

# Leading with Culture in First Nations Community Contexts

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First Nations Health Authority  
Health through wellness



BC PATIENT SAFETY  
& QUALITY COUNCIL  
Working Together. Accelerating Improvement.

# Interacting in WebEx

The screenshot displays the WebEx meeting interface. On the left, a whiteboard contains a list of tools. On the right, the 'Participants' and 'Chat' panels are visible. Several elements are highlighted with orange boxes: the Pointer and Text tool icons in the top toolbar; the Raise Hand, Yes, and No icons in the bottom toolbar; the Audio button in the bottom toolbar; and the Chat panel, which includes a 'Send to' dropdown menu set to 'All Participants' and a 'Send' button.

Webex Tools:

1. Pointer →
2. Raise Hand 🙋
3. Yes ✓ / No ✗
4. Text tool
5. Chat

Participants

Speaking:

Panelist: 1

BCPSQC - 2 (Host, me)

Attendee: 0

Audio

Chat

Send to: All Participants

Select a participant in the Send to menu first, type chat message, and send...

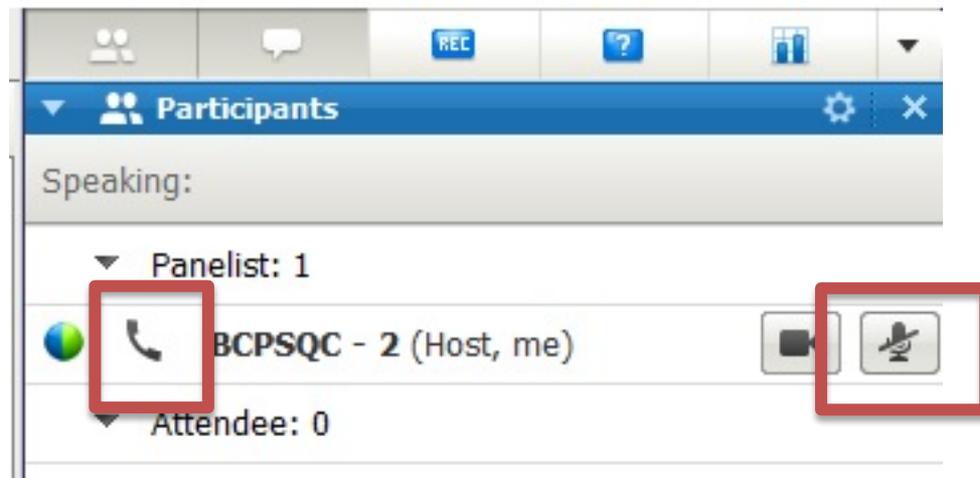
Send



# 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



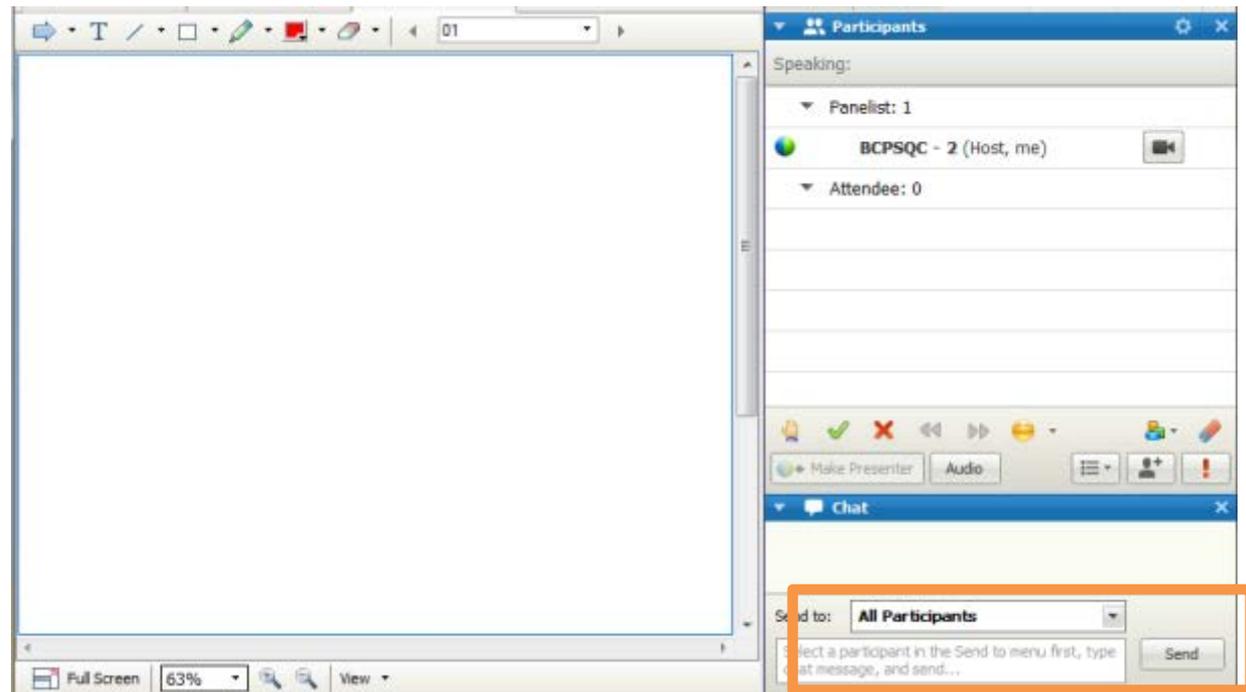
3. Pop-up window displays the dial-in details

