



HEALING LODGE

2020-2021 ANNUAL REPORT



President's Message

Boozhoo!

On behalf of the Board of Directors, we are grateful to be part of an amazing organization that continues to offer services for the wellbeing of all our families and individuals who are impacted by the use of substances. During this extraordinary year, Mikaaming Mino Pimatiziwin Healing Lodge has completed the following: Two In-person Board of Director Meetings and Eleven Zoom Board of Director Meetings. Zoom meetings are regarded as the safest and most transparent way of having our planning, motion making, budgeting and to ensure optimal programming of the lodge.



Our Executive Director, Bernie Robinson, along with her managers and staff remained busy during the pandemic and offered a Virtual Treatment Program from January 21, 2021 to May 14, 2021. During this time a Day and Residential Program continued when the community was not in lockdown.

The Residential Program facility was designated as an isolation site for the community of Sagkeeng First Nation and the MMPHL team worked with other key agencies such as the Sagkeeng Health Centre and Canadian Red Cross to prepare the site for use. Other programming adjustments included having shorter program cycles for individuals rather than the whole family. The complete number of participants served by MMPHL can be viewed in the Residential Program and Day Program Reports within this Annual Report.

Our Accreditation Renewal was completed while the update of our organization's 5 Year Strategic Plan was pushed back to the new fiscal year due to the impact of Covid. As well, we are embarking on having Elders join our board with their role to assist and offer their teachings and ceremonial ways.

This year our Board consists of Justin L. Courchene - appointed on July 21, 2020; John Miswagon - appointed on March 13, 2021; Marcella Fontaine - appointed Vice-Chair on April 24, 2021; Kathy Kishiqueb - appointed Secretary-Treasurer on April 24, 2021 and Ronald Linklater - appointed Chairperson on April 24, 2021.

We are inspired to see the entire MMPHL staff come together to assist all of our relations and to work for the greater good of our people. The MMPHL Board of Directors offer our condolences to those who have lost their loved ones during this pandemic and offer our individual prayers.

Please stay safe and healthy.

Mi'lwe,

Ron Linklater
Chairperson, MMPHL

Executive Report



Good day, all stakeholders & networking partners.

I am grateful to provide this report to you and even more grateful for Mino Pimatiziwin (good life). While many of us have experienced loss due to the pandemic, our elders have told us that we must continue to move forward in supporting each other, especially on our healing journeys. With that in mind, I am proud to say that our team has worked quite tirelessly throughout these difficult times.

For the period of April 1, 2020 to March 31, 2021, the Mikaaming Mino Pimatiziwin Healing Lodge (MMPHL) has been fortunate to have received additional funding from the First Nations & Inuit Health Branch (Health Canada) to which we have been able to improve the following service offerings:

1. Land-based healing activities – capital assets were added which resulted in increased land-based activities for a total expense amount of \$176,682.
2. Day Program – continuation for a total of \$319,500 for the year.
3. Creation of the Exercise and Recreation rooms.
4. Construction/completion of summer gazebo.
5. Construction/completion of hide-tanning area.
6. Extension of sweat lodge ceremony building.

In addition to all the great improvements for the programs, MMPHL continues to utilize our local traditional resource persons (knowledge keepers) for cultural awareness, training, and spiritual guidance. The program offers teachings on Indigenous Awareness & Diversity; the sacred grounds of the petro-forms in the Whiteshell Provincial park; full moon ceremony; rattle making; traditional hand drum making; sewing; beading; women's teachings; colonization teachings; family roles; traditional medicines; traditional parenting; spirit-writing; traditional drum teachings; shake tent ceremony; sweat lodge ceremony; traditional names and clans; seasonal teachings; pipe ceremonies; and feasts. It is the Cultural Advisor's role to coordinate the traditional resource people while also maintaining the sweat lodge building, the cultural supplies, planning and preparing for each program cycle, and to conduct a number of ceremonies offered.

Executive Report

MMPHL was called upon to host and coordinate two community healing initiatives which included a 4-day sacred fire and a community pipe ceremony. Both ceremonies brought together many local pipe carriers which resulted in a warm feeling of camaraderie amongst all who attended. The Sagkeeng First Nation leadership sponsored the community pipe ceremony (September 18, 2020) and the sacred fire was MMPHL's initiative based on spiritual direction. It has been a great pleasure to work for and with our local community.

Another great initiative that MMPHL has undertaken during the year was the development of Recorded Traditional Teachings from elder resources. This initiative was in coordination with the Turtle Lodge International Centre for Indigenous Education and Wellness. The recordings are of high quality and have been shared with the Thunderbird Partnership Foundation for the National Virtual Treatment Program. We are so happy to have these recordings available for our healing programs. It is understood that the recordings will also be utilized by the Turtle Lodge and the Thunderbird Partnership Foundation. We are so thankful to all the wonderful elders who agreed to be recorded and signed the Media Release forms.

Finally, MMPHL "*strives for excellence in the support of hope and healing*" for all.

Miigwetch,

Bernalda Robinson, CAPA

Executive Director



Residential Treatment

2020/21 sure proved to be a challenging, fast-paced year of adjustment, new learning and acceptance as the declaration of the COVID-19 Pandemic became our reality. This report will summarize admission numbers, program activity, and evaluation and data outcomes. The pandemic immediately affected our residential programming; we initially closed on March 18, 2020.

During the period of April 1, 2020 to March 31, 2021, Mikaaming Mino Pimatziwin Healing Lodge provided 3 residential program cycles:

Cycle 1- Family: Oct 15, 2020 – November 13, 2020 (4 weeks)

Cycle 2- Women’s Group: January 20 – February 24, 2021 (5 weeks)

Cycle 3- Men’s Group: March 1 – April 1, 2021 (5 weeks)

In January of 2021, the intake for the residential program changed to provide alternating adult programs which were 5 weeks long for community members. In order to offer residential programming we sought direction from Sagkeeng Health Centre to ensure compliance with Covid -19 protocols to ensure participant and staff safety. Prior to intake, individuals were asked to isolate at least 10 days before and inform the intake worker if they were to become sick. Once participants arrived for intake, they were assessed for symptoms and screened. For the first 2 weeks of the program we went through the Covid-19 questionnaire, checked temperatures and monitored for developing symptoms. If anyone developed symptoms they would be taken for a Covid-19 test and isolate in their suite until their results returned; luckily no one tested positive during this process. It is with extreme gratitude we were able to stay safe and carry on with programming during this time.

Residential Intake numbers for this period:

Total Number of Admissions by Sex:

The following data is collected from the NNADAP Intake/Referral Form, Levels of Care and the Client demographic record. (AMIS data report*)*

Total Number of Admissions for period starting 2020-04-01 and ending 2021-03-31			
	Males	Females	Combined
Inpatient Admissions*	N=6	N=8	N=14

Residential Treatment

MMPHL counselling staff provided tele-counselling services to those immediately affected by program closure; total of 43 adult counselling sessions were provided. We reached out to previous participants however only a small number were interested to receive services by tele-counselling and they are included in the data below.

