



Creating safer environments for Indigenous Peoples

How organizations can build their capacity to serve Indigenous clients in an equitable and safer way

Dakota Recollet, Cultural Safety Manager, Indigenous Primary Health Care Council (IPHCC)

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About the IPHCC

Aboriginal Health Access Centres

Aboriginal Community Health Centres

Indigenous Interprofessional Primary Care Teams

Indigenous Governed Family Health Teams



About the IPHCC

MISSION

To create transformative and decolonizing change within systems, organizations and health care providers.

VISION

A health system where Indigenous people have access to high quality, safe care, and are treated with empathy, dignity and respect.

What is Cultural Competency?

Being knowledgeable about a culture does not go far enough to address health equity issues

Our program is a combination of cultural competency education and training in cultural safety

Cultural competency is an approach that focuses on health care workers acquiring skills, knowledge and attitudes to work in more effective and respectful ways with Indigenous patients

The difference: there is a spectrum that amounts to cultural safety; conceptually – it begins with cultural awareness, cultural sensitivity, cultural competency, cultural humility, and **THEN cultural safety**



What is Cultural Safety?

Cultural safety is an outcome based on respectful engagement that recognizes and strives to address power imbalances inherent in the health care system

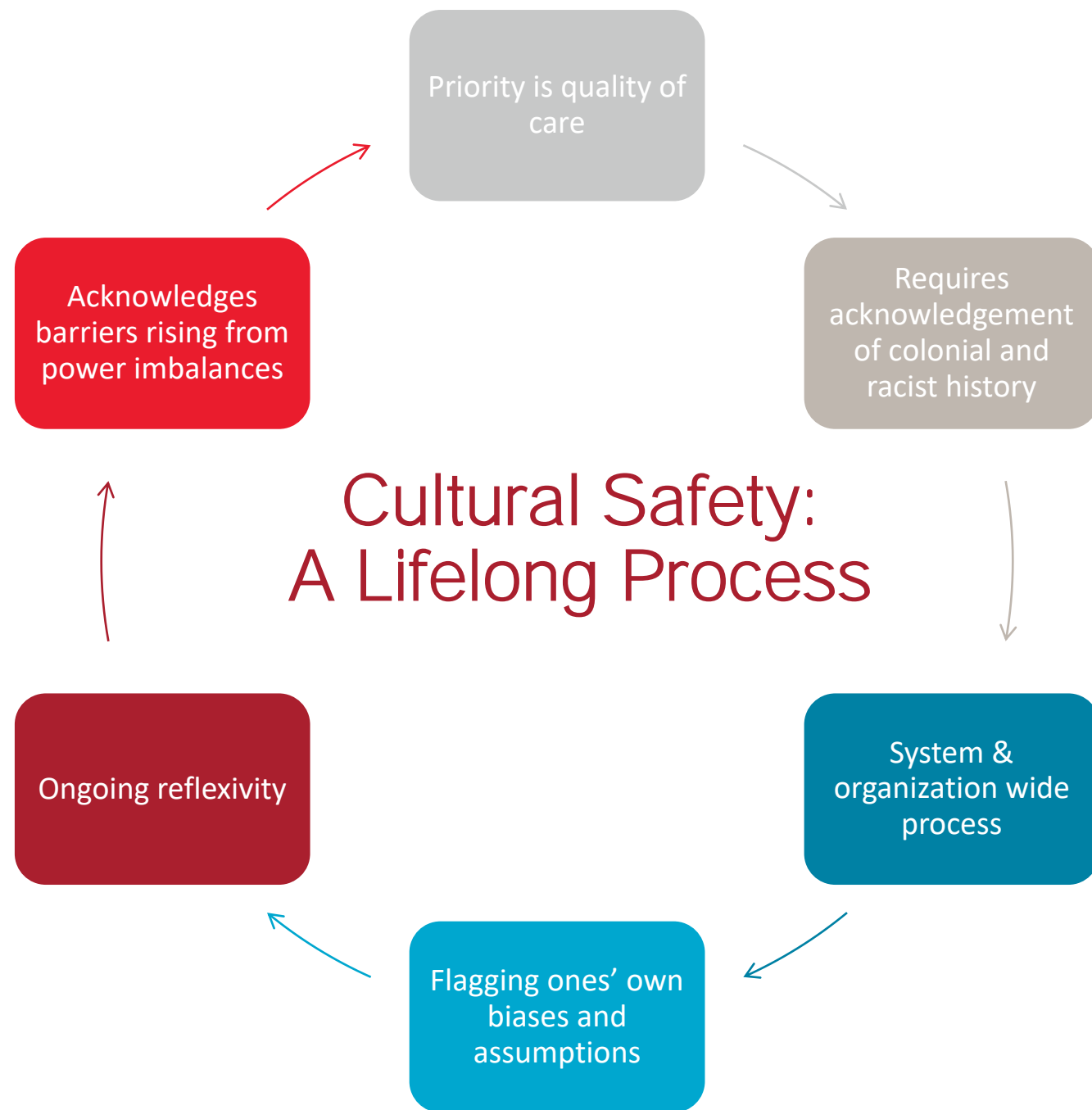
"Safety" is defined by those who receive care, not by those who provide it

