ecological Systems Model to Youth Mental Health and Wellness Research and Programs. *Int J Environ Res Public Health*. 2022 May 21;19(10):6271. doi: 10.3390/ijerph19106271. PMID: 35627809; PMCID: PMC9140847.

# Spotlight on Katarokwi (area of Kingston, Ontario, Canada)

**Kingston is situated on the traditional lands of the Haudenosaunee and Anishinaabe Peoples, and is home to individuals of diverse First Nations, Metis, and Inuit identities and heritage**

**Indigenous-led/Indigenous-focussed organizations include:** Kingston Community Health Centre and Napanee Health Centre, Street Health, the Indigenous Wellness Council (formerly Indigenous Health Council), the Indigenous Diabetes Health Circle, the Indigenous Patient Navigator Program of the Southeast Regional Cancer Program (Cancer Care Ontario), Tipi Moza, Home-Based Housing, Ontario Native Women's Association, Metis Nation of Ontario, and others

## **Health region:**

Kingston, Frontenac, Lennox & Addington region;  
Frontenac, Lennox, & Addington Ontario Health Team

**Home to Queen's University**



## THE TEAMS: Ensuring Indigenous representation and involvement

### Academic team at Queen's University

Amrita Roy, Sarah Funnell, Colleen Grady, Imaan Bayoumi, Michael Green

### Indigenous Graduate Research Associate

Kaitlyn Patterson – Indigenous PhD student

### Indigenous Oversight Committee of Oshkaabewisag

Autumn Watson, Dionne Nolan, Mireille LaPointe, Laurel Claus-Johnson, Kathy Brant, Deb St. Amant, Mishiikenh (Vernon Altiman), Sheldon Traviss, Fran Chaisson

### Ally members, Oversight Committee

Amanda Sheppard, Meredith MacKenzie, Sheila Roewade, Sean Preston, Susan Stewart

### Partner organizations

South East Regional Cancer Program (Cancer Care Ontario),  
 Indigenous Cancer Care Unit (Ontario Health),  
 Indigenous Diabetes Health Circle,  
 Indigenous Wellness Council (formerly Indigenous Health Council),  
 Street Health Centre (Kingston Community Health Centres),  
 KFL&A Public Health,  
 Addictions and Mental Health Services of KFL&A

### Academic team at Queen's University

Imaan Bayoumi, Eva Purkey, Colleen Davison

### Indigenous Research Associate from IDHC

Autumn Watson

### Indigenous Oversight Committee

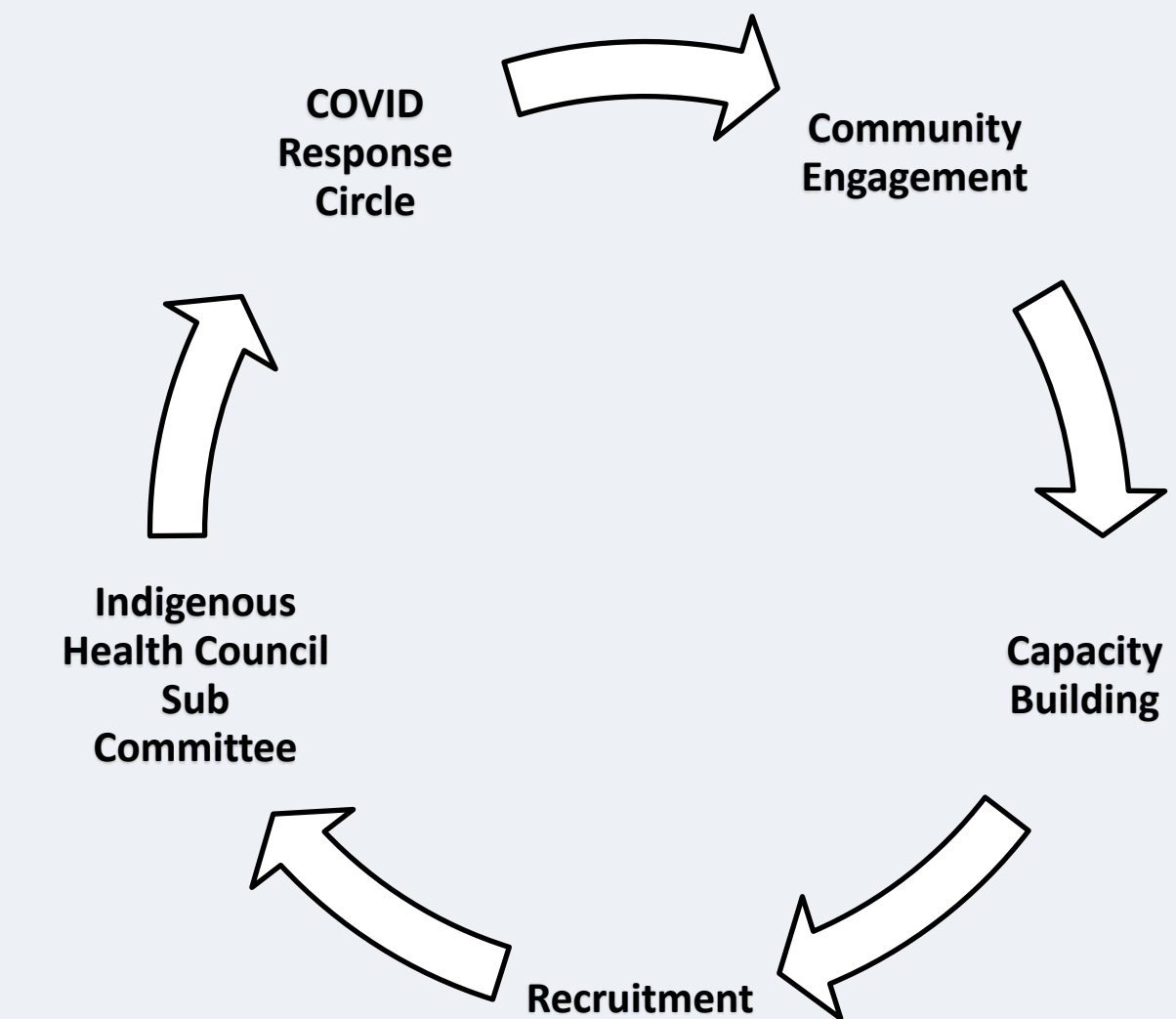
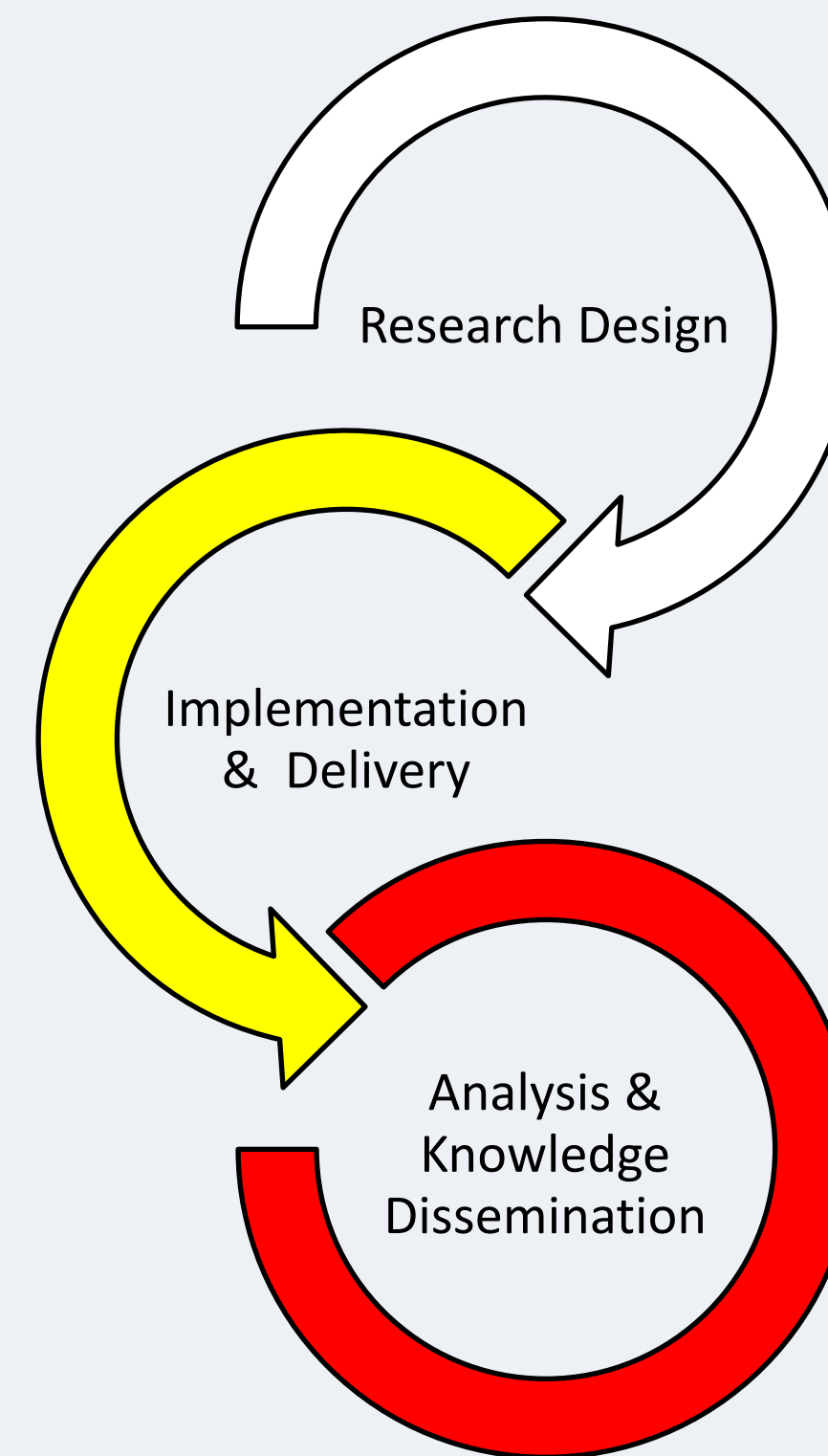
Dionne Nolan,  
 Jennifer Kehoe,  
 Sheldon Traviss,  
 Dan Mitchell

