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### 2022-2023 ACTIVITY REPORT

Faculty of Health and Behavioural Sciences

### **Table of Contents**

- 2. The Faculty of Health and Behavioural Sciences
- 3. Greeting from the Dean
- 4. Schools & Departments
- 9. At-a-Glance
- 14. Research Spotlights
- 19. Peer Reviewed Conference Presentation
- 21. Journal Articles
- 31. Book and Book Chapters
- 33. Contact Us



### The Faculty of Health and **Behavioural Sciences**

The Faculty of Health and Behavioural Sciences at Lakehead University is made up of the professors, researchers, students and staff in the Schools of Nursing, Kinesiology, Social Work and the Departments of Psychology and Health Sciences. Together, we conduct leading-edge research on health and human behaviour. We build knowledge of the many determinants of health and the interactions of health and behaviour within society and environment. Much of our research is community driven and responsive to the needs of our regions in Northwestern Ontario and Simcoe County. Within this dynamic environment of innovation and knowledge creation, we deliver exceptional programs drawing on in evidence-based proven expertise approaches. Our programs are nationally accredited and offer recognized and regulated professional designations.



### **Greeting from the Dean**

### **Dr. Mirella Stroink**, Dean, Faculty of Health and Behavioural Sciences

"Welcome to the 2022-2023 Activity Report for the Faculty of Health and Behavioural Sciences. In this report we feature the contributions of our Faculty, Staff, and Students in teaching excellence, community engagement, and research. Indeed, six of our Faculty received teaching awards, including two Teaching Innovation Awards for collaborative and engaging teaching and learning projects that provided students with immersive community-based action learning experiences. I am proud of all of this work and am excited to share that together our FHBS Faculty, Staff, and Students generated over 90 peer reviewed articles and more than 200 conference presentations at events around the world. They also attracted over \$1.7 million in research funding from 14 different agencies to support research students and communities and to equip research with the right tools and equipment. I invite you to explore further in the following pages, where we spotlight the work of some of our researchers and introduce you to our Schools and Departments. Please enjoy this report and I invite you to follow up at any time."



# Schools & Departments

### **Dr. Lynn Martin,** Chair of the Department of Health Sciences

### Dr. Ian Newhouse, Director of the School of Kinesiology



The Department of Health Sciences is comprised of ten faculty members, including two Canada Research Chairs and two Research Centre Directors. Together, we mobilize knowledge to protect and promote health and reduce health inequities. We value diversity and prioritize integrity in everything we do. Through applied research, community engagement, and provision of diverse learning opportunities, we build capacity to understand and address the complexities of current and emerging health issues.

Ours was the first Master of Public Health program in Canada! We also offer Master and Doctoral programs in Health Sciences, as well as an undergraduate Minor in Aging and Health. Graduate-level specializations are available in Epidemiology; Gerontology; Indigenous and Northern Health; and Social-Ecological Systems, Sustainability and Health.

We encourage and recognize the important contributions of our students in our work and communities. Our students have created a Lakehead chapter of the Canadian Society for Epidemiology and Biostatistics and have recently formed their own Graduate Student Association.



The School of Kinesiology has established itself as being an innovative and unique academic unit with a distinct dedication to applied scholarly endeavors. The School offers a number of undergraduate degree programs including: The Honours Bachelor of Kinesiology (HBK); HBK Co-operative education; and HBK/Bachelor of Education (PJ and IS) with 6-year and 5-year programs. Upon completion of an undergraduate Kinesiology degree, the School offers a thesis or course based Master of Science (MSc) degree in Kinesiology, a MSc degree in Kinesiology with Specialization in Gerontology, and a Graduate Diploma in Professional Kinesiology. In addition, the School has established transfer pathways for a number of colleges. Lakehead University is proud of these programs and the way in which they are enhanced by student-professor relationships and personalized attention. The School is accredited by the Canadian Council of University Physical Education and Kinesiology Administrators (CCUPEKA) and is supported by ten faculty members and four staff. The Kinesiology at Lakehead University (KALU) club is a student organization that plans academic and social events for students throughout the year.

