

SK-IMN



ANNUAL REPORT
FOR 2018-2019



LEADERSHIP ADVISORY COMMITTEE

I cannot believe two years have passed and the Saskatchewan Indigenous Mentorship Network Program is entering its 3rd year of operation! The SK-IMN, under the coordination of Allison Piché has led the country's IMNPs in creating innovative and successful supports for Indigenous undergraduate and graduate students and new investigators. The feedback we are receiving from our students illustrates the importance of the network as a "home" for Saskatchewan Indigenous students and the value of designing academic and cultural supports based upon the needs identified by the students. As we move into year 3, our network leaders will be working with Allison, our students, and post-secondary institutions to come up with a sustainability strategy for the SK-IMN as our funding runs out in 2022. In closing I would like to thank the many people who have contributed to the work of the network, specifically Allison Piché, Shelley Haron, Micheal Heimlick, Bill Mussell, Fleur Macqueen Smith, Simon Lambert, Rob Innes, Robert Henry... Your input and commitment is invaluable and I look forward to working with all of you in the upcoming years!

Sincerely,

Dr. Caroline L. Tait
on behalf of the Leadership Advisory Committee



Dr. Caroline Tait



Dr. David Gregory



Dr. Brenda Elias



Dr. William Mussell



Dr. Alex Wilson



Dr. Robert Innes



Dr. Robert Henry

PARTNER INSTITUTIONS



University
of Regina



UNIVERSITY OF
SASKATCHEWAN



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The Saskatchewan Indigenous Mentorship Network is funded by the CIHR Institute of Indigenous Peoples' Health

Indigenous Mentorship Network Program Update

The coordinators met monthly throughout 2018-2019, discussing common challenges and successes, and sharing solutions. The PIs met bi-monthly throughout 2019 and continue to meet to strategize around a national IMN plan and the National Gathering of Graduate Students. There is a tentative plan for the PIs and coordinators to meet in-person in the fall 2019 to develop a national IMN evaluation strategy and goals.

The Networks are keen to learn how the Network Environments of Indigenous Health Research (NEIHR) – funded centres will impact the sustainability of the IMNPs and their relationships with one as the NEIHR centres are established.

If you are or have a student who is considering graduate studies out of province (or country), please connect with our team or one of the other mentorship networks listed below as they can introduce you to potential supervisors and projects, and provide information to students considering studies elsewhere.



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

University of Calgary
aimhi@ucalgary.ca



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

University of Manitoba
pikenet@umanitoba.ca

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

Western University



**Réseau de Mentors Autochtone du Québec/
Quebec Indigenous Mentorship Network**
Dr. Neil Andersson • neil.andersson@mcgill.ca
Alex McComber • otsehtokon@yahoo.com

McGill University
Kahnawake Mohawk Territory

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

Dalhousie/Memorial University



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

Thompson Rivers University



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

University of Victoria







OUR TEAM

We have had a few changes in the last few months! We hired Joe Neapetung as our Outreach Coordinator, and Shelley Harron (Administrative Assistant) will be leaving us at the end of June as she's getting married and moving to Golden Prairie, SK (Congratulations Shelley!). Rhonda Taillon has moved into her role, combined with her current duties as Dr. Tait's research coordinator. We also work closely with Micheal Heimlick (Evaluator) and Fleur Macqueen Smith (Research Faciliator) on a contract basis.

COMMUNICATIONS OVERVIEW

This year the Network expanded its social media presence by using YouTube to upload videos from public lectures. We will be creating a "resources" repository on our website (as described in the original grant) that will be home to public lectures, workshops and other resources for students and faculty. Facebook and our newsletter are the main drivers of engagement, as well our as e-mail newsletter delivered through MailChimp.

	2017-2018	2018-2019
	04/18 65 followers	04/19 319 followers
	N/A	04/19 167 followers
	04/18 89 subscribers 42% opens	04/19 236 subscribers 41% opens
	N/A	04/19 2 subscribers 3 videos/79 views
	N/A	04/19 64 followers

LETTER FROM THE NETWORK DIRECTOR

This year I was excited to launch our funding program, with only a few hiccups! We awarded 17 students undergraduate summer studentships, graduate stipends and both undergraduate and graduate travel awards. Now that we have this first round under our belt, the process for funding students at other institutions should be much more straightforward.

We hosted four speakers over the year and launched our YouTube page so that we can link to these resources permanently on our website. In the coming year I'll continue to work to develop this resources section with talks, webinars and more.

This report is a peek at what we've been up to in the past year and a look at our future plans. I look forward to continuing to work with the other Mentorship Networks in the coming years, and the funded NEIHR centres, which will be announced this fall.

Thanks for reading!
Allison



New Investigators and Pre-Docs!



Heather Foulds, Assistant Professor, Kinesiology

This past year Dr. Foulds was awarded the Heart & Stroke/CIHR Indigenous Early Career Women's Heart and Brain Health Chair. This grant is \$730,000 over five years to study heart and stroke prevention among Indigenous women. Dr. Foulds is actively recruiting graduate students with an interest in this area.



Jaris Swidrovich Assistant Professor, College of Pharmacy & Nutrition

Dr. Jaris Swidrovich is a member of Yellow Quill First Nation and was born, raised, and continues to reside in Saskatoon, Saskatchewan. He has a Bachelor of Science in Pharmacy (BSP '10), Doctor of Pharmacy (PharmD '13) and is currently a PhD student in Education at the University of Saskatchewan.



Robert Henry, Assistant Professor, Indigenous Studies, University of Saskatchewan

Dr. Henry is Métis from Prince Albert, Saskatchewan and was recently awarded the Outstanding and Emerging Indigenous Scholar Award from the Indigenous Inquiries Circle at the International Conference of Qualitative Inquiry. We are excited to welcome Dr. Henry back to the University of Saskatchewan beginning July 1, 2019! He will be joining the Department of Indigenous Studies as an Assistant Professor.