All appointed by the Indigenous Wellness Council (formerly known as the Indigenous Health Council)

Oversight Committee guided data management, interpretation, and dissemination, consistent with the principles of data Ownership, Control, Access and Possession (OCAP)©.

Ensured that research was done in an ethical way and would be meaningful for the community

Regular meetings, collaborative approach (all stages: design and protocol, interview questions and materials, data analysis and interpretation, dissemination products)



This method enabled community members to become active partners involved in research, a partnership balance that strived to **“equally share community and university-research voice and power in all phases of the research process”** (Simonds Christopher, 2013)

**Research Objectives**Component 1:

1) To understand the experiences of Indigenous individuals living with chronic physical or mental health issues, vis-à-vis access to health and social services, with the onset of the COVID-19 pandemic.

2) To understand the impact on holistic wellbeing of COVID-19-related stressors in Indigenous individuals already coping with chronic health issues

Component 2:

3) To understand the experiences of Indigenous-focussed service groups as they worked to meet their mandate amidst the onset of the pandemic.

4) To highlight alternative program delivery methods used by Indigenous-focussed service groups with the pandemic's onset.

**Research Methods**

Component 1: Constructivist grounded theory qualitative method, involving interviews with 22 Indigenous adults living with one or more chronic health issues. Analyzed interviews for themes, developed 2 frameworks (*Report # 1 released*)

Component 2: Case study of 3 of the community partner organizations, involving key informant interviews and organizational document review. (*Analysis in progress*)

**Research Objectives**

To study the social and emotional impacts of COVID-19 pandemic related public health measures, including on Urban Indigenous Peoples

To study the impacts of the COVID-19 pandemic on service delivery

**Research Methods**Community Surveys (263)

(demographics, housing, food, employment, domestic violence, services access, spirituality, emotions, substance use)

Stories (29)

