A MESSAGE FROM THE HOST:

Laurentian University sits on Robinson-Huron Treaty territory and the land on which we gathered is the traditional territory of the Atikameksheng Anishnaabeg.

During the week of June 11-15th 2018, Laurentian University was privileged to host the inaugural Indigenous Mentorship Network-Ontario's (IMN-ON”) “Summer School,” providing graduate students in the field of Indigenous health the opportunity to share their knowledge and learn from a group of Indigenous mentors. I am honoured to hold a position as a Principal Investigator for the IMN-Ontario health training program, Ontario’s first Indigenous-led health research training network. IMN-Ontario provides graduate students in the field of Indigenous health research access to a network of experienced Indigenous researchers committed to pursuing research in a good way, focused on community-based health and well-being research. By creating a network that connects and supports Indigenous health scholars to serve the needs and capacities of Ontario’s Indigenous communities, we are able to work collectively to advance Indigenous health equity in the province.

At the core of our network, we are rooted in the Anishinaabe concept, Mno Nimkodading Geegi, whose meaning translates to: “we are all connected”. We are privileged to be connected to, and to have the support of our community partners and Elders who continually offer their guidance, support, and knowledge needed to conduct meaningful research with communities. The Summer School was led through ceremony by community members and Elders. Together, their knowledge and guidance situated us in relation to each other and our conversations in a good way: thank-you.

Jennifer Walker,
Canada Research Chair - Indigenous Health
Laurentian University
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ABOUT IMN-ON

We are an interdisciplinary group of research institutions led by Dr. Chantelle Richmond at the Western University. Our goal is to provide a foundation to support the next generation of Indigenous health scholars through training and networking opportunities for community-based Indigenous health scholarship. In addition to our annual summer school, we also provide:

- Quarterly webinars to share knowledge, advice, and best practices
- Annual scholarships and seed grant program for Indigenous mentees
- Engagement in local, national and international networks
- Research innovation and publishing opportunities
- Support for Indigenous mentees through cultural, social and academic tools and resources

CHI-MIIGWECH

The IMN-ON Summer School would not have been a success without the help of many insightful, committed, and visionary IMN members. As such, many thanks to Dr. Chantelle Richmond, Dr. Sheila Cote-Meek, Dr. Taima Moeke-Pickering, Dr. Cindy Peltier, Dr. Joey-Lynn Wabie, Dr. Christopher Mushquash, Dr. Celeste Pedri-Spade and Dr. Jennifer Walker. A special thanks is extended to Taynia Bedard, who was the primary coordinator of the event.

The IMN Summer School was heavily supported by Dr. Richmond's staff at Western University and specifically, Veronica Reitmeier and Katie Big-Canoe. The Summer School was also made a great success by Laurentian University team members, Sharlene Webkamigad, Robyn Rowe, Shanna Peltier and Jody Tverdal.

Many thanks to Perry McLeod-Shabogesic and Darren McGregor for guiding IMN-ON Summer School 2018 in ceremony, for sharing knowledge and teachings that helped us gather in a good way.

Finally, thank-you to the IMN-ON funder, the Canadian Institute of Health Research.
IMN-ON STUDENTS

The IMN-O Summer School hosted over 20 graduate students in the field of Indigenous Health research, traveling to Sudbury from as far away as Labrador.

Throughout the week, students partaking in the Summer School gathered in Laurentian University’s Indigenous Sharing and Learning Centre’s Round Room to share their experiences and learn about a variety of topics related to Indigenous health including: the challenges and opportunities experienced by Indigenous Peoples in academia, how to work collaboratively with communities, and how to find supportive mentors to help foster students’ research journeys.