Adam McInnes, Masters student, Biomedical Engineering

Dr. Adam McInnes is Métis from Shaunovon, SK and President of Métis Local 136. He is an MD grad and current biomedical engineering student and was recently awarded a Vanier Scholarship of \$150,000 over three years to develop a new gel to promote tissue growth for 3D printing of artificial organs that may one day be used for transplants. Dr. McInnes is a member of the mentorship network and serves on the Awards & Adjudication Committee.



Highlighting Summer Student Projects

Aden Tournier is Métis and has just finished his second year of his psychology degree at the University of Saskatchewan. Aden will be working with Dr. Caroline Tait on the Network Environments for Indigenous Health Research (NEIHR) grant.



Mercedes Keshane is Saulteau from Key First Nation, in Treaty 4 Territory. She is a mother to a beautiful daughter. She is currently enrolled in the Indigenous Elementary Education program at First Nations University of Canada, Regina Campus. Her future goal is to teach a holistic approach for land-based curriculum to Grade 3/4 students in her home community. Mercedes' summer project is in partnership with Dr. Tara Turner at First Nations University to develop and implement a holistic Indigenous Mental Health Awareness and Prevention program/service to students and provide students with mental health supports throughout their university experience.

Kat Chief Moon-Riley is from Kainai First Nation (Treaty 7 Territory) and is currently enrolled in the MD program at the University of Saskatchewan. She is the recipient of a College of Medicine Dean's Summer Project (12 weeks). Support from the Mentorship Network will bridge this funding through the month of August so Kat can continue her research work with Dr. Kotoo Megura. She is working on a Surgical Treatment for Ideopathic Hypertention Strategy for Better Management. For this project she will be investigating ideopathic intracranial hypertension. Specifically, which factors affect the health and wellness of patients leading up to and following surgery, as well as their ability to have a successful recovery.

SUB-COMMITTEE SUMMARIES 2018-2019

Find our committee's summaries from this past year included below. At our AGM (June 3rd), we will also discuss the establishment of additional committees to fill current gaps in the Mentorship Network.

Active Committees

- Leadership Advisory
- Outreach Committee
- Awards & Adjudication Committee
- Events Committee
- Evaluation Committee

Proposed Committees

- Mentorship Committee
- Institutional Advisory Committee

OUTREACH COMMITTEE

The SK-IMN Outreach Committee's activities for the 2018/2019 academic year included new plans to provide science-centred outreach to high school students to help cultivate an interest in the STEM and health science fields. The proposed outreach program would deliver in-class educational science-based presentations with a focus on how Western science and various traditional Indigenous teachings are not mutually exclusive, but how they are interwoven with one another and how they can compliment each other. The content of the outreach program will closely mirror the Saskatchewan high school science curricula and will be planned in concert with teachers interested in implementing the program in their classrooms. Additionally, high school students will be presented with a variety of possible careers in the many sciences, with occasional high-profile guests that are experts in their respective fields. The Outreach Committee hopes to launch this exciting new program in the 2019/2020 academic year and looks forward to further development of this unique project.

- Joe Neapetung, Outreach Coordinator

Members:

- Lana Elias (U of S, Science Outreach)
- Andrew Hartman (U of S, ISAP)
- Joseph Neapetung (student, U of S)
- Nolan Kenny (SIIT)
- Bill Mussel (PI, Elder)
- Leah Ferguson (U of S, Kinesiology)



AWARDS & ADJUDICATION COMMITTEE

The Awards and Adjudication Committee met many times this year as we prepared to launch our funding program in January 2019. The team worked hard to develop a funding program that distributed our internally funded awards between undergraduate students (travel awards and summer studentships), graduate students (stipends and travel awards), and new investigators (matching funds for summer studentships). We adjudicate funds once per semester, and were able to fund 17 First Nations and Métis students in the February period. We continue to learn from and hone this process, and have met with Financial Services and ConnectionPoint to work together to develop better processes for ensuring students (U of S and non-U of S) receive their funds in a timely fashion. We highlighted student recipients on our website - they are doing some amazing work across the province - and will be organizing a poster competition for Fall 2019 to feature and share their work with a wider audience.

- Allison Piché, Network Director

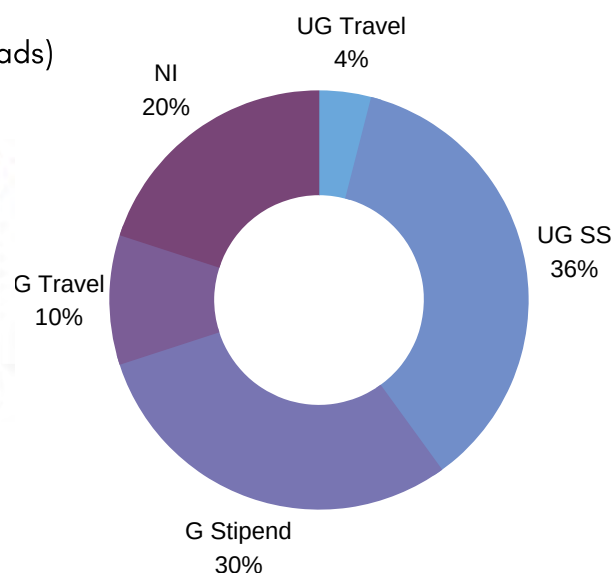
Members:

Heather Foulds (U of S, Kinesiology)
 Carrie Lavallie (FNUC)
 Adam McInnes (student, U of S)
 Indiana Best (student, U of S)
 Bill Mussell (P.I., Elder)
 Andrew Greenshaw (U of A, Psychiatry)

SK-IMN Funded Awards

Open to students at FNUV, USASK, U of R and Polytech (Undergrads)
 \$50,000 total

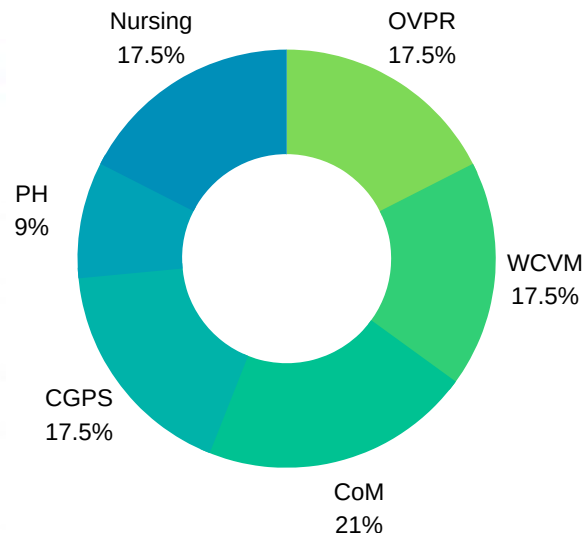
Abbreviation	Name	%	\$
UG Travel	Undergraduate Travel Award	4	\$2000
UG SS	Undergraduate Summer Studentship	36	\$18,000
G Travel	Graduate Student Travel Award (\$500-2000)	10	\$5000
G Stipend	Graduate Student Stipend (\$3000 value)	30	\$15,000
NI	New Investigator Support for Undergraduate Summer Studentship	20	\$10,000
		100	\$50,000



SK-IMN In-Kind Contributions

Open to USASK graduate students
 \$114,000 total

Abbreviation	Name	%	\$
CGPS	College of Graduate and Postdoctoral Studies Mentee Scholarship	17.5	\$20,000
CoM	College of Medicine (CoMGRAD)	21	\$24,000
OVPR	Graduate Student Travel Award (\$500-2000)	17.5	\$5000
	Graduate Student Stipend (\$3000 value)		\$15,000
PH	Public Health Entrance Scholarship (\$5000) (Administered internally)	9	\$10,000
Nursing	Entrance Scholarships (Administered internally)	17.5	\$20,000
VetMed	Flexible (Administered internally) 2017-2018 Undergraduate Summer Students (2)	17.5	\$20,000
		100	\$114,000



2018-2019 FUNDING RECIPIENTS



Cindy Deschenes PhD Candidate, Medicine, University of Saskatchewan
2018-2019 CoMGRAD Recipient

Cindy Deschenes is from the Kitigan Zibi and Kitiganik Algonquin communities in Quebec. She is in the 3rd year of her PhD program in the Department of Community Health and Epidemiology under the supervision of Dr. Sarah Oosman. Cindy has a Bachelor of Health Science in Addictions (University of Lethbridge '08), a Masters of Social Work (University of Calgary, '11), RSW and CLL. Her research project, "Coyote's Dream: Restoring Balance and Harmony through Leadership Development," examines the impact of leadership development on mental health and wellbeing with school aged children, their families and the adults who serve them.



Carrie Pratt University of Saskatchewan, MSc Nursing
2018-2019 Mentee Scholarship Recipient, Graduate Stipend Recipient

Carrie Pratt is a Métis student from Birch Hills, Saskatchewan. She is in the 2nd year of a MScN (Master of Science in Nursing) program at the University of Saskatchewan focusing on improving Indigenous women and family's birth experiences. After receiving her Bachelor of Science in Nursing in 2016 she practiced Nursing in Hafford, SK before returning to school in 2017. Her research is part of a larger project under the supervision of Dr. Angela Bowen that examines Culturally Safe Birthing in Saskatchewan. Carrie's research project, "Indigenous Women's Perspectives for Culturally Secure Birth" uses narrative inquiry to better understand the experiences and stories of Saskatchewan Indigenous women who have given birth in hospital between January 2017 and July 2018. The goal of this study is to improve cultural safety and access to cultural care for Indigenous mothers in Saskatchewan hospitals during pregnancy, birth and postpartum.

Graduate Travel Awards



David Cote
University of Regina
Masters of Social Work
Presented at the Canadian Association of Applied Linguistics at Congress 2019



Tara Million
University of Saskatchewan
Indigenous Studies
Presented at NAISA 2019



Belinda Daniels
University of Saskatchewan, PhD
Presented at the International Bilingualism Conference



Indiana Best
Masters of Public Health
University of Saskatchewan
Presented at the Canadian Public Health Association Conference



Julia Doucette-Garr
University of Saskatchewan
3rd year Physics
Presented at .calSES 2019



Micheala Merasty
University of Saskatchewan
3rd year Environment and Biochemistry
Presented at .calSES 2019

Undergraduate Travel Awards

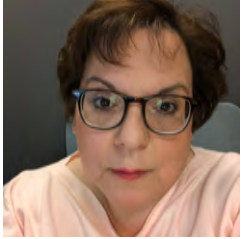




Graduate Stipend Recipients

The graduate stipend is a \$3000 piece of stipend Indigenous (First Nations, Métis, and Inuit) graduate students pursuing degrees related to health, wellness, and community-based research (broadly understood) to support their mentorship needs. Meet this year's recipients and the projects they are undertaking as part of their graduate research.

