



Bienvenue **Pijàshig**
 Weltasualul **Tungasugit**
 Tansi **Bi-zhaazhig**



WELCOME

Walking the RED Path Project

Phase 3 Staff Workshop



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The Native Women's Association of Canada

NWAC's Mission Statement
 Advocate for and inspire Indigenous Women, Girls, Two-Spirit, Transgender, and Gender Diverse People and Families of many Indigenous Nations.

NWAC's Vision Statement
 We envision an inclusive world that understands and respects the diversity and uniqueness of all Indigenous Women, Girls, Two-Spirit, Transgender, and Gender Diverse People and their Families.




2



What is Walking the RED Path?

Re-forging connections,
Empowering Indigenous women to heal, and
Driving change for a healthy future

A project designed by and for Indigenous Women, Two-Spirit, Transgender & Gender Diverse folks with experience of incarceration.



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Project Goals

Increase knowledge & awareness of Sexual Transmitted Blood Borne Infections (STBBIs)

Prevent transmission & improve access to health, social & support information & services.

Identify needs & barriers to services

Improve health & well-being for our communities in a unified way.

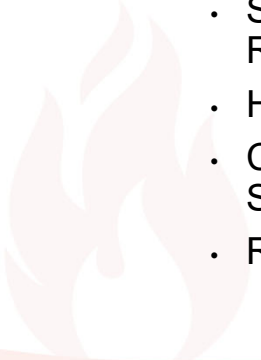


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Trigger Warning & Collective Intentions: Ways of Being Together

- Practice Active Listening
- Speak with Intention and Respect
- Honor the Circle
- Create a Safe and Inclusive Space
- Reflect on Teachings
- Acknowledge & Accept (Experiences of Others)
- Allow Space for Emotions
- Protect Confidentiality
- Embrace Humility
- Commit to Reciprocity
- Pause When Needed



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Note on Terminology...

Treaty	Agreements between Indigenous Nations and the Crown, defining mutual rights and responsibilities.
Status Vs. Non-Status	Legal recognition of rights under government agreements vs. lack of formal recognition.
Settlements	Areas where Indigenous peoples were forcibly relocated due to colonial policies, impacting traditional ways of life.
Womxn	Acknowledging that colonial systems excluded diverse identities- Womxn is used to include 2SLGBTQIAA+, Indigiqueer, Gender Diverse and Women).

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Why Do We Need to Learn This?

Making Change	Wellbeing & Growth	Rebuilding Trust	Shared Humanity
Indigenous Women (50%)	Reconciliation & Better Future	Traditional Role Reclamation	Indigenous Healthcare & Rights Matter
Cultural Safety & Empowerment	Reducing Harm, Promoting Healing	New Info, Healthier Community	Humanizing People, Looking at Systems
Resilient & Inclusive Workplaces		Positive Systemic Change	Cultural Skills & Knowledge



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Why Distinction-Based Approaches Matter



Image from: QueensU

- Each group—First Nations, Inuit, and Métis—has unique languages, ceremonies, and experiences shaped by their histories.
- Over 70 Indigenous languages
- More than 600 Indigenous communities.
- Recognizing distinctions avoids generalizations & fosters respect for diverse cultures & traditions.



First Nations

- Non-status and status who are neither Inuit nor Métis.
- Over 630 unique communities across Turtle Island

Inuit

- Peoples of the Arctic- Canada, Greenland, Russia, & Alaska (Inuit Nunangat).
- In Turtle Island (Canada),
 - 4 distinct regions: Nunatsiavut, Nunavut, Nunavik, & Inuvialuit,
 - 53 communities.

Métis

- Descendants of Indigenous Womxn & European settlers
- Communities & settlements located primarily across the Prairies.





Doctrine of Discovery

- A set of ideas created by European powers in the 1400s.
- Claimed lands not ruled by Christians could be “discovered” & controlled.
- Ignored the sovereignty and existence of Indigenous peoples.
- Impacts:
 - **Land Theft:** Indigenous lands claimed without consent.
 - **Erosion of Sovereignty:** Indigenous governments ignored.
 - **Cultural Erasure:** Indigenous traditions and languages suppressed.
 - **Systemic Oppression:** Foundation for policies like the Indian Act & residential schools.



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A Simple Analogy

- Imagine someone walking into your home.
- Declares, “I discovered this place. It’s mine now.”
- Ignores you, your family, your history and throws you out.

Why It Still Matters Today

- Set foundations for legacy of colonization & systemic racism.
- Impacts are visible in land claims, drinking water crises, & education disparities.
- Understanding the Doctrine is key to dismantling its legacy.



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Treaties: Agreements Between Nations

- Agreements built on shared responsibilities & relationships
- Indigenous perspectives: sacred promises connecting people to one another, the land, & the Creator.
 - concepts like "a plough's length"—only the top soil for agriculture was to be shared, leaving everything below, including minerals & traditional lands, for Indigenous stewardship.
- "We are all Treaty People": balance & shared benefit—Treaties apply to everyone.



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 <p>Land Claims & Treaties</p>	<p>Past</p>	<p>Early treaties excluded Inuit & Métis peoples- left without formal recognition or protections.</p> <p>Inuit came under federal responsibility in 1939, disrupting traditional governance- now five legally recognized Land Claim Agreements</p>
	<p>Modern Agreement</p>	<p>Provide land, financial compensation, & self-governance tools.</p>
	<p>Modern Treaties</p>	<p>Restore control over their territories & rights, ensuring their voices guide decisions.</p>



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Métis Recognition

2015 Supreme Court decision: 200,000 Métis & 400,000 non-status Indigenous peoples recognized


Métis continue to advocate for programs, services, & recognition of their unique cultural & political identity

Excluded from Indian Act- cultural & political challenges

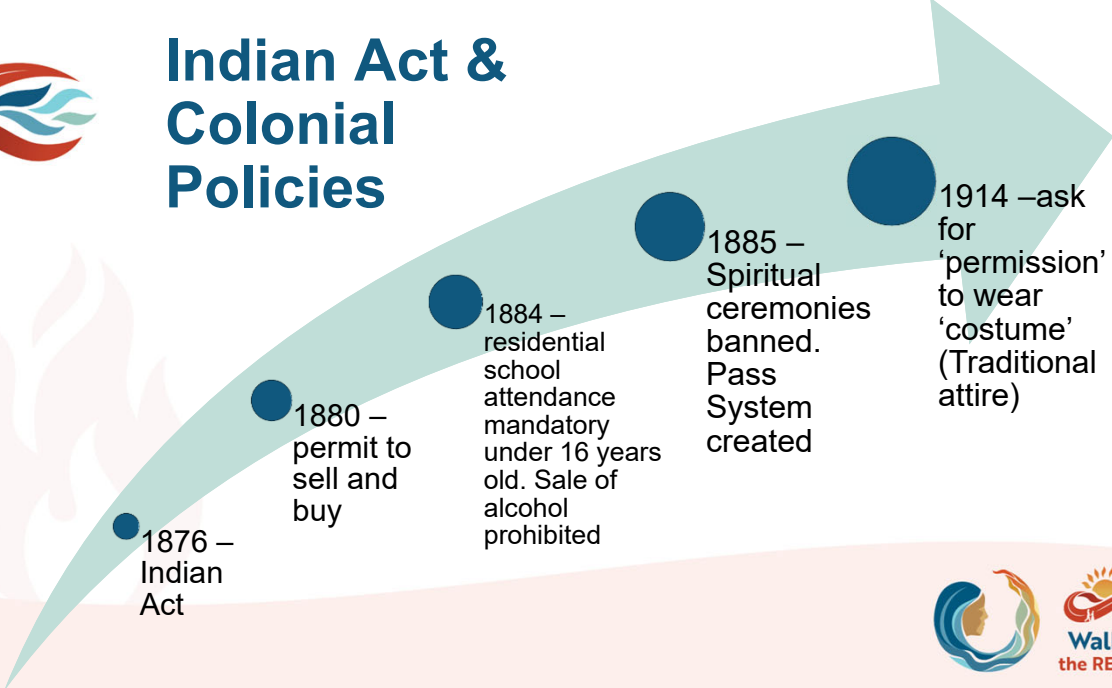
1930s: Alberta passed Métis Population Betterment Act: 8 Métis settlements recognized in Turtle Island

Scrip System: forced Métis individuals to apply for land entitlements- leading to loss of land & displacement



