

Virtual Talking Circle: Indigenous Perspectives on Health and Healing Workshop - Resource sheet, June 6, 2024

Facilitated by Melissa Johnson

Not recorded at presenter's request



This toolkit provides a summary of the IDEAA office's June 6th (2024) workshop on Indigenous perspectives on health and healing featuring Toronto-based Anishnawbe Cree Kwe registered nurse Melissa Stevenson, RN, BScN, MN.

It also highlights publicly available supplementary educational resources related to the unique histories and traditions of First Nations, Inuit, and Métis (FNIM) of Canada.

- First Nations: The First Peoples south of the "Tree Line" and excludes Inuit or Métis.
- Inuit: Indigenous Peoples of the Arctic and Northern Canada.
- Metis: Indigenous Peoples of both European and Aboriginal ancestry.

[RCAP Royal Commission on Aboriginal Peoples \(1991-1996\)](#)



- Canadian commission established in 1991 to investigate the historical relationship between Indigenous Peoples and the Government of Canada as well as Canadian society.
- Originally launched in response to the Oka Crisis (1990) and the aftermath following the Meech Lake Accord (1987).
- The RCAP Final Report was published in 1996 and proposed a 20- Year agenda for implementing justice.

The Unforgotten (2021): A film about Indigenous health



Explores the health and well-being of Inuit, Métis, and First Nations peoples across five stages of life: birth, childhood, adolescence, adulthood, and elderhood. Featuring stories rich in visuals, poetry and music, the film uncovers instances of systemic racism, the impacts of colonialism, and the ongoing trauma experienced by Indigenous peoples in the Canadian health care system.

The Unforgotten is a five-part anthology. While the film is meant to be watched as a whole, each story can also be watched individually.

The Importance of Anti-Racism in Health Care

- Over 1 in 4 adults in Toronto reported that they were treated unfairly by healthcare professionals because of Indigenous identity.
- 71% of Indigenous adults who reported racism believed it delayed, prevented or discouraged them from returning to health services.
- Over half of Indigenous adults in Toronto who reported racism experienced a negative impact on their self-esteem. *Source: Our Health Counts - Well Living House

Indigenous Cosmology

- Wholistic self-care (Mind, Body & Spirit)
- Wellness starts in the Spirit
- Interconnectedness to all creation
- Responsibilities to Land, Self & Community
- Connection to Land
- Non-linear perspective: time moves slowly
- Traditional teachings & storytelling

Indigenous determinants of health

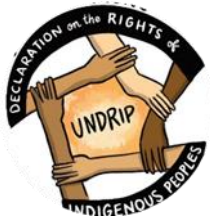
- Spirituality
- Connectedness

- Self determination
- Self-Reliance

TRC - Truth and Reconciliation Commission (2008-2015)



- # 18: to recognize and implement health-care rights specific to Aboriginal people.
- # 19: to establish measurable goals and close gaps in disparate health outcomes.
- # 20: to resolve jurisdictional disputes that impede equal health-care access to communities on-reserve.
- # 21: to sustain funding for existing and future Aboriginal healing centres.
- # 22: to implement traditional healing practices and collaborate with Elders.
- # 23: to provide cultural- competency training for all healthcare providers.
- # 24: to require courses related to Aboriginal health issues in education.




UNDRIP: UN Declaration on the Rights of Indigenous Peoples (2016)

The United Nations ratified UNDRIP to recognize the distinct human rights of Indigenous Peoples globally.

RIGHTS

- ◆ Self-Determination
- ◆ Protected Class
- ◆ Free Prior & Informed Consent
- ◆ Freedom from Discrimination

<p>“Two-Eyed Seeing” - Elder Albert Marshall. * Coined in 2004</p>	
<p>Indigenous Knowledge Systems</p>	<p>Western Knowledge Systems</p>
<p>Oral History</p>	<p>Written Law</p>
<p>Ceremony</p>	<p>Codes of Conduct</p>
<p>Natural Law (land)</p>	<p>Policies</p>

Other terminology

Cultural Safety: an objective founded on respectful engagement that recognizes and strives to identify and rectify power imbalances inherent in health care systems. Practicing cultural safety mitigates intrapersonal conflict and creates an environment free of racism and discrimination where culturally diverse communities feel respected and safe when receiving health care.

Cultural Humility: the process of self-reflection to unlearn individual and systemic biases and to actively learn how to develop respectful protocols and sustain relationships based on mutual trust.