



LEADING THUNDERBIRD LODGE

ANNUAL REPORT 2019-2020

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GOVERNANCE & MANAGEMENT

The Board of Directors, Management and Staff of Leading Thunderbird Lodge and Pēkīwēwin House continue to provide residential treatment services and aftercare supportive housing for young men from across Canada. The addiction and mental health programming provided is based on best practices both regionally and nationally. Unique to Leading Thunderbird Lodge, is that all programming is based on First Nations culture. The teachings and guidance for these young men are shared by the Cree, Saulteaux, Dakota, Lakota, and Nakota Elders whom are rich in knowledge and experience.

The Board of Directors continued their professional development having undertaken a Board Governance refresher in the Fall of 2019 facilitated by Praxis Consulting. The year has again been productive in striving towards our strategic goals and objectives.

Unfortunately, due to the unforeseen COVID-19 pandemic that arose earlier this year, youth were returned home to their families on March 15, 2020 and the facility was closed on March 18, 2020, whereby staff were directed to work from home.

It is our hope that everyone has stayed safe and well during these uncertain times and look forward to continuing to pursue our mandate in 2020-2021!



*Edmund Bellegarde
Board Chair*



*Karen Main
Executive Director*

2019-2020 HIGHLIGHTS

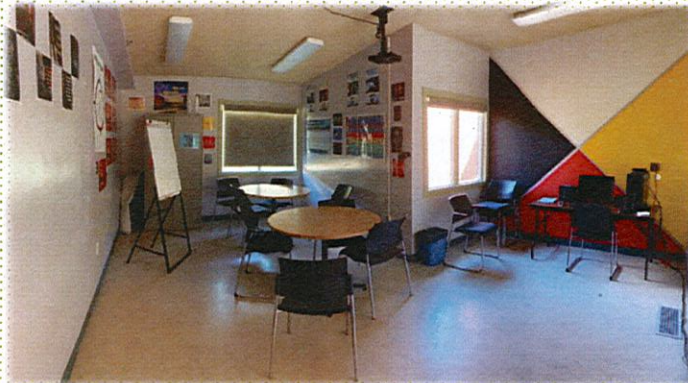
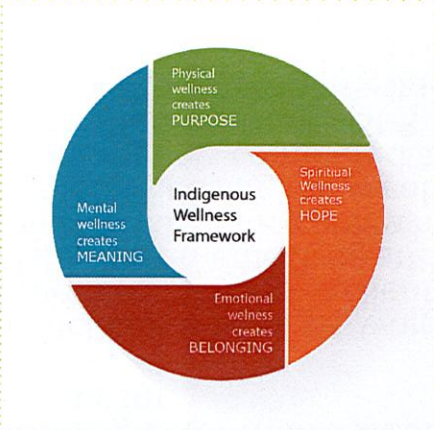
- Achieved 2nd cycle of 5 year Block Funding with ISC for 2019 – 2024
- Completed 3rd cycle of accreditation with the Canadian Accreditation Council for the years 2019 – 2022
- Gym restoration completed before September intake
- Celebrated Pēkiwēwin Houses' 1st Anniversary on November 15, 2019
- LTL celebrated its 13th Anniversary on January 15, 2020
- Purchased a northern property for expansion of our Land Based Camp program



File Hills - Qu'Appelle
Tribal Council



CLINICAL PROGRAMMING



The clinical program aims at restoring balance in one's spiritual, mental, emotional and physical well-being. The lodge provides clinical counselling staff as well as cultural counselling staff to ensure that a youth's specific needs are being met.

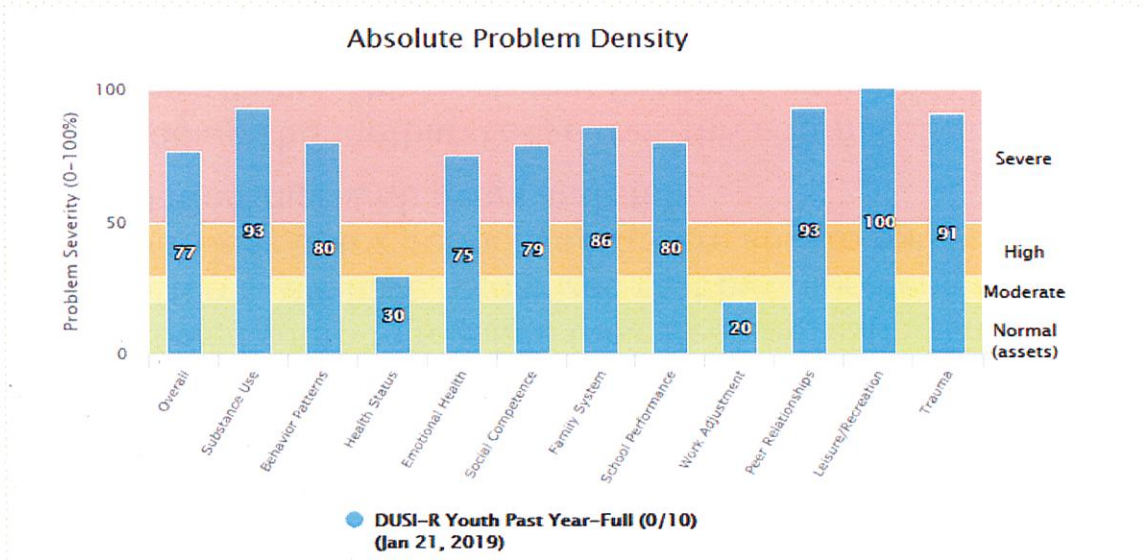
Leading Thunderbird Lodge has implemented a two-week detox period for youth upon arrival. The detox period has allowed youth to regulate their sleeping, eating and social patterns. We have recognized that by implementing a two-week detox period, youth were able to build stronger relationships with peers and staff.

