

The Union of Nova Scotia Indians dedicates the 2017-18
Annual Report to the memory of our late
Kji Saqmaw / Grand Chief Benjamin Sylliboy.

Our thoughts and prayers are always with Kji Saqmaw, and he will continue to live on and lead within our hearts.

UNSI remembers Kji Saqmaw as a warm and kind-hearted gentleman, who always listened to the concerns of others while offering sagely advice.

Sankeweye'n lapjiw, Kji Saqmaw 1941 - 2017

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EXECUTIVE DIRECTOR MESSAGE



I would like to take this opportunity to introduce myself, Douglas Brown, as the new Executive Director of the Union of Nova Scotia Indians (UNSI). I am deeply honoured to step into this important role, and anxious to create an organization that successfully meets the ever changing needs, and addresses the contemporary concerns, of each of our six member bands.

After serving four years in the US Army Infantry (1983-1987), I moved to Membertou and began another four years attaining my undergraduate B.A. specializing in Mi'kmaq studies, history and sociology (1988-1992). There I was influenced and inspired by Elders and Professors Murdena Marshall, Sister Dorothy Moore, Sa'kej Henderson, Joe B. Marshall, Patrick and Eleanor Johnson as

well as other Mi'kmaq students I met along the way. I learned our Mi'kmaq history and the continuous struggle for justice and recognition of our aboriginal and treaty rights.

With the inspiration I acquired at CBU, I attended Dalhousie Law School through the Indigenous Black and Mi'kmaq access program. I articled with the Nova Scotia Department of Justice for one year, and was then called to the bar in October 1997. In May 1998, I was hired by the Union of Nova Scotia Indians as legal counsel, specializing in Section 35 of the Canadian Constitution Act - Aboriginal and treaty rights. I was very fortunate to be mentored by perhaps the best constitutional law lawyer in all of Eastern Canada – Bruce Wildsmith. My work still includes two of these cases; one involving hunting for food, the other involving fishing for food. Both cases are over 11-years-old.

UNSI has a long history of advocating and litigating for Aboriginal and treaty rights. The establishment of the Made in Nova Scotia Process (Kwilmu'kw Maw-klusuaqn Negotiation Office) (KMKNO) assume the advocacy and negotiation roles relating to Aboriginal and treaty rights. This shift presents a great opportunity for UNSI to shift some focus on providing new and innovative governance capacity services to our member bands.

However, during this transition, one of my present roles is ensuring that the extensive records of UNSI's treaty rights advocacy are preserved, organized, and archived for future reference for students, researchers, and historians. It is an important part of the legacy that is left to us, and our children, in order to understand the Union's struggles and successes over the past 48 years.

Under the Tribal Council Program, we aim to provide our member bands with modern governance knowledge, and best practices, that are tied specifically to Mi'kmaw traditions, protocols, practices, values and concepts. These initiatives involve research and innovative infusion into contemporary governance tools and practices. Our goal is that each community can further shape these governance templates and concepts towards their own unique needs, within a large field of governance activity at the Band level.

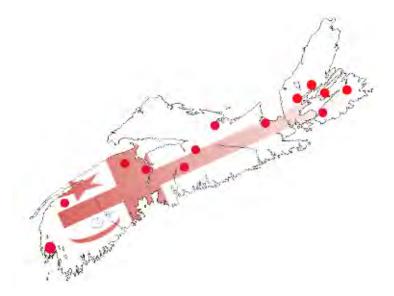
The Union of Nova Scotia Indians continues its task of restructuring and growth. We host a large Health Program as well as an ever-growing Information and Data Governance Program. We have recently hired new staff and are expanding our office space in Membertou. It is exciting and fast moving times for the UNSI organization but I feel up to the challenges that lie ahead and have complete faith that the UNSI staff that I work with are up to the task.

Wela'lin.

Douglas Brown, UNSI Executive Director dbrown@unsi.ns.ca (902) 539-4107 (ext: 204)



OUR MEMBER BANDS



Acadia

RR#4 Box 5914 C Yarmouth, NS B5A 4A8 Phone: (902) 742-8854 Fax: (902) 742-8854

Chief Deborah Robinson

Darlene Coulton Rachel Falls Andrew Francis Avis Johnson Michael Paul Thomas Pictou Jeff Purdy Charmaine Stevens

Membertou

111 Membertou Street Membertou NS, B1S 2M9 Phone: (902) 564-6466 Fax: (902) 539-6649

Chief Terrance Paul

Craig Christmas
Dean Christmas
Gail Christmas
Robin Googoo
Lee Gould
Johanna LaPorte
David Marshall
Graham Marshall
Paul MacDonald
Allister Matthews
Cary Paul
Lawrence Paul

Wagmatcook

P.O. Box 30001 Wagmatcook, NS B0E 2N0 Phone: (902) 295-2598 Fax: (902) 295-3398

Chief Norman Bernard

Cornealia Peck Lester Peck Tommy Peck Angela Pierro Jason Pierro Peter Pierro

Eskasoni

63 Mini Mall Drive PO Box 7040 Eskasoni, NS B1W 1A1 Phone: (902) 379-2800 Fax: (902) 379-2172

Chief Leroy Denny

Allan Jeddore
Barry Francis
Bertram Bernard
Brendon Poulette
Chris Stevens
Derek Johnson
Dion Denny
Eldon Gould
Gerald R. Francis
John Frank Toney
Leon Denny
Tom Ji'j Johnson

Potlotek

1204 Highway 4 Box 538 RR 1 St. Peter's NS B0E 3B0 Phone: (902) 535-3317 Fax: (902) 535-3004

Chief Wilbert Marshall

Anita Basque
Sandra Basque Johnson
Quentin Doucette
Jimmy Marshall
Jocelyn Marshall
Maynard Marshall
Blayne Murray

