Reconciliation and Canada 150

On July 1st this year, the country of Canada marks 150 years since Confederation. For many, Canada Day is an opportunity to celebrate being Canadian and all that means for them. For others, it ignores the truth of colonialism and erases the 15,000 years of Indigenous history on this continent.

Michif artist Christi Belcourt, Cree activist and advocate Tanya Kappo, Métis Elder and author Maria Campbell and Anishinaabe traditional teacher and storyteller Isaac Murdoch have started @Resistance150: a social media space intended to highlight examples of history, of resistance, resilience and resurgence. It has featured prominent Indigenous artists, activists and thinkers as guest hosts, sharing a variety of content.

Learn more in this CBC article: #Resistance150: Christi Belcourt on Indigenous history, resilience and resurgence

And also this CBC article: What does Canada 150 mean for Indigenous communities?

The City of Vancouver is doing something different for Canada 150. With guidance and support from the Urban Aboriginal Peoples Advisory Committee and the city’s three Host Nations, the City is organizing an event focused on celebrating Indigenous and cross-cultural art, traditions and more. According to an article in Mcleans, “Canada 150+ launches in English Bay in mid-July with a traditional canoe welcome, followed by a nine-day arts festival in Vancouver’s downtown. Nightly headliners include acts like Cree icon Buffy Sainte-Marie, but the focus is the history and culture of the Musqueam, Squamish and Tsleil-Waututh, the three Coast Salish nations on whose unceded territories Vancouver is built.”

For more information, visit www.canada150plus.ca

Canada 150 is an opportunity to learn more about the history of Canada and Indigenous peoples and engage in a deeper conversation, one that is called for by the Truth and Reconciliation Commission.

Consider enrolling in the San’yas Indigenous Cultural Safety Online Training Program. This is a unique, facilitated online training program designed to increase knowledge, enhance self-awareness, and strengthen the skills of those who work directly and indirectly with Indigenous 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.

Think about what Canada 150 means to you!
Taking action towards cultural safety in healthcare for Indigenous people in BC

An article by Indigenous Health team members was published by the First Nations Drum, Canada’s largest First Nations newspaper, in the January 2017 edition on page 27. It is located on their website here.

The article discusses how Northern Health is taking up the challenge of building cultural safety for Indigenous people both within the structures and systems of the organization and at the front lines of health care delivery. This is occurring within the context of a changing landscape of First Nations health governance in the province that is initiating New Relationships. This article discusses how Northern Health is taking steps towards cultural safety and provides concrete examples.

Read the complete article...

Growing cultural safety in northern BC

On June 7, 2017, members of the Indigenous Health team and partners from the First Nations Health Authority, participated on a webinar as part of the FNHA and BCPSQC Cultural Safety and Humility Webinar Action Series. This webinar series supports development of tools and skills for advancing cultural safety and humility and what health service providers can do to integrate this work into their practice with Indigenous people.

The webinar presented an overview of Northern Health resources that support cultural safety, along with specific examples of resources and initiatives developed and undertaken by local Aboriginal Health Improvement Committees.

Learn more about the Action Webinar Series, check out past recordings, and watch this webinar to learn more about what is taking place in northern BC!

AHIC Gathering 2017

On May 16-17, 2017, Indigenous Health hosted the fourth annual Aboriginal Health Improvement Committee (AHIC) Gathering in Prince George. The theme of the gathering was Setting the Table - Reconciliation and Cultural Safety and included keynote addresses from Cathy Ulrich, CEO of Northern Health, Nicole Cross, Regional Director - Northern Region First Nations Health Authority, and Rose LeMay, Leader, Trainer and Coach for Indigenous Reconciliation and Wellbeing. AHIC successes, activities and resources were also highlighted.

During the two-day gathering, attendees had opportunities to participate in educational opportunities; enhance networks and partnerships; and engage in planning for the future. A summary report will be available soon and the next gathering is planned for May 2018!

National Indigenous Peoples Day and FNHA Day of Wellness events

June is National Aboriginal History Month and June 21st is National Indigenous Peoples Day (National Aboriginal Day), with many opportunities to celebrate the unique heritage, diverse cultures and outstanding achievements of First Nations, Inuit and Métis peoples in Canada.

Many local events on June 21 were supported by Day of Wellness grants from the First Nations Health Authority. An interactive map of local events across the province.

At an event hosted by Nisga’a Valley Health, they had a salmon barbeque, canoe teams, and motor boat rides. Victoria Carter from the Indigenous Health team and Coco Miller, Community Engagement Coordinator with FNHA attended on behalf of the Terrace/Kitimat and Area Aboriginal Health Improvement Committee. Thanks to Nisga’a Valley Health for the invitation!

New transit routes running on Highway 16

As part of the Highway 16 Transportation Action Plan, two new bus routes began running the week of June 19, 2017.

Burns Lake to Prince George

Tuesdays, Thursdays, and Saturdays
Burns Lake to PG departs 7 am at the Wet’suwet’en First Nation just west of the community
PG to Burns Lake departs 3 pm.
Pickup points at 7th and Dominion, UHNBC, Pine Centre and Westgate.

Burns Lake to Smithers

Mondays, Wednesdays and Fridays
Burns Lake to Smithers departs 6:46 am and arrives in Houston at 8:33 am and Smithers at 9:38 am.

The bus completes a midday round trip from Smithers to Houston then back to Smithers, starting at 11:30 am. It leaves Smithers once again 3 pm and goes all the way back to Burns Lake, arriving there at 5:53 pm.

One-way fare is $5 per segment.