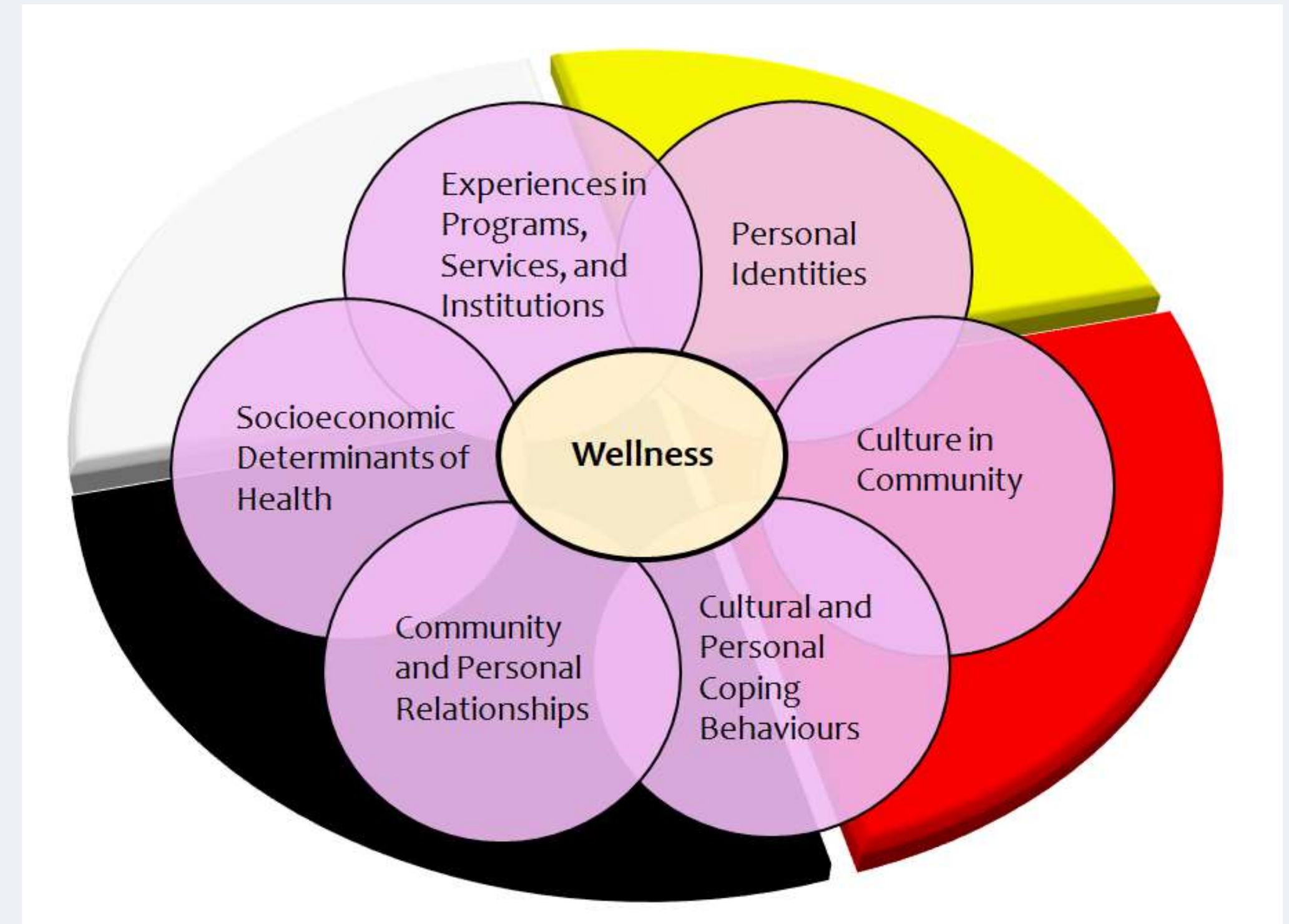
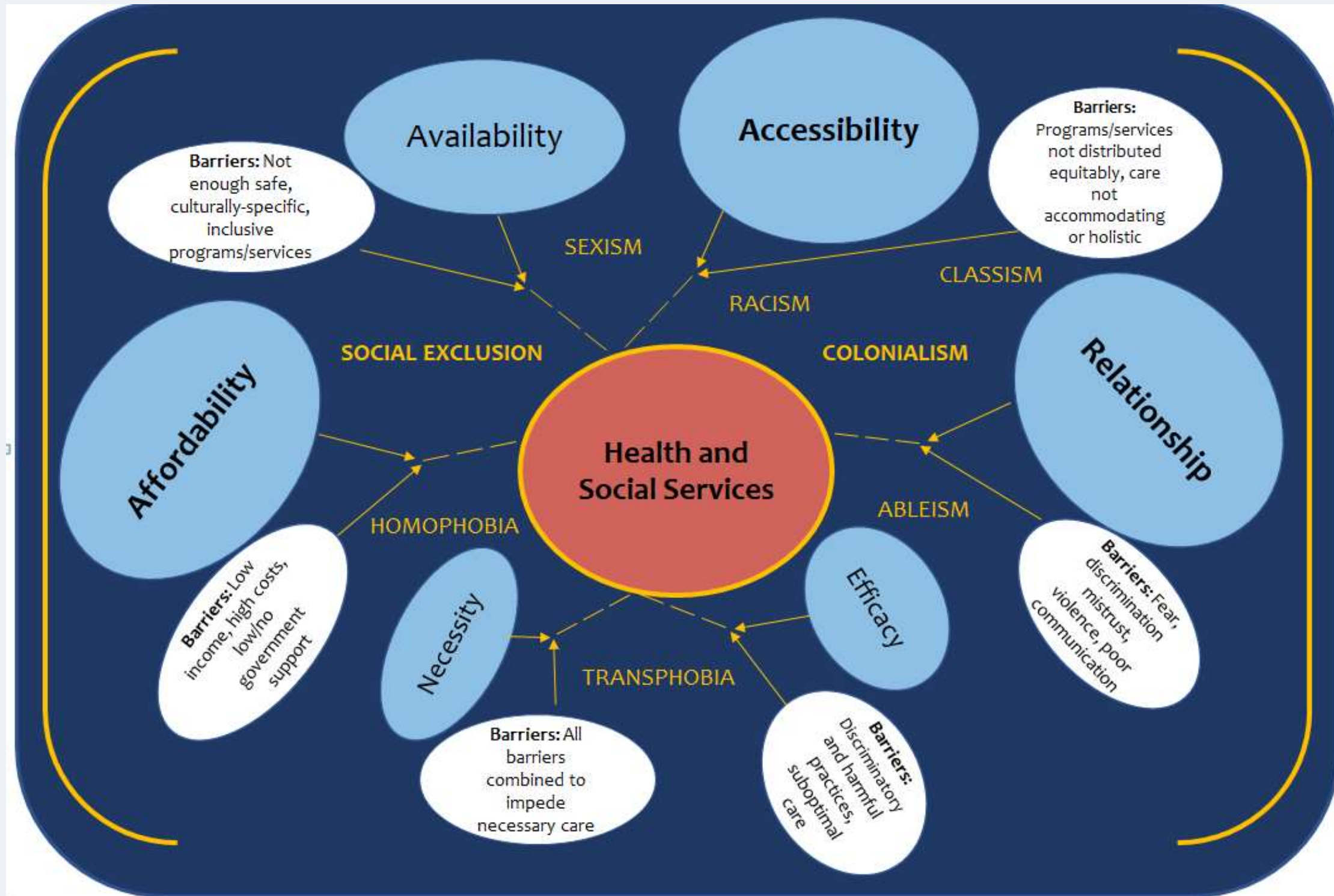
(COVID impact OR Physical, Mental, Emotional AND/OR Spiritual Impact or Fast Forward a year – share a memorable moment)

Service Provider Interviews (15)