Total # of Tele-Counselling sessions provided during period starting 2020-04-01 and ending 2021-03-31			
	Males	Females	Combined
Adult Sessions	9	34	43

Early on, MMPHL was identified by Sagkeeng First Nation as a potential isolation site to be utilized for community. Staff and Management worked with Sagkeeng Health Centre and Indigenous Services Canada to assess and prepare the site for use. MMPHL was never utilized as an isolation site as it was found that individuals would rather choose to isolate either in their own home or the Winnipeg sites. The suites were furnished with TV's, satellite services and other programming which is a new addition to the lodge. It surely has been a great addition for our residents as many have expressed their appreciation to the change. MMPHL will continue to utilize the new additions in the suites for future family programs.

Bed Utilization for period starting 2020-04-01 and ending 2021-03-31	
Centre Name	Occupancy Rate
Mikaaming Mino Pimatiziwin Healing Lodge*	30%

Individuals on Waitlist for period starting 2020-04-01 and ending 2021-03-31	
Waitlist	43 Individuals

The Native wellness assessment tool, created by Thunderbird Partnership Foundation, demonstrates how wellness is promoted by regular involvement in cultural activities and ceremonies. The assessment tool is administered at intake and at discharge for each adult.

The results below, albeit, simplified show how regular involvement in cultural activity such as smudging, morning prayer, sweat lodge ceremonies can strengthen connection to culture and improve overall wellness.

Residential Treatment

Native Wellness Assessment:

Regular participation in cultural practices supports the development of a strong connection and this leads to wellness. Consider whether the client's connection strengthened over time no matter how often a client participates. The variety of cultural practices is repeated below to facilitate easy discussion. (Retrieved directly from website)

Category 1	Category 2	Category 3
1 Smudging	12 Fishing/ hunting	28 Shaker / hand drum making
2 Prayer	13 Spiritual teaching	29 Naming Ceremony
3 Sweat lodge Ceremony	14 Water as healing	30 Water bath
4 Talking/sharing circle ceremony	15 Use of sacred medicines	31 Blanketing / welcoming
5 Nature walks	16 Community cultural activities	32 Cultural events / marches
6 Meaning of prayer	17 Fire as healing	33 Dream interpretation
7 Use of drum/ pipe/ shaker	18 Story telling	34 Land-based / cultural camp
8 Sacred medicines	19 Culture-based art	35 Ghost / memorial feast
9 Use of natural foods	20 Pipe ceremony	36 Hide making / tanning
10 Ceremony preparation	21 Sacred places	37 Fasting
11 Cultural songs	22 Use of native language	38 Horse program
	23 Creation story	39 Other taught / participated in / experienced
	24 Cultural dances / pow-wow	Other (name)
	25 Receiving help from traditional Healer/ Elder	
	26 Gardening, harvesting	
	27 Giveaway ceremony	

Taken from: <https://amis.ecenterresearch.com/ecrweb/index.php?r=outcomeReport/generateTemplate&ReportTemplateID=27>

Residential Treatment

Example; above is the chart of listed activities broken into 3 category's that a participant will go through to self-evaluate their level of participation at intake and again at discharge. A connection to cultural practices can be anywhere from 1.00 (weak), to 2.00 (moderate), to 3.00 (strong).

The results below indicate that:

- category 1 had an increase of .91%
- category 2 had an increase was .71%
- category 3 seen an increase of .52%

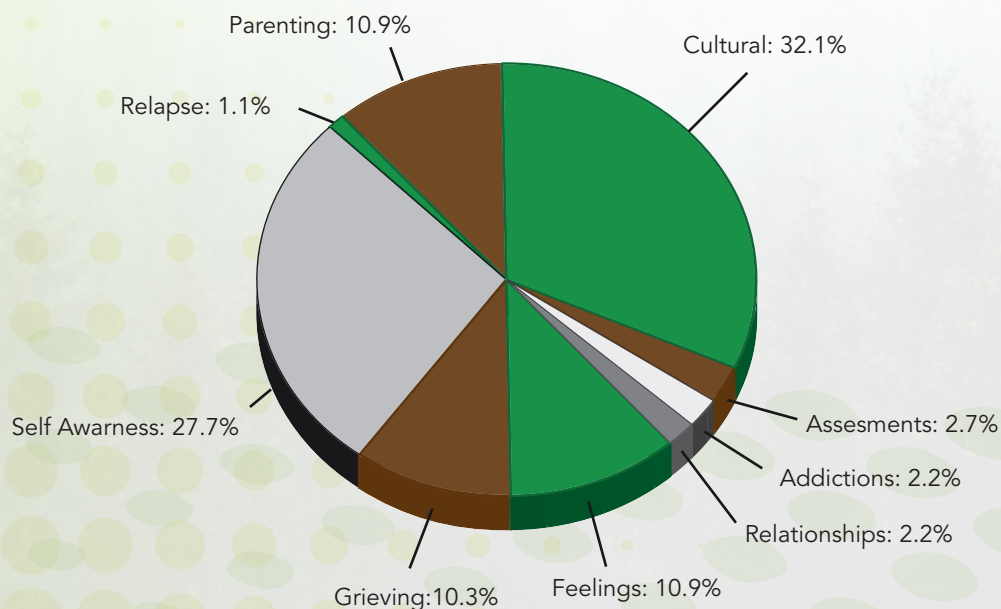
the results are comprised of all program cycles during reporting period

Individual connection to cultural practices:

	Category 1	Category 2	Category 3
Self - Entry into program	1.95	1.88	1.75
Self - Exit from program	2.86	2.59	2.27
Results:	+ .91%	+ .71%	+ .52%

