

SK-IMN



**ANNUAL REPORT
FOR 2020-2021**

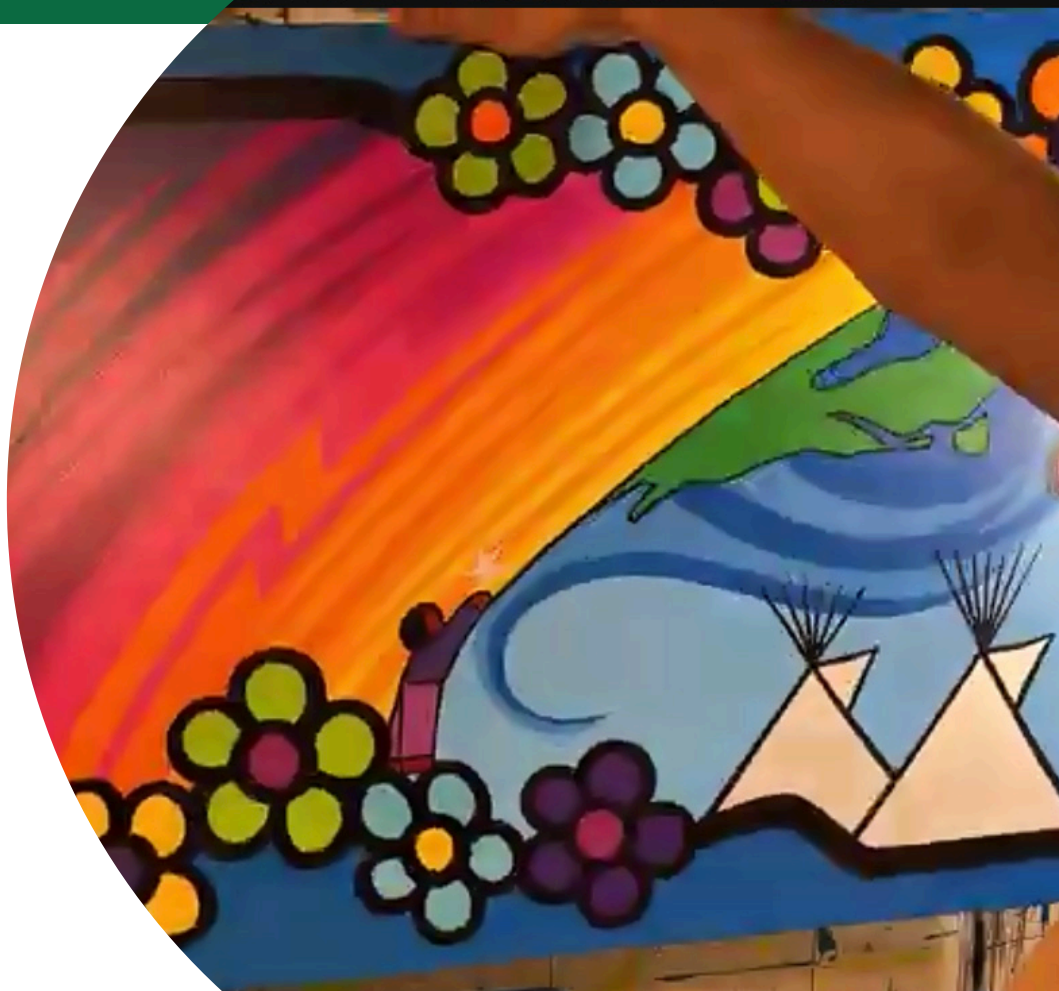


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L to R: Drs. Lambert, McKinstry, Tait, Swidrovich, and Foulds in front of Station 20 West where the new FMHRN/SK-IMN/NEIHR NCC offices are located.

LEADERSHIP ADVISORY COMMITTEE

► By Dr. Caroline Tait, NPI

The Saskatchewan Indigenous Mentorship Network marks another year of supporting and celebrating the success of our First Nations, Métis, and Inuit students. The mentorship leadership group, made up of faculty and community members, once again had the opportunity in 2020-21 to work with Allison Piché, our SK-IMN Manager, to support the success of Indigenous students in Saskatchewan. With the challenges brought on by the Covid-19 pandemic, our students exhibited incredible strength and resolve. They continued to work for our communities and advance their training and research by embracing online learning, research, and community outreach. We could not be prouder of their efforts and accomplishments. Even though we

were unable to gather for events and activities, Allison Piché with the support of Rhonda Taillon, Fleur McQueen Smith and Greg Riehl (our wonderful management and administration team), created online spaces for students, mentors and Elders to come together to support one another. As lockdowns began in March 2020, our Elders advised us to see Covid-19 as a relationship, and to ask ourselves how we could best embrace Covid-19 positively. From this, the SK-IMN team and students creatively found ways to collaborate together, to learn from one another and from experts across the country, and to find time to visit and support each other. Covid-19 has given us a year and a half like no other. However, with the guidance

of our old people, our network has found meaning, community, and profound opportunities to reflect and share together. I personally extend my sincere gratitude to Allison, our staff, students, and Elders, the many volunteer mentors, our funders, and to the post-secondary institutions that support our work. As CIHR funding for the IMNs across Canada ends, I encourage everyone involved with the SK-IMN to assist our leadership group to identify new funding opportunities to sustain the network for many years to come. Sustainability is the Leadership Group's major focus during the 2021-22 academic year and we look forward to identifying new funding partners and opportunities. ■

Letter from the SK-IMN Manager

The 2020-2021 year was strange and uniquely challenging. The university is beginning to transition towards a return to campus for the 2021-2022 academic year. As we begin to meet in person once

again, there are a few activities that we'll be continuing with online as we realized they work better for students joining from disparate locations. Others, which we sorely miss being able to do in person, like our writing retreats, we'll plan for fall and winter if COVID allows.