4. If possible, **do NOT use** the “Use Computer Headset” option



# WebEx Chat

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



# We Are Recording!

- This session is being recorded



# 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.



# Opening Prayer



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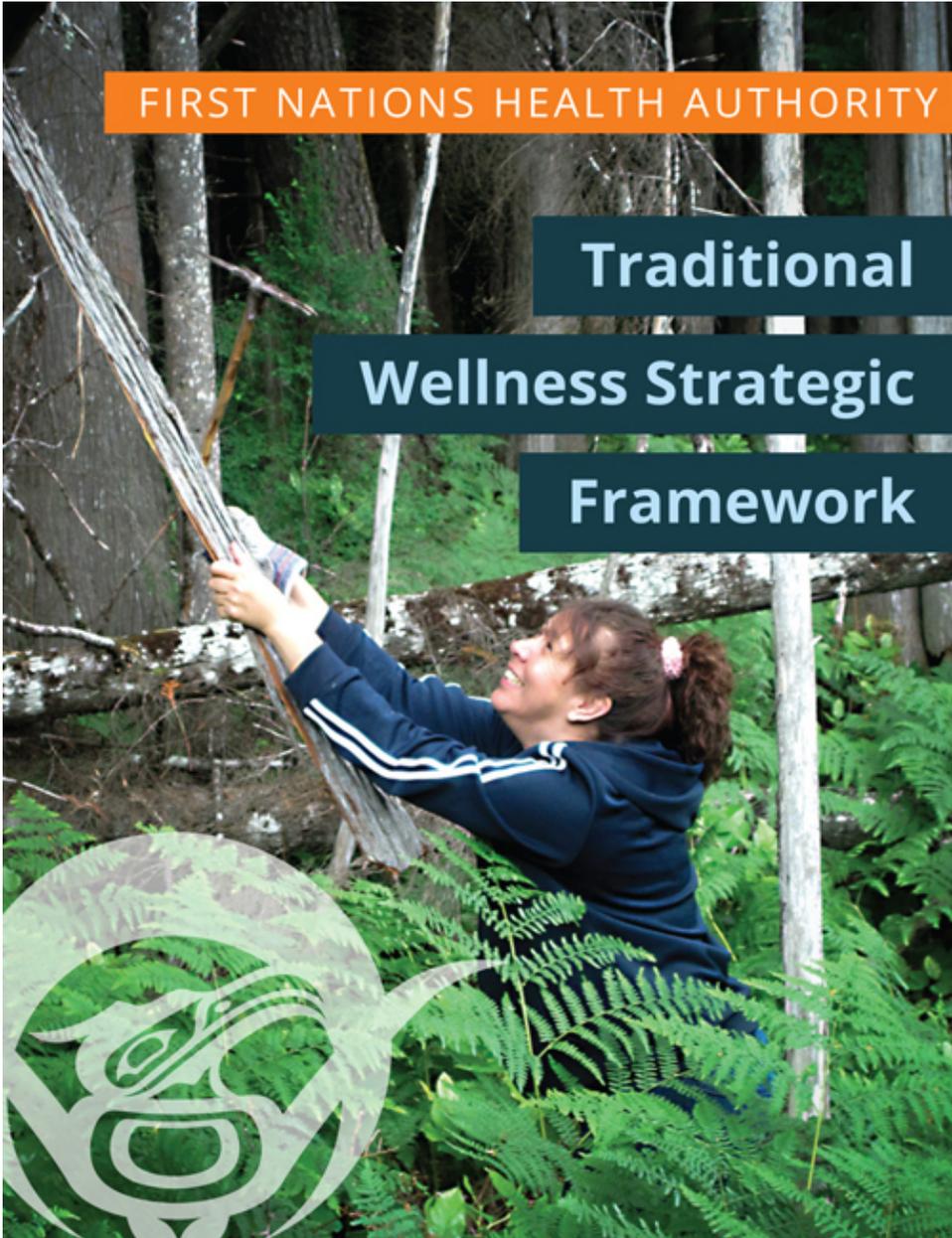
# Introductions