Leading Thunderbird Lodge uses three forms of clinical assessments; the Treatment Readiness Inventory (TRI), the Drug Usage Screening Inventory (DUSI) and the YSAC Resiliency Scale. These assessment tools are used as a way to gather more in-depth information and target potential areas of concern.

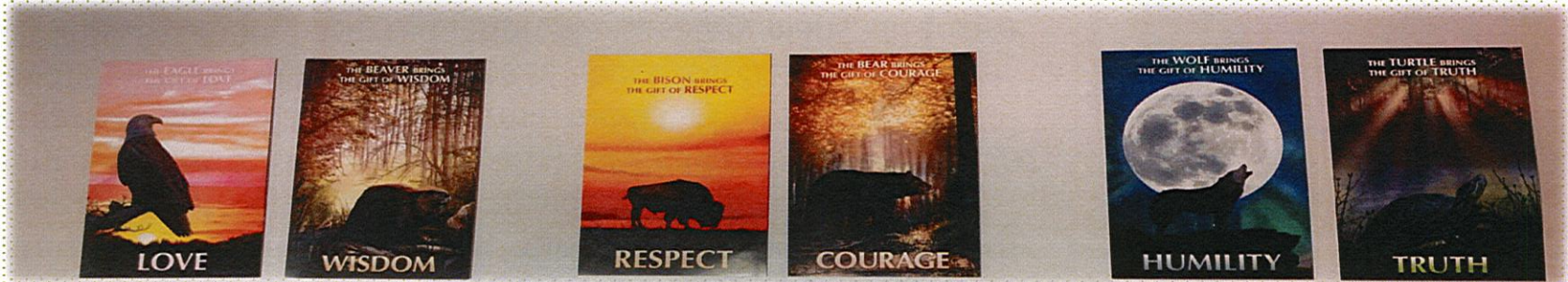
ASSESSMENTS: DRUG USE SCREENING INVENTORY (DUSI-R)

The Drug Usage Screening tool (DUSI-R) is a 192-questionnaire used to measure the severity of issues in 10 domains: substance abuse, psychiatric disorder, behaviour problems, school adjustment, health status, work adjustments, peer relations, social competency, family adjustment and leisure/recreation. The DUSI-R scores reflect the potential severity of problems, ranging from 0-100%, scores greater than 15% are seen as being significant.

The DUSI-R also includes a lie scale, which is used to determine the validity of a client's answer. The DUSI-R documents drug and alcohol use, preferred substance and which substance is deemed as posing the greatest problem. The assessment is completed after the two-week detox period. The DUSI-R is administered in paper form, staff assistance is provided when needed.



ASSESSMENTS



THE TREATMENT READINESS INVENTORY (TRI)

The Treatment Readiness Inventory (TRI) is an assessment tool used prior to a client's admission. The TRI is a 25 questionnaire tool that gauges a client's denial, awareness, resistance, acceptance and readiness to attend treatment.

The TRI is completed and sent to the lodge with the client's intake package. This assessment tool is scored by clinical staff and has proven to be an effective tool to determine the success of a client.

YSAC RESILIENCY SCALE

The YSAC Resiliency scale is a 20 questionnaire tool used to gain a closer look at areas of an individual's well-being.

This assessment is completed in paper form both pre and post treatment.

RESIDENTIAL TREATMENT PROGRAM

The clinical program is focused on teaching and building an individual's awareness, self-esteem, coping strategy toolbox and knowledge. Throughout the 16-week treatment cycle youth are asked to participate in weekly sessions that range from 30 minutes to 1 hour. These programs are interactive and include video clips, art therapy and group discussions.

Individual and group session: introduction to clinical programs, mindfulness/meditation, drug classifications/effects, triggers (external and internal), cravings, stages of recovery, crystal meth, anger and confrontation styles, suicide ideation and self-harm, conflict resolution and peer pressure, sexual health, bullying, First Nation Residential history – trauma, media influences, anger management, anxiety, definitions of abuse – cycle of abuse and smoking cessation, harm reduction plans, safety plans, aftercare plans, art therapy and life skills.

Clinical groups also focus on teaching cultural awareness and history.





Aboriginal shield

Is a program based on the model of D.R.U.M.S, which is a five-step decision making process that encourages youth to make strong and healthy choices when faced with difficult situations.

Warrior Group

The warrior group was developed as a way to create a safe environment for male First Nations Youth. This group focuses on healthy relationships, the history of male and female roles, respecting women, etiquette, as well as First Nations History and Residential School history.

The clinical program puts emphasis on youth participation and involvement in recreational outings, social outings, community volunteering and cultural events.

Recreational Outings: basketballs games with surrounding communities, skiing/snowboarding at Mission Ridge Winter Park, canoeing/kayaking and hiking. These outing allow youth to have an emotional and physical outlet in correlation with traditional counselling sessions.

Social Outings: These outing allow youth to learn healthy interactions in social settings, healthy norms and social ques. These outings also allow youth to learn the importance of living a holistic lifestyle.

Community Involvement/Volunteer Work: Youth are asked to participate/volunteer in events in local and surrounding communities. Here are some of the volunteer opportunities that the youth were involved in: Treaty 4 Celebration, Fort Qu'Appelle Winter Festival, Smudge Walk, Lakeview Lodge, Souls Harbour Rescue Mission, Presentations (Cultural and Education presentations done at the Standing Buffalo School), sporting events (Saskatoon Rush), Piapot First Nation Rain Dance and Giveaway Ceremony.





The clinical, cultural and educational programs work together to ensure that all programs are from a cultural perspective.

This cohesion creates a seamless overlap and guarantees that youth are given the opportunity to participate in cultural events and ceremonies.