It's hard to know when in-person conferences will resume, but we will also be hosting the National Gathering of Graduate Students in Saskatchewan, along with a NEIHR Gathering in Spring 2022.

This year marks the last official year of the Mentorship Network grant, though the timeline has been extended due to COVID. We'll begin transitioning under the NEIHR

umbrella in 2022 by streamlining our committees, reviewing our awards program, and making other adjustments as necessary.

We look forward to meeting new students, reconnecting with those who have been involved over the past four years, and continuing to build the Mentorship Network - both through in person and online activities. ■



A handwritten signature in black ink that reads "A. Piché". The signature is fluid and cursive.

SUB COMMITTEES

Beginning Summer 2022 the SK-IMN Mentorship Committees will amalgamate with the First Nations and Métis Health Research Network Committees where overlap exists as the Mentorship Network transitions under the umbrella of FMHRN.

Awards & Adjudication Committee

February 26, 2021
Online feedback Summer 2021

Quarterly
Next Meeting: Fall 2022

Ranjan Datta (Mount Royal University)
Brenda Green (Indigenous Health, First Nations University of Canada)
Andy Greenshaw (Psychiatry, University of Alberta)
Heather Foulds (Kinesiology, University of Saskatchewan)
Robert Innes (Indigenous Studies, University of Saskatchewan)
Pammla Petrucka (Nursing, University of Saskatchewan)
Indiana Best (Public Health, University of Saskatchewan)
Adam McInnes (Engineering, University of Saskatchewan)

2017-2020 | Carrie LaVallie (Indigenous Health, First Nations University of Canada)

2017-2019 | Bill Mussell (First Peoples Wellness Circle)

Events Committee

August 20, 2020

Meets Annually

Simon Lambert (Indigenous Studies, University of Saskatchewan)
Carmen Gillies (SUNTEP, University of Saskatchewan)
Sidney Ray-Shacter (CompSci, Marketing, University of Saskatchewan)

Evaluation Committee

August 21, 2020
April 28, 2021

Meets Annually

Micheal Heimlick, Evaluation Consultant - Two Bridges Consulting
Glen Luther (Law, University of Saskatchewan)
Ranjan Datta (Mount Royal University)

2017-2019 | Cassandra Wajunta (Indigenous Peoples' Health Research Centre)

Mentorship Committee

November 4, 2020
November 18, 2020
December 16, 2020
January 20, 2021

Stryker Calvez (Gwenna Moss, USask)
Susan Shacter (Admissions and Recruitment)
Merle Massie (OVPR, USask)
Caroline Tait (Psychiatry, USask)
Margaretha Uttjek (Umea University)
Kas Anderson-Carpenter, Michigan State University

Outreach Committee

No Meeting in 2020-2021

Andrew Hartman (PhD Student, Psychology USask)
Leah Ferguson (Kinesiology, USask)
Lana Elias (Science Outreach, USask)
Joseph Neapetung (Masters Student, Physiology and Pharmacology, USask)
Nolan Kenny (SIIT)

BY THE NUMBERS

Between 2018 and 2021, the Saskatchewan Indigenous Mentorship Network has provided 89 awards to 51 students. This includes 10 undergraduates, 26 masters, and 15 PhD students.

In the 2020-2021 academic year we provided funding to a total of 15 graduate students. We also had a COVID-19 specific funding call in April 2020, the details of which are included in last year's Annual Report. Included here are demographics of graduate students involved in the Network.

Funding amounts range from \$200 to cover online conference fees to \$24,000 PhD Scholarships. Much of our internal funding goes towards student stipends of \$3000, of which we've awarded 34 between 2018-2021.

Of students funded by the SK-IMN...



...37 attend the University of Saskatchewan, 11 the University of Regina, and 3 First Nations University of Canada



...10 are undergraduate students, 26 Masters, and 15 PhD



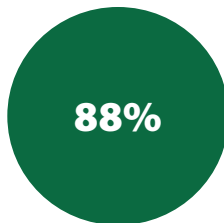
74.5% of funded students are First Nations, 23.5% are Métis, and 2% are Inuit

" [The Mentorship Network is] filling a very unique gap that's not filled anywhere else. I think connection with Indigenous students, especially just because in programs they're isolated . . . They're coming together, they're sharing. It's not tokenism. It incorporates so many Indigenous beliefs around reciprocity and [how] ageism isn't a thing. It incorporates this intergenerational learning and all these worldviews that I think is so important. Not only is it filling a need, but it's also true to its cultural grounding."

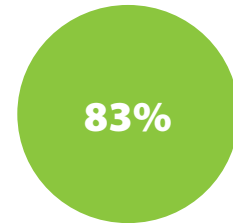
In post-event surveys, students have shown they value the Mentorship Network...



...of students said that the SK-IMN had a **supportive and welcoming** environment



...of students said that the event was a **meaningful mentorship opportunity**



...of students said that the event helped them **form relationships** with the academic community



"I found that it's created opportunity for me to advance both academically and my employment because it's leading into my career ... it's definitely helped motivate me to get my foot into the door, to getting to the next step in my academic journey."

