



Northern Health Updates Indigenous Health

Spring/Summer2022



Welcome

In this Issue we welcome new members to the Indigenous Health team and highlight innovative projects and initiatives underway supporting culturally safe health care delivery in Northern Health (NH). We also feature two new animated videos for health care professionals launched in March and May 2022 produced by Indigenous Health, NH, and the National Collaborating Centre for Indigenous Health (NCCIH) entitled *Compassion-Informed Care* and *Preparing for Respectful Conversations*.

National Indigenous History Month

June is National Indigenous History month with June 21st being National Indigenous People's Day. This month, which was established in 2009, is intended to support learning about and celebration of the First Nations, Metis and Inuit peoples and communities across Canada.

Since 1996 Canada has also celebrated what was historically known as National Aboriginal Peoples Day. In 2017 the name was updated to National Indigenous Peoples Day to reflect broader social-political shifts in terminology pertaining to Indigenous people.

On June 21, 2022, there will be celebrations in communities throughout the North. Some of these events can be found on the [Celebrate Canada website](#). (Tip: Use the event filter and a community keyword to view local events.)

Highlights

New Vice President Indigenous Health welcomed to Northern Health

Renewed Northern Partnership Accord signed by Northern First Nations Health Partnership Committee

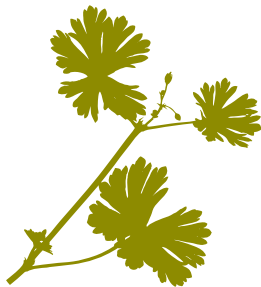
Notable Indigenous people and groups from Northern BC





Nicole.Cross@
northernhealth.ca

250-645-3141



New Vice President Indigenous Health Welcomed to Northern Health

On April 1, 2022 Nicole Cross was welcomed and began her tenure as the new Vice President Indigenous Health, NH.

Nicole Cross | Noxs Ni'isYuus was born and raised in Northern BC. She belongs to the Nisga'a Nation and raised by the community of Laxgalts'ap and the House of Niisyuus. Nicole comes to Northern Health (NH) from her previous position as Assistant Deputy Minister of Indigenous Health within the Ministry of Health BC. Nicole is a dedicated health professional with a Master of Health Administration (MHA; UBC).

At the same time, the organization expressed deep appreciation and extended well-wishes to Dr. Margo Greenwood, outgoing Vice President Indigenous Health. Dr. Greenwood served NH in this capacity for eight years. She will continue to work with NH in her role as the Academic Leader of the National Collaborating Center for Indigenous Health (NCCIH) hosted by the University of Northern British Columbia (UNBC). Margo will be greatly missed but leaves an exceptional legacy with the organization including a clear vision and direction to support the continuous improvement of culturally safe health care services for Indigenous peoples of the North.

Renewed Northern Partnership Accord signed by Northern First Nations Health Partnership Committee

The First Nations Health Authority, Northern Health, and the Northern Regional Caucus representing 55 First Nations communities in the North formally renewed their collective commitment to optimizing the health and well-being of First Nations through the signing of the updated Northern Partnership Accord (NPA). After the close of a voting process that demonstrated community endorsement of the renewed agreement, a signing ceremony was held in Prince George on May 10, 2022 to celebrate, acknowledge, and renew the partnership commitment to each other and to Northern First Nations communities.

The Northern Partnership Accord was originally signed in 2012. The 2022 version of the document reflects “ongoing growth, evolution, and strengthening of the partnerships and directs the development of joint work plans to support the implementation of their shared priorities... [i]n signing the Accord, the partners have committed to improving health and wellness services accessed by First Nations in

the Northern Region, and will work within their part of the health system to support the work under the Accord” (FNHA, 2022, p. 3).

The Northern First Nations Health Partnership Committee (NFNHPC) is the key oversight committee for the NPA and the implementation of the Northern First Nations Health and Wellness Plan which strives to address the priorities of northern FN communities in partnership between FNHA, NHA and nations. This work also further assists us in working collaboratively in upholding and addressing Recommendations from In Plain Sight and the Truth and Reconciliation Commission of Canada Calls to Action as well as the Articles set forth in the United Nations Declaration on the Rights of Indigenous Peoples.

The most recent meeting of the NFNHPC was held on April 7, 2022 followed by a Communique outlining five key priority items discussed at the meeting including the NPA, crisis response, mandate letters from the Ministry of Health to the Health Authorities, Primary Care and Mental Wellness Substance Use Working Groups, and Indigenous Patient Liaisons.