### Dr. Kristen Jones-Bonofiglio, Director of the School of Nursing

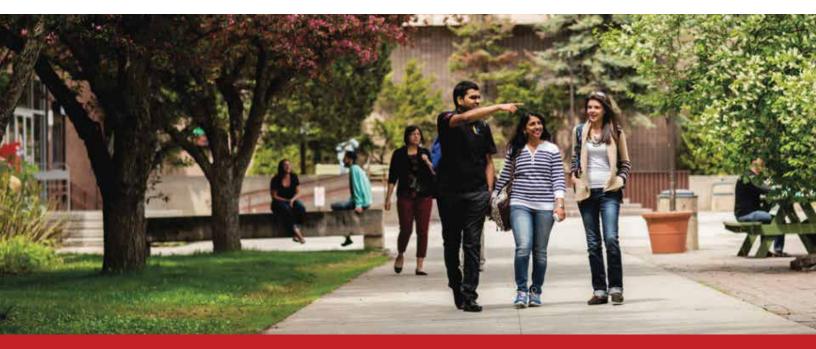
Originally established in 1965, Lakehead University's School of Nursing continues to attract diverse students into our undergraduate Bachelor of Science in Nursing (BScN) programs. The 3-year Compressed BScN Program and 4-year BScN Program have a nationally accredited curriculum based on a foundation of relational practice, which blends both the art and the science of nursing. We offer comprehensive clinical and

science of nursing. We offer comprehensive clinical and hands-on lab experiences in every year level of the program. With a vibrant student association (Lakehead University Nursing Association-LUNA), nursing students work together toward their future goals as leaders in health care in Northwestern Ontario and beyond. The School also partners to offer the Indigenous Nurses Entry Program (INEP) with Lakehead's Indigenous Initiatives department and the All Nations Nursing Entry Program (ANNEP) with Seven Generations Education Institute. Since 2020, we have offered graduate education, with a Master's of Nursing (MN) Program that has Nurse Practitioner (NP) and Advanced Practice Nursing (APN) streams.

### **Dr. Rupert Klein,** Chair of the Department of Psychology

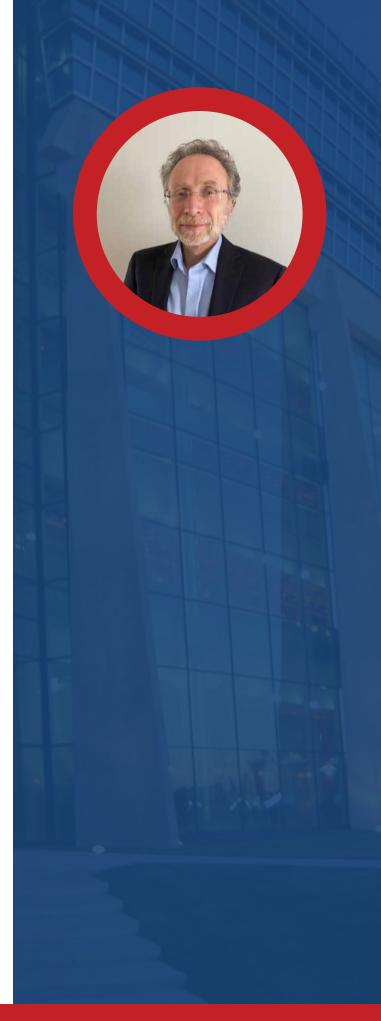
The Department of Psychology offers arts and science undergraduate programs, graduate programs in Psychological Science (MSc and PhD), MA Clinical Psychology, and CPA-accredited PhD Clinical Psychology programs at the Thunder Bay campus and an HBA psychology program at the Orillia campus. We have 12 full-time faculty representing a diverse range of expertise and community associations, one of whom is a Canada Research Chair in Indigenous Mental Health and Addictions. Early in their programs students can get involved in lab-based experiential learning opportunities and join the department club the Psychology Association of Lakehead Students (PALS) to hear about upcoming talks and receive mentoring from senior students. We also have a psychology program coordinator to assist students from all programs with course selection and advising.