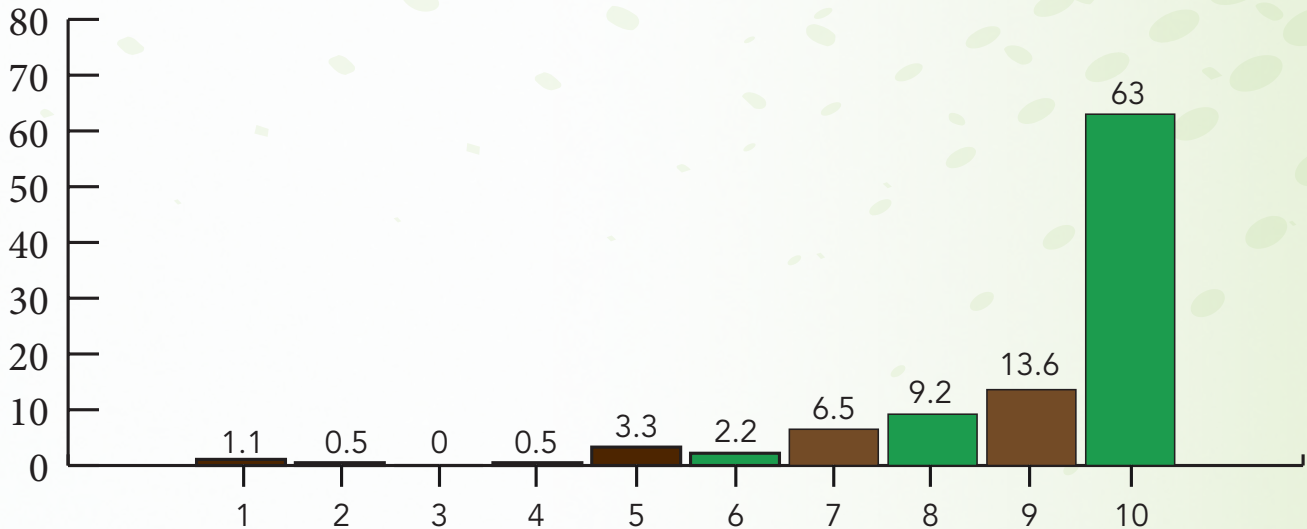
~MMPHL DATA BASE: Post Session Evaluation~

Chart explains type of topic sessions provided:



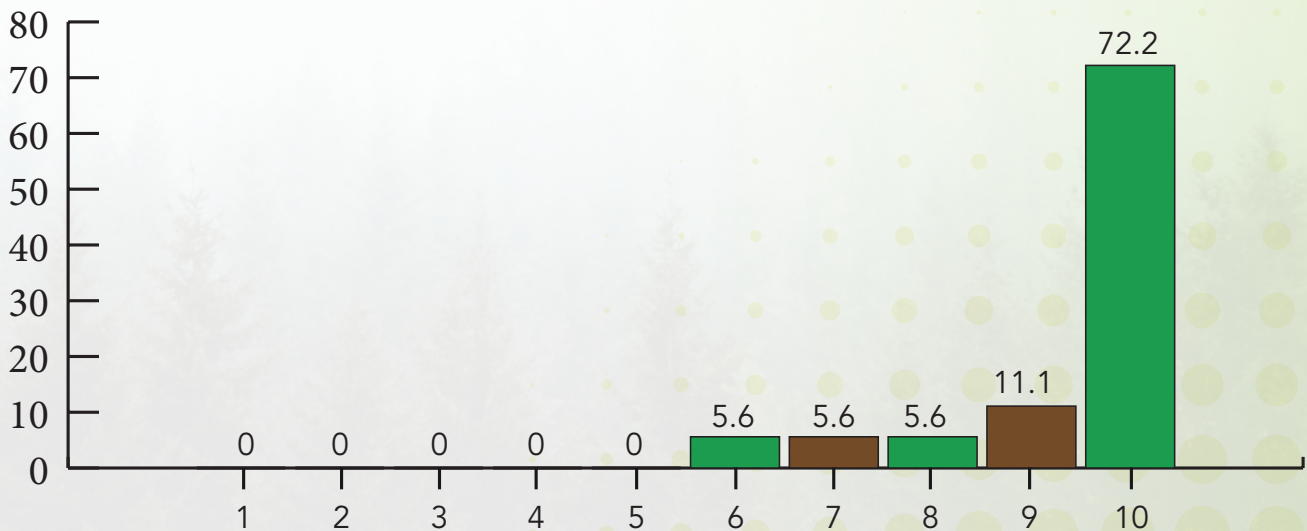
Residential Treatment

Topic sessions are delivered two times per day Monday to Friday by Counselors, Elders, Cultural Advisor, guest speakers and/or with use of media resources. Participants are asked to “rate overall experience with the topic session you participated in today.”



~MMPHL DATA BASE EVALUATION: Final Questionnaire~

Participant is asked to “rate overall experience while staying at the Mikaaming Mino Pimatiziwin Healing Lodge Inc.” (1 being dissatisfied and 10 being satisfied)



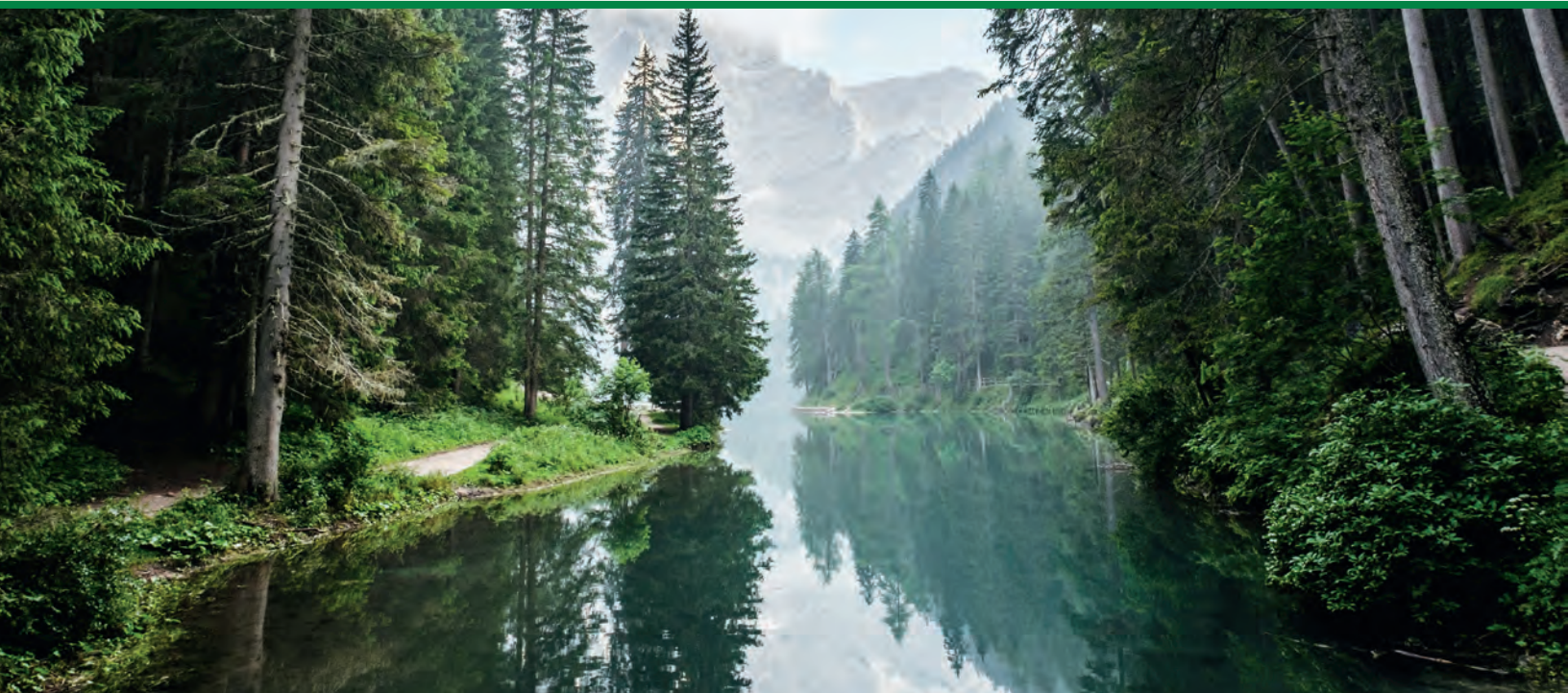
Residential Treatment

If not all expectations were met, what recommendations do you have for our healing program?