Notable Indigenous people and groups from Northern BC

Snotty Nose Rez Kids

Snotty Nose Rez Kids are a First Nations hip hop duo composed of Haisla rappers Darren “Young D” Metz and Quinton “Yung Trybez” Nyce. They are originally from Kitamaat Village, British Columbia, and currently based in Vancouver.

They have been nominated for:

- 2019 - Polaris Music Prize
- 2019 - Juno Award for Indigenous Artist or Group of the Year
- 2022 - Juno Award for Contemporary Indigenous Artist of the Year

Eden Robinson

Eden is an author born in Kitamaat, British Columbia, she is a member of the Haisla and Heiltsuk First Nations.

Her literary works include:

- 1996 - *Traplines*
- 2000 - *Monkey Beach*
- 2006 - *Blood Sports*
- 2011 - *Sasquatch at Home: Traditional Protocols & Modern Storytelling*
- 2017 - *Son of a Trickster*
- 2018 - *Trickster Drift*
- 2021 - *Return of the Trickster*

Awards and Nominations:

She won the Ethel Wilson Fiction Prize in 2001 for *Monkey Beach*, and the Writers’ Trust Engel/Findley Award in 2016 for her body of work. In 2017 she was named a recipient of the \$50,000 Writers’ Trust Fellowship.

Son of a Trickster was shortlisted for the 2017 Scotiabank Giller Prize. *Trickster Drift* won the Ethel Wilson Fiction Prize at the BC Book Awards on May 11, 2019.

Son of a Trickster was selected for the 2020 edition of Canada Reads, in which it was defended by actress Kaniehtiio Horn.



Terry Teegee

Terry Teegee, is the elected Regional Chief of the British Columbia Assembly of First Nations and proudly serving his second term in this position. Terry's ancestry is Dakelh, Gitksan and Sekani descent and is a member of Takla Nation. As a former Registered Professional Forester, Terry was responsible for looking after the forests, forest lands and forest resources. Terry is deeply involved in natural resources development and the pertaining policies. As Regional Chief, he was an instrumental voice in the development and historic passing of the *Declaration on the Rights of Indigenous Peoples Act* (DRIPA).

Terry's strong leadership, both provincially and nationally, was vital on the following portfolios and issues:

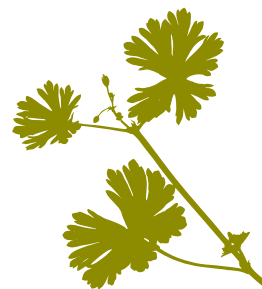
- AFN Chair on the United Nations Declaration on the Rights of Indigenous Peoples Implementation Committee
- AFN Representative on the UN Convention of Biodiversity
- Co-Chair for the Champions Table with BC Business Council
- Co-Chair of the AFN National Fisheries Committee
- Co-Lead on the AFN Justice and Policing Portfolio
- Member of the BC First Nation Gaming Commission
- Tripartite Working Group (TWG) member to implement Bill C-92, Indigenous Child Welfare Jurisdiction Bill to implement the Commitment Document Provincially

Sophie Thomas

A member of the Saik'uz First Nation, which is a part of the larger Carrier Nation. She was a traditional healer, and sadly passed away in 2010. Her legacy lives on through the book "Plants and Medicines of Sophie Thomas".

A sample of her achievements include:

- 1987 - Presenter- Founding Conference of Naturopath Association of Seattle
- 1993 - Woman of the Year, Carrier Sekani Tribal Council
- 1997 - Honorary Membership, "Canadian Research Institute for the Advancement of Women"
- 2000 - Video "Warmth of Love - The Four Seasons of Sophie Thomas" produced by Terry Jacks





Indigenous Health - Education Update

Recommendations from the In Plain Sight report are integrated into Northern Health's change agenda. In response to these Recommendations the Cultural Safety and Anti-Indigenous Racism Education Strategy in Northern Health document developed by Indigenous Health articulates components of an approach for the provision of cultural safety education and training NH staff and physicians. The intent of the Strategy is to support the provision of culturally respectful and safe health care services within NH.

The Education Strategy is comprised of 5 pillars of activities. They are:

1. Orientation
2. Respectful Relationships Culturally Safe Indigenous Health Care: A Series of Learning Modules
3. On the land cultural experiences
4. Tailored cultural safety and anti-Indigenous racism workshops
5. Professional development

A new 20-hour, asynchronous (self-paced) online cultural safety curriculum for the organization entitled Respectful Relationships: Culturally Safe Indigenous Health Care was piloted from February 17 – April 30, 2022 with approximately 40 individuals from clinical and regional programs across NH enrolled in the course and providing course evaluations.