Youth participate in many recognized national days including PINK SHIRT DAY. The youth look AWESOME!



Other fun days like Halloween are also celebrated!



Standing Buffalo Smudge Walk 2019

HORIZONTAL CURRICULUM (EDUCATION PROGRAM)

The Horizontal Curriculum is structured around hands-on traditional method of educating youth.

During the 16-week inpatient residential program, youth are given many opportunities to learn and grow as young men. Over the last year, the educators at Leading Thunderbird Lodge have noticed a shift in the education level of the youth in attendance. With this change it is noted that not all youth are able to earn high school credits; however, all youth at the lodge are given work to meet their education and cognitive level.

The education program provides a lands on learning environment. The youth are taught the Cree language, cultural teachings, creation stories, drum making, rattle making and many other skills. Academic assessments in math and ELA are completed with each youth to determine where they are at in terms of their reading, writing and mathematic skills.

Credits can be earned in life skills, social studies, Indigenous Studies, etc. Youth are also offered Safe Food Handling; Life is Sacred and First Aid CPR.



LAND BASED CAMP



Camping in a teepee is often a first experience for many of the youth.

Many of the youth have never experienced camping in the winter months. The lined canvas tent is warmed by the wood stove and makes the experience cozy.



Kawacatoose First Nation generously gave permission for LTL to use their cabin for the winter camp.

LAND BASED CAMP



Land-based camp is offered throughout the 16-week program. Youth are required to attend the camp as participation is used towards their life-skills education credit. Information and safety packages are provided to the youth prior to camp week. The information package is discussed thoroughly to ensure that all youth are aware of the schedules, structure and safety protocols.

Throughout the week-long land-based camp, youth are given the opportunities to participate in various activities and learn many new skills.

Activities are scheduled based on the season and temperature, as client safety is prioritized.

Some activities include tipi teachings, medicine picking and teachings, learning traditional ways to smoke meat and fish, safe hunting protocol and traditional animal harvesting teachings, hiking, traditional cooking, traditional games, astrology, elder teachings, healthy bonding, story telling, water activities, etc.

UNIVERSITY OF SASKATCHEWAN (U OF S) DEPARTMENT OF NURSING PRACTICUM PLACEMENTS



For the past 4 years, the Lodge and the U of S Department of Nursing have cultivated a mutually beneficial partnership. From January to April of each year, the Lodge hosts two practicum students from the Department of Nursing who are working on completing either their clinical and/or mental health education and training.

During their practicum placements, the nursing students share their expertise and teachings with the youth at the Lodge and Pēkiwēwin House, through an array of educational presentations on relevant topics such as: hand hygiene, STD's, mental health, nutrition, self-esteem, bullying, etc.

The nursing students in turn, learn and experience firsthand, First Nation cultural teachings and activities that they would not get within a formal classroom. Their experiences include: Elder's teachings, sweatlodge ceremony, feasts, medicine picking, creation stories, etc.

During their practicum experience, the nursing students also get to immerse themselves in a week-long cultural land-based camp experience. This experience provides many cultural teachings and creates many long-lasting memories for them.



WINTER CAMP WITH
UNIVERSITY OF
SASKATCHEWAN
(U OF S) DEPARTMENT
OF NURSING
PRACTICUM STUDENTS

The youth, staff and nursing students are packing up to return to the Lodge after a great week at camp.

EQUINE THERAPY & CARPENTRY PROGRAM



GRADUATION, AND CONGRATULATIONS!

Graduation Day is a time of pride and accomplishment for the youth. They are honored on that day for their participation and completion of LTL's 16-week residential treatment program.

Their perseverance, along with their growth and development in all areas of their well-being (physical, mental, spiritual, social and emotional) is witnessed and acknowledged at this time. The youth are all given the opportunity to sit around the LTL drum and sing for those who have attended the graduation celebration.

Families are proud of the changes they see in their youth, which can be an impetus for them to make changes in their own lives for a healthier future.



Elder Harry Francis and Dalyce Francis hand out Equine Therapy participation certificates.