A Smithers and Moricetown route began running on January 30. BC Transit said it is being used daily by many passengers.

Download the Riders Guide for the new routes.

Source: Prince George Citizen article
Spotlight on your health

**SmartMom**

SmartMom, Canada’s first prenatal education program delivered by text messaging, has launched throughout northern BC.

SmartMom, which is free of charge to women and their families, texts evidence-based messages to guide women through each week of their pregnancy, ensuring that women receive the right information and resources at the right time.

Enroll in the program by texting “SmartMom” to 12323 or by visiting SmartMom Canada.

**Respecting Tobacco**

To support World No Tobacco Day on May 31, the First Nations Health Authority launched the *Tobacco Nation* podcast series. Each of four episodes features candid and moving stories about tobacco told by First Nations people living in BC.

Listen to *Tobacco Nation* on SoundCloud

Learn more about respecting tobacco from the First Nations Health Authority

Updates from Indigenous Health

**New Resources**

Cultural Safety Poster Series

A series of four colourful posters each focusing on different aspects of cultural safety and humility. Easy to print and post in your workspace!

**Local Cultural Resources**

(Updated)

**Indigenous Health Programs and Initiatives**

**Aboriginal Health Improvement Committees**

**All AHIC Gathering 2016 Report**

AHIC Webinars

Indigenous Health is working on a series of webinars to introduce the communities that make up the Aboriginal Health Improvement Committees (AHICs) including the local cultural resources they have developed.

The first webinar was on January 25, 2017 and introduced the North Coast AHIC and highlighted a viewing and discussion of a video produced by this AHIC: Honouring Our Journey.

The second webinar was on April 25, 2017 and introduced the Terrace/Kitimat and Area AHIC. It included rich discussion by AHIC members of several questions on cultural safety.

Webinar recordings are available on the Indigenous Health website. The next webinar is being planned for this summer.

Featured Indigenous language: Tlingit

This issue we are featuring Tlingit spoken in northwest BC in the Atlin area, southwest Yukon and southeast Alaska. Tlingit is a branch of the Na-Dene language family.

To learn more about Tlingit and to hear recordings of words, phrases and stories, visit the Tlingit Language website (http://tlingitlanguage.com).

<table>
<thead>
<tr>
<th>Tlingit</th>
<th>English</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wáa sá i yatee?</td>
<td>How are you?</td>
</tr>
<tr>
<td>Xat yak’ei.</td>
<td>I am fine.</td>
</tr>
<tr>
<td>Yak’ei yee ḥwats’eeni</td>
<td>It’s good to see you all.</td>
</tr>
<tr>
<td>sh tōogaa xat ditee</td>
<td>I am grateful.</td>
</tr>
<tr>
<td>aaaa, gunalchéesh</td>
<td>Yes, thank you.</td>
</tr>
<tr>
<td>Wáa sá iduwasāakw?</td>
<td>What is your name?</td>
</tr>
<tr>
<td>K’oox yóo xat duwasāakw</td>
<td>My name is K’oox.</td>
</tr>
</tbody>
</table>
Upcoming events

View our online events calendar for all upcoming events.

Respect, Healing, Dignity and Care - Summer Institute
July 8-15, 2017 Vancouver, BC

World Indigenous Peoples Conference on Education
July 24-29, 2017 Toronto, ON

S'TENISTOLW Indigenous Adult Education Conference
August 23-25, 2017 Victoria, BC

National Gathering of Elders
September 11-14, 2017 Edmonton, AB

Community corner

Kitselas AHIC Celebration

On June 8th in Kitselas, the Terrace/Kitimat and Area AHIC came together with community, NH and other sectors to learn about and celebrate three community-based mental wellness initiatives. Kitselas presented its Youth Wellness Video and received strong support and words of encouragement for their work from those present. Nisga’a Valley Health presented on their family wellness conference and how they are incorporating traditional roles and teachings into their programs. The Gitxsan West communities spoke about the project re-igniting Gitxsan culture with mental health and the exciting prospects this discussion is bringing forward. Thank you to Kitselas for hosting this inspiring event.

Recruitment Corner

The First Nations health Authority recently published an updated version of their Health Careers Guidebook. Share this amazing resource with someone exploring their career options!

Resources

Indigenous Cultural Safety Collaborative Learning Series (PHSA Indigenous Health and the Southwest Ontario Aboriginal Health Access Centre)
Webinar recordings available online.

Cultural Safety and Cultural Humility Webinar Action Series (FNHA and BCPSQC)
Upcoming webinars and recordings of past ones available online.

UBC Learning Circle (Centre of Excellence in Indigenous Health) Upcoming webinars and recordings of past ones available online.

Tackling Poverty in Indigenous Communities in Canada (NCCAH) This paper briefly examines the breadth and depth of poverty in Indigenous communities using standard economic indicators.

Land, Family and Identity: Contextualizing Metis health and well-being (NCCAH) This report weaves together a timeline of Metis in Canada, highlighting how kinship, culture, sovereignty and governance are critical to Metis identity and health and well-being.

Considerations for Indigenous child and youth population mental health promotion in Canada (NCCAH)

Housing as a Social Determinant of First Nations, Inuit and Métis Health (NCCAH) This fact sheet provides a review of the living and housing conditions of Indigenous households in Canada.

Effective knowledge translation approaches and practices in Indigenous health research: a systematic review protocol

International Journal of Indigenous Health Volume 12, Issue 1
This issue presents seven research-based articles that explore some of the health challenges, capacities, and opportunities experienced by Indigenous peoples in Australia, Canada, and New Zealand.