- More salads.
- Newer videos/maybe videos from Anicinabe. Try 7th fire @ aptn
- Only matter is, I didn't go all 7 weeks as pandemic hit.
- Sad Covid hit, could have done a full 7 weeks
- They were met [expectations].

Two program activities that are completed with participants is a “Self Esteem Declaration” and a “Letter to next group” both which allows for the individual to share their thoughts, opinions and experience of the lodge. The self-esteem declaration allows the participant to voice “who they are” and “how they see themselves”, it's been a powerful activity for participants especially when they sound their voice and they read it aloud at their graduation. It is very moving as are their positive words are medicine for their spirits.

The purpose of the letter to next group is connection and recognition that we are a part of a larger family system. Participants are asked to consider “what words can be left behind to help our fellow relatives when they arrive to the lodge? What would be helpful for them to know or to expect? Some participants choose to share about their experience residing at MMPHL. Despite only being able to deliver 3 program cycles, the reflections of a few of the residents demonstrate that the program had a positive impact.



Residential Treatment

Participant Self-Esteem Declaration's

I' AM

I am a mother because creator blessed me with four children to teach and to love.

I am courageous because I took that step to look inside myself to heal.

I am strong minded because once I set a goal I am determined to accomplish it.

I am a helper because I try my best each day to do creator's work.

I am full of knowledge because I listen, observe and learn.

I am kind because I treat everyone with respect.

I am resilient because I have survived abuse and trauma.

I am a strong Anishinabek because I stand proud to be who I am, that Ikwe is me 2021~

I am a daughter to a hard working father and a caring mother who have always been there.

I am a sister to my baby brother and two sisters, who will always support each other.

I am a loving partner to my best friend, whom I share a beautiful life with.

I am a good mother to 7 respectful children and a grandmother to a beautiful baby boy, which I love equally and unconditionally.

I am a proud, good hearted mother with a beautiful family that gives me the strength to fight.

The love I receive from all is what keeps me going strong. The strength I have is what keeps me fighting for a good life. The love and strength we share is what makes us a Family

2021

Residential Treatment

Message's to the Next group:

*If you're reading this, the hard part is over (you're in the doors).
Now just let your heart open to new things and allow yourself to heal.
The staff are easy to talk to and do what they can to meet your needs.
The food is awesome, so I hope you brought stretchy pants.
With that said, stay strong and know that you're in a good place.*

Welcome to the Good Life. 2021

I am grateful I was given the opportunity to come to the Sagkeeng Healing Lodge to begin my healing journey. The staff are very helpful and programs are also very encouraging.

I was really scared and unsure about coming, I guess because I was scared of change, but I really love the feeling of being sober and happy.

I really enjoyed my stay here.

I strongly believe that anyone can beat the battle of ADDICTION if you really put your mind to it and believe in yourself.

Good luck, 2021

You made a good choice by taking that step to get the help you need, this is the right place to be. This place has opened so many doors to my healing journey.

Always remember to keep an open mind and don't hold back.

I helped me to realize that I have value in life.

It taught me to respect and love the life creator gave me.

The staff is awesome here, very kind hearted individuals who are here to guide you in the right directions.

The best part about being here is you get to learn about our culture, the things we didn't get taught as children. Pay attention to the teachings and stories, it's a teaching process which sends us messages.

Remember that things get hard before it gets easier.

Take it day by day. 2021

Mikaaming Mino Pimatiziwin Healing Lodge Inc.
April 1, 2020 to March 31, 2021



Who We Are...

MMPHL is a healing program for First Nations & Inuit families struggling with substance misuse. We offer a 7 week in-patient program 6 times per year. The core of our program is based on the culture and traditions of Indigenous people.



Residential Program Information

14 Total # of individuals admitted this year



Family Reunification
2

77% Experienced Anxiety

30% Bed Utilization Rate

86% Completed the Program

55% Previously went to a program for substance misuse

Day & Virtual Program Information

Program Applicants
33

Applicants that attended program
16

Applicants that completed program
9



RESIDENTIAL PARTICIPANT FEEDBACK

What did you like best about the Centre?

- Ceremonies and teachings/living conditions
- Cultural/traditional ceremonies.
- Family time
- Knowledge and support. Very helpful.
- Expressing my feelings without ridicule or being judged.





Day Program Final Report

Introduction

The Mikaaming Mino Pimatiziwin Healing Lodge (MMPHL) Day Program was originally piloted between November 2018 to May 2019, and established in October 2019 in the Pine Falls location with the hiring of a Program Coordinator and team.

This report will include data in regards to the MMHL Day Program from October 2019-May 2021. For evaluation results this report will cover the time frame between April 2020-May 2021 during which the COVID-19 pandemic necessitated the switch from in-person programming to mainly virtual programming.

MMPHL Day Program Overview

As mentioned, the COVID-19 pandemic necessitated changes in how programming was delivered. On March 13, 2020, the day program was closed due to the COVID-19 pandemic. Depending upon restrictions, programming following this time ranged from:

- Phone Counselling (March-June 2020; October-November 2020): 5 participants utilized with 11 sessions completed total.
- Home Visits (July-August 2020): 8 participants utilized this service, with 13 total visits.
- In-Person (October 5-16)—see chart below
- Virtual (January-May 2021)—see chart below

Also, in November 2020, Day Program staff provided some coverage for residential staff in the residential program. Day Program staff also recorded virtual sessions during this time that day program was closed. Nineteen Traditional (Elder) teaching videos were recorded in total utilizing two Day Program Elders and the Residential Cultural Advisor.

Day Program Participant details in terms of gender, age and substances of use were previously provided in management reports. These reports can be referred to for more specific details. However, generally there were more females than males in programs with a range of ages. Most common substances of use included meth, cocaine, alcohol, marijuana and opioids. A majority of the participants had co-occurring mental health disorders including anxiety, depression and PTSD being the most common.