The overarching goals of the 4-module curriculum are to:

- Understand cultural safety in context of respectful relationships.
- Gain understand of the roles of past event in contemporary realities for Indigenous peoples.
- Acquire and enhance critical self-reflection in practice.
- Develop, enhance and deepen understanding through the practical application of the skills and knowledge gained in this learning series to case studies and scenarios.

The course was developed in partnership between NH and the National Collaborating Centre for Indigenous Health (NCCIH) with technical and financial support provided by the University of British Columbia. The course will be offered through Continuing Studies, UNBC. NH Indigenous Health and the NCCIH are currently revising course content following review of evaluative feedback from the pilot phase. The course is anticipated to be available in Summer 2022 to all NH staff and physicians wishing to register for this educational opportunity. The course will CME accredited (Group Learning Credits).

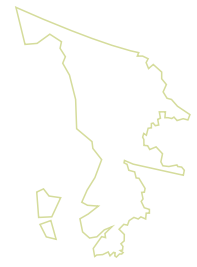
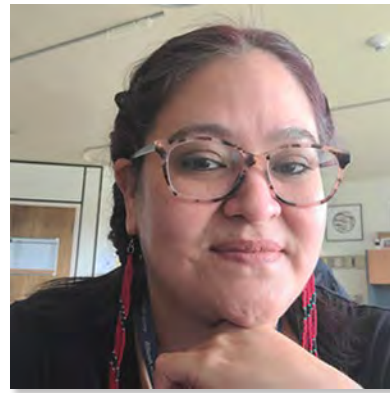
To supplement the online curriculum a series of 10 interactive workshops will be offered to learners enrolled in the course beginning Summer/Fall 2022. Look for upcoming communications containing a schedule of upcoming workshops in the coming weeks.

Indigenous Community Engagement and Education Leads

The IH team welcomed three new members in March and April 2022. The Indigenous Community Engagement and Education Lead is a new role within Indigenous Health with matrix reporting to the Chief Operating Officers in each Health Service Delivery Area (HSDA) with each of the three Leads working closely with the senior leadership team in their respective HSDAs. The Leads provide advice, guidance, and support in developing, implementing, and maintaining culturally safe and respectful services and practices, patient relations processes, and support systems for First Nations, Inuit and Métis patients and families.

The Leads also develop and maintain strong relationships with local First Nations and Métis communities through proactive and strategic partnered engagement to build sustainable bridges between Indigenous communities, the leadership team, and the organization.

We are delighted to introduce new Indigenous Health team members!



NW

Ksem git Sa'am | Tracy Downey

Tracy.Downey@northernhealth.ca

250-622-6572

Ksem git Sa'am | Tracy Downey grew up in the Tsimshian communities of Metlakatla and Lax Kw'alaams and comes from the Git Wilgyots tribe. Tracy has a close connection with her home community. Tracy holds a Bachelor of Social Work and worked for many years with the Indigenous Justice Program as Director of First Nations Justice Council (2016-2020). Prior to joining Indigenous Health Tracy supported and actioned culturally safe health care services and environments in her capacity as the Aboriginal Patient Liaison at the Prince Rupert Regional Hospital.

Tracy is located in the Northwest (NW) HSDA in Prince Rupert.



Northern Health Authority

Northern Health covers an area of nearly 600,000 square kilometers and offers health services in over two dozen communities through 50 health locations. The population of our communities ranges from a few hundred people to over 80,000 people.



NI

Ryan Dirnback

Ryan.Dirnback@northernhealth.ca

250-645-3161

Ryan Dirnback is Métis and brings a wealth of knowledge and recent experience to this role having supplemented his nursing background by completing his Master’s in Health Administration (MHA; UBC, 2015). Ryan has worked as a Practice Consultant supporting multidisciplinary practice and programs in rural and remote northern First Nations on behalf of the First Nations Health Authority (FNHA; 2018-2020). Since returning to Northern Health in 2020, he served as Lead, Capacity Development and Education with Indigenous Health before joining the Prince George Community Services leadership team as the Indigenous Clinical Coordinator, UHNBC. Ryan supported the NH COVID-19 response by leading delivery of several pop-up vaccine clinics and through redeployments to Health Emergency Management BC and to the Prince George mass immunization clinic as Site Lead.

Ryan is located in the Northern Interior (NI) HSDA in Prince George.