We'koma'q

P.O. Box 149 Whycocomagh, NS B0E 3M0 Phone: (902) 756-2337 Fax: (902) 756-2393

Chief Roderick Googoo

Stuart Basque
Cyrus Bernard
Jason Bernard
John Leonard Bernard
John W. Cremo
Annie Daisley
Steve Googoo
Anthony Phillips
Stanford Phillips

BOARD OF DIRECTORS



Chief Deborah Robinson Acadia



Chief Leroy Denny Eskasoni



Chief Terrance Paul

Membertou



Chief Wilbert Marshall
Potlotek



Chief Norman Bernard
Wagmatcook



Chief Roderick Googoo We'koma'q



Regional Chief Morley Googoo

Assembly of First Nations



Kji Keptin Antle Denny Mi'kmaw Grand Council



District Chief Alexander Christmas

TRIPARTITE FORUM

An active member on Tripartite Forum's Steering Committee and Working Committees, the Liaison reports to the UNSI Board of Directors, coordinates participation of UNSI-appointed committee members, and provides general support to the Forum. As UNSI Liaison, I'm a Steering Committee member, serving as its rep on the Economic Development Working Committee, and alternate for Health and Justice Working Committees. The following is a list of activity for the 2017-18 fiscal year

UNSI meetings

- Tripartite Liaison Interviews
 - o June 16, Dartmouth
- UNSI Board of Directors meetings:
 - o Wednesday April 12, 2017, in Millbrook, NS:
 - o Monday, September 18, 2017, in Membertou, NS;
 - o Tuesday, December 19, 2017, in Dartmouth, NS.
 - o Thursday, March 1, 2018, in Millbrook, NS;
- UNSI Staff meeting(s)
 - o Monday, December 18, 2017
- UNSI Briefing to Regional Chief Morley Googoo
 - o Tuesday, June 20, 2017, in Halifax, NS
 - o Re: Ceremonial Exercise



Steering Committee

The Tripartite Forum Steering Committee met on the following dates:

- May 10, Millbrook
- · June 23, Dartmouth
- September 5, Millbrook
- October 24, Millbrook
- January 12, 2018, Millbrook
- February 16 (TRC and TOR meeting), Millbrook
- March 16, Millbrook

^{*}No Steering meetings during July, August, November, and December 2017.

Tripartite Forum Working Committees

Tripartite Forum Working Committees met in the listed communities on the following dates:

Culture & Heritage

- June 7, 2017, in Halifax
- September 26 in Membertou
- February 7-8, 2018, in Halifax (strategic planning session)

Economic Development

- · May 2, 2017, in Pictou Landing
- October 11 in Potlotek
- November 22 in Millbrook
- January 17 in Cole Harbour
- March 20 in Millbrook (strategic planning session)

Education

- April 7, 2017, in Eskasoni
- June 6 in Cole Harbour
- February 22-23, 2018, in Paqtnkek (strategic planning session)
- March 29 in Eskasoni

Health

- · April 6, 2017, in Eskasoni
- June 29 in Pictou Landing
- October 26 in Wagmatcook
- February 26, 2018, in Millbrook

Justice

- June 12, 2017, in Annapolis Valley First Nation
- October 12 in Millbrook
- March 6-7 in Halifax (strategic planning session)

Social

- June 19, 2017, in Millbrook
- February 16, 2018, in Millbrook
- Strategic planning session was held via conference-call on March 26

Sports & Recreation

• April 26, 2017, in Paqtnkek

- August 23 in Wagmatcook (Nova Scotia Mi'kmaw Summer Games)
- October 26 in Membertou
- January 25-26, 2018, in Dartmouth (strategic planning session)

Special Meetings and Events

- Social WC Orientation for Mi'kmaw Co-Chair, May 29, in Millbrook;
- Truth & Reconciliation Commission (TRC) Symposium in Membertou, NS, September 13-15.;
- Child Welfare Symposium in Dartmouth, NS, on November 22-24;
- Meeting to discuss 'Msit Nokmaq Tall Ships' project, September 21, Millbrook;
- Executive Directors Review meeting on October 18, in Paqtnkek.

Executive Committee

• The Executive Committee did not meet in the 2017-18 fiscal year

Officials Committee

• Officials Committee met on November 15, in Dartmouth, NS.

Co-Chairs Committee

• The Co-Chairs meeting was held on November 3, in Millbrook.

Working Development Session (WDS, formerly the Annual General Assembly)

• May 25-26, in Wagmatcook.

Project Fund for Social & Economic Change

The Project Committee met on the following dates:

April 20, 2017; June 22; September 7; November 13; January 22, 2018

The following is a list of approved projects for 2017-18:

- PF17/18 #001 Developing our Aboriginal Experience in NS Economic Development
 WC \$47,400
- PF17/18 #002 Addressing Ongoing Gaps with on Reserve Home and Community Care Health WC \$35,620.90
- PF17/18 #003 Sports Hall of Fame Sports & Recreation WC \$35,000.00
- PF17/18 #004 TRC Action Symposium Steering Committee \$69,827.33
- PF17/18 #005 Mi'kmag Birch Bark Canoe Culture & Heritage WC \$19,920.00
- PF17/18 #006 Recreation NS Sports & Recreation WC \$31,703.98
- PF17/18 #007 Child Welfare Symposium Social WC \$74,502.01
- PF1718 #008 L'sitkuk Peter's Siblings Recall Living Life on Land Culture & Heritage
 WC \$19,920.00
- PF17/18 #009 Mawiomi & Cultural Gathering Impact Study (Phase One) Economic Development WC - \$13,178.00
- PF17/18 #010 Kelo'tmk Project Culture & Heritage WC \$3,037.32

For more information on the Tripartite Forum Project Fund for Social & Economic Change, please contact Abby Brothers, Project Fund Manager, at projectmanager@tripartiteforum.com.