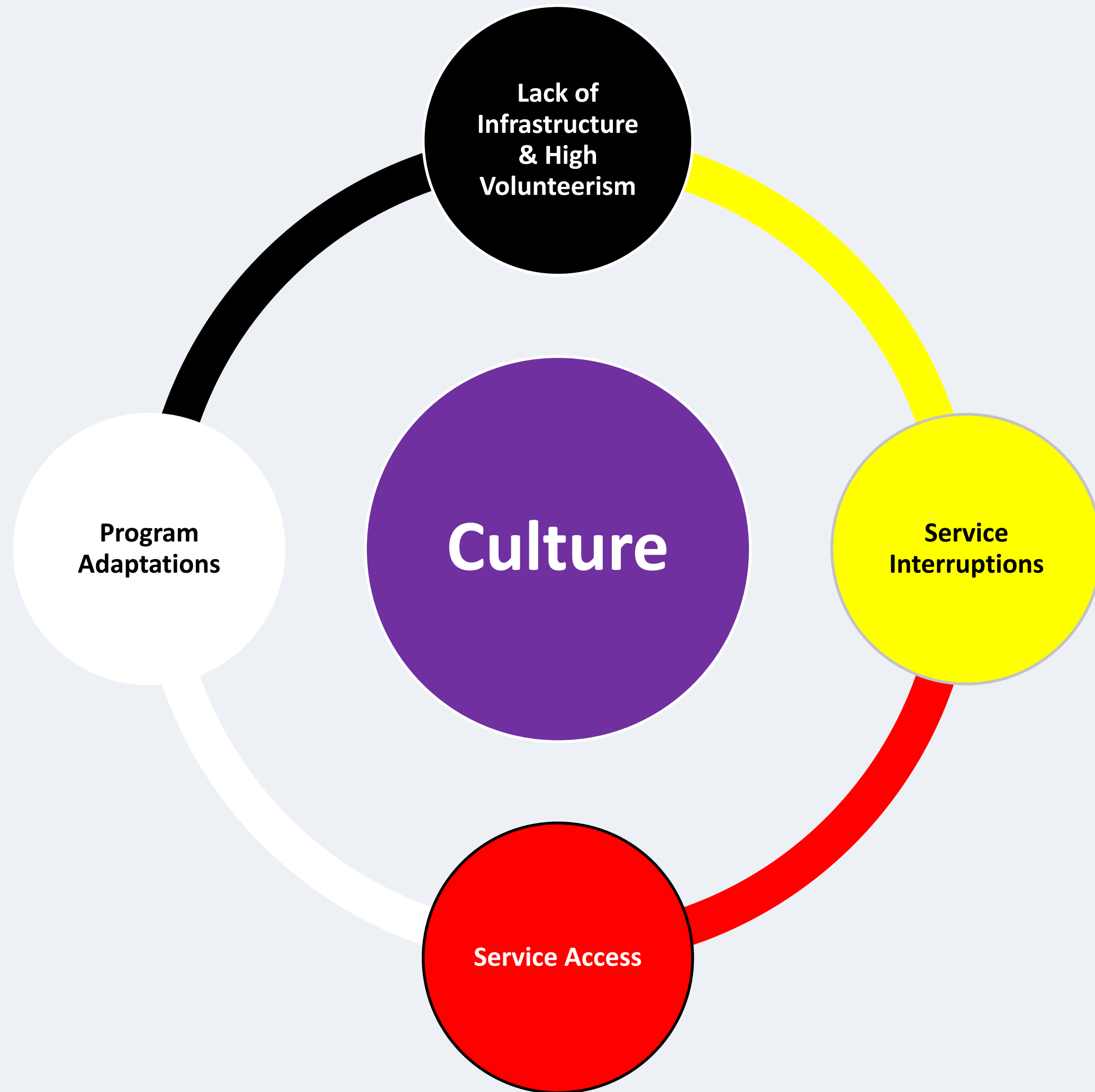
(Cultural, Women, cancer, Shelter, Volunteer, Children, Midwives, Food, Elementary, Housing, Diabetes, Post Secondary)



