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In the past 24 months, Nicole Yawney 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.

All speakers must complete this slide; information should match the disclosure of conflicts of interest that was submitted. If you have co-presenters, include all names.



Youth
Indigenous
Wellness
Consultant

*'Supporting Mental Health and Cultural Wellness
for Indigenous Children and Youth accessing care at
Children's Hospital'*



Youth Indigenous Wellness Consultant



- 1:1 mental health visits for children and youth ages 0-18 in hospital (inpatient/outpatient)
- Provide Indigenous children's books, fidget animals, stickers, and smudge kits
- Braid cultural wellness: talking and healing circle, ribbon skirts, ribbon shirts, dreamcatchers, beadwork, painting, art, and games
- Liaison and advocate between patients, families and care-teams
- Provide consultation to clinical staff/teams with a cultural and trauma-informed lens as they navigate transition and resource planning
- Facilitate access to the Kenwite':ne Healing Space, traditional medicines, connection to elders, community programming and ceremony

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Day to Day

- Visit youth at bedside (Children's Hospital)
- Mental Health and Wellness Support: Teaching of Connection
 - spend time, listen, focus on present needs, and offer a circle within the walls of this hospital to create a therapeutic alliance
 - Practice Wholistic framework, Traditional Ways of Knowing
 - Use western modalities of mental health, CBT, SFBT, and trauma informed
- Cultural Awareness: support to staff and assistance of resource navigation (NIHB, Jordan's Principle, Nation Community Supports)
- Advocacy with patients
- Be a part of Indigenous community initiatives supporting mental health and cultural wellness. Engage with local committees, research projects, grant writing, grant review
 - Indigenous Team Huddle at LHSC and program priorities for Indigenous Health initiatives
- Access LHSC community partnership with Atloh'sa's Kenwite'ne Healing Space, and seeking direction from the Healing Space Manager for wholistic care and healing



ATLOHSA
FAMILY HEALING SERVICES




Children's Hospital
London Health Sciences Centre



Wellness Tools

Indigenous Spirituality

- Complex
- Wholistic Understanding
- Relationships/Relatedness
- Connection
- View of the world
- Resiliency



"Feeling comfortable is measured by the quality of your relationships with people"

- Indigenous Corporate Training Inc 2022

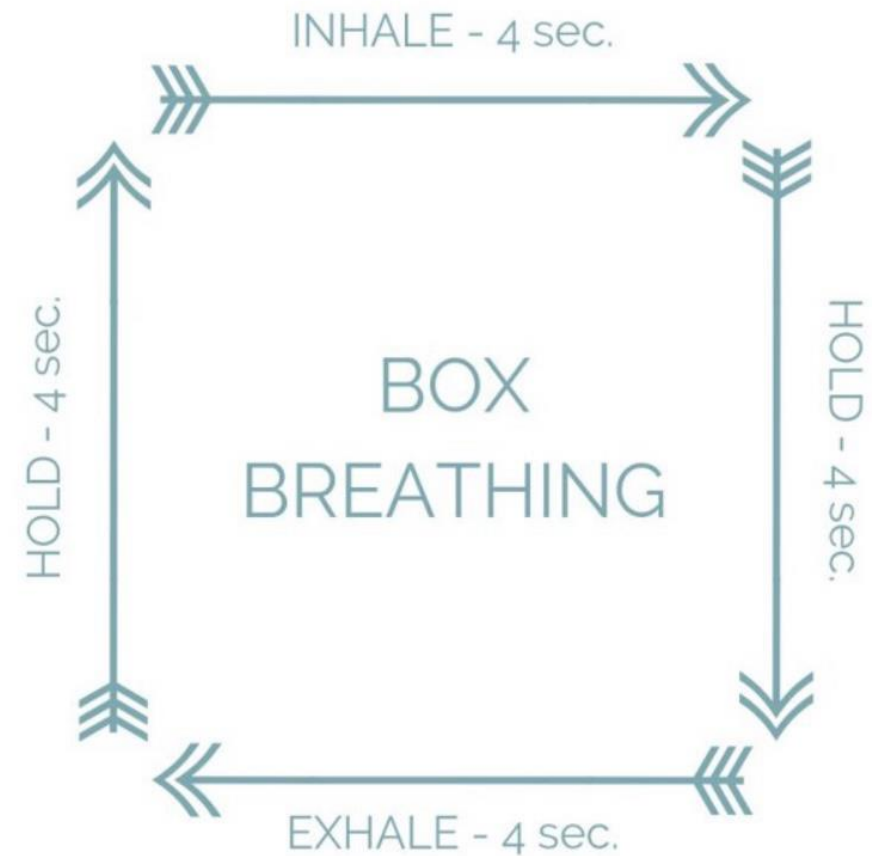
Wholistic Wellness

- Medicine wheel, physical, emotional, spiritual, mental
- Honouring creation, spirit, family and nations
- Mindful, present and gratitude
- Make space for ourselves
- Give some time to be proud of you. Honour your healing journey
- What does your spirit say you need? What's call to you



Bundle tools

- Square breathing
- Laughing exercise, mirror game
- Cloud watching
- Bubble breathes
- Mindful meditation
- Ice cube



ME: What is the purpose of ceremony?

OLD WOMAN: To lead you to yourself.

ME: How?

OLD WOMAN: By giving you an idea of who you want to be and then allowing you to create the experience of being that way.

ME: Which ceremony is the best, then?

OLD WOMAN: Life. Choose what leads you to the highest vision you can have of yourself, and then choose what allows you to express that. What you express, you experience. What you experience, you are.

ME: How do I prepare?

OLD WOMAN: Breathe...

Coming to Centre

- Connecting human to human, Spirit to spirit
- Creating circle where you are
- Honouring the time, space and vulnerability that may or may not be shared
- Zero pressure
- Time: connect 4, uno, cards

Feedback

"I only trust you"

"Thank you for keeping a smile on my son's face during every visit. He enjoyed his time with you and speaks very highly of you! He will always remember you :) Thanks again"

"She is native...like us!" a youth sharing in excitement to his brother during a visit. The youth was not responding to his care team but quickly responded to me in my role as YIWC.

"I would just like to acknowledge that your kindness and support throughout all of this has been very much appreciated. The relief which this support has given us has tremendously eased this overwhelming family matter. Therefore, I felt the need to reiterate the fact that we are so grateful for all that you have helped us with. Many, many blessings to you" - Parent

Another parent in a 1:1 family meeting shared they were thankful for Indigenous wellness service available to their youth and expressed they felt peace in having access to Traditional medicine as a part of their hospital experience.

YIWC: My boys helped regulate the line for National Indigenous Peoples Day. The kids were lined up. We played games, brought awareness to the program at Children's Hospital. People were so excited; we were lined up for 2 hours!