Adam Gould, Tripartite Forum Liaison (902) 322-9965 agould@unsi.ns.ca

For more information on the Mi'kmaq - Nova Scotia - Canada Tripartite Forum, please visit the website at:

www.tripartiteforum.com.



CAPACITY DEVELOPMENT

MANDATE

- To assist member First Nations develop governance capacity
 - o Priority areas, based on strategic direction):
 - o Human resources
 - o Community Planning (e.g., CCPs, strategic planning)
- Based on individual and/or collective priorities, we provide services to UNSI member communities by:
- o Facilitating transfer of knowledge/ expertise through capacity-building training, workshops and / or other tools;
- o Providing advisory support in capacity development;
- o Assisting member First Nations identify capacity development priorities.



YEAR IN TRANSITION

- · Capacity Development staffing:
 - o May 2017: Joan Sack, Director of Capacity
- Development
 - o November: Kirstin Ward, Capacity Development Coordinator
 - o March 2018: Mallery Denny, Capacity Development Coordinator
- · Additional duties:
 - o May-July: Joan also maintains role of Tripartite Liaison Officer
- o June-October: UNSI Human Resources Policy update; assist with UNSI Health Plan submission to move from set to flexible funding agreement, including several components such as Accountability Framework

HIGHLIGHTS

- Chief and Council meetings (quarterly or as required)
 - o June 27, Membertou
 - o July 18, Eskasoni
 - o November 21, Wagmatcook
- Community Administrators (quarterly)
 - o Meetings hosted by communities and/or UNSI, June 14, hosted by Wagmatcook
 - o November 2, Dartmouth, hosted by UNSI

- o February 14, hosted by Membertou
- Wills & Estates (UNSI Estate Management Program)
- o Three (3) information sessions facilitated by Mi'kmaq lawyer, Tuma Young. Attended by 40 participants overall, 25 Wills written
 - o December, Wagmatcook and We'koqma'q
 - o February, Potlotek
 - o Remaining communities to be completed in 2018-19
- Comprehensive community planning (CCP)
 - o February 27-28, Joan and Kirstin attend Atlantic Region CCP workshop
 - o Winter, CD team provide support to communities
- AFOA Capacity Development Workshop: Developing Business Plans and Funding Proposals
 - o Two one-day workshops:
 - o March 20, Millbrook; November 7, Bear River
 - o Hosted by UNSI and Tripartite Forum Economic Development Working Committee
 - o Funding support by LEDSP (ISC) and Diversity & Community Capacity Fund (NS)
- · March 28, 2018: strategic planning meeting
 - o UNSI Board of Directors, some councillors and community administrators

STRATEGIC DIRECTION

- Goals
 - o Identify capacity development priorities of UNSI member First Nations;
 - o Develop the 2018/2019 workplan that addresses community priorities using feasible, measurable and community relevant objectives and actions;
 - o Avoid duplication of services yet build upon ongoing community efforts and address challenges to progress;
 - o Build expertise around a more focused area of capacity development based on priorities.
- Emerging priority areas (from meeting): human resources and CCP/strategic planning

Joan Sack, Director of Capacity Development (902) 401-4421 joansack@unsi.ns.ca Kirstin Ward and Mallery Denny,
Capacity Development Coordinators
(902) 539-4107 (ext: 211)
kward@unsi.ns.ca
mdenny@unsi.ns.ca



HEALTH DEPARTMENT

The Union of Nova Scotia Indians experienced significant growth in the fiscal year with new programs and services now established. i.e. the Mental Wellness Team, Clinical Therapist, and support staff for Jordan's Principle.

The Mental Wellness Team also managed the Traditional Healer funding for participating bands (Eskasoni, Membertou, Potlotek, Paqtnkek, Waycobah, and Wagmatcook). Mental health is an ongoing issue with our people, and personally knowing how and when to ask for help is critical to our well-being. The Mental Wellness Team developed and hosted various workshops to address the different components to start the journey to healthy mental wellness.

With the number of cases that Jordan's Principle are committed to, it was necessary to hire new staff to address concerns of clients needing support. Next year we have to start working with the province with what they could offer, whether it is on or off-reserve services. Also, the need to work with other departments, i.e. social and education, are essential.

Recent meetings with those departments identified the need for stronger communications, further collaborations, and improved linkages. Moving forward, this will be our priority. The need for the Coordinators to be on going in the future will need support from Leadership, communities, and other pertinent staff within First Nations. It is unclear at this time what will happen at the end of this fiscal year 2018-2019 but I will continue to advocate for this strongly.

As a Health Technician, I worked with the Assembly of First Nations' National Non-Insured Health Benefits (NIHB) Joint Review and must say that is far different than from previous which I was a part of. The panel includes decision-makers from headquarters and the dialogue was positive. The recommendations from the regional engagements are discussed and solutions are being addressed as it relates to NIHB. I have sent information to the Regional NIHB Committee, and also requested their input prior to the national meeting.

Ongoing discussions for the establishment of a Mi'Kmaq Health Authority have gained the full support from leadership. Health reps visited the British Columbia Health Authority to get information and visit the various departments within the Health Authority. There will have to be much work involved in this with various provincial and federal departments.

UNSI received funding from the Province of Nova Scotia for the Aboriginal Diabetes Initiative and nutritionist programs for capacity development and building with on-reserve

schools and their communities. This is step one in making the province accountable, and we will work in collaboration to ensure more programs are available in communities and off-reserve.

The process is challenging and will be part of the Mi'kmaq – Nova Scotia – Canada Tripartite Forum's Health Working Committee's work plan. Mi'kmaq residents should be able to access services whether they reside off-reserve or in the community.

