

INDIGENOUS HEALTH

Local Cultural Resources

DEVELOPED BY ABORIGINAL
HEALTH IMPROVEMENT
COMMITTEES 2014-2017



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INTRODUCTION

Aboriginal Health Improvement Committees (AHICs) are action-oriented, collaborative groups that work together to support health and wellness for Indigenous people, families and communities in northern BC. They include local representatives from Indigenous communities and organizations, the First Nations Health Authority, Northern Health, and other sectors.

In 2014-2015, Northern Health and the Aboriginal Health Improvement Committees (AHICs) supported Indigenous communities in the north to develop local cultural resources in response to the question:

“If I were a new health practitioner coming to your community, what would you want me to know?”

The resources highlight communities’ own ways of being, ways of knowing, ways of living, traditions, cultures, protocols, languages and environments. Support was extended through 2017.

This booklet provides a summary of the cultural resources developed by AHICs from 2014-2017. These local cultural resources support increased knowledge, understanding, and cultural competency of health care practitioners that provide care to Indigenous people, families, and communities in the north.

TERRACE/KITIMAT AND AREA AHIC



Cultural Practices Around Birth

This 10 minute video provides information for health providers about cultural practices around birth from First Nations speakers from the Haisla, Nisga'a, Tsimshian, Gitksan and Tahltan Nations near Terrace and Kitimat.



Cultural Practices Around Critical Illness and Death

This 27 minute video provides information for health providers about cultural practices around illness and death from First Nations speakers from the Haisla, Nisga'a, Tsimshian, Gitksan and Tahltan Nations near Terrace and Kitimat.



Kitselas Youth Wellness

This video was created by the Kitselas Health Department as part of an AHIC initiative supporting community driven mental wellness. It features the voices of youth leadership in Kitselas speaking to the importance of culture, health and physical activity in building youth as future leaders. The purpose of this video is to increase understanding of Kitselas youth needs and realities among health care providers and the Kitselas community.



TERRACE/KITIMAT AND AREA AHIC



Webinar: Introducing the Terrace/Kitimat and Area AHIC

This webinar featured a discussion with AHIC members on four questions: 1) How does this AHIC contribute to cultural safety and quality of care in Northern Health? 2) If I were a new health practitioner coming to your community, what would you like me to know? 3) What is culturally safety health care for your community members? 4) What are some accomplishments or highlights for this AHIC? The webinar recording is available on the Indigenous Health website.



Nisga'a Valley Health Conference

This conference was hosted by Nisga'a Valley Health (NVH) in Gitwinksihlkw as part of an AHIC initiative supporting community driven mental wellness. It brought together NVH programs, community, and leadership to showcase and discuss how Nisga'a culture is being incorporated and strengthened to support mental wellness throughout the life cycle. A report and video are being finalized.



TERRACE/KITIMAT AND AREA AHIC



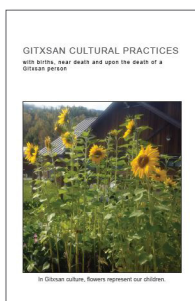
Haisla Art work in the Gathering Space at Kitimat General Hospital

Haisla art work was created and hung in the Gathering Space at Kitimat General Hospital together with a dedication ceremony. The space is to be used for gatherings and is supported by the pamphlet Gathering at Kitimat General Hospital.



Gathering at Kitimat General Hospital

This document acknowledges the importance of gathering around a loved one in the hospital or long-term care home at times of health events, deaths and births. The information provided in the pamphlet will help with a shared understanding of what staff can do to support people at such times.



Gitksan Cultural Practices with Births, Near Death and Upon the Death of a Gitksan Person

This booklet provides information about Gitksan cultural practices with births, near death, and upon the death of a Gitksan person. It includes tips for hospital and health workers on how to approach these important life transitions for Gitksan community members.

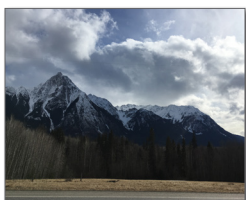


TERRACE/KITIMAT AND AREA AHIC

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Indigenous language signs in Mills Memorial Hospital and Kitimat Hospital

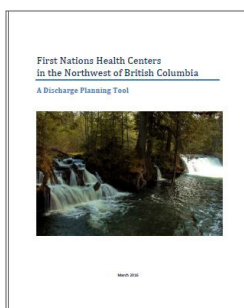
A welcome sign in Haisla is planned for Kitimat Hospital and Health Centre. Another welcome sign in Sm'algayax is planned for Mills Memorial Hospital. These signs will highlight local Indigenous languages within health care settings.