PĒKĪWĒWIN HOUSE...COMING HOME



Celebrating 1st Year Anniversary on
November 15, 2019

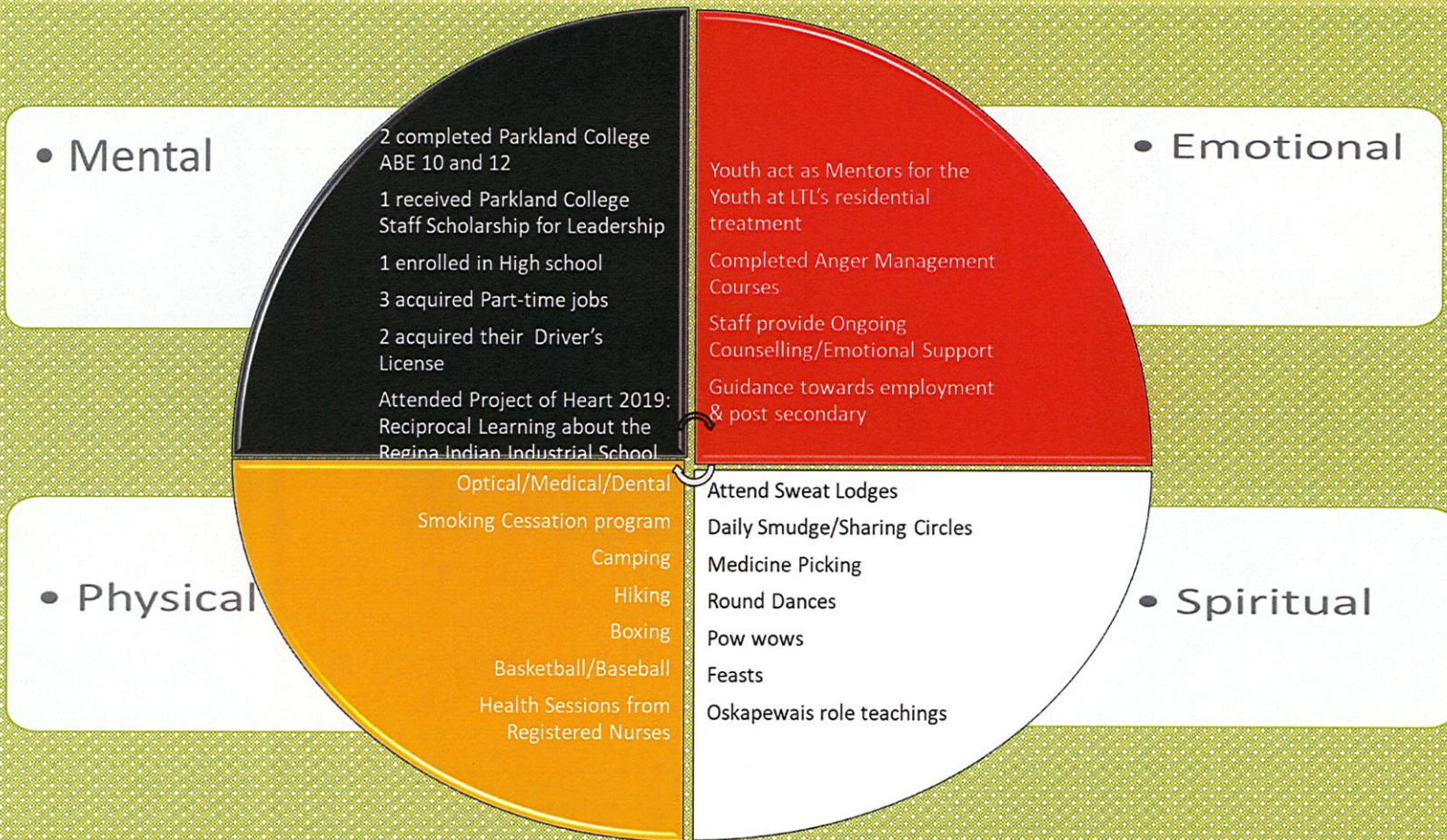
Pēkiwēwin House was established in 2018 to offer a home for the youth who completed the 16-week treatment program at Leading Thunderbird Lodge. This Home provides continued support in a non-threatening, peer supported residential environment. Our main goal is to provide safety, stability, life skills development and help them to gain work experience – all while pursuing completion of their secondary education.

Staff at the House provide ongoing support with various training opportunities such as:

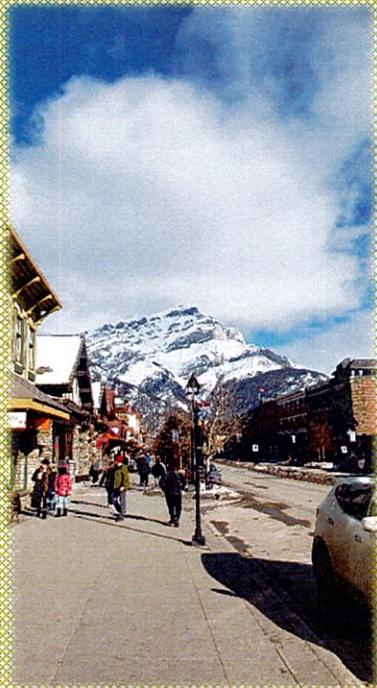
- . ASIST (Suicide Intervention)
- . First Aid & CPR
- . CPI (Restraint Training)
- . Safe Food Handling
- . Mental Health First Aid
- . Naloxone Training
- . Counselling 101
- . Diversity/Cultural Sensitivity
- . Medication Administration
- . Pharmacology
- . Clinical Supervision
- . Emotional Intelligence

The residents also participate in some of these trainings for their own personal development.

PĒKĪWĒWIN HOUSE HOLISTIC SUPPORT



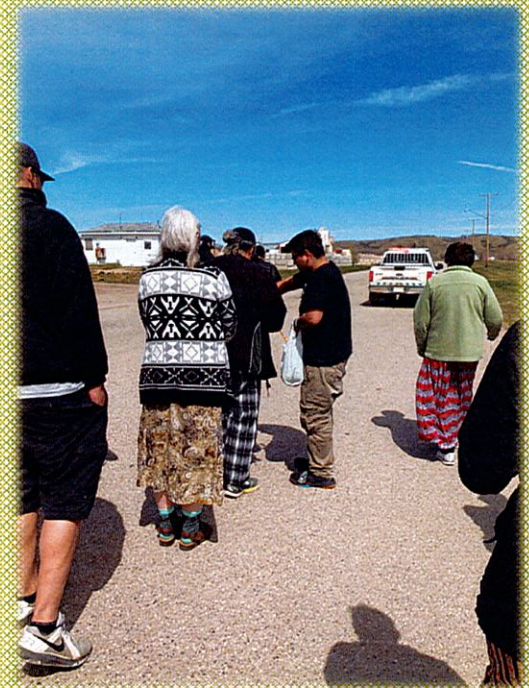
PĒKĪWĒWIN HOUSE...PROUD MOMENTS



The Youth were taken on a well-deserved break to Banff, Alberta. This was the first time that they experienced this kind of trip and they enjoyed the beautiful scenery of the mountains.



Assisted with donation of food and water to Carry the Kettle First Nation after the devastating fire of their water treatment plant.



2 of our residents organized a Smudge Walk at Parkland College, in Fort Qu'Appelle, SK.