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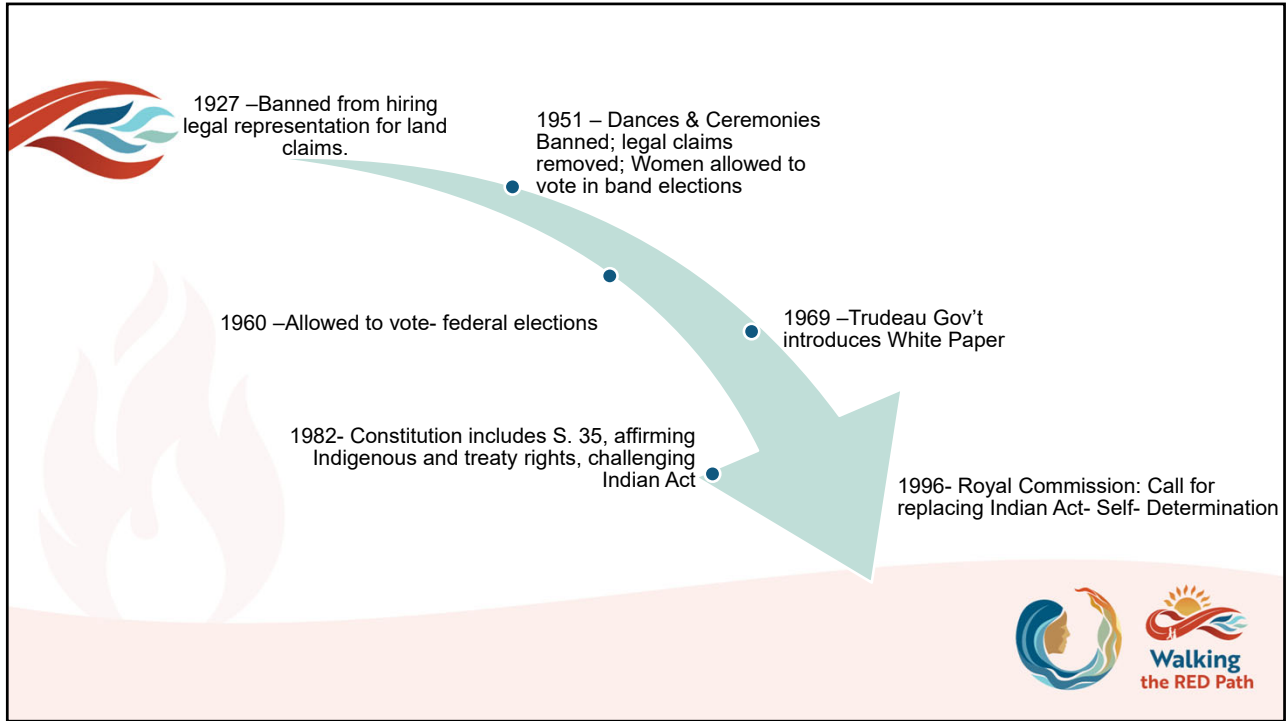
Indian Act & Colonial Policies



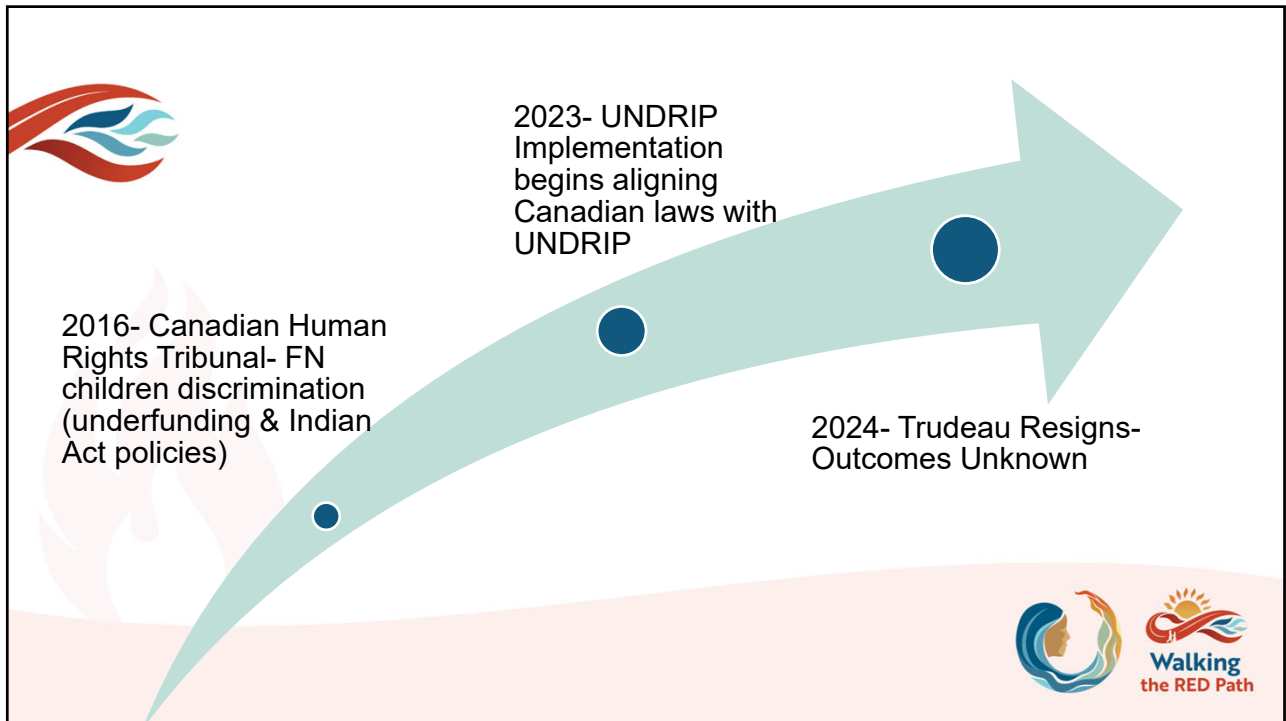
- 1876 – Indian Act
- 1880 – permit to sell and buy
- 1884 – residential school attendance mandatory under 16 years old. Sale of alcohol prohibited
- 1885 – Spiritual ceremonies banned. Pass System created
- 1914 – ask for ‘permission’ to wear ‘costume’ (Traditional attire)

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Indigenous Rights

- Treaties pledged shared land use & resources (education, health, food)
 - many promises were broken.
 - settlers exploited treaties
 - land loss, discrimination, & ongoing injustices.
- Section 35 of the Constitution recognizes & affirms treaty & Indigenous rights.
- Indigenous Rights are collective rights as the original peoples of Canada
 - protecting culture, land, and self-determination



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Residential School System



Image from: CBC

- Operated from 1880s to 1996
- Funded by Canadian government
- Run by churches
- Portrayed as schools
- Designed to forcibly assimilate Indigenous children
- Separated children from families
- Banned Indigenous languages, cultures, & traditions.
- Survivors & families still experience intergenerational trauma.



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Day Schools

- The Canadian government and the Roman Catholic, Anglican, United, and Presbyterian churches operated nearly 700 Indian Day Schools
- Indian Day Schools operated from the 1860s to 2000s.
- Abuse and assimilation experienced in Day Schools contributed to intergenerational trauma, and to the erasure of culture & language cultural and linguistic erasure.



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New Systems, Same Goals, More Harms