Cultural safety considers how social and historical contexts, as well as structural and interpersonal power imbalances **shape a person's health and** health care experiences

Health-care providers and organizations that practice cultural safety are self-reflective and self-aware about their position of power and the impact this role has on Indigenous patients.

Without humility, providing culturally safe care is compromised.





Cultural Safety: A Lifelong Process

Priority is quality of care

Requires acknowledgement of colonial and racist history

System & organization wide process

Flagging ones' own biases and assumptions

Ongoing reflexivity

Acknowledges barriers rising from power imbalances

Why does Cultural Safety Matter?

- Indigenous Peoples systematically experience more chronic diseases because of intergenerational trauma.
- By enabling Indigenous Peoples to define cultural safety, we are better positioned to achieve health equity.



A History that Influences Today

- Scalping Proclamation
- Smallpox Blankets
- Indian Act
 - Residential Schools
 - Sixties Scoop
 - Experimentations
- Forced Sterilization
- Inuit Relocation
- MMIWG
- Birth Alerts
- Child Protection System



Mass Grave Sites

British Columbia

- 1) Port Alberni (1895-1973)
- 2) **Albert Bay St. Michael's (1878-1975)**
- 3) Kuper Island (1890-1975)
- 4) Nanaimo Indian Hospital (1942-1970)
- 5) **St. Mary's (1861-1984)**
- 6) Squamish and Sechelt (1898-1975)
- 7) Coqualeetza (1889-1940)
- 8) St. Eugene (1898-1970)
- 9) Williams Lake (1890-1981)
- 10) Kakawis (1898-1974)
- 11) Kamloops (1890-1978)
- 12) **St. George's (1901-1979)**
- 13) Lejac (1910-1976)

Alberta

- 1) United Church School (1919-1960)
- 2) Charles Camsell Hospital (1945-1967)
- 3) Bluequills (1898-1970)
- 4) Ermineskin (1916-1973)

Manitoba

- 1) Brandon (1895-1972)
- 2) Portage La Prairie (1895-1950)
- 3) Norway House (1900-1974)
- 4) Saskatchewan
- 5) Muscowequan (1886-1996)

Ontario

- 1) Lakehead Psychiatric Hospital – Thunder Bay (still in operation)
- 2) Pelican Lake – Sioux Lookout (1911-1973)
- 3) Cecilia Jeffery - Kenora (1900-1966)
- 4) **St. Anne's** – Fort Albany (1936-1964)
- 5) **St. Peter's** – Spanish (1883-1965)
- 6) Mohawk Institute – Brantford (1850-1969)
- 7) Shingwaux - Sault Ste. Marie (1873-1969)

Quebec

- 1) Allen Memorial Institute, McGill University (still in operation)



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News / Canada

How Canada forgot about more than 1,308 graves at former residential schools

First Nations are having to counter widespread claims that these are mass graves or that they were deliberately hidden