"[The] opening sharing circle was powerful & set the tone for the week; one of humility, courage, respect & truth... seeing the mentors & other leaders sharing filled me [with] trust that this week will be done in a good way."
IMN-ON MENTORS: SPEAKERS AND TOPICS

Dr. Chantelle Richmond, Associate Professor
Western University
IMN Funding & Opportunities, Mentor/Mentee roles in IMNP

Dr. Carrie Bourassa, Scientific Director of the Indigenous Peoples Health Canadian Institute for Health Research Mentor/Mentee roles in Indigenous Health Research, Community as Mentors

Dr. Cindy Peltier, Chair, Indigenous Education and Dr. Katrina Srígley, Associate Professor Nipissing University Working in Relationship with Indigenous Communities

Dr. Jennifer Walker, Canada Research Chair - Indigenous Health Laurentian University Indigenous Data Sovereignty in Indigenous Health Research

Dr. Joey-Lynn Wabie, Assistant Professor Laurentian University The Importance of Indigenous Health Research

Dr. Sheila Cote-Meek, Associate Vice-President, Academic & Indigenous Programs Laurentian University, Colonized Classrooms

Dr. Taima Moeke-Pickering, Associate Professor Laurentian University Indigenizing Mentoring Strategies
INDIGENOUS KNOWLEDGE SHARING

Perry McLeod-Shabogesic and Darren McGregor led the Summer School through ceremony. Ceremony and teachings fostered a sense of safety for students, providing opportunities and space to learn and share. The medicines and teachings helped students during particularly difficult or emotionally sensitive times.

Some of these teachings included: sharing water, berries; tobacco use and protocol of offering tobacco; preparing kinnik kinnik and minigan; sharing circles and protocol of participating; and the meaning of O’Shkabewis.

“I loved the medicine teachings and the medicine walk...”

“Most valuable part of the day was making the medicine wheel. This is a valuable tool for going forward and I plan to use mine and I’m looking forward to seeing it evolve.”
**IMN-ON SUMMER SCHOOL ITINERARY**

**Day one**

Travel + Check-In

6:00PM – 8:00PM:  
Dinner in the Indigenous Sharing Learning Circle (ISLC) Round Room

**Day two**

8:00AM – 9:00AM:  
Breakfast in the ISLC Round Room

9:00AM-9:15AM:  
Welcoming by Dr. Jennifer Walker, Canada Research Chair - Indigenous Health, Laurentian University

9:15AM-9:30AM:  
Opening Prayers by Perry McLeod-Shabogesic, Director of Traditional Programming at Shkagamik-Kwe Health Centre

9:30AM-12:00PM:  
Opening the Event in Ceremony and with Teachings by Perry McLeod-Shabogesic and Darren McGregor: Sharing water, berries; teachings about traditional tobacco use and protocol of offering tobacco, sharing circle protocols, and O’Shkabewis meaning

12:00PM-1:00PM:  
Lunch: Indigenous Sharing Learning Round Room

Evening activity: Screening of *Reel Injun*

**All day**: Interviews with various media outlets (*three-page spread in Maclean’s Magazine!*)

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**IMN-ON SUMMER SCHOOL ITINERARY**

**Day three**

8:00AM-9:00AM
Breakfast in the ISLC Round Room

9:00AM-9:30AM:
Opening Remarks by IMNP Representative,
Dr. Sheila Cote-Meek, Laurentian University

9:30AM-11:00AM
Medicine Wheel Activity
AND/OR
Beading Workshop

11:00AM-1:00PM
Skill Development - Breakout Groups
Mentors will available throughout these sessions to aid
participants in addressing important aspects of research such
as: CV Development, letter writing and ethical community
engagement

2:00PM-3:00PM:
Working in Relationship with Indigenous Communities.
Presentation by: Dr. Cindy Peltier and Dr. Katrina Srigley,
Nipissing University

3:00PM-4:00PM:
Closing Remarks by
Dr. Sheila Cote-Meek,

5:00PM-6:00PM:
Dinner, ISLC Round Room

6:00PM-9:00PM:
Challenge Course
**IMN-ON SUMMER SCHOOL ITINERARY**

**Day four**

8:00AM-9:00AM:
Breakfast in the ISLC Round Room
Opening Remarks by IMNP Representative, Dr. Jennifer Walker, Laurentian University

9:00AM-12:00PM:
Medicine Walk at Laurentian University followed by Mentor/Mentee Pairing for Medicine Harvest and Preparation of Kinnik kinnik and minigan led by Perry McLeod-Shabogesic and Darren McGregor

