



NNADAP Community based and Treatment Centre Workers in Ontario will have the opportunity to develop knowledge and skills relevant to their role as Addictions Counselors and Prevention Workers. All training will be certified by ICBOC for Continuing Education Units.

NNADAP Workers must pay a \$250 Non-Refundable NNADAP Registration Deposit. This covers all travel and accommodation

14th Annual

Ontario NNADAP Conference

Quattro Hotel and Conference Centre
229 Great Northern Road, Sault Ste. Marie
October 16 - 18, 2018

NNADAP Worker **Registration Package**

*If you are **NOT** a NNADAP worker, please ensure you complete the **Non-NNADAP worker registration form**. The registration fee for Non-NNADAP workers is \$600 and is limited to the first 50 people that register.*

Registration Deadline:
September 21, 2018

Contact:

Kari Chiappetta, Conference Coordinator
Phone: 807-621-6225 Fax: 807-577-6800
Email: kcconsulting@shaw.ca

Organized by the Ontario Regional Addictions Partnership Committee

Hosted by the Native Horizons Treatment Centre
Sponsored by HEALTH CANADA



2018 Ontario NNADAP Conference Agenda

KANEEKANEEHKAHTAHK Stan Wesley

Elder: Glen McDougall

Monday October 15, 2018

6:00 pm – 9:00 pm Welcome Reception and Early Registration, Entertainment provided by Stan Wesley

Tuesday October 16, 2018

8:00 am Sunrise Ceremony-Front Patio

7:30 am – 8:45 am Breakfast (provided) and Registration

8:45 am- 9:15 am Opening Prayer, ORAPC Welcome Remarks, Housekeeping

9:15 am – 10:45 am **Opening Keynote Address**

Dr. Adele Diamond

Understanding the Mechanisms by which Adverse Childhood Experiences can have Long-term Adverse Consequences

10:45 am – 11:00 am Break and Networking

11:00 am – 12:30 pm Concurrent Workshops – *some workshops are 1.5-hours and will be run twice. Some are 3-hours and will be run once- workshop lengths are listed*

1A

Mental Health First Aid

Presenter:

Brenda Johnson

This session is **12 hours** in total and will run in each workshop time slot.

If you choose this session, you will attend only this workshop for all 3 days- maximum attendance is 25 people

1B

Problem Gambling and Digital Dependency

Presenters:

Lisa Jackson & Amanda Fobister

1.5-hour workshop

Run twice

1C

A brief Overview of Indigenous Human Trafficking and Culture-based Trauma Informed Practices

Presenter:

Colin Graham

1.5-hour session

Run twice

1D

Relapse Prevention and Aftercare

Presenter:

John Dulude

1.5- hour session

Run twice

1E

Epigenetics

Presenter: Carol Hopkins

1.5- hour session

Run twice

12:30 pm-1:30 pm Lunch

1:30 pm – 3:00 pm **Concurrent Workshops**

2A

Mental Health First Aid Continued

2B

Problem Gambling and Digital Dependency

Presenters:

Lisa Jackson & Amanda Fobister

1.5-hour workshop

Run twice

2C

A brief Overview of Indigenous Human Trafficking and Culture-based Trauma Informed Practices

Presenter:

Colin Graham

1.5-hour session

Run twice

2D

Relapse Prevention and Aftercare

Presenter:

John Dulude

1.5- hour session

Run twice

2E

Epigenetics

Presenter: Carol Hopkins

1.5- hour session

Run twice

3:00 pm – 3:15 pm Break and Networking

3:15 pm – 3:30 pm ORAPC Introduction- Kimberly Snake

3:30 pm – 4:30 pm **Stoodis- We are NNADAP- Together we are Stronger**

7:00 pm Paint Nite (pre-registration required)- North Ballroom

Wednesday October 17, 2018

7:30 am – 8:30 am	Breakfast (provided)			
8:30 am- 8:45 am	Welcome and Opening Prayer			
8:45 am – 10:00 am	Keynote address by Emmy Mitchell Ancient Teachings			
10:00 am – 10:30 am	Break and Networking			
10:30 am – 12:00 pm	Concurrent Workshops: <i>these sessions are all 3 hours in length and will run over both workshop session time blocks on Wednesday</i>			
3A Mental Health First Aid Continued	3B Opioid Addiction and First Nations <i>Presenter: Mae Katt</i> <u>3- hour workshop</u>	3C A Journey in Rainbow Moccasins <i>Presenter: Teddy Syrette</i> <u>3-hour workshop</u>	3D Using Traditional Medicines for Self- Care and Healing <i>Presenter: Kelly Jeffords</i> <u>3-hour workshop</u> <u>30 people maximum</u>	3E Healing the Wounded Warrior: Personal Effectiveness for Men <i>(This session is open to males only)</i> <i>Presenter: Don Burnstick</i> <u>2.5-hour workshop</u>
12:00 pm – 1:00 pm	Lunch-			
1:00 pm – 2:30 pm	Concurrent Workshops <i>continued</i>			
2:15 pm – 2:45 pm	Break and Networking			
2:45 pm – 4:00 pm	De Ba Gee Mon-Telling your Story, Sharing our Successes			
6:00 pm	Banquet Dinner			
8:00 pm	Comedy Show with Don Burnstick			

Thursday October 18, 2018

7:30 am – 8:30 am	Breakfast (provided)			
8:30 am- 8:45 am	Welcome and Opening Prayer			
8:45 am – 10:15 am	Concurrent Workshops			
4A Mental Health First Aid Continued	4B Reawaken the Mind, Body and Spirit <i>Presenter: Emmy Mitchell</i> <u>3-hour session</u>	4C Indigenous HIV/AIDS 101 <i>Presenter: OAHAS</i> <u>1.5-hour session</u> <u>run twice</u>	4D Healing Through Song <i>Presenter: H.Neil Monague</i> <u>1.5-hour session run</u> <u>twice</u>	4E Breaking the Cycle: Methods and Strategies for Protecting Children against, and Recovering from, Adverse Childhood Experiences and PTSD <i>Presenter: Dr. Adele Diamond</i> <u>1.5-hour session Run once</u>
10:15 am – 10:30 am	Break and Networking			
10:30 am – 12:00 pm	Concurrent Workshops <i>continued</i>			
5A Mental Health First Aid Continued	4B continued Understanding Healing, Grieving and Condolences Continued	5C Indigenous HIV/AIDS 101 <i>Presenter: OAHAS</i> <u>1.5-hour session</u> <u>run twice</u>	5D Healing Through Song <i>Presenter: H.Neil Monague</i> <u>1.5-hour session run</u> <u>twice</u>	
12:00 pm – 1:00 pm	Lunch			
1:00 pm – 2:15 pm	Naloxone Training Mae Katt			
2:15 pm – 3:00 pm	Wrap Up and Final Comments			

Workshop Descriptions

Mental Health First Aid is a 9- hour workshop and will run during every workshop block over the 3- day conference

All other sessions on Tuesday October 18 are 1.5 hours long and are running twice.

You will be able to attend 2 different sessions on Tuesday.

1A/2A/3A/4A/5A

Mental Health First Aid- 12 HOURS OF TRAINING OVER 3 DAYS

Presenter: Brenda Johnson

Mental Health First Aid is the help provided to a person developing a mental health concern or experiencing a mental health crisis. Just like physical first aid is provided until medical treatment can be obtained, MHFA is given until appropriate support is found or until the crisis is resolved.

In MHFA Training, you will:

- Gain awareness & understanding of common mental health concerns
- Promote recovery of good mental health
- Provides comfort to a person experiencing a mental health concern
- Learn steps to encourage someone to access help

1B/2B- 1.5-hour session run twice

Problem Gambling and Digital Dependency

Presenters: Lisa Jackson and Amanda Fobister

The OARGP-WG presentation will discuss how to recognize when someone has a problem and offer self-Help and treatment options for people with a problem.

