

ACKNOWLEDGMENTS AND TEAM MEMBERS

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Key organization partners include the National Learning Community on Youth Homelessness, Dilico Anishinabek Family Care, the Centre for Addiction and Mental Health, Lakehead University, the University of Toronto, Ontario Tech University, LOFT Community Services, Covenant House Toronto, SKETCH, the Centre for Mindfulness Studies and The Wellesley Institute.

Tina Bobinski

Assistant Director, Mental Health, Dilico Anishinabek Family Care

Tina Bobinski holds a Master's Degree in Social Work in the Aboriginal Field of Study. She is Ojibwe and a member of Lac Des Mille Lacs First Nation. She has extensive experience designing, implementing and researching culturally-safe services for Indigenous people residing in Northwestern Ontario.

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Mardi Daley

Peer Support Specialist, LOFT Community Services

Mardi is a Peer Support Specialist and Founder of Lived Experience Lab who, since 2015 has co-authored and collaborated on several innovative integrated wellness and research initiatives in the areas of youth homelessness and peer engagement. Mardi's areas of focus are by-youth, for-youth co-design and the ethical engagement of transitional-aged youth with lived experience.

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Pauline Drake

Social Worker, Dilico Anishinabek Family Care

Pauline — “Wa sa yan Ko tog Equators” “Sun comes out from Thunder Cloud and Lightning hits it” She is the HOP-C North-Youth Coordinator. She is from Eabametoong First Nation. She is a graduate from Native Family Child Care Worker Program and has worked front line for 27 years. She held a number of positions in her Social work career working directly with the Youth. Pauline continues to work diligently with the youth and provides support for the youth she works with.

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Tyler J. Frederick, Ph.D.

Assistant Professor, Ontario Tech University

Tyler is a researcher at Ontario Tech University. He is sociologist with a primary focus on how young people navigate homelessness and the transition into housing.

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Sean Kidd, Ph.D.

Associate Professor, University of Toronto Department of Psychiatry

Sean is a Clinical Psychologist, Senior Scientist, and Division Chief-Psychology at CAMH and Associate Professor of Psychiatry at the University of Toronto. The focus of Sean's career has been upon studies of intersecting marginality and intervention trials for severe mental illness and youth experiencing homelessness.

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Scott Leon

Researcher, Wellesley Institute

Scott is a Researcher with the Wellesley Institute in Toronto. The Wellesley Institute is a research and policy non-profit working to improve health and health equity in the GTA through action on the social determinants of health. Scott's recent research has focused on affordable housing, homelessness, and healthy fiscal policy.

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Jessie Lund

PhD Candidate, Lakehead University

Jessie is a doctoral student in Clinical Psychology at Lakehead University. Her research focuses on the psychological and social sequelae of traumatic experiences. Her dissertation research examines the interrelationships among executive functioning, substance use, and adverse childhood experiences in First Nations adults.

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Chris Mushquash, Ph.D.

Canada Research Chair, Indigenous Mental Health, Lakehead University

Christopher is Canada Research Chair in Indigenous Mental Health and Addiction, Associate Professor of Psychology at Lakehead University and the Northern Ontario School of Medicine, Director of the Centre for Rural and Northern Health Research, Associate Vice President Research and Chief Scientist at the Thunder Bay Regional Health Sciences Centre and Thunder Bay Regional Health Research Institute, and Psychologist at Dilico Anishinabek Family Care.

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Phyllis Novak (she/her/they)

Artistic Director, SKETCH

Phyllis is the Founding Artistic Director of SKETCH Working Arts, a 23-year award-winning community arts enterprise for youth living homeless and on the margins, based in Toronto engaging youth, 16-29, from across the country. Phyllis, a theatre graduate who started arts programs in the early 90's at Yonge Street Mission's Evergreen is a Fellow of the Inaugural Toronto Cultural Leaders Lab and Masters Candidate at York University, in the Faculty of Environmental Studies. Phyllis consults with and trains emerging arts initiatives locally and provincially on building Theories of Change and Evaluation for arts and culture/arts for social change projects.

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Victoria Pitura, Ph.D.