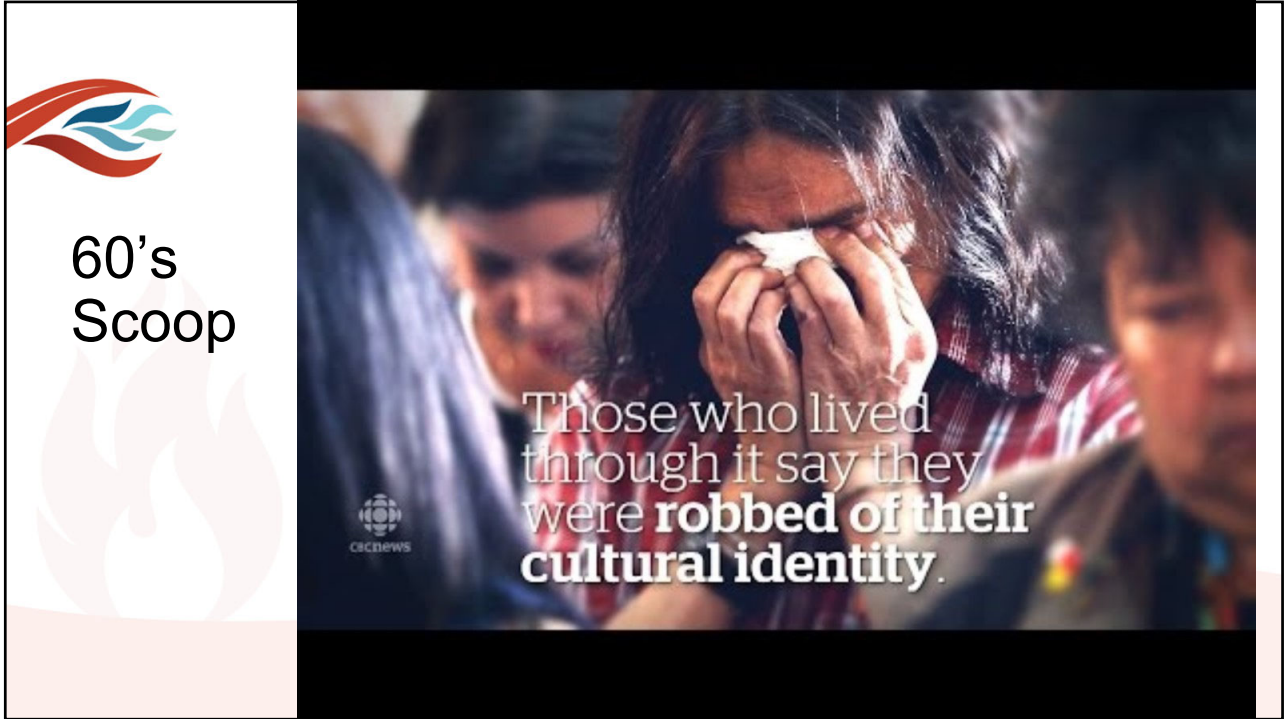


Image from: Ammsa .com

- Residential school staff & Indian agents transitioned into roles within the child welfare system.
- Same mentality of control and assimilation, perpetuating harm across generations.
- Systemic patterns have ongoing and lasting impacts.



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Millennial Scoop or Millennium Scoop



Image by: Fiona Tung

- The Millennial Scoop was coined to describe the alarming rate at which Indigenous children continue to be brought into the child welfare system and spans the early 1980s to today.

“Is the care system broken, or working exactly as designed — to wipe out Indigeneity?” - CBC



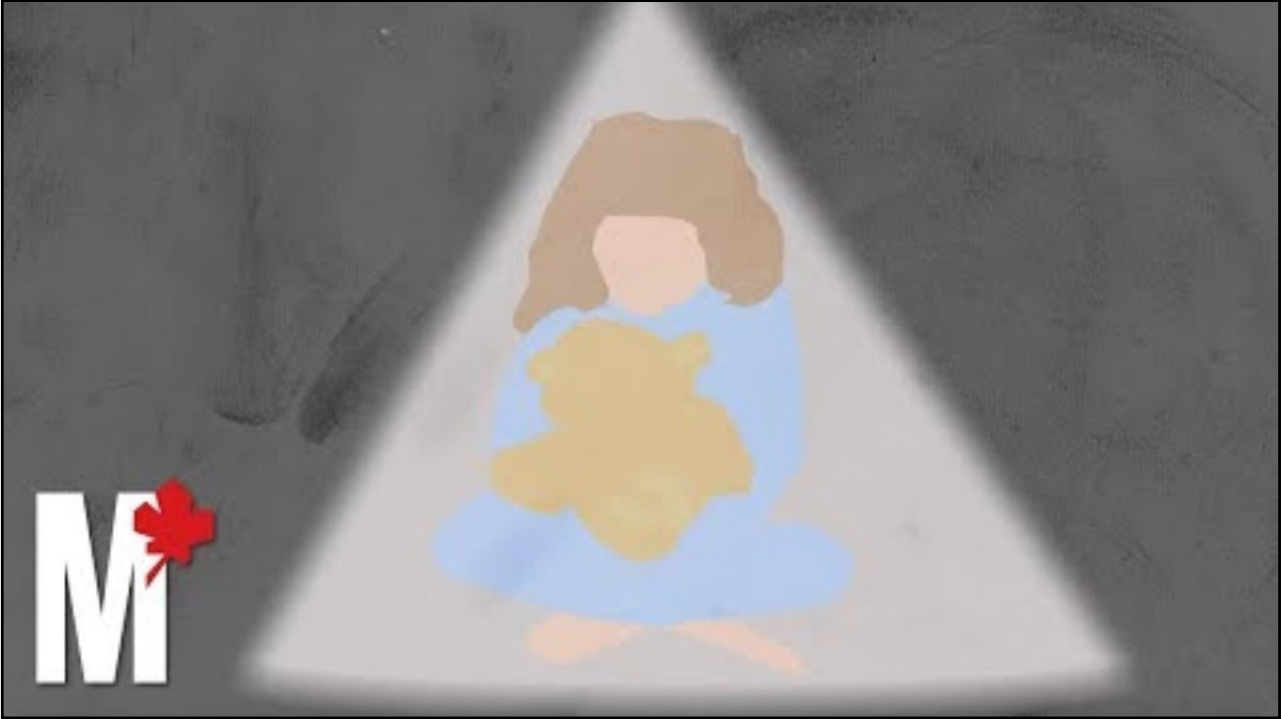


Indigenous Child Overrepresentation in the Foster Care System

- **Over 3% of Indigenous children** living in private households in 2021 **were in foster care** compared to **0.2%** for non-Indigenous children
- **Two-thirds** of Indigenous children who have been in foster care and/or adopted connect with the criminal justice system – this is called the **foster care to criminal justice pipeline**.



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Why is there a Foster Care to Criminal Justice Pipeline?

The foster care to criminal is a complex issue that is interconnected with multiple factors including:

- Childhood maltreatment and abuse increase the risk of individuals ending up in the criminal justice system.
- Foster care is a form of Adverse Childhood Experience (ACE)
- Prior to entering foster care, children often experience parental abuse, neglect, and maltreatment
- Children in foster care also economic hardships, negative self-identity, involvement in gangs, and behavioral problems such as substance abuse.




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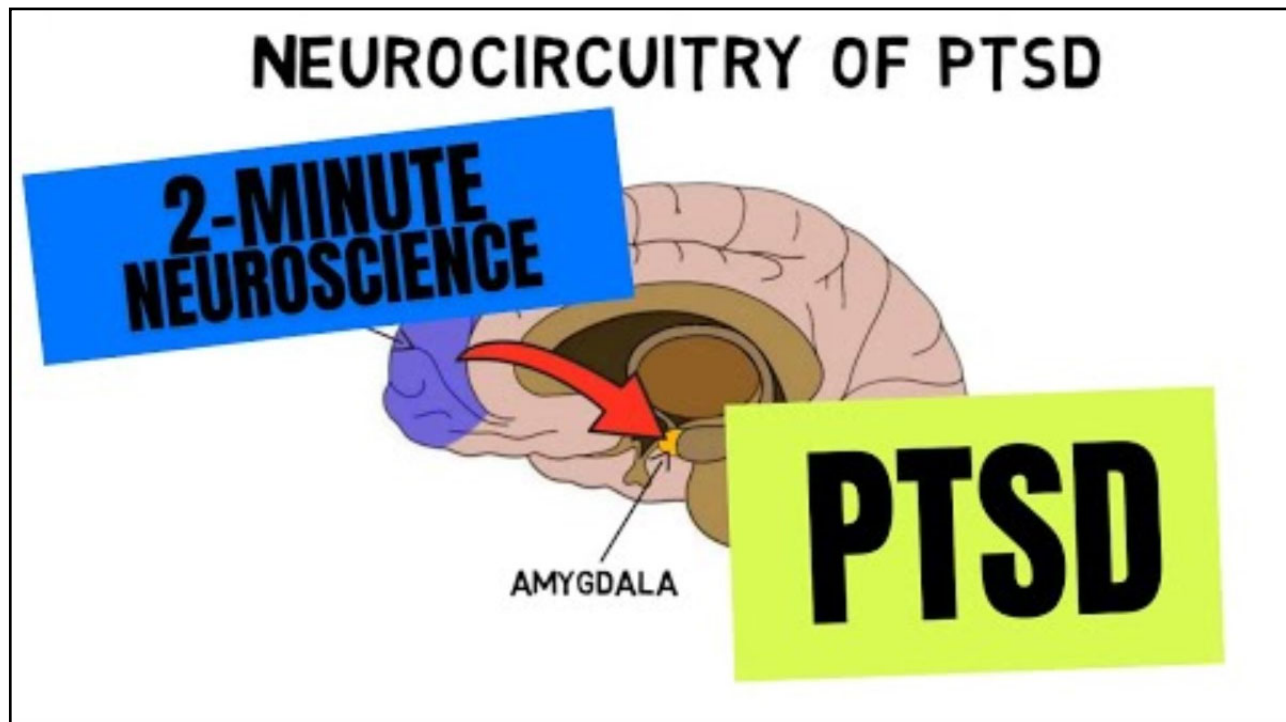


Intergenerational Trauma


- Transmission of traumatic experiences and psychological effects from one generation to the next.
- From events like war, natural disasters, genocide, slavery, or cultural oppression.
- Can be passed down through various mechanisms.
- Can lead to mental health issues (i.e., anxiety, depression) and post-traumatic stress disorder (PTSD).
- Healing involves acknowledging the historical roots, seeking therapy or support, and fostering resilience and empowerment.