With the rise in the use of social media, we will explore Internet and technology use (with a focus on safety concerns and making informed decisions), Social media, Video games and gaming and Internet gambling as well as offer steps to take to stay safe and reduce potential harms of tech use.

1C/2C 1.5-hour session run twice

A Brief Overview of Indigenous Human Trafficking and Culture-Based Trauma Informed Practices

Presenter: Colin Graham

Collin will discuss briefly about the impacts of colonial history and how it plays into contemporary vulnerabilities of Indigenous peoples. There will be experiential learning processes as well as obtaining tools on how to take control over your trauma. He will be discussing the power of language and how to change our narratives for the betterment of ourselves and community.

1D/2D 1.5-hour session run twice

Relapse Prevention and Aftercare

Presenter: John Dulude

This workshop will explore how to create, organize and facilitate Aftercare Groups. John will discuss how we can intertwine Abstinence based facilitation with Harm Reduction treatments. He will also review what relapse prevention strategies we use with our clients to help them improve the quality of their lives.

1E/2E 1.5-hour session run twice

Epigenetics

Presenter: Carol Hopkins

Epigenetics is the study of how environmental factors and experiences can alter how our genes are expressed without changing the DNA sequence. Everyone is born with unique DNA, which cannot change. However, researchers now know that experience can make DNA 'tags' which attach themselves to genes, making them turn on or off. While the same DNA is still present, it may not work, or may work differently, which ultimately means the role of that DNA has changed. This altered state is not permanent. Thunderbird's interest in epigenetics work is connected to the recent movement to study epigenetics in the realm of addictions, trauma and mental health. The work in epigenetics is in

Wednesday October 17, 2018

***** Please note that on the Afternoon of Wednesday October 17,2018 will be holding

De Ba Gee Mon-Telling your Story, Sharing our Successes

This plenary session will provide an environment for discussion, networking and collaboration by allowing everyone the opportunity to share best practices in addictions prevention and counselling from their communities. This will be an opportunity to network and share resources and learn about the positive programs and services that are taking place in different communities.

This is your chance to share some of the successes and great programs that are happening in your community!

Wednesday October 17, 2018 Sessions

All sessions on this day are **3-hours** long and run once over the two-time blocks. You will be able to attend one workshop on this day.

3B 3-hours long

Opioid Addiction and First Nations

Presenter: Mae Katt

Objectives:

1. To highlight Suboxone programs and community wellness in underserved areas
2. To review strategies to increase access to treatment and wellness with culture and land as foundation
3. To provide the context to understand the experience of First Nations and historical harms
4. To facilitate a discussion of Ontario and the changing treatment landscape
5. To explain how Nurse Practitioners can work with First Nations to address the opioid epidemic and overdoses

3C3-hours long

A Journey in Rainbow Moccasins

Presenter: Teddy Syrette

A Journey in Rainbow Moccasins is an interactive presentation that focuses on Indigenous-LGBTQ2S+ (lesbian, gay, bisexual, trans, queer/questioning, 2-Spirit+) communities. This workshop is designed to challenge what people know and what they don't know about Indigeniety, gender, gender expression, sexuality/romantic attraction. Folks will discuss topics and participate in a 2S/QTIP (Queer-Trans Indigenous Person) Wellness Cycles that provides an overview of everything that is discussed in the workshop. This workshop is open to audiences of any ages and incorporates storytelling, allyship building and humour.

3D3-hours long

Using Traditional Medicines for Self-Care and Healing

Presenter: Kelly Jeffords

This is a uniquely designed workshop for front-line workers and staff. Traditional medicines, teachings and prayers will be used to assist and direct conversations around the hard work that is provided within communities.

Participants will engage in a hands-on approach to identify their strengths and how to use them in a positive way. We will discuss how to take personal responsibility for one's own healing and how to promote self-care while working with clients in their communities.