2020-2021 Funding Recipients

Graduate Mentorship Stipend

Tina Alexis
Christy Anderson
Indiana Best
Shana Cardinal
Charmaine Christiansen
Ann Dorion
Jenny Gardipy
Candace Gladeau
Jory Meyer
Wendy Mirasty
Jacqueline Smith
Bridgette THomas
Emily Winters
Michelle Zinck

Each student received a \$3000 stipend to put towards their mentorship goals.



Graduate Travel Award

Emily Winters

Due to COVID-19, we updated the Travel Awards criteria to include registration costs for online conferences.

New Investigator Support for Undergraduate Summer Studentship

Dr. Heather Foulds
and Samantha Moore

Matching funds in the amount of \$6200 for summer employment on an Indigenous faculty member's research project.



Scholarship Recipients

Michelle Zinck

Mentee Scholarship, \$16,000
Department of Indigenous Studies
Supervisor: Dr. Johnson-Jennings

Joseph Neapetung

CoMGRAD Scholarship, \$24,000
Department of Anatomy, Physiology, and
Pharmacology
Supervisor: Dr. Campanucci

Tina Alexis

FMHRN Scholarship, \$20,000
Department of Indigenous Studies
Supervisor: Dr. Wheeler



Scholarship Recipients (L to R: Tina Alexis, Joseph Neapetung, Michelle Zinck)

SUMMER STUDENT RESEARCH PROJECT

► By Samantha Moore



My name is Samantha Moore. I am an Assiniboine First Nations woman from White Bear, Saskatchewan. I am graduating from the College of Kinesiology at the University of Saskatchewan this fall with a major in Exercise and Sports Studies and a minor in Biological Science. I am currently working for Dr. Heather Foulds as a research assistant. Dr. Foulds is a Co-Scientific Director of mamawiikayaahk (Healing Together) Métis Health and Wellness Research Network, part of the First Nations and Métis Health Research Network (FMHRN), as well as the CIHR/Heart and Stroke Indigenous Early Career Women's Heart and Brain Health Chair at the University of Saskatchewan.

When I began working for Dr. Foulds I conducted a literature review analyzing articles on the connection

between social support and physical activity in adults.

Over the last year, I have been working on two different research projects. For the first, "The Importance of Culture and Social Support in Health of Métis Peoples," I conducted a thematic analysis on participant photovoice contributions. Photovoice is a qualitative research tool often used in community-based participatory research. Two interviews were conducted with Métis adult participants. The first asked participants about their knowledge and experiences with culture and social support. For the second interview participants sent in photographs that related to culture and social support and were asked to describe how their connection to culture and social support impacted their health and wellbeing. From these interviews we were able to learn that culture and social support can have a big impact on one's overall health and wellbeing as a Métis adult. We also learned that loss of connection to culture and social support can have a negative impact on health, sometimes leading to substance abuse and depression.

The second research project I have been working on, "Jigging Our Health," includes conducting thematic analysis and notetaking for interviews with

Métis adults on how Red River Jigging affects Métis adult health. We dove into the participant's experience with Red River Jigging, how physically demanding it is, and how the Red River Jig makes dancers feel while they are performing it. Red River Jigging is very connected to culture and allows Métis adults to escape from any negative thoughts that may be affecting their mental health. These projects allow us to interact with Métis adults, gain knowledge on culture, social support, Red River Jigging, and see how each impacts overall health and wellbeing.

Working for Dr. Foulds on these research projects has allowed me to connect to my cultural heritage. My mother was part of the Sixties Scoop and my grandmother attended Residential School, so there was a big loss of cultural practices in my family. I am grateful for the opportunity to gain the knowledge and experience I have, as it allows me to regain my cultural identity. Throughout the last year, I have learned that there are many Indigenous people who feel a disconnection to their culture. Learning this made me realize that it is never too late to try and regain knowledge that was meant to be passed down to each generation. ■



Orientation

Due to COVID-19 we decided to forego our Annual Gathering in the hopes we could hold it later once we had returned to “normal.”

Instead, we hosted an online orientation for new and returning students to familiarize them with the Indigenous Mentorship Network. This included one info session on the SK-IMN, presentations by Ombaashi (the International/National Mentorship Network), and the Turtle Island Journal of Indigenous Health. In the days and weeks that followed, we hosted a number of webinars led by mentors and relevant partners. Seventeen students registered for the orientation and were provided welcome packages which were dropped off if local and mailed if elsewhere in the

province. Packages included gear from Indspire, the SK-IMN, Road Coffee, beaded orange shirt day pins, and more.

September 22: Building your Academic CV with Dr. Caroline Tait (recorded)

Dr. Tait shared her tips for graduate students and new investigators on building your academic CV to give yourself a competitive edge during your job search, in applying for grants, and more.

September 23: Indspire: Building Brighter Futures (recorded)

With the support of its funding partners, Indspire disburses financial awards, delivers programs and shares resources with the goal of closing the gap in Indigenous education. This presentation will walk students through the application process - including how to fill out the budget, and necessary documents.

