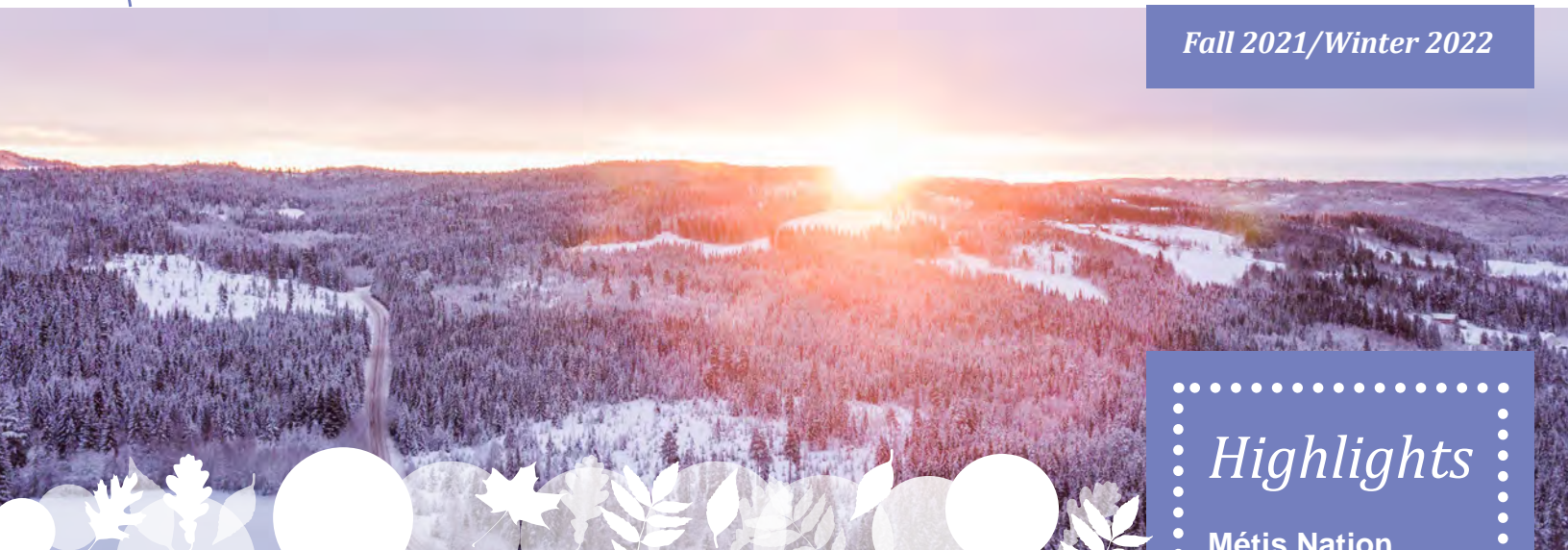


Northern Health Updates

Indigenous Health

Fall 2021/Winter 2022



NH VP Named to the Order of Canada

Dr. Margo Greenwood, Vice President of Indigenous Health Northern Health and Academic Leader of the National Collaborating Centre for Indigenous Health (NCCIH), has been appointed as an Officer of the Order of Canada. This prestigious designation recognizes individuals whose contributions to the nation have been extraordinary. Dr. Greenwood, an Indigenous scholar of Cree ancestry, has received this appointment on account of her decades-long personal and professional commitment to transforming the health and well-being of Indigenous children, families and communities.

Dr. Greenwood's service to Indigenous individuals and communities is also reflected in her role as Professor in UNBC's First Nations Studies and Education programs. In her capacity as an academic, Greenwood has authored over 135 publications focusing on Indigenous peoples' health and well-being. Dr. Greenwood was also co-author on General Comment #11 Indigenous Children and their Rights under the United Nations Convention on the Rights of the Child.

Upon receiving this award, Greenwood said, "I've been working in early childhood education since the start of my career. It's a calling that makes my heart sing. I'm accepting this award for my three sons who can see their contributions to our family realized, and for my granddaughter to see the full potential of women. I thank my Elders, teachers and colleagues who've advised and supported me in this journey."

