

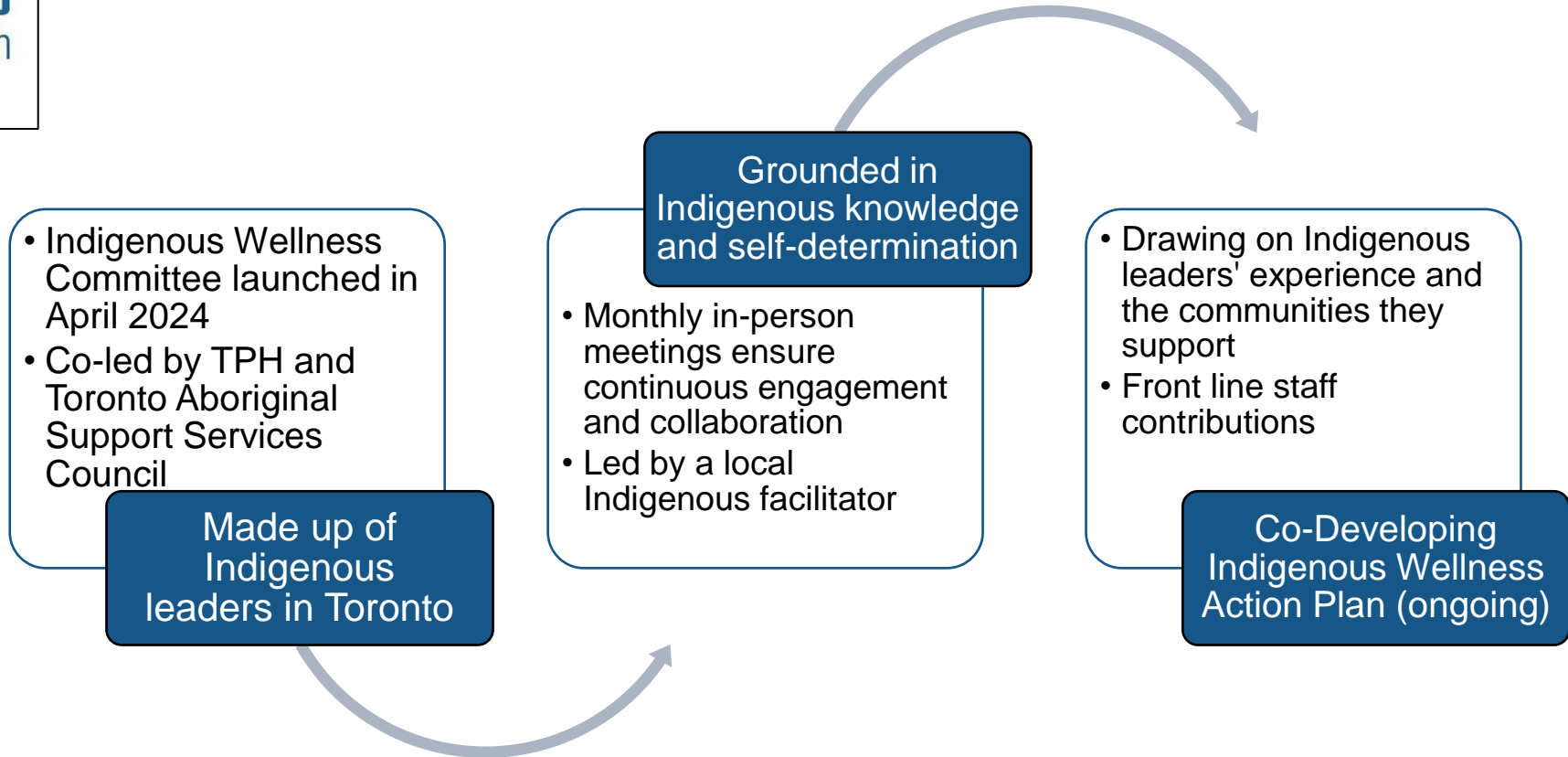
Indigenous Wellness Committee Update Board of Health

