



Northern Health Updates

Indigenous Health

Winter 2020

A/IHICs win award for excellence in quality

[Indigenous Health](#) would like to extend a huge congratulations to the [Aboriginal/Indigenous Improvement Committees](#) (A/IHICs), this year's winner for the [BC Patient Safety and Quality Council's](#) (BCPSQC) [Award for Excellence in Quality: Getting Better](#). The Getting Better award celebrates projects that have improved care for acute illness or injury.

Initiated in 2005, the A/IHICs are action-oriented groups that support health and wellness for Indigenous Peoples, families, and communities in Northern BC. They facilitate learning about each other's realities and opportunities while connecting grassroots organizations and individuals with health leaders and practitioners. The objectives are to build connections by providing opportunities for new and stronger relationships, increase cultural

understanding between communities and sectors, and incorporate Indigenous Peoples' perspectives and experiences.

The A/IHICs have brought together NH, First Nations Health Authority (FNHA), and Indigenous health community members to identify health care priorities and work together towards solutions. The result is an environment of teamwork where collaborating, understanding, and trust have grown in communities throughout Northern BC.

With modest funding, the committees have improved health care experiences for Indigenous Peoples through process/[patient journey mapping](#), implementing priority issues, and developing [local cultural resources](#). The committees have collectively developed over 65 resources and initiatives that support increased understanding of local Indigenous communities, cultures and barriers

Highlights

UNDRIP formally enshrined into BC law

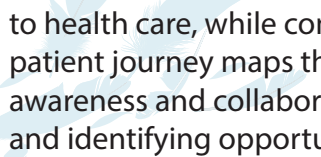
Haida emojis for the digital age

BC Law Society first to require all lawyers to take cultural competency training

BC Patient Safety and Quality Council signs Declaration of Commitment to Cultural Safety

Dr. Nadine Caron appointed as new UBC Chair in cancer and wellness





to health care, while completing more than 25 patient journey maps that contribute to enhanced awareness and collaboration for addressing gaps and identifying opportunities in health care.

Going beyond culturally safe health care, some resources created by the A/IHICs focus on strengthening communities in rebuilding their cultures and practices. The Métis A/IHIC funding, for example, supported initiatives such as housing, post-secondary education, Indigenous skills and employment, public health disease surveillance, health and data sharing agreements, and cancer resources.

The committees have addressed many challenges and remind each other to be “tough on the issues but gentle with each other,” a phrase borrowed from the work done by [First Nations Health Authority](#). The cultural resources have shaped service delivery changes, and facility design and policy changes among health care providers from various sectors. The stories patients have told through patient journey mapping have been instrumental in influencing changes in policy and practice and creating more welcoming spaces for Indigenous Peoples.

The A/IHICs will be recognized for their achievements at the February [Quality Forum](#) in Vancouver with an honorary plaque in addition to receiving a \$2500 prize. —

UNDRIP formally enshrined into BC law

British Columbia is the first province in Canada to formally adopt the *United Nations Declaration on the Rights of Indigenous Peoples* (UNDRIP) into law.

Bill 41 was passed unanimously in November 2019, and ensures policies and laws within the British Columbia provincial government are in harmony with UNDRIP.

What is UNDRIP?

UNDRIP consists of 46 articles which were ratified by the United Nations (UN) member nations that recognize basic human rights of Indigenous Peoples,

along with rights to self-determination.

First introduced at the UN in 2007, 144 countries adopted UNDRIP while 11 countries abstained, and four voted against the declaration. The four countries that voted against UNDRIP were Canada, Australia, New Zealand, and the United States of America.

The Canadian government endorsed UNDRIP in 2010, but the Declaration is still not legally binding at the federal level.

What does implementing UNDRIP actually entail?

BC's Bill 41, which was developed collaboratively with the [First Nations Leadership Council](#), mandates that each provincial government department create an action plan and provide annual reporting on their progress toward fulfilling the rights specified in the declaration.

Most importantly, Bill 41 gives government departments the authority to share decision making with Indigenous communities, removing any roadblocks to “free, prior, and informed consent” as spelled out in UNDRIP.

The BC government said that the legislation will help to create a framework for shaping policies from child welfare, to the environmental assessment process, and provide guidance for industries conducting business in Indigenous territories.

What next?

The impact of Bill 41 will depend on how the current and future provincial laws, policies, and ministry mandates comply with UNDRIP. Bill 41 presents the provincial government with an opportunity to reach high-level and strategic agreements with Indigenous governing bodies, and to reduce conflict at an operational level.

The Northwest Territories is also expected to pass similar legislation in the coming year.

You can read more about Bill 41 and UNDRIP [here](#). —

Haida Emojis for the digital age



Renowned Haida artist, Jaalen Edenshaw, was inspired by his children to create a new suite of Haida emojis, now available through the iOs app store.

Emojis are used across the globe and work like compressed shorthand for feelings and feedback on social media platforms as well as in texts and emails. Some experts argue that emojis are transforming communications styles and even replacing some words.

