



## Indigenous Mental Wellness Webinar September 22, 2021 Guest Speaker Bios



Carol Hopkins is the Chief Executive Officer of the Thunderbird Partnership Foundation (a division of the National Native Addictions Partnership Foundation) and is of the Lenape Nation at Moraviantown, ON. Carol was appointed as an Officer in the Order of Canada, 2018. In 2019, she was recognized with an honorary Doctor of Laws degree from Western University.

Carol Hopkins has spent more than 25 years in the field of First Nations substance use and mental health. She holds both a Master of Social Work Degree from the University of Toronto and a degree in sacred Indigenous Knowledge, equivalent to a PhD in western based education systems.

Carol has co-chaired national initiatives known for best practice in national policy review and development, resulting in the: First Nations Mental Wellness Continuum Framework (FNMWC), the Honouring Our Strengths: A Renewed Framework to Address Substance Use Issues Among First Nations in Canada, the Indigenous Wellness Framework, and the Native Wellness Assessment. Her leadership has been engaged within Health for Provincial and Federal governments as well.



Dr. Brenda M Restoule is from Dokis First Nation (Anishnabe/Ojibwa) and from the Eagle Clan. Dr. Restoule is a clinical psychologist and the Chief Executive Officer of the First Peoples Wellness Circle, an Indigenous led national organization dedicated to raising the profile of Indigenous mental wellness using Indigenous knowledge and evidence. Dr. Restoule has worked for over 20 years with First Nations people in a variety of settings and uses a two-eyed seeing approach that highlights cultural practices and knowledge throughout her work; from her clinical practice, community development and capacity building work to working alongside First Nations, provincial, territorial, and federal governments in advancing and transforming Indigenous mental wellness. She is known for her work with the First Nation Mental Wellness Continuum Framework and supporting the mental wellness workforce in First Nation communities. She has particular interest in

cultural safety, First Nation community development and capacity building, and reducing suicide rates in First Nation communities using First Nation knowledge and practices.