Highlights

Métis Nation
British Columbia
Secures \$260,000
for Language
Revitalization

New Funding
to Support
NCCIH's Cultural
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Province of BC
Announces
Funding to
Enhance
Wellness and
Cultural Supports
for Residential
School Survivors

New Indigenous
Cultural Centre
Coming to
Vanderhoof

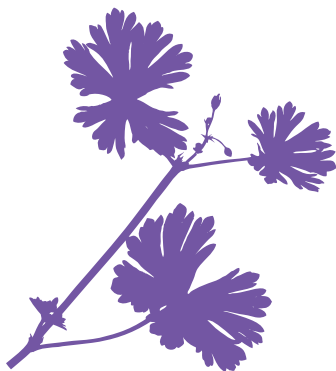


Métis Nation British Columbia Secures \$260,000 for Language Revitalization

On October 14, 2021, Métis Nation British Columbia (MNBC) announced they were successful in securing \$260,000 under the Indigenous Languages and Cultures Program, Indigenous Languages Component in the Department of Canadian Heritage for the 2021/22 fiscal year. This funding helps MNBC create programs and initiatives that will assist next generations of knowledge carriers to reclaim, revitalize, maintain and strengthen Indigenous languages.

Specifically, this funding will support Métis artists through a new Arts and Culture grant program announced in August 2021. MNBC Minister of Culture, Heritage and Language Patrick Harriott says, “This continued investment into improving Métis language programs is a testament to the pledge we have made to our Citizens to prioritize the creation and accessibility of Métis culture and cultural resources.”

For the original story, see: mnb.ca/news/2021/metis-nation-british-columbia-secures-260000-to-revitalize-language-programs



New Funding to Support NCCIH's Cultural Safety Resource Collection

The National Collaborating Centre for Indigenous Health (NCCIH) announced that they received \$1.07 million dollars in new public funding from Indigenous Services Canada (ISC) and the Government of British Columbia to grow the first-ever collection of cultural safety and Indigenous-specific anti-racism tools and resources.

The NCCIH Cultural Safety Collection is an online library that includes videos, communication tools, academic publications and training and educational materials. Resources in the collection are intended for broad audiences, including health practitioners, health administrators and decision makers.

B.C. Health Minister Adrian Dix says, “This project will go a long way toward addressing the issue of Indigenous-specific racism in our health system, but can also serve as an important model and training opportunity for the rest of Canada.” Federal Minister of Indigenous Services Marc Miller also congratulated the NCCIH for its leadership in creating this “much-needed” repository, adding that “First Nations, Inuit, and Métis have the right to be served by a first-class health care system without fear of discrimination or racism, no matter where they live.”

The Cultural Safety Collection is one of several collections in NCCIH's Resource Library. All collections are searchable by health topic, subject or keyword, publication type, and year published, and contain resources related specifically to the health of First Nations, Inuit, and Métis populations in Canada.

For the original story, see: nccih.ca/485/NCCIH_in_the_News.nccih?id=473

Province of BC Announces Funding to Enhance Wellness and Cultural Supports for Residential School Survivors

In September 2021, the provincial government announced \$1.5 million in funding to increase mental wellness and cultural supports for residential school Survivors, their families and communities. This announcement comes in the wake of the recent discovery of unmarked graves at residential schools, which has triggered painful memories of violence carried out against multiple generations of Indigenous peoples. This funding is a portion of \$12 million announced in June 2021 for the BC Residential School Response Fund.

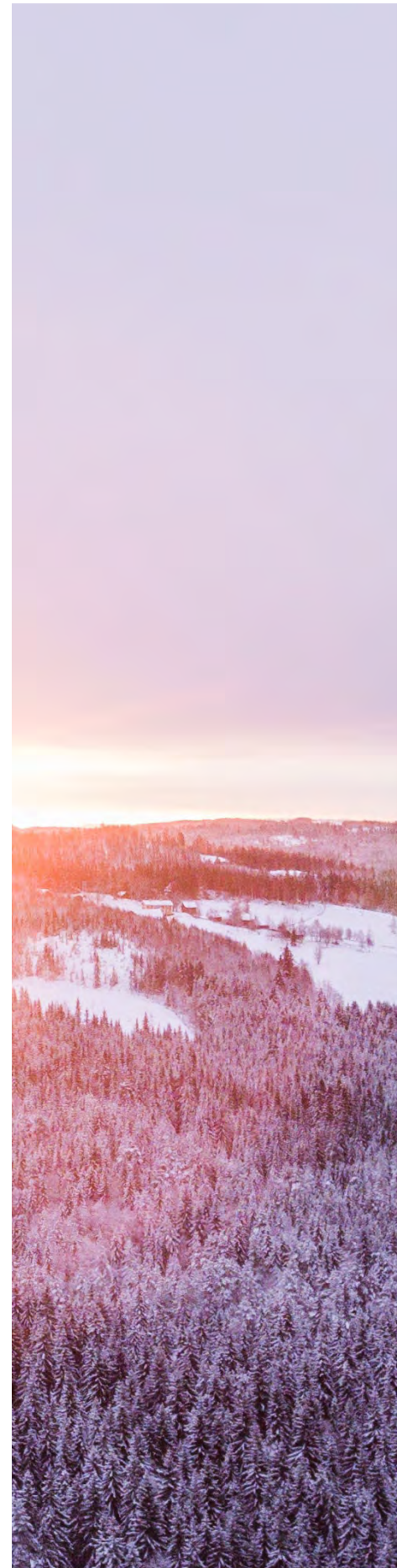
Sonia Isaac-Mann, First Nations Health Authority (FNHA) Vice President of Community Health and Wellness, Programs and Services observes, “These funds come at a critical time for BC First Nations people who continue to suffer the lasting impacts of Canada’s Indian Residential School system.”

