Declaration on Cultural Safety and Humility

In July 2015, all Health Authority CEOs in BC signed a Declaration of Commitment to advance cultural humility and cultural safety within their organizations. This commitment gives all health professionals a mandate to advance cultural humility and safety in their practices with Indigenous peoples.

Cultural safety and humility are identified as care approaches to reduce health inequities and improve health outcomes for Indigenous peoples in BC. **Cultural safety** is an outcome based on respectful engagement that recognizes and strives to address power imbalances inherent in the healthcare system. It results in an environment free of racism and discrimination, where people feel safe when receiving health care. **Cultural humility** is a process of self-reflection to better understand personal and systemic biases and to develop and maintain respectful processes and relationships based on mutual trust. Cultural humility involves humbly acknowledging oneself as a learner when it comes to understanding another’s experience.

Learn more!

The FNHA has developed a cultural humility web portal that contains educational materials, definitions, presentations, the declaration itself, social media posts and much more.

Aboriginal Health partnered with the National Collaborating Centre for Aboriginal Health on a webinar on cultural safety as a social determinant of Indigenous peoples' health with Dr. Sarah de Leeuw. The recording is now available online.

Take action!

We encourage you to make a pledge for cultural safety and humility and join the FNHA social media campaign.

Now is a great time to enroll in the San'yas Indigenous Cultural Safety Online Training Program - a unique, facilitated online training designed to increase knowledge, enhance self-awareness, and strengthen the skills of those who work directly and indirectly with Aboriginal people. This training is available free to all Northern Health staff! If you have taken one of the core trainings, consider enrolling in one of the post-training courses available.
National Aboriginal Day celebrations on June 21st

National Aboriginal Day is a time to celebrate the unique heritage, diverse cultures and outstanding achievements of First Nations, Inuit and Métis peoples in Canada.

Aboriginal Patient Liaisons across northern BC organized and participated in local activities and events. In Prince George, Patricia Prince hosted an event at the University Hospital of Northern BC (UHNBC) that included a welcoming prayer by a Lheidli T’enneh Elder, drumming, a screening of the video Honouring Our Journey, bannock, soap berry ice cream, and information tables. Aboriginal Health was there to celebrate and to share resources and some fun stuff like frisbees and beach balls!

New federal funding to implement Jordan’s Principle

In response to the Canadian Human Rights Tribunal ruling on First Nations children, the Government of Canada announced a new approach to implementing Jordan’s Principle. This approach puts the needs of children first and ensures that First Nations children living on-reserve receive the health and social services they need in a timely manner.

A commitment of up to $382 million in new funding was made on July 5, 2016, to enhance service coordination and ensure service access resolution so that children’s needs are assessed and responded to quickly. Health Canada and Indigenous and Northern Affairs Canada are engaging with First Nations and jurisdictional partners to identify what supports are needed and to find ways to prevent delays in receiving health and social services.

Implementation of the Transportation Action Plan for Highway 16

On June 15, 2016, an announcement was made at Lheidli T’enneh Memorial Park by local and provincial government representatives about the progress made on implementing the Highway 16 Transportation Action Plan. The five-point action plan includes improvements to public transit, a First Nations driver education program, new transit shelters and webcams, and increased collaboration between existing transportation service providers along the corridor.

The Minister of Transportation and Infrastructure announced $2 million in new provincial and federal funding for the now $5-million Action Plan. Over the last six months, the 12-member advisory group – made up of First Nations, municipal leaders, the First Nations Health Authority, Northern Health, and ministry representatives – has met regularly to move the plan forward, fine tune the details, and develop implementation strategies. Among the progress made, there is now a new webpage where First Nations communities, Aboriginal organizations, municipalities, regional districts and non-profit groups can apply for funding for community vehicles and operating grants.

Gathering of Aboriginal Health Improvement Committees

The third annual gathering of Aboriginal Health Improvement Committees was held in Prince George on May 17-18, 2016. It was an exciting two days of celebration, sharing, learning, relationship building, action planning, and visioning for the future.

The theme of this year’s gathering was Growing Cultural Safety. The first day included a keynote speaker Rose Lemay, Director of Northern and Indigenous Health for the Canadian Foundation for Healthcare Improvement. Her presentation on cultural competence and humility was both challenging and inspiring. It included an in-depth history of colonialism in Canada from an Indigenous perspective.

During the event, a Cultural Competence & Humility graphic recording was created by Colleen Stevenson at the 2016 Gathering of Aboriginal Health Improvement Committees. It represents highlights of Rose Lemay’s presentation on Cultural Competence and Humility.
New app rewards healthier choices

British Columbia residents who are making an effort to lead healthier lifestyles can now be rewarded with loyalty points such as Aeroplan, PetroPoints, Scene and MoreRewards, thanks to an innovative new mobile app called Carrot Rewards. It provides users with incentives to increase physical activity, eat better, and quit smoking, with the goal of encouraging healthy lifestyle habits that help reduce the risks of developing a chronic disease.

Download Carrot Rewards

Free First Aid app

The official Canadian Red Cross First Aid app puts lifesaving advice in your hands and helps you maintain your first aid skills and respond to everyday emergencies. It provides access to videos, interactive quizzes and simple step-by-step advice to help you maintain your life-saving skills and respond when needed.

