

# Summary of Training and Resources Focused on Indigenous Health

Building from the educational session on inclusive practices in Indigenous health (hosted by the [Women and Gender Diverse People's Health Section](#) of the PEI Department of Health and Wellness), this document highlights key organizations, tools and resources, and training focused on Indigenous health to better support service providers. The first two pages provide an outline with details on subsequent pages.

## First Nations and Key Organizations

The following governing bodies, organizations and initiatives provide information and educational materials focused on Indigenous health in Epekwitk, pronounced ehb-uh-gwihd, (Prince Edward Island) and across Canada:

- [First Nations and Community organizations](#) like Abegweit First Nation, Lennox Island First Nation, Mi'kmaq Confederacy of PEI, Native Council of PEI, and [L'nuvey](#)
- [National Centre for Truth and Reconciliation \(NCTR\)](#);
- [National Collaborating Centre for Indigenous Health \(NCCIH\)](#); and
- [Wabano](#).

## Tools and Resources

Various tools and resources exist to support service providers in raising awareness, applying and implementing inclusive practices, such as:

- [Cultural Safety and Humility Standard](#);
- [Cultural Safety Continuum](#);
- [Medicine Wheel](#);
- [National Dialogue on Data Report](#);
- [Patient Navigators](#);
- [Smudging](#);
- [Traditional Healing](#);
- [A film](#) about the lived experiences of Indigenous communities; and
- [Two Eyed Seeing Approach](#).

## Training Related to Indigenous Health

Aside from tools and resources, the following trainings focused on health provide service providers with professional development opportunities:

- [Trauma Informed Care Webinars](#); and
- [Webinar on Indigenous Cultural Safety](#).

## Building Awareness on Indigenous Issues

The following resources and tools help build awareness of Indigenous issues beyond the topic of health:


- [21 Things You May Not Know About the Indian Act by Bob Joseph \(book\)](#);
- [Braiding Sweetgrass by Robin Wall Kimmerer \(book\)](#);
- [Ownership, Control, Access, Possession \(OCAP\) Principles](#);
- [Historica Canada](#);
- [Indigenous Canada Course](#);
- [Indigenous Cultural Awareness Certificate](#);
- [Indigenous Knowledge Translation Practices](#);
- [Indigenous Writes by Chelsea Vowel \(book\)](#); and
- [Blanket Exercise](#).

**Table 1: Key Organizations that Focus on Indigenous Health**

Organization Name	Description
First Nations and Community Organizations	<p>There are various governing bodies and community organizations that focus on supporting and advancing reconciliation and addressing health needs on Epekwitk (PEI), including:</p> <ul style="list-style-type: none"> <li>• <a href="#">Abegweit First Nation</a></li> <li>• <a href="#">Lennox Island First Nation</a></li> <li>• <a href="#">Mi'kmaq Confederacy of PEI</a>; and</li> <li>• <a href="#">Native Council of PEI</a></li> </ul>
L'nuey	<p>L'nuey is an initiative that focuses on advancing, implementing, and protecting the constitutionally entrenched rights of the Epekwitnewaq Mi'kmaq (Mi'kmaq of PEI).</p> <p>The work of L'nuey is guided by three responsibilities: Negotiations, consultation, and governance development.</p> <p>Topics, such as culture and history, are covered through podcasts, videos, and factsheets.</p> <p>Find more information here: <a href="https://lnuey.ca/">https://lnuey.ca/</a></p>
National Centre for Truth and Reconciliation (NCTR)	<p>NCTR provides access to <a href="#">materials and resources</a> that can aid people of any age to learn about and participate in taking steps towards reconciliation.</p> <p>NCTR has a teaching resource collection composed of over 300 unique English-language resources, 100 French-language resources about residential schools, and other closely related topics.</p>
National Collaborating Centre for Indigenous Health (NCCIH)	<p>This is <a href="#">a national Indigenous organization</a> established in 2005 to support First Nations, Inuit, and Métis public health and health equity through knowledge translation and exchange.</p> <p>Some examples of resources and information include:</p> <ul style="list-style-type: none"> <li>• Reports and publications (ex., <a href="#">An Introduction to the Health of Two-Spirit People</a>);</li> <li>• Factsheets (ex., <a href="#">Indigenous peoples' physical activity</a>);</li> <li>• Podcasts; and</li> <li>• Webinars.</li> </ul>
Wabano	<p>Wabano is an <a href="#">Indigenous Centre of Excellence in Healthcare Services</a> in Ottawa that provides various educational workshops, resources, and publications on culture, history, Indigenous-specific racism and discrimination.</p>