"I enjoyed staying at the house, for the strong beliefs and support systems to help better myself and to stay out of trouble. The staff taught me so much and helped me grow into the man I am today. I am thankful and glad to look back to the days I first started learning to help myself and find out more about my cultural identify, all thanks to Pēkīwēwin Home."

Brennon

"The house is good and so are the staff"

David

"It's a nice place to stay, good staff and they help me to stay sober and out of trouble"

Brodie

WHAT THE YOUTH
ARE SAYING ABOUT
THEIR STAY AT
PĒKĪWĒWIN
HOUSE...



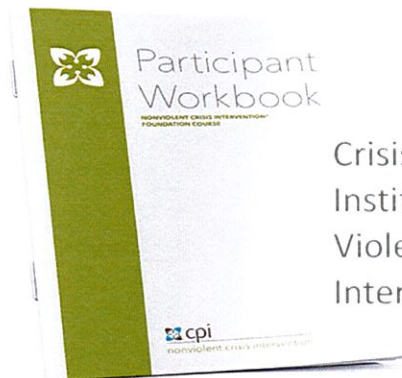
This proud young man worked hard at several part-time jobs while going to school, saved his money, got his license and bought his first car!

OUTREACH: LIFE IS SACRED SUICIDE PREVENTION TRAINING & NON-VIOLENT CRISIS INTERVENTION TRAINING “NVCi”

- May 2,3 – CPI Training, LTL staff
- May 15,16 – Life Is Sacred Training For Trainers, Siksika staff
- June 10,11 – Life is Sacred Training, SIIT training for SK NNADAP workers
- Aug 22,23 – CPI Training, White Buffalo staff
- Oct 7,8 – Life is Sacred Training, Kawacatoose First Nation
- Oct 9,10 – Life is Sacred Training, Little Black Bear First Nation
- Oct 28,29 – Life is Sacred Training, SIIT training for SK NNADAP workers
- Dec 3,4 – CPI training, LTL staff
- Dec 9,10 – Life is Sacred Training, Ochapowace First Nation youth
- Feb 4,5 – CPI Training, LTL staff
- Feb 14 – Presented at Regina Teachers Conference Regina on Suicide Prevention
- Feb 27,28 – Life is Sacred Training, Pasqua First Nation adult students
- March 5,6 – Life is Sacred Training, Parkland College students



YSAC 'Life is Sacred' Suicide Prevention Program



Crisis Prevention
Institute: Non-
Violent Crisis
Intervention

OUTREACH: HEALTH FAIR DAYS, TREATY DAYS, CONFERENCES, MATRIX OUTPATIENT PROGRAM



Urban Treaty Day North Battleford



Kahkewistahaw Health Fair Day



Crystal Meth & Opioid Conference Prince Albert

- April to July – Matrix OP, Piapot FN, 4 Grads
- April 3,4 – Crystal Meth Dialogue, Saskatoon
- April 18 – Punnichy Elementary Health Fair Day
- May 16 – Gordon FN Health Fair Day
- May 22 – White Bear FN Treaty Day
- May 27 – Muskowekwan FN Crystal Meth Workshop
- June 13 – Prince Albert Urban Treaty Day
- July 14 to 19 – Delivered water bottles to Summer Game in Flying Dust FN
- June 26 – North Battleford Urban Treaty Day
- June 27 – Saskatoon Urban Treaty Day
- July 8 – Kahkewistahaw FN Treaty Day
- Sept 24,25 – SIIT Knowledge Exchange, Saskatoon
- Nov 6,7 – SIIT NNADAP Symposium, Saskatoon
- Nov 27 – Mistawasis FN Health Fair Day
- Dec 11 to 13 – Opioid & Crystal Meth Conference, Prince Albert



GUESTS

MASTERS IN MĀORI AND INDIGENOUS LEADERSHIP PROGRAMME

LTL was blessed to meet, tour and present to the students and faculty from the New Zealand Masters in Māori and Indigenous Leadership Programme on October 21, 2019.

Dr. Lisa Chant and the Maraea Community Research Project

This past year Leading Thunderbird Lodge had the amazing opportunity to host Dr. Lisa Chant. Many LTL staff members were able to sit down with Dr. Chant and discuss the work that LTL is doing with First Nation and Metis youth across Canada. Dr. Chant has a Post Doctoral Fellowship that is funded by the Health Research Council in New Zealand. Dr. Chant had the opportunity to visit several treatment centres in Saskatchewan to accumulate current best practice procedures and work in the field of addictions. Below is an excerpt from Dr. Chant's research project.

"Maraea - supportive solutions for indigenous children who misuse substances

This study will strengthen the evidence basis for indigenous-led community-based health solutions to remedy substance misuse in indigenous children under 13 years. It will examine what is currently known to work well in the four countries, to compare, contrast and combine solutions that lead to *hauora/wellbeing kotahitanga/strength through collaboration*. The study will strengthen relationships and collaboration between indigenous-health-practitioners to underpin resilience in the indigenous health workforce. The study will give families and communities access to evidence-based knowledge as to why public health-related sectors in their countries should be respectful and supportive of indigenous people and their indigenous-community responses to indigenous-community health dilemma.

The overall aim of the research project is to develop new knowledge and capacity to remedy substance misuse in indigenous children under 13 years through a comparative study of indigenous-health-practitioner led community based solutions from New Zealand, Australia, Canada and the USA that focus on *whānau rangatiratanga/family self-determination*."