Jacqueline Belhumeur, PhD Candidate, College of Education at the University of Regina



Jacqueline Belhumeur is a proud Métis woman from Regina, Saskatchewan. She is in the process of completing her PhD in the Faculty of Education program at the University of Regina. She is researching Indigenous women's work experiences in the academy as it relates to workplace bullying. She is concerned with the daily micro aggressions that black, Indigenous and people of colour (BIPOC) face as well as the overt mistreatment of people in the workplace. She holds a Bachelors of Education degree from the University of Regina (SUNTEP) and a Masters of Education degree from the University of Calgary. She considers herself as a teacher by trade even though she has worked as an Education Counsellor at Saskatchewan Polytechnic for the last 15 years.

Indiana Best, Masters of Public Health, University of Saskatchewan



Indiana Best is a Métis student from Alberta, with ancestors from Whitehorse Plains, Manitoba. Before moving to Saskatoon, she completed a Bachelor's of Health Science at the University of Calgary. She is currently in her second year of the MPH (Master of Public Health) thesis-option at the University of Saskatchewan. Her Master's thesis focuses on the alignment of Métis cultural teachings surrounding problematic substance use, with current practice in Métis treatment centres. Her project consists of a culturally-centered structural analysis to better understand factors influencing the ability of treatment centres to provide culturally aligned care to Métis clients.

Danielle Bird, Master of Arts in Indigenous Studies, University of Saskatchewan



Danielle Bird (Nehiyaw) is a member of the Saddle Lake Cree Nation in Alberta and has familial ties to the Mistawasis Nehiyawak in West Central Saskatchewan. She graduated from the University of Saskatchewan in 2016 with a Bachelor of Arts in Sociology and a Minor in Indigenous Studies (with Great Distinction). Bird is currently a MA student in the Department of Indigenous Studies at the University of Saskatchewan where her research focuses on reintegration strategies for formerly incarcerated Indigenous women in Saskatchewan.

William Cook, Master of Education in Curriculum and Instruction at the University of Regina



Richard William Cook is from wapātikociwanohk (Southend, Reindeer Lake) SK. Canada. He moved to Regina, SK to pursue his post-secondary education in 1999 where he currently lives with his family. He is a father, a husband, a Learner, an educator, a research assistant, a website designer/owner, a Cree language instructor, interpreter and translator. He is fluent in Woods/Rock Cree 'th' dialect. He is currently a sessional instructor at the First Nations University of Canada. One of his professional goals is to help preserve and maintain Indigenous languages in Canada. Bill has his BA in Cree Language Studies from the First Nations University of Canada and currently working on a Master's in Education | Curriculum & Instruction Program through the University of Regina. He is currently doing his study, Indigenous Language Revitalization: Connecting Cree Language Learners with Cree Language Speakers using online synchronous video chat technology at his hometown of Southend.

Belinda Daniels, PhD Candidate in University of Saskatchewan



Belinda C. Daniels (kakiyosew) is a nēhiyaw from Sturgeon Lake First Nation, SK. Belinda has four children and a new grandson. Belinda resides in saskatoon-minatohk askiy. She is the founder of the nehilyawak Summer Language Experience (15 years), a summer camp held annually out on the land is one of its' best features, now a not for profit org. Inc. Belinda is a published academic writer, teacher, mentor and an award-winning educator. Belinda currently teaches Indigenous Studies, Cultural Arts and nehilyawewin Core Language classes for the Saskatoon Public School Division and is a sessional at CILLDI with the University of Alberta. Lastly, she a Ph.D Candidate in Interdisciplinary Studies at the University of Saskatchewan.

Michelle Descheneaux, Masters of Social Work Program, University of Regina



Michelle Descheneaux is a Cree woman from Kehewin Cree Nation. She is the proud mother of three boys: a set of twins, Andreas and Alexzander who are 6 years old, and a 14-year-old son Keenan. She is recently engaged to her partner of ten years, Andy Bellegarde. They have built a life for their family that is founded on education. Michelle graduated spring of 2017 from the First Nations University of Canada, having successfully completed her Bachelor of Indigenous Social Work. She is now in her 1st year of the Masters of Social Work program at the University of Regina and have always seen education as a way to create a better life for herself and her family. She has plans to start her own consulting business to provide services for First Nations children involved with the Ministry of Social Services. Her goal is business ownership so that her family can always be number one and so that she will be doing something that comes from the heart.

Marlene McNab, PhD Candidate in the School of Public Policy, University of Regina



Marlene McNab is currently an Assistant Professor at the First Nations University of Canada in Regina, Saskatchewan teaching Indigenous Social Work. She is a Nêhiyawak citizen of the George Gordon First Nation and a proud grandmother to six grandchildren. Throughout her 25 year career as a community-based mental health therapist, Marlene has served numerous First Nations communities in Treaty Four territory. She witnessed first-hand the impacts of intergenerational trauma in these communities and has been steadfast in her commitment to policy development and program delivery in mental health and addictions treatment. Currently, Marlene is a PhD candidate at the Johnson Shoyama Graduate School of Public Policy. Her research is focused on further developing Indigenous trauma theory and re-conceptualizing Indigenous mental health and addictions policy. Engaging in a collaborative process for creating solutions to historical problems will ensure Indigenous cultural lifeways and values not only guide the research, but also make space for Indigenous voices and epistemologies to be heard.

Nathan Oakes, Master of Public Health, University of Saskatchewan



Nathan Oakes is from Piapot First Nation, on Treaty 4 territory in Saskatchewan. Nathan completed his BSc in Physiology and Pharmacology in 2018, and is currently working to complete his Masters in Public Health at the University of Saskatchewan. During his undergrad, Nathan was an Aboriginal Student Ambassador and involved in the Science Outreach Program. While working on his Masters he continues to work part time with Nutrien Kamskénow Science Outreach as a science ambassador. He has also volunteered teaching dance in various First Nations communities, giving male youth inspiration to embrace education, culture, and art.