The Union of Nova Scotia Indians has submitted EOI (Expression of Interest) to CPAC (Canadian Partnership Against Cancer) in the amount of \$1.1-million. This proposal is to address the need for personnel to work with First Nations to navigate and provide guidance and support. The health directors and provincial departments have provided their support to this endeavor. The discussions have been in the works for quite some time. CPAC had been given funding by the Federal Department in the past. We in the region have tried to partner with them but to no avail. If this proposal is approved, we have a chance to get funded and partner with agencies within the province.

Sarah 'Sally' Johnson, Health Director mha@unsi.ns.ca (902) 539-4107 (ext: 207)



ABORIGINAL DIABETES INIATIVE



As Diabetes Community Consultant for the Union of Nova Scotia Indians, I have been working on joint activities with the other Diabetes Consultants in the Atlantic Region. These activities are directed toward meeting the goals and objectives of the Aboriginal Diabetes Initiative Program.

I have worked with health directors, community health staff, and diabetes prevention workers, and with recreation and education staff in addressing diabetes. Some UNSI communities have Community Diabetes Working Groups, which have been successful in addressing diabetes management and prevention at the community level. All community health staff receives lists of programs and services that are available, allowing them to choose the best activities for their communities and/or to suggest alternative activities.

Many links were made with community programs, home care programs and outside agencies to connect health staff with available resources outside their community. Any questions please free to phone or email me.

The following programs that are offered on a regular basis:

- 1. Diabetes Month School Education/Walking Challenge
- 2. Diabetes Self-Management Journey
- 3. Community based Mini Diabetes Self-Management Program
- 4. Healthy Living Program, including 10,000 steps-a-day pedometer challenge
- 5. Adult Blood Glucose & Blood Pressure Screening program
- 6. Children & Youth Diabetes Risk Factor Screening program
- 7. Diabetes prevention program: Child, Youth and Family follow-up program for those screened to be at risk factor for developing diabetes (newly developed with Waycobah Nutritionist)
- 8. Gestational Diabetes, and risk for developing Type 2 diabetes
- 9. School education session on diabetes and its prevention
- 10. Community sessions for people living with diabetes
- 11. Community health staff education

Ann Gottschall, RN BScN MN CDE Certified Master Trainer for Chronic Disease, Stanford University program ann.gottschall@ns.sympatico.ca

EASTERN NOVA SCOTIA MI'KMAQ MENTAL WELLNESS TEAM

The Eastern Nova Scotia Mi'kmaq Mental Wellness Team was hired in September 2017 and originally consisted of three full-time professionals, and one part-time professional, dedicated to enhancing the mental wellness services for the Mi'kmaq communities of Potlotek, Membertou, Eskasoni, Waycobah, Wagmatcook, and Paqtnkek.

From September 2017 to March 2018, we completed relevant training, developed and implemented community-based programming, and created partnerships with other organizations in an effort to create a service that takes advantage of existing resources, attempts to enhance those resources, and which identifies service gaps and makes every effort to see that those gaps have less of an impact on individuals and families seeking mental wellness supports.

Partnerships and Networking

We have made great efforts to contact to professionals and community members for information regarding what services presently exist for Mi'kmaq people in eastern Nova Scotia, and where obvious service gaps remain. When meeting with other organizations we make every effort to enhance their services through partnership. To date, we have connected with:

- · We'koqma'q Family Healing Centre
- Jane Paul Indigenous Women's Resource Centre
- Nova Scotia Native Women's Association
- Community health centres (6)
- · Mi'kmaq Child and Family Services
- · Native Council of Nova Scotia

- Relays for Youth
- NADACA Mi'kmaw Lodge
- · NS Department of Justice
- · Eskasoni Mental Health
- Healing Our Nations

Our most exciting partnership development to date is with the Nova Scotia Provincial Court. We are working with Judge Half-Penny MacQuarrie at the new Wellness Court in Wagmatcook, upon its open in 2018. One of our team members will attend Wellness Court each month and offer our support for clients requiring services such as case management, counselling, and traditional healing.

Community Engagement

Our team hosted information sessions in each of the six communities to introduce ourselves

to residents and seek input on what services they need in their communities. Regularly, we also sought out additional opportunities for community engagement throughout the year, attending health and wellness activities in each community.

Community input indicated that we should offer workshops on topics such as bullying, cyber-bullying, self-esteem building for youth, mental health awareness, coping with grief, healthy relationships, anger management, self-care, and support groups for parents of high-needs children and for loved ones of those with addictions. Community members also shared ideas for cultural programming and services such as sweats, pipe ceremonies, and arts and crafts.



Training

We completed numerous training workshops in our first year in an attempt to better prepare ourselves to address mental health concerns in Mi'kmaq communities. These trainings included the following:

- · Non-violent crisis intervention, Eskasoni Health Centre
- Crisis response planning, crisis and trauma resource institute
- · Grief workshop, crisis and trauma resource institute
- Mental health first aid for First Nations, Mental Health Commission of Canada
- Compassion fatigue workshop, Barefoot Facilitation Inc.
- Listening to One Another Grow Strong: Train the Trainer Workshop, Canadian Mental Health Association and McGill University.

Workshop Development

The Team Lead and the Cultural Support Advisor attended "Listening to One Another Grow Strong" training session with the Canadian Mental Health Association and McGill University. This is a suicide prevention and resiliency building program for youth and parents that we can adapt for Mi'kmaq communities.

We have plans to create a community-based working group and to work in conjunction with the Confederacy of Mainland Mi'kmaq, Canadian Mortgage Housing Association, and McGill University, and to facilitate the development of a tailored program that will be more applicable to our member bands.

The Team Lead and the Advocacy Case Manager have created a number of workshops based on the topics suggested at information sessions, or in consultation with other services such as Jordan's Principle. The most popular workshops are those addressing anger management, grief, and parent empowerment. The team continues to acquire feedback and guidance from the communities about what types of programs they would like, or how they would like existing programs to be adapted to better meet their needs. We also continue to network with community organizations, many of whom are interested in collaborating on workshop development and delivery for the next fiscal year.