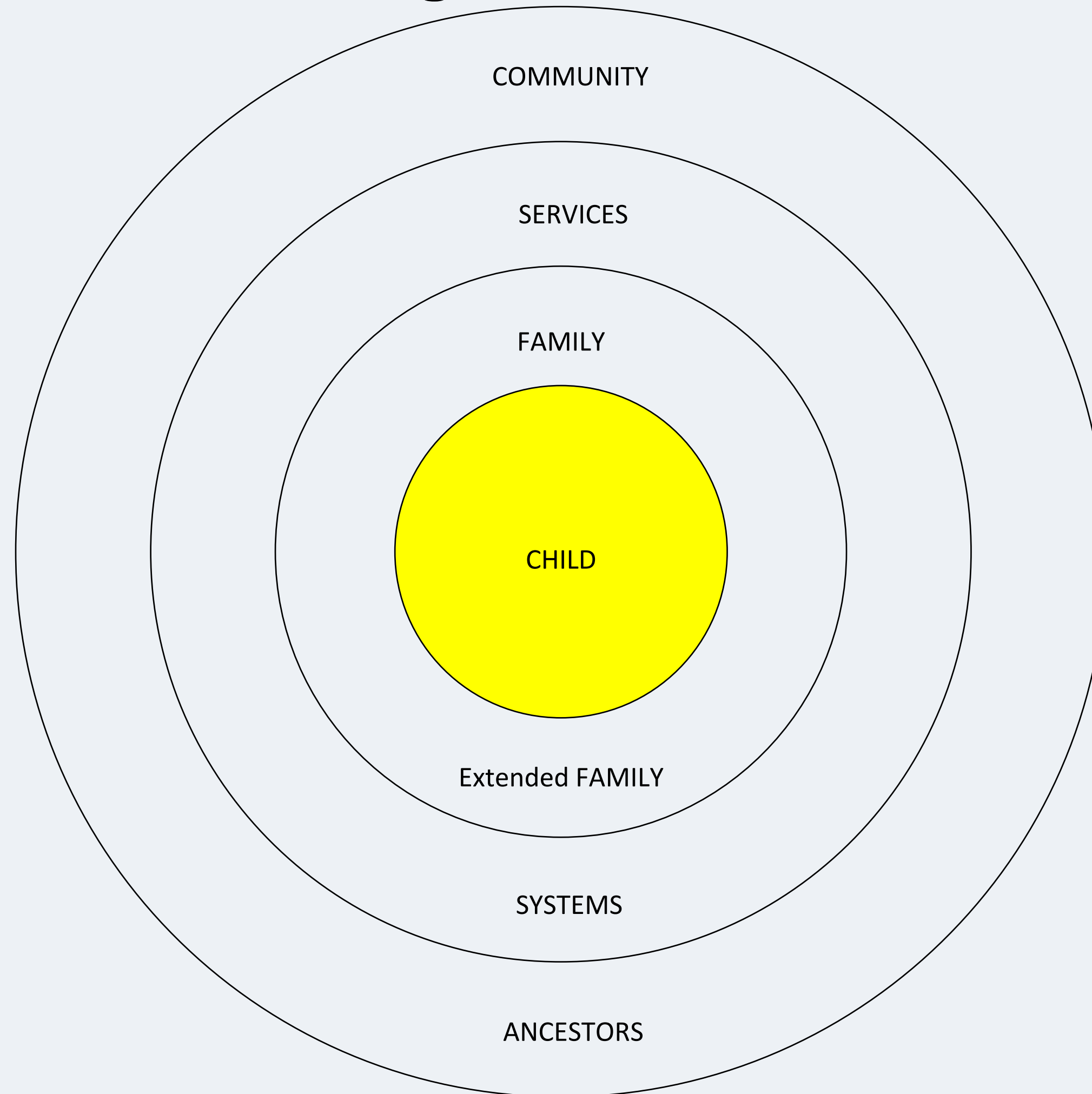
## Broad Overview of Research Findings



# Broad Overview of Research Findings

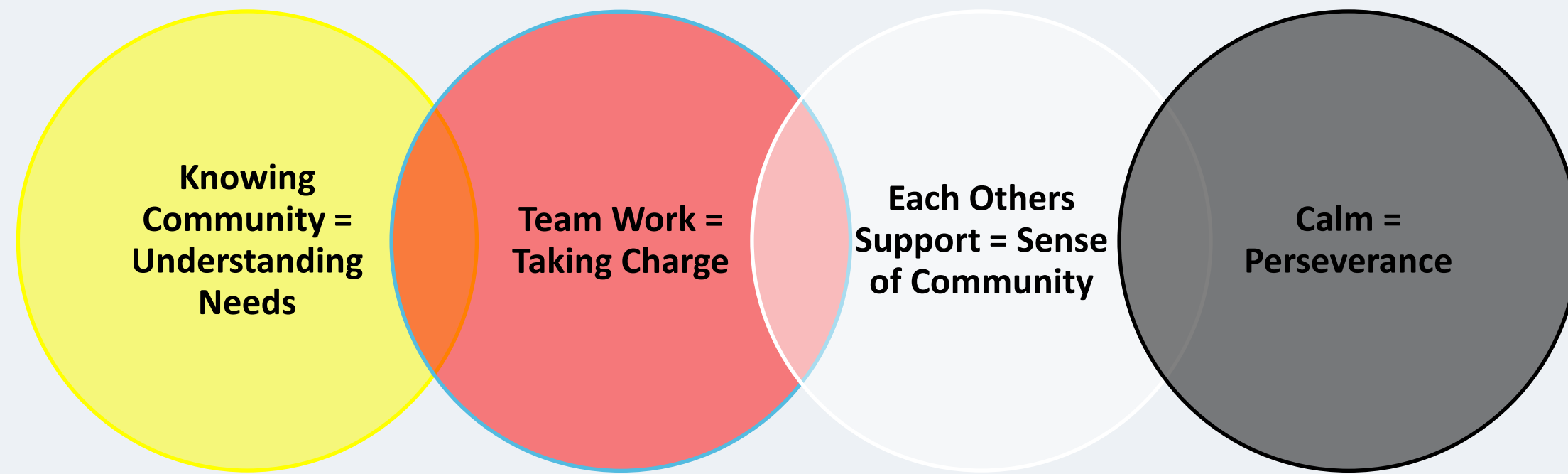


# Influencing Factors (Negative and Positive) Impacts on Indigenous Child Health





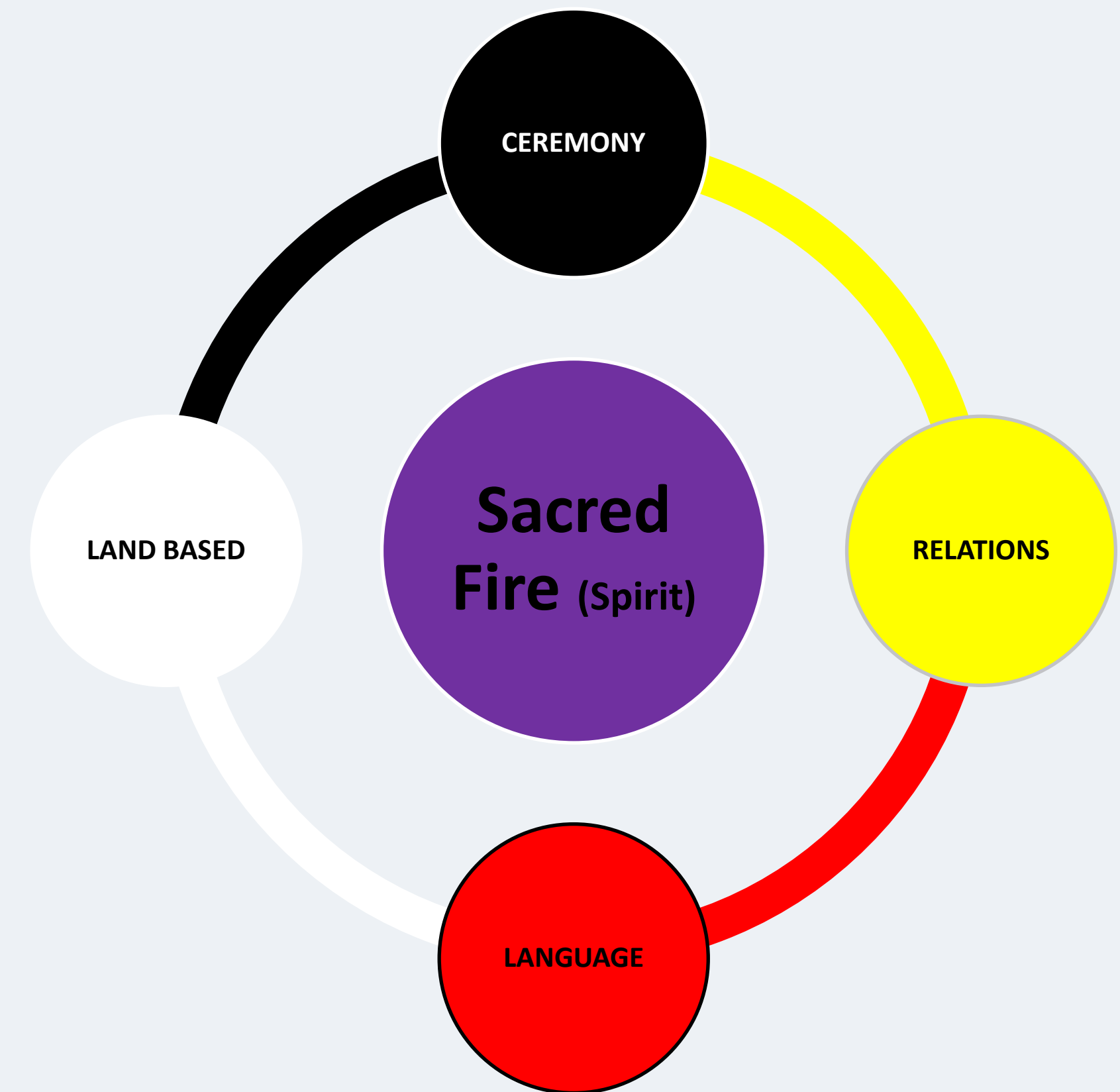
# RESILIENCE



Engagement with community and cultural practices and ceremonies, in virtual and physically-distanced forums - enhancing a strong sense of personal and community identity which fostered resilience

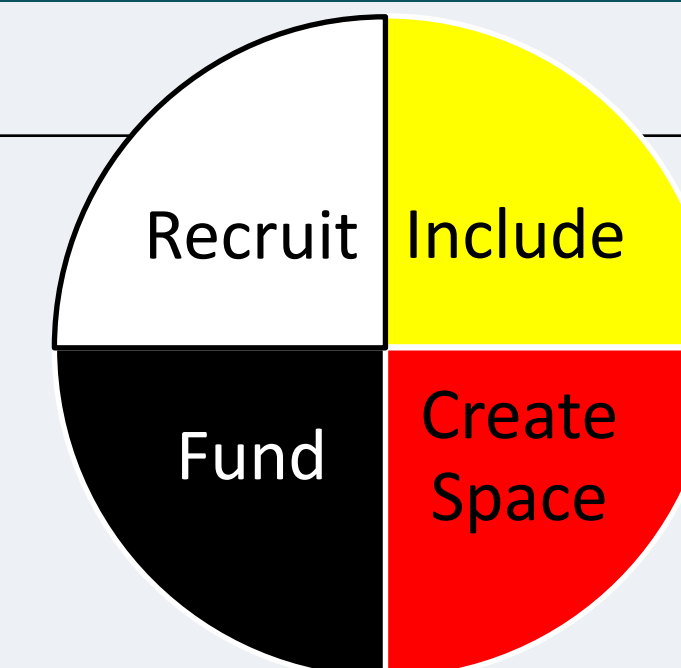
Spirituality, cultural practices, strength through identity, resilient personality traits, and other personal coping strategies