Nathan has been recently selected to be a representative of the Young Alumni Advisory Committee and is a member of the Health Science Student's Association (HSSA, SK). He has also participated in the Inter-Professional Annual Student Symposium (I-PASS 2018), where students from different disciplines share their knowledge and skills. Most recently, Nathan has been accepted to attend the CIHR Indigenous Gender and Wellness Idea Fair and Learning Circle, and received a travel award to go to Montreal to collaborate as part of a multi-disciplinary research team working to develop ideas for new programming for Indigenous youth. Nathan looks forward to student leadership initiatives and research opportunities both at the university and in the community to establish relationships with future colleagues and health care team members, and looks forward to a bright career in public health.

Peter Turner, Master of PhD in Education at the University of Regina



Peter Turner (nehiyaw - James Smith Cree Nation) is a PhD student at the University of Regina and an educator in Regina. He was born and raised in his traditional homelands of Treaty 6, living primarily in the urban areas near his First Nation, including Saskatoon, La Ronge, and Prince Albert. This immersion in colonial society and schools provided Peter with extensive perspectives that shapes and motivates his research as well as leads his professional effort in education. His research interests include Treaties, pre-confederate colonization, colonialism, fur-trade history, reconciliation, education, and Indigenous rights. Research strengths include: Indigenous research methods, poststructuralism, anti-colonialism, and discourse analysis.

He is presently a researcher with two research groups, one an Indigenous language project focused on learning nehiyaw, and another partnership with non-Indigenous researchers examining reconciliation in school administration. The focus of his own doctoral research is a discourse/critical analysis of genealogies arriving from the history of his First Nation and kinship network.

EVENTS COMMITTEE



Members:

Simon Lambert (U of S, Indigenous Studies)

Carmen Gillies (U of S, SUNTEP)

Sidney Ray-Shacter (student, U of S)

The Events Committee was formed at the outset of SK-IMN and is comprised of Allison Piché (SK-IMN), Carmen Gilles (SUN-TEP), Sidney Ray-Shacter (UofS student), and Simon Lambert (Faculty member of Indigenous Studies). Meeting regularly with gentle, persistent requests by chair Allison Piché, the committee oversaw a number of events, notably the Indigenous Health Speaker Series and the Writing Retreat.

The Speaker Series offered a focal point for the presentation and digestion of cutting edge Indigenous research. Professor Kim Tallbear's talk on "Decolonizing Science and technology" and its unpacking of genetic science was by turns alarming and entertaining. While face-to-face contact is a cultural expectation, many faculty and students simply can't attend events on campus due to their family and work commitments, or the logistics of travel. Livestreaming of many of these events breaks down the tyranny of distance and offers them the opportunity to participate.

Professor Tallbear was also one of those Indigenous leaders who made herself available to graduate students at a scheduled breakfast, an event at which inspiration and advice come with caffeine and carbs.

The network's inaugural Writing Retreat offered students an extended period of time to focus on that most fundamental of skills, one we all grapple with and never feel like we can control! This event is one we will continue to offer, fine-tuning it to better suit the profile of our students. The launch of the book *Global Indigenous Health* was an opportunity to congratulate ourselves as Indigenous scholars, the culmination of many agonizing hours in front of laptops - the modern blank page is no less intimidating than parchment and quill.

The Events committee thanks you all for your continued support and looks forward to organizing future events to help students and researchers continue the challenge of improving the health and wellbeing of our communities.

- Dr. Simon Lambert, Committee Member

2018-2019 Events

Indigenous Health Speaker Series This year the Network partnered with the Indigenous Admissions Program and the Division of Social Accountability in the College of Medicine at the University of Saskatchewan to host four speakers over the year. Speakers included Dr. Michelle Johnson-Jennings: *Hollo Micha Oh Chash: Transforming Historical Trauma Narratives to Improve Community Health*; Dr. Holly Graham: *ahkameyimok: Resilience*; the launch of the book *Global Indigenous Health*, and Dr. Kim TallBear: *Decolonizing Science and Technology*. All of these talks, with the exception of the book launch, are available on our website under the News tab and "2018-2019 Indigenous Health Lecture Series."

Grad Student Meet Ups We had monthly meet ups the first semester (Oct, Nov, Dec) and a breakfast in February for Indigenous Achievement Week.



2019 Reading Week - Writing Retreat (Saskatoon, SK) Five students participated in our first writing retreat February 19-22. This was an overnight retreat that began with a workshop from Heather McWhinney (Grad Writing Specialist) and Katherina Mazurik (Writing Tutor). Four Indigenous faculty and staff mentors joined throughout the week and there were a few activity breaks. Participating mentors shared a meal with students and stayed for discussions. Future retreat plans include daytime-only retreats to better accommodate parents, and rotating locations throughout the province.

FIRST ANNUAL GATHERING WANUSKEWIN HERITAGE PARK SEPTEMBER 8-9, 2018

Our first Annual Gathering took place at Wanuskewin Heritage Park September 8-9, 2018. There were over 90 attendees over the two days of the Gathering and activities included workshops, presentations, cultural activities, and a teepee sleepover. A brief evaluation survey was filled out by 45% of participants, the results of which have helped to inform and plan this year's Gathering.

Among the respondents, evidence suggests that the majority of attendees were students (65%), and the majority of respondents were Indigenous (63%). Most respondents attended both days of the Gathering and most heard about it through their department, with some hearing about it through facebook, word of mouth, the SK-IMN website and other sources.

While most attendees were satisfied or extremely satisfied with the event, there were several aspects that attendees believed important to modify for next year. These included having a more rigid and organized schedule for activities, and including more non-academic individuals in the list of speakers to tell their stories of their successes and struggles within and external to academia.