First launched in 1999, emojis have come a long way in terms of diversity. Over the years, Apple has released updates to its emoji keyboard to include people of colour, different religions, and family types. Last year, Indigenous youth in Australia created the first ever Indigenous emojis in that country.

While Edenshaw had never used an emoji himself, he saw his children use them to communicate with friends and family and saw an opportunity for these to resonate with Haida youth.

Edenshaw drew inspiration for the emojis from Haida weaving and art. The new set of emojis include word bubbles and the standard bright yellow faces typical of emojis with the addition of Haida features.

While Edenshaw hopes the emojis will be embraced by Haida people young and old, he knows the limits of digitization.

In an interview with CBC Daybreak North, Edenshaw noted that he doesn't think the emojis themselves are going to make a major change with Haida culture. However, they help keep the stories accessible.

If you would like to start using the emojis in your digital communications, you can download the keyboard extension for iPhones [here](#). ➡

BC Law Society first to require all lawyers to take cultural competency training

The [Law Society of British Columbia](#) is the first in the country to require all practicing lawyers to undergo cultural competency training.

The move comes as a response to gaps in legal education identified by the [Truth and Reconciliation Commission](#) (TRC).

Beginning in 2021, training will include knowledge of the history of Indigenous-Crown relations, the history and legacy of residential schools, as well as, specific legislation regarding Indigenous Peoples in Canada.

Lawyers will have up to two years to complete the mandatory course. ➡

Upcoming Events

Gathering our Voices
March 16-19, Kamloops

Northern Substance Use Education Forum
March 17-19, Prince George

Pink Shirt Day
February 27

International Women's Day
March 8

World Water Day
March 22



BC Patient Safety and Quality Council signs Declaration of Commitment to Cultural Safety

The [BC Patient Safety and Quality Council](#) (BCPSQC) and [First Nations Health Authority](#) (FNHA) have signed a [Declaration of Commitment to Cultural Safety and Humility for First Nations People in BC](#).

The BCPSQC provides leadership to ensure that all BC residents receive high-quality, person-centred care. *The Declaration* was signed by both parties on November 25, 2019, and recognizes the leadership role of both organizations in championing cultural safety and humility within the provincial health care system.

BCPSQC is the latest organization to sign a declaration on cultural safety and humility with FNHA. Other signatories include:

- [BC Ministry of Health and each of BC's six health authorities](#)
- All [regulators](#) that govern health professionals working in British Columbia
- [Providence Health Care](#) (the Catholic health organization)
- The BC Coroner's Service
- BC Ministry of Mental Health and Addictions
- [Emergency Management BC](#)
- Indigenous Services Canada, Health Canada,

and the Public Health Agency of Canada

- [BC College of Family Physicians](#)
- [Pacific Blue Cross](#)
- Federation of Optometric Regulatory Authorities of Canada —

Dr. Nadine Caron appointed as new UBC Chair in Cancer and Wellness



Dr. Nadine Caron, the first female Indigenous surgeon in Canada, has been appointed to a newly created position at the University of British Columbia dedicated to improving cancer outcomes and wellness among Indigenous Peoples.

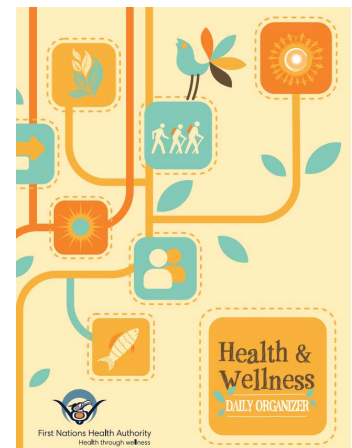
Dr. Caron will study the experiences and unique needs of Indigenous cancer patients, survivors, and their families in her role as the First Nations Health Authority Chair in Cancer and Wellness. Throughout her five year term, Dr. Caron will collect and report on Indigenous cancer experiences and outcomes with an aim to better understand the health care system's responsiveness to Indigenous cancer care needs.

In an interview with CBC Daybreak North, Dr. Caron noted that this is an opportunity to merge Western medicine with Traditional Indigenous healing practices to improve cancer outcomes. In addition, another part of her focus will be on wellness. Dr. Caron plans to meet with Indigenous communities to figure out if wellness should be measured in the traditional academic sense or if there could be a new way to look at it.

Dr. Caron, who lives in Prince George, already serves as the co-director of UBC's Centre for Excellence in Indigenous Health as well as providing surgical cancer care to rural populations.

Listen to her full interview with CBC Daybreak North [here](#). —

SPOTLIGHT ON YOUR HEALTH



[FNHA](#) has released a handy Health & Wellness Daily Organizer to help you stay accountable to your New Year's wellness goals!

The organizer helps you to develop, track, and reflect on any goals you might want to accomplish. The organizer allows you to move at your own pace

and encourages small steps that add up to help you make bigger, life-long changes. [Download](#) your free copy today! ➡

UPDATES FROM INDIGENOUS HEALTH

Please note that the phone numbers for three Indigenous Health team members have recently changed.

