



## Innovative Practices

The Red Road Indigenous West PTE OYATE Family Resource Network is a relationship-based organization. We can have all the cerebral constructs in the world; however, healthy relationships (collaborations, family ties, social connections) are what pulls everything together. We use the term *Mitakuye Oyasin* A LOT; as a 'stand alone' prayer; as a greeting; it means "we are all related". What is done to one person, place or thing affects another in our relationships to each other, the Earth, our relatives. This is a common understanding in Indigenous communities worldwide; and has a number of different titles depending upon which nation you hail from. Red Road works within a relationship model. (See A.7 and A.8 of the RRHS 2019 Policies and Procedures). Our Elder has stated that it may only be one second in a 4 hour ceremony that will shift the healing pattern in an individual; change the thinking, heal the wound; yet the 4 hour ritual is necessary. Neuroscience and Epigenetics has proven this. (*Hopkins, 2019, Addressing Trauma From An*

*Indigenous Lens*) and (*Alberta Children's Services, 2019, Foundations of Caregiver Support 101 Modules 1-5*).

We also use the psychological constructs of transpersonal therapy, cognitive behavioral therapy and transformative reconciliation in our Indigenous therapeutic practices. At our Longhouse Family Night, we combine a number of activities together such as exercise, rhyming, prayer, supper, seminars, crafts, games, Triple P parenting, Positive Indian Parenting, dancing, drumming, sports, regalia making, sewing and so forth. This is one of our most popular programs, and we have been running it, in different capacities, for over 20 years. It is a way for our families to relax, have some supper together, learn something, create something, share with others. It becomes their evening and they let us know what they want to do next; whilst, they can also connect to other services in the community, and THE ORANGE HUB TOH.

The beauty of TOH is that we can walk clients to Yellowhead Tribal College Educational Program YTCEP to get enrolled or upstairs to the West Edmonton Family Resource Network WEFRN to have their day care services met. I see this as second stage healing for our Indigenous people. Something happens to them when they come into the RED ROAD INDIGENOUS WEST PTE OYATE FAMILY RESOURCE NETWORK. Possibly all the light and vegetation? Or the fact that so many of our Indigenous are engaged in learning here? Or that you can smell sweetgrass off and on throughout the day? There is undeniably a reference frame in place here; for healing, well-being and resiliency. This building and the people in it, *is* a natural Family Resource Network that needs to be enhanced and celebrated.

Red Road has used a combination of programs and services from the beginning to assist in the healing and well-being of our children and families. Lately, we have seen more people come in for counseling; or a Noonan (AA or Alanon 12 step noon meeting); then look into studies, create something, attend a seminar or workshop, attend a ceremony, speak to an Elder, study some more and so forth in a completely client-driven approach. Dr Martin Brokenleg spoke about the ACES assessment tool in relationship to our Indigenous people, a few years back in Calgary at the Awo Taan generational trauma conference. Most of our Indigenous people can say yes to that whole triangle of trauma assessment including himself; however, our people have always had methodologies to work in conjunction with 12 step, psychological and pastoral therapeutics. The 'Wiping of the Tears, Girl Becomes a Woman, Keeping and Releasing of the Soul, Making of Relatives...Vision Seeking, Sweat Lodge, Sundance' are a few of examples from Indigenous plains culture that can transform the 'pain of the past'. Every culture has these; though more relationships may need to be explored to discover those gems of transformative healing.

AND; *that Indigeneity*; preservation of family; strength-based approaches; sense of connection with respect to brain development, brain architecture and ceremonial evidence-based practices; together with; collaboration, and continuous improvement in relationship to evidence informed and evidence-based practices; remains prevalent and paramount, throughout RED ROAD's INDIGENOUS WEST PTE OYATE FAMILY RESOURCE NETWORK program and service delivery model.

The Red Road Indigenous West Hub, will also be responsible for implementing the FRN Standards of Practice; as well as, any specific standards relating to Home Visitation, Early Childhood Development and Parent Education; existing beyond current standards. Red Road will also be responsible for on-going assessment, quality improvement and addressing any barriers to access. Red Road has been an accredited early intervention and prevention program, since 2007; hence, we are required continually to update our policies and procedures with respect to current Canadian Accreditation Council standards. Thus; Red Road is familiar with this type of process, and November 2019, completed its latest 4 year, early intervention and prevention accreditation review, with Indigenous designation in the 4 categories of Mentoring, Community Day Program, Outreach and Crisis Intervention WITH EXCELLENCE. This recent accreditation review, keeps the RRHS Early Intervention and Prevention programming, practices and services in good standing until November 2023.