Leading with Culture in First Nations Community Contexts

Virginia Peters
Elder for the First Nations Health Directors Association

Dr. Shannon McDonald
Deputy Chief Medical Officer for the First Nations Health Authority
Interacting in WebEx

Webex Tools:
1. Pointer
2. Raise Hand
3. Yes / No
4. Text tool
5. Chat

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WebEx Audio

Look for the phone icon beside your name:

• Enables you to easily mute/unmute line
• Promotes more effective discussion
WebEx Audio

If there is NO phone icon beside your name:
1. Stay on WebEx. Hang up telephone
2. Pop-up window will appear
   – If not, click on “Audio” button
3. Pop-up window displays the dial-in details
4. If possible, **do NOT use** the “Use Computer Headset” option

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WebEx Chat

• We invite you to introduce yourself in the chat panel (all participants)
• Let us know your name and where you are from!

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We Are Recording!

• This session is being recorded

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Slides and Recording

• The link to the recording and slides will be distributed via e-mail to all participants and posted on the FNHA and Council sites.
Twitter

• Hashtags:
  – #culturalhumility
  – #itstartswithme

• Twitter Handles:
  – @FNHA
  – @BCPSQC
Sensitive Subject Matter

• Due to the sensitive subject matter and stories shared during the webinar sessions participants may become triggered. Please ensure you have prepared a support system for yourself in advance in which you may have easy access to. This could mean an Elder, trusted mentor/family/friend, Counsellor and/or crisis contact number.

• If you need support please do not hesitate to call the toll free crisis line here in the province of BC (1-800-588-8717). Or if you prefer, have a number prepared in advance locally.

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Opening Prayer
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Introductions

Virginia Peters

Dr. Shannon McDonald
“Keeping the Spirit Alive” Guidebook: Weaving Together Traditional Wellness and Mainstream Health Integration
Traditional wellness is proactively staying well by keeping the spirit alive and centred in the body.
Connection

Traditional wellness is knowing who you are and your connection to family, community, spirit, culture, the land and the ancestors.
Traditional wellness is holistic and includes mental, emotional, physical and spiritual health.
Traditional healing and wellness include ceremony, prayer, traditional medicines and foods, songs, sacred spaces, language, stories, dance, smudging, brushings, hunting and gathering, fasting, running, morning dips....
Traditional healing includes seeking help from an Elder or traditional healer to heal a broken spirit, ill body or as a part of maintaining wellness.
Systems of traditional medicine & healing are well established and have been functioning for centuries.
Supporting traditional wellness

- Revitalizing Teachings
- Finding appropriate Healers/Elders
- Preservation of Traditional Foods and Medicines
- Protecting Family/Community Knowledge
- Safety/Accountability
- Hand Shake
- Mentoring
- Guides
Practical Tips for Healthcare Providers

• Be open when clients request traditional healing as part of their care
  • Be supportive, not dismissive
  • Have open conversations about what success looks like for your client

• Collaborate with local Traditional Practitioners to offer additional holistic care to patients

• Participate in learning opportunities on ways to integrate traditional wellness into Western medicine
Virginia Peters, St’ailes
Discussion:

What are important considerations in delivering traditional wellness and healing services in a good way?
Call to Action

- Participate in cultural events, gatherings happening in the community
- Include cultural/spiritual activities in your annual plans
Questions/Discussion
Thank you all for your contributions, guidance and support to continue to create a culturally safe health care system.

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