**Table 2: List of Tools and Resources Related to Indigenous Health**

Title	Description
Cultural Safety and Humility Standard and Framework	<p>The <a href="#">First Nations Health Authority (FNHA)</a> partnered with the Health Standards Organization (HSO) to bring together a British Columbia First Nations-led Cultural Safety and Humility Technical Committee.</p> <p>The <a href="#">Cultural Safety and Humility Standard</a> 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.</p> <p>FNHA also provides various resources, including videos, webinars, posters, and booklets on cultural safety and humility.</p>
Cultural Safety Continuum	<p>There are many iterations of the cultural safety continuum. For example:</p> <ul style="list-style-type: none"> <li>• The Indigenous Primary Health Care Council in Ontario provides an <a href="#">infographic</a> that shows a circular spectrum with cultural safety embedded in the middle of the circle;</li> </ul> <p>The Public Health Agency of Canada adapted a <a href="#">graphic</a> 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.</p>

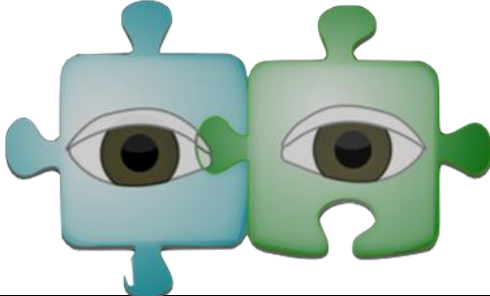
<p>Medicine Wheel</p>	<p>The medicine wheel is a sacred and ancient symbol meant to represent the interconnectivity of all aspects of one’s being. The medicine wheel provides a holistic and balanced approach to teaching a variety of subjects.</p> <p>The medicine wheel is a circular symbol broken into four areas or quadrants. These four areas have four different colours assigned to them, which are most often white, yellow, red, and black.</p>  <p>The four areas of the medicine wheel have attributes assigned to them, such as<sup>1</sup>:</p> <ul style="list-style-type: none"> <li>• The four directions (North, East, South, and West);</li> <li>• The four states of being (Mental, Spiritual, Physical, and Emotional);</li> <li>• The four sacred medicines (Cedar, Tobacco, Sage, and Sweetgrass)</li> <li>• The four seasons (Winter, Spring, Summer, and Fall);</li> <li>• The four elements (Air, Earth, Fire, and Water); and</li> <li>• The four stages of life (Elder, Birth, Youth, and Adult).</li> </ul> <p>The circle in the medicine wheel represents the circle of life, self-awareness, and knowledge, and each set of attributes has its own teachings. For example, one way to use the medicine wheel is as a self-assessment to determine how balanced one is.<sup>2</sup></p> <p>It is also important to note that different Indigenous groups have different medicine wheel teachings according to their stories, values, and beliefs; however, not all Indigenous groups use the medicine wheel.</p>
<p>National Dialogue on Data Report</p>	<p>The <a href="#">National Dialogue on Data: What We Heard Report</a> summarizes discussions on the perspectives and values for measures to address anti-Indigenous racism in Canada’s health systems with a focus on data and health information.</p>

<sup>1</sup> [https://www.youtube.com/watch?v=S7nb4rJ\\_N14](https://www.youtube.com/watch?v=S7nb4rJ_N14)

