

## Conference on Recovery and Reconciliation “*Ignites the Spirit*” of Participants from Across the Region

March 9, 2017 – Keynote speaker Dr. Martin Brokenleg spoke about fostering resiliency at a conference called, *Igniting the Spirit – Recovery-Oriented Practices and the Journey to Reconciliation*, today in Sudbury.

The North East Local Health Integration Network (NE LHIN), Shkagamik-Kwe Health Centre, Canadian Mental Health Association (CMHA) Sudbury-Manitoulin, Health Sciences North, and NISA/Northern Initiative for Social Action organized the one-day conference with help from the Mental Health Commission of Canada. It was attended by more than 260 health care professionals from across the North East region who support people on their journeys of recovery to mental wellness.

Focusing on healing practices and knowledge sharing about intergenerational trauma, participants discussed implementation of some of the 95 recommendations of the Truth and Reconciliation Commission’s Final Report. They also looked at the Mental Health Commission of Canada’s Guidelines for Recovery-Oriented Practice.

Dr. Brokenleg, an expert on intergenerational trauma and resiliency, has consulted and led training programs throughout North America, New Zealand, Europe, Australia, and South Africa. He has co-authored the book *Reclaiming Youth at Risk: Our Hope for the Future* and cofounded the Circle of Courage model, which provides training worldwide for individuals who work with youth at risk. He talked about the “four universal needs and values” contained within the model that are essential for young people’s growth including: belonging, mastery, independence, and generosity.

**For more information**, contact NE LHIN Communications Officer Kathleen Bain at [kathleen.bain@lhins.on.ca](mailto:kathleen.bain@lhins.on.ca) or 705-840-2340.



*Shana Calixte, NE LHIN Mental Health and Addictions Officer (second from left) joined by (L to R) Stan Wesley, keynote speaker Dr. Martin Brokenleg, Darlene Orton, NE LHIN Aboriginal Officer and Angela Recollect, Executive Director of the Shkagamik-Kwe Health Centre at the Igniting the Spirit conference. Work to improve mental health counselling services for Indigenous people is part of the NE LHIN Aboriginal Health Care Reconciliation Action Plan for Northeastern Ontario.*