The funding will expand the potential of existing programs to address the needs of Survivors, including intergenerational Survivors, and Indigenous communities more broadly. It will be used to:

- Improve the 24-hour cultural support line managed by the Indian Residential School Survivors Society
- Grow the ability for Tsow-Tun Le Lum Society to offer individual and community health and wellness services, including financing on-site support at former Indian Residential Schools and Indian Hospitals
- Strengthen the Métis Counselling Connection Program delivered by Métis Nation BC

The province’s financial contribution is appreciated, but Isaac-Mann says much more work is needed to provide culturally safe health and wellness supports for individuals and communities directly impacted by the Indian Residential School system.

For the original story, see: fnha.ca/about/news-and-events/news/province-of-bc-announces-funding-to-enhance-wellness-and-cultural-supports-for-residential-school-survivors



New Indigenous Cultural Centre Coming to Vanderhoof

Vanderhoof will soon build a new cultural centre at the site of Heritage Park. The federal government has committed \$780,000 to the project, while the province has committed \$520,000 and the Northern Development Initiative Trust has committed \$250,000.

Mayor of Vanderhoof, Gerry Thiessen, is excited to see the building in its final stages and ecstatic about the funding coming together from multiple levels of government. He states, “We’ve never had anything like this before in Vanderhoof, this will be a gathering place for our community.”

The new centre is expected to be completed in early 2022 and will contain artifacts, art and other important pieces from the Saik’uz First Nation. The new centre will be shaped like a pit house and will provide space for learning about the history of local Indigenous people as well as space for hosting events.

For the original story, see: ckpgtoday.ca/2021/10/18/new-indigenous-cultural-centre-coming-to-vanderhoof

Events

Healing Our Spirits Worldwide

Feb 27–March 3

Virtual Event

Alzheimer Awareness Month

January 2022

Heart Month

February 2022

World Cancer Day

February 4, 2021

Pink Shirt Day

February 26, 2021



National Day for Truth and Reconciliation

September 30, 2021 marked the first National Day for Truth and Reconciliation.

On this day, we honoured the lost children and Survivors of residential schools, their families and communities. This federal statutory holiday was implemented through legislative amendments made by Parliament. On June 3, 2021, Bill C-5, An Act to amend the Bills of Exchange Act, the Interpretation Act and the Canada Labour Code (National Day for Truth and Reconciliation) received Royal Assent.

Orange Shirt Day

Coinciding with the National Day for Truth and Reconciliation is Orange Shirt Day, a grassroots, Indigenous-led day of commemoration which also takes place annually on September 30th. Orange Shirt Day is a time to honour those children who survived residential schools and those children who did not come home. The day originated in a personal experience related by Phyllis Webstad, a Northern Secwepemc (Shuswap) woman from the Stswecem'c Xgat'tem First Nation. Phyllis arrived to her first day of school dressed in a brand new orange shirt, but it was taken from her by residential school staff. Phyllis's orange shirt has become a symbol of her experience, one shared by Indigenous children over multiple generations, in which colonial settlers strove to deprive Indigenous peoples of their culture, freedom and self-esteem.

