



NATO' WE HO WIN

THE ART OF SELF-HEALING

model of care

nato' we ho win is an innovative trauma-and-violence-informed, artistic, and cultural intervention program from Saskatchewan, Canada. *nato' we ho win*, (pronounced “na ta way ho win”) is Cree for “the art of self-healing” as translated by Knowledge Keepers. This program was developed as a model of care to address the mental, emotional, physical, and spiritual health needs of self-identified, Indigenous women who experienced intimate partner violence (IPV).

Consisting of a 3-hour evening group session once per week for 13 weeks, *nato' we ho win* is facilitated by an Indigenous Knowledge Keeper, Elder/*Kehtehi* (old one), or Trauma-and-Violence-Informed Artist. The Facilitator covers individualized weekly themes, allowing for flexibility to bolster the content with their own teachings and skills. A Program Manual is available for free and is intended to be adaptable and easily replicated for other communities and contexts.

Three team members, present at every group session—the Facilitator, a *Kehtehi*, and a Domestic Violence Advocate, create a wholistic team approach to support women where culture and art are part of the healing journey. The *nato' we ho win* Program Manual and Facilitator Guide include Indigenous teachings, cultural and expressive arts, and self-care activities that are adaptable to the teachings of the community where it will be implemented. Sessions incorporate cultural and artistic expressions to develop resiliency by connecting women to their Indigenous identity, their artistic creativity, and a supportive community. Through these actions, women pursue their truth and strengthen their voice by sharing their experiences of understanding and healing.

nato' we ho win is a partnership between the Provincial Association of Transition Houses and Services of Saskatchewan (PATHS) and the University of Regina (research leaders Drs. JoLee Sasakamoose, (M'Chigeeng First Nation) (Educational Psychology & Counselling) and R. Nicholas (Nick) Carleton (Psychology), and was supported through the Public Health Agency of Canada's investment Supporting the Health of Survivors of Family Violence (2016- 2020). It was piloted in Moose Jaw March-May 2017 and ran three times each starting in September, January, and September in Moose Jaw, Regina, and Prince Albert, Saskatchewan between 2017 and 2018.

The following Program Guide, Facilitator Manual, and community reports are available for additional information at pathssk.org/natowehowin:

- *nato' we ho win*: The Art of Self-Healing Program Manual | An Artistic and Cultural Program for Indigenous Women Who Have Experienced Intimate Partner Violence
- *nato' we ho win*: The Art of Self-Healing Facilitator Guide
- Intervention Program: Using Cultural and Expressive Arts to Build Resilience
- Cultural Artistic Expressions and Indigenous Identity
- Women's Experiences of Health and Well-Being While Recovering from Trauma

thank you **TEAM MEMBERS**

It is with humble gratitude we thank all of the women who participated in the initial *nato' we ho win* intervention programs. We are honoured by your openness and bravery to continue your healing journey and are grateful you chose *nato' we ho win*.

nato' we ho win would not have been possible without ongoing support of the many hands, hearts, and minds of each dedicated team member.

We recognize the financial contribution of the Public Health Agency of Canada for their support of *nato' we ho win*.

COMMUNITIES

Moose Jaw, Saskatchewan

Family Services Moose Jaw
Moose Jaw Museum and Art Gallery

Prince Albert, Saskatchewan

King George Public School

Regina, Saskatchewan

University of Regina
Nanatawihowikamik
Healing Lodge and Wellness Clinic

Childminding Organizations

Childminders

Food Preparation

Indigenous Knowledge Keepers

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Research Partner



NATO' WE HO WIN
Facilitation and Research Team

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