Changes to Roles and Responsibilities

Behavioral Interventionist: Megan Bowers was originally hired as a Behavioral Interventionist, then transitioned to Behavioural Support Advisor for Children and Youth soon after our team was formed. Her directive was to organize the services and programs and develop a resource manual with the services and programs listed for the different areas in Nova Scotia.

In January 2018, the decision was made by the what to allow Megan to perform in a Behavioral Interventionist role on a trial basis, beginning in February 2018, in an effort to provide the communities with more direct services. At the end of March 2018 Megan had a total of seven (7) clients and a large number of potential clients awaiting intake. Megan provides services in both the homes and schools of her clients, as well as spending time in the office researching and developing various activities and interventions for all of her clients' unique needs.

Counsellor: A proposal made to the Atlantic First Nation Projects to Enhance Services and Supports for Victims of Family Violence initiative was approved and the MWT received funding to hire a qualified counsellor beginning in April 2018.

Cultural Support Advisor: Richard "Buddy" Young was originally hired as a part-time Cultural Support Advisor and transitioned to full-time in March 2018 to support the Team Lead in managing the traditional healers funding and related responsibilities. The team has high hopes that Buddy will be able to continue in a full-time position for the next fiscal year.

NUTRITION



As the dietitian working for the Union of Nova Scotia Indians (UNSI) I serve all 13 Mi'kmaq communities in Nova Scotia. Given the distance between communities, covered classes are group-based to help reach broad target-age groups. To assist with fiscal planning, communities are sent yearly evaluations to help identify service gaps. Given the relationships that have been built in each community, health teams are excellent to contact when service is needed. I am available for regular nutrition programming and adding some 'new twists' that are happening to current programming. Lists of popular on-going programming can be distributed to interested communities.

What's New this Year?

Blending cooking with existing community programming

Programming is similar in each community but service delivery varies extensively. Cooking classes are a focal point for delivering nutrition information. This year was unique as cooking classes were added to healthy eating for pregnancy, and evening classes focused on men's health. The prenatal and men's cooking classes attracted new faces and are highly attended with positive evaluations. Pairing nutritious food choices with community events is an excellent way to support healthy living guidelines. The hopes of many health teams is to have healthy eating policies for community events. Support will be given to help roll out nutrition policies as requested.

Putting a twist on support groups

A new 'twist' is being placed on the development of support groups. Some community members feel they must have a chronic disease diagnosis before attending specific support groups, which can limit access to prevention education. Many communities agree with the development of healthy living support groups to help increase access to service. We are seeing new faces within healthy living support groups, with a much broader age span. Mixing ages adds a unique level of expertise to the room where all ages can learn and share from each other.

Changing the Focus of Youth healthy living classes

Healthy living programs for youth were previously delivered to families with adults and children in one space. Children prefer consistency and the thought of change can be scary. All family healthy-living classes will teach nutrition with a parental focus with fun cooking classes that the whole family can enjoy. Cooking, socializing and tasting foods make healthy eating an enjoyable experience. The class focus has changed from what is removed to what is new and exciting for family-based meal planning – "out with the old classroom style teaching, in with the new family-based group focus! Family based classes are working to engage extended family to help with consistent meal planning for children.

Changes in service delivery

Many community members perceive the dietitian as the expert in the room which can take away from the sharing potential of the group. Learning environments are moving to more of a talking-circle style. While sharing circles are not for everyone it helps give a voice to those who feel comfortable to share. It is the hope of the health teams that if people speak, more will also want to share their stories. Living with chronic disease is a perspective that needs to be shared to help community members make sense of where to start with self-care. Allowing people to see their personal expertise will help towards building confidence in self-care management.

Given the demands for nutrition education searching and helping to apply for proposals has become a welcomed part of my dietitian role. Outside of work hours I am taking an online Masters of Education course which is helping to look at programming with a fresh lens. Length and content of programming is constantly being adjusted to prevent overwhelming situations. Together we can evaluate and update programming to improve behavior change guidelines.

Angela MacDonald, Nutritionist amacdonald@unsi.ns.ca (902) 577-0575

I am honoured to work and be welcomed into each community and look forward to continuing my role as the UNSI Dietitian. If you have identified nutrition needs in your community please do not hesitate to contact me for a brainstorming session. I want to thank the health teams in each community for helping to make nutrition a priority. For more information I can be reached via email at amacdonald@unsi.ns.ca or via cell at 902-577-0575.



HOME & COMMUNITY CARE

Welcome to all new community program staff, and thank you to all staff for your dedicated care!

As we engaged in the 18th year of providing Home and Community Care Service Delivery, community and provincial partners often ask what the essential elements of the First Nation and Inuit Home and Community Care Program include. The following essential elements are what make up the foundation of the Home and Community Care service delivery: a structured client assessment process conducted by a Registered Nurse; a managed care process (case management and coordination); access to home care nursing; home support services; in-home respite care; establishment of linkages with other professional and social services; access to medical equipment and supplies; and, a system of record keeping and data collection to carry out program monitoring, ongoing planning, reporting and evaluation activities.

Coordinators meet quarterly and strive to alternate between host communities. With the use of video conference we can connect with our colleagues in Newfoundland and Labrador. As in past years and many discussions both at the HCC Coordinators meetings and throughout provincial networking, we identify any gaps that community members experience in receiving a coordinated care plan. We have provided to the Non-Insured Health Branch our concerns regarding eligibility and the length of time to receive approvals of medical supplies, medication and other necessary products to allow community members to remain at home for home care. We also identified learning needs and attended Trauma Informed Care education, Compassion Fatique workshop, and a two day Palliative Care skills training session. All sessions wre well-attended by community nurses, and very beneficial to our work.

