

INDIGENOUS HEALTH

Local Cultural Resources

DEVELOPED BY
ABORIGINAL/INDIGENOUS
HEALTH IMPROVEMENT
COMMITTEES 2014-2019



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northern health
the northern way of caring

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INTRODUCTION

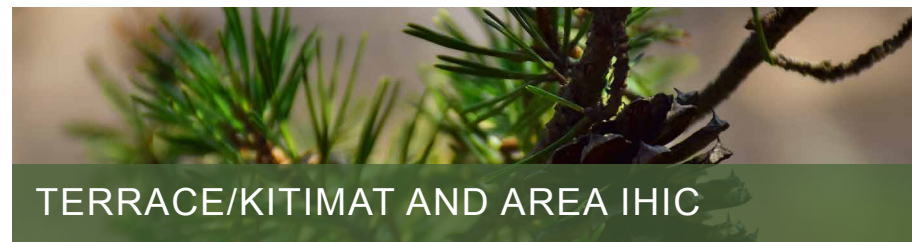
Aboriginal/Indigenous Health Improvement Committees (A/IHICs) are action-oriented, collaborative groups that work together to support health and wellness for Indigenous people, families and communities in northern BC. They include local representatives from Indigenous communities and organizations, the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

In 2014-2015, Northern Health and the Aboriginal/Indigenous Health Improvement Committees (A/IHICs) 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 2019.

This booklet provides a summary of the cultural resources developed by A/IHICs from 2014-2019. The projects focus on improving health care experiences of Indigenous peoples and communities by using these local cultural resources to support increased knowledge, understanding, and cultural competency of health care practitioners that provide care to Indigenous people, families, and communities in the north.



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, Gitxsan and Tahltan Nations near Terrace and Kitimat.



Cultural Practices Around Critical Illness and Death

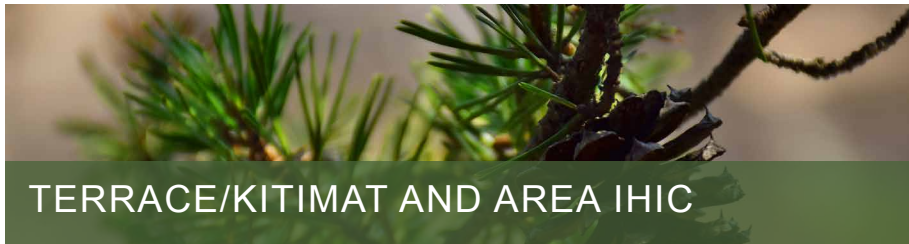
This 27 minute video provides information for health providers about cultural practices around illness and death from First Nations speakers from the Haisla, Nisga’a, Tsimshian, Gitxsan and Tahltan Nations near Terrace and Kitimat.



Kitselas Youth Wellness

This video was created by the Kitselas Health Department as part of an IHIC 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.





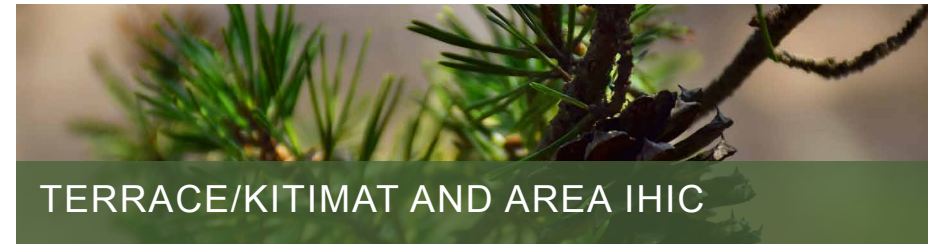
Conversations on Death and Dying with Kitselas First Nation

In this 30 minute video developed by the Kitselas First Nation as part of an IHIC initiative, Kitselas members talk about death, dying, traditions, grief and resiliency.



Webinar: Introducing the Terrace/Kitimat and Area IHIC

This webinar featured a discussion with IHIC members on four questions: 1) How does this IHIC 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 IHIC? 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 Gitwinksiilkw as part of an IHIC 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.



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.

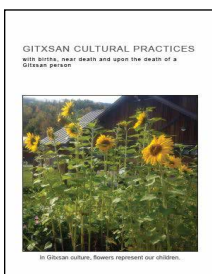


TERRACE/KITIMAT AND AREA IHIC



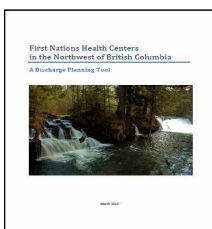
Gathering at Kitimat General Hospital

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.



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

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



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.