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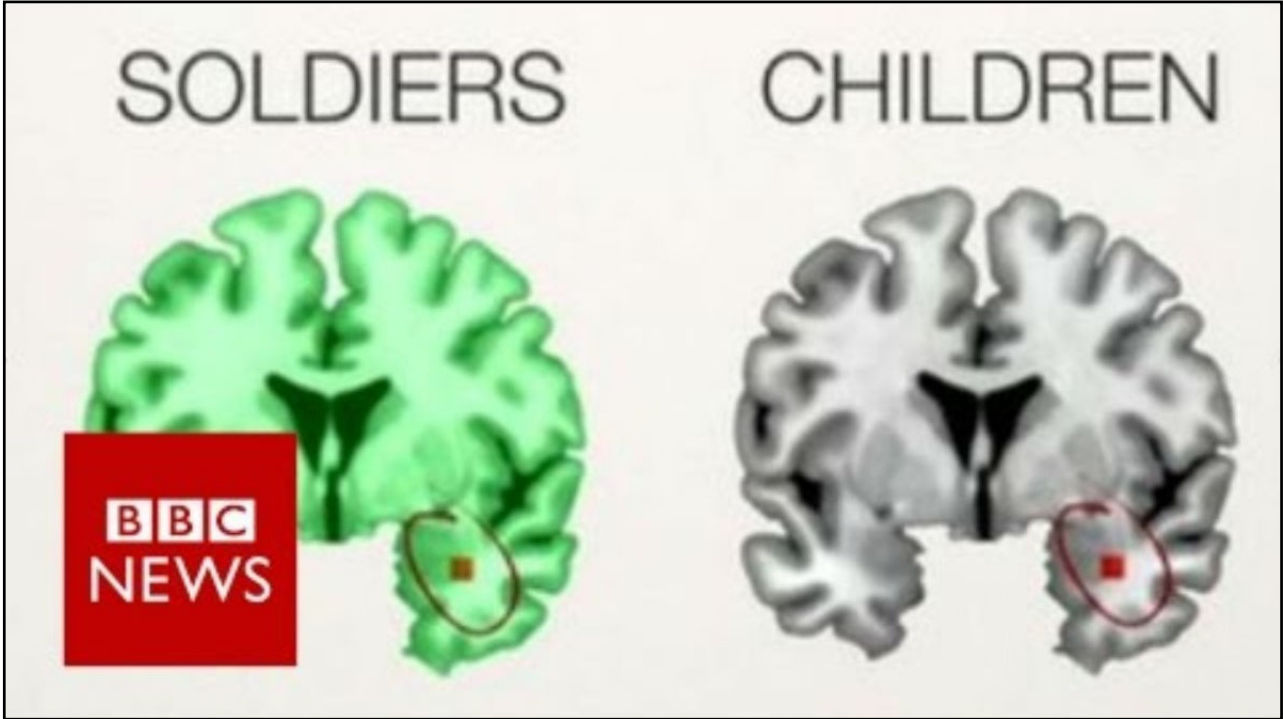
Adverse Childhood Experiences (ACEs)

- Adverse Childhood Experiences (ACEs) are traumatic or distressing events that occur during a person's childhood
- These experiences are associated with a higher risk of various health and social problems later in life.
- **ACEs can be mitigated with the right supports & environment.**





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Adverse Childhood Experiences (ACEs)

- physical, emotional, or sexual abuse
- neglect, witnessing violence,
- poverty, homelessness
- loss of a loved one, divorce
- substance abuse, domestic violence
- separation from parents
- other significant stressors.

All Indigenous peoples have a connection to intergenerational trauma & ACEs.