Day Program Final Report

Day Program Overall Data: October 2019-April 2021

Cycle	Number of Applicants	Number attended attended	Number Completed
October 28 -December 5, 2019	15	9	6
January 13 -February 14, 2020	21	16	10
March 9-13, 2020*	12	11	-
October 5-16 2020**	9	4	-
Jan 21-Feb 24, 2021	15	8	6
March 1-April 1, 2021	9	4	3
April 12-May 14, 2021	11	8	6
TOTAL	92	60	31

*Closed early due to COVID-19 pandemic (in first week)

**Closed early due to pandemic situation in community; resumed phone counselling

Note: as of April 16, 2021 there were **11** people on the wait list for day program.

Summary of Lessons Learned from Day Program (non-virtual)

Many lessons were learned during the Day Program and were collected during staff debriefs and experiences during the non-virtual day programming (including in-person, phone and home visits). These lessons are shown below:

- There were some participants who struggled with the structured daily program, but still had need of services. These participants will likely benefit from the upcoming Stabilization Unit that is being developed.
- Generally, participants indicated that they did not care for the phone counselling approach, as it felt less personal. Counsellors also indicated that they did not prefer this method, as you could not see the participant, and their body language and facial expressions. Zoom or virtual 1:1 sessions were preferred to the phone approach if in-person programming was not available.

Day Program Final Report

- Home visits which were conducted during July-August 2020 were well-received by participants and preferred to the phone method. However, this approach takes more resources (i.e. must include travel time, and needs at least two staff members for safety). Staff also indicated that they preferred home visits as a therapeutic approach over phone counselling, especially as they were able to smudge with participants and provide materials and medicines.
- Follow-up and participation from referrals from sources outside of the community of Sagkeeng did not occur, usually due to issues with inability to connect with the participant. There was also lack of time to do outreach to Sagkeeng and surrounding communities due to issues previously mentioned, such as the COVID-19 Pandemic and staffing shortages.

Summary of Lessons Learned from Virtual Programming

These lessons learned were compiled from ongoing staff discussions and debriefs. These were the first Day Program cycles using virtual technology (Zoom to teach sessions), and tablets were given to participants who needed them. These tablets were loaned to MMPHL day program by Thunderbird Partnership Foundation. Following are the lessons learned:

- Paperwork (such as signing consent forms and tablet agreements) was more time-consuming and difficult to collect than it was when it was in-person, as forms needed to be brought to participants' homes for signing (tablets also needed to be dropped off).
- Assessments were also more time consuming (DUSI and NWA) prior to it being available electronically on the AMIS system. Even then, participants needed prompts and reminders to return assessments, and some found them frustrating (those who were less used to electronic formats).
- Videos were useful tools for teaching (Elder video and Turtle Lodge). However, when staff relied on the video being played on line, there were technical issues, such as slow speed. It would be better to have them saved on a shared drive.
- Cultural and guest speakers were very well received by participants, and were easy to integrate using Zoom from any location.
- The structure of the schedule seemed to work well for participants and staff (i.e. activity or lighter days on Monday and Friday, and switching topics from morning to afternoon, other than when guest speaker was booked for the day).

Day Program Final Report

- All tablets that were borrowed by participants were returned. Not all chargers were returned, and the program needed to purchase more chargers. There was one case when the return was delayed, and another case where a participant was using the tablet inappropriately.
- Generally, there was a learning curve for most participants to adapt to on-line learning and the technology (including Zoom). It would be best to have participants orientated prior to starting structured programs.
- The virtual format lends itself more to teaching and education, with some sharing amongst participants. Generally, staff found that most participants were less likely to share in depth in virtual group versus and in-person group. Also, heavier topics such as grief and loss were not covered in a virtual format due to higher risk of triggering someone without being able to provide support. This experience seems to be common to other treatment centres across Canada (as reported in Thunderbird Partnership group calls).
- There must be two facilitators in the groups, and it is ideal if there is at least 1 counsellor, and 1 cultural worker. The Support Worker was also able to co-facilitate at times.
- Although there were a lot of cultural teachings during the program, the team felt it would have been good to add hands on cultural components if possible, such as rattle making or medicine pouch making.
- Ceremony such as sweat lodges were missed by staff members and participants as it can't be provided during virtual programming or COVID-19 Code Red.
- Although privacy is important, there were occasions where participants' family members could be observed passing into the room. Participants were reminded about privacy but also advised that these incidents are a risk of virtual programming.
- Survey Monkey was more efficient to collect evaluations and results. There was insufficient time and staff resources, however, to follow up with participants and remind them to return their surveys. They were reminded on a daily basis in sessions.
- Due to the challenges with staffing during the pandemic, outreach and promotion of the program to Sagkeeng and surrounding communities was very limited.

Day Program Final Report

Summary & Conclusions

In spite of challenges with the COVID-19 pandemic and restrictions and staff shortages, three full cycles of Virtual Day Program were completed, as well as home visits, phone counselling and support to the Residential Program. Prior to the pandemic, two full cycles of Day Program in the Pine Falls space were completed. The challenges were particularly apparent during the third virtual cycle in which the Cultural Helper and Counsellor were needed in the MMPHL Residential Program, and the Elder/Counsellor who had been assisting three days/week was no longer available.

In the results of the MMPHL Day Program evaluations, participants indicated a high level of satisfaction with the program, including the sessions as well as the Cultural Components. Demand for the program was high, with a waiting list, with most referrals coming from Sagkeeng Child and Family Services, Sagkeeng Health Centre (NADAP workers and NP/Mental Health Therapist Friederike Ballantyne) and also self-referrals.

Based on experiences with MMPHL Day Program participants, it is apparent that two types of services are needed to serve the range of needs for participants in Sagkeeng, and likely surrounding communities: Stabilization Unit (for detox and for participants that need extra support) and Day Program supports in some capacity. In spite of lack of resources to do outreach services for Day Program during the pandemic, the program was never at a lack for referrals and the need as expressed by referral sources was high.





Human Resource Report

This reporting period was a challenge as we tried to navigate our way through the COVID-19 Pandemic. The Mikaaming Healing Lodge was able to maintain our workforce, each wave brought about closures, reduced work hours, working from home, rotating schedules, and learning the many online platforms to keep our teams engaged. There was definitely a learning curve with using the different platforms for available training, staff development, and accreditation.

To be prepared for our accreditation we dedicated our training weeks to ensure our staff had completed the required Canadian Accreditation Council Standards – First Aid/CPR, Medication Administration, Infectious Disease Control, Continuous Quality Improvement, Self-harm, ASIST, Non-violent Crisis Intervention, Diversity and Cultural Awareness. Because of COVID-19 our date for accreditation got pushed back 3 times, before we were able to complete the process on Zoom on January 18 & 19, 2021.