TERRACE/KITIMAT AND AREA IHIC



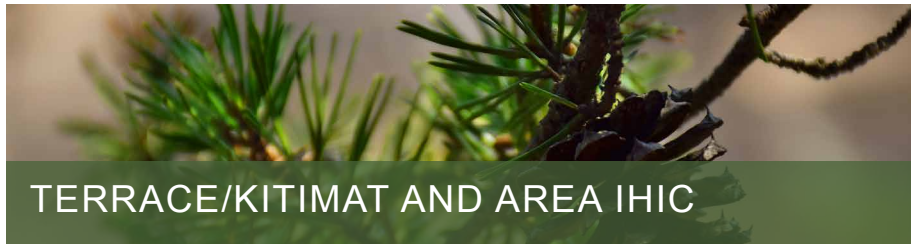
Gitxsan West: Reigniting Culture with Mental Health

A traditional Wellness model is being created by the Gitxsan West communities of Gitwángak, Gitanyow and Gitsegukla as part of an IHIC 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 and this information has been documented. Cultural knowledge holders have attended the Applied Suicide Intervention training and Medical First Aid to help build their understanding of the Western Mental Health system of care in order to match it with the Gitxsan equivalent system of cultural care as they move forward in their planning. They are working with a facilitator to develop a plan for communities to use with the health programs and social planning and have been sharing this information with communities as it develops.



Trauma Informed Practice Training

Training was held for NH and community staff in addition to the IHIC for April 2019. These sessions by Marika Sandrelli provided training and tools to front-line staff in understanding and supporting clients who have experienced trauma.



TERRACE/KITIMAT AND AREA IHC



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 IHC



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 - Ts'im Gwila Room

A sacred space was created in Wrinch Memorial Hospital to provide a safe, quiet sanctuary for folks with the purpose of worship, connecting, clearing, honouring, wellness, healing and reflecting. The name of this room "Ts'im Gwila" means "In the Blanket". This room is available 24/7 for patients, visitors and staff and is designed to represent the elements - water, fire, earth and light. The room is decorated with Indigenous art.



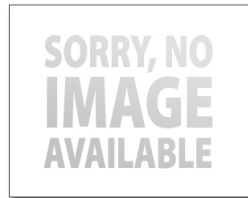
Wit'suwet'en Art for Bulkley Valley Facilities

James Madam, Gitdumden clan, a prominent local Wit'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 Wit'suwet'en will be hung in the Bulkley Valley District Hospital to highlight the local Indigenous language.



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.



Cultural Learning Sessions

Local Wit'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. Events have been held in Smithers and the Hazeltons for the past 3 years. Cultural dancers performed and a traditional meal was served.



Sharing Feasts

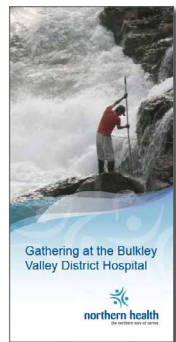
The IHIC hosted a semi- traditional feasts in Sik-e-Dakh and in Gitsegukla with over one hundred participants at each event to share about how the IHIC, NH Indigenous Health and FNHA and local health centers are listening and responding to the requests of community. It's an excellent approach for health care providers to consider if they want to share information with the community in a culturally relevant manner.





Dease Lake Youth Mental Health Journey

This event brought together stakeholders to map out the journey of youth experiencing a mental health and addictions crisis in the True North in order to identify strengths and opportunities. A report is available.



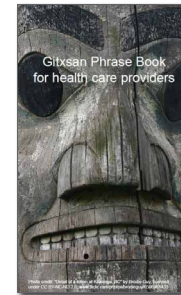
Gathering at the Bulkley Valley District Hospital

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.



Trauma Informed Practice

Trauma informed practice training was held for NH and community staff by Dr. Linda O'Niel. Additional training by Marika Sandrelli is planned for May 2019.



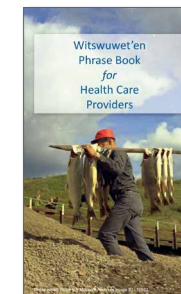
Gitksan Phrase Book Volume I

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



Gitksan Phrase Book Volume II

This Gitksan phrase book provides new words and phrases focusing on body parts and functions. It is meant to assist physicians and nurses in providing culturally safe care.



Witsuwet'en Phrase Book for Health Care Providers

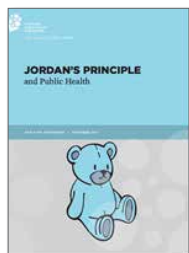
This booklet is in development and will be a gift to health care providers at Bulkley Valley Hospital from the Northwest East Indigenous Health Improvement Committee to honour and support their ongoing commitment to cultural safety for Witsuwet'en people. It is pocket sized making it more accessible and easy to use as you interact with your patients.