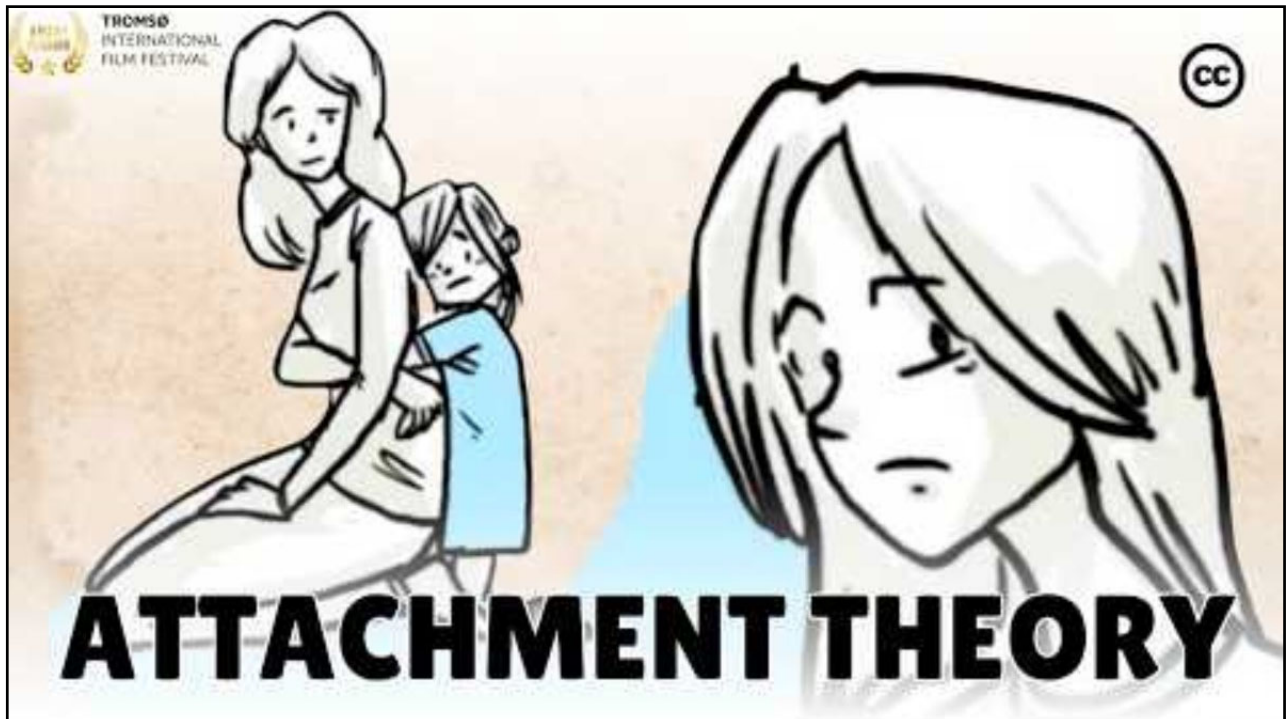



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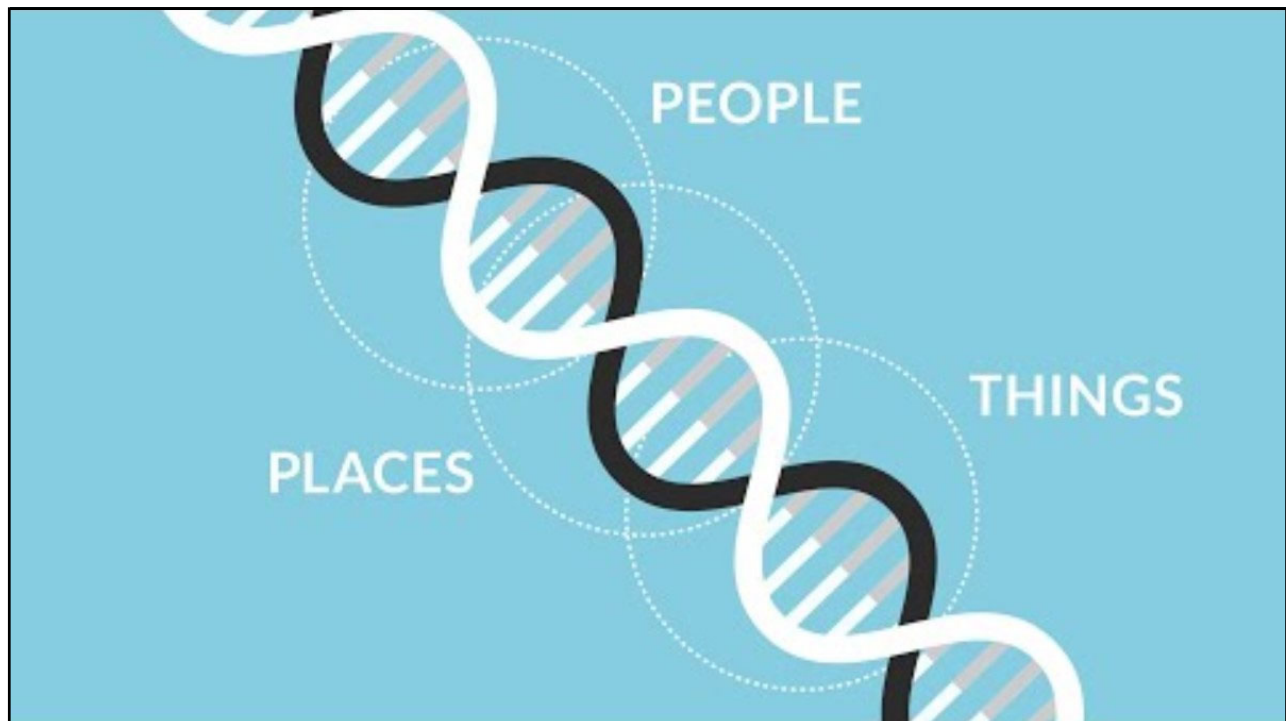


Epigenetics


- Changes in gene expression influenced by environmental factors
- Trauma can lead to lasting epigenetic changes in individuals
- Understanding these mechanisms is crucial for addressing the persistence of trauma-related effects for individuals, across generations and to develop interventions that promote resilience.
- Epigenetics tells us that:
 - Trauma and the behavioral and neurological changes that result, imprint on our genes, changing our DNA, altering the DNA of children and future generations
 - The trauma of our ancestors has adjusted the way we interact with the world



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Eugenics


'Soft'
Eugenics

'Hard'
Eugenics

<ul style="list-style-type: none"> ▪ Promote the reproduction of the 'strong' ▪ Ensuring royalty marry one another ▪ 'Selective breeding' during times of slavery ▪ Financial incentives to have children 	<ul style="list-style-type: none"> ▪ Forced & coerced sterilization ▪ Marriage laws and loss of status ▪ Blood Bans on 2SLGBTQQAI+ people in Canada ▪ Testing of birth control on certain racial and ethnic groups
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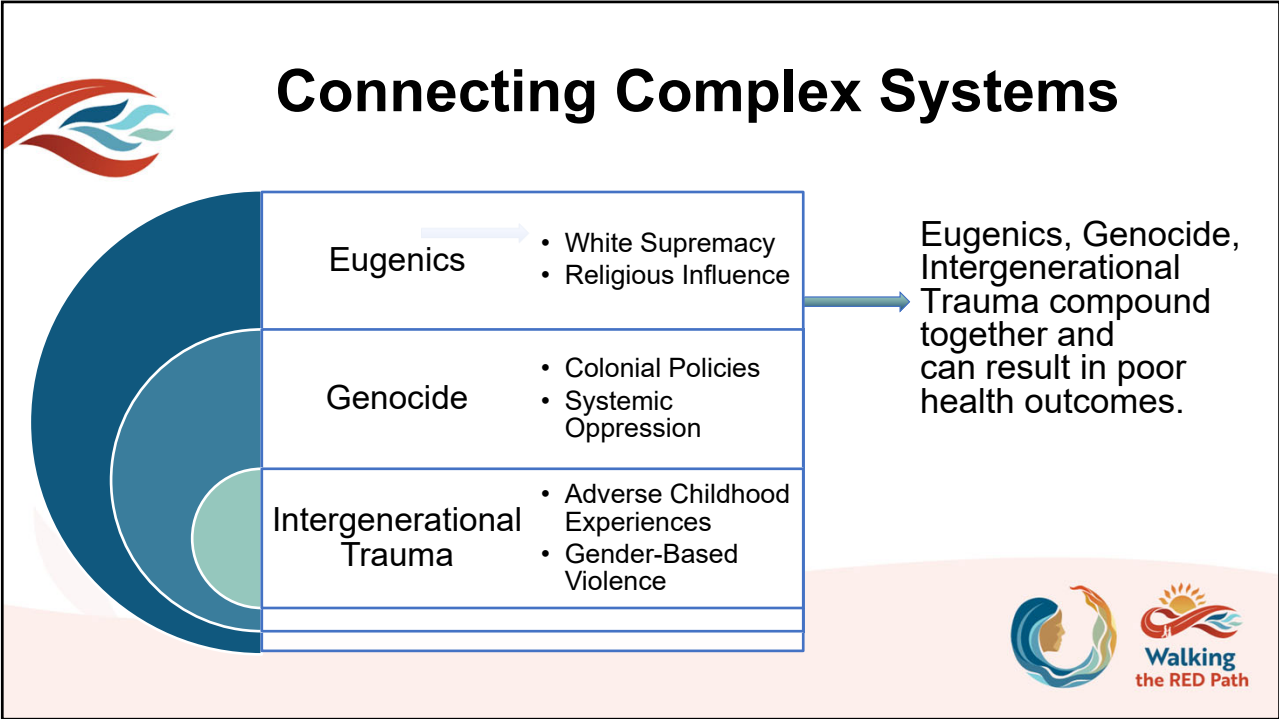
Genocide Against Indigenous Peoples

- Residential Schools
- Forced Sterilization
- The Sixties Scoop
- Indian Act Policies
- The Pass System
- Deliberate Starvation Policies
- Missing and Murdered Indigenous Women and Girls (MMIWG)
- Land Dispossession
- Forced Relocation (e.g., High Arctic Relocation)
- Smallpox Epidemics (Deliberate Infection)
- Foster Care to Prison Pipeline

Killing members of a group, Causing Serious Bodily or Mental Harm , Poor Living Conditions, Preventing Births, Transferring Children



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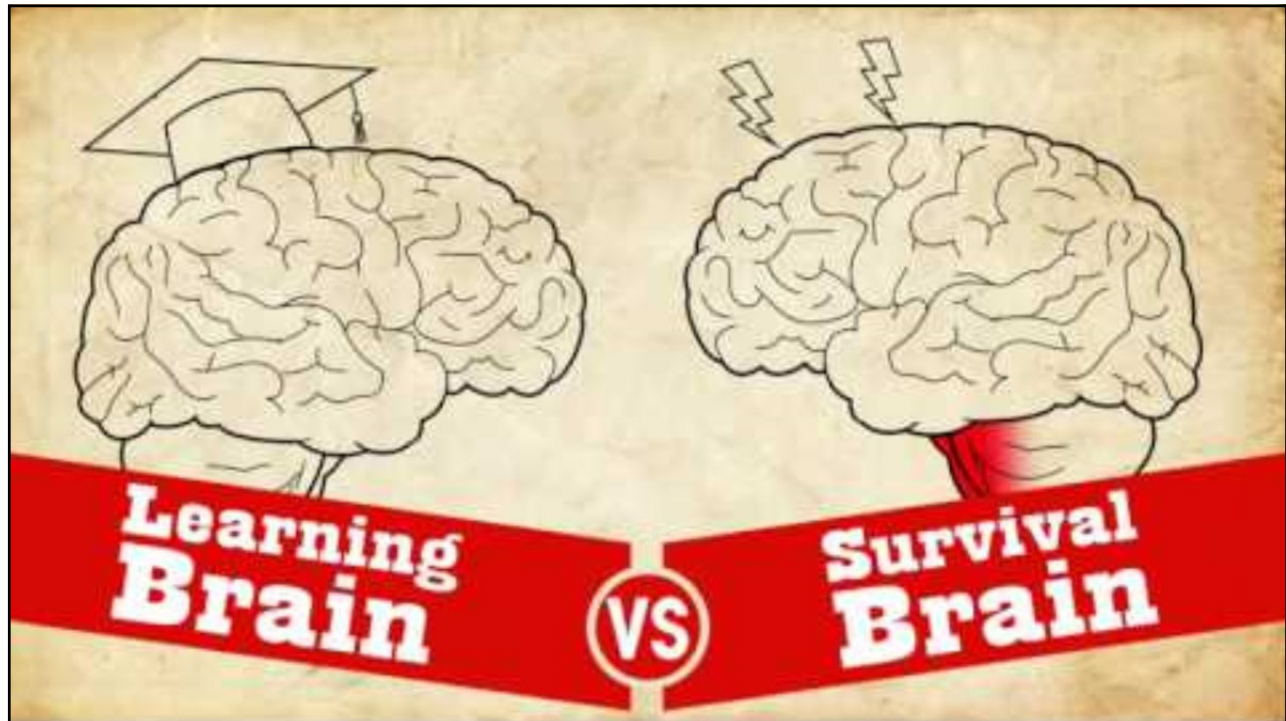
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Canada continues to uphold these policies, through different institutions, like the prison system and across generations.