Gitxsan West: Reigniting Culture with Mental Health

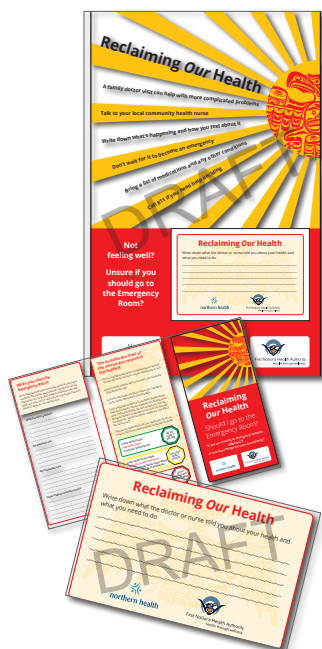
A Traditional Wellness model is being created by the Gitxsan West communities of Gitwangak, Gitanyow and Gitsegukla as part of an AHIC initiative supporting community driven mental wellness. Elders came together with health leadership to discuss Gitxsan traditional practices from birth to death that have been in place since time immemorial. A summary report of the process and plans for this work is available. The first phase of this work is determining and documenting the cultural foundation for the project. The document will be used to support Gitxsan-based mental wellness initiatives and to facilitate communication and partnership with ministry partners such as Northern Health.

TERRACE/KITIMAT AND AREA AHIC



First Nations Health Centres in the Northwest of British Columbia: A Discharge Planning Tool

This booklet summarizes information on First Nations Health Centres in the northwest, including services and contact information, to support discharge planning from Northern Health facilities back to First Nations communities.



Reclaiming Our Health: Should I go to the Emergency Room?

These posters, pamphlets and tear off pad are tools developed as a result of a quality improvement mapping event between Indigenous and Northern Health leaders on the use and experience of emergency care in Terrace, BC. Together with Indigenous patients from the Patient Voices Network, NH and FNHA, the tools were developed and recently piloted by the Kitimat Health Services Administrator and his staff with the Haisla Nation men's, women's and Elder's groups. These tools and the discussions have helped to bridge understanding between NH staff and community members to facilitate greater cultural safety for Haisla members when accessing health care.



NORTHWEST EAST AHIC



Wall Hanging for Wrinch Memorial Hospital

Through the hands and hearts of Indian Residential School survivors and their families from Kispiox, Sikedakh and Gitanmaax, this beautiful wall hanging is to be enjoyed by visitors to the hospital. An event was held to celebrate its unveiling with traditional dancers and Gitxsan speakers.



Tahltan Art for the Stikine Health Center

Four paintings depicting local Tahltan culture of the Dease Lake, Telegraph Creek and Iskut areas were hung in the Stikine Health Center in Dease Lake to recognize and celebrate local First Nations cultures, patients and partners.



Sacred Space in Wrinch Memorial Hospital

A sacred space was created in Wrinch Memorial Hospital dedicated to faith and healing. This room is available 24/7 for patients, visitors and staff. The room is decorated with Aboriginal art and visual and text information on Aboriginal history.

NORTHWEST EAST AHIC



Wet'suwet'en Art for Bulkley Valley Facilities

James Madam, Gitdumden clan, a prominent local Wet'suwet'en artist created three pieces of art: one for the Bulkley Valley District Hospital (Smithers); one for the Bulkley Lodge (Smithers); and one for the Houston Health Centre (Houston). Each is to be prominently placed in the health facility to recognize and celebrate local First Nations cultures. Each art work is a circular red cedar wood mural carving on the respective themes of: health and healing; home and Elder; and community, family health, and wellness. A launch is planned for each art piece in their facility.



Indigenous language sign in Bulkley Valley District Hospital

This welcome sign in Wet'suwet'en will be hung in the Bulkley Valley District Hospital to highlight the local Indigenous language.

SORRY, NO
IMAGE
AVAILABLE

Indigenous language signs in Wrinch Memorial Hospital

Signs are being developed with Indigenous language speakers for key areas of Wrinch Memorial Hospital. A launch will be held.

