

# Summary of Training and Resources Focused on Indigenous Health

Building from the June 2024 educational session on inclusive practices in Indigenous health, this document highlights some tools, resources, and training focused on Indigenous health to better support service providers.

## List of Tools and Resources Related to Indigenous Health

### Cultural Safety and Humility Standard and Framework (BC)

The [Cultural Safety and Humility Standard](#) specifies the requirements for governing bodies, organizational leaders, teams, and the workforce from health authorities and health and social services organizations to address Indigenous-specific racism in service delivery and provide culturally safe services to First Nations, Métis, and Inuit peoples and communities in BC. Although this Standard is from BC, it provides some great information for those of us working in PEI.

### Cultural Safety Continuum

The Indigenous Primary Health Care Council in Ontario provides an [infographic](#) that shows a circular spectrum with cultural safety embedded in the middle of the circle.

The Public Health Agency of Canada also adapted a [graphic](#) from the BC First Nations Health Authority to display that cultural safety must be viewed as a continuum of knowledge, attitudes and behaviours, beginning with cultural awareness.

### Medicine Wheel

The medicine wheel is a sacred and ancient symbol meant to represent the interconnectivity of all aspects of one's being. The medicine wheel provides a holistic and balanced approach to teaching a variety of subjects, such as the four states of being (i.e., Mental, Spiritual, Physical, and Emotional). To learn more, watch this [video](#) or read this [online resource](#).

### National Dialogue on Data Report

The [National Dialogue on Data: What We Heard Report](#) summarizes discussions on the perspectives and values for measures to address anti-Indigenous racism in Canada's healthcare system with a focus on data and health information.

### Patient Navigators

There are many patient navigators on PEI. Here is the [complete list of navigators](#). Two navigators are focused on Mi'kmaq health needs – Mi'kmaq Health Systems Navigators

West – Shelby Arsenault, R.N., BScN (902-831-2711; [shelby.arsenault@lennoxisland.com](mailto:shelby.arsenault@lennoxisland.com))

East – Crissy Riley, LPN (902-676-3007; [criley@abegweithealth.ca](mailto:criley@abegweithealth.ca))

### Smudging

Smudging is a sacred and spiritual ritual meant to cleanse and purify the body and soul while bringing clarity to the mind. For instance, smudging is used in ceremonies and events to cleanse the place or people of negative energy. It is also performed during crises, ill health and death.

Contact any of the First Nations, community organizations, or the Mi'kmaq Health Systems Navigators to conduct smudging for a client.

## The Unforgotten (film)

This [film](#), supported and funded by the Canadian Medical Association, shares experiences of Inuit, Métis and First Nations peoples at various stages of life. It was created to raise awareness, incite reflection, and spark conversations about how to make meaningful changes in healthcare.

## Traditional Healing

Traditional healing refers to the health practices, approaches, knowledge and beliefs that incorporate ways of Indigenous healing and wellness. These practices include using ceremonies (i.e., smudging, full moon, sweat-lodge, etc.), plant, animal or mineral-based medicines, energetic therapies and physical or hands-on techniques. It is important to ask Indigenous clients if and how they would like to incorporate traditional healing into their healthcare.

## Two-Eyed Seeing Approach

Albert Marshall is a respected Mi'kmaq Elder whose concept of [two-eyed seeing](#) recognizes the strength of Indigenous ways of knowing and the strength of western ways of knowing and uses both competencies together. Two-eyed seeing acknowledges that Indigenous methods and treatments are as valid as those used in mainstream medicine, and it allows Indigenous peoples to be partners in their own healthcare.

## List of Trainings Available on Indigenous Health

### Trauma-Informed Care Webinars

[Trauma-informed care](#) shifts the focus from “What’s wrong with you?” to “What happened to you?” A trauma-informed approach to care acknowledges that healthcare organizations and care teams need to have a complete picture of a patient’s past and present life situation to provide effective healthcare services with a healing orientation.

Examples of webinars include:

- [Trauma-informed, Healing-centered Community Wellness](#) from the University of British Columbia Learning Circle.
- [Trauma-Informed Practice with Indigenous Peoples across the Life Span](#) from Western University.
- [What's new is really old: Trauma-informed health practices through an understanding of historic trauma](#) from NCCIH.

### Webinar on Indigenous Cultural Safety

National Collaborating Centre for Determinants of Health hosted a webinar called [Promising Practices in Indigenous Community Health Promotion](#). This webinar addressed the political and social contexts of Indigenous health promotion, unpacking some social determinants of Indigenous health.

## Additional Resources

You can find a comprehensive version of the document with detailed information on these tools, resources, and training on the [Women and Gender Diverse People’s Health Hub website](#). For further information or support, contact the Health Gender and Diversity Policy Coordinator in the Community Health Division of the Department of Health and Wellness via email at [healthhub@gov.pe.ca](mailto:healthhub@gov.pe.ca).