

SALT IN A PEPPER WORLD

Working Interculturally in Indigenous Nursing

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Regina, SK

PRE-CONFERENCE WORKSHOP:

**TOWARDS
RECONCILIATION
PARTNERING FOR
HEALTH EQUITY**



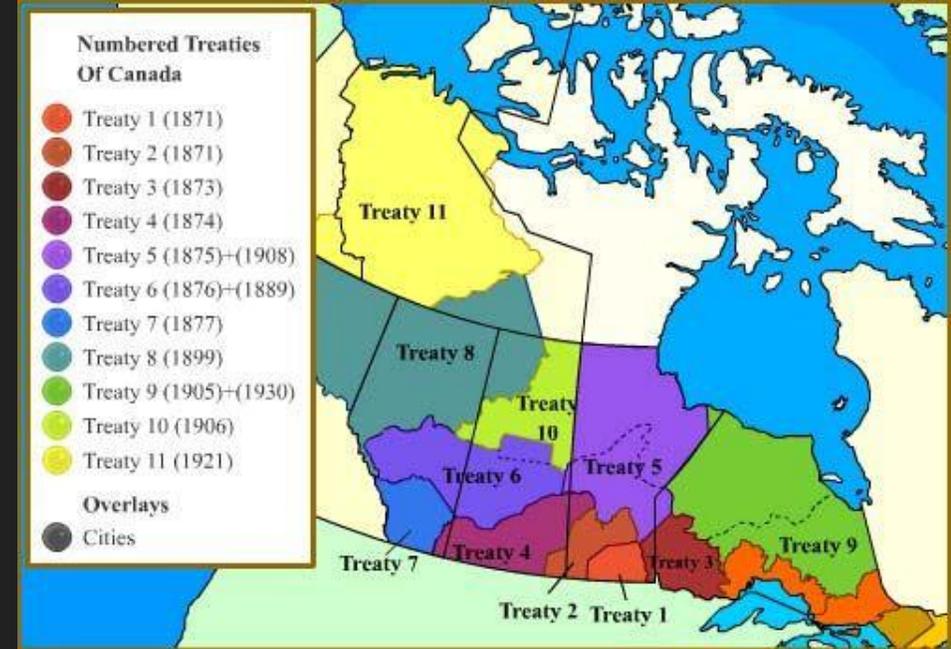
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www.chnc.ca/en/registration



Where am I and Why am I here.

- I ask myself this every day, and I also ask those who I am working with from time to time...
- I would like to acknowledge Treaty 4



Treaty _____ Or Land Acknowledgment

- Importance of land

Let's start with an Icebreaker



môniya:s

- Especially among North American Indians in Canada: a newcomer.
- **Origin** - Late 19th century; earliest use found in Dictionary Canadianisms. From Plains Cree môniya:s non-Indian, white person, diminutive of môniya:w from Southern Algonquian mo:niya:winini from mo:niya Montreal + -inini man.