April 1, 2025

Timeline – The Development of TPH's Indigenous Health Strategies

May 2016	April 2022	April 2023	October 2023	January 2024
Board of Health (BOH) endorsed Toronto's first Indigenous Health Strategy.	City Council adopted Toronto's Reconciliation Action Plan.	Toronto BOH requested an Indigenous-specific mental health and substance use strategy.	<p>TPH co-hosted two Indigenous Wellness Round Tables with Indigenous service providers.</p> <p>Attendees requested the establishment of an Indigenous Wellness Committee.</p>	<p>TPH provided an update to the BOH on the Toronto Indigenous Health Strategy.</p> <p>BOH requested the MOH to report back on the establishment of an Indigenous Wellness Committee.</p>

Establishment of the Indigenous Wellness Committee



LIMITED CAPACITY TO ATTEND BUT
REGULARLY ENGAGED AND INFORMED



Role of Public Health in Advancing Indigenous Wellness

- Co-development means Indigenous engagement at all stages
- Reciprocity is essential



Indigenous determinants of health are distinct. They should be identified and validated by each Indigenous Community.

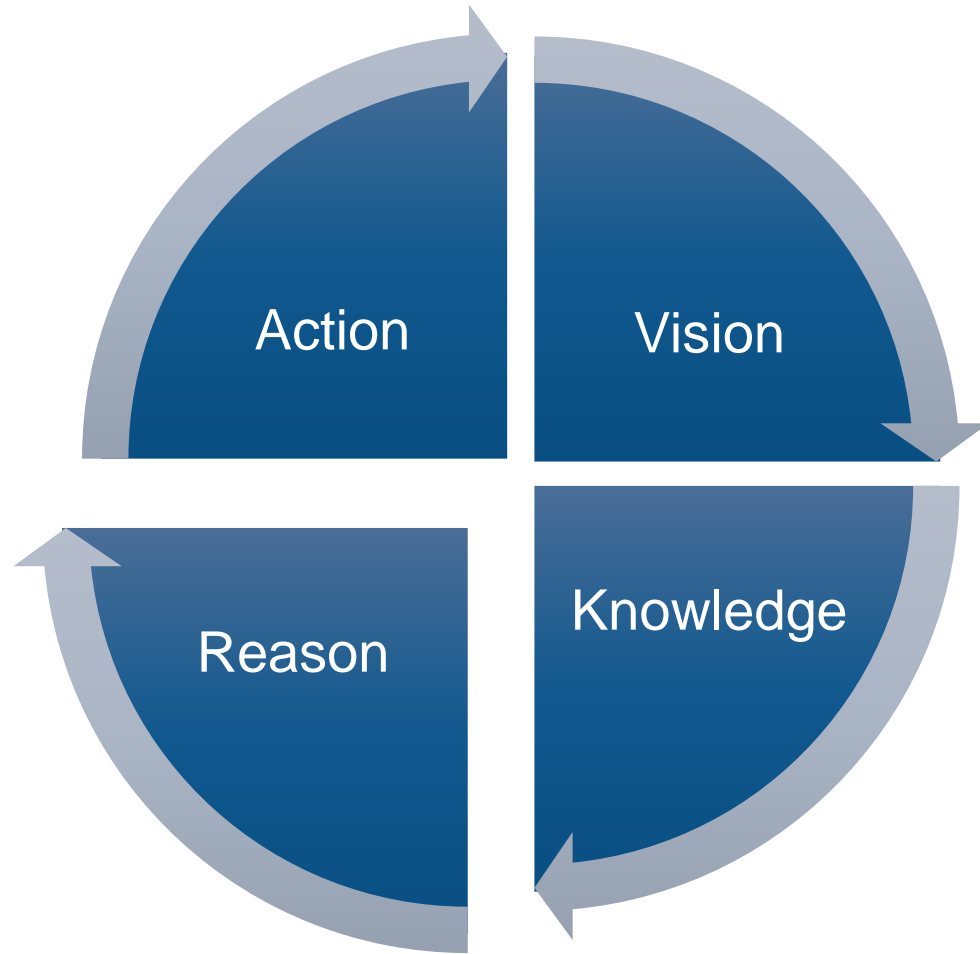
- **Elders and Traditional Knowledge**
- **Language**
- **Being on the Land**
- **Traditional Foods**
- **Community**
- **Ceremony**
- **Love and Relationships**
- **Recovery from Colonial Trauma**

Source: Dr. Suzanne (Ethsi) Stewart, Dalla Lana School of Public Health

Priority Actions as identified by Indigenous Wellness Committee (Indigenous Wellness Action Plan)