NORTHWEST EAST AHIC



Cultural Learning Sessions

Local Wet'suwet'en, Lake Babine and Gitksan speakers shared information with health care providers in a world café style on their cultural practices, the impact of colonization, and their perspectives on enhancing health care for Aboriginal people. An event was held in Smithers and in Gitanmaax. Cultural dancers performed and a traditional meal was served.



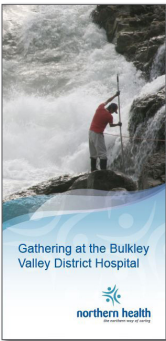
Sharing Feast

The AHIC hosted a semi- traditional feast in Sik-e-Dakh with over one hundred participants to share about how the AHIC, NH Indigenous Health and FNHA and local health centers are listening and responding to the requests of community. It's an excellent approach for health care providers to consider if they want to share information with the community in a culturally relevant manner. Planning documents are being developed to summarize key considerations in planning such an event.



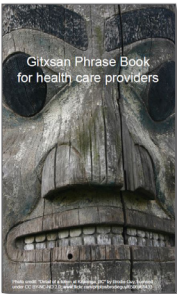


NORTHWEST EAST AHIC



Gathering at the Bulkley Valley District Hospital

This document acknowledges the importance of gathering around a loved one in the hospital or long-term care home at times of health events, deaths and births. The information provided in the pamphlet will help with a shared understanding of what staff can do to support people at such times.



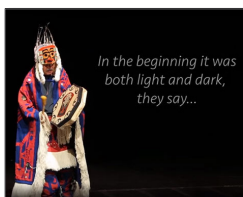
Gitxsan Phrase Book

This booklet is a gift to health care providers at Wrinch Memorial Hospital to honour and support their ongoing commitment to cultural safety for Gitxsan people. It is a pocket sized tool providing key phrases in Gitxsan that can be used to support patient care.





NORTH COAST AHIC



Honouring Our Journey

This 25 minute video provides information for health care providers about the Haida and Tsimshian Nations' culture and history, and how these shape their health care needs. It is available on the Northern Health YouTube channel and the Indigenous Health website.



Webinar: Introducing the North Coast Aboriginal Health Improvement Committee

This webinar showcased the video *Honouring Our Journey* and a discussion with AHIC members on its development, key messages and impacts. The webinar recording is available on the Indigenous Health website.





NORTH COAST AHIC



Language Signs

Signs are being developed for the following NH facilities: Prince Rupert Regional Hospital, Acropolis Manor, Northern Haida Gwaii Hospital and Health Center and for the Haida Gwaii Hospital and Health Center. A proposal and power point slides are available outlining the process which involves traditional language knowledge holders and NH naming protocols. Ceremonial launches are planned once the signs are complete.



Wall of Pledges: Commitments to Cultural Safety and Cultural Humility

This beautifully designed wall contains commitments to cultural safety and humility by Northern Health staff and AHIC members as part of the First Nations Health Authority campaign.



QUESNEL AND AREA AHIC



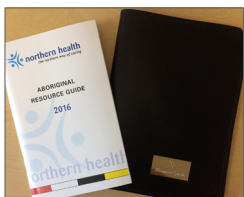
Juniper Picking Field Trip

Working in collaboration with the Aboriginal Day Planning Committee, a field trip to the ?Esdilagh First Nation was planned for June 3rd, 2016. Local Elders taught about how to pick Juniper and what its traditional uses are. This event included Aboriginal students from local schools, Elders, as well as staff from Northern Health. The Juniper was dried and used for making the tobacco ties at National Aboriginal Day.



Experiential Learning Cultural Safety Workshops

A series of workshops in collaboration with Nazko First Nation provided experiential and immersion learning for front line Northern Health staff to improve cultural safety around understandings of health and wellness, healing and Indigenous patient experiences. These workshops occurred both in Nazko and in the hospital at lunch and learn sessions.

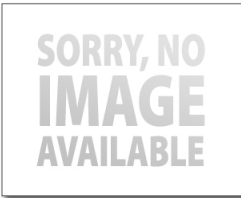


Aboriginal Resource Guide

A handbook was developed with information on the local First Nations communities.



QUESNEL AND AREA AHIC



Quesnel Tillicum Society Annual Culture Camp

The Quesnel and Area AHIC supported this event by providing funding to bring Justin Young Thunder Sky, a motivational speaker from Kamloops, BC, to Quesnel for the camp. The AHIC also provided funding for food, prizes/honorariums, and a local music group from Nazko to provide entertainment. This event was held August 18-21, 2016.