Psychologist (Candidate Register)

Victoria completed her Ph.D. at Lakehead University and was involved in clinical training and research at Dilico Anishinabek Family Care. She currently works for the public healthcare system in Nova Scotia (Mental Health and Addictions), providing outpatient consultation, assessment, and intervention to a diverse adult population (e.g., mood and anxiety disorders, personality disorders, and severe mental illness) in a semi-rural setting.

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Kamika Peters

Community Artist, SKETCH

Kamika is a multi-disciplinary community artist. They are interested in their co-existence with oppressive social constructs. Some sites of their exploration are SKETCH Working Arts, ILL NANA Diversecity Dance Company, and the Krafty Queers' Drag Musical. Unconditional housing, access to clinical therapy, cultural activities within non-clinical community spaces, and intergenerational mentorship are some of the ways they believe allyship for community as a whole can happen.

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Kaitlyn Toneguzzi, MSW, RSW

Kaitlyn is a clinical social worker in Thunder Bay, ON.

Her graduate work included utilizing scoping review methodology to examine how female sexual assault survivors can benefit from engaging in martial arts or self-defence courses. Additionally, she conducted qualitative research on effective workplace interventions for paramedics to reduce workplace-related PTSD. She currently conducts trauma-focused therapy with various demographics

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Elaine Toombs

Ph.D. Candidate, Lakehead University

Elaine is a Clinical Psychology PhD student at Lakehead University. She has completed a Master of Arts in Clinical Psychology (Lakehead University) and a Master of Arts in Health Promotion (Dalhousie University). Her current doctoral research examines adverse child experiences in a First Nations population seeking residential treatment for substance use. Her research is supported by a Canadian Institutes of Health Research Doctoral Award.

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Julia Vanderheul

Director, Transitional Aged Youth Program, LOFT Community Services

Julia is the Program Director of the Transitional Age Youth Program at LOFT Community Services. Julia is the co-chair of several networks in Toronto relating to mental health, youth and addictions. She has extensive work experience with youth and has expanded the LOFT Transitional Age Youth program by facilitating coordinated community based responses to service user needs.

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Nina A. Vitopoulos, Ph.D.

Psychologist, Centre for Addiction and Mental Health

Nina is a Clinical and Forensic Psychologist at the Centre for Addiction and Mental Health in Toronto. Clinically, she works with clients across the lifespan, with a particular focus on emerging adulthood. Her research focuses on understanding the impact of trauma on the lives and mental health of marginalized youth, and its implications for treatment design and implementation across homelessness, health care, and youth justice sectors.

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Skyler Patayash

Peer Expert, Culture Lead, Dilico Anishinabek Family Care

Skyler or Gwa-ge-ka-bow, Turn Around of Weagamow First Nation, is a 23 year old male and the Cultural Youth Peer Leader for By-Youth-For-Youth (BYFY). Originally couch surfing he is now housed and working to self-independence. He is working on his high school credit with WAHSA Distance Education and was a former student of Dennis Franklin Cromartie. His work with the BYFY North Project has built upon his cultural/professional life and has developed his artistic abilities.

Bethany Koostachin

Peer Expert, Art Lead, Dilico Anishinabek Family Care

Bethany is a peer mentor who worked on the By Youth For Youth project with the HOP-C North team. She worked as the artistic lead, contributing various pieces of artwork to the project.

Shaniah Morales

Youth Worker, LOFT Community Services

Shaniah worked as a case manager with the Housing Outreach Collaborative (HOP-C) since the program's launch in 2015. In addition to her role with HOP-C, she has been working with LOFT Community Support Services to support transitional aged youth with complex mental health issues work towards wellness. Shaniah provides community-based support, service coordination, systems navigation and advocacy to connect youth with resources and services.

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Sue Cohen

Program Coordinator, SKETCH

Sue is a painter, environmental artist, lead program coordinator and co-founder at SKETCH Working Arts in Toronto. Sue has led various community-engaged arts initiatives, most recently the Weave and Mend Installation turning a traffic median into a medicine garden recognizing the impacts of violence on Indigenous female and nonbinary young people. Sue integrates research-creation and health and has worked with Triluma and the Bloorview MacMillan Rehabilitation Centre.