Indigenous Wellness Committee Method: Miikaans



- Ensures that Indigenous perspectives guide strategic planning and implementation, using historical long-standing frameworks
- Integrates a holistic cyclical planning structure
- Not linear, prioritizes intentionality

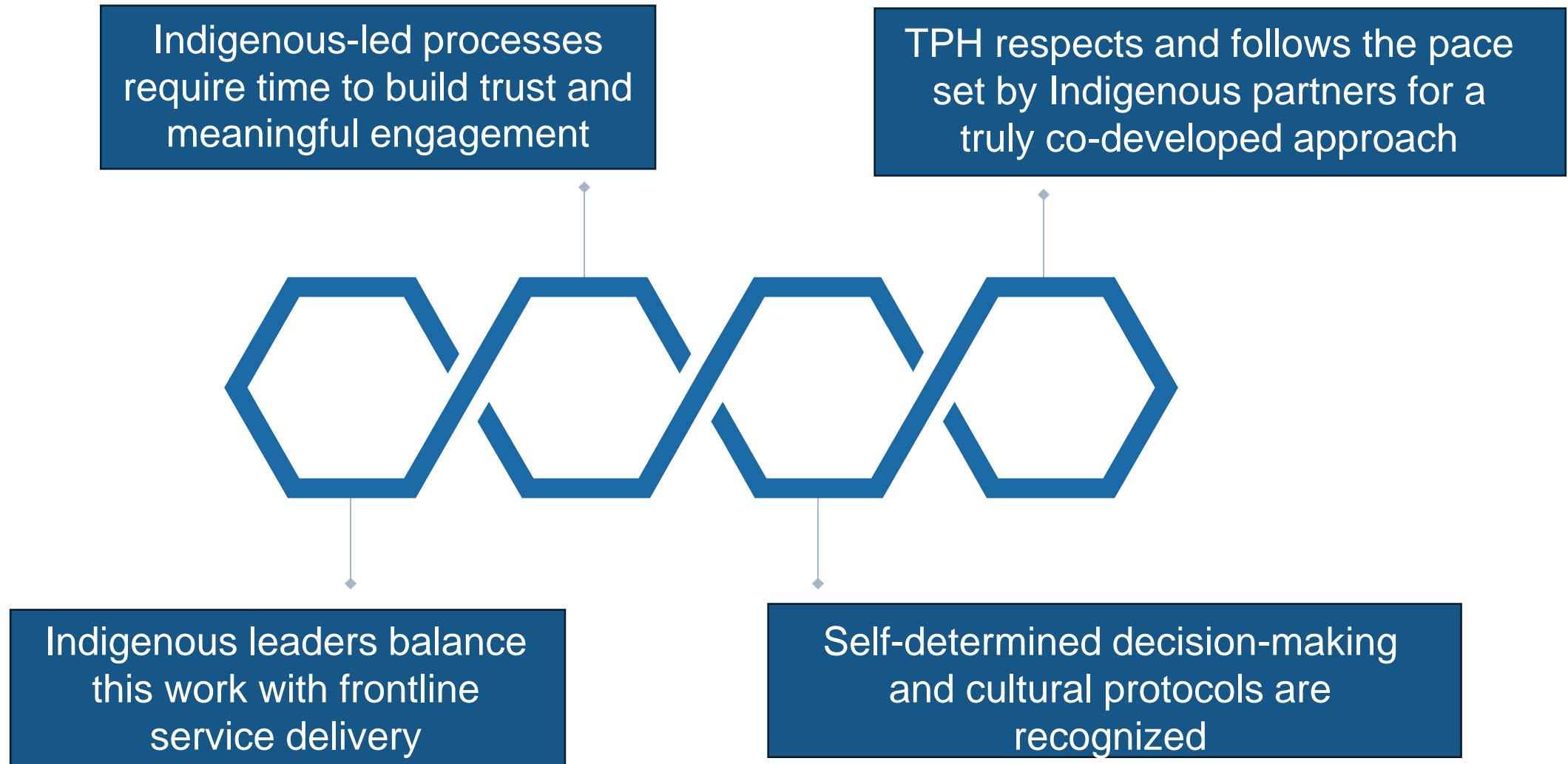
Source: Dr. Waaseyaabin, York University