MMPHL is pleased to announce our accreditation has been approved for 3-years! We thank all of our staff, management, and board of directors for their dedication to achieving this milestone through these extraordinary times.

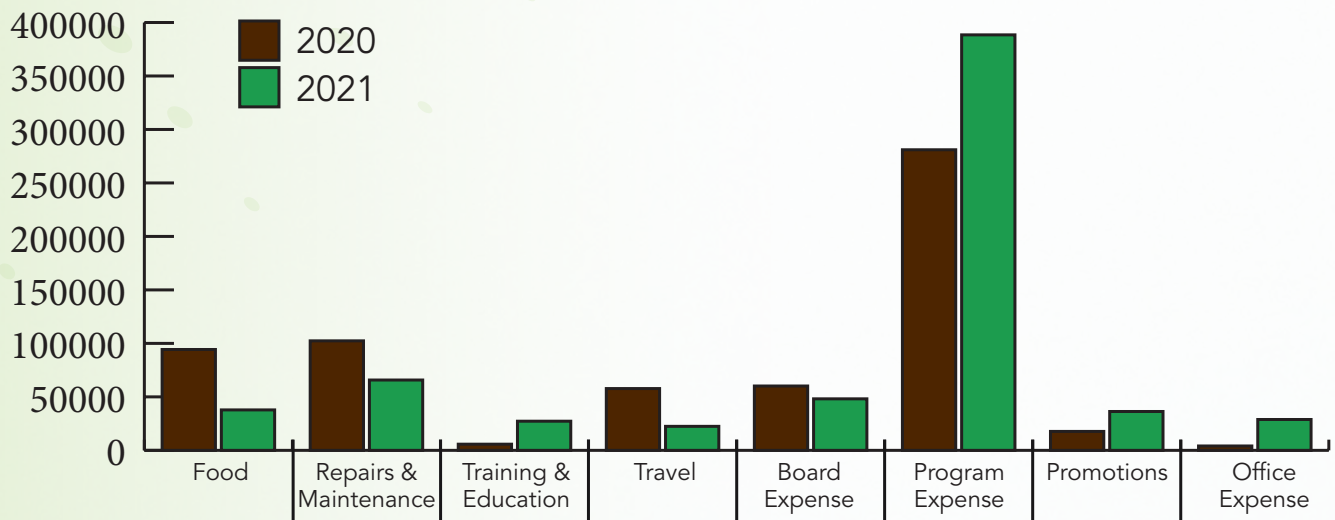
The Mikaaming Mino Pimatiziwin Healing Lodge Inc. support staff efforts to become certified addictions workers; we also support other training/education efforts such as Community Centered Therapy Program, Focussing Oriented Therapy, Health & Safety Committee Training, Administrative Support Training, and Management Training. The Training and Education purpose is to promote successful recruitment and to lower staff turnover rates – the turnover rate for 2020/21 was at 4.75 % which is quite favorable.

Mikaaming Mino Pimatiziwin Healing Lodge Inc. offers Competitive Wages, Room for Advancement, Staff Appreciation Incentives, Ample Opportunities for Training, and a Supportive Management Team.

Financial Summary 2020-2021

The Mikaaming Mino Pimatiziwin Healing Lodge (MMPHL) received \$3,322,299 from First Nations and Inuit Health Branch, \$4,904 in deferred revenue from prior period for capital assets, \$368,200 in deferred revenue from prior year for renovation project, and \$7,826 from other revenues such as gym rental, community events fundraiser and staff meals. Our total revenue for this fiscal year is \$3,703,229 and a total expense of \$3,159,582 leaving us with a surplus of \$543,647.

Expenditures:



Financial Summary 2020-2021

Explanations:

This fiscal year the expenditures were affected by COVID-19, bringing about a lot of changes and uncertainties. These are some of the notable accounts that have been affected causing an increase and a decrease in others:

- 1) Food costs went down by \$56,479 due to sporadic closure of residential participants.
- 2) Repairs and Maintenance down by \$36,617 and this was partly because we had accomplished a lot of prior repairs and maintenance.
- 3) Training and Education went down by \$30,408 as we had limited access to some trainings.
- 4) Travel went down by \$35,321 due to travel restrictions.
- 5) Board Expense went down by \$11,996 due to travel restrictions.
- 6) Program expense went up by \$107,428 this area continued in virtual programming and individual residents.
- 7) Promotion expense went up by \$18,634 as we did more promotions within the community during these difficult times
- 8) Office expense went up by \$24,759 due to virtual program needs and increased capacity.

Submitted by

Wanda Alexander,
Office Manager

Audited Financial Statements

Mikaaming Mino Pimatiziwin Healing Lodge
Financial Statements
March 31, 2021





Independent Auditor's Report

To the Board of Directors of Mikaaming Mino Pimatziwin Healing Lodge:

Opinion

We have audited the financial statements of Mikaaming Mino Pimatziwin Healing Lodge (the "Organization"), which comprise the statement of financial position as at March 31, 2021, and the statements of operations, changes in net assets and cash flows for the year then ended, and notes to the financial statements, including a summary of significant accounting policies.

In our opinion, the accompanying financial statements present fairly, in all material respects, the financial position of the Organization as at March 31, 2021, 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.

Basis for Opinion

We conducted our audit in accordance with Canadian generally accepted auditing standards. Our responsibilities under those standards are further described in the Auditor's Responsibilities for the Audit of the Financial Statements section of our report. We are independent of the Organization in accordance with the ethical requirements that are relevant to our audit of the financial statements in Canada, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Responsibilities of Management and Those Charged with Governance for the Financial Statements

Management is responsible for the preparation and fair presentation of the 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 financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, management is responsible for assessing the Organization's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless management either intends to liquidate the Organization or to cease operations, or has no realistic alternative but to do so.

Those charged with governance are responsible for overseeing the Organization's financial reporting process.

Auditor's Responsibilities for the Audit of the Financial Statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with Canadian generally accepted auditing standards will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

As part of an audit in accordance with Canadian generally accepted auditing standards, we exercise professional judgment and maintain professional skepticism throughout the audit. We also:

- Identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.
- Obtain an understanding of internal control relevant to the audit 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 Organization's internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by management.



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Audited Financial Statements

- Conclude on the appropriateness of management's use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the Organization's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditor's report. However, future events or conditions may cause the Organization to cease to continue as a going concern.
- Evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation.

We communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.