### Dr. Les Fleischer, Director of the School of Social Work

The School of Social Work offers two different Honours Bachelor's degree (HBSW) programs and a Master of Social Work (MSW) degree program at both Thunder Bay and Orillia campuses. The four-year HBSW program is designed to combine a liberal arts education with a social work generalist professional practice lens. The One-Year HBSW program is designed for those students who have completed the requirements of an approved Bachelor's degree besides social work and have related practice experience. All programs are fully accredited by the Canadian Association of Social Work Education. The MSW program uses an advanced generalist lens, while also offering the students the opportunity to focus on a special area of interest. The School has 15 full-time faculty members (8 in Thunder Bay, 7 in Orillia) who are actively engaged in research and community development.

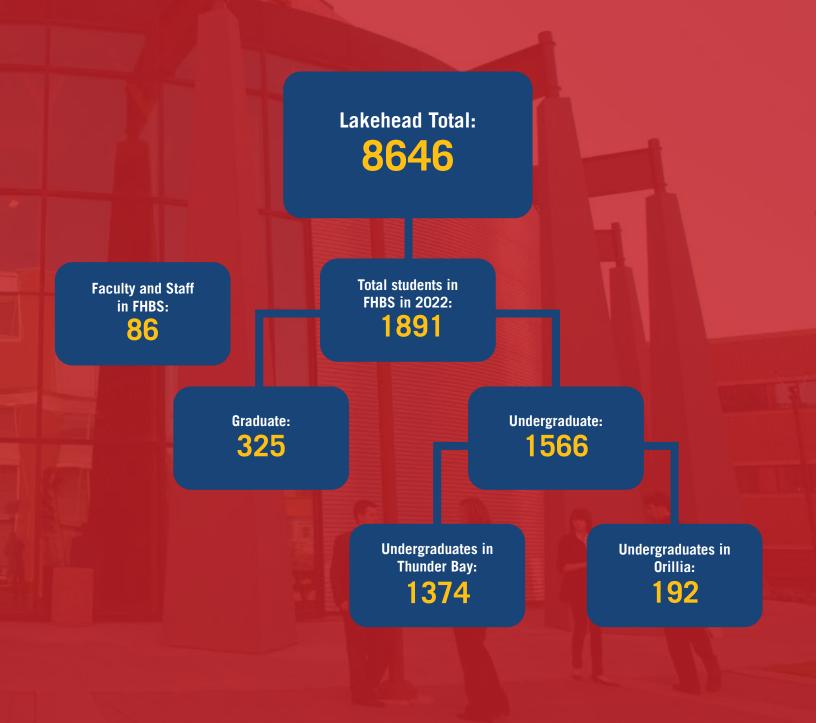


## At-a-Glance



Faculty of Health and Behavioural Sciences

### FHBS by the Numbers:



### **Teaching Awards:**

Contributions to Teaching Award: Dr. Katherine Kortes-MIIIer (2023) - School of Social Work Mrs. Ainsley Miller (2023) - School of Nursing Dr. Ravi Gokani (2022) School of Social Work

Teaching Innovation Award: School of Nursing/Seven Generations Education Institute (Wendy St. Laurent-Coutts - School of Nursing, Thunder Bay; Taylor Stromness -SGEI, Fort Frances; Nicole Robertson - SGEI, Sioux Lookout; Wendy Tseng - SGEI, Kenora) (2023) - School of Nursing

Teaching Innovation Award: Continued... Dr. John Gotwals (2023) - School of Kinesiology The Lake Superior Living Labs Network Team (Dr. Lindsay Galway and Dr. Charles Levkoe) (2022) - Health Sciences



### **Research Awards:**

Research Excellence Award: CIHR Category Dr. Anna Kone Pefoyo (2022) - Health Sciences

Building Research Capacity Award Building the EPID@Work Research Institute Dr. Vicki Kristman (2023) - Health Sciences

Distinguished Researcher Award: CIHR Category Dr. Vicki Kristman (2023) - Health Sciences CIHR Category Dr. Michel Bedard (2022) - Health Sciences

Indigenous Partnership Research Award:

Dr. Helle Moeller, Department of Health Sciences and Denise Taylor, St. Joseph's Care Group with partners Marlene Quequish, North Caribou Lake First Nation, Robert Baxter, Eabametoong First Nation, Wesley Nothing, Bearskin Lake First Nation and Joan Rae, Sandy Lake First Nation for the research project titled, "Supporting Elders Living with Frailty in Remote Indigenous Communities in Northwestern Ontario: Developing and Evaluating the Role of a Community Rehabilitation Facilitator Training Program". (2022) - Health Sciences