September 29: Knowledge Keeper Judy Pelly (not recorded)

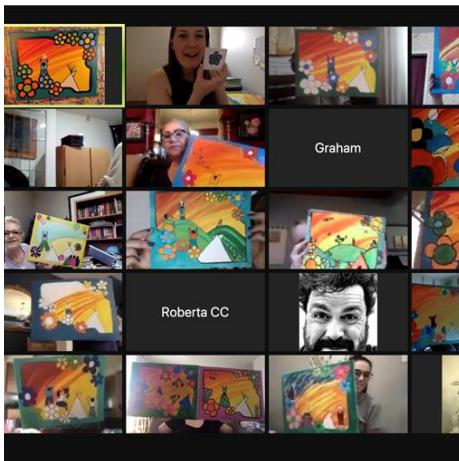
This was a virtual connection opportunity for students with Knowledge Keeper Judy Pelly.

Judy Pelly is Anishinaabe-Saulteaux and was born and raised in Cote First Nation. She is a mother to three sons and Kohkum to five grandchildren. She is involved in a variety of health research projects and is currently a cultural advisor with the SHA.

September 30: Indspire: Rivers to Success (recorded)

Rivers to Success is a mentorship-focused program facilitated by Indspire whose three streams feature cultural resources, customized resources, and matching with a mentor or mentorship group to give you good guidance no matter where you are on your learning journey. It's absolutely free, and the sign-up is quick and easy.

EVENTS



Paint Workshop with Kevin Peeace

In partnership with the First Nations and Métis Health Research Network we hosted a paint workshop to mark one year of working from home due to COVID-19.

We had more than 40 participants including community organizations, classrooms and more!

We received positive feedback from participants and will continue to plan annual opportunities for interactive workshops as long as we're not able to meet in person.

Online One-on-One Mentoring

Early in COVID-19 we launched online mentorship and continued this through the 2020-2021 academic year.



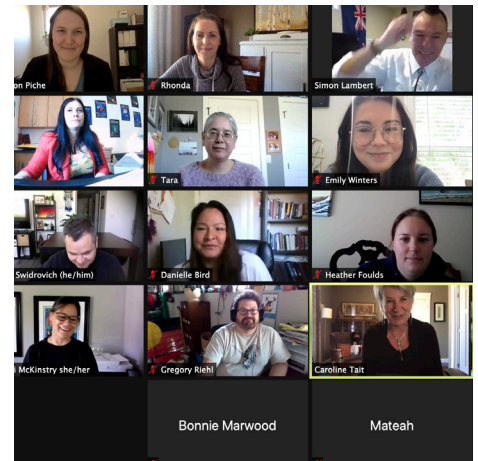
Coffee and Catch Up

This informal weekly online meeting up began November 2020 and continued through May 2021 before moving to monthly for the summer.

These sessions are a casual opportunity for students and mentors to connect, meet one another, provide expertise, and share ideas.

Over the course of the year, 15 students and 8 faculty/staff participated, with participation rates ranging from 1 - 12 or so participants each week.

Students shared that this was one of few consistent opportunities to connect while working remotely during COVID-19 and that it helped get them through what was often an isolating year.