Our Home & Community Care Coordinator committee work, such as co-chairing the Aboriginal Continuing Care Policy Forum (ACCPF), is ongoing. UNSI continues to support the HCC Coordinator as First Nation Co-Chair of the Public Health and Primary Care Committee. The Elder Care Working Group, under the Health Partnership, continues to meet and UNSI is represented under HCC. The recently completed projects include: Home and Community Care Gap Analysis (under ACCPF with direct reporting to Tripartite Health Committee); the Palliative Care Gap Analysis, funded under Indigenous Services Canada and hosted by UNSI, will continue to guide the funding recommendations presented to Atlantic Health Directors and Health Partnership. The relationship with Canadian Partnership Against Cancer continues with UNSI, and we are engaging their expertise in improving cancer prevention and increasing screening to find a way to reduce cancer rates in Mi'kmaw communities.

Beverly Madill, Community Home & Care Coordinator (902) 564-5283 homecare@unsi.ns.ca



JORDAN'S PRINCIPLE

Jordan's Principle is ever changing and adapting to our clients' needs by providing easier access to services and funds. This continual improvement strategy reflects the complex needs, gaps, and barriers that First Nations families often face. In the fiscal reporting period for 2017-18, it was evident that the gaps between provincial and federal services were impacting the lives of First Nations children. This year, we were able to offer services to 498 children!

The service coordinators believed it was imperative that working relationships were established with any organization involved with Jordan's Principle families. It is our priority to oversee those partnerships and build strong relationships. Effective communication is necessary with all partnerships and helps to build community capacity. These best practices are vital in order to ensure excellent service to our families.

Goals and objectives met during this period

- · Community capacity building
- Increased awareness of Jordan's Principle services and programs
- Strengthening partnerships between existing programs

Types of services requested

- Speech and language services
- · Psycho-educational assessments
- Tutoring
- Transportation
- Structured respite
- Fencing, capital projects

- Allied health services
- Educational assistants
- Daycare subsidy
- Physiotherapy and occupational therapy
- Assistive technology
- Cultural activities

Activities to identify potential service coordination clients and improve situations for families living on-reserve

- Visited existing organizations, both off and on-reserve, that are a potential referral source for JP. Information was distributed to existing clients. Service coordinators gathered data on general community strengths and needs.
- · Capacity building with organizations and provincial programs
- Increased contact with families living outside Mi'kmaq communities
- Strengthened partnerships between existing programs
- Potential referral sources: existing service organizations/special interest groups; various levels of governments; health, social, and education services.
- · Visited existing family-focused programs and community groups to meet families
- Social Media: created Jordan's Principle Facebook page facebook.com/JordansPrinciple
- · Use existing social media (JP, UNSI pages) to share information, and community

television networks

- Education and information sessions, distributed posters, brochures, business cards, promo items
- Hosted "Roll Outs" in five (5) UNSI communities, and information booths at various community events.

Relationships built across health and social systems, and levels of governments, have resulted in these benefits for families

- Providing case management and navigation services: we offer that case management service, establishing working relationships with any organization involved with our clients, and improving access to more services.
- Family Empowerment: our service coordinators work with parents, helping them understand the various services.
 This info gives parents the confidence to advocate further



for their children, improving access to future services.

- Existing case management team for families with existing services: we work as part of the management team, using various service models, and may offer suggestions outside of our scope.
- Holistic services: our working relationships have uncovered resources that are critically importance to children, but unavailable because of funding restrictions or jurisdictional issues. We accessed funding to make these services available.
- Continuity of service, transition services: Mi'kmaq Family Children's Services often invites JP to participate in family group conferences. Families who are transitioning away from the services offered by MFCS are still eligible for some support, including the Family Centred Care Model.
- Indirect benefits: As service coordinators contacted other service providers, it prompted reviews of existing services they were available to families. These reviews demonstrated a need for service delivery improvements.

Future objectives

- Development of long-term policy and program options and community-based services working more collaboratively
- Families receive culturally appropriate services
- Establish collaborative, trusting relationships with governments
- Develop a method to track case management within the Atlantic Region
- Seek additional funding to better service families
- Create guidelines on approvals and a better working relationship with the province and organizations that offer these services both on and off-reserve

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Eskasoni: 44 Spencer's Lane, PO Box 7745, Eskasoni, NS B1W 1B3 (902) 379-3402

Kelly Holley, Children Service Coordinator (Eskasoni) kholley@unsi.ns.ca

Jewl Christmas, Service Coordinator Assistant jchristmas@unsi.ns.ca

Ann Basque, Service Coordinator Assistant abasque@unsi.ns.ca

Karlee Johnson, Service Coordinator Assistant kjohnson@unsi.ns.ca

Wagmatcook and Waycobah: 47 Humes Rear Road, Wagmatcook, NS B0E 3N0 (902) 295-2755

Terri-Ann Johnson, Children Service Coordinator tjohnson@unsi.ns.ca

Candice Sylliboy, Service Coordinator Assistant csylliboy@unsi.ns.ca

In 2017-18, Jordan's Principle provided services to <u>498</u> children!

INFORMATION GOVERNANCE & DATA PROJECTS

Community Surveys

 Completed all 17 community surveys in March and submitted the data to FNIGC

After 150 Sacred Fire Initiative

• To date the fire burned for 144 days straight and made its way through six (6) Mi'kmaw communities in Nova Scotia from January to June.