3E3-hours long- this session is open to men only

Healing the Wounded Warrior: Personal Effectiveness for Men

Based on the traditional concept that men are warriors, protectors and providers for their families and communities, many of our men have been led off their path through addictions, unresolved grief and repressed issues. This workshop helps men develop skills needed to address these areas and become true modern day warriors.

Thursday October 18, 2018 Sessions

Sessions on this day are a mixture of 1.5- hour sessions run twice and 3- hour sessions run once. Please pay attention to the length of the workshop you are signing up for.

4B- 3-hour session

Reawaken the Mind, Body and Spirit

Presenter: Emmy Mitchell

This session will cover the following information:

- The Power of Prayer and how our thoughts, words and ideas affect our daily lives.
- The Healing Process Utilizing the Medicine Wheel to demonstrate how the emotional, spiritual, physical and social aspects, affects us today.
- Past Lives and Soul Retrievals- Presenting information about the effects of these oldest teachings that have faded from our ancient oral traditions.
- Pillars of Life –To internalize each aspect as you begin to walk your own healing journey.
- Grounding, releasing your energy and self –protection-To learn and practice self-care methods.
- The Good Mind-what does it mean and what it can do.
- Journaling-Keeping a log of dreams and intuitions.

4C/5C- 1.5-hours long- run twice

Indigenous HIV/AIDS 101

Presenter: OAHAS

Learn the basics of HIV and AIDS, including how to prevent HIV transmission, get tested, start treatment, and live a healthy life with HIV.

4D/5D-- 1.5-hours long- run twice

Healing Through Song

Presenter: H.Neil Monague

Neil has been travelling the red road since 1988. He is an alcoholic and has been sober for 33 years. He started singing in 1994 when he made his first drum. That drum travelled with him for 22 years working for the people. The retired drum has helped people mentally, physically, spiritually and emotionally. This workshop will help participants to discover why song is important in our life.

4E- - 1.5-hours long- run once

Breaking the Cycle: Methods and Strategies for Protecting Children Against and Recovering from Adverse Childhood Experiences and PTSD

Presenter: Dr. Adele Diamond

Adverse Childhood Experiences (ACEs) constitute a huge societal and public health problem. The single greatest mitigating factor is terrific mothering – responsive parenting by a caring, warm adult. This does not have to come from the child's mother or even a relative. This can completely override the effects of early adversity or disadvantage. The most important predictor of the success of an early childhood program, psychotherapy, or a parent-child relationship is that the child feel that his/her teacher, therapist, or parent really, truly cares about him or her. Your love -- your openness to truly listen; being there for a child when he or she needs you -- is more important than your knowledge or skill or doing the textbook-perfect thing. So relax; you don't need to have read all the books or have expensive toys or gadgets.

We need to routinely consider that a child or adult might be acting in the most awful manner because he or she has been terribly hurt and is afraid of being hurt again, and so may try to push you away before you have a chance to reject him or her or test you to see if are really someone he or she can feel safe with. If we see the behavior as coming from hurt, we can react completely differently.

Children and adults need to know they are valued and that you care about them. They need to see that you believe in them and they need do-able challenges to see for themselves that they are capable. They need to feel proud of who they are and where they come from. For recovery, it is essential that First Nations communities advocate for their rights, reclaim their history, relearn their traditional ways, and embrace their culture and language.

For recovery, a person needs to feel safe and feel part of a supportive community. People need to be able to express their feelings and have someone to talk to. Painful feelings can last forever unless they are faced head on and addressed. Once they are voiced, they often lose their power just because they have seen the light of day. Drugs like MDMA and 3MMC can make it possible to talk about horrific pain without being re-traumatized. They can be an immense aid to healing.

Re-storying your life and having a purpose (a reason to get up in the morning) can also be huge aids to healing. The bad things that happened to you or were done to you were not your fault. It can make all the difference if you can create a life where your past ordeals and suffering help or enable you to be better able to help others or in some way have something good emerge from what had been so horrible. In this way, a person can create a counter-narrative – instead of being a victim, you can re-story your life so you are a survivor or champion.