"I would love a 'mix and mingle activity' where Indigenous students have the opportunity to meet potential mentors - even if it was done like a 'speed meeting' event."



"I am inspired, grounded and rejuvenated from the sharing this weekend. I've done some much needed reflection - both within myself and on my process writing my thesis. Thank you for the opportunity to learn and spend time in this beautiful place."



"I appreciated hearing about all the wonderful research projects and methodologies. Hiy hiy."

"I was looking for information about the process and hurdles of applying for a PhD and the different programs offered with a Cultural context... that included the student support system."



SECOND ANNUAL GATHERING FIRST NATIONS UNIVERSITY OF CANADA SEPTEMBER 26-28, 2019

We are excited to host this year's SK-IMN Annual Gathering at First Nations University of Canada September 26-28, 2019. The Gathering will begin on Thursday with an opportunity for students to visit All Nations Healing Hospital to learn about their healthcare delivery model, followed by a poster competition and banquet on Friday and a full day of workshops and presentations on Saturday.

Our website will be updated in the coming weeks with further details and registration information. Please encourage your students to participate and join us as a mentor, facilitator or participant. If you have contacts in Regina and area, please let them know about the Gathering!

SAVE THE DATE

EVALUATION COMMITTEE

Members:

Cassandra Opekikew-Wajuntah (IPHRC, U of R)

Glen Luther (U of S, Law)

Ranjan Datta (U of S, JSGS)

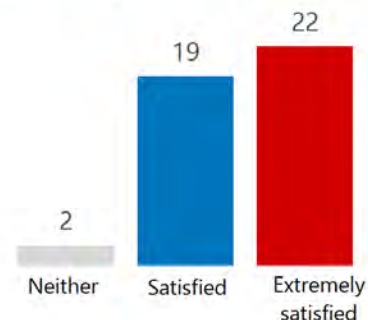
Micheal Heimlich (Two Bridges Consulting)

As part of a strategy to engage Indigenous graduate students and faculty, the Saskatchewan Indigenous Mentorship Network (SK-IMN) planned and completed their first Annual Gathering in September 2018. The purpose of the Annual Gathering event was to provide a space for students and faculty to form relationships, engage with the network, and explore their academic needs. During the weekend of September 7th, 2018, students and faculty gathered at Wanuskewin Heritage Park for a two-day event full of speakers, workshops, and networking opportunities. The purpose of the evaluation was to briefly outline the feedback on the effectiveness of the Annual Gathering (activity satisfaction and outcomes), but also to describe how the design of the Gathering can be improved for the next year.

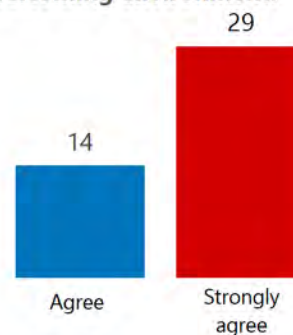
To gather feedback, the evaluator and SK-IMN team designed a brief online survey implemented after the Gathering and constructed a reflection room tree that was present throughout the entire event in the main room. For more details on methodology, contact Micheal Heimlick at twobridgesconsultingsk@gmail.com.

As is displayed in the figures on the right, the overwhelming majority of all respondents were either satisfied or extremely satisfied with different aspects of the gathering.

Overall, attendees were **satisfied** or **extremely satisfied** with the Annual Gathering's overall experience



All respondents either **agreed** or **strongly agreed** that the Annual Gathering had a supportive and welcoming environment.



- Micheal Heimlick, Committee Member



2018-2019 Writing Retreat

The first SK-IMN Writing Retreat happened February 19-22 and evaluation evidence suggested that the students who attended were able to form relationships with one another, experienced a supportive and welcoming environment, and considered the retreat as a meaningful mentorship opportunity. For example, when asked to describe their overall experience, one student wrote:

I am so grateful for the experience, I was able to accomplish a lot towards the goal I set at the start of the retreat. I look forward to attending future events. I would be happy to see future writing events of any sort.