Tristin Hopper

Jul 13, 2021 • July 13, 2021 • 8 minute read • 405 Comments



Recently installed solar lights mark 751 suspected burial sites found near the former Marieval Indian Residential School. PHOTO BY REUTERS/SHANNON VANRAES

Since May, more than 1,308 suspected graves have been uncovered near the sites of former Indian Residential Schools: 215 in [Kamloops, B.C.](#), 182 in [Cranbrook, B.C.](#), 751 in [Marieval, Sask.](#), and the more than 160 found on [Penelakut Island, B.C.](#)

Intergenerational Trauma & Circle of Trauma

Descendants of survivors share the same burdens as their family before them.

Includes loss of language, culture and teaching of tradition from one generation to the another.

Intergenerational and lifetime traumas are risk factors for many health behaviours negatively impacting the health of Indigenous Peoples.

Trauma affects the four quadrants of emotional, physical, spiritual and mental health.

The circle demonstrates steps that can be taken to heal generational damage.



Reconciliation

The reestablishment of a broken relationship or forging positive accord where there was discord.

Process is complex and requires full and active commitment of all parties.

TRC – many generations were and continue to be impacted by the residential school system. It will take several generations to bring about reconciliation.

Reconciliation involves more than the residential schools; it includes reconciling the gamut of colonial injustices.

How to rebuild trust and restore confidence with Indigenous peoples

1

Take up training to teach yourself about the history between Indigenous peoples and settlers to Turtle Island, and to learn skills on how best to engage with Indigenous peoples.

2

Help review the policies that govern your department and organization. Make changes where relationships can be fostered and strengthened.

3

Share your learnings with colleagues and friends and ensure you speak up when others make inappropriate jokes or comments about the Indigenous populations.

“Where do I start?”

Are you able to differentiate between a micro-aggression and a macro-aggression?

Addressing Biases

Recognize the colonial processes in Canada, where it impacts throughout the healthcare system

How might we get there?

By learning how our own behaviours influence the way society sees us and people of colour

By letting go the need to be right – which does not make you wrong or anyone else right, just frees everyone to be human

By admitting there have been legitimate grievances and harms done that have not yet been resolved

By no longer by-standing when micro-aggressions are expressed, and the recipient of that aggression is a vulnerable person

By calling out our own racism and biases and being honest about our own advantages and privileges

Anishninaabe Mino'ayaawin: People in Good Health



Foundations of Indigenous Cultural
Safety

Goes Live: October 27th, 2021

[IPHCC_21-09-27_v3 \(vimeo.com\)](https://vimeo.com/581111111)

Conceptual Models to Apply



1) Model of Wholistic Health and Wellbeing

- IPHCC uses the medicine wheel as the model for wholistic health and wellbeing
- The model shows a balance of each quadrant to health.
- Professionals and patient's need to understand the importance of each to live a healthy life

Conceptual Models to Apply



2) Two-eyed Seeing

- Learning to see with the strengths of Indigenous healing knowledge systems and ways of knowing, as well as with the strengths of Western knowledge systems and ways of knowing.

Tip: Think about partners you can involve in a co-design process.

This may include:

- Indigenous-governed organizations
- Knowledge Keepers & Indigenous leaders
- Partners
- System leaders (Indigenous and non)