There are more Indigenous children in child welfare today, than at the **HEIGHT** of the residential school system's operations.

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Understanding The Interconnection Between Eugenics, Genocide and Intergenerational Trauma is Important



- Systems approach
- Humanizing & Empathy
- Explain behaviors
- Remove Bias
- Compassionate Care
- No blaming, pathologizing-
understanding and solution-focus





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Anti-Indigenous Racism in Canada

- AIR is “the ongoing race-based discrimination, negative stereotyping, and injustice experienced by Indigenous Peoples within Canada”
- AIR negatively impacts Indigenous Peoples overall health & contributes to inequitable access, availability, and quality of health services.
- Healthcare system is rooted in AIR
 - Impacts experiences and access to adequate (even sub par) Healthcare
 - Many structures/systems are rooted in AIR



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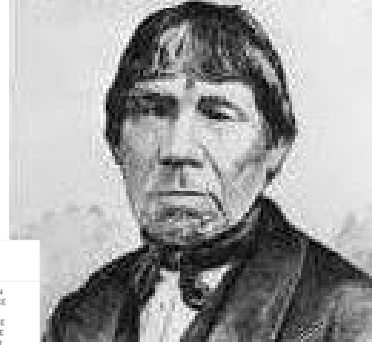
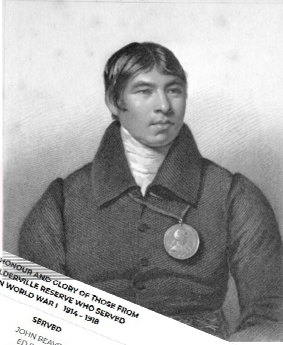
How does this all play out in an Indigenous Family?



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Loosing Land, Status & Identity: A Case Study



TO THE HONOUR AND GLORY OF THOSE FROM THE ALDERVILLE RESERVE WHO SERVED IN WORLD WAR I 1914 - 1918

SERVED

JOHN BEAVER
ED BEAVER
ROSE BEAVER
C. BLAKER
SAM BLAKER
H. COMEGO
A. COMEGO
D. COMEGO
ALEX COMEGO
G. M. COWIE
S. CROWE

JOE CHURB
A. CHURB
M. MARSDEN
N. MARSDEN
R. FRANKLIN
S. MARSH
M. MARSH
S. MARSH
M. MARSH
Wm. STEVENSON
D. WHEELER
A. TORICO
J. TORICO

THEIR NAMES LIVE FOREVERMORE

TO THE HONOUR AND GLORY OF THOSE FROM THE ALDERVILLE RESERVE WHO SERVED IN WORLD WAR II 1939 - 1945

KILLED IN ACTION	REGINALD SMOKE BOY SMOKE VELBURN SMOKE LEO SMOKE CALVIN SMOKE LOUIS GRAY JOHN LOUKES JAMES SMOKE JOHN SUNDAY WILFRED SUNDAY CECIL TORICO ARTHUR WHEELER ALFRED LOUKES DANIEL SHARSON Wm. STEVENSON	EPHRAIM BLAKER JOHN BEAVER OLIVER CROWE WALTER CROWE ROBERT FRANKLIN FRED MARSDEN LAWRENCE MARSDEN BRUCE MARSDEN BEN CHUBB NORMAN MARSDEN Sr. NORMAN MARSDEN Jr. RAYMOND BLAKER LESLIE MARSDEN HOWARD SMOKE ROBERT MARSDEN LEONARD SMOKE DELBERT BEAVER	ALBERT BIGWIN CLIFFORD SMOKE EARL SMOKE STEWART SMOKE DONALD SMOKE ELMER BEAVER BEATRICE SMOKE JAMES MARSDEN PERCY A. MARSDEN BASIL SUNDAY MORLEY SUNDAY GARL SUNDAY CLARENCE SUNDAY GERALD LOUKES
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VIETNAM WAR

DARRELL MARSDEN
ROBERT BAKER

THEIR NAMES LIVE FOREVERMORE



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Part 2: What is Identity?

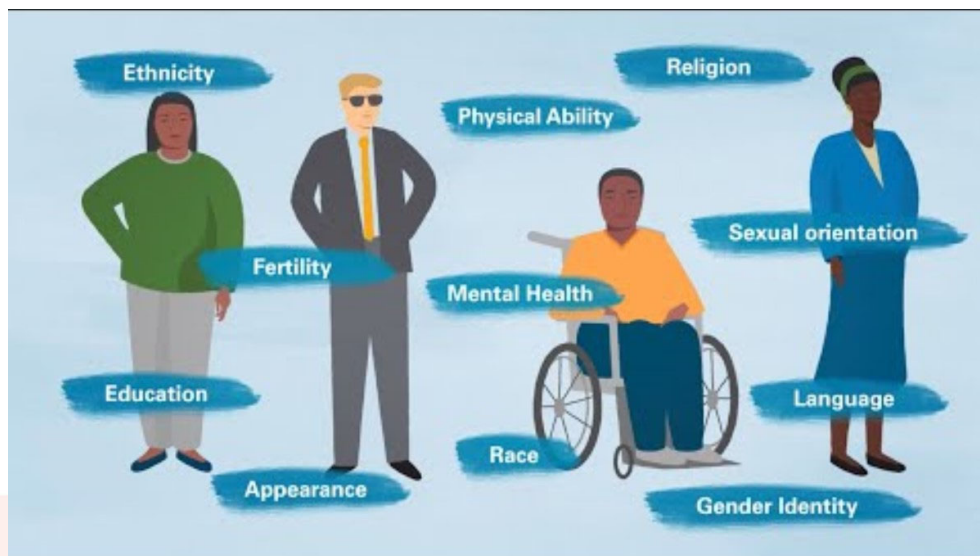


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Intersectionality

- Coined by Kimberlé Crenshaw,
- Examines how overlapping systems of oppression (e.g., racism, sexism, classism) shape unique experiences.
- Highlights how multiple identities (e.g., race, gender, socio-economic status) create interconnected layers of privilege and discrimination.
- A key perspective for understanding how power and inequality intersect in people's lives.



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Positionality


- Positionality “refers to how differences in social position and power shape identities and access in society,”
- Positionality influences an individuals' access to healthcare resources and ultimately impact their health outcomes, including interaction with correctional system.



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Socioeconomic Status (SES) & Health

- SES is an individual's or a family's position determined by income, education, occupation, & access to resources.
- Significantly influences health outcomes
 - Health Behaviors, Access to Healthcare, Stress and Mental Health, Environmental Factors
- Seeing link between socioeconomic status & health outcomes is essential for correctional staff
 - Identify when and what support and healthcare may be needed



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Privilege & Discrimination

- Privilege is certain social advantage, immunity, special treatment, or benefits granted or available to a particular person or group over others.
 - White Privilege
 - Male Privilege
 - Cis Privilege
- Discrimination is the unfair or prejudicial treatment of people and groups based on characteristics such as race, gender, age or sexuality.



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What is Social Stigma?

- Social Stigma is the disapproval of a person based on social characteristics that deviate from the social norms of society.
- Impacts of social stigma:
 - Alienation, discrimination and violence
 - Extreme impacts on a person's well-being
 - Public and political misinformation



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Patriarchal Provisions

- The overt subordination of womxn by men
- A system of power which is hierarchical and autonomous, permeating every facet of society
- Colonization, patriarchy and capitalism are intersecting systems of oppression
 - That negatively impact
 - Therefore it is essential to understand this.
- Womxn have lost their status in society- from Matriarchs to MMIWG2S



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Indigenous Concepts of Gender



- Many Indigenous communities have language and ancient knowledge of more than 2 genders (woman and man).
 - recognize multiple gender identities.
- MMIWG & 2SLGBTQQAI+ National Action Plan
 - acknowledges over **150 known words and terms** in various Indigenous languages on Turtle Island & Inuit Nunangat that were used before colonization
- **Indigenous communities have long since recognized, that there is a spectrum of being, including with gender and sexuality.**



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What is Two-Spirit?