Perspective

Upstream

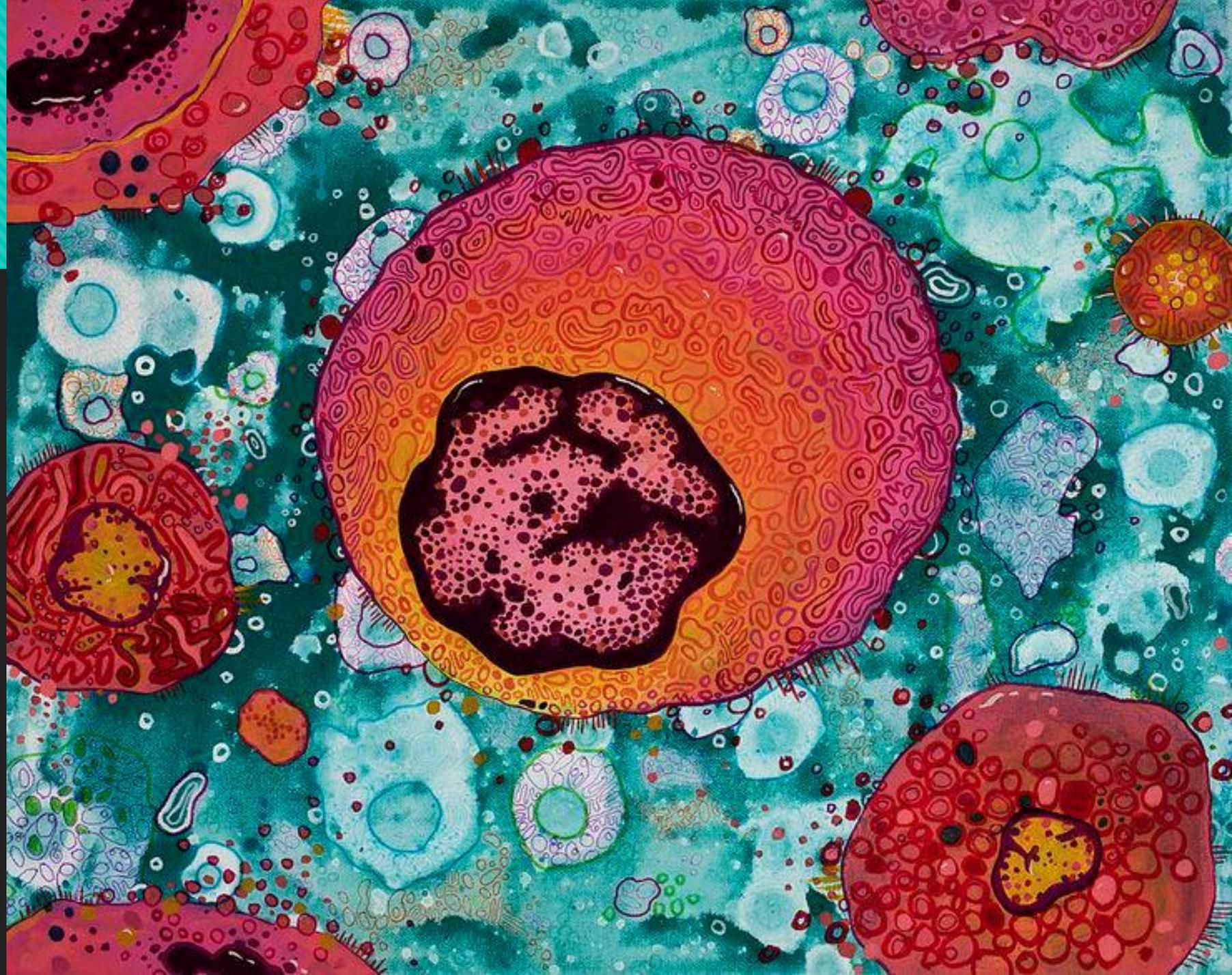
Downstream

Linear

Vertical

Non-linear

Directions?



Perspective





*“If you have come to help me,
you are wasting your time; but if
you are here because your
liberation is bound up with mine,
then let us work together.”*

*- Lilla Watson, Aboriginal Elder, activist, educator
(Australia)*

Who am I and Where did I come from?

“The only route to gaining a better appreciation of the different cultures in Canada is through regular exposure, asking questions and expressing opinions – even if those opinions are wrong.

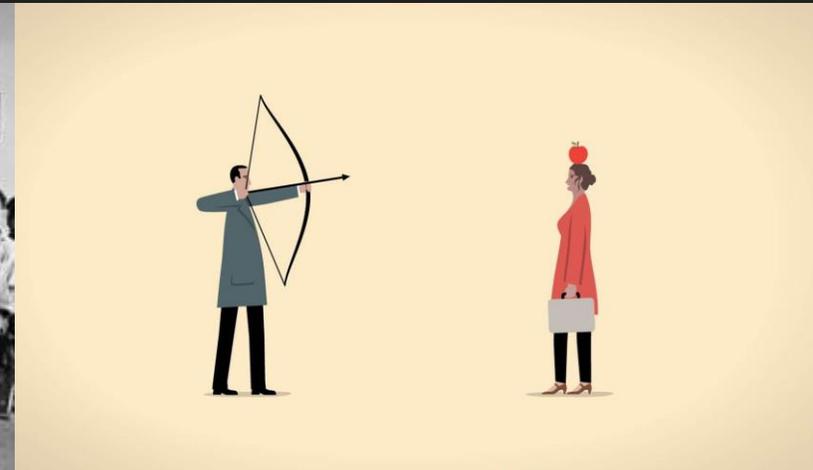
Michael Taube on May 16, 2017 Troy Media