ADDITIONAL READING, RESOURCES & TOOLS



INDIGENOUS
PRIMARY
HEALTH CARE
COUNCIL



TOOLS OF RESILIENCY: ADDRESSING THE
WELLBEING NEEDS OF INDIGENOUS PEOPLE
BY HONOURING CULTURE AS TREATMENT

2020



NE' IKAANIGAANA TOOLKIT

'All Our Relations'
Toolkit

Guidance for
Creating Safer Environments for Indigenous Peoples



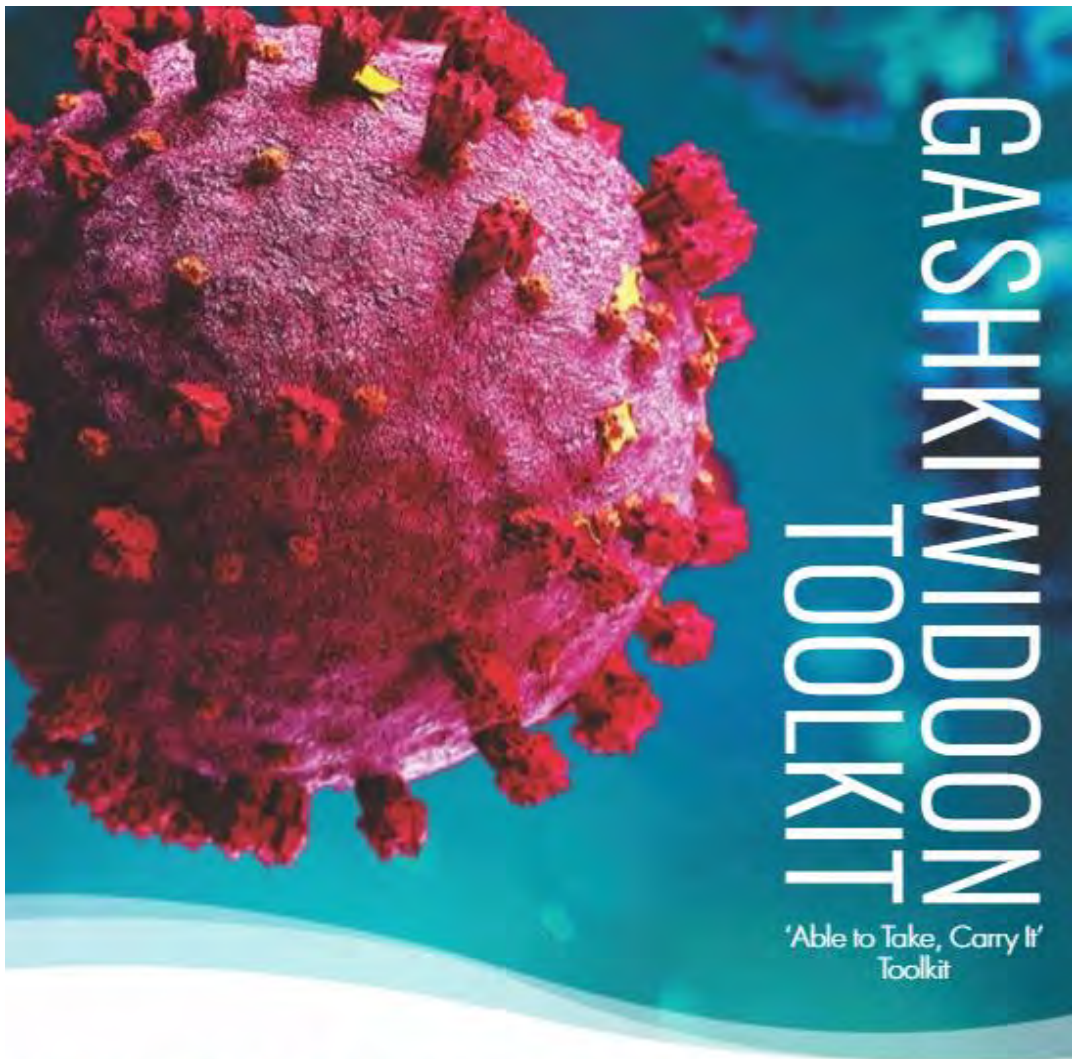
INDIGENOUS
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Train the Trainer for Facilitators

Practical and pragmatic wise practices for facilitators to adopt when designing and delivering online ICS education and training.

Stay tuned for later this fall to view accompanying videos and complementary discussion guide!





GASHKIWIDON TOOLKIT

'Able to Take, Carry It'
Toolkit

COVID-19 Vaccine Implementation



ENGAGING INDIGENOUS COMMUNITIES WITH COVID 19 VACCINE IMPLEMENTATION



Chi Miigwetch!

For more information, please visit
www.iphcc.ca



Questions? Comments?

