



ANISHNAWBE
MUSHKIKI

COMMUNITY HEALTH & WELLNESS

2022-23

ANNUAL REPORT

STRENGTH

BALANCE

LIVING WELL

MINO BIMAADIZIWIN



LAND ACKNOWLEDGEMENT

Anishnawbe Mushkiki operates on sacred lands. We recognize the work we do takes place on the territory of the Anishinabek Nation that is within the area covered by the Robinson Superior Treaty of 1850.

We acknowledge that we are on the lands home to the people of Fort William First Nation. We also recognize the rich history and contributions that the Metis, Inuit, and other Indigenous people of the area have made. Thunder Bay continues to be home to many Indigenous peoples from across Turtle Island; we honour and respect this diversity.

We are committed to advocating and spreading awareness as we continue to advance truth and reconciliation in health care. The staff, management, and board members of Anishnawbe Mushkiki are grateful to have the opportunity to live, meet and work together in this community and on this territory.

ABOUT ANISHNAWBE MUSHKIKI

MISSION

Anishnawbe Mushkiki will provide quality holistic care empowering our community to walk their wellness journey in a balanced state of well-being.

VISION

Mino Bimaadiziwin

Strength ~ Balance ~ Living Well

SENIOR MANAGEMENT TEAM

MICHEAL HARDY

Chief Executive Officer

KIM WARK, CPA, CA

Director of Finance and Administration

KENDRA WALT

Director of Health and Community Services

BOARD OF DIRECTORS



AUDREY GILBEAU
President



TIM PILE
Secretary/
Treasurer



CELINA REITBERGER
Director



IAN BANNON
Director

MESSAGE FROM THE BOARD PRESIDENT & CHIEF EXECUTIVE OFFICER

WE ARE PLEASED TO PRESENT OUR 2022-23 ANNUAL REPORT AND THEME 'MINO BIMAADIZIWIN' MEANING TO LIVE THE GOOD LIFE. This theme embraces the vision of Anishnawbe Mushkiki and the important work of our healthcare team to support our clients to live a strong and balanced life.

This year we welcomed a new member to our management team. Kendra Walt serves as the Director of Health and Community Services. She brings years of experience in healthcare to Anishnawbe Mushkiki and her leadership will guide our team to deliver the best care to our patients.

We offer tremendous gratitude to our dedicated team of professionals who continue to support our clients and reach many community members through our programs and partnerships.

We are proud of this year's accomplishments and celebrated the Grand Opening of the EarlyON Child and Family Centre at Sherbrooke School. The centre offers families and their children ages 0 to 6, a culturally safe, free, inclusive place to play, learn and grow. We commend our team of Early Childhood Educators in creating this beautiful space for our community.

Anishnawbe Mushkiki is recognized by the Registered Nurses' Association of Ontario as one of the first Best Practice Spotlight Organizations (BPSO) – Indigenous Focused Cohort that promotes best practices while weaving traditional knowledge into care every day.

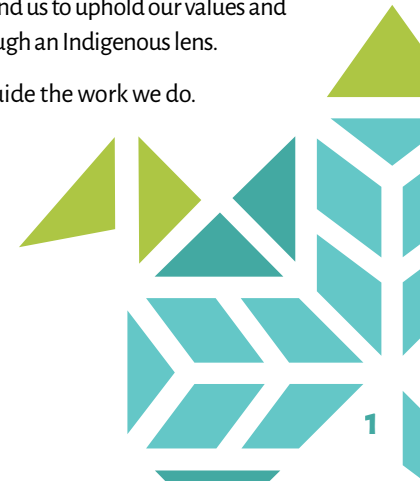
We acknowledge and thank our funders for their continued support of the work we do: the Province of Ontario, the Indigenous Primary Health Care Council, Indigenous Services Canada, Thunder Bay District Social Services Administration Board, the Alliance for Healthier Communities, the Registered Nurse's Association of Ontario and our community partners.