Chief Jo Mathias

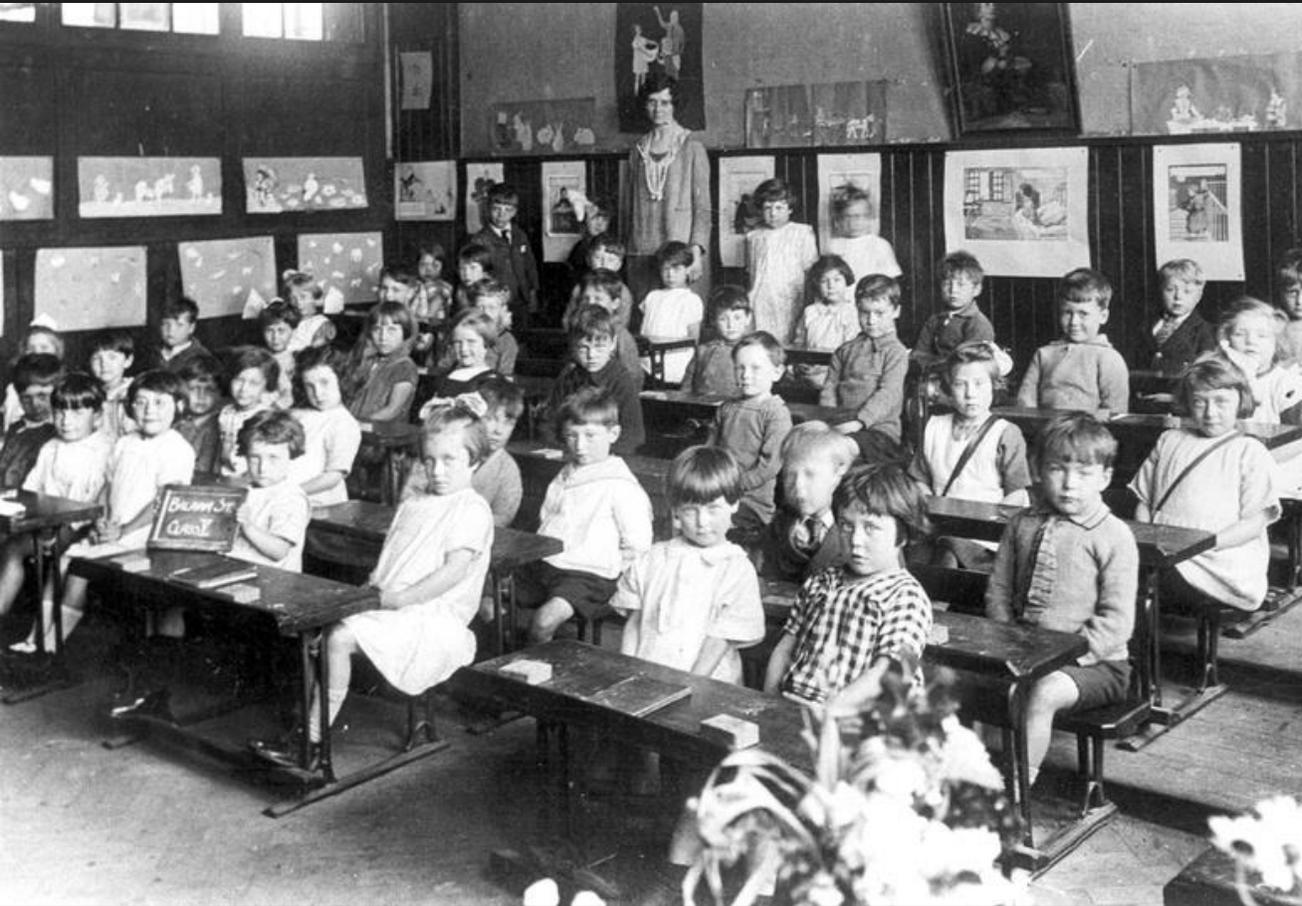
“We walk into the future backwards because we are looking to our Ancestors, listening to our Elders, and learning our traditions and cultures”

How to Build and Support Trust

- Three biggest institutions of historical trauma and mistrust
 - Justice
 - Health
 - Education



Sometimes furniture is the problem



Sometimes furniture is the problem



Sometimes the structures are not adaptive



Recognizing my Privilege.