# CULTURE AS STRENGTH



**Recommendations:**

- ✓ Long-term, adequate funding for community-based programs and services for Indigenous wellness (especially of Indigenous-led/-focussed organizations)
- ✓ Indigenous-led, physical spaces for people to gather to practice culture, spend time with community, and engage in ceremony to enhance their wellness
- ✓ Hiring Traditional Leaders, Knowledge Keepers, and Elders in all spaces where healthcare is provided to Indigenous peoples
- ✓ Programming for children/youth, families, older adults, women, Two-Spirit individuals
- ✓ Meaningful public policy to address the social determinants of health (Financial, housing, food insecurity)
- ✓ Relational, community-based, culturally safe and appropriate, and patient/client-focused care approaches in healthcare settings (Meaningful health services and health policy)

**RESULTS Highlight the need to:**

- ✓ Develop meaningful partnerships that recognize, respect and include the Indigenous Community in all aspects of planning, development, implementation and evaluation of programs and services
- ✓ Create culturally safe spaces within non-Indigenous based organizations
- ✓ Increase and secure funding for wholistic Indigenous-led programs and services throughout the region, that are sustainable
- ✓ Recruit, hire, and retain Indigenous service providers, as well as develop ways to improve system access, navigation and service coordination
- ✓ Importance of having a gathering space solely for the Indigenous Community
- ✓ The importance of in-person education for learning and healthy child development or adequate supplemental in-person interactions during pandemic settings.
- ✓ The need to decolonize western education systems to create safer learning environments for Indigenous children, among others

# Knowledge Dissemination

## Reports aimed at community members and stakeholders

- Findings presented in multiple versions aimed at varying literacy levels, with varying levels of detail: Abstract, summary, results-in-brief, full-length report
- Recommendations highlighted
- Goal: make research results easily accessible to communities and stakeholders for use (not just academics!)

## Freely available, circulated widely

Report #1 currently online:

--Full report (PDF, 88 pages): <https://tinyurl.com/ed75ktwy>

--Results in brief (PDF, 5 pages): <https://tinyurl.com/4dtvu63a>

Report #2 is forthcoming; check for updates at:

<https://www.facebook.com/KIRC19>

## Indigenous Strength: Braiding Culture, Ceremony and Community Knowledge Dissemination Circle

Was an event to honour and **give thanks to the voices** of the Indigenous community, front line workers and local volunteers who shared their knowledge with the Cost of COVID team.

Hosted at Lake Ontario Park in Kingston Ontario on October 3, 2021

**Traditional opening** provided by Grandmother Kate Brant

Findings presented verbally and via **information graphics**

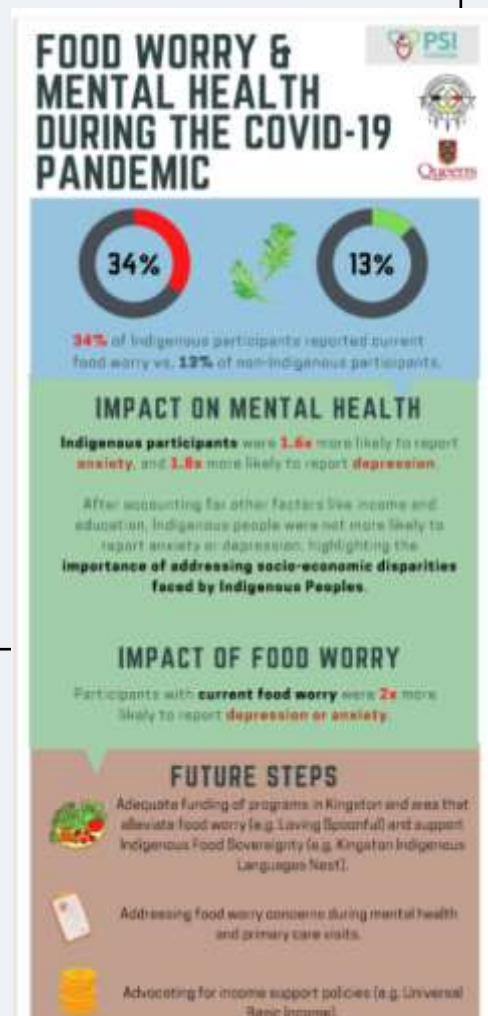
Family and child wellbeing (Hannah Lee);

Financial worry (Megan McGill);

Food worry (Brenna Han);

Importance of spirituality (Chantal Burnett)

**Land-based feast** prepared by Loving Spoonful



## Knowledge Mobilization

The community-based, OCAP-centered approach used in KIRC-19 has resulted in meaningful, enduring partnerships that have continued even after KIRC-19's conclusion

Subsequent projects re: recommendations around centering Indigenous perspectives and priorities in health systems and health policy, and amplifying the work of Indigenous-led/-focussed organizations.

Examples:

*“A case study of the Indigenous Wellness Council (southeast Ontario region) : Indigenous self-determination in action”* (funder: SSHRC)

*“Centering Indigenous perspectives and priorities in a Learning Health System: a case study of the new Frontenac, Lennox & Addington Ontario Health Team”* (funder: Queen's Catalyst Fund)

The Cost of COVID study identified the significance of Indigenous strength-based responses that addressed pandemic impacts through a focus on Indigenous ways of knowing and community building.

Food Sovereignty-driven initiatives wrapped in language and delivered on the land were identified as directly able to positively impacts the overall physical, mental, emotional, and spiritual health of the urban Indigenous community during and in recovery from the pandemic.

The IDHC, Queens University and KILN partnered to move the evidence from the Cost of COVID study into practice through the development of community networks and programming that consider how Indigenous People are taking action to nurture community health through the current phase of the pandemic, while moving toward recovery & long-term wellness.

Funding secured:

*Aki Gimiinigonna Mshkooziwin (The Land Gives Us Strength)*

**“A case study of the Indigenous Wellness Council (southeast Ontario region) : Indigenous self-determination in action”**

*Partner:* Indigenous Wellness Council

*Oversight Committee:* Members from IWC, Oshkaabewisag

*Research Associate:* Indigenous grad student

*Research objectives:*

- To help the IWC develop an organizational action plan
- To produce a framework for what Indigenous self-determination looks like in practice at an organizational level

**“Centering Indigenous perspectives and priorities in a Learning Health System: a case study of the new Frontenac, Lennox & Addington Ontario Health Team”**

*Partners:* FLA OHT, Indigenous Wellness Council

*Oversight Committee:* Indigenous members of FLA OHT groups/structures, Oshkaabewisag

*Research Associate:* Indigenous grad student

*Research objectives:*

- To design, implement, and evaluate collaboration processes between Indigenous partners and the FLA OHT
- To ensure Indigenous perspectives and priorities are centered in health systems evaluation activities of the FLA OHT

**Aki Gimiinigonaa Mshkooziwin (The Land Gives Us Strength):**

Culturally-grounded healing within the urban-Indigenous community during COVID-19

*Research Objectives:*

To share knowledge from the Cost of COVID study while supporting Indigenous food sovereignty and build related skills and awareness around cultural protocols & self-care

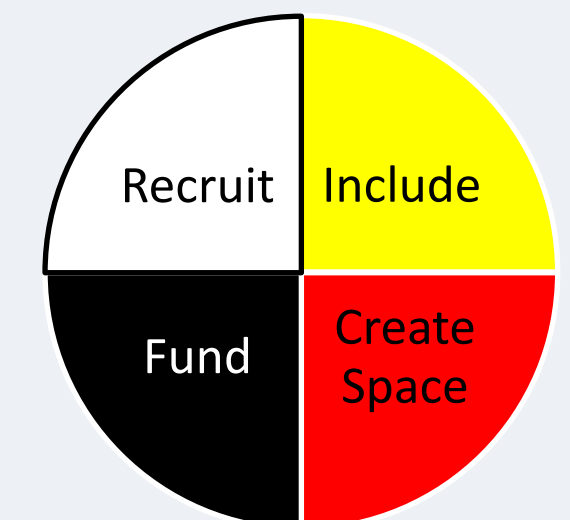
To build capacity within an Indigenous-led organization, to develop and deliver a culturally grounded program for the urban Indigenous Community for improved wellness

To conduct a program evaluation to see how participation has contributed to wellness and the development of a sustainable program that facilitates access to traditional foods.