The unwavering support of our Board of Directors cannot go unrecognized. We continue to move forward to serve our Indigenous community in the best way possible and are driven by their leadership and dedication. The knowledge and teachings from our Elders remind us to uphold our values and way of working, with a focus on approaching everything we do through an Indigenous lens.

We say miigwech for your commitment and determination to guide the work we do.

AUDREY GILBEAU
President, Board of Directors
Anishnawbe Mushkiki

MICHEAL HARDY
Chief Executive Officer
Anishnawbe Mushkiki



LIVING WELL EVERY DAY



AVERAGE NUMBER OF PROGRAMS PARTICIPANTS MONTHLY

21,407

BEST PRACTICE SPOTLIGHT ORGANIZATION (BPSO)

Anishnawbe Mushkiki in partnership with the Registered Nurses Association of Ontario (RNAO) entered into pre-designation to become a Best Practice Spotlight Organization (BPSO). We are proud to be part of the first Indigenous Focused Cohort to promote best practice while braiding traditional knowledge into care.

As part of this initiative, we implemented two best practice guidelines:

- Person-Family Centered Care.
- Promoting Smoking Reduction and Cessation with Indigenous Peoples of Reproductive Age and Their Communities.

To help guide this work, a multidisciplinary steering committee was established with a team consisting of an Elder, Nurses, Social Workers, our Traditional Wellness Navigator, Management, Registered Early Childhood Educators, Health Promotion and a Registered Dietitian/Diabetes Educator. Practice changes were made monthly based on survey feedback from our clients. We increased the visibility of our programs, services, and BPSO work through social media and in the waiting room. We aligned BPSO priorities with the organization's strategic plan. We strive to empower our clients' health, provide holistic care, and braid culture into care to create opportunities for healing.

PRE & POST NATAL PROGRAM

The Pre & Post Natal program is lead by a Registered Nurse who provides supports in clinic to patients and has brought many community programs to meet with new and expecting parents within many EarlyON Centres throughout Thunder Bay. Our Nurse works closely with an Elder advisor and our Traditional Wellness Navigator in many of the programs to offer teachings on moss bags, tikinagans, ways of traditional healing for moms and babes, and so much more. With this combined increase of outreach to meet families where they are and offering a deeper connection to culture, we have seen a substantial increase in participation in these programs. We look forward to serving these clients for years to come and are honoured to be a small part of these babies and their families' journeys.

EARLYON CHILD & FAMILY CENTRE

The grand opening of Anishnawbe Mushkiki's EarlyON Centre at our new location within Sherbrooke School took place this past year. Our Registered Early Childhood Educators accompanied by a parent and infant, regularly provide Roots of Empathy programming within the SK/Gr 1 class and the Grade 4/5 class where students get to watch and learn as a baby develops from Infancy to toddler over the school year. We also open our space one morning a week to the JK/SK class and one morning a week to Student Support Staff from the school who bring the children they work one on one with, along with a

few select peers, to work on developing socialization skills. To the community, we offer daily drop-in programming open to any family with children aged 0-6, this offers families a safe space to connect, play, learn, and develop. Our Cozy Room has been a space where staff from our multi-disciplinary team as well as other community agencies have utilized to connect with clients and provide a multitude of services, education and supports to families who attend our drop-in services.

HEALTHY EATING ACTIVE LIVING (H.E.A.L.)

Our H.E.A.L team has made amazing connections with so many youth aged 7 to 17 from our community. Their goal is to promote healthy active lifestyles that youth will carry with them into adulthood. This team truly leads by example. H.E.A.L. staff provide programming within primary and secondary classrooms, within housing communities, city parks, and at their main site at Sherbrooke School. Networking with many other agencies has led to a variety of new experiences for our youth. Our Traditional Wellness Navigator and local Elders join these programs to pass down Anishnawbe teachings to our next generation.