Virginia Peters



Dr. Shannon McDonald



FIRST NATIONS HEALTH AUTHORITY

Traditional

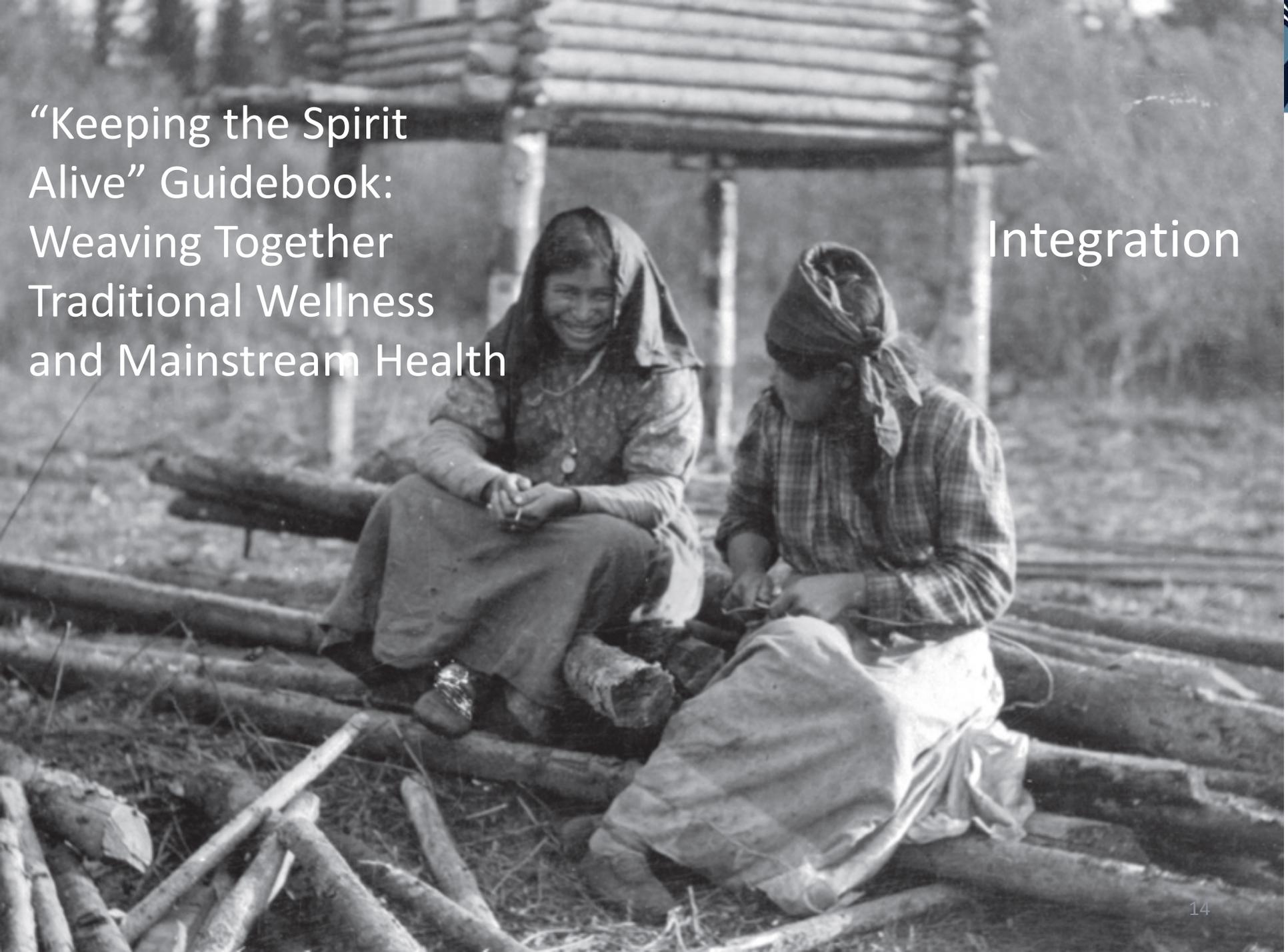
Wellness Strategic

Framework



“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

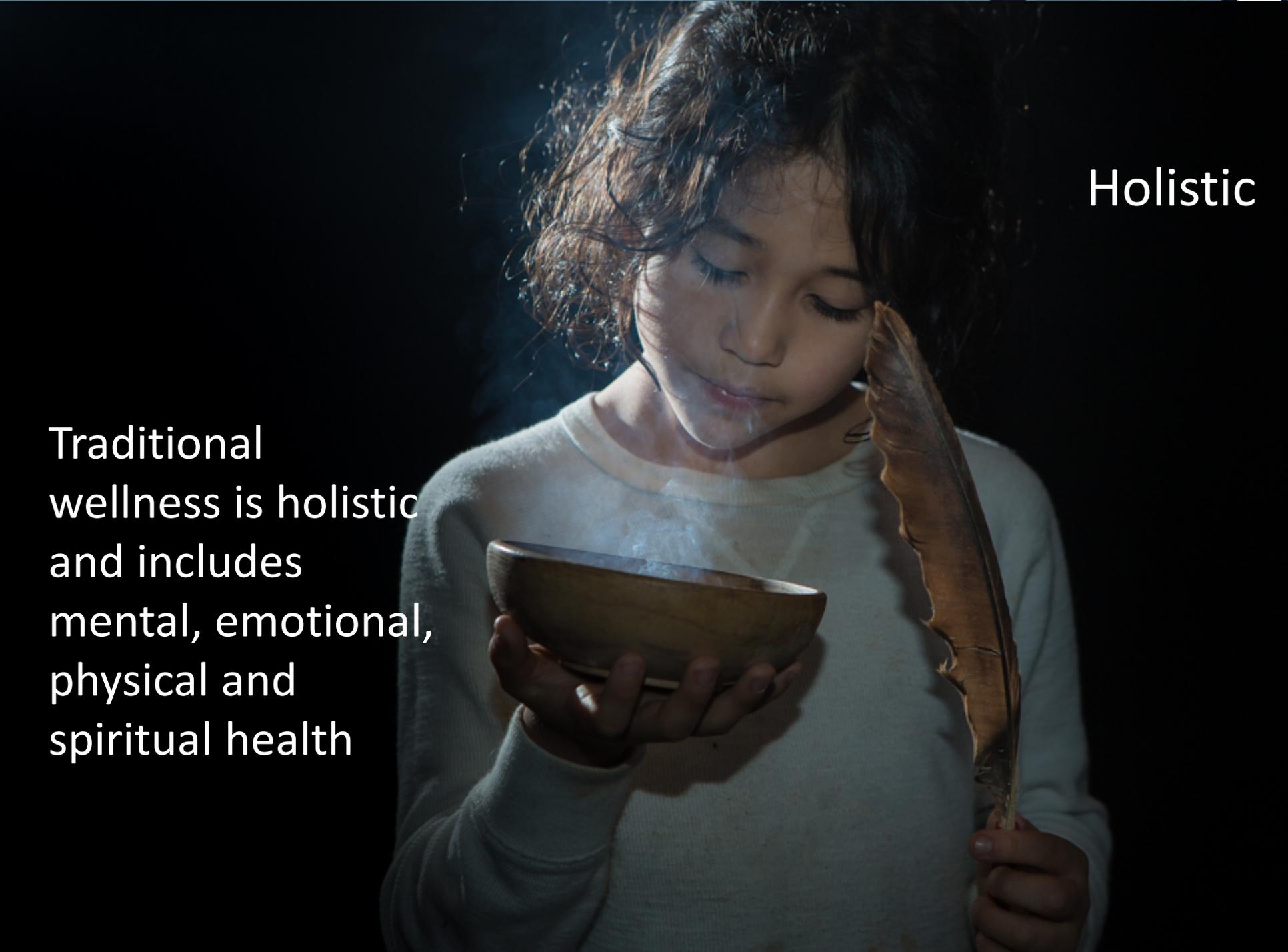
Spirit



A close-up photograph of two women laughing joyfully. The woman on the right has dark hair and is wearing a dark blue sweater, with her mouth wide open in a hearty laugh. The woman on the left has short brown hair and is wearing a red top, also laughing with her mouth open. The background is a soft-focus outdoor setting with green foliage and bright light filtering through the trees.