Patient Information Wallet Card	
My name is:	_____
I live in:	_____
My home community is:	_____
First Nation I belong to:	_____
My first language is:	_____

Patient Information Wallet Card

This resource, originally developed by the Lakes District AHIC, was adapted and implemented by the Quesnel and Area AHIC. This small wallet-size card has spaces for patient information that will assist them in communicating important health and contact information to health practitioners such as health conditions, medications, allergies, emergency contact, community health representative contact, home community, etc.





QUESNEL AND AREA AHIC



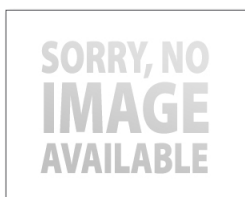
Cultural Awareness in Quesnel Facilities

Cultural arts and crafts were purchased to recognize traditional territories and provide a visual presence of First Nations culture in the GR Baker Memorial Hospital and Dunrovin Park Lodge.



Lhtako Dene Nation – Carrier Culture and Language Workshops

Lhtako Dene Nation organized cultural workshops that included weekly Carrier language lessons, teaching on traditional foods, arts, songs, as well as teaching about lost traditions such as the Potlatch. These workshops were taught by Elders in the community. Some sessions were open to Northern Health staff. The workshops began in April 2016 and continued throughout the year.

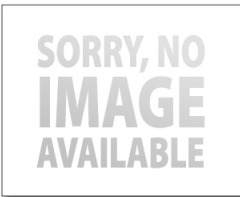


National Aboriginal Day Celebration

This event took place on June 21, 2016 at the Helen Dixon Centre and was open to the entire community. Elders taught about traditional foods, including bannock and salmon. An Elder also provided teaching about traditional tobacco ties and how to make them. People were able to make their own tobacco tie at the event.



PRINCE GEORGE AND AREA AHIC



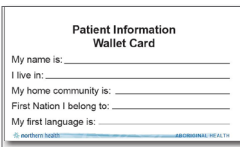
Community Resource Booklet

This resource will provide a summary of health services available to First Nations and Aboriginal people in the Prince George area. It is intended to help service providers and patients/clients to navigate the appropriate and available services in a timely manner.



Welcome Sign in the University Hospital of Northern BC

An art piece, that will include a welcome in Carrier, will be placed in the main entrance of UHNBC to highlight the local Indigenous language and acknowledge the traditional territory of the Lheidli T'enneh on which the hospital sits.



Patient Information Wallet Cards

This resource, originally developed by the Lakes District AHIC, was adapted and implemented in the Prince George and Area AHIC. This small wallet-size card has spaces for patient information that will assist them in communicating important health and contact information to health practitioners such as health conditions, medications, allergies, emergency contact, community health representative contact, home community, etc.



LAKES DISTRICT AHIC



Lakes District of Northern BC Map

This map provides visual information on the First Nations communities that access the Lakes District Hospital for acute care. It includes the distance, type of travel, and time to travel between the communities and Burns Lake. This map is intended to assist health practitioners to better understand the travel realities for First Nations patients and clients and how this impacts their access to care.

**Patient Information
Wallet Card**

My name is: _____

I live in: _____

My home community is: _____

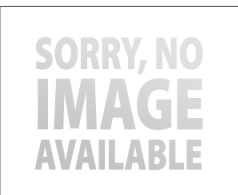
First Nation I belong to: _____

My first language is: _____

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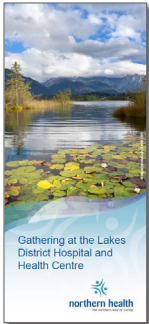
Patient Information Wallet Card

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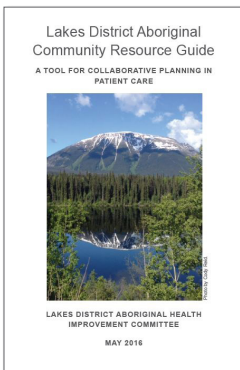
Digital Story about our Communities

This resource will share knowledge from the surrounding First Nations communities. The digital story will be a phased project addressing questions such as: “What is important to your health?” and “What is important to tell your healthcare provider?” This is also an opportunity to share culture and tradition with the broader community.



Gathering at Lakes District Hospital

This document acknowledges the importance of gathering around a loved one in the hospital or long-term care home at times of health events, deaths and births. The information provided in the pamphlet will help with a shared understanding of what staff can do to support people at such times.