Hospital Cultural Safety Tours

IHIC members toured two hospitals in Prince Rupert and Haida Gwaii to offer insights on ways to enhance cultural safety.



Jordan's Principal Funding

Small amounts of the funding was used by communities to support children and families who could otherwise not be able to access support.



Historial Photos

Ten historical photos were selected by the IHIC, that represent positive historical memories for Indigenous people. These are hung at Acropolis Manor and Prince Rupert Regional hospital. A launch was held to celebrate their unveiling which honored local culture and traditions.



A Totem Pole Raising

A totem pole raising was held on June 23, 2018 in Haida Gwaii. The IHIC contributed to this monumental event.



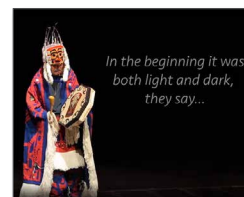
Haida Gwaii Knowledge Sharing Events

The XaaydaGa Dlaang Society (Skidegate Health Centre), NH and FNHA hosted a knowledge sharing event for health care practitioners in order to promote awareness, relationship building, and cultural safety and humility. Herb George (Satsan) provided a talk on the Indian Act. Traditional Haida foods were provided. This set the tone for future engagement and collaboration.



See Me Beautiful Event

This decolonizing and reconciliation event brought together Elders and front-line workers to discuss healing and prevention of abuse. A report is available.



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.





NORTH COAST IHIC



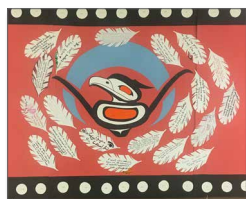
Webinar: Introducing the North Coast Aboriginal Health Improvement Committee

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



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. 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 A/IHIC members as part of the First Nations Health Authority campaign.



QUESNEL AND AREA IHIC



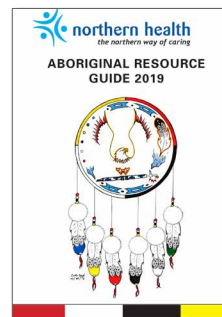
Juniper Picking Field Trip

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 Indigenous 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.



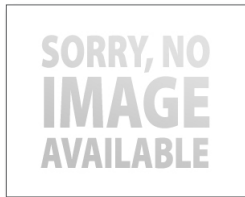
Experiential Learning Cultural Safety Workshops

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

Updated in 2019, this handbook was developed with information on the local First Nations communities.



Quesnel Tillicum Society Annual Culture Camp

The Quesnel and Area A/IHIC 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.



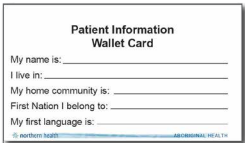
Tea and Bannock Days

Cooks from each of our four local Communities will come to Dunrovin Park Lodge to make bannock for the staff and residents. This will include a demonstration of how bannock is made and allow residents to ask questions and learn more about local traditional foods.



Medicinal Plants Booklet

Local communities have been provided with DSLR cameras to take photos and work on write ups to describe local medicinal plants. The information will then be compiled into one booklet that will be a resource for community members as well as health care providers.



Patient Information Wallet Card

This resource, originally developed by the Lakes District A/IHIC, was adapted and implemented by the Quesnel and Area A/IHIC. 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.



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..

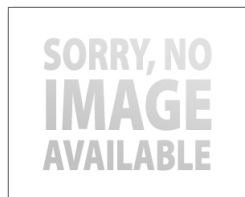


QUESNEL AND AREA IHIC



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

Discharge Planning Resource Sheets

This resource provides information on First Nations Health Centres in the Prince George and Area AHIC area for the communities Tsay Keh Dene Nation, Kwadacha Nation, McLeod Lake Indian Band, and Lheidli T'enneh First Nation. The pages include services and contact information to support discharge planning from Northern Health facilities back to First Nations communities.



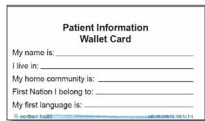
Welcome Sign in the University Hospital of Northern BC

An art piece, that includes a welcome in Carrier, is displayed in the main entrance/foyer of UHNBC to highlight the local Indigenous language and acknowledge the traditional territory of the Lheidli T'enneh on which the hospital sits. Welcome Signs have been distributed to various organizations in town that provide health services, such as Blue Pine Clinic, Foundry, and the Northern Medical Program at UNBC.