FNLED – First Nations Labour and Employment Development Survey

- Created an FNLED Advisory Committee to develop FNLED survey
- Met several times to review the national questionnaire and work on developing a regional component
- FNLED data collection is scheduled to begin throughout all Mi'kmaw communities in November of this year

RHS - Regional Health Survey

- IDGP staff attended 20th anniversary of RHS in Ottawa March 12 14, 2018
- In total eight staff members from UNSI and two elders from Potlotek were selected to attend the conference

Human Resources

Promoted Wasuek to Survey Support and Community Outreach Coordinator

Mindy Denny, Information Governance and Data Projects Director mdenny@unsi.ns.ca (902) 539-4107 (ext: 205)

Alichia "Wasuek" Googoo, Survey Support & Community Outreach agoogoo@unsi.ns.ca (902) 539-4107 (ext: 213)

> Alexander Pswarayi, Statistics Analyst apswarayi@unsi.ns.ca (902) 539-4107 (ext: 213)

Allystar Gould, Junior Research Assistant allystargould@unsi.ns.ca (902) 539-4107 (ext: 213)

This reporting is a brief summary of the full report, which is available on our website at www.unsi.ns.ca/departments/information-governance-and-data-projects

UNSI RETIREES



Nancy 'Nastasi' Paul, 37 years



Louis Joe Bernard, 14 years

The Union of Nova Scotia Indians wishes to thank two very important people for their decades of hard work and service. Nancy 'Nastasi' Paul and Louis Joe Bernard have left our team for the beautiful world of retirement.

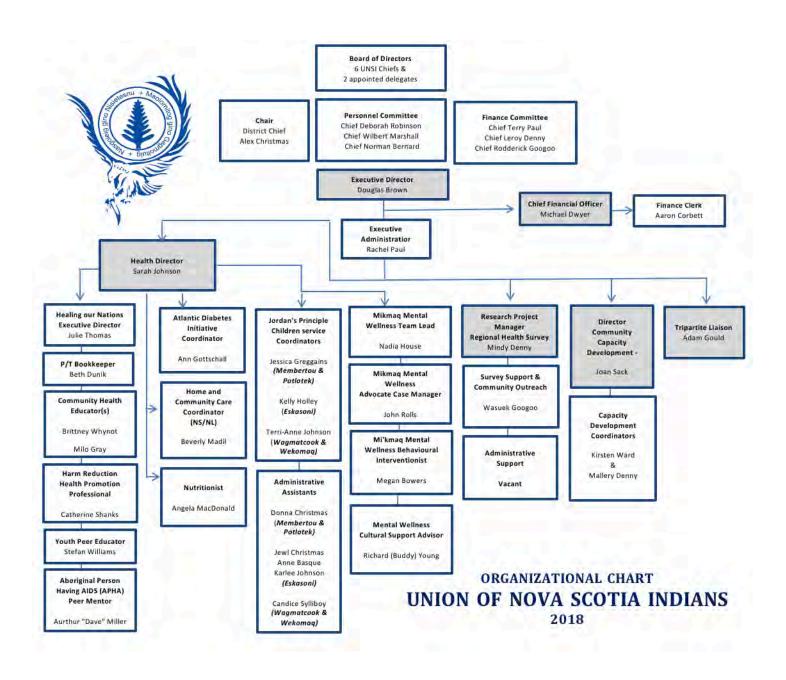
Nancy began her career with us in 1981, proudly serving the Mi'kmaw people for 37 years. She was viewed as the moral fibre of the Union, keeping the team united in working for the betterment of Mi'kmaw people. Her main duty was the Executive Administrator, but Nancy was a master of all disciplines.

Louis Joe was a member of our team for 14 years, starting with us in 2003. With us, he was the Capacity Development Coordinator, researching and sharing economic opportunities for Mi'kmaw people.

Wela'lio'q, Nastasi aq Louis Joe!



ORGANIZATIONAL CHART





INDEPENDENT AUDITOR'S REPORT

To the Members of The Union of Nova Scotia Indians

We have audited the accompanying consolidated financial statements of The Union of Nova Scotia Indians, which comprise the consolidated statement of financial position as at March 31, 2018 and the consolidated statements of changes in net assets and cash flows for the year then ended, and a summary of significant accounting policies and other explanatory information.

Management's Responsibility for the Consolidated Financial Statements

Management is responsible for the preparation and fair presentation of these consolidated financial statements in accordance with Canadian Accounting Standards for Not-for-Profit Organizations, and for such internal control as management determines is necessary to enable the preparation of consolidated financial statements that are free from material misstatement, whether due to fraud or error.

Auditor's Responsibility

Our responsibility is to express an opinion on these consolidated financial statements based on our audit. We conducted our audit in accordance with Canadian generally accepted auditing standards. Those standards require that we comply with ethical requirements and plan and perform the audit to obtain reasonable assurance about whether the consolidated financial statements are free from material misstatement.

An audit involves performing procedures to obtain audit evidence about the amounts and disclosures in the consolidated financial statements. The procedures selected depend on the auditor's judgment, including the assessment of the risks of material misstatement of the consolidated financial statements, whether due to fraud or error. In making those risk assessments, the auditor considers internal control relevant to the entity's preparation and fair presentation of the consolidated financial statements in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the entity's internal control. An audit also includes evaluating the appropriateness of accounting policies used and the reasonableness of accounting estimates made by management, as well as evaluating the overall presentation of the consolidated financial statements.

We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our audit opinion.

Opinion

In our opinion, the consolidated financial statements present fairly, in all material respects, the financial position of The Union of Nova Scotia Indians as at March 31, 2018 and the results of its operations and its cash flows for the year then ended in accordance with Canadian Accounting Standards for Not-for-Profit Organizations.

