

WINTER 2024

QUARTERLY NEWSLETTER

your **Dilico**

Providing Culturally Safe Health, Mental Health and Addictions and Child Welfare services

New Supportive Housing Program

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The new Supportive Housing Program is open and operating out of our Heath Park site. The program is designed to support youth aged 18-30 with safe, affordable housing. The program will include wrap around services for youth including Cultural services, Case Management services, life skill support, and various other support options to assist them in a smooth, supported transition to independent living. For more information, call and ask to speak with a member of the supportive housing team.



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1-855-623-8511**



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The Dilico Way of Life

Dilico Anishinabek Family Care is growing. The organization hosted a career fair in January looking to spread the message about exciting, new employment opportunities in the District of Thunder Bay. Over the past two years, Dilico has witnessed an impressive surge in its workforce, now boasting a team of more than 600 individuals. In the pursuit of filling additional roles and positions, Dilico has unveiled an inspiring video series that showcases the powerful journeys of its employees. Many featured individuals, have contributed over a decade of service to the organization. “On average, an individual spends 90,000 hours at work in their life. We know in today’s time, people are looking for more than just a job. They are looking to gain more value from their careers and continue to learn while working— to spend their time wisely,” says Ann Czepky, Assistant Director, Human Resources at Dilico Anishinabek Family Care.

Many employees at Dilico experience professional growth, enabling them to take on diverse roles within the organization. “Dilico is unique in terms of the range of specialties, different teachers and teachings under one roof. You have the opportunity to learn from nurses, child protection professionals, addictions and mental health experts within the Indigenous field,” says John Dixon, Associate Executive Director at Dilico Anishinabek Family Care. “It’s a place that offers so many opportunities to new employees and new learners to better help our service population.”

For additional information about the Dilico Way of Life and employment opportunities, please visit:

www.dilico.com/careers



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37th Annual General Meeting



Dilico Anishinabek Family Care's journey has been one of continuous transformation and growth. As a team, we've embraced change as we adapted to new challenges and opportunities, and forged a path forward together. For over four decades, Dilico has been at the forefront of connecting Child Welfare, Health Services and Mental Health and Addictions, focusing on families and community needs.

Guided by the teachings of the past, Anishinabek culture, we strive to support families and children on the path of their journey to healing and healthy wellbeing. Our theme for this year's AGM was "Honouring our Journey" to reflect on a deep appreciation for the collective efforts and accomplishments that contribute to the success of children, families, and communities. We were happy to gather together with Community Leadership, Elders, Youth and Staff to reflect, review and celebrate the work we have achieved together.

Annual Report Available online

We invite you to join us in Honouring Our Journey, and see the changing leaves of Dilico's narrative as we move through the seasons of commitment, growth and unity. The pages you will read are more than a reflection, but a testament to the dedication of our staff, recognizing the challenges overcome, the milestones achieved, and the aspirations that guide us into the future.

[Click here to view report](#)



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The 'F-Words for Child Development' Art Contest!

*** OPEN TO ALL AGES ***

The F-words for Child Development (F-words)

The F-words is a strengths-based, holistic framework and approach that encourages us to focus on things that are important to all children's development!

There are six F-words and they are...

Family



Fun



Friends



Fitness



Functioning



Future



For more information about the F-words, visit:
www.canchild.ca/f-words

Through any form of original art, tell us what **FAMILY, FUN, FRIENDS, FITNESS, FUNCTIONING**, and/or **FUTURE** mean to you!

There will be one grand prize of \$500, runner-up prize of \$250, and four draws for \$50 prizes.

You can use all F-Words in your art or just one!

Please email your F-words art to sarahnils@dilico.com by March 22, 2024.



Thank you to our amazing volunteers!

Mental Health and Addictions on-line referral system

Our Mental Health and Addictions Services provide strong support and treatment services, assisting children, adults and families with complex mental health issues, struggles with substance misuse and the challenges of daily life. If you need support with a mental health or addictions issue, our team is here to help.

Referrals for all Mental Health, Addiction and Cultural services can be easily made through the following link:

<https://dilico.azurewebsites.net/>



GASHKENDAMIDE'E (BE GRIEVED FROM THE HEART)



Dilico staff along with community members from Red Rock Indian Band participated in our Gashkendamide'e (Be grieved from the heart) train the trainer program in December. "It was a two day Indigenous led group that aims to empower and support individuals in their grief journey through the sharing of stories, understanding grief and its effects on us physically, emotionally, spiritually and socially."

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Transdiagnostic Group Treatment for Adolescents

A new mental health summer camp was offered to a small group of youth during the 2023 summer. The group was part of a research collaboration with Dr. Christopher Mushquash and Kristy Kowatch at Lakehead University. The group brought together evidence-based psychology strategies and cultural interventions to improve mental health among a group of youth aged 7 to 11 years.

To open each group, members of the cultural knowledge team lead a smudging ceremony and talking circle to help settle the youth into the group environment. Throughout the week, youth had the opportunity to learn how to identify emotions, what the function of emotions are, as well as some strategies to help them cope when their emotions feel too big or out of control.

To increase mental wellness the cultural team provided teachings about self-love, sticking with things when they get difficult, the Medicine Wheel, the 7 Grandfather Teachings, and flute playing. The youth also observed and participated in dancing and drumming demonstrations. These cultural interventions were complimented by psychology based skills of acting the opposite when feeling unhelpful emotions and mindfulness to be intentional about emotional experiences.

The camp also included fun activities like board games, crafts, and sports multiple times each day. Each group ended with a gratitude circle to talk about what they learned or appreciated in the group, followed by a smudging ceremony.

All of the youth reported that they had fun and enjoyed connecting with other kids in the group. The youth enjoyed the cultural teachings and learning new skills.

There are plans to explore how this group could be offered in a once-per-week format.



All Foster Parents have access to:

- ▶ Training
- ▶ Cultural education and activities
- ▶ Professional support staff assigned to your home
- ▶ 24-hour on-call support
- ▶ Mutual support and networking opportunities
- ▶ Financial support

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Upcoming Events

Dilico Adult Residential Treatment Centre Intake

- April 8 - May 10, 2024
- May 22 - June 19, 2024
- July 3 - July 31, 2024

Please note treatment dates may be subject to change. Contact the Treatment Centre to confirm upcoming dates.

Female Intake Worker: (807) 624-1819

Male Intake Worker: (807) 624-1810

March Break at Kookum's Place (78 I Limbrick Place)

Fun activities, snacks and beverages will be provided.

Monday March 11th

Wednesday March 13th

1:00pm - 4:00pm



WE ARE IN THE COMMUNITIES



3A Whitesand Dr
Whitesand First
Nation

1-855-623-8511



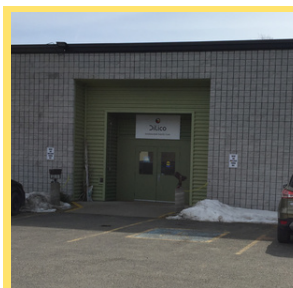
118 Forestry Rd
Longlac

(807) 822-2521



#11-10th Street
Netmizaaggamig
Nishnaabeg

(807) 822-2521



112-4th Street
Nipigon

(807) 887-2514



200 Anemki Place
Fort William First
Nation, ON

(807) 623-8511

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