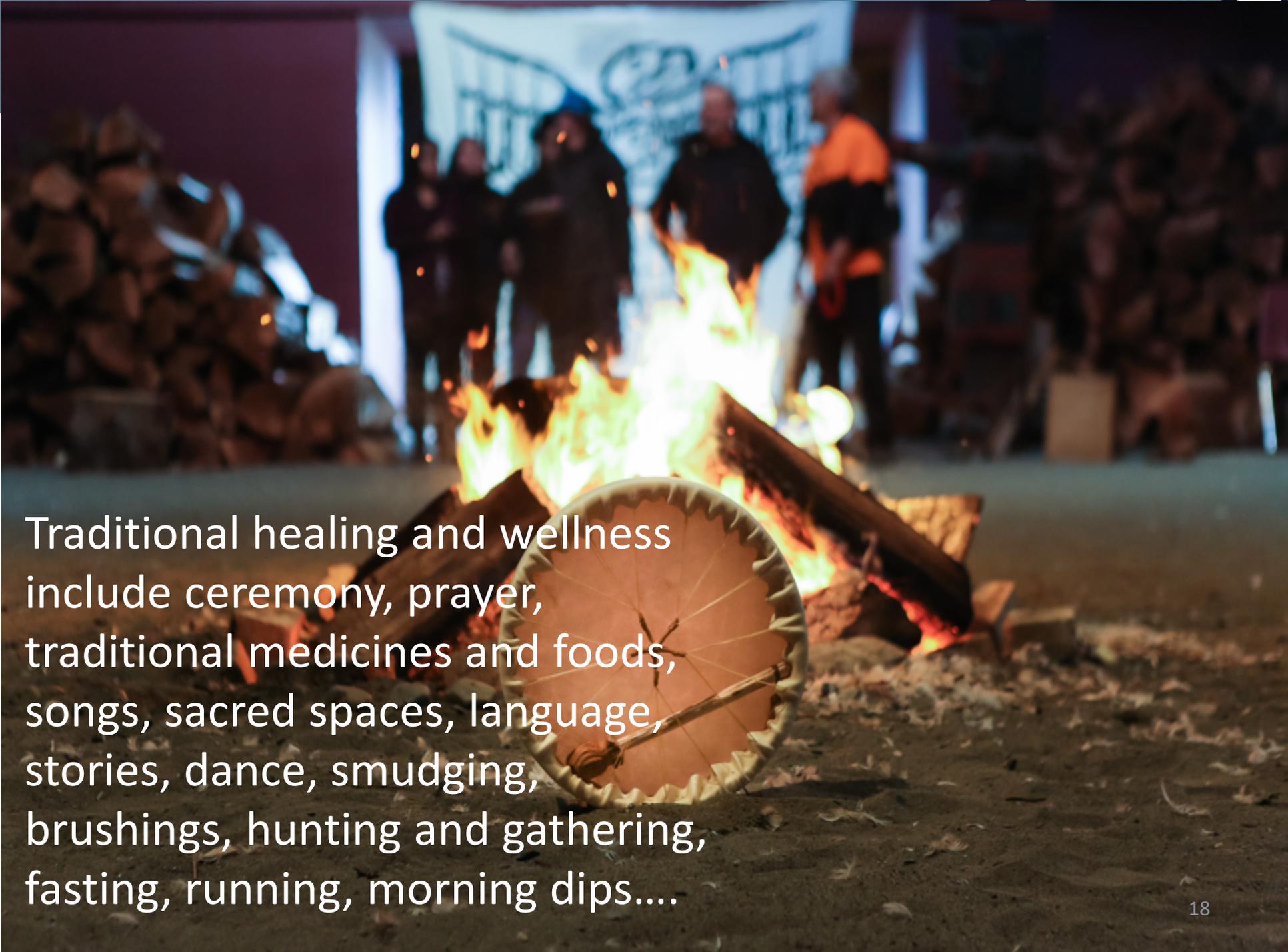
## Connection

Traditional wellness is knowing who you are and your connection to family, community, spirit, culture, the land and the ancestors



Holistic

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







## 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



**This will be the final  
webinar of the series**

**Thank you all for your  
contributions, guidance and  
support to continue to create a  
culturally safe health care  
system.**



# Survey