*Partners:* Queens, KILN, IDHC

*Oversight Circle:* Community Members

*Data Analysis Support:* Indigenous Post Doc Students



The collaborative, OCAP-centered partnerships developed for KIRC-19 Project and Cost of COVID Study thus have the potential to advance Indigenous health equity and contribute to broader efforts of reconciliation

- ✓ Cultural Protocols Respected
- ✓ Time
- ✓ Exchange of Knowledge
- ✓ Solid Relationships
- ✓ Action Oriented Research



# Respecting Indigenous Ways Effecting Systemic Change

## Post Card Consent

**Aki Gimiinigonaa Mshkooziwin**  
**The Land Gives Us Strength**



**Culturally grounded healing within the urban Indigenous community during COVID 19**

Kingston Indigenous Languages Nest (KILN), the Indigenous Diabetes Health Circle (IDHC) and Queen's University are conducting a program evaluation. We want to learn how participation in land-based programs (walking in the forest, gardening, and/or building a personal bundle) helps with Bimaadiziwin (well-being).

**If you agree to participate, know that:**

- Participation is voluntary. You do not have to answer any questions that you do not want to answer.
- You may stop participating at any time.
- If you withdraw from the study, you can still participate in any other KILN programs.
- Your responses to the evaluation are confidential.
  - Your name will be replaced with a study number.
  - Your name-identifying information will not be shared.
- All members of the study team who have access to the data have signed a confidentiality agreement.
- Findings from the program evaluation will be published and presented at conferences.
- Consent is required before data is collected. You may ask questions or seek advice before you consent.

*The full letter of information and consent for INTERVIEWS can be found here.*



## Community Cultural Supports

**Support Team**

This study is considered low risk. However, some people may experience anxiety or discomfort related to questions about mental wellness and cultural identity. If you feel upset after participating, we encourage you to reach out for support:

**Kate Brant** (613) 391-7130  
**Kevin Kunkel** (613) 661-8526  
**Telephone Aid Line Kingston (TALK)** at (613) 544-1771

**Project Team**

For questions or concerns, contact the following members of the Project Team

**Autumn Watson** at (613) 697-6604 or [directorofprograms@idhc.life](mailto:directorofprograms@idhc.life)  
**Dr. Imaan Bayoumi** at (613)-331-2371 or [bayoumi@queensu.ca](mailto:bayoumi@queensu.ca)

**Project Ethics**

This study has been reviewed for ethical compliance by the Queen's University Health Sciences and Affiliated Teaching Hospitals Research Ethics Board. For questions or concerns with regard to the project ethics, contact Queens University at 1-844-535-2988 or [hsreb@queensu.ca](mailto:hsreb@queensu.ca).

2 of 2

# Community Supports

## Support Services

### FOR IMMEDIATE HELP

In the case of a life-threatening emergency, call 911

#### Emergency and Urgent Care

- **North Hasting Hospital Emergency Department.** 1-H Manor Ln in Bancroft
- **Perth and Smiths Falls District Hospital Emergency Department.** Two sites: 33 Drummond St. West in Perth OR 60 Cornelia St. West in Smiths Falls
- **Brockville General Hospital Emergency Department** 75 Charles St. in Brockville
- **Kingston General Hospital Emergency Department.** 41 King Street West in Kingston
- **Hotel Dieu Hospital Urgent Care Centre** (Open 8am-8pm, 7 days per week). 144 Brock Street in Kingston
- **Lennox & Addington County General Hospital Emergency Department.** 8 Richmond Park Dr. in Napanee
- **Belleville General Hospital Emergency Department.** 265 Dundas St E in Belleville
- **Crisis Intervention Centre in Belleville General Hospital.** Open 7:30am-11:30pm. Call 613-969-7400 x 2753 or TOLL FREE 1-888-757-7766.

#### Crisis Lines

- **24 Hour Mental Health/Addictions Crisis Line provided by The Métis Nation of Ontario.** Call TOLL FREE 1-877-767-7572
- **First Nations and Inuit Hope for Wellness Help Line.** Available in Cree, Ojibway, Inuktitut, English & French. Call TOLL FREE: 1-855-242-3310
- **KFLA 24 Hour Crisis Line**
  - Kingston & Frontenac: 613-544-4229
  - Lennox & Addington: 613-354-7388
- **24 Hour Sexual Assault Crisis Line:**
  - Available through the Sexual Assault Centre Kingston. Call 613-544-6424 or TOLL FREE 1-877-544-6424
- **Lanark County Interval House (LCIH) crisis line:** Call 613-257-5960 or TOLL FREE at 1-800-267-7946

## COMMUNITY SUPPORTS

### ONTARIO-WIDE RESOURCES

- **Mental Health and Addictions Program through The Métis Nation of Ontario**  
Programs and counselling for Métis children, youth, and adults across the province. Call 613-549-1674 x 307 or e-mail [video@metisnation.org](mailto:video@metisnation.org) for more information.
- **Talk 4 Healing**  
24/7 culturally-grounded supports available in 14 languages across Ontario for Indigenous women. Call TOLL FREE 1-855-554-HEAL or visit <http://www.talk4healing.com>
- **Ontario Mental Health Helpline**  
Call, chat, and e-mail services available 24/7. Call TOLL FREE 1-866-531-2600
- **Tungasuvvingat Inuit**  
Online or telephone counselling for Inuit across Ontario. Inuktitut speaking staff available. Call Mike Stevens: 613-894-8917 or visit <https://tiontario.ca/programs/day-counselling-program>
- **Wabano Centre**  
Online programming centered on well-being and healing from addictions. Must register to attend: [www.wabano.com](http://www.wabano.com)
- **Centre for Addictions and Mental Health**  
Offers group/individual counselling for substance use and other mental health challenges. Self-refer by calling: 416-535-8501 x2 or visit [www.camh.ca](http://www.camh.ca) to fill out a form online.
- **Ontario Native Women's Association**  
Health and wellness programming available online. Registration required: [www.onwa.ca](http://www.onwa.ca)

### LEEDS AND GRENVILLE

- **Rideau Community Health Services**  
Visit [www.rideauchs.ca](http://www.rideauchs.ca) or call 613-283-1952 for more information about available programming available in Merrickville, Smiths Falls and Brockville.
- **Country Roads Community Health Centre**  
Mindfulness workshops available. Call and leave a message at 613-272-3302x265 (Portland) or 613-273-9850x265 (Westport) to sign up. For more information about programs visit [crchc.on.ca](http://crchc.on.ca).