12:00PM-1:00PM:
Lunch is served in the ISLC Round Room

12:00PM-1:30 PM:
Sharing Circle and reflections on Medicine Walk

1:30PM-2:30 PM:
Presentation: Indigenous Data Sovereignty in Indigenous Health Research by Dr. Jennifer Walker

2:30PM-4:00 PM:
Making Medicines, followed by Mentor/Mentee Pairing for Medicine Harvest and Preparation led by Perry McLeod-Shabogesic, and Darren McGregor

4:00PM-4:15PM:
Closing Remarks by IMNP Representative, Dr. Jennifer Walker

5:00PM-6:00PM:
Dinner is served in the ISLC Round Room

7:00PM-9:00PM:
Crafting Session AND/OR Fire
**IMN-ON SUMMER SCHOOL ITINERARY**

**Day five**

**8:00AM-9:30AM:**
Breakfast is served in the ISLC Round Room

**9:30AM-10:00AM:**
Opening Remarks by IMNP Representative, Dr. Celeste Pedri-Spade, Laurentian University

**10:00AM-12:00PM**
Presentation: Mentorship/Mentee Roles in Indigenous Health Research, Community as Mentors by Dr. Carrie Bourassa, Scientific Director Institute of Indigenous Peoples Health and Dana Hickey, Research Coordinator at Health Sciences North Research Institute

**12:00PM-1:00PM**
Lunch is served in ISLC Round Room

**1:00PM-3:00PM**
Closing the Circle and Giveaway, led by Perry McLeod-Shabogesic, Director of Traditional Programming at Shkagamik-Kwe Health Centre and Darren McGregor, Youth Outreach Worker, Shkagamik-Kwe Health Centre

Closing Remarks by IMNP Representative, Dr. Chantelle Richmond
LESSONS & LEARNING

Reflections from the IMN-ON Students

At the end of each day, students were asked to reflect back on the day's activities and programs. Specifically, students were asked to share what part of the day they felt was the most valuable, what their favourite sessions were, and what they felt could be improved. Below is a summary of students reflections based on their responses to these daily questions.

Overall, students felt positive about their experience at the IMN-ON 2018 Summer School. Students emphasized the importance of an environment framed by ceremony, activities that promoted relationship building among students and presentations/workshops on addressing racism in academia, skills development and how-to collaboratively conduct research with communities

Ceremony, Cultural Safety and Emotional Support

The majority of students explicitly stated that having the entire week grounded in ceremony, allowing for opportunities to gather in sharing circles, and having space to reflect on the difficult themes of racism and colonization that often emerged in discussions, were important.

Evening social activities such as the challenge course, movie screening, beading and crafting session, and the fire were emphasized as an important part of relationship building among students. These activities helped connect students, helping them to share and learn about the successes and difficulties they each experienced in school.

"I... really appreciated being able to have open discussions with mentors."

"I found the day quite emotional - hearing stories of racism and tears in the sharing circle... left me with an emotional heaviness."
LESSONS & LEARNING

Continued

To foster cultural safety and safe space, emotional support services (e.g., debrief sessions and counselling) should be offered to students in the future. For future IMN-ON Summer School programming, students would also like to see ceremony and cultural activities expanded to include off-campus and/or additional outdoor settings.

Summer School Programming
The speakers' presentations were received positively and the topics of conducting ethical community engagement and working in relationship with Indigenous communities and Indigenous data sovereignty and the skill development breakout group sessions were felt to be particularly important. Students recommended future IMN Summer School session themes to include: how-to interrupt and address racism and trauma-informed research. Students were appreciative of land-based learning and requested that these teachings be emphasized in future Summer School programs. Suggestions for including networking opportunities into the summer school were also shared (e.g., space to share ideas, sharing mentor contact information, one-on-one time, etc.).

Practical tips and suggestions
Logistical considerations for future IMN Summer Schools include: incorporating healthy food options; providing frequent small breaks throughout the day and sharing copies of speaker presentations.

"I am incredibly grateful for the opportunity to participate in a week full of Indigenous scholars taking on important work with courage, respect & honesty... the wisdom in striving to build an environment that fosters a sense of belonging in everyone has had a profound impact on me"