Indigenous Wellness Committee Progress

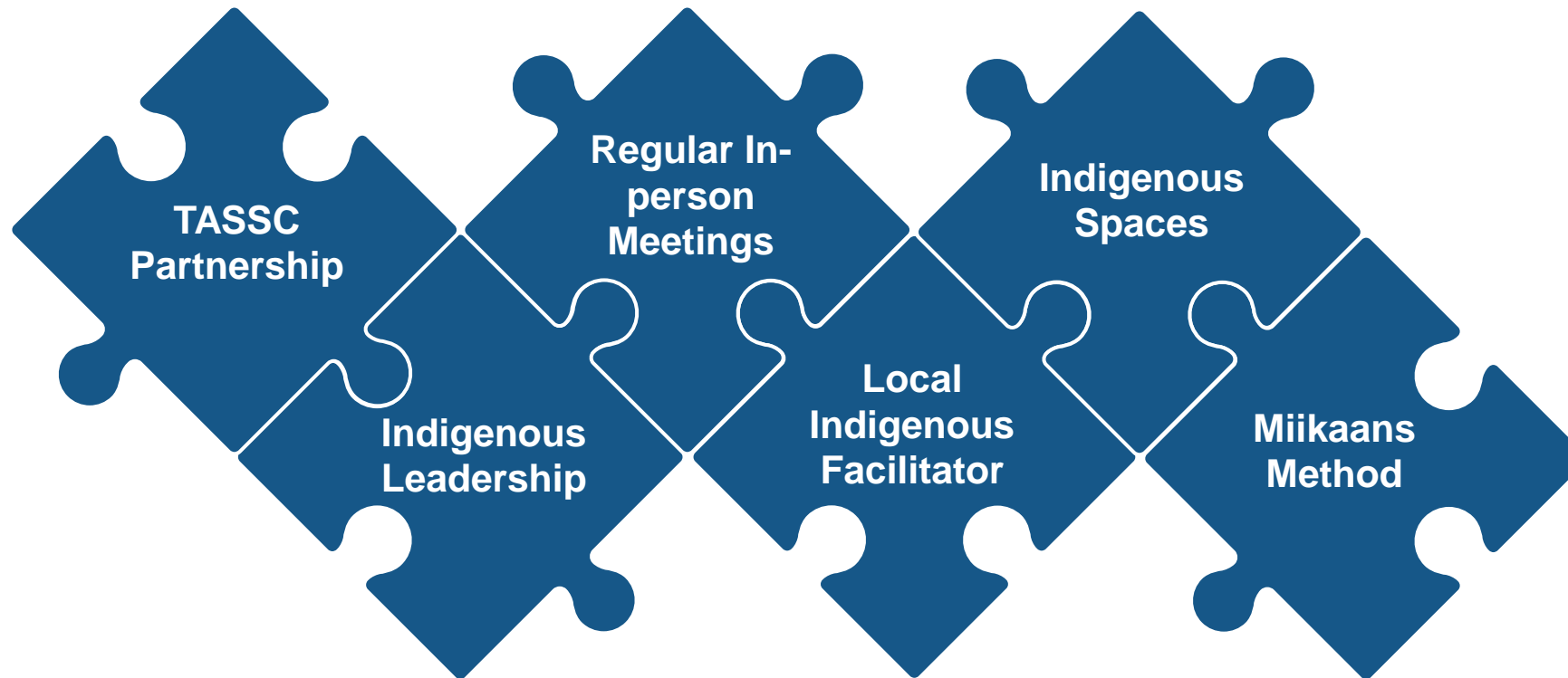
- Regular Indigenous Wellness Committee meetings (9 to date) held in Indigenous spaces
- 15 Indigenous service providers are active members of the Indigenous Wellness Committee, others are regularly engaged by TPH providing updates
- Elder involvement ensures cultural guidance
- The committee is currently in an analysis stage (Reason)
- The committee is strengthening relationships between TPH and Indigenous partners



Honoring Collective Timelines



Key Success Factors



- Continue co-developing the Indigenous Wellness Action Plan
- Identify and secure resources for implementation
- Work with community to develop evaluation indicators for success
- Maintain alignment with the City of Toronto's Reconciliation Action Plan
- Report back by Q1 2026 with an update on the Indigenous Health Strategy, including the Indigenous Wellness Committee