2019-2020 Evaluation Strategy

Student Interviews and Focus Groups

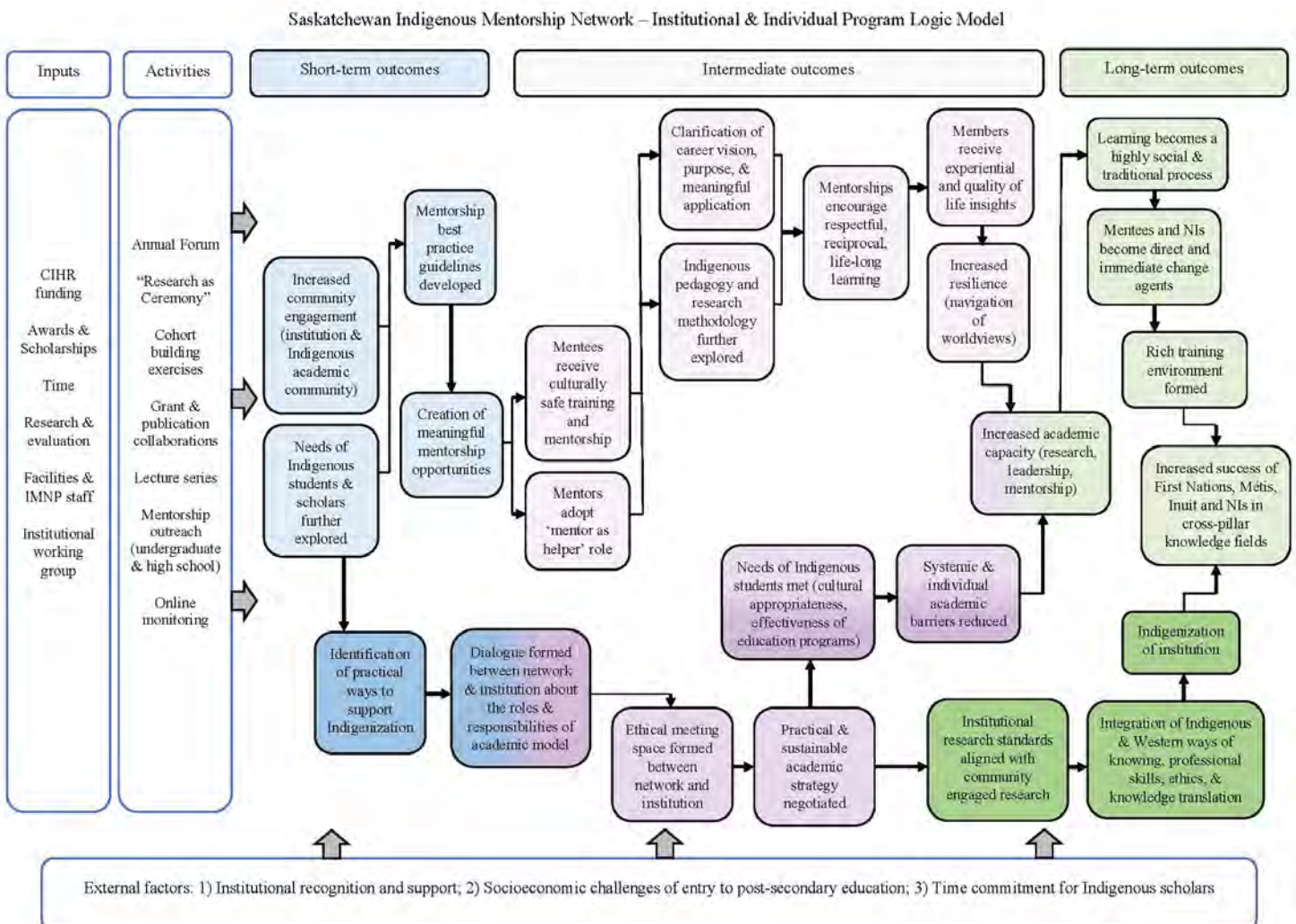
Student perspectives on the SK-IMN are extremely important not only for the evaluation strategy, but for the Network as a whole. Therefore, we hope to complete interviews and focus groups with Indigenous students to provide a student perspective on how the Network can fill students' needs and those needs can be effectively evaluated. The Network expects to complete these interviews and focus groups in the Summer and Fall of 2019.

National Evaluation Strategy

The IMNPs across the country will be meeting in summer or fall 2019 to develop a cohesive evaluation strategy that can be used to draw conclusions about the networks across the country, overall impact, and sustainability planning.

Revising the Logic Model

The Network's program logic model (pictured below) has always been considered a living document that remains open, flexible, and adaptive to the changing needs of Indigenous students and faculty. After completing the faculty interviews (described in last year's annual report), the results suggested that the Network's logic model was a relatively accurate reflection of the expectations of the Network (i.e., the outcomes the Network should achieve) from a faculty perspective. However, we anticipate making changes to the logic model based on students' perspectives gathered from interviews and focus groups this summer. By the end of 2019, we hope to have a logic model that is reflective of both student and faculty expectations for the network.



GET INVOLVED

One of the most common SK-IMN questions is "how do I participate?"

The answer is easy - there are lots of ways and it's up to you! Come to our events, facilitate a workshop, give a talk, join a committee, or connect with students one-on-one. We need mentors for all of our activities, whether you have a few minutes or a few hours to spare.

1. JOIN A COMMITTEE

Most of the work and decision making of the network happens at the committee level. By participating in a committee, you help to steer the director of the network, our activities, and support students!

2. GIVE A LECTURE

Participate in our monthly Indigenous Health Lecture Series! Share your research with a broad audience of students, faculty and community members across disciplines and the country. Our lectures are livestreamed shared on our website following the talk.

3. FACILITATE A WORKSHOP

We are always looking for faculty, students, staff, and community members with skills, research, and experience to share with students! Let us know if you're interested in facilitating a workshop or webinar for students!

4. SHARE YOUR EXPERIENCE

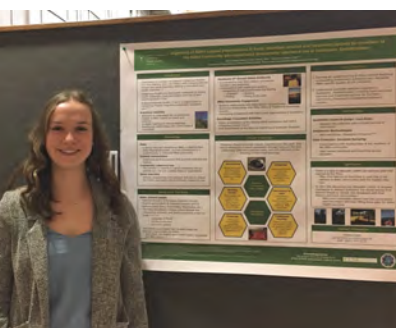
Be featured on our website and share your research, career trajectory, and whether and what areas you're interested in mentoring students!

5. LUNCHTIME MENTOR

Join our monthly grad student meetups which occur monthly on Fridays 11-1 pm. Each month we'll host a different mentor who will share their experience with students and answer questions. Lunch provided.

6. TAKE ON A LEADERSHIP ROLE

We need you to join a committee, help organize our Annual Gathering, volunteer as a mentor, facilitator, and support the running of the network! We also need faculty and staff to support the evaluation of the Network as we move into years 3-5 of the grant.



SK-IMN IN REVIEW

YEAR ONE

Here is a quick look at SK-IMN's activities over the first year of the grant!

● **Winter 2016**
SSRL and Dr. Tom Graham conduct a preliminary mentorship survey with Indigenous faculty and students on campus.