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Carol McDonald

Youth Worker, Covenant House

Carol began her career working with homeless youth at Covenant House in 2000 and it was at Covenant House that her passion for working with youth living with mental illness was established. Carol is credited for developing and facilitating the Arts & Minds program at Covenant House, a life-skills based day program for youth living with various mental health & addiction-related concerns.

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Desiree Towedo

Peer Expert Lead, Dilico Anishinabek Family Care

Desiree is an Indigenous woman from Long Lake #58 First Nation. She recently graduated from the Child and Youth Care program at Confederation College. She plans on continuing her education at Lakehead University in the new year and has a deep desire to create change within her community for this generation along with generations to come.

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Gloria Wesley

Social Worker, Culture Lead, Dilico Anishinabek Family Care

Gloria (Woman of the South) ~ Shaawanoong Ikwe Is a member of Missanabie Cree First Nations and the Bear Clan. She is a Cultural Wellness Mentor, with Dilico Anishnabek Family Care and in her practice she utilizes teachings of the Medicine Wheel and Seven Grandfathers Teachings. She is passionate about working with our youths as they are our future. Introducing them to our 4 medicines which is used in smudging and for guiding us in our ceremonies is the pathway to healing.

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Hugette Dale-Carty

Manager, Youth Prevention Services, Dilico Anishinabek Family Care

Hugette has a background in Social Services with a minor in Addictions Services providing support to high-risk youth, transitional-aged youth and the homeless population. With over 15 years of working in direct-client care in relation to housing, Hugette serves on many committees with a focus on collaborative work to end chronic homelessness.

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Leysa Cerswell

Faculty Member, Centre for Mindfulness Studies

Leysa is a faculty member at the Centre for Mindfulness Studies, where she facilitates mindfulness-based therapy groups and trains health care practitioners and educators in mindfulness based programs. Leysa has taught and worked in North America, Southeast Asia, and East Africa. She is completing her PhD in Clinical Psychology, with her research focus on mental health care for underserved and marginalized populations.

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HOP-C / By Youth For Youth Logo Description



Logo designed by Bethany Koostachin

The sweetgrass braid represents the importance of having a safe space for Anishinaabe youth, eliminating any negative energy and only inviting kindness into our circles. The braid represents us as a community and how strong we can be working together rather than individually. The Medicine Wheel hides in the back, but serves as a gentle reminder for us to live by our sacred teachings and how we must honour ourselves by taking care of our emotional, mental, physical and spiritual well-being. The hands symbolize how life-saving it is to reach out and ask for help when we are struggling. Desiree Towedo, our Peer Coordinator, has a great sense of wisdom and courage, making her the first person to reach out and lend a hand. Her help comes from a place of shared resiliency and love for others. The sage that rests behind the hands represents our Cultural Lead, Skyler Patayash, who is always the first to start our circles off with a smudge - cleansing us of energies we no longer need to carry. Skyler is a reminder to humble ourselves and to walk forward in truth. We honour ourselves best by doing so. The little stars in the background represent how our ancestors are always with us, watching over us, protecting us, and guiding us forward in our lives. Bethany Koostachin, our Peer Art Lead, firmly believes this, and wishes to remind us one thing: we are our Ancestors prayers in flesh; everything they fought for and hoped we would become, we are. We should view ourselves as divine, sacred beings deserving of love, because we have been and always will be.

PREFACE

Artwork by:

Skyler Patayash (Gwa-ge-ka-bow)

Weagamow First Nation

Bethany Koostachin (Wabinoongikwe)

Fort Severn First Nation

Desiree Towedo

Long Lake #58 First Nation

Leah Ooshag

Eabametoong First Nation

Dakota Bird

Mishkeegogamang First Nation

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*Hub Solutions is a social enterprise embedded within the Canadian Observatory on Homelessness (COH). Income generated from Hub Solutions fee-for-service work is reinvested into the COH to support research, innovation, policy recommendations and knowledge mobilization.

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