Two-Spirit Elder Ma-Nee Chacaby
Image by: Ruth Kivilahti

- The term Two-Spirit affirms the interrelatedness of all aspects of identity — including gender, sexuality, community, culture, and spirituality.
- Two-Spirit identity is recognized and celebrated from a young age as gifts from the creator.
- The term is exclusive to Indigenous People
- Respected within communities for being able to see from an alternative perspective different from woman and man.
- Two-Spirit People were often the visionaries, Healers and Medicine People.



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Indigenous Transgender and Gender Diverse Folks

- **Indigiqueer** acknowledges and celebrates both one's sexual, romantic orientation, and their gender identity in connection to their Indigenous identity.
- A pan-Indigenous term embraced by individuals from diverse Indigenous backgrounds

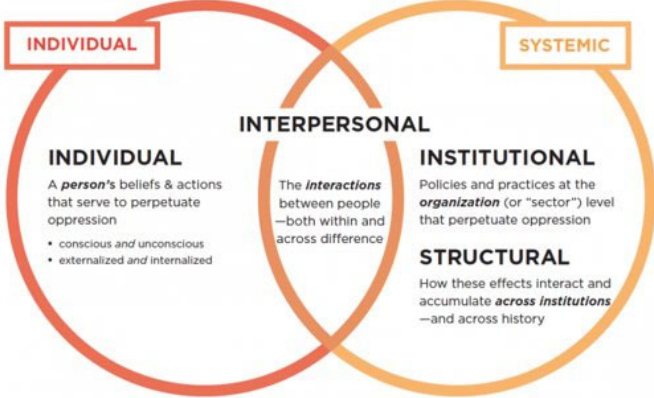


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What Does Systemic Oppression Look Like?

- Systemic Oppression lives at the levels of institutions (laws, policies, societal practices) and therefore across associated structures (education, health, employment, justice).



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What have you learned so far that can help you in your work, practically or simply by just having the understanding



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Part 3: Incarceration Rates & Impacts



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Indigenous People in Federal Custody

- Indigenous peoples make up **28%** of the total incarcerated population
- The proportion of Indigenous People in prison reached **32%**, while only representing **5%** of the overall Canadian population.
- Federally incarcerated Indigenous Womxn make up **40%** of the female incarcerated population
- Incarceration rate of Indigenous Womxn is **15.4** times higher than that of non-Indigenous Womxn.
- Indigenous youth comprise **7%** of the general population, they accounted for **33%** of admissions to custody.



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Indigenous People in Federal Custody


- The number of federally sentenced Indigenous Peoples has been increasing for decades.
- Disproportionately placed in maximum security, over-represented in use of force and self-injurious incidents, and historically, were more likely to be placed and held longer in segregation (solitary confinement) units.



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Racial Profiling & Over-Surveillance

- Created by white people for the purpose of **domination and social exclusion**; to naturalize inferiority/superiority.
- Racial profiling happens everywhere
- Racial profiling **negatively impacts a person's mental health and damages communities.**
- Indigenous People experience racial profiling at disproportionate rates in every system.
- “I feel that racial profiling exists in my workplace. I feel that had I been anything but Indigenous, I would not have been accused at all.”



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Racial Profiling and Racism - a Different Dynamic for Indigenous People

- "As an Indigenous person and a member of the Cree Nation, I belong to the Cree people and am not a member of a 'minority'. Characterizing Indigenous people as 'ethnic minorities' fails to take into account the very important fact that [our] people have been here since time immemorial"
- - Monique Larivier of Montreal, Quebec



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Over-Policing



- Until the 1960s-1970s, the Royal Canadian Mounted Police were providing police services on reserve.
- Police **lack culturally-sensitive training** and there is lack of formal investigations into police racism. This of course is not the experience of all.
- Police still face deficiencies in various aspects, such as employment equity, recruitment, community relations, race relations, and intercultural training
- Emergence of Indigenous police forces aims to address underrepresentation.



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Disproportionate Effects of the Prison System on IW2STGD+

- Indigenous women are incarcerated at a rate of **15.4 times** more than non-Indigenous women.
- Indigenous people account for **48%** of all federal held individuals and Indigenous women make up **32%**.
- There are over **1 million individuals** in Canada who identify as Two-Spirit, trans, and gender diverse – being part of a minority group increases one's risk for incarceration.
 - **5.7%** of trans participants, **10.6%** of non-binary participants and **19.7%** of Two-Spirit participants reported being incarcerated in their lifetime.



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A New Way, A Good Way!



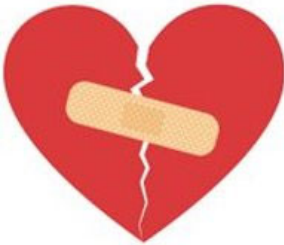
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Part 4:

STBBIs and Impacts

STBBIS, HIV AND HCV AND ACCESSING TREATMENT



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HIV, HCV and STBBIs

- **Human Immunodeficiency Virus (HIV)** is a virus that weakens your immune system. Your immune system is what fights off germs and infections in your body.
- **Hepatitis C (HCV)** is a viral infection that causes your liver to swell. It attacks the liver and can lead to a mild, short-term illness or a lifelong, life-threatening illness.
- **Sexually Transmitted Blood Borne Infections (STBBIs)** are a group of diseases that can be transmitted through sexual contact, blood-to-blood contact, or from mother to child during childbirth or breastfeeding.



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HIV & HCV: Indigenous Populations

- First Nations, Inuit and Metis accounted for **11.3%** of all new HIV Infections in 2016
- Among people living with HIV, approximately **1 in 10** were Indigenous individuals
- HCV infection among Indigenous people in Canada has been estimated to be **5x higher** than the rest of the population
- **1 in 30** Indigenous individuals are affected with chronic HCV



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STBBI, HIV, HCV Signs & Symptoms

- **STBBI:** abdominal or genital pain, change in discharge, burning while urinating, abnormal itching, pain during or after intercourse, abnormal bleeding or swelling.
- **HIV:** fever, rash, chills, rapid weight loss, headaches, not feeling hungry.
- **HCV:** fever, fatigue, poor appetite, yellowish discoloration of their eyes and skin, dark urine, and weight loss.

It is recommended to get tested every 3-6 months.



Most people who are infected with a STBBI, HIV or HCV do not know they have it





STBBIs and Social Stigma

- Cultural Stereotyping
- Historical Trauma
- Community-Based Approaches
- Holistic Health



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HIV & Criminalization

- laws that criminalize not disclosing HIV status is "**counterproductive** because they undermine, rather than support, efforts to prevent new HIV infections"
- Individuals experiencing incarceration have **disproportionately high rates of STBBIs**
- High rates of incarceration have been shown to **increase community transmission.**



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HIV & Criminalization

- Incarceration is a driver of current STBBI epidemics in Canada.
- With people who inject drugs (PWID), recent incarceration increased the risk of HIV (**81%**) and HCV (**64%**) in **2021**.
- People who are incarcerated (PWA) are **40 times** more likely to be exposed to HCV than Canada's general population.
- This puts you at risk.



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STBBI Rates and Indigenous Individuals Currently Incarcerated

- Individuals experiencing incarceration have disproportionately high rates of STBBIs
- Incarceration increases community transmission.
- Incarceration is a driver of current STBBI epidemics in Canada.



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Sexual Health Resources

- Upon arrival, residents undergo an assessment and tests, STBBI, HIV and HCV tests are included.
- Residents have a right to be screened/tested.
- If a resident is requesting testing, support them to submit a request to health services.
- CSC provides all treatment.
- CSC also provides access to PReP and PeP.
- Coverage can also be granted under NIHB, if CSC coverage doesn't suffice.



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Healthcare Rights

- Informed Consent: when someone freely agrees to do something or get a treatment after understanding all the important details, including possible risks and benefits
 - (free, prior, informed)
 - When is informed consent not required
- Patient Rights
- Birth Control Options
- Informed Choice
- Duty to Accomodate
- Filing a Complaint


If any of these are not followed, the resident may file a complaint, and legal action may be pursued.






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Part 5: Incorporating Indigenous Ways of Knowing



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Forging Paths to Reconciliation

- Reconciliation is the **ongoing process of building positive relationships between Indigenous and non-Indigenous peoples**, acknowledging historical injustices, and working towards a more equitable and inclusive society.
- Integrating Indigenous perspectives and practices **supports reconciliation**
- Emphasize principles **restorative justice**.
- Acknowledges cultural backgrounds that improve **healing and well-being**.