YOUTH MENTAL HEALTH

This year, Anishnawbe Mushkiki was the recipient of a grant that enabled us to purchase and outfit a mobile land-based trailer. We are pleased to announce that we can provide land-based healing to areas within the community that will be easily accessible to youth aged 12 to 24. Meaningful connection to land and culture provides our youth with a sense of belonging and a deeper connection to their identity. We at Anishnawbe Mushkiki look forward to the many learning and healing opportunities that this will provide. Our staff are honoured to support and guide our youth towards walking their journey in a balanced state of well-being.

HEALTH PROMOTION

This year, the Health Promotion team, who work with adults and seniors has greatly increased their outreach into the community by offering educational and interactive programs within senior housing units, by partnering with agencies such as Crossroads, Matawa Education Centre and the Thunder Bay Public Library. This team is often seen in parks all around the city providing opportunities for snowshoeing, urban poling, yoga, stretch fitness and so much more. They play a vital role in supporting people on their healing journey by offering smoking reduction/cessation support, diabetes prevention education, food and nutrition literacy and by promoting an overall healthy lifestyle.

% OF ROSTERED CLIENTS AGED 0-18

31%

% OF ROSTERED CLIENTS AGED 19+

69%





IN OUR COMMUNITY

ANISHNAWBE MUSHKIKI SITES

1. MAIN SITE

1260 GOLF LINKS ROAD
Primary Care, Foot Care, Diabetes Management, Pre&Post-Natal Care, Health Promotion, System Navigation, Mental Wellness

2. OLIVER ROAD SITE

1044 OLIVER ROAD
Youth Mental Health offering both individual and group supports, Health Promotion food distribution

3. SHERBROOKE SITE

110 SHERBROOKE STREET
EarlyON Centre, Healthy Eating Active Living Program, Youth Mental Health, Pre&Post-Natal Programs

HEALTHY KIDS SITES

1. WINDSOR SITE

288 WINDSOR STREET

2. ACADEMY SITE

14 TRILLIUM WAY

3. MINNESOTA PARK SITE

820 MINNESOTA STREET

PARKS

OTHER LOCATIONS

PLEASE VISIT MUSHKIKI.COM FOR MORE PROGRAM LOCATIONS AND OUR MONTHLY CALENDAR OF EVENTS.

HEALTHY YOUTH SITES

1. WESTGATE COLLEGIATE & VOCATIONAL INSTITUTE

707 JAMES STREET S.

2. HAMMARSKJOLD HIGH SCHOOL

80 CLARKSON STREET

3. ALGONQUIN AVENUE PUBLIC SCHOOL

160 ALGONQUIN STREET S.

4. SHERBROOKE PUBLIC SCHOOL

110 SHERBROOKE STREET

5. DENNIS FRANKLIN CROMARTY SCHOOL

315 EDWARD ST. N.

6. ECOLE ELSIE MACGILL PUBLIC SCHOOL

130 CHURCHILL DR. W.

7. KINGSWAY PARK PUBLIC SCHOOL

315 EMPIRE AVENUE

8. LA VERENDRYE FRENCH SECONDARY SCHOOL

175 HIGH ST. N.

9. LAKEHEAD UNIVERSITY

955 OLIVER ROAD

10. MCKELLAR PARK PUBLIC SCHOOL

301 ARCHIBALD ST. N.

11. ST. IGNATIUS HIGH SCHOOL

285 GIBSON AVENUE

AVERAGE NUMBER OF PROGRAMS OFFERED PER QUARTER

291

PROGRAMS, INITIATIVES AND PEOPLE



COVID-19 RECOVERY

2022 focused on the ongoing response to the COVID-19 pandemic. Despite the turmoil caused by the pandemic, our staff were able to deliver exceptional care and promote vaccine uptake to our most vulnerable populations. As we entered COVID-19 recovery within the latter part of this year, we worked towards a slow return of “new normal” operations. This included shifting the focus from all virtual appointments to in-person appointments and prioritizing the safe return of all staff back into clinic to better meet the needs of our clients and families.