### Number of Granting Agencies: 14

Health Science: \$197,981

Psychology: \$1,101,787

Kinesiology: \$177,500

Nursing: \$73,964

Social Work: \$225,098.60

Total Faculty of Health and Behavioural Sciences: \$1,776,330.60

### **Granting Agencies:**

CIHR	Roche Canada	Universities Canada	MITACS
NSERC	Emplorment and Social Development Canada	Indigenous Services Canada	Hospital for Sick Children
SSHRC		Union of Nova Scotia	National Native Addictions
	Brain Foundation	Mi'kmaq	Partnership Foundation Inc
Entite3			
	Ministry of Health Ontario		
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## Research Spotlights

### **Charles Levkoe**

Charles Levkoe is the Canada Research Chair in Equitable and Sustainable Food Systems and an Associate Professor in the Department of Health Sciences. Through his community-based action research, he uses a food systems lens to better understand the importance of, and connections between social justice, ecological regeneration, regional economies, and active democratic engagement. This year, Charles was indicted as a member of the College of New Scholars, Artists and Scientists of the Royal Society of Canada.

In 2022, Charles and Dr. Lindsay Galway were awarded the Lakehead University Teaching Innovation Award as part of a team of scholars and community-based practitioners for development of the Lake Superior Living Lab Network's Climate Action Field School. The Field School supported a diverse group of young people, who are poised to become regional and national climate leaders, as they participated in an experiential training program of virtual workshops, community site visits, and events in coastal communities around the Lake Superior watershed (see www.livinglabsnetwork.org).

Charles was part of a team that released a feature length documentary film Lake Superior Our Helper. The film follows Chief Dean Sayers through a series of conversations with community members to reveal the cultural, political, and ecological relationships surrounding their fisheries. The film was part of an action research project co-led with Dr. Kristen Lowitt, Chief Dean Sayers of Batchewana First Nation, and Sarah Furlotte, a documentary filmmaker. They collectively embarked on a project in partnership with BFN to share stories surrounding historical and current fishing practices, culture, and governance. The film invites viewers on a journey with Lake Superior, and shares the messages of Elders, youth, fishers, community leaders, and their visions for the future of the community's fisheries. It also documents how fishing has changed over time, conflicts with the state around management and regulation, principles of Indigenous law, and the culture and ceremony that are deeply embedded within fishing practices. The film has already been screened in Batchewana First Nation, several Indigenous communities, at conferences and events across Canada, and most recently in Aotearoa/New Zealand (see www.batchewanaungfish.ca).





### Charles Levkoe Continued...

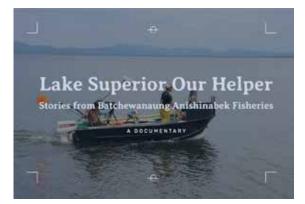
Charles has been working on a new book with co-editors Colleen Hammelman and Kristin Reynolds titled, Radical Food Geography: Power, Knowledge, Resistance. This collection presents critical and action-oriented approaches to addressing food systems challenges across places, spaces, and scales. With case studies from around the globe, Radical Food Geographies explores interconnections between power structures and the social and ecological dynamics that bring food from the land and water to our plates. Charles is the coauthor of a chapter that was written in partnership with Indigenous and settler scholars exploring the theory and practice of ethical space and moving beyond "good intentions" towards fostering meaningful Indigenous-settler relationships to support Indigenous food sovereignty. The book will be published in 2024 by Bristol University Press.

Other research over the past year included sharing a poster and video created with the Understanding Our Food Systems project that shares Traditional/Ancestral Harvesting in and around Animbiigoo Zaagi'igan and Anishinaabewi Gitchi-Gami

(see https://www.understandingourfoodsystems.com/thr) and the Thunder Bay and Area Food Strategy's Community Food System Report Card that provides a snapshot of the challenges and opportunities within the regional food system (see https://foodsystemreportcard.ca/).

None of this work would be possible without the amazing postdoctoral fellows, students, faculty, and community partners, that work closely with Charles on all of these projects.

For more details about this work and more see foodsystems.lakeheadu.ca.