## COMMUNITY SUPPORTS

### FRONTENAC & LENNOX AND ADDINGTON COUNTIES

- KINGSTON & AREA**
- **KFLA Addictions and Mental Health Services**  
Wide range of addiction and mental health services. Call 613-544-1356 or e-mail [info@amhs-kfla.ca](mailto:info@amhs-kfla.ca) for more information. Or fill out an on-line self-referral form at <https://www.amhs-kfla.ca/get-help/intake-referrals/>
  - **Resolve Counselling & Community Services**  
Individual and family counselling, partner assault response, women's counselling, family court support workers, and financial counselling. Call 613-549-7850 or visit [www.resolvecounselling.org](http://www.resolvecounselling.org) for more information.
  - **Centre for Abuse and Trauma Therapy**  
A non-profit providing psychotherapy and community programming to anyone who has experienced abuse or trauma. Call 613-507-2288 or e-mail [info@centrefortherapy.ca](mailto:info@centrefortherapy.ca) to book an appointment.
  - **Sexual Assault Centre Kingston**  
Non-profit providing crisis support, counselling, and community services for survivors of sexual violence. Indigenous-focused programming available. For more information, call 613-545-0762 or e-mail [sack@sackkingston.com](mailto:sack@sackkingston.com); Or use the Chat & Text Crisis and Support Line (12pm-12am): 613-544-6424 or visit <http://sackkingston.com/services-2/chat-and-text-line/>
  - **Maltby Centre**  
Non-profit organization providing community-based mental health and autism services for children and youth ages 0-24 and their families. Call 613-546-8535 to book an appointment. For more information visit: <https://maltbycentre.ca/>. Or call the crisis line: 613-544-4229.
  - **Street Health Centre**  
Counselling services available. Call 613-549-1440 or e-mail [info@streethealth.kchc.ca](mailto:info@streethealth.kchc.ca) for more information.
- SHARBOT LAKE**
- **Sharbot Lake Family Health Team**  
Free mindfulness workshops available. Call 613-279-2100 x115 or e-mail [programs.sifht@gmail.com](mailto:programs.sifht@gmail.com) for more information.

**Questions?** Contact Dr. Amrita Roy (Principal Investigator) and Kaitlyn Patterson (Research Associate) by e-mail at [DFM-KIRC-19@queensu.ca](mailto:DFM-KIRC-19@queensu.ca) or call 613-929-6798.

### LANARK COUNTY

- **Lanark County Interval House (LCIH)**  
Emergency shelter, crisis line, outreach programs and counselling available for female victims of domestic violence. Visit [lcih.org](http://lcih.org) for more information about services.
- **Tungasuvvingat Inuit**  
Counselling, housing support, child and family supports, food bank services and more available to people living in Ottawa & North Lanark/North Grenville. Call 613-565-5885, e-mail [info@tungasuvvingatinuit.ca](mailto:info@tungasuvvingatinuit.ca), or visit [www.tungasuvvingatinuit.ca](http://www.tungasuvvingatinuit.ca).
- **North Lanark Community Health Centre**  
Visit [www.northlanarkchc.ca](http://www.northlanarkchc.ca) or call 613-259-2182 for more information about available programming.

### COUNTY OF HASTINGS

- **Victim Services Hastings, Prince Edward, Lennox & Addington**  
On-Scene Support program with volunteers/staff trained to respond to individuals at the scene of a crime or tragedy. Help with transportation, childcare, safety planning, and referrals. Victim Quick Response Program also available to provide financial assistance to victims of violent crime. Call 613-771-1767 or visit [www.victimserviceshpela.com](http://www.victimserviceshpela.com)

### TYENDINAGA

- **Mohawks of the Bay of Quinte**  
Health and social community support services. Visit <http://mbq-tmt.org> for more information.

### BELLEVILLE & TRENTON

- **Belleville and Quinte West Community Health Centre**  
Trauma and mental health groups, as well as other free resources available. Call TOLL FREE 1-855-252-2747 (Belleville or Trenton site) or visit [www.bqwchc.com](http://www.bqwchc.com) for more information.

There are few Indigenous-led supports available in Ontario as the needs of Indigenous peoples have been largely ignored in the context of colonialism. This resource presents some services available if you experience distress. It also demonstrates the need to advocate for Indigenous-led programming for Indigenous communities.



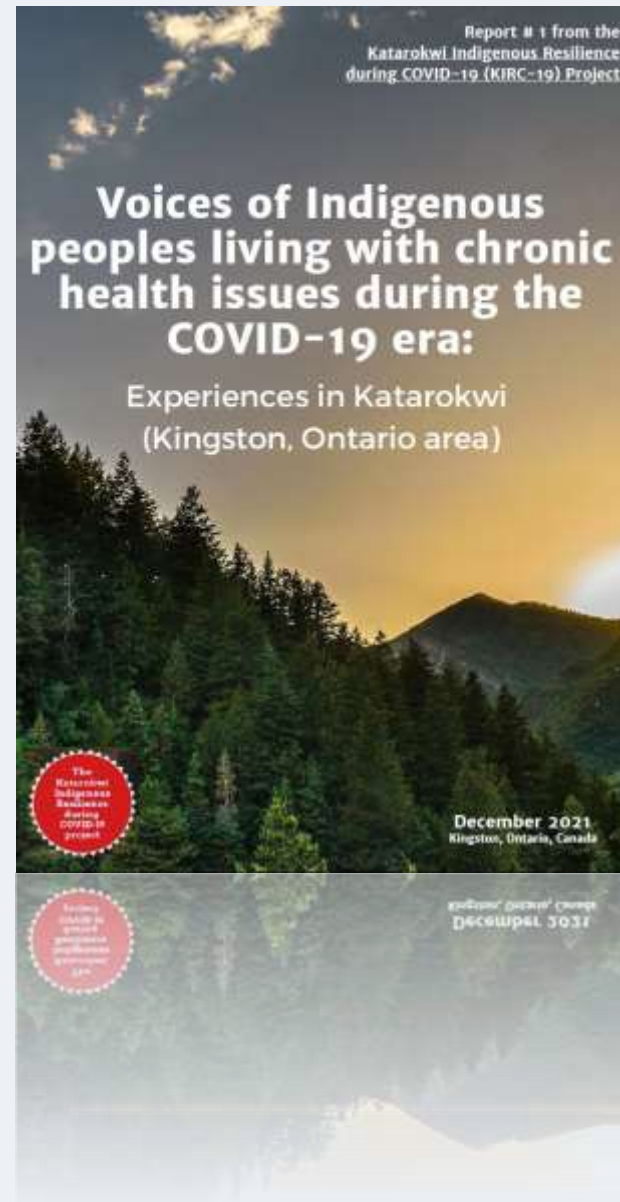
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# The Cost of COVID-19: Social and Emotional Impacts

## Katarokwi Indigenous Resilience During COVID-19 (KIRC-19)



For more information contact

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