Sydney, Nova Scotia July 26, 2018

CHARTERED PROFESSIONAL ACCOUNTANTS
LICENSED PUBLIC ACCOUNTANTS

THE UNION OF NOVA SCOTIA INDIANS Consolidated Statement of Financial Position March 31, 2018

		 2018	(Restated) 2017
	ASSETS		
Current Cash Accounts receivable (Note 5)		\$ 436,687 293,211	\$ 80,033 205,745
		\$ 729,898	\$ 285,778
Current Accounts payable (Note 7) Deferred revenue (Note 8)	LIABILITIES		
		\$ 692,625 309,054	\$ 354,983 249,270
		1,001,679	604,253
Unrestricted	NET ASSETS (DEFICIENCY)		
		 (271,781)	 (318,475)
		\$ 729,898	\$ 285,778

Going concern (Note 3)

Contingent liability (Note 12)

Lease commitments (Note 13)

On behalf of the Roard



THE UNION OF NOVA SCOTIA INDIANS

Consolidated Statement of Operations Year Ended March 31, 2018

		Budget		2018		2017
Revenue						
Health Canada	\$	2,100,000	\$	2,173,780	\$	1 141 010
Province of Nova Scotia	Ψ	58,500	Φ	73,500	Ф	1,141,919
First Nations Information Governance Centre		650,000		744,792		75,616 507,992
Indigenous Services Canada		907,000		907,030		
National Indian Brotherhood		60,000		69,495		789,522 60,505
Canadian Partnership Against Cancer		-		12,000		00,505
Other		286,500		421,645		298,625
		4,062,000		4,402,242		2,874,179
Expenses						
Administration		295,000		314,843		183,439
Cleaning		17,000		13,711		16,850
Data collection		2,000		1,800		19,925
Donations		_,,,,,		1,000		1,700
Equipment rental		20,000		18,986		23,506
General Assembly		32,000		37,026		104,672
HIV/AIDS Strategy		80,000		80,633		115,684
Honoraria		-		111,841		108,453
Insurance		2,000		1,840		2,372
Interest and bank charges		4,000		3,873		2,654
Meetings and conventions		45,000		42,669		17,879
Office		300,000		339,791		119,481
Prize payout				6,898		22,596
Professional fees		195,000		210,427		84,412
Rent		95,000		94,868		63,481
Service delivery		350,000		211,671		-
Salaries and wages		1,800,000		1,682,392		1,488,792
Supplies		65,000		61,031		16,169
Telephone		25,000		23,872		23,768
Travel		635,000		517,641		382,824
Youth gathering		100,000		97,700		92,000
	_	4,062,000		3,873,513		2,890,657
Subtotal		-		528,729		(16,478)
Deferred revenue				(309,054)		
Clawback of current year surplus				(172,981)		
		-		(482,035)		
Excess (deficiency) of revenue over expenditures	\$	-	\$	46,694	\$	(16,478)



THE UNION OF NOVA SCOTIA INDIANS Consolidated Statement of Changes in Net Assets Year Ended March 31, 2018

		(Restated) 2017		
Net assets (deficiency), beginning of year	\$	(318,475)	\$	(275,948)
Excess (deficiency) of revenue over expenditures		46,694		(16,478)
Clawback of 2012-13 funding by Health Canada (Note 4)		-		(5,874)
Clawback of 2016-17 funding by Health Canada		-		(20,175)
Net assets (deficiency), end of year	\$	(271,781)	\$	(318,475)

THE UNION OF NOVA SCOTIA INDIANS

Consolidated Statement of Cash Flows Year Ended March 31, 2018

		2018		
Cash flows from operating activities				
Excess (deficiency) of revenue over expenditures	<u>\$</u>	46,694	\$	(16,478)
Changes in non-cash working capital:				
Accounts receivable		(87,466)		(14,945)
Accounts payable Deferred revenue		337,642		73,727
Deferred revenue		59,784		(153,824)
		309,960		(95,042)
		356,654		(111,520)
Financing activity				
Clawback of Health Canada Funding		-		(20,175)
Net change in cash and cash equivalents during the year		356,654		(131,695)
Cash and cash equivalents, beginning of year		80,033		211,728
Cash and cash equivalents, end of year	\$	436,687	\$	80,033



OUR MISSION STATEMENT

- · TO PROTECT AND MAINTAIN M'IKMAQ RIGHTS AND ENTITLEMENT;
- TO PRESERVE AN ENHANCED WAY OF LIFE FOR THE MI'KMAQ THAT IS ASSURED BY OUR ANCESTRY AND GUARANTEED BY OUR MI'KMAQ TREATY RIGHTS;
- · TO GUARANTEE LIBERTY AND FREEDOMS AND RESTORING TITLE;
- TO FULFILL THE GOALS AND OBJECTIVES OF THE UNION OF NOVA SCOTIA INDIANS
 AS STATED IN THE CONSTITUTION;
- · TO PROMOTE THE EDUCATION OF THE BANDS IN MATTERS AFFECTING THE MI'KMAQ.

OUR OBJECTIVES

- · TO PROMOTE THE WELFARE AND WELL-BEING OF THE INDIANS OF NOVA SCOTIA;
- · TO IMPROVE THE ECONOMIC AND SOCIAL CONDITIONS OF THE INDIANS OF NOVA SCOTIA;
- TO PROMOTE THE RIGHTS OF INDIAN PEOPLE, TO INFORM INDIANS OF THEIR RIGHTS
 AND TO ASSIST INDIANS OF NOVA SCOTIA IN THEIR ENFORCEMENT OF THEIR RIGHTS;
- · TO PROMOTE DISCUSSION OF INDIAN PROBLEMS;
- · TO SEEK TO PROMOTE A BETTER UNDERSTANDING BETWEEN INDIANS AND OTHER PEOPLE;
- · TO INITIATE AND CARRY OUT PROGRAMS FOR THE ADVANCEMENT OF INDIAN PEOPLE;
- TO COOPERATE WITH GOVERNMENTALAND PRIVATE AGENCIES FOR THE PROMOTING OF THE INTERESTS OF INDIAN PEOPLE;
- TO DO ALL SUCH THINGS AS ARE INCIDENTAL OR CONDUCTIVE TO THE ATTAINMENT OF THE ABOVE OBJECTIVES.



Union of Nova Scotia Indians

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