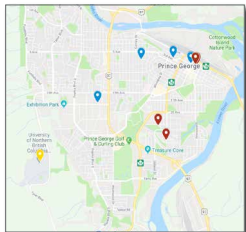


PRINCE GEORGE AND AREA AHIC



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Food Asset Map

A Google map intended to create an easily accessible and easy-to-use resource to locate free or low cost food or food items in Prince George. This resource is still in development, but will feature a Google map and accompanying brochure.

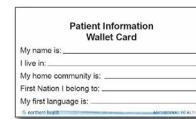


LAKES DISTRICT IHIC



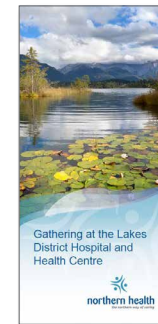
Lakes District of Northern BC Map

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

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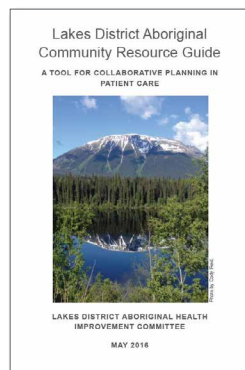


Gathering at Lakes District Hospital

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 IHIC



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.

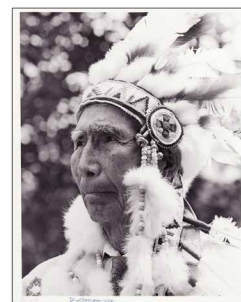


Interactive Cultural Archives “Giving the past a future”

An interactive kiosk that promotes, illustrates and educates in an easy, intuitive and enjoyable way using vivid images, descriptive text, photos, audio and videos will be placed in the Lakes District Hospital. This kiosk will feature the First Nations communities in and around the Lakes District.

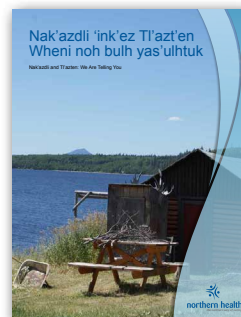


OMINECA AHIC



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.



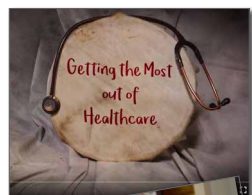


OMINECA AHIC



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..



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?'

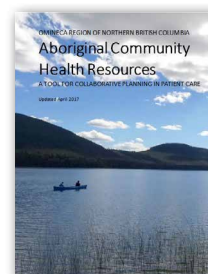


Food Gathering Field Trips in Stella'quo

Canning and nutrition workshops including preparation of traditional foods.

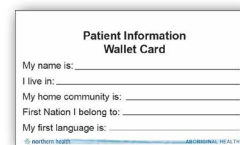


OMINECA AHIC



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.



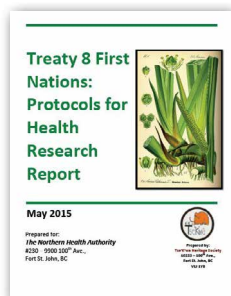
Patient Information Wallet Cards

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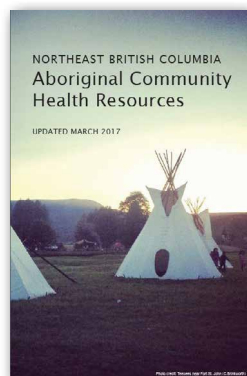


NORTHEAST AHIC



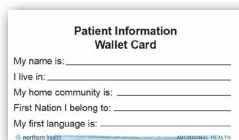
Treaty 8 First Nations Health: Protocols for Health Research Report

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.

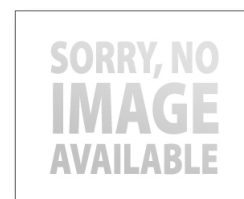


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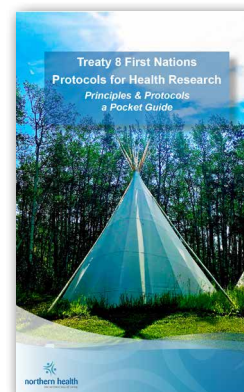


NORTHEAST AHIC



Advice to healthcare providers

This video is an introduction to the First Nations communities in the Northeast on Treaty 8 territory, with aerial shots of each community. The video also features Elders and other community members providing advice they would want to give to their healthcare providers, and talking about their experiences with the healthcare system.



Treaty 8 First Nations Protocols for Health Research: Principles & Protocols a Pocket Guide

This resource comes from the Northeast Aboriginal Health Improvement Committee Treaty 8 First Nations: Protocols for Health Research Report that was completed in May 2015. This resource is intended for healthcare practitioners and outlines health-related principles and protocols when working with Treaty 8 First Nations communities.





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