Lakes District Aboriginal Community Resource Guide: A tool for collaborative planning in patient care

This booklet introduces health care providers to the First Nations communities in the Lakes District. Information includes a brief history of each community, contact information, travel distances and times, modes of transportation to consider, and health facilities in or near the communities.



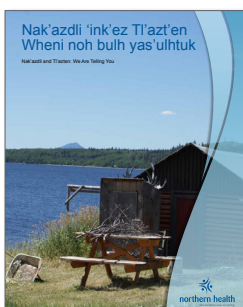


OMINECA AHIC



Saik'uz First Nation: Our stories, histories and strengths

This booklet will include recipes, histories, photographs and words of wisdom from Saik'uz First Nation Elders.



Nak'azdli 'ink'ex Tl'azt'en: Wheni noh bulh yas'ulhtuk

A 50 page resource book including photographs, history and cultural practices of the Dakelh culture as it relates to Tl'azt'en and Nak'azdli peoples and territories.



Nadleh Food Security Workshops

A series of nutrition workshops that include topics such as reading food labels, healthy groceries and healthy eating for small children. Workshops include a field trip to the grocery store, assistance with understanding healthy purchase habits, and sessions on preparing traditional foods.



OMINECA AHIC



Hallways of Healing in Vanderhoof Facilities

Commemorative photographs, plaques and drums in the St. John Hospital and Stuart Nechako Manor provide a visual recognition of Saik'uz Traditional Territory, and to honour the health and healing contributions of Sophie Thomas and Mary John Sr. to the St. John Hospital and surrounding communities.



Food Gathering Field Trips in Stella'quo

Canning and nutrition workshops including preparation of traditional foods.



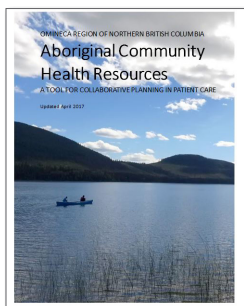
How to get the most out of Health Care Visits

These two videos, one for healthcare providers, and one for patients, address the following questions: 'What advice do you have for healthcare providers on how to get medical history from you?' and 'What advice would you like to share with other community members on how to get the most out of healthcare?'





OMINECA AHIC



Aboriginal Community Health Resources: Omineca Region

This booklet introduces healthcare providers to the First Nations communities in the Omineca region. Information in the booklet includes contact information, service access and images of the local areas.

Patient Information Wallet Card	
My name is:	_____
I live in:	_____
My home community is:	_____
First Nation I belong to:	_____
My first language is:	_____

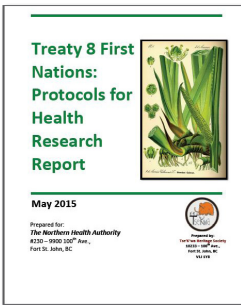
Patient Information Wallet Cards

This resource, originally developed by the Lakes District AHIC, was adapted and implemented in the Omineca AHIC. This small wallet-size card has spaces for patient information that will assist them in communicating important health and contact information to health practitioners such as health conditions, medications, allergies, emergency contact, community health representative contact, home community, etc.



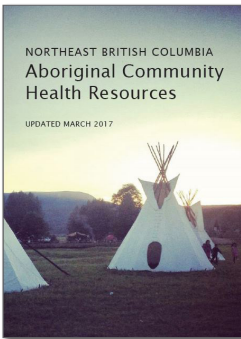


NORTHEAST AHIC



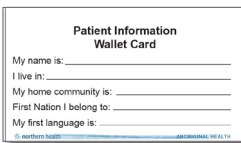
Treaty 8 First Nations Health: Protocols for Health Research Report

A 40 page report including historical context of Treaty 8 First Nations, Indigenous health perspectives, principles and protocols, and a variety of recommendations.



Community Resource Guide

This booklet was designed with physicians working in the Northeast region in mind. The booklet contains contact information for each of the First Nations and Aboriginal communities in the Northeast as well as available health services and the frequency of services the community receives.



Patient Information Wallet Cards

This resource, originally developed by the Lakes District AHIC, was adapted and implemented in the Northeast AHIC. This small wallet-size card has spaces for patient information that will assist them in communicating important health and contact information to health practitioners such as health conditions, medications, allergies, emergency contact, community health representative contact, home community, etc.



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