NE

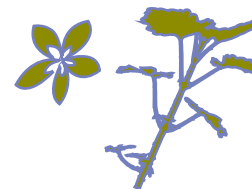
Connie Cunningham

Connie.Cunningham@northernhealth.ca

250-262-5259

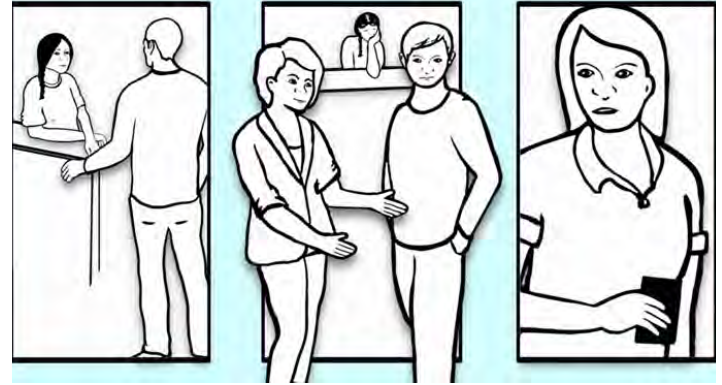
Connie Cunningham is Métis-Cree and brings a wealth of knowledge from her most recent role as Manager for NE Specialized Services in which she served between 2018-2022. She also has extensive operations experience including Manager for the Team Leads in the following units: Dawson Creek Intensive Case Management Team, Tertiary Care; Dawson Creek Inpatient Psychiatric Unit; and Fort St. John Intensive Case Management Team. Connie has also supported the Fort St. John Mobile Support Team (MST) during the past decade. Connie is a registered social worker and holds a Master of Arts in counselling psychology.

Connie is located in the Northeast (NE) HSDA in Fort St John.



New Resources from Indigenous Health

Indigenous Health would like to highlight two new animated videos for health care professionals launched in March and May 2022 produced by Indigenous Health, NH, and the National Collaborating Centre for Indigenous Health (NCCIH). Both videos can be viewed on the Indigenous Health website.



Compassion Informed Care

Indigenous Health, Northern Health and the National Collaborating Centre for Indigenous Health (NCCIH) present this short animated video on the topic of Compassion-Informed Care for health care professionals. This resource is intended to aid health care practitioners in their ongoing journey to create respectful relationships with the people whom they serve, specifically Indigenous communities.

The six-minute video is narrated by Dr. Evan Adams who is from the Tla'amin First Nation in BC. Dr. Adams is Deputy Chief Medical Officer of Public Health, Indigenous Services Canada. Dr. Adams works to respond to the COVID-19 pandemic and ensure that the health system is safe and accessible for Indigenous people across the country.

Produced by Dr. Margo Greenwood and written by Julia Petrasek MacDonald and Shelby Petersen with animation by Joanne Gervais, this video reviews key terms such as developmental and historical trauma.

indigenoushealthnh.ca/resources/videos#compassion-informed-care

Preparing for Respectful Conversations

Produced in collaboration by the National Collaborating Centre for Indigenous Health and Northern Health's Indigenous Health department, this video offers a simple set of strategies to help people prepare for respectful conversations when experiencing or witnessing discriminatory behaviour in the workplace. This video is intended mainly for those who work in a health care setting, but it will also be useful for workplaces in other sectors.

indigenoushealthnh.ca/resources/videos#preparing-for-respectful-conversations

Featured Indigenous Language

In this section we feature an Indigenous language from the Northern Health Region. In this issue, we highlight Sm'algyax. This is the language of the Tsimshian people of Northwestern British Columbia. The hereditary territory of the Tsimshian covers east of Terrace, south to Gitgaat, west to Gitxaala and North just past Lax Kw'alaams.

You can find more about this language in the online dictionary at:
web.unbc.ca/~smalgyax

Language and translations by: Hailey Wesley, Lax Kw'alaams.

'Niit.

Hello.

Ama Ɔanlaak.

Good morning.

Ama Ɔawdi Süülgyaxs.

Good afternoon.

Ama hup'l.

Good evening.

Ama aatk.

Goodnight.

Ndaa wila waan?

How are you.

Aam wila waalu.

I'm good.

Akandi aam wila waalu.

I'm not good.

Asdiwaa'nu.

I'm sorry.

Naayu di waan?

What is your name?

... di waayu.

My name is ...

Gooyu di pdeegn?

What is your crest?

... di pdeegu.

My crest is ...

Ndeeyu di wil 'waatgn?

Where are you from?

... di wil 'waatgn.

I am from ...

Ndeeyu di wil dzogn?

Where do you live?

... di wil dzogu.

I live in ...

Gyilks ama'niisgn.

Take care of yourself.

Dm algyik niidzn.

I'll see you again.

Dm algyik niidzism.

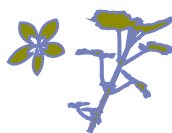
I'll see you all again.