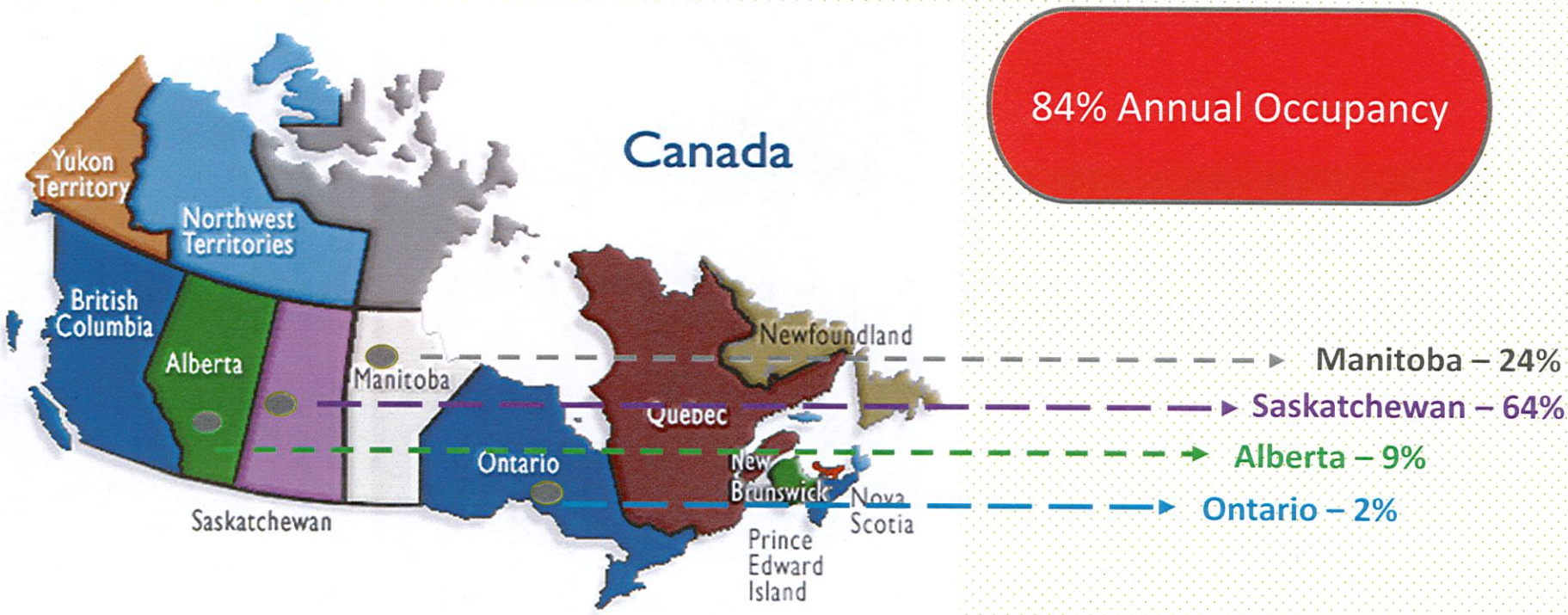
<http://www.maraea.communityresearch.org.nz/>