Important Information

TRAVEL

- We will *only* cover the cost of NNADAP Air Travel booked through our travel agent.
- ******Once you book your flights, any changes made are YOUR OWN responsibility. No Exceptions.**
- Travel dates for the conference are **Monday October 15, 2018 and Thursday October 18, 2018**. Hotel and meals will not be covered outside of these days unless you **must** leave earlier or later due to flight scheduling to or from your home community.
- Please do not book your return flights before 5 pm on Thursday October 18, 2018
- All NNADAP Workers requiring air travel must contact Donna Mills at Happy Time Tours to book your travel. Donna can be reached at 1-800-473-5955/ 1-807-473-1286 or dmills@httours.com .
- Travel **must** be booked by September 21, 2018.
- **If you do not book travel prior to September 21, 2018, you will be responsible to cover your own travel costs and will be reimbursed the cost of the ticket should it have been purchased on Sept. 21, 2018**
- You **must** provide the following information to Donna when booking your travel:
 - Full Legal Name as it appears on your ID: – Date of Birth:
 - Where you will be flying from: – Date of travel to Sault Ste Marie:
 - Date of Return Travel: – How many pieces of luggage you will be checking in
- **If you make travel arrangements and fail to show up for your flight without cancelling ahead of time, your band will be billed for the travel costs and accommodations (if applicable).**
- Those who are driving will be reimbursed at \$0.53 per KM based on Map Quest travel distances. Travel Reimbursement Forms will be available at the Conference. Mileage will only be reimbursed if this is the

cheapest mode of transportation. (i.e. if flight from your community is \$600 and mileage totals \$800, you will be reimbursed \$600)

- The least expensive route of travel will be reimbursed- i.e. if you live in Kenora and need to get to Sault Ste. Marie, mileage from Kenora to Winnipeg airport will be covered, not Kenora to Thunder Bay as Winnipeg airport is closer

HOTEL ACCOMMODATIONS

Hotel accommodations will be booked by the conference coordinator using the information provided on your travel itinerary. Conference Coordinator will forward you your hotel confirmation during the first week of October.

EXPENSE REIMBURSEMENT

- NNADAP Workers will receive reimbursement for mileage, taxi and meals not provided at the conference after the Conference by completing a Travel Reimbursement Form by **December 14, 2018.**
- Meals for travel days will be reimbursed at the following rates:
Breakfast \$14.05 Lunch \$13.50 Supper \$38.40
- The following meals will be provided at the conference and **will not** be reimbursed: Breakfast and Lunch on Tuesday, Wednesday and Thursday and supper on Wednesday.

REGISTRATION FEE

- The **\$250 registration deposit** for NNADAP Workers is non-refundable. Registration is not complete until registration payment cheque is received.
- There are 150 spaces available for NNADAP workers to attend this conference. This conference has reached capacity for the last four years. It is recommended you register early to avoid being placed on a wait list

CONFERENCE VENDORS/EDUCATIONAL DISPLAYS

- The Ontario NNADAP Conference offers opportunity to market products and services. There is no fee for educational booths. Vendor booth fee is \$200. Contact the Conference Coordinator by email at kcconsulting@shaw.ca or 807-621-6225 to reserve a Conference booth. Vendors are requested to provide a door prize at the conference.

Registration Deadline: September 21, 2018

Registrations will be accepted on a first come first served basis. Please register early to secure your seat at the conference.

**Please forward completed forms to Kari Chiappetta, Conference Coordinator either via
Fax 807-577-6800 or email kcconsulting@shaw.ca
Should you have questions, contact Kari Chiappetta at 807-621-6225**

REGISTRATION

Please complete and return both the registration and the workshop selection page

Name: _____ Job Title: _____

Organization: _____

Office Address _____ Office Phone _____

Email _____ Office Fax: _____

Please indicate any special diet or accommodation needs: _____

How will you be travelling to Sault Ste. Marie (please circle) FLYING DRIVING BUS

Will you require over night accommodations on your way to or from Sault Ste. Marie? Yes No

If yes, in what city and on what nights will you require a hotel room?