Imagery by: Charles Levkoe



### Aislin & Chris Mushquash



Dr. Aislin Mushquash and Dr. Christopher Mushquash are both Clinical Psychologists at Dilico Anishinabek Family Care and work closely with Dilico's Research Advisory Board to develop and implement research projects that support the needs of Indigenous children, youth, and families and the priorities of Dilico and their partner First Nation communities. Dr. Aislin Mushquash and Dr. Christopher Mushquash are dedicated to creating clinical training opportunities, research opportunities, and health systems that better support Indigenous children, youth, and families.

Two projects in collaboration with Dilico Anishinabek Family Care are highlighted here:

Dr. Aislin Mushquash is leading a randomized controlled trial at Dilico designed to evaluate the JoyPop mobile mental health app as a tool for Indigenous youth who are seeking, but waiting for, mental health services. Significant disparities exist in the availability of mental health support for Indigenous youth within Northwestern Ontario when compared to non-Indigenous youth, and to youth within other areas of Ontario. This research is funded through Brain Canada, SickKids Foundation, and the Canadian Institutes of Health Research. Through her research with Dilico, Dr. Aislin Mushquash and her team are working to better understand how technology can be used to meet the needs of youth in underserved areas. This research has the potential to directly improve mental health in youth by transforming service delivery and enhancing accessibility.

Dr. Christopher Mushquash and his team received funding through the Canadian Institutes of Health Research to examine how adverse childhood experiences (ACEs) affect the mental and physical health of First Nations adults seeking substance use treatment with Dilico. Experiencing adversity during childhood is known to disrupt development and contribute to increased risk for negative health outcomes throughout the lifespan. Although these relationships have been established within non-Indigenous populations, minimal research has described similar outcomes for Indigenous people. Dr. Mushquash's work has led to understanding rates and outcomes of ACEs in First Nations adults seeking substance use treatment, as well as the development of approaches for utilizing an ACEs framework to support First Nations adults in their healing journeys.

### **Elaine Wiersma**

The focus of my work has been on having a better understanding of people's experiences living with dementia and finding ways to better support them. People with dementia have long been defined by the label of dementia, rather than by other aspects of their identities including gender. Women with dementia talked about their caring roles and the impact of dementia on families, but also their strength and resilience in coping and adapting to a challenging situation. Other work with a team in the UK has explored how to create programs to better support people with dementia post-diagnosis. We have also been working with UBC on the Building Capacity Project which is now entering its fourth year to create more inclusive communities for people with dementia.

Click here for videos and more of Elaine's work!

#### https://www.nwdwg.ca/about-us



## Peer Reviewed Conference Presentations

### Total Conference Presentations: 226

### **Conference Locations x Presentation or Poster Number**

### Canada:

Thunder Bay, 74 Toronto, 39 Halifax,10 Ottawa, 10 Newfoundland, 8 Montréal, 6 Vancouver. 5 Kelowna, 5 Edmonton, 4 Winnipeg, 3 Saskatoon, 2 Regina, 2 Niagara Falls, 2 Calgary Waterloo Kingston

### US:

Denver, Colorado, 4 Washington, 3 Milwaukee, 2 Phoenix, 2 New York Philadelphia Illinois Baltimore Michigan New York Los Angeles Duluth Indianapolis, Indiana

### Europe:

Portugal, 10 Bruges, Belgium, 4 Leuven, Belgium, 2 Florence, Italy, 2 Norwich, England London, England

#### **Oceanic:**

New Zealand, 3 Melbourne, Australia, 2 Cairns, Australia

### Asia:

Dubai, United Arab Emirates, 2 Dushanbe, Tajikistan, 2 Tokyo South Korea

### Africa:

Cairo, Egypt

## Journal Articles

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Alarilla, A., Mondor, L., Knight, H., Hughes J., Koné A. J., Wodchis, W. P., & Staford, M. (2023). Socioeconomic gradient in mortality of working age and older adults with multiple long-term conditions in England and Ontario, Canada. *BMC Public Health. Mar 11;23*(1), 472. https://doi: 10.1186/s12889-023-15370-y

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Costa, I. G., & Camargo-Plazas, P. (2023). The processes of engagement in information-seeking behavior for individuals with diabetes who developed diabetic foot ulcer: A constructivist grounded theory study. *Digital Health, 9*. https://doi.org/10.1177/20552076231177155

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