Kelly Giesbrecht
250-640-2478

Jessie King
250-617-8251

Shelby Petersen
250-640-5796

Up-to-date contact information is always available on the Indigenous Health website: www.indigenoushealthnh.ca/about-us/our-team ➡



FEATURED INDIGENOUS LANGUAGE

Nak'azdli Dakelh

Nak'azdli is located where Stuart River meets the beautiful shores of Nak'al Bun (Stuart Lake) in Central British Columbia. Nak'azdli Whut'en First Nation is made up of approximately 1500 on and away from home members.

To learn more about Nak'azdli Dakelh language and to hear recordings of words, phrases, stories and songs, visit the [First Voices portal](#). ➡

"Ndi duni kechun nohni nahgelh," ni 'uba.	"You both pack the moose legs," said father.
Ndi 'utsung ooka' ninzun eh? Awundooh musi.	Do you want this meat? No thanks.
"Ntsit taba 'oosjas," ni 'utsiyan.	"I am fishing down by the shore," said grandfather.
bai danghun te yundot'en 'et khit te ulhyul nadlih.	In the summer the weasel is brown , then it turns white in the winter.
'Ahoohyiz ludi gaih usnai.	I always drink plain tea.
'Aih be nuhudidulh te, kesgwutcho be nahut'us.	Whenever they get ready to use snowshoes they put on mukluks.

Resources

Access to health services as a social determinant of First Nations, Inuit and Métis health



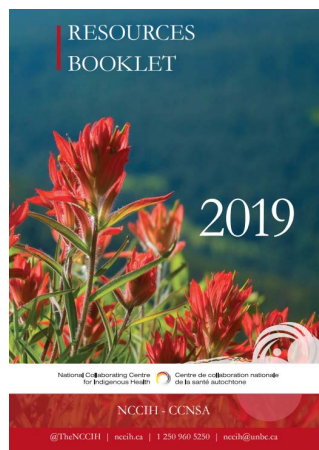
▲ Access to health services is widely acknowledged as a determinant of health. This [fact sheet](#) explores how accessibility, availability and acceptability of health services impact the health and health outcomes of Indigenous peoples across Canada.

NCCIH interactive timeline



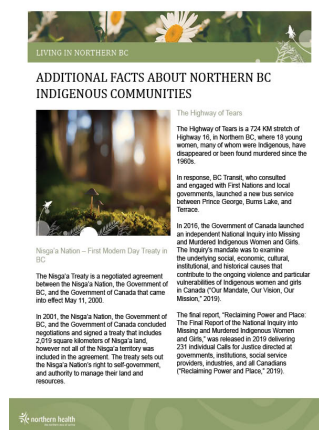
▲ This [interactive timeline](#) reviews the history of the NCCIH from 2015 to the present.

NCCIH 2019 resource booklet



▲ This [resource booklet](#) provides an overview of the activities, mandate, and publications of the National Collaborating Centre for Indigenous Health (NCCIH).

Additional facts about Northern BC Indigenous Communities



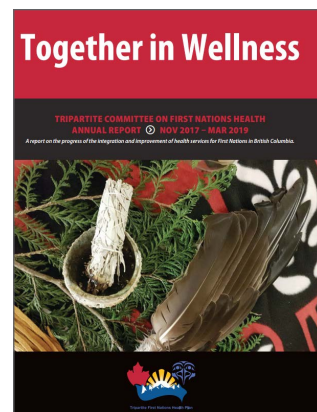
▲ This four page [fact sheet](#), produced by the Indigenous Health team, provides readers with helpful facts about the many, diverse Indigenous peoples in Northern British Columbia.

Culturally safe and respectful relationships in health care



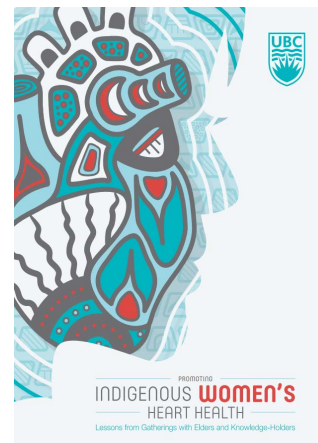
▲ This four page [fact sheet](#), produced by the Indigenous Health team, reviews cultural safety, what it means for health care providers, and gives an overview of the Indigenous Health team's role within Northern Health.

Together in wellness



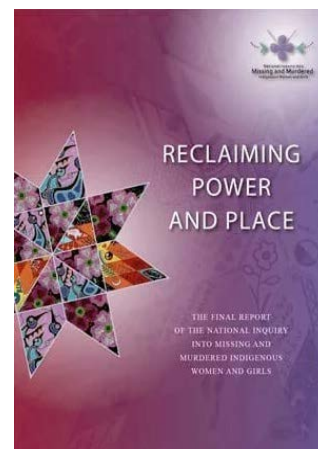
▲ This [report](#) is the latest annual report for the Tripartite Committee on First Nations Health and covers an extended period from November 2017 to March 2019.

Promoting Indigenous women's heart health



▲ This [booklet](#) summarizes a one-year project involving stakeholder consultations with Elders from local Indigenous communities.

Reclaiming power and place



▲ The [report](#) delivers 231 individual Calls for Justice directed at governments, institutions, social service providers, industries and all Canadians.