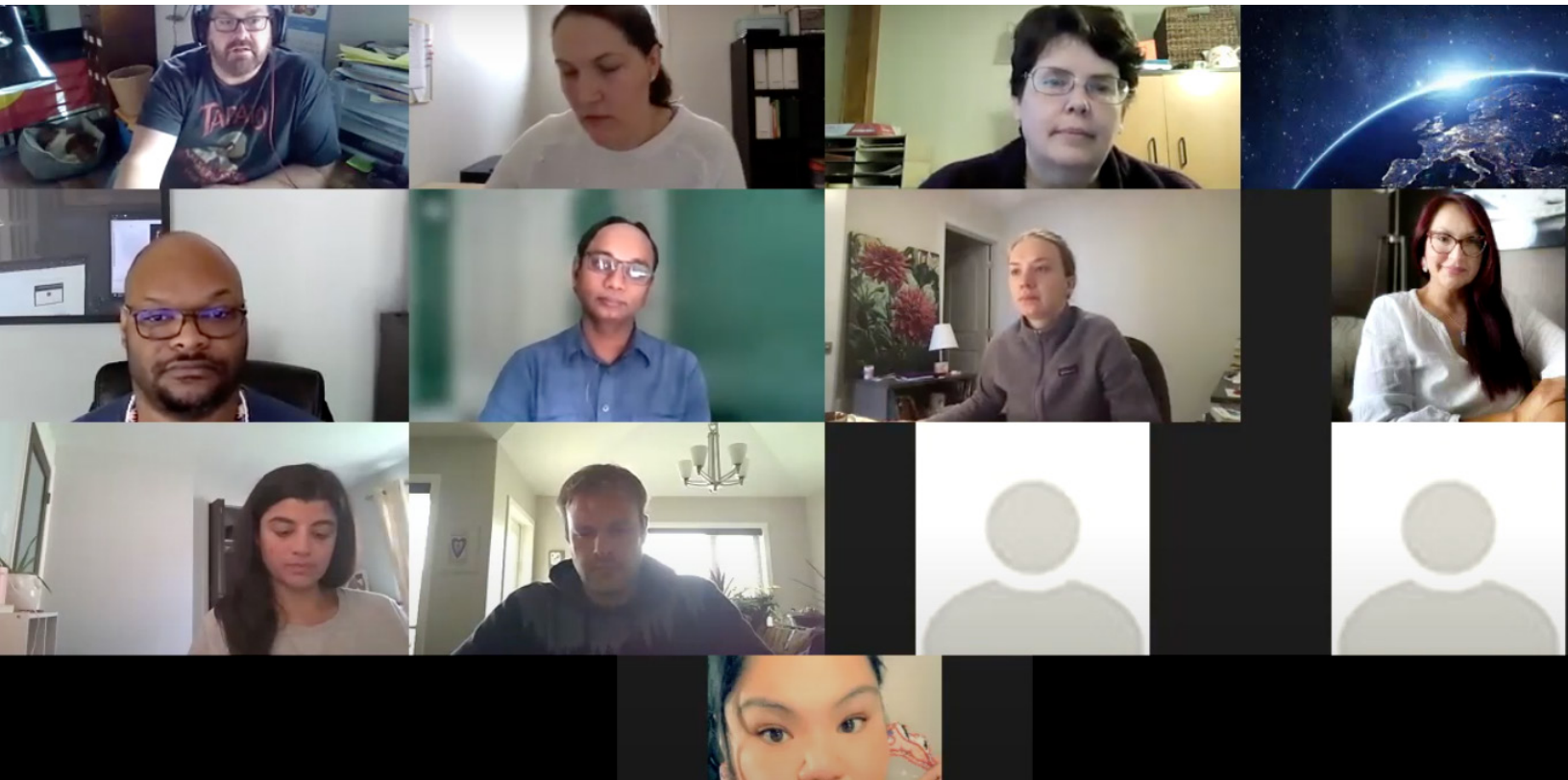


Grad and End of Semester Celebration

On May 27th we hosted an online lunch using Skip the Dishes and invited students involved in the Mentorship Network, including those who had or were convocating in the 2020-2021 year to join us for lunch. This was an informal chance to meet up and introduce everyone to one another.

Seventeen participants registered via eventbrite and seven mentors attended. Drs. Lambert, Tait, Henry, LaVallie, McKinstry, Swidrovich, and Foulds provided congratulatory remarks to those who defended their thesis or dissertation during the pandemic.

We plan to have more online lunches with food provided throughout the coming year.



WRITING YOUR JOURNAL ARTICLE IN 12 WEEKS COURSE

This class met for 1.5 hours once a week, from the week of March 1st to the end of May (nine weeks and three break/catch-up weeks over the 12 weeks).

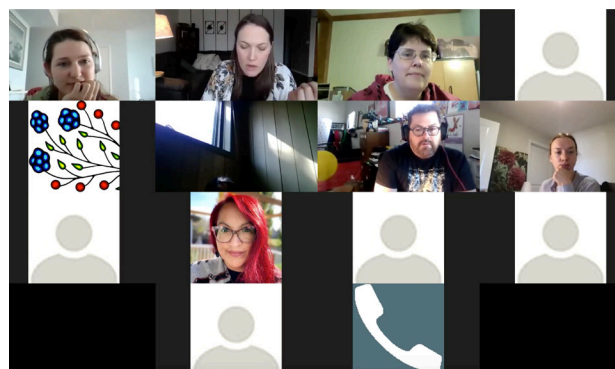
We started with 10 participants, including 3 who were auditing the course.

The course was built in Canvas using a syllabus provided by Dr. Belcher and adapted by our committee. Participants were provided a copy of *Writing Your Journal Article in 12 Weeks* (2009) by Wendy Belcher. They included students working on Masters, PhDs, and staff interested in expanding their journal article writing skills. Everyone participated as much as they were able and we made it through the first half of the workbook together.

The syllabus and book are geared towards individuals who have a mostly complete journal article draft to revise and we learned that making our way through the book entailed needing a lot of concentrated time to keep up with the prescribed activities. While it was useful, it was challenging to keep up with the content over the twelve weeks as this was not a regular course offering, but something most participated in

I wanted to state, that not only this course but other writing groups from SK- IMN has helped to complete my thesis. I am grateful for that help and this course's help
- Writing Course Participant.

off the side of their desk while balancing many other demands on their time. The survey at the end of the course provided a bit of insight I will make use of this coming year as we reconfigure the weekly meet up to be more focused on writing skills, dedicated time to write and less often on “check-ins.”



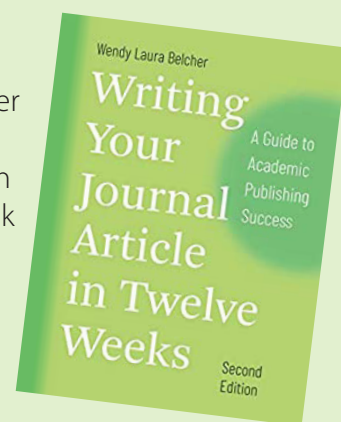
Guest Presentations included:

- **March 26:** Jill McMillan, University Library Graduate Writing Specialist
- **April 9:** Turtle Island Journal of Indigenous Health
- **April 30:** Tanya Andrusciezko, Fernwood Publishing Acquisitions Editor
- **May 21:** Journal Reviewer Panel featuring Mentorship Committee Members: Dr. Kas Anderson-Carpenter (University of Michigan), Dr. Robert Henry (USASK), Dr. Margaretha Uttjek (Umea University), and Greg Riehl (Research Manager, NEIHR Coordinating Centre)

Mentorship Committee

In the fall of 2020, the Mentorship Committee resumed meeting after a hiatus. Together we planned a writing course making use of Wendy Belcher's workbook, *Writing Your Journal Article in Twelve Weeks*. We met every other week from November 2020 through January 2021 and this group was a big support during this planning phase. A big thank you to the Committee Members for workshoping the syllabus, schedule and plan with me to prepare for the launch in February 2021.

Belcher, W. L. (2009). *Writing Your Journal Article in 12 Weeks: a Guide to Academic Publishing Success*. SAGE Publications, Inc.