Leading Thunderbird Lodge Annual Client Statistics

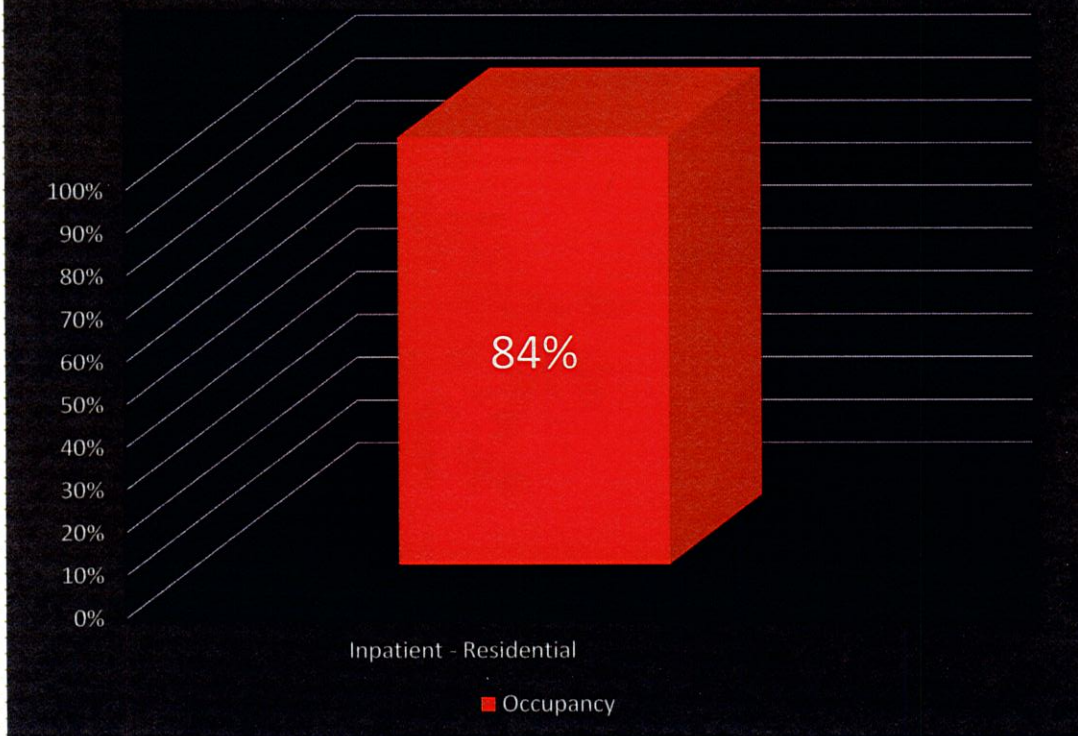


CLIENT REGION OF ORIGIN 2019 - 2020



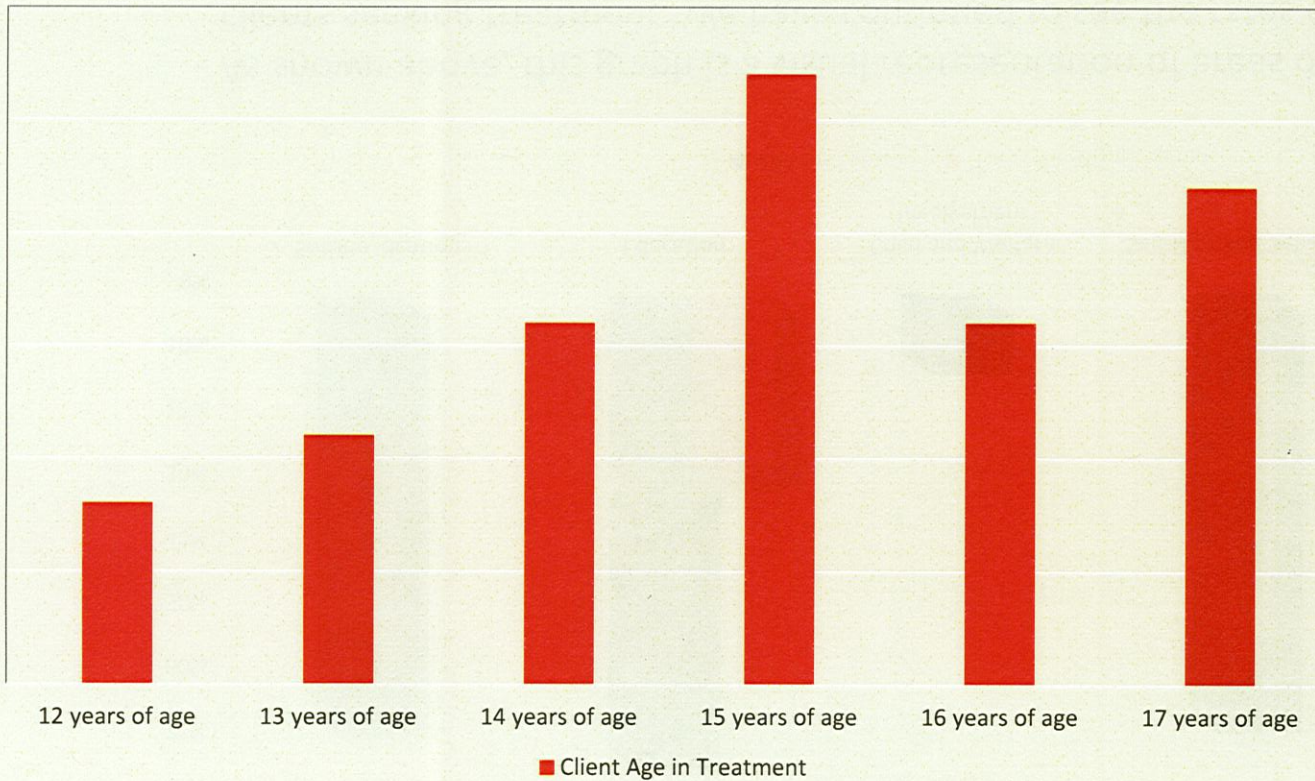
This Photo by Unknown Author is licensed under [CC BY-NC-ND](https://creativecommons.org/licenses/by-nc-nd/4.0/)

Client Occupancy April 1st, 2019 – March 31st, 2020.



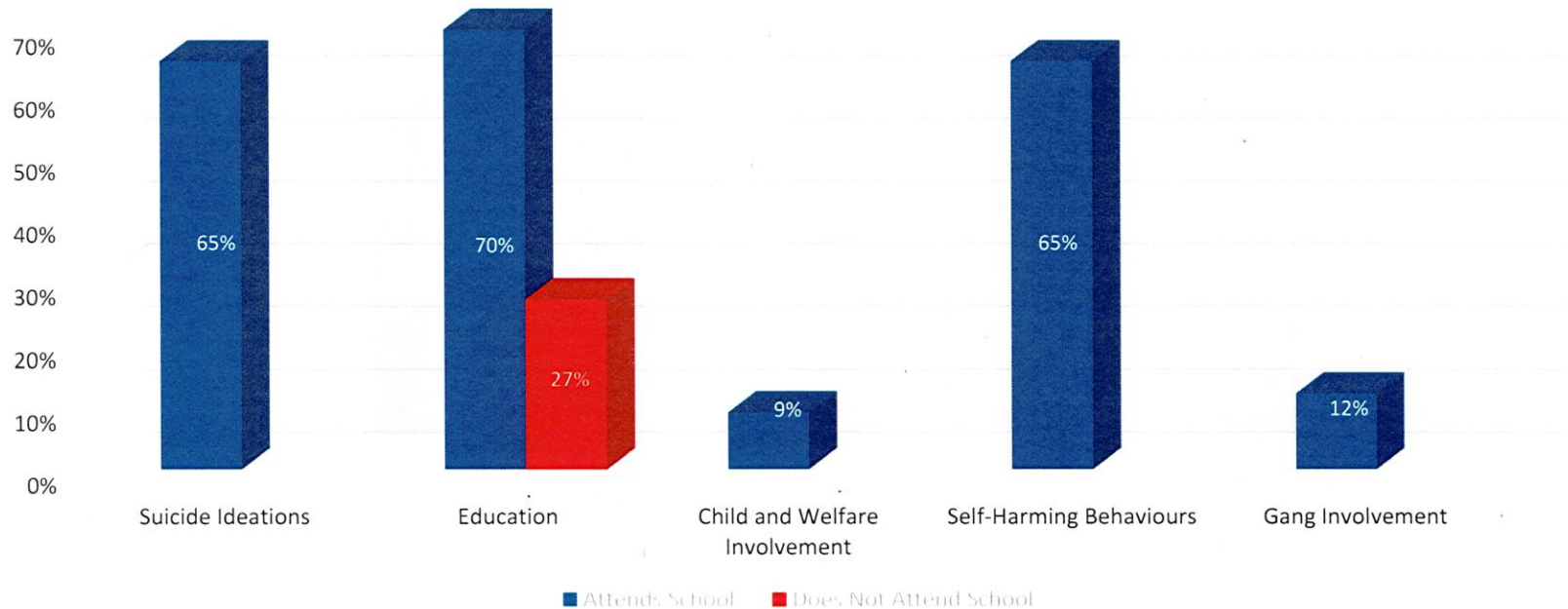
This chart reflects the number of clients LTL had in care from April 1st, 2019 to March 31st, 2020. There were 45 clients in total who participated in the inpatient residential treatment program.