Download the Red Cross First Aid app

Spotlight on your health

Updates from Aboriginal Health

Student Summer Intern

Meet Shalane Pauls, Aboriginal Health’s 2016 Summer Student Intern! Shalane is from the Tsimshian and Tahltan Nations. She came to Lheidli T’enneh (Prince George) in 2012 to attend UNBC and graduated this May with a Bachelor’s in Science. Shalane was recently accepted to the UNBC Master’s Program in First Nations Studies beginning September 2016.

Nda wila wyaan. I really love working with and for First Nations people. I am excited to be a part of Aboriginal Health as their student intern. I find it a dynamic, innovative, and enjoyable environment. It is also an amazing opportunity to work with a great team of mentors. I credit not only my mentors to my success, but also my education. Education has given me freedom and opportunity to develop who I am as an Indigenous person from the North. I also love to bead, walk, bike, read, and advocate for Indigenous rights and education as much as I can.”

The Aboriginal Student Summer Internship at Northern Health offers the opportunity for post-secondary students to explore their health career interests while developing a wide range of skills and learning firsthand about working within the Aboriginal Health team.

A journey of partnership

Northern Health and the First Nations Health Authority co-authored a recently published article about transforming health care service delivery with First Nations in Northern BC.

Published in the International Journal of Health Governance, the article describes the process of transformation in northern BC based on a new relationship between governments of BC, Canada and First Nations. It is written from the perspectives of four key participants in the transformation process and highlights the ways in which partnership has been integral to the transformation of health service delivery to First Nations communities in northern BC. The authors hope that their experiences will contribute to a growing body of promising practices as Indigenous health service organizations take a greater role in health service provision, and non-Indigenous health service organizations improve their understanding of and relationships with Indigenous communities.

Featured Indigenous language: Tsaaʔ Dane (Beaver)

This issue we are featuring Tsaaʔ Dane (Beaver) spoken in Doig River, Blueberry, Halfway River, and Prophet River in the northeast area of BC. Tsaaʔ Dane is part of the Dene (Athabaskan) language family.

To learn more about the Tsaaʔ Dane language and to hear recordings of words, phrases, stories and songs, visit the First Voices website and the First Peoples’ Language Map of British Columbia.

<table>
<thead>
<tr>
<th>Tsaaʔ</th>
<th>English</th>
</tr>
</thead>
<tbody>
<tr>
<td>Uushq.</td>
<td>I am good.</td>
</tr>
<tr>
<td>Je aa haawqch’e.</td>
<td>How are things?</td>
</tr>
<tr>
<td>Je aa uunaye.</td>
<td>What is your name?</td>
</tr>
<tr>
<td>(Jim-Bob) laa uuzhe.</td>
<td>My name is (Jim-Bob).</td>
</tr>
<tr>
<td>Je do̱ts’eh aanaçh’e.</td>
<td>Where do you come from?</td>
</tr>
<tr>
<td>(Doig) do̱ts’eh ashc’e.</td>
<td>I come from (Doig).</td>
</tr>
</tbody>
</table>
Upcoming events

View our online events calendar for all upcoming events.

40th Annual Elders Gathering
July 11-14, 2016  Williams Lake, BC

2nd International Indigenous Early Childhood Development Gathering
July 18-23, 2016  Victoria, BC

2016 FNHA Northern Regional Gathering
July 26-28, 2016  Prince George, BC

The BC Indigenous Funding Conference
September 21-23, 2016  Richmond, BC

Community corner

“Farm to School” or “Local to School” activity as it is termed in Haida Gwaii, is helping to bring local foods and traditions into schools by connecting students and staff with farmers and food harvesters that know how to grow, harvest and prepare these foods. Learn more and watch this new 8-minute documentary by Farm to Cafeteria Canada called Local Foods to School: Reconnecting the children of Haida Gwaii to their land and their food.

Resources

An Introduction to the Health of Two-Spirit People: Historical, contemporary and emergent issues (National Collaborating Centre for Aboriginal Health)
Check out a blog post on this topic by Shalane Pauls, Summer Student Intern

Culture and Language as Social Determinants of First Nations, Inuit, and Métis Health (National Collaborating Centre for Aboriginal Health)

Now is the Time: Our Data, Our Stories, Our Future The National Report of the First Nations Regional Early Childhood, Education, and Employment Survey (First Nations Information Governance Centre)

Aboriginal peoples: Fact sheet for British Columbia (Statistics Canada)

Reconciliation Canada Impact Report 2015 (Reconciliation Canada: A New Way Forward Society)

International Journal of Indigenous Health Vol 10 Issue 2 - Valuing Indigenous Peoples in Health Research (Aboriginal Health Research Networks Secretariat)

Webinar recording: Knowing who you are: Métis history, identity and the Métis Nation today (National Collaborating Centre for Aboriginal Health)

Webinar recording: Cultural Safety for Indigenous Peoples: A Determinant of Health (National Collaborating Centre for Aboriginal Health)

Indigenous Voices: Caring for the Patient and Family (Canadian Virtual Hospice)

Recruitment corner

As part of the Grow Our Own recruitment strategy, Northern Health (NH) has developed a booklet with information on 39 different health care careers for youth, students, and anyone exploring career options. It includes information about different occupations, salary ranges, and educational credentials.

If you would like copies for your community or organization please contact hr@northernhealth.ca