Evaluation Committee

The evaluation committee met Summer 2020 and April 2021. After COVID related delays, the mid-term evaluation was completed November 2020. It is available in full on our website under the tab, "Research." Included below is an excerpt from the report.

Other evaluation activities this past year included a survey of participants in the course *Writing Your Journal Article in 12 Weeks*, and the NEIHR NCC team supporting the evaluation of the year's NGGS in anticipation of hosting it in Saskatchewan in 2022.

This next year the Mentorship Network Evaluation Committee will begin meeting with the First Nations and Métis Health Research Network Evaluation committee in order to work together towards common evaluation goals as the SK-IMN folds under the FMHRN. This will include a few changes to our process once this transition occurs and will help the SK-IMN to continue to achieve the goals set out in the initial proposal, including the development of an annual survey to students and other FMHRN members.

Mid term Report

excerpt from Report Conclusion by Two Bridges Consulting



Overall, combined evidence from surveys and interviews suggests that the SK-IMN is a valuable source of mentorship for students in Saskatchewan. First-hand evidence from students points to a multitude of positive outcomes that, one can assume, will leave them feeling supported, motivated, and willing to continue their meaningful careers. The applications of those careers are yet to be determined, but one can be certain that the outcomes students are experiencing that described in this report will have a long-lasting effect on Indigenous research, academics, and mentorship in Saskatchewan for many years to come. Although students provided feedback on possible changes to the SK-IMN, they appear to be very satisfied with it and see it as a valuable, sometimes crucial and necessary, support for them in their academic and life pursuits.

*Full report available online under the **Research** tab*

Outreach

of February we partnered with the Aboriginal Students' Centre and Admissions and Recruitment to cohost an info session on graduate studies and research geared towards interested undergraduate students.

The Mentorship Network shared information on opportunities through our Network such as summer studentships, and sponsored the student honoraria for the three participating undergraduate and graduate students.

Other presentations included:

- Department of Surgery Networking Lunch (March 2021)
- Indigenous Student Experience Days (April 2021) in partnership with the Department of Indigenous Studies and the Office of Undergraduate Research Initiatives
- Post-graduate Medical Education (PGME) Bootcamp (June 2021)

This year outreach activities took place online. We cohosted a few events and presented to a variety of groups about the Mentorship Network. At the end



2021-2022

► **By Allison Piché**

In Saskatchewan pandemic restrictions have begun to ease and the University is planning a safe transition back to in person learning beginning Fall 2021 and increasing this for the Winter 2022 semester. Our team (SK-IMN and FMHRN) are still primarily working remotely, but have begun to have more in-person team meetings. Our tentative plan for fall 2021 is to begin a hybrid work model moving between the main campus, Station 20 West, and home.

It is unclear when regular meetings with those outside our immediate staff and leadership team will resume with regularity in-person on campus. This makes planning for the coming year a bit tricky! Tentatively, any smaller scale events such as our weekly meet ups, workshops, and related activities will remain online. The benefit we've discovered over the last year is that this makes these events more easily accessible to students across the province. Previously we would host in person in Saskatoon and livestream online which as it turns out doesn't make for the best online or in person experience.

When possible, we will begin hosting events in person again, rotating locations in the province. We hope to be able to do this for our Fall 2021 Writing Retreat which will take place during the November reading week break.

We plan to host both fall and winter writing retreats, and in 2022 will hold our Annual Gathering in partnership with the First Nations and Métis Health Research Network. As this is the last "official" year of the SK-IMN before we fold under the FMHRN umbrella, we will also begin amalgamating committees and streamlining our activities.

SK-IMN PROPOSED

YEAR FIVE

September 2021

September 23: Weekly online writing groups resume, monthly webinar

November 2021

Weekly writing group
Fall reading week writing retreat (in person if possible)
SK-IMN Annual General Meeting

January 2022

Weekly online writing group, monthly webinar
Winter awards deadline

March 2022

Weekly writing group, monthly webinar

Summer 2022

2022-2023 Planning
SK-IMN and FMHRN Annual Gathering for Fall 2022

Our tentative plan for year five of the grant (COVID restriction dependent)

● August 2021

Annual Gathering August 24-26
Happening online

Events include: Student presentations, cooking workshop, trivia, and guest speakers: Dr. Chelsea Gabel, Dr. Robert Henry, Dr. Normand D'Aragon, Nick Reymond as well as Knowledge Keeper Judy Pelly and Dr. Caroline Tait who will open and close our Gathering.

● October 2021

Weekly writing group
Monthly webinar

Oct 8 Fall awards deadline

● December 2021

Weekly writing group concluding with holiday lunch December 15

● February 2022

Weekly writing group

February Break Writing Retreat

tentative - Whitecap Dakota Hotel and Conference Centre

● April 2022

Weekly writing group, end of semester lunch

● Spring 2022

TBD National Gathering of Graduate Students (NGGS) and NEIHR National Gathering
Hosted by Saskatchewan



ONLINE GATHERING OF IMNPS

► August 12 - 14, 2020

Adapted from the Online Gathering Report.