For the original story, see: canada.ca/en/canadian-heritage/campaigns/national-day-truth-reconciliation.html

Nus 'uztelelh: NH Indigenous Employee Community of Practice

Northern Health is embarking on new initiatives to support culturally safe services and work environments for all individuals and communities whom we serve and all employee groups across the organization. One of these new initiatives is the *Nus 'uztelelh* NH Indigenous Employee Community of Practice. This is open to all NH staff and physicians who self-identify as First Nations, Inuit or Métis. Its purpose is to create a safe and supportive space for sharing information related to cultural safety and anti-Indigenous racism actions in Northern Health, discussing challenges and opportunities within the health system relative to cultural safety and system change, and identifying actions and opportunities to enhance culturally safe environments and services.

The first virtual meeting of the Community of Practice took place on December 17, 2021, with 19 participants attending. Discussion focused on various topics, including the new cultural safety curriculum, as well as HR-related items, such as the respectful workplaces policy. In alignment with the expressed interest of the group, the next meeting will take place in January 2022.

Indigenous Health – Education Update

The launch of the *Respectful Relationships* cultural safety and anti-Indigenous racism training, housed in Continuing Education at UNBC, is set for February 2022. A memo will be going out shortly inviting 30 NH staff to participate in the first cohort. This first cohort will provide opportunity to obtain feedback regarding any refinements necessary in the training and logistics associated with accessing the training.

Featured Indigenous Language

You might have noticed that each newsletter features an Indigenous language from Northern British Columbia. But, did you know that there are also several apps available for download to your iOS or Android device? These apps have been developed in partnership with participating communities and First Peoples' Cultural Council.

Language apps are great for learning on the go and can make learning more accessible for those who do not have access to in-person lessons. A full list of available language apps can be found on the [First Voices website](#).

In addition to these language apps, First Voices also has a “keyboard” app that includes software for over 100 languages that will allow you to text and email using the necessary characters and letters that are not available in an English keyboard.

The Nazko-Dakelh app ([Google Play](#) / [Apple Store](#) / [For PC](#)) is a media-rich bilingual dictionary and phrase collection comprised of words and phrases.



Word and phrase definitions are illustrated with audio recordings, images and videos. Editing features allow users to customize content by replacing default multimedia with personal pictures, videos and sounds using either the camera and microphone built into their device or images from their onboard photo collection.

Here are some of [phrases](#) you can learn using the app:

hulhda da dube whunank'uz.

it was very cold yesterday.

a'ah, ndi lhes sut'e dube bat'en.

yes, this fry bread is very delicious.

'aba sulik lhi koo yuba'uhoonla.

dad built a dog house for my dog.

'ama ndi 'indak 'i yudultsis.

mom is smelling the flowers.

datsan mai chun be'unetilh.

the crow is carrying a branch of berries.

a'ah duni ka'utest'ilh.

yes, I am going to hunt moose.

suyats'e 'en nye hatsunulhyeh 'et 'ut'en.

my oldest daughter is working in the garden.

Updates from Indigenous Health



Roseann.Larstone@northernhealth.ca

250-617-8251

Dr. Roseann Larstone

Please join us in congratulating Dr. Roseann Larstone on her new role as Regional Director of Indigenous Health and in welcoming Ms. Christine Lewis and Ms. Donna Porter to the Indigenous Health Team.

Roseann has been with the Indigenous Health team since 2020. Roseann is a member of the Manitoba Métis Federation. Roseann joined Indigenous Health following her work as Research Associate with the National Collaborating Centre for Indigenous Health (NCCIH) where she supported the NCCIH's activities, including knowledge translation and exchange across all areas of public health and coordinating/co-leading partnered projects. She is also faculty in the Northern Medical Program.



Donna.Porter@northernhealth.ca

250-640-5812

Ms. Donna Porter

Donna is Lead, Cultural Safety and Anti-Indigenous Racism Education. In this role, Donna is accountable for leading the strategic development, implementation and evaluation of educational strategies and initiatives across Northern Health that will improve health outcomes for Indigenous peoples as well as fostering and maintaining partnerships, collaborations and networks between NH and Indigenous peoples. A registered nurse for over three decades, Donna brings a wealth of knowledge to NH. She also holds a master's degree in Leadership Health from Royal Roads University. Donna has been employed with Northern Health for the past 5.5 years, with her most recent role in the Nursing Professional Practice portfolio as a Nursing Practice Lead. She co-teaches a graduate-level nursing course at UNBC and is a proud citizen of Métis Nation BC. Donna's family originated in Red River area of Manitoba of the Saulteaux/Ojibway nation.



