



UNIVERSITY OF TORONTO  
 DALLA LANA SCHOOL OF PUBLIC HEALTH  
 Waakebiness-Bryce Institute for Indigenous Health



ON-NEIHR Meeting Minutes

**Date:** March 06, 2024  
**Time:** 3:00pm to 5:00pm  
**Location:** Zoom Meeting

**In Attendance:** Dr. Suzanne Stewart, Wendy Phillips, Clay Shirt, Holly Graham, Valerie O’Brien, Roy Strebel

**Regrets:** Jeffrey Ansloos, Alanaise Ferguson, Lynn Lavallee, Angela Mashford-Pringle, Rod McCormick, Janet Smilie, Renee Linklater, Michelle Dickson, Pamela Hart, NWRCT, Michael Hart, Luana Shirt, Chris Mushquash, Brenda Restoule, Chantelle Richmond, Maile Taualii, Pauline Shirt, Chelsea Gabel Paul Whitinui

ITEM	DISCUSSION	RECOMMENDATION/MOTION/ ACTION
Spiritual Opening Clay Shirt	Clay did an opening prayer to start the meeting in a good way	
Member Check-In	All members did a round table check-in.	
Member Updates	<p><b>Holly</b></p> <ul style="list-style-type: none"> <li>• Recorded first episode of the podcast series <i>Beat the Ground</i> featuring Indigenous psychologists practicing in the field.</li> <li>• Podcast uses storytelling methodology from a FN perspective, guests will discuss topics of how they got into the practice, destigmatizing mental health and the promotion of more Indigenous psychologists.</li> <li>• <i>Episode 1: Welcome home</i> introduced the audience to Indigenous ways of knowing, being and doing, and Indigenous psychology.</li> <li>• Holly, Alanaise, Brenda, Suzanne are part of the speaker series.</li> <li>• Sent emails to Dr. Maria Yellow Horse Brave Heart in New Mexico but</li> </ul>	

received no response.

- Knowledge users on her team also helped with the podcast.
- Submitted an abstract and got accepted for CPA conference and will be presenting. Also applied to APA conference in the U.S
- There is a psychiatrist in Ottawa doing groundbreaking work in breathing as a form of therapy. Measures a person's parameters of breathing and can tell if they have depression or anxiety just by looking at their breathing. She customizes a breathing pattern for people, 60-80% success rate without medication.
- She would like to meet with her to get her insights to develop a manual on trauma and breathing/healing and would like to pilot in SK, ON, and BC. Suggesting for NEIHR-ON team to do this in ON

**Valerie**

- Scholarship deadline coming up next week for undergrad and grad students, recruiting reviewers, they only have four now, reviews will be completed in April.
- Summer institute on data governance
- U of T never sponsored an IMN scholarship. Would like to send a letter to Suzanne requesting funding from IMN (Chelsea)

**Roy**

- Very busy right now getting caught up with work before holidays next week.
- Roy transitioning from using his email to the ON-NEIHR email [ontarioneihr.dlsph@utoronto.ca](mailto:ontarioneihr.dlsph@utoronto.ca), pls replace Roy's name with ON-NEIHR Coordinator.
- NEIHR renewal 20 pg proposal done and sent for review to Dean at Researchers Office and should receive feedback by Friday March 8

**Wendy**

- Took an international fellowship in Costa Rica last month. 40 spiritual leaders to come together.
- Purpose is peace building, and project length is one year.
- Applied for a doctorate as well.
- Planning for ceremonies coming up this year for spring and fall, brainstorming on ideas for our gardens.

- Suggestion from Suzanne for Holly to connect with Clay or Brenda to further develop this idea.

- Suzanne offered one PhD student in the fall.

- Requested Letter of support from Holly's university. Holly to get from Dept of Psychiatry.
- Suggestion from Holly for ON-NEIHR to share the proposal with Leadership team.

	<p><b>Clay</b></p> <ul style="list-style-type: none"> <li>• Also preparing for ceremony. Preparing the sweats and lodge. Interested in Holly's topic on breathing. Is there an indigenous spin?</li> </ul> <p><b>Suzanne</b></p> <ul style="list-style-type: none"> <li>• Submitted an operating grant for our mental health and youth, Climate Crises project. Pilot project was completed last year with Kimberly from NWT.</li> <li>• Other members are co-applicants such as Rod McCormick, Paul Whitinui, and Michael Hart.</li> <li>• \$2 million grant to a national level.</li> <li>• Hoping to submit NEIHR renewal by this Friday.</li> <li>• NEIHR renewal objectives: 1) Internationalization 2) National Indigenous health research agenda 3) Ethics and creating of REB frameworks 4) Working together with other NEIHR's and National Collaborating Centre, and community partners.</li> <li>• Will send NEIHR renewal to leadership circle once the Office of Research Services sends feedback.</li> <li>• Included Clay and Wendy's accomplishments, student RA positions, opportunity for ceremonies, ON-NEIHR wants to give the NEIHR family the opportunities for fasting, &amp; vision quests in the spring and fall.</li> <li>• Please register for the upcoming Knowledge Exchange event June 5-6, 2024.</li> <li>• No cost to leadership circle</li> <li>• Opportunity for all ON-NEIHR members and community partners to share their work, Knowledge sharing circles, and sweat on last day</li> </ul> <p><b>Clay</b></p> <ul style="list-style-type: none"> <li>• Running sweats for 30 years</li> <li>• Emphasis on research is ceremony, opportunity for students to look within themselves, and learn about Indigenous ways, and importance of spirit, something that's not available within Western ways</li> </ul>	<ul style="list-style-type: none"> <li>• Request for leadership team to send lay abstract and 1 pg summary.</li> <li>• Need Collaboration letter between IMN &amp; ON-NEIHR highlighting annual budget for next 5 years, \$200,000 per year to support IMN, how many students are being funded per year.</li> <li>• email person in vice provost office to please consider this request.</li> </ul>
Spiritual Closing	Elder Wendy Phillips did a spiritual closing	