Winnipeg, Manitoba

August 13, 2021

MNP LLP

Chartered Professional Accountants

MNP

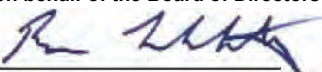
Audited Financial Statements

Mikaaming Mino Pimatiziwin Healing Lodge Statement of Financial Position

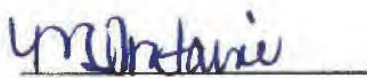
As at March 31, 2021

	2021	2020 (Restated)
Assets		
Current		
Cash (Note 3)	2,181,820	1,876,014
Accounts receivable (Note 4)	13,168	48,963
Prepays	17,564	-
Restricted cash	-	74,394
	2,212,552	1,999,371
Capital assets (Note 5)	3,225,860	3,457,446
	5,438,412	5,456,817
Liabilities		
Current		
Accounts payable and accruals (Note 6)	151,557	340,505
Deferred contributions for capital assets (Note 7)	2,950,502	3,323,606
	3,102,059	3,664,111
Contingency (Note 8)		
Significant event (Note 13)		
Net Assets		
Net assets (Note 10)	2,336,353	1,792,706
	5,438,412	5,456,817

Approved on behalf of the Board of Directors



Director



Director

The accompanying notes are an integral part of these financial statements

Audited Financial Statements

Mikaaming Mino Pimatiziwin Healing Lodge Statement of Operations

For the year ended March 31, 2021

	2021	2020 (Restated)
Revenue		
Indigenous Services Canada	3,322,299	3,638,357
Other revenue	7,826	44,122
Revenue deferred in prior period for capital asset	9,806	14,710
Revenue deferred to subsequent year for capital assets	(4,902)	(9,806)
Revenue deferred from prior year for renovation project	3,313,800	3,350,000
Revenue deferred to subsequent year for renovation project	(2,945,600)	(3,313,800)
	3,703,229	3,723,583
Expenses		
Accreditation	18,687	20,021
Amortization	450,186	429,336
Bank charges and interest	6,407	6,812
Board expenses	48,160	60,156
Covid-19	10,885	-
Classroom and daycare supplies	-	7,806
Consulting	65,249	74,542
Food	37,811	94,290
Insurance	47,297	73,973
Native healing	46,140	46,866
Office	28,845	4,086
Professional fees	27,511	33,060
Program expense	388,440	281,012
Promotion	36,332	17,698
Rent	63,516	61,366
Repairs and maintenance	65,755	102,372
Salaries and benefits	1,683,518	1,699,634
Telephone and utilities	85,150	87,593
Training and education	27,249	57,657
Travel	22,444	57,765
	3,159,582	3,216,045
Excess of revenue over expenses	543,647	507,538

The accompanying notes are an integral part of these financial statements

Mikaaming Mino Pimatiziwin Healing Lodge Statement of Changes in Net Assets

For the year ended March 31, 2021

	2021	2020 (Restated)
Net assets, beginning of year, as previously stated	1,914,847	1,398,309
Restatement (Note 14)	(122,141)	(113,141)
Net assets, beginning of year, as restated	1,792,706	1,285,168
Excess of revenue over expenses	543,647	507,538
Net assets, end of year	2,336,353	1,792,706

The accompanying notes are an integral part of these financial statements

Audited Financial Statements

Mikaaming Mino Pimatiziwin Healing Lodge Statement of Cash Flows

For the year ended March 31, 2021

	2021	2020 (Restated)
Cash provided by (used for) the following activities		
Operating		
Excess of revenue over expenses	543,647	507,538
Amortization	450,186	429,336
Change in deferred revenue for renovation project	(368,200)	(36,200)
Change in deferred revenue for capital assets	(4,904)	(4,904)
	620,729	895,770
Changes in working capital accounts		
Accounts receivable	35,795	(19,488)
Restricted cash	74,394	453,828
Prepays	(17,564)	-
Accounts payable and accruals	(188,948)	(21,049)
	524,406	1,309,061
Investing		
Purchase of capital assets	(218,600)	(783,797)
Increase in cash resources	305,806	525,264
Cash resources, beginning of year	1,876,014	1,350,750
Cash resources, end of year	2,181,820	1,876,014

The accompanying notes are an integral part of these financial statements

Mikaaming Mino Pimatiziwin Healing Lodge Notes to the Financial Statements

For the year ended March 31, 2021

1. Incorporation and nature of the organization

Sagkeeng Mino Pimatiziwin Family Treatment Centre Inc. ("the Organization") was incorporated in the Province of Manitoba as a corporation without share capital on March 23, 2004 and began independent operations on November 1, 2004. On January 10, 2020, the Organization changed its name to Mikaaming Mino Pimatiziwin Healing Lodge. The Organization carried on its activities without pecuniary gain and with its mandate to treat families of First Nation and Inuit ancestry with substance abuse problems. The corporation is exempt from corporate taxation.

2. Significant accounting policies

These financial statements have been prepared in accordance with Canadian accounting standards for not-for-profit organizations as issued by the Accounting Standards Board in Canada and include the following significant accounting policies:

Cash

Cash includes balances with bank. Cash subject to restrictions that prevent its use for current purposes is included in restricted cash. At March 31, 2021, \$nil (2020 - \$74,394) of cash was restricted by the Organization for a renovation project.

Revenue recognition

The Organization follows the deferral method of accounting for contributions. Restricted contributions are recognized as revenue in the year in which the related expenses are incurred. Unrestricted contributions are recognized as revenue when received or receivable if the amount to be received can be reasonably estimated and collection is reasonably assured.

Revenue received which is designated for capital purchases is deferred in the year of receipt and recognized annually at the same rate as amortization for the related assets.

Other revenue is recognized when services are provided and collectibility is reasonably assured.

Capital assets

Purchased capital assets are recorded at cost. Contributed capital assets are recorded at fair value at the date of contribution if fair value can be reasonably determined.

Amortization is provided using the straight-line method at the following rates intended to amortize the cost of assets over their estimated useful lives. No amortization is taken on assets under construction until the assets are in use.

	Rate
Automotive	6 years
Computer equipment	3 years
Equipment	5 years
Furniture and fixtures	10 years
Office equipment	5 years
Buildings and structures	10 years

Use of estimates

The preparation of financial statements in conformity with Canadian accounting standards for not-for-profit organizations requires management to make estimates and assumptions that affect the reported amounts of assets and liabilities and disclosure of contingent assets and liabilities at the date of the financial statements, and the reported amounts of revenue and expenses during the reporting period.

Accounts receivable are stated after evaluation as to their collectibility and an appropriate allowance for doubtful accounts is provided where considered necessary. Amortization and deferred contributions for capital assets are based on the estimated useful lives of capital assets.

These estimates and assumptions are reviewed periodically and, as adjustments become necessary they are reported in operations in the periods in which they become known.

Mikaaming Mino Pimatiziwin Healing Lodge Notes to the Financial Statements

For the year ended March 31, 2021

2. Significant accounting policies (Continued from previous page)

Long-lived assets

Long-lived assets consist of capital assets. Long-lived assets held for use are measured and amortized as described in the applicable accounting policies.