Client Age



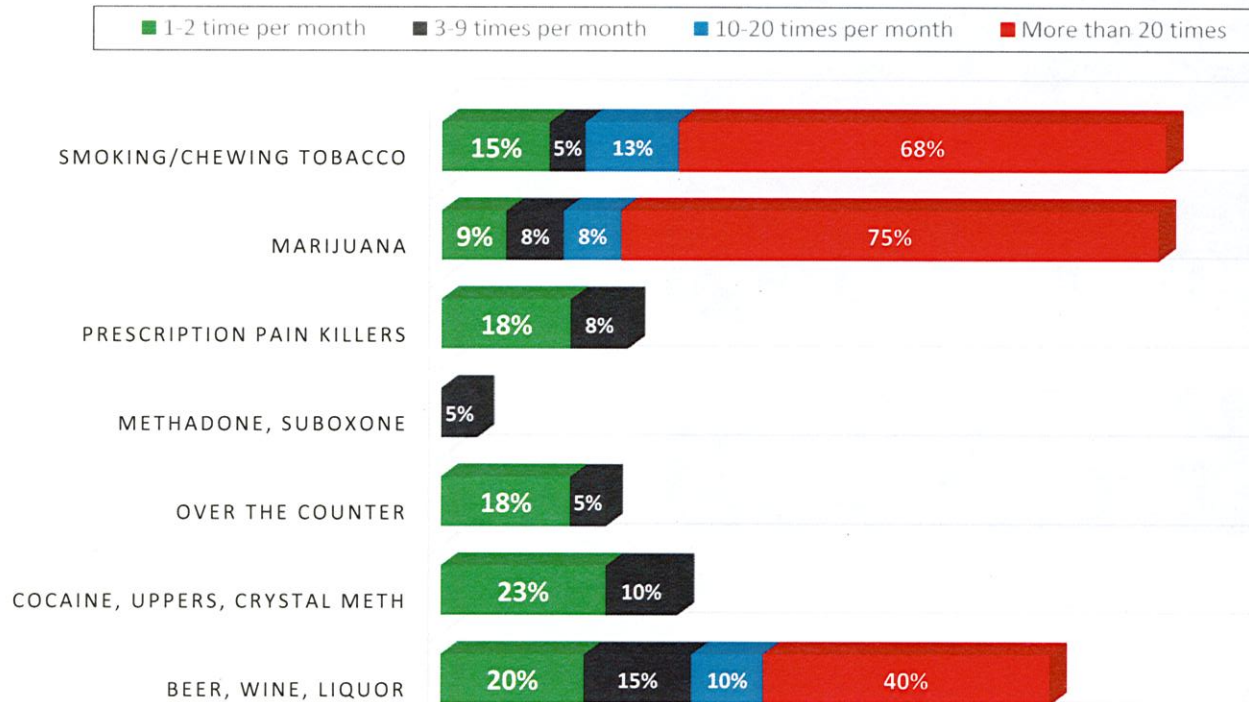
The average age of clients accessing treatment, as displayed in the graph is 15 years of age. Leading Thunderbird Lodge offers treatment to male youth ages 12-17. There have been exceptions made for clients who are 11 years of age, and clients who will turn 18 years of age during their healing journey at the lodge. This information is cumulated through the NYSAP intake package on the AMIS database.

Clients Accessing Treatment



As shown above, this graph is a visual representation of areas of concern among clients seeking treatment. We have continued to see the rates of suicide ideation and self-harming behaviors increase, as well as gang involvement. These statistics are available from the NYSAP intake package on the AMIS database.

SUBSTANCE USE FREQUENCY



This graph is a visual representation of a client's substance use frequency. This chart is based on ones estimated use over a 30-day period. This information is gathered in the DUSI-R assessment. We can see that alcohol, marijuana and smoking/chewing tobacco are the most misused substances among clients; however, we are seeing an increase in client experimentation with more substances including (over the counter medication, crystal meth, cocaine, etc.). It is important to note that this information is only what was disclosed in the DUSI-R assessment. We are aware that many youth have used crystal meth unknowingly in marijuana and cocaine products.

THE AVERAGE AGE OF SUBSTANCE USAGE

■ Starting Age of Usage

AVERAGE STARTING AGE: OTHER DRUGS

12

AVERAGE STARTING AGE: ALCOHOL

13

AVERAGE STARTING AGE: SNIFFING

11

Pēkīwēwin House Annual Client Statistics



CLIENT OCCUPANCY FROM APRIL 1ST, 2019 – MARCH 31ST, 2020

Pēkīwēwin House occupancy rate reached by March 2020, with 5 youth living in the home. Overall occupancy for the year was 50% as the house slowly filled with youth who graduated from LTL's residential treatment program. This program gave youth from ages 16-21 many opportunities to explore themselves living a healthy holistic environment.

The five clients attending the program are currently originating from communities located within Saskatchewan.

Client Occupancy