- Firstly, to be an effective ally I need to recognize the privileges I may (unknowingly) be benefitting from.
- As a true ally I am aware of my privilege and I am willing to speak up about it without taking attention away from those who are marginalized.
- As a true ally this can only be decided by those who I am working with, that is, it is not up to me at all.
- Really, I am aligning myself with others, it is an action, and an act of doing something, and not something to be turned on or off when it is convenient.

Am I an Ally? Who Decides?

How to Be an Informed Aboriginal Ally

by Madison Burns

- Being an ally is not part of my identity but *is* part of an action or a practice that I take
- Allies operate behind the scenes, it is not about taking credit, it is about giving and supporting credit



Feeling Uncomfortable

- This may mean I am not invited, or I am asked to leave... and sometimes that is hard... but that means I have done my job as an ally.
- This means constant education, and constant reflection, and allowing time...

What is my role as an Ally in Indigenous Research?

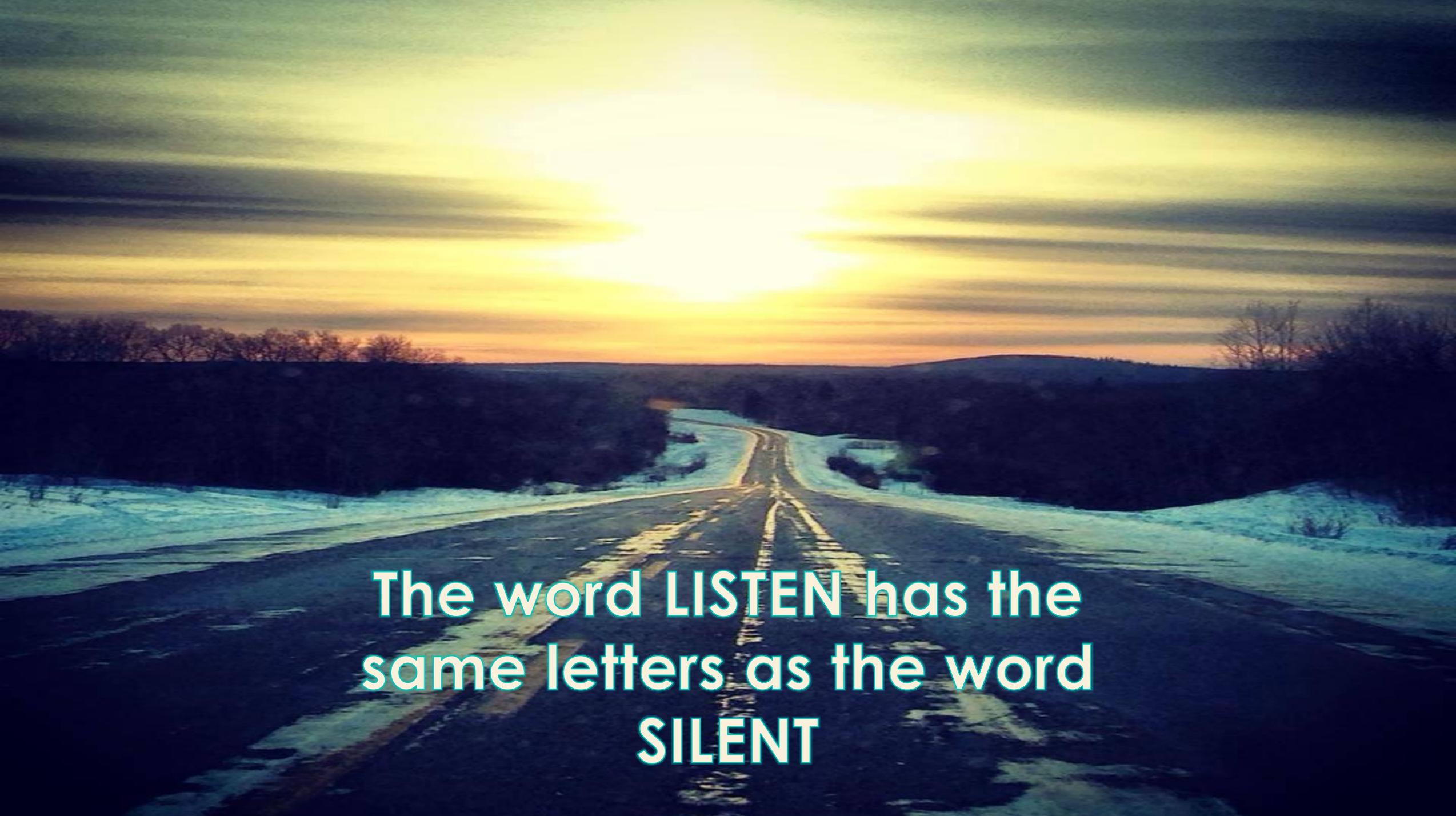
- Indigenous research will be joined by allied researchers
- Always include wise people
- Circles, not squares, not lines.
- Land based, seasonality, balanced.