The Organization performs impairment testing on long-lived assets held for use whenever events or changes in circumstances indicate that the carrying value of an asset, or group of assets, may not be recoverable. Impairment losses are recognized when undiscounted future cash flows from its use and disposal are less than the asset's carrying amount. Impairment is measured as the amount by which the asset's carrying value exceeds its fair value. Any impairment is included in operations for the year.

Deferred revenue

Revenue is recognized as it becomes receivable under the terms of applicable funding agreements. Funding received under funding arrangements that relate to a subsequent fiscal period is reflected as deferred revenue on the statement of financial position in the year of receipt, and is matched with the related program expenses in the year of their occurrence.

Deferred contributions for capital assets

Deferred contributions for capital assets represent the unamortized portion of funding contributions for capital assets. Recognition of these amounts as revenue is deferred and recognized as revenue when the related capital assets are amortized.

Financial instruments

The Organization recognizes its financial instruments when the Organization becomes party to the contractual provisions of the financial instrument. All financial instruments are initially recorded at their fair value.

At initial recognition, the Organization may irrevocably elect to subsequently measure any financial instrument at fair value. The Organization has not made such an election during the year.

The Organization subsequently measures investments in equity instruments quoted in an active market at fair value. Fair value is determined by published prices. Investments in equity instruments not quoted in an active market are subsequently measured at cost less impairment. With the exception of those instruments designated at fair value, all other financial assets and liabilities are subsequently measured at amortized cost.

Transaction costs and financing fees directly attributable to the origination, acquisition, issuance or assumption of financial instruments subsequently measured at fair value are immediately recognized in the excess of revenue over expenses for the current period. Conversely, transaction costs and financing fees are added to the carrying amount for those financial instruments subsequently measured at amortized cost or cost.

Audited Financial Statements

Mikaaming Mino Pimatziwin Healing Lodge Notes to the Financial Statements

For the year ended March 31, 2021

3. Cash

	2021	2020
Cash in bank	2,085,929	1,780,123
Redeemable GIC - maturing November 2021, earning interest at 1.20% (2020 - 1.20%).	95,891	95,891
	2,181,820	1,876,014

4. Accounts receivable

	2021	2020
Trade and other receivables	9,247	9,746
GST receivable	3,921	4,680
Indigenous Services Canada	-	34,537
	13,168	48,963

5. Capital assets

	Cost	Accumulated amortization	2021 Net book value
Automotive	253,522	147,875	105,647
Computer equipment	89,428	89,225	203
Equipment	755,535	698,708	56,827
Furniture and fixtures	316,119	276,296	39,823
Buildings and structures	3,894,132	881,244	3,012,888
Office equipment	58,255	47,783	10,472
	5,366,991	2,141,131	3,225,860

	Cost	Accumulated amortization	2020 Net book value
Automotive	127,689	126,706	983
Computer equipment	88,560	88,218	342
Equipment	702,897	673,505	29,392
Furniture and fixtures	316,119	258,116	58,003
Buildings and structures	3,867,962	499,331	3,368,631
Office equipment	45,164	45,069	95
	5,148,391	1,690,945	3,457,446

Audited Financial Statements

Mikaaming Mino Pimatiziwin Healing Lodge Notes to the Financial Statements

For the year ended March 31, 2021

6. Accounts payable and accruals

	2021	2020 (Restated)
Trade payables and accruals	434	11,051
Wages and vacation payable	151,123	329,454
	<u>151,557</u>	<u>340,505</u>

7. Deferred contributions for capital assets

	2021	2020
Balance, beginning of year	3,323,606	3,364,710
Revenue recognized during the year for capital assets	(4,904)	(4,904)
Revenue received during the year for renovation project	-	332,000
Revenue recognized during the year for renovation project	(368,200)	(368,200)
Balance, end of year	<u>2,950,502</u>	<u>3,323,606</u>

8. Contingency

The Organization is subject to funding recoveries according to its agreements with Indigenous Services Canada. Recoveries, if any, will be accounted for in the year of determination.

9. Commitments

The Organization has an occupancy agreement with the Sagkeeng First Nation for 5 years at an annual payment of \$67,926 which expires April 1, 2025.

Mikaaming Mino Pimatiziwin Healing Lodge Notes to the Financial Statements

For the year ended March 31, 2021

10. Net assets

Indigenous Services Canada provides funding for the operations of the Organization. Included in the funding provided is an amount specific to future replacement of eligible capital assets, referred to as moveable assets. As at March 31, 2021 the Organization had received \$136,232 more (2020 - \$149,451) than the related purchases of eligible moveable assets.

The table below reflects management's tracking of the Organization's net assets.

	2021	2020 (Restated)
Moveable asset funded reserve, beginning of year	149,451	122,252
Funding for moveable asset replacements	50,583	49,110
Eligible purchases	(63,802)	(21,911)
Moveable asset funded reserve	136,232	149,451
Unrestricted net assets	1,924,763	1,436,821
Invested in capital assets	275,358	206,434
Net assets, end of year	2,336,353	1,792,706

11. Economic dependence

The Organization's primary source of revenue is through the federal government's Indigenous Services Canada. The funding can be cancelled if the Organization does not observe certain established guidelines. The Organization's ability to continue viable operations is dependent upon maintaining its right to follow the criteria within the federal government guidelines. The Organization believes that it is in compliance with the guidelines.

12. Financial instruments

The Organization, as part of its operations, carries a number of financial instruments. It is management's opinion that the Organization is not exposed to significant interest, currency, credit, liquidity or other price risks arising from these financial instruments.

13. Significant event

There was a global outbreak of COVID-19 (coronavirus), which has had a significant impact on businesses through the restrictions put in place by the Canadian, provincial and municipal governments regarding travel, business operations and isolation/quarantine orders. At this time, it is unknown the extent of the impact the COVID-19 outbreak may have on the Organization as this will depend on future developments that are highly uncertain and that cannot be predicted with confidence. These uncertainties arise from the inability to predict the ultimate geographic spread of the disease, and the duration of the outbreak, including the duration of travel restrictions, business closures or disruptions, and quarantine/isolation measures that are currently, or may be put, in place by Canada and other countries to fight the virus.

Mikaaming Mino Pimatziwin Healing Lodge Notes to the Financial Statements

For the year ended March 31, 2021

14. Restatement

During the year, it was determined that the vacation accrual balance needed to be recorded. For the year ending March 31, 2020, the application of this correction of an error resulted in an increase in accounts payable and accruals by \$122,141, increase in salary and benefit expense by \$9,000 and a decrease in net assets, beginning of year by \$113,141.

15. Comparative figures

Certain comparative figures have been reclassified to conform with current year presentation.





HEALING LODGE