The first National Online Gathering of the IMNP took place in August 2020 hosted by the Ombaashi Network at Thompson Rivers University on the unceded territory of Secwepemc Nation within Secwepemcul'ecw. There were 173 participants from across Canada, 113 of whom were Indigenous. Ten Indigenous

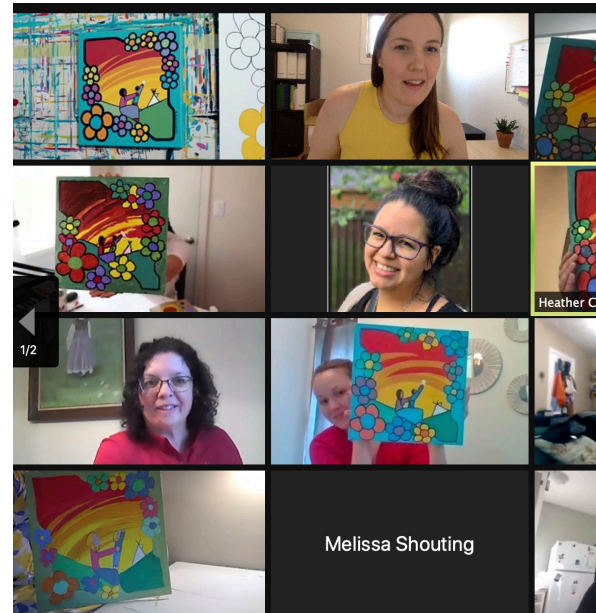
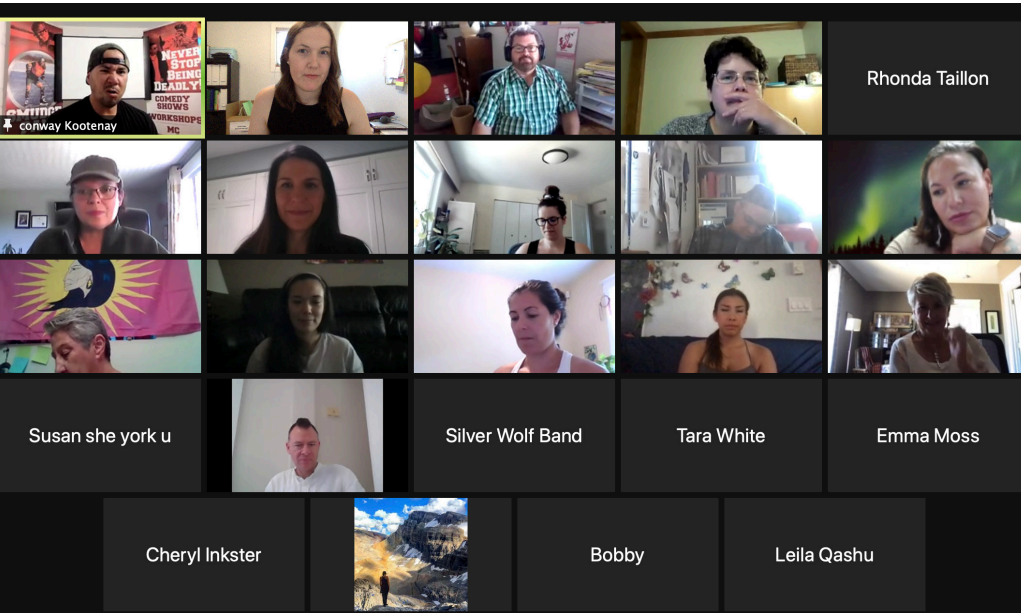
academics shared their knowledge, twenty-nine students made presentations, and four Elders participated.

Eighteen students participated from Saskatchewan, with two University of Saskatchewan students presenting their research.

These were:

Tiffany Benn and Sandy Bonny, University of Saskatchewan, Indigenous Student Achievement Pathways at USASK: Connecting Students Through Peer Mentorship in Our Community for Learning

Jebunessa Choppola, University of Saskatchewan, A Child's Resiliency Story



Virtual Indigenous Graduate Student Recruitment Fair

The coordinators began planning an online recruitment fair for January 5 to 8, 2021 after hearing that researchers were having a tough time recruiting students for their projects. This was initially going to be a one-day event but due to researcher interest it was extended to four days, with each day including two regions. Researchers were asked to provide information on their projects, whether or not they had funding available, and a few other questions to be shared with students via social media and on the event web page ahead of the event.