If you are driving, will you be ride sharing with a colleague? YES NO

If Yes, please indicate who you will be driving with and who will be receiving mileage reimbursement:

Banquet

Check this box if you plan on attending the banquet on Wednesday evening (free for participants)

Paint Nite

We will be hosting a paint nite for delegates on Tuesday October 16, 2018. Space is limited for this event. Please indicate if you wish to attend paint nite.

I have read the above travel information and understand the travel arrangement process (please initial)

NNADAP Workers Signature _____ Date: _____

*****Please have your supervisor sign below before submitting your registration form*****

I supervise the above-named person and verify they are the NNADAP worker in our community. I am aware that if the above-named person books air travel and fails to show up for their flight without cancelling, our band will be billed for the cost of travel and accommodations (if applicable). I am also aware that all travel must be booked through the NNADAP travel agent by Sept. 21, 2018. If booked after Sept. 21, NNADAP worker is responsible for making and paying for own travel and will be reimbursed the cost of the ticket based on fares from Sept. 21, 2018

Supervisors Signature _____

DELEGATE NAME _____

WORKSHOP SELECTIONS

PLEASE CIRCLE THE WORKSHOPS YOU WISH TO ATTEND

****IF YOU CHOOSE MENTAL HEALTH FIRST AID- THAT IS THE ONLY WORKSHOP YOU WILL SIGN UP FOR AS IT IS 9 HOURS LONG**

Tuesday Workshops

All sessions on Tuesday except Mental Health First Aid are 1.5-hours long and will be run twice

11 am - 12:30 pm	1A/2A Mental Health First Aid This session is 9-hours and runs over every time block	1B Problem Gambling and Digital Dependency 1.5 -hours	1C A Brief Overview of Indigenous Human Trafficking and Culture-Based Trauma Informed Practice 1.5- hours	1D Relapse Prevention and Aftercare 1.5-hours	1E Epigenetics 1.5-hours
1:30 pm - 3 pm		2B Problem Gambling and Digital Dependency 1.5 -hours	2C A Brief Overview of Indigenous Human Trafficking and Culture-Based Trauma Informed Practice 1.5- hours	2D Relapse Prevention and Aftercare 1.5-hours	2E Epigenetics 1.5-hours

Wednesday Workshops

All sessions are 3 hours long. Delegates choose one session to attend this day

3-hour session	3A Mental Health First Aid Continued	3B Opioid Addiction and First Nations	3C A Journey in Rainbow Moccasins	3D Using Traditional Medicines for Self-Care and Healing	3E Healing the Wounded Warrior: Personal Effectiveness for Men (this session is open to men only)
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Thursday Workshops

All sessions are 3 hours long. Delegates choose one session to attend this day

8:45 am - 10:15 am	4A/5A Mental Health First Aid Continued	4B/5B Reawaken the Mind, Body and Spirit 3-hours- run once	4C Indigenous HIV/AIDS 101 1.5-hours- run twice	4D Healing Through Song 1.5-hours-run twice	4E Breaking the Cycle: Methods and Strategies for Protecting Children Against and Recovering from ACE's and PTSD 1.5 hours- run once
10:30 am - 12 pm			5C Indigenous HIV/AIDS 101 1.5-hours- run twice	5D Healing Through Song 1.5-hours-run twice	

Mail \$250 Registration Deposit Cheques Payable to:

Native Horizons Treatment Centre

C/O Kari Chiappetta Consulting

210 West Moodie Street Thunder Bay ON. P7E 5A4

Registration Deadline: September 21, 2018

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Please forward completed forms to Kari Chiappetta, Conference Coordinator either via

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Should you have questions, contact Kari Chiappetta at 807-621-6225