● **January 2017**

IMNP Application submitted to CIHR-IAPH

● **April 2017**
CIHR announces award recipients. SK-IMN named one of 8 mentorship networks.

● **June 2018**

Funds transferred to institution

● **September 2017**
Network Director hired

● **November 2018**

Network Information Session hosted at Gordon Oakes Red Bear Student Centre

Website and newsletter launched

● **January 2018**
Student-Faculty Networking Night co-hosted with Indigenous Graduate Students' Council

Ethics Approval granted

● **February 2018**

Cultural Safety & Trauma - Informed Care Meeting
Student Networking Night

Logo launched - Thanks to artist Donna Langhorne for the design!

● **March 2018**
Gathering for miyo mahcihowin and Round Dance
High school, SIIT and U of S students participated

● **April 2018**

Began faculty interviews

● **May 2018**
Attended AIM-HI Annual Retreat
Finalized CGPS Graduate Mentee Scholarship
OVPR Funds transferred

● **Summer 2018**

July 9-13 - CIHR's National Gathering of Graduate Students at Thompson Rivers University

Establish committee structure



SK-IMN IN REVIEW

YEAR TWO

A snapshot of year 2 of the Mentorship Network!

● **August 2018**

Maori scholar visit: Wanuskewin Health Sciences Day, Mentorship Dinner and Canoeing

● **September 2018**

SK-IMN Annual Gathering Wanuskewin Heritage Park, Sept 8-9, 2018

Announce 2018-2019 Award Recipients

● **October 2018**

October 24, 2018
Dr. Michelle Johnson Jennings
Hollo Micha Oh Chash

Grad student meet up

● **November 2018**

November 21, 2018
Dr. Holly Graham
ahkameyimok: Resilience

Grad student meet up

● **December 2018**

Holiday party

● **January 2019**

January 18, 2019
Book Launch of *Global Indigenous Health*

Launch of SK-IMN Awards!

● **February 2019**

February 5, 2019
Dr. Kim TallBear
Decolonizing Science and Technology

Fireside chat with usask.caISES

February 6, 2019
Mentor breakfast with Dr. TallBear & Dr. Heath Justice

February Break (19-22)
Graduate Student Writing Retreat

● **March 2019**

Award recipients notified

● **April 2019**

SK-IMN Presentation to CIHR President, IIPH Scientific Director and teams.

May 8, 2019
Dr. Tait

● **Spring/Summer 2019**

June 3, 2019
Annual General mMeeting

Cultural Safety: It's not about culture, it's about racism

2019-2020 Planning
2nd Annual Gathering
September [date], 2019
First Nations University of Canada



SK-IMN PROPOSED

YEAR THREE

Our tentative plan for year three of the grant...

● September 2019

SK-IMN Annual Gathering

First Nations University of Canada
Sept 26-28, 2019
Co-Hosted by IPHRC and First Nations University

● October 2019

Indigenous Health Lecture
SK-IMN Workshop
Fall Award Deadline
Grad student meet up

● November 2019

Indigenous Health Lecture
SK-IMN Workshop
Grad student meet up

Fall Writing Retreat

November 12-15, 2019

● December 2019

Holiday party

● January 2020

Indigenous Health Lecture
SK-IMN Workshop
Grad student meet up

● February 2020

Indigenous Health Lecture
SK-IMN Workshop
Grad Student Meet Up
Winter Funding Deadline

February Break (18-21)

Winter Writing Retreat

● March 2020

Indigenous Health Lecture
SK-IMN Workshop
Grad Student Meet Up

● April 2020

● May 2020

National Gathering of Graduate Students
Western University

● Spring/Summer 2020

2020-2021 Planning
Plan Annual Gathering



NEIHR Update

The purpose of the Network Environments for Indigenous Health Research (NEIHR) Program is to establish a national network of centres focused on capacity development, research and knowledge translation (KT) centred on Indigenous Peoples (i.e., First Nations, Inuit and Métis). The network of centres is intended to provide supportive research environments for Indigenous health research driven by, and grounded in, Indigenous communities in Canada. It will also ensure continued growth, broad regional development and national collaborations.

Collectively, all the NEIHR centres will work together in a consortium between Indigenous communities, researchers, knowledge users and other interested parties under one common governance structure in order to form an interconnected and collaborative Indigenous-led NEIHR Consortium across Canada.

Relationship between NEIHR and IMNP

- If team applying for a NEIHR grant holds an IMN grant, the funded CIHR IMN Grant and NEIHR Grant application cannot support overlapping activities.
- The Nominated Principal Investigator(s) (NPI) of an IMN grant applying for a NEIHR grant will need to distinguish clearly between the intents and the objectives of the two grants.
- If NEIHR applicants do not already hold an IMN grant, they will need to demonstrate in their application how they intend to work cooperatively with IMNs in the catchment area of their grant (e.g., Ontario). NEIHR applicants will also need to demonstrate how they will capitalize on any other existing Indigenous training and development networks and opportunities in their catchment area.
- For NEIHR grant holders who hold an IMN grant, the combined value of the two (2) grants cannot exceed the maximum annual value of a single NEIHR grant (i.e., \$700,000 per year), **unless the applicants can clearly justify how NEIHR funds will expand on the work already undertaken with the IMN program fund.**
- The NEIHR Coordinating Centre will need to describe how it will liaise with the National/International IMN Coordinating Centre.

In order to avoid concerns of conflict of interest or perceived conflict of interest between the IMNPs and the NEIHR applications, the IMNPs will provide a generic letter of support (LoS) to any NEIHR application who requests one, given they describe to the IMNPs how they will work with the IMNPs in their NEIHR Centre. (May 27, 2019 IMNP PI Conference Call)

Adapted from: the CIHR NEIHR funding opportunity



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