<sup>2</sup> <https://ecampusontario.pressbooks.pub/movementtowardsreconciliation/chapter/medicine-wheel-teachings/>

Patient Navigators	<p>There are many patient navigators on PEI. Here is the <a href="#">complete list of navigators</a>. Two navigators are focused on Mi'kmaq health needs:</p> <p>Mi'kmaq Health Systems Navigator (West) Shelby Arsenault, R.N., BScN</p> <ul style="list-style-type: none"> <li>• Telephone: 902-831-2711</li> <li>• Email: <a href="mailto:shelby.arsenault@lennoxisland.com">shelby.arsenault@lennoxisland.com</a></li> </ul> <p>Mi'kmaq Health Systems Navigator (East) Crissy Riley, LPN</p> <ul style="list-style-type: none"> <li>• Telephone: 902-676-3007</li> <li>• Email: <a href="mailto:criley@abegweithealth.ca">criley@abegweithealth.ca</a></li> </ul>
Smudging	<p>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.</p> <p>The smoke created by burning the sacred herbs drifts over the face and body of the person being smudged, either by a feather (ideally an eagle feather) or by hand.</p> <p>Four elements are involved in a smudge:</p> <ol style="list-style-type: none"> <li>1. The container represents water;</li> <li>2. The four sacred plants are gifts from Mother Earth;</li> <li>3. Fire from lighting the sacred plants; and</li> <li>4. The smoke from the fire represents air. The ashes are returned to Mother Earth, not thrown out.</li> </ol> <p>Contact any of the First Nations and community organizations or the Mi'kmaq Health Systems Navigator to conduct smudging for a client.</p>
The Unforgotten (film)	<p>This film<sup>3</sup>, 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 health care.</p>

<sup>3</sup> <https://theunforgotten.cma.ca/film/unforgotten-full-length>

<p>Traditional Healing</p>	<p>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.</p>
<p>Two Eyed Seeing Approach (Albert Marshall)</p>	<p>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. <i>Etuaptmumk</i>, pronounced <i>eh-doo-ahp-duh-mum</i>, is the Mi'kmaw word for Two-Eyed Seeing. In Marshall's words, <i>Etuaptmumk - Two-Eyed Seeing</i> “refers to learning to see from one eye with the strengths of Indigenous ways of knowing and from the other eye with the strengths of Western ways of knowing and to using both of these eyes together”<sup>4</sup> (Bartlett, Marshall, &amp; Marshall, 2012, p. 335). Two- eyed seeing acknowledges that Indigenous methods and treatments are as valid as those used in mainstream medicine, and it allows Indigenous peoples to have a voice in their own healthcare.</p> 

<sup>4</sup> <https://journals.sagepub.com/doi/full/10.1177/1609406918812346#>

**Table 3: List of Trainings Available on Indigenous Health**

Title	Description
Trauma Informed Care Webinars	<p><a href="#">Trauma-informed care</a> 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.</p> <p>Examples of webinars include:</p> <ul style="list-style-type: none"> <li>• <a href="#">Trauma-informed, Healing-centered Community Wellness</a> from the University of British Columbia Learning Circle;</li> <li>• <a href="#">Trauma-Informed Practice with Indigenous Peoples across the Life Span</a> from Western University; and</li> <li>• <a href="#">What's new is really old: Trauma-informed health practices through an understanding of historic trauma</a> from NCCIH.</li> </ul>
Webinar on Indigenous Cultural Safety	<p>National Collaborating Centre for Determinants of Health hosted a webinar called <a href="#">Promising Practices in Indigenous Community Health Promotion</a>. This webinar addressed the political and social contexts of Indigenous health promotion, unpacking some social determinants of Indigenous health.</p>