HEALTH HUMAN RESOURCES

Anishnawbe Mushkiki's overall success can only be credited to the compassionate and caring expertise of our staff who continuously go above and beyond to ensure optimal care and outcomes for our clients, families and community members despite some staff vacancies within the clinic. We have implemented strategies to look at recruitment and retention opportunities to ensure a full complement of our staffing. This year brought us some success in funding applications, and we will continue to advocate for increases in our staffing cohort to ensure we can provide holistic, exceptional client experiences and culturally appropriate care and services as needed.

TOTAL NUMBER OF CLIENT VISITS IN CLINIC

21,407

TOTAL NUMBER OF FOOT CARE APPOINTMENTS

567



SERVICE EXPANSION – TRADITIONAL WELLNESS

This year, Anishnawbe Mushkiki was fortunate to hire a Traditional Wellness Navigator. Through this integral role, the Navigator weaves traditional culture and wellness practices throughout various aspects of the organization. Collaboratively, the Navigator supports client requests for traditional healing and acts as the conduit to connect people to Knowledge Keepers, Elders or other traditional practices as requested.

Additionally, the Navigator provides cultural training to staff to support our goal of providing a culturally safe place for our clients to attend each day.

ONTARIO HEALTH TEAM

Anishnawbe Mushkiki is happy to be a partner in the collaborative Noojmawing Sookatagaing (Healing Working Together) OHT formally known as the Thunder Bay and District OHT, that was successfully approved in October '22. Through this work, Anishnawbe Mushkiki helps to ensure that meaningful engagement occurs with Indigenous peoples, communities, and organizations to foster fair and equitable representation in decision making and governance.

NEW MOBILE
CLINIC
INTRODUCED,
SERVING THE
COMMUNITY
AND REGION



DRUG TREATMENT COURT

Through a partnership with the Indigenous Friendship Centre and the Ontario Court Justice, a pilot Drug Treatment Court Program was initiated to begin planning. This collaborative program will support people with addiction who are facing incarceration to enter the program for case management and treatment, and if successful, reduce or avoid jail time. Anishnawbe Mushkiki will oversee primary care, mental health services and some programming for clients. Through this funding, an additional Nurse Practitioner will be added to our staffing cohort. This NP will work with the DTC clients as it relates to Primary Care and Opioid Addiction Therapy.



FINANCIALS

WORKING CAPITAL

	MARCH 31, 2023	MARCH 31, 2022
Current assets	\$9,890,789	\$8,726,023
Current liabilities	7,660,297	5,788,328
	2,230,492	2,937,695
Investment in capital assets	107,747	172,180
Accumulated surpluses	1,864,154	1,433,166
	\$1,971,901	\$1,605,346

RESULTS OF OPERATIONS

	FOR THE YEAR ENDED MARCH 31, 2023	FOR THE YEAR ENDED MARCH 31, 2022
REVENUES		
Ministry of Health	\$5,898,322	\$5,803,177
Other	1,898,494	1,648,051
Change in deferred revenue	688,640	(691,035)
Repayable grants	(1,872,895)	(1,319,484)
	6,612,561	5,440,709

EXPENDITURES

Primary care	4,300,895	4,000,685
Prevention and promotion	2,074,827	1,516,834
Administration expenditures (recoveries)	(78,250)	(75,954)
Capital outlays included above	(49,164)	(63,552)
	6,248,308	5,378,013

EXTRAORDINARY ITEMS

Misappropriated Funds (recoveries)	(2,302)	(12,234)
Excess of revenue over expenses	\$366,555	\$74,930

\$6,248,308

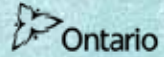
TOTAL EXPENDITURES

\$6,612,561

TOTAL REVENUE



**THANK YOU
TO OUR
FUNDING
PARTNERS**



Ministry of Children,
Community & Social Services

Ministry of Health
and Long-Term Care

Ministry of the Attorney General

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