INDIGENOUS MENTORSHIP NETWORK OF ONTARIO

SUMMER INSTITUTE 2019

IMN-O
With its home base at Western University, the IMN-Ontario is an interdisciplinary collaboration involving 13 research institutions in Ontario, including the province’s leading Indigenous health scholars and research centres. IMN-Ontario is governed by a sub-regional structure that includes Northern Ontario, Central Ontario and Eastern Ontario.

The IMN-Ontario’s overarching goal is to support and grow the next generation of Indigenous health scholars. When we support Indigenous health scholars to serve the research needs and capacities of Ontario’s Indigenous communities, we can advance Indigenous health equity in the province.

This year, the Summer Institute was hosted by IMN-Ontario’s Eastern institutions and took place on Traditional Anishinaabe Territory at the Queen’s University Biological Station, on Opinicon Lake. The 5-day Summer Institute was an opportunity for trainees to engage in research and career building workshops, participate in cultural activities, and meet and/or reconnect with IMN-Ontario mentors, Elders, and other trainees who are passionate about professions and research that concentrate on supporting Indigenous health and well-being.
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We would like to extend a huge thank you to everyone who helped make this years’ Summer Institute such a success! Firstly, thank you Dr. Chantelle Richmond for your work leading the IMN-ON and making all of this possible. To our Knowledge Keeper and Elder, thank you for your teachings and generous knowledge sharing. Your support towards the IMN helped make the Summer Institute greater than we could have imagined. We would also like to thank the staff at QUBS for being amazing hosts and helping us in any way possible. Thank you to all of the faculty and students from Queen’s University, Trent University, the University of Ottawa, and Western University for generously dedicating your time to planning this event. This event would not have been possible without the funding and support from Queen’s Faculty of Arts and Science, Queen’s Faculty of Health Sciences, and the Canadian Institutes of Health Research (CIHR). Lastly, we would like to thank our trainees for being a part of the network and attending this years’ Summer Institute; we hope you all had as much fun as we did!
25 students joined us from across Ontario

Students ranged from undergraduate, Master’s, and PhD level of study across various health disciplines

After a Sunrise Ceremony each morning, numerous sessions were held each day: Grant writing, CBPR, Relational and Procedural Ethics, Academic Publishing, Politics of Academic Navigation, Sharing our Research Training Journeys, as well as hearing from various Indigenous organizations (AFN, TI, FNIGC)

The sessions were held across the site of QUBS and utilized both indoor and outdoor spaces
Tim Yearington
Tim Yearington (Grey Thunderbird) is a Métis-Algonquin Knowledge Keeper. As an adoptee, he was raised in North Bay, Ontario. But the home of his ancestors is Kitchizibi Algonquin Territory. Kitchizibi, which means “Great River”, is known today as the Ottawa River Valley. As a young man Tim began to explore and learn about the world of Algonquin traditional knowledge.

Kanonhsyonne/Janice Hill
Turtle clan mother, Associate Vice-Principal (Indigenous Initiatives and Reconciliation) at Queen’s University. Mohawk. Raised at Tyendinaga Mohawk Territory. M.A.2 in Gender Studies. Jan has spent her life working for the revitalization of the Mohawk language and the culture, traditions, and spirituality of her ancestors.
IMN-O SPEAKERS AND MENTORS

Dr. Heather Castleden - Queen's University
Dr. Chris Furgal - Trent University
Dr. Michael Green - Queen's University
Travis Kirkwood - Assembly First Nations (AFN)
Dr. Karen Lawford - Queen's University
Dr. Lucie Lévesque - Queen's University
Dr. Diana Lewis - Western University
Claudia Meness - First Nations Information Governance Centre (FNIGC)
Amy Nahwegahbow - First Nations Information Governance Centre (FNIGC)
Dr. Chantelle Richmond - Western University
Dr. Michael Robidoux - University of Ottawa
Chris Stewart - Tungasuvvingat Inuit (TI)
Dr. Sonia Wesche - University of Ottawa
Christopher Wong - Assembly First Nations (AFN)
At the end of the Summer Institute, we asked all of the participants to complete an evaluation form for each day that was planned over the 5 days. Out of the 25 trainees who participated, only 14 responded to our request for evaluation. These numbers are reflected in the statistics.

93% of trainees identified being on the land as one of the most valuable or one of their favourite sessions over the course of the 5 days

"Being on the land was really helpful and allowed me to move from being in my head to my heart"

“Being close to the outdoors and having lots of time dedicated to spending time on the land/water/around fire really facilitated connection and friendship”
Culture & Ceremony
Our Knowledge Keeper and Elder facilitated numerous opportunities to focus on culture and ceremony. 93% of trainees reported Smudging Ceremonies, our Medicine Walk, Sunrises Ceremony each morning, our Full Moon Ceremony, and Fire Teachings as invaluable experiences.

Connecting with Mentors
We were fortunate enough to have numerous mentors attend the Summer Institute. All students and mentors stayed overnight at QUBS, which ensured that there were always mentors present for all meals, mentorship sessions, free time by the fire at night, and time spent on the land and water. It was very clear within the evaluations that the opportunity to connect with mentors one-on-one throughout the duration of the Summer Institute was very important.

