



LAND BASED HEALING

Fort Frances Tribal Area Health Services

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Fort Frances Tribal Area
HEALTH SERVICES

HEALING...AND GOOD HEALTH

- "...good health is not simply the outcome of illness care and social welfare services. It is the outcome of living actively, productively and safely, with reasonable control over the forces affecting everyday life, with the means to nourish body and soul, in harmony with one's neighbor and oneself, and with hope for the future of one's children and one's land. In short, good health is the outcome of living well." (RCAP, Vol. 3: 34 – 35)
- • "Healing may therefore be strategically described as a process of removing barriers and building the capacity of people and communities to address the determinants of health." (Community Health and Social Security Reform: Four Worlds)

- Land-based describes an Indigenous way of life rooted in Traditional Knowledge, where everything is connected and related to the land and water.
- Land-based activities include going out berry picking, hunting or snaring, trapping, fishing, picking traditional medicines, tanning hides etc.
- Land-based programs describe organized activities on the land. Formal Landbased programs can be organized through schools, justice, health, or other organizations and were noted as a relatively new phenomenon based in a present day reality and governance. They were seen as being especially beneficial for people who do not have the resources or the connections to access traditional land through friends or family, and most notably youth.
- Land-based healing describes a set of culturally-defined healing practices in a non-urban location, in which the land is a host and partner to the healing process. There is a focus on renewing a person's relationship and connection with the land in order to restore balance and identity. Western therapeutic approaches may be integrated into Land-based healing programs.
- Land-based education is the traditional form of Indigenous education. It is based on learning from the land through observation, relationship, and experience. Land skills, language and cultural protocols are key components and at FFTAHS we work closely with our Elders and Knowledge Keepers to ensure the responsible transition of teachings.



UNDERSTANDING LAND AS A SYSTEM OF RECIPROCAL SOCIAL RELATIONS AND HEALING PRACTICES

"Indigenous health systems view the earth as a source of life rather than a resource" - Chief Arvol Looking Horse
[#StoryOfGod](#)

- Calvin's Personal story of land based healing



FFTAHS LAND BASED PROGRAMS FOR HOLISTIC HEALTH

- Program elements include:
 - Ceremony
 - Planning, Doing, Evaluating, Planning.....
 - Normalizing Traditional methodologies
 - Anishinaabemowin
- Program Principals include:
 - Respect
 - Reciprocity
 - Sustainability (leave the land as we find it)
 - Interconnectedness
- Cultural Protocols:
 - Tobacco first- everything starts with tobacco and tobacco teachings
 - Smudging ceremony
 - Water ceremony
 - Feasting dish
- Referral and Data for land-based services
- Teaching lodges



Land-based environmental, educational, healing or recreational programs all contribute to mental wellness and other healthy outcomes through promoting various protective factors of individual and community resilience

For example, Land-based activities have been shown to contribute to:

- Increased cultural understanding (cultural identity, language)
- Positive social relationships ('people just get along better')
- Increased short and long term wellbeing (mood, happiness, less stress)
- Physical health (active living, country food, substance-free environment)
- Increased self-confidence (clarified role in community, empowerment)
- Positive changes in behavior (less conflict, more sharing).