**Table 4: Building Awareness on Indigenous Issues**

Title	Description
<p><i>21 Things You May Not Know About the Indian Act</i> by Bob Joseph (book)</p>	<p><i>21 Things You May Not Know About the Indian Act</i> is the essential guide to understanding the legal document and its repercussions on generations of Indigenous peoples.</p>
<p><i>Braiding Sweetgrass</i> by Robin Wall Kimmerer (book)</p>	<p>Robin Wall Kimmerer brings the lenses of her life as an Indigenous scientist, a mother, and a woman in this book. She shows how other living beings—asters and goldenrod, strawberries and squash, salamanders, algae, and sweetgrass—offer people gifts and lessons, even if they have forgotten how to hear their voices. Kimmerer highlights that the awakening of a wider ecological consciousness requires the acknowledgment and celebration of a reciprocal relationship with the rest of the living world. Only when people can hear the languages of other beings will they be capable of understanding the generosity of the earth and learn to give their own gifts in return.</p>
<p>First Nations Principles of OCAP</p>	<p>The First Nations Information Governance Centre outlines the First Nations principles of ownership, control, access, and possession – more commonly known as OCAP<sup>5</sup> – assert that First Nations have control over data collection processes and that they own and control how this information can be used.</p>
<p>Historica Canada</p>	<p><a href="#">Historica Canada</a> curated a collection of learning tools on Indigenous history.</p> <p>Learning tools’ topics include Indigenous perspectives on Canada’s history, Indigenous history timeline, treaties, residential schools, and more.</p>

<sup>5</sup> <https://fnigc.ca/ocap-training/>

<p>Indigenous Canada Course</p>	<p>The University of Alberta provides a <a href="#">12-lesson Massive Open Online Course</a> (MOOC) from the Faculty of Native Studies that explores the different histories and contemporary perspectives of Indigenous peoples living in Canada.</p> <p>The topics covered include:</p> <ul style="list-style-type: none"> <li>• The fur trade and other exchange relationships;</li> <li>• Land claims and environmental impacts;</li> <li>• Legal systems and rights;</li> <li>• Political conflicts and alliances;</li> <li>• Indigenous political activism; and</li> <li>• Contemporary Indigenous life, art and its expressions.</li> </ul> <p>The University of Alberta also offers <a href="#">other topics available through Native Studies</a>.</p>
<p>Indigenous Cultural Awareness Certificate from University of Prince Edward Island</p>	<p>In the <a href="#">Indigenous Cultural Awareness course</a>, facilitator Julie Pellissier-Lush will highlight and explain in-depth the traditional knowledge of the Mi'kmaq (the Indigenous peoples of Mi'kma'ki, and specifically Epetwitk), their life before contact with Europeans, the role of colonization on the Mi'kmaq, and how all Canadians move forward positively with Indigenous peoples.</p> <p>*There are also other facilitators and instructors who provide training like Tiffany Sark and Paul Gallant.</p>
<p>Indigenous Knowledge Translation and Ways of Knowing</p>	<p><a href="#">Multiple studies and reports</a> explore Indigenous knowledge translation practices and ways of knowing.</p> <p>For instance, NCCIH published a <a href="#">report</a> that provides background information on knowledge synthesis, translation and exchange within the context of Indigenous knowledge.</p>

<p><i>Indigenous Writes</i> by Chelsea Vowel (book)</p>	<p>In <i>Indigenous Writes</i>, Chelsea Vowel initiates myriad conversations about the relationship between Indigenous peoples and Canada. An advocate for Indigenous worldviews, the author discusses fundamental issues including the terminology of relationships; culture and identity; myth-busting; state violence; and land, learning, law and treaties; along with wider social beliefs about these issues.</p>
<p>KAIROS Blanket Exercise by Native Council of Prince Edward Island</p>	<p>This is a 90-minute experiential activity that aims to foster an understanding of the shared history and nation-to-nation relationships between Indigenous and non-Indigenous peoples in Canada by walking through pre-contact, treaty-making, colonization, and resistance.<sup>6</sup></p>

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<sup>6</sup> <https://www.kairosblanketexercise.org/wp-content/uploads/2021/06/infographic.pdf>