“It was great that mentors were around so much and available for casual one-on-one conversations”
Our students gave insightful advice for next year’s Summer Institute within their evaluations. Our students would love to see more physical activity incorporated into the itinerary or promoted when there is free time in the itinerary. Additionally, the students believe it is critical to have graduate student mentors alongside our faculty.

“It would be great to have an activity to learn more about each other’s research so we can stay in touch...specifically with those who research similar topics”

“As a health professional, I felt that most of the sessions were geared towards research. A session about incorporating culture into clinical practice would have been a great learning experience”

“Physical activity breaks...to balance my medicine wheel”
Day 1: Sunday, June 16

4:00 - 5:00 pm
- Trainees, Mentors, and Invited Guests arrive in Kingston
- Registration at Four Directions Indigenous Student Centre (Queen’s University)

5:00 - 6:00 pm
- Traditional Foods Dinner

6:00 - 7:00 pm
- Arrival at QUBS, Orientation and Room Assignments

8:00 - 10:00 pm
- Smudging Ceremony
- Meet our Elders
- Circle of Greetings
- Blanket of Gifts with Elder-in-Residence, Kanonhsyonne (Janice Hill) (Associate VP - Indigenous Initiatives and Reconciliation) and Grey Thunderbird (Mr. Tim Yearington) (Knowledge Keeper, Faculty of Health Sciences)
Day 2: Monday, June 17

Sunrise (approximately 5:20 am)
- Sunrise Ceremony - Mr. Tim Yearington

7:30 - 8:30 am
- Breakfast

8:30 - 12:00 pm
- Words of Welcome
- Keynote from Dr. Chantelle Richmond
- Medicine Walk - Mr. Tim Yearington

12:00 - 1:00 pm
- Lunch

1:00 - 2:30 pm
Mentorship Session I choices:
- a) Grant Writing: Do's and Don'ts, Peer review, Examples of successful grants, Bring your own for peer review!
- b) Community-Based Participatory Research: Bring your pitch!

3:00 - 5:00 pm
- Beading Reflections with Dr. Karen Lawford

5:30 - 6:30 pm
- Dinner

6:30 - 10:00 pm
- Women's Full Moon Ceremony with Ms. Helena Neveu
- Men's Fire Teaching with Mr. Tim Yearington
Day 3: Tuesday, June 18

**Sunrise (approximately 5:20 am)**
- Sunrise Ceremony - Mr. Tim Yearington

**7:30 - 8:30 am**
- Breakfast

**8:30 - 10:00 am**

*Mentorship Session II choices:*
- Academic Publishing: Target journals, Dealing with reviews, revisions, and rejection
- Relational and procedural ethics: Do's and don't, Troubling TCPS2 and OCAP(TM), Ethical tensions between Community & Academy, & breaches
  Share your ethical dilemmas in a supportive and confidential space

**10:30 - 12:00 pm**

*Mentorship Session III choices:*
- Politics of Academic Navigation: Working with folks in the academy who "Don't really get what you do"
- Community-Based Participatory Research: Bring your pitch, develop your ideas
- Sharing our Research Training Journeys: Indigenous scholars share their stories - share yours too!

**12:00 - 1:00 pm**
- Lunch

**1:00 - 5:00 pm**
- Choices:
  - On the Land/Water with Mr. Tim Yearington
  - Beading Reflections with Dr. Karen Lawford
  - One-on-one with a Mentor

**5:30 - 6:30 pm**
- Dinner

**6:30 - 9:00 pm**
- Fire and Circle
- Drumming and Singing
Day 4: Wednesday, June 19

Sunrise (approximately 5:20 am)
- Sunrise Ceremony - Kanonhysonne (Janice Hill)

7:30 - 8:30 am
- Breakfast

8:30 - 10:00 am
* Indigenous Organizations Panel I*
  - (FNIGC: Claudia Meness and Amy Nahwegahbow, AFN: Travis Kirkwood and Christopher Wong, TI: Chris Stewart)

10:30 - 12:00 pm
* Indigenous Organizations Panel I*
  - (FNIGC: Claudia Meness and Amy Nahwegahbow, AFN: Travis Kirkwood and Christopher Wong, TI: Chris Stewart)

12:00 - 1:00 pm
- Lunch

1:00 - 5:00 pm
- Choices:
  a) On the Land/Water with Mr. Tim Yearington
  b) Beading Reflections with Dr. Karen Lawford
  c) One-on-one with a Mentor

5:30 - 6:30 pm
- Dinner

6:30 - 9:00 pm
- Stories and S'mores
Day 5: Thursday, June 20

Sunrise (approximately 5:20 am)
- Sunrise Ceremony - Kanonhysonne (Janice Hill)

7:30 - 8:30 am
- Breakfast

9:00 - 11:00 am
- Closing Ceremonies
- Blanket of Gifts - Kanonhysonne (Janice Hill)

11:00 - 12:00 pm
- Return to Four Directions Indigenous Student Centre (Queen’s University) for Traditional Foods Lunch
OR
- Start your journey home

1:00 pm
- Departure from Kingston
Summer Institute 2019