- What's in a name?
 - Centre or Circle?



Being an Ally often means...



A scenic landscape at sunset or sunrise. The sun is low on the horizon, casting a warm, golden glow across the sky and the snow-covered ground. A winding road or path leads from the foreground into the distance, flanked by snow-covered fields and dark trees. The overall mood is peaceful and contemplative.

The word LISTEN has the
same letters as the word
SILENT

Best or Wise Practices

- Indigenous Knowledge Transfer (IKT) Indigenous Knowledge (IK)
Knowledge Translation (KT)
- Need to support Indigenous ways of knowing, need to link to ceremony/s, start with a story
- Community identifies needs, need to know who identifies community
- UNDRIP principles
- Informed by the TRC and community consultations

Traditional Questions vs ... new old ways

- Stigmatizing disease, illnesses, Western medicine always wants to FIX something
 - What are you trying to fix?
- i.e. Lateral violence as opposed to lateral kindness - Lateral violence focuses on deficits not strengths
- Advisory board oversees what? Terms Of Reference (TOR) needs to indicate what?
 - Do you even need a TOR

To For With

- Western thought – increase awareness of effects of colonialism BUT most Indigenous populations already know about the effects
- Resiliency – bouncing back hopefully more than that – thriving, striving, more than just surviving
- Actively include/recruit the underrepresented – gender, sexuality, those with low opportunity hard to reach, often this population is not represented

What is my Role in Indigenous Research?

- I need to understand myself, my place, my invisible knapsack or worldview, my assumptions and understanding of myself and of others and relationships and power dynamics.
- What is the goal of research? as a Moonias it is often about learning more about *myself* as opposed to the outcomes, results, the data or findings of the other.
- We all need to be a bit more self-reflexive

Trends

- Cultural Competency is out, Cultural Safety yes, Cultural Humility very good
- Cultural competence focuses on service provider vs cultural safety and humility focuses on clients
- Humans not at the top of the hierarchy, focus on balance with all creatures
- Land based programs and interventions
 - Mentors mentees (the land is a mentor) are co-learners
- Cultural and ecological wellness need to be defined

The Nightmare Before Christmas



“If you’re going to learn about other people’s cultures and traditions, approach it from a place of respect. Go to the people who live that life and treat them as the experts. Listen to others if they say you’re stepping over your bounds. Show humility. Ask questions in a respectful way.

Don’t try to “improve” cultural elements just because that’s easier than understanding it fully. Above all, practice empathy. And that’s a pretty good lesson for us at any age.”

Katie Schenkel

Lateral Kindness

- Please be kind to each other
- Respectful and responsible relationships, there are no apps for that.
- Be Grateful
- Be Great!

“Reconciliation is about forging and maintaining respectful relationships. There are no shortcuts.”

Justice Murray Sinclair

& DonT be arfaid to kame mit sakes

Ask questions, listen, and then ask more questions.



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