T'oyaxsut nüün.

Thank you.

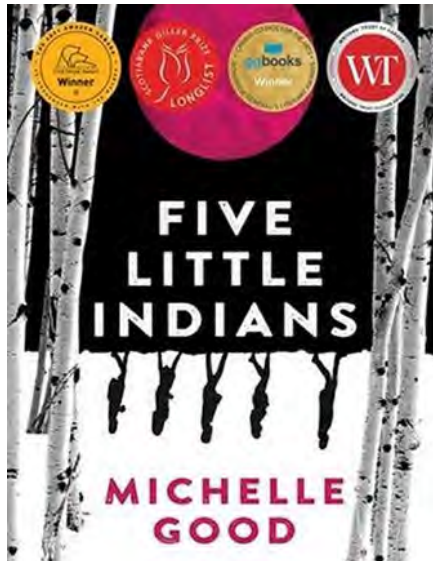
T'oyaxsut nüüsm.

Thank you all.



Recommended book

Recommended resources



by **Michelle Good**

ISBN: 9781443459181

ISBN 10: 1443459186

Imprint: Harper Perennial

Pages: 304

Five Little Indians

This book takes us on a journey of five children who were removed from their homes and families and taken to a residential school. It describes the struggles with returning home to a place that is no longer familiar.

With compassion and insight, *Five Little Indians* chronicles the desperate quest of these residential school survivors to come to terms with their past and, ultimately, find a way forward.

Awards:

- Amazon First Novel Award
- Canada Reads 2022
- Governor General's Literary Award for Fiction
- Kobo Emerging Author Prize



New resource booklets for Inuit parents and caregivers of children up to 6 years of age

Based on Inuit teachings outlined in inunnguiniq, or making capable human beings, a series of four booklets have been developed through a collaboration between the Aqqiumavvik Society and the National Collaborating Centre for Indigenous Health.

nccih.ca/485/NCCIH_in_the_News.nccih?id=475



Climate Change and Indigenous Peoples in Canada: Health Impacts

This fact sheet explores the interconnected and far-reaching health impacts of climate change on Indigenous peoples, from increased food and water insecurity and infrastructure damage, to threats to personal safety and mental health, all of which are experienced differently within and between First Nations, Inuit, and Métis men, women, boys, girls, and gender-diverse people.

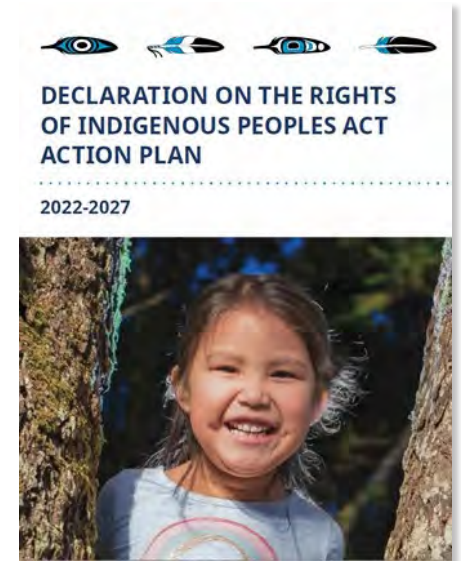
nccih.ca/495/Climate_Change_and_Indigenous_Peoples_in_Canada_Health_Impacts.nccih?id=10359



Elders Visioning Perinatal Substance Use Toolkit

The Provincial Perinatal Substance Use Project, led by BC Women's Hospital + Health Centre (PHSA), was developed to advance provincial capacity and enhance services for pregnant and early parenting people who use substances and their infants, families and communities across British Columbia.

bcwomens.ca/Professional-Resources-site/Documents/Perinatal%20Substance%20Use/PHSA_Elder_Visioning_PSU_toolkit_FINAL%2022Nov2021.pdf



Declaration on the Rights of Indigenous Peoples Act Action Plan 2022-2027

The Declaration Act Action Plan, released March 30, 2022, includes collectively identified goals and outcomes that form the long-term vision for implementing the UN Declaration in B.C. It also has 89 priority actions - tangible steps that will advance this work in key areas over the next five years.

gov.bc.ca/assets/gov/government/ministries-organizations/ministries/indigenous-relations-reconciliation/declaration_act_action_plan.pdf



Indigenous Health

Northern Health Regional Office
Suite 600, 299 Victoria St.
Prince George, BC, V2L 5B8

Phone: 250-645-3144
Fax: 250-565-2640

indigenous.health@northernhealth.ca

indigenoushealthnh.ca