Christine.Lewis@northernhealth.ca

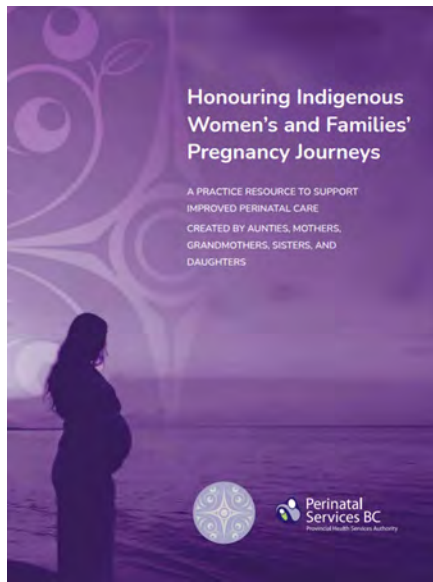
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Ms. Christine Lewis

Christine is Executive Assistant to Dr. Margo Greenwood, VP Indigenous Health. Christine has worked with Northern Health since 2014 in a variety of supporting roles for Workplace Health and Safety, including as an Administrative Assistant supporting both Interior Health and Northern Health portfolios. Before joining Indigenous Health, she was the Health, Safety and Prevention Coordinator where she supported a diverse team.

Resources

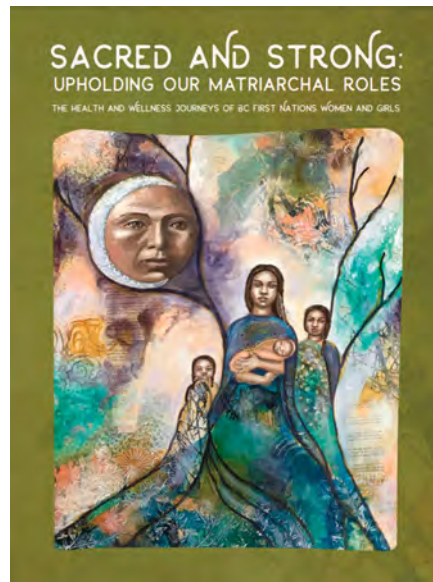
The following are links to helpful resources for NH staff and physicians that may inform practice and offer support.



Honouring Indigenous Women's and Families' Pregnancy Journeys

This document, created by aunts, mothers, grandmothers, sisters, and daughters, offers practical support for health care providers wishing to improve perinatal care.

perinatalservicesbc.ca/Documents/Resources/Honouring_Indigenous_Womens_and_Families_Pregnancy_Journeys.pdf



Sacred and Strong

This resource, offered by the First Nations Health Authority and grounded in First Nations perspectives of wellness, reports on the holistic health and wellness at every life stage of First Nations women and girls living in British Columbia. The resource includes data, stories and teachings.

fnha.ca/what-we-do/chief-medical-office/sacred-and-strong



Indigenous Community Resources

Presented by the BC Centre for Disease Control (BCCDC), this webpage provides COVID-19 resources to support Indigenous peoples and communities across British Columbia.

bccdc.ca/health-info/diseases-conditions/covid-19/indigenous-community-resources



Thinking About Cultural Safety During COVID-19

This informative resource, provided by Indigenous Health Northern Health, offers health care providers tips for promoting a culturally safe environment when they are supporting Indigenous families in Northern British Columbia.

indigenoushealthnh.ca/sites/default/files/publications/documents/Thinking-about-cultural-safety-COVID19.pdf



Practical Tips: Engaging People During COVID-19

Also provided by Indigenous Health Northern Health, this resource offers health care practitioners pragmatic suggestions for best practices when engaging with clients or patients. It also has a list of helpful additional resources.

indigenoushealthnh.ca/sites/default/files/publications/documents/Practical-Tips-During-COVID-19.pdf



Building Respectful Relationships in COVID Times

Indigenous Health, Northern Health (NH) and the National Collaborating Centre for Indigenous Health (NCCIH) present a new video intended to encourage vaccination uptake and show that the vaccination clinic space is designed to be safe and inclusive for First Nations, Inuit and Métis peoples.

nccih.ca/495/Building_Respectful_Relationships_In_COVID_Times__video_resource.nccih?id=10353



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