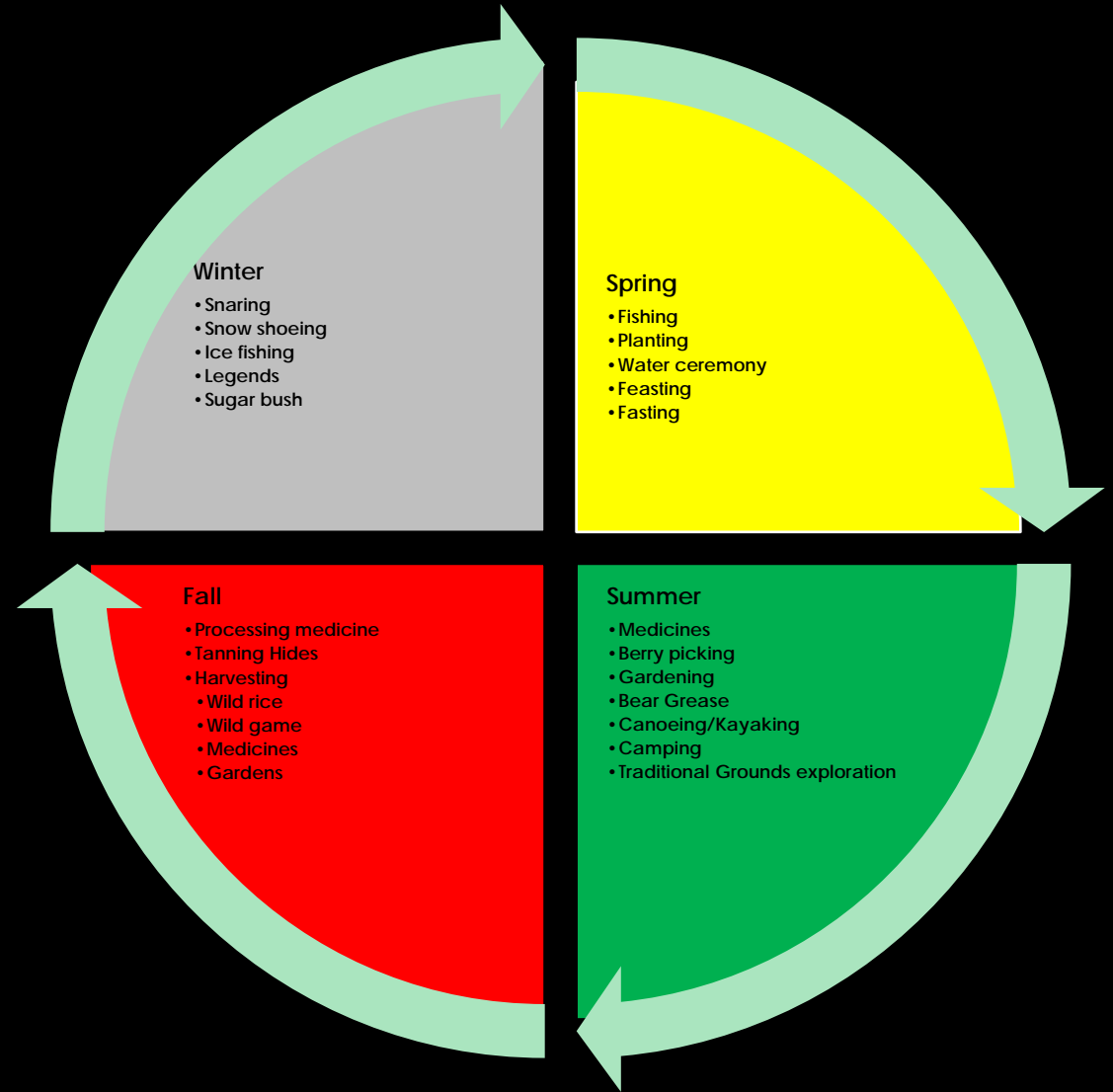
Other benefits include:

- Land-stewardship/care for the land supporting environmental outcomes and land rights (parks, sustainable management, outdoor tourism)
- Transmission of traditional knowledge (Enhanced learning, especially for students who struggle in western-based school settings)
- Culturally safe healing setting for youth at risk, inmates, and those healing from addictions, trauma
- Community development and capacity building through increasing land-skills, food-sustainability through harvesting, various certifications (firearm safety etc.)
- Intergenerational language transfer, ('language is from the land')
- Effective setting for training non-Indigenous workers in increased cultural understanding

MINOAYAATAWIN HEALING CENTRE

Medically Supervised Withdrawal Management and Residential Treatment Centre

This is a land based healing centre derived from the Fasting Ceremony of the Anishinaabe and engages with Aki to provide holistic healing and wellness while teaching concepts of respect, kindness, sharing, and love for spirit, earth, self, and others.





WAASODII OMII'E PROGRAM

Waasodii Omi'e is a land based program that is available in Communities and Tribal Agencies.

Examples of some of the activities After care land-based seasonal programming that is community requested and driven (3-5 days)

- Linking and coordinating traditional services for people across the life span
- Medicine walks, ricing, birch bark harvesting, language, berries, Snaring, circles, traditional tobacco, full moon, men's and ladies hand drumming, making traditional skirts, regalia making, men's and women's teachings, counselling services



EVALUATION OF EFFECTIVENESS

- Story telling
- Retention
- Satisfaction
- Culturally based life skills development
- Overall measured improvements in general well-being, connection with self, family and community, attitude, values, beliefs, identity, increased understanding and relational experiences, adopting and naming ways of being, doing, and living.



QUESTIONS?

MIIGWETCH

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