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Traditional Healing Practices



Image by: Betty Albert.



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Ways to Support Indigenous Peoples While Incarcerated

- Indigenous awareness training
- Indigenous elders and cultural advisors
- Traditional teachings
- Reconnection to community
- Talking circles and/or healing circles
- Indigenous healing practices
- Individualized treatment plans
- Regular check-ins
- Hope, belonging, meaning and purpose



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Healing From Violence



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Tree Activity: How is your tree the same or different from the Residents you work with?



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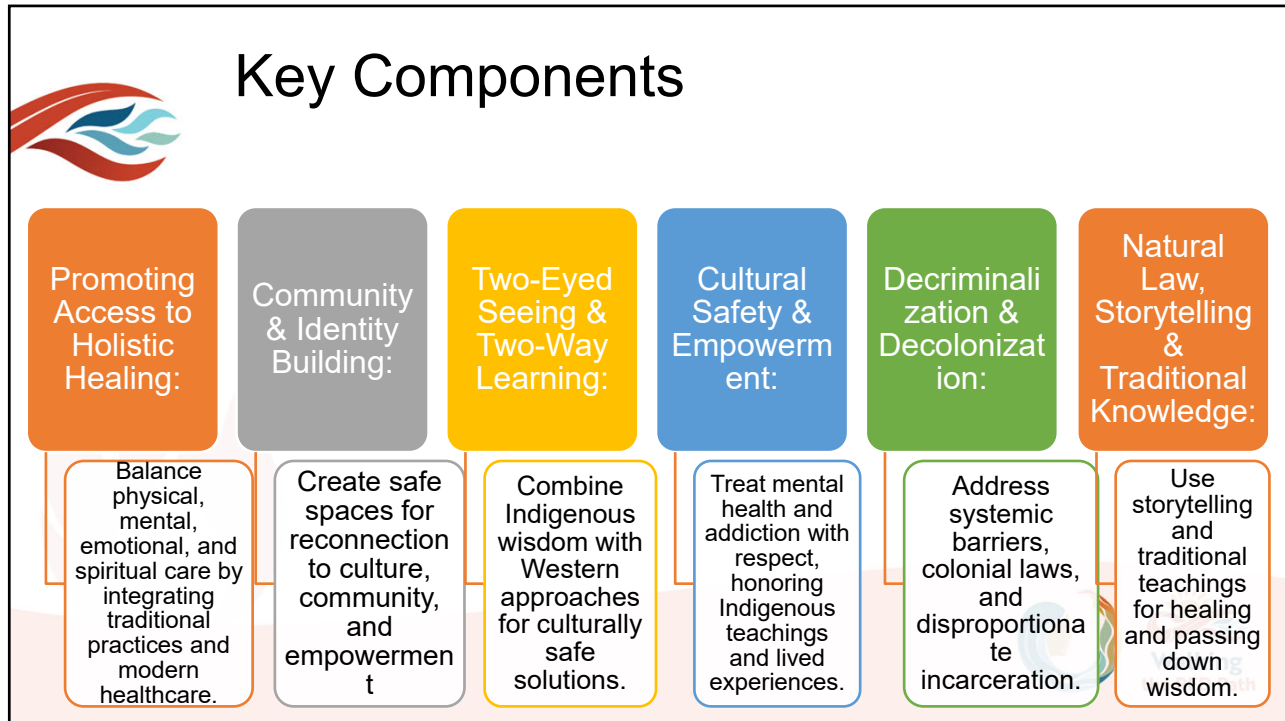


Indigenous Harm Reduction

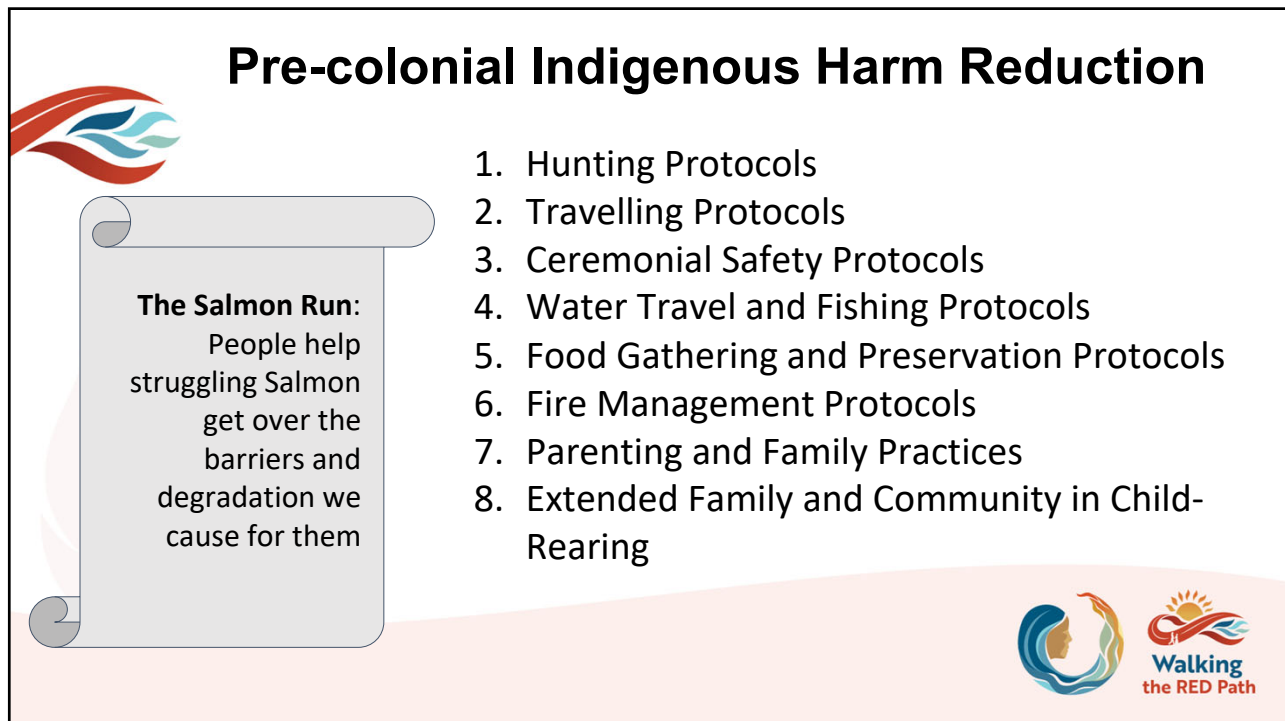
- **A way of life** rooted in Indigenous ways of knowing and doing.
- Is decolonizing, Indigenizing, **inclusive, trauma-informed, person-centered** and **evidence-based**.
- Re-connects people to **culture**, and **rebuilds relationships** with spiritual, human and natural worlds.
- For Indigenous Women, Girls, Two-Spirit, Transgender, and Gender-Diverse People:
 - Safe environments must be available
 - Low barrier, non-medicalized, Indigenous women-centred



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The Need for Indigenous Harm Reduction Frameworks




- Mistrust in Healthcare
- Restoring Dignity and Sovereignty
- Healing Through Culture and Identity
- Support and Belonging
- Community-Based Challenges
- Urban Centers: Unsafe Spaces Yet Home for Many
- Barriers to Indigenous Services




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Harm Reduction & Pregnancy



- Non-judgmental support & ensuring the safety and well-being of **both** parent and child is key- **REMOVE SHAME**
- History of colonial trauma creates isolation & separation from family, roles and knowledge- continued separation worsens impacts intergenerationally
- Moral judgements placed on women and the degradation of matriarchal roles has left a lasting impact on our communities, especially Indigenous who use drugs.
- Reducing harms while offering avenues to heal by helping person to achieve:

⇒Hope↔Belonging↔Meaning↔Purpose←



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Restorative Justice- Indigenous Ways



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Restorative Justice

- Involves **bringing together** the victim, offender and some Elders of the community **to discuss the effects of the crime.**
- Everyone agrees to talk about the impact of the crime and how to address the harm that was done.



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True Healing for All



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Share One of Your Experiences/Stories/Journeys
Title: _____

Johnston Research

Mind Spirit Emotion Body

Walking the RED Path

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Healing Inner Children Helps Empower Young Girls & Future Generations



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Miigwetch, Thank you, Merci

Wel'alin! Nakurmiik! Qujannamiik! Haw'aa!



We ask that you take what you have learned today and reflect on how it affects you and your networks but also how it affects the Indigenous individuals currently incarcerated.

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