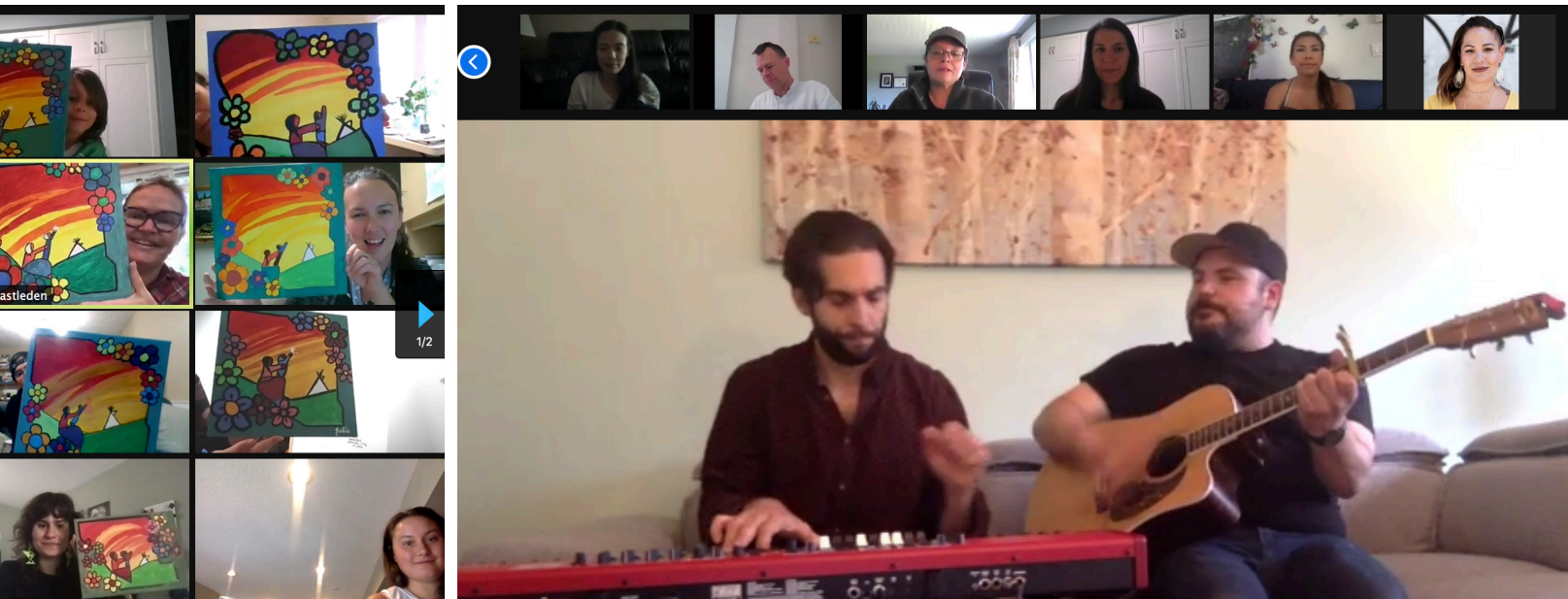
Unfortunately, after the event dates had been set and communicated with researchers, we learned that many universities were extending their holiday break due to COVID-19. The SK-IMN helped with organizing the Saskatchewan/Manitoba day on January 6, 2021 and 16 researchers across both provinces participated. The sessions were recorded and will be uploaded as mini-info sessions to the Ombaashi website. About 15 students participated in the SK/MB day.



NGGS 2021

▶ June 7 - 29, 2021

▶ This year, NGGS took place online again due to continued COVID restrictions. The theme was Nurturing our Whole Selves and each week focused on a different aspect of the self: Nurturing our Relationships, Minds, Bodies, Spirits, and Emotions. Each Mentorship Network organized one or more events, with 17 events taking place over 16 days. The SK-IMN facilitated a paint workshop with Kevin Peeace. Sixty-six participants registered and supplies were mailed or dropped off locally to 64 people. We did a draw for the painting Kevin created during the workshop, the winner being Veronica Lynn Madsen, a Masters student in Geography from Memorial University (NL). About 40 or so participants joined for the paint workshop, with a few sending regrets and screenshots were taken during the workshop which were then uploaded to the Gathering webpage for anyone who wasn't able to complete their painting during the allotted time or who couldn't join that day.



L to R: Screenshots from sessions with Conway Kootenay, Kevin Peeace, and Silver Wolf Band

▶ Next year, NGGS will be in part organized by the NEIHR National Coordinating Centre (NCC), and as such NCC manager Greg Riehl organized the closing events for NGGS. This included comedian Conway Kootenay, a performance by Silver Wolf Band, and closing remarks from NCC Executive Director Dr. Simon Lambert, and Kokum Brenda Dubois.

▶ Post-Event Survey

15 students participated in the post-NGGS survey that was co-developed by the IMNP coordinators and the NEIHR NCC. This survey will help to inform planning for NGGS in 2022 by providing participant feedback on event communication, timing, and schedule.

Overall, the 2021 event presented a few challenges which resulted in lower event attendance than the previous year's online event. It's tough to know without more survey responses, but there were many registrants who didn't attend any events. Events that were interactive had stronger participation. Of survey respondents, only 1/15 hadn't been able to participate in any events. For 71% of respondents, this was their first time attending NGGS, most were graduate students (n=11), and most attended 1-3 events total (n=7). If students weren't able to attend an event they had registered for, the most common reason was because they didn't have enough time in their schedule (n=7) or a time zone/date mix up (n=3). Three respondents said COVID-19 or COVID restrictions impacted their ability to participate in NGGS.

Respondents also listed some of their most significant takeaways of the events, which included, "It made me feel better and more connected," "I finally scheduled some time for myself and my wellness," and "I really enjoyed the painting event and some of the talks. This was really good to do during COVID."



Alberta Indigenous Mentorship in Health Innovation (AIM-HI)
Dr. Cheryl Barnaby • ccbarnab@ucalgary.ca



Prairie Indigenous Knowledge Exchange Network (PIKE-Net)
Dr. Josée Lavoie • Josée.lavoie@umanitoba.ca



Mno Nimkodadding Geegi: We Are All Connected (Ontario)
Dr. Chantelle Richmond • chantelle.richmond@uwo.ca



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Alex McComber • otsehtokon@yahoo.com

Atlantic Indigenous
Mentorship Network

Atlantic Indigenous Mentorship Network
Dr. Debbie Martin • debbie.martin@dal.ca



Ombaashi Network: All My Relations (National/International)
Dr. Rod McCormick • rmccormick@tru.ca



Indigenous Mentorship of the Pacific North-West
Dr. Charlotte Loppie • loppie@uvic.ca



The Saskatchewan Indigenous Mentorship Network is supported by the Canadian Institutes of Health Research (CIHR). www.cihr-irsc.gc.ca