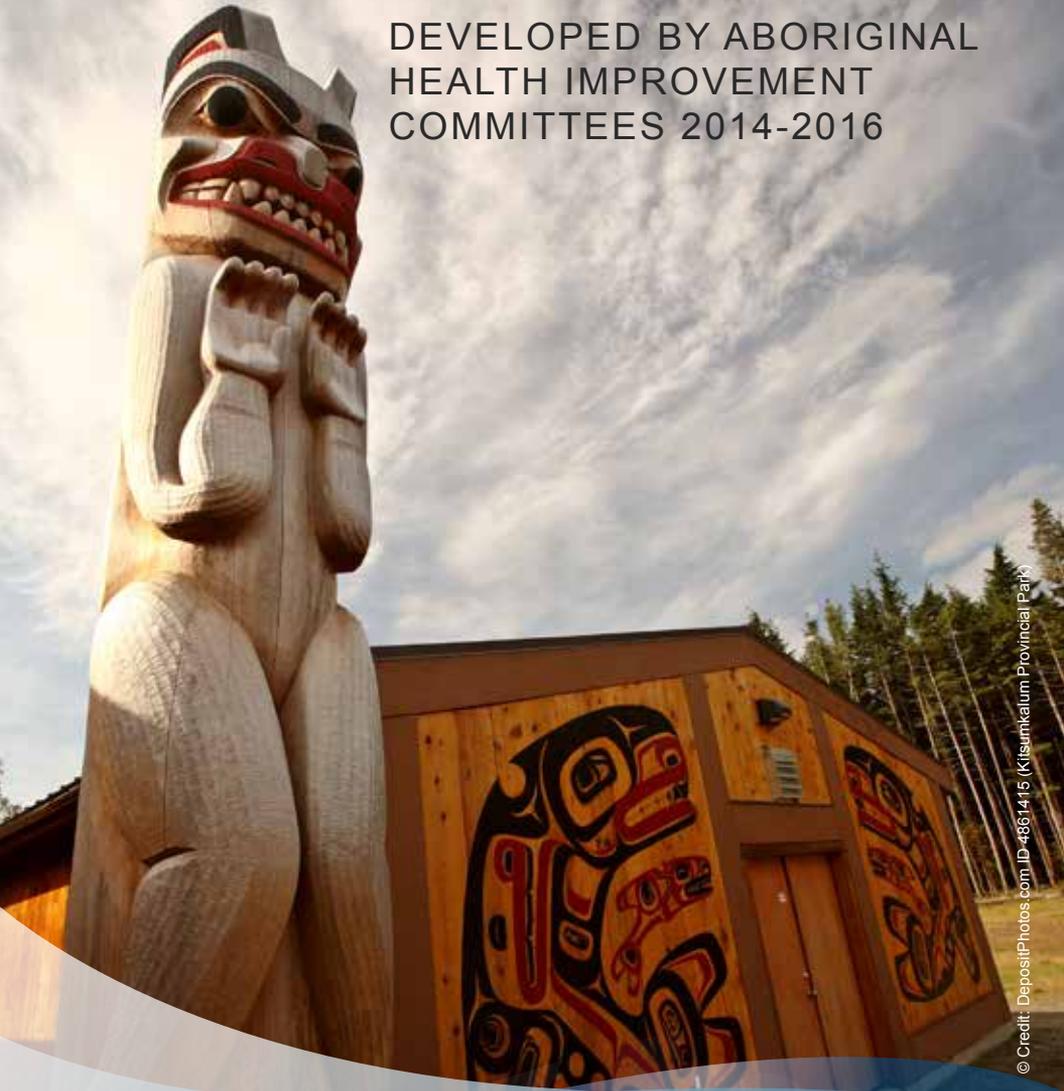


ABORIGINAL HEALTH

# Local Cultural Resources

DEVELOPED BY ABORIGINAL  
HEALTH IMPROVEMENT  
COMMITTEES 2014-2016



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**northern health**  
the northern way of caring

# INTRODUCTION

In 2014-2015, Northern Health and the Aboriginal Health Improvement Committees (AHICs) supported First Nations and Aboriginal communities in the north to develop cultural resources that highlight their own ways of being, ways of knowing, ways of living, traditions, cultures, protocols, and environments. Support was extended through to 2016.

This booklet provides a summary of the cultural resources developed by AHICs in 2014-2016. These cultural resources will support increased knowledge, understanding, and cultural competency of health care practitioners that provide care to First Nations and Aboriginal people, families, and communities in the north.

## TERRACE/KITIMAT AND AREA AHIC



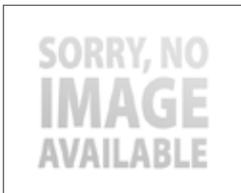
### Cultural Practices Around Birth

This 10 minute video provides information for health providers about cultural practices around birth from First Nations speakers from the Haisla, Nisga'a, Tsimshian, Gitxsan and Tahltan Nations near Terrace and Kitimat.



### Cultural Practices Around Critical Illness and Death

This 27 minute video provides information for health providers about cultural practices around illness and death from First Nations speakers from the Haisla, Nisga'a, Tsimshian, Gitxsan and Tahltan Nations near Terrace and Kitimat.



### Indigenous language signs in Mills Memorial Hospital and Kitimat Hospital

A welcome sign in Haisla is planned for Kitimat Hospital and Health Centre. Another welcome sign in Sm'algayax is planned for Mills Memorial Hospital. These signs will highlight local Indigenous languages within health care settings.



## **Gitksan Cultural Practices with Births, Near Death and Upon the Death of a Gitksan Person**

This booklet provides information about Gitksan cultural practices with births, near death, and upon the death of a Gitksan person. It includes tips for hospital and health workers on how to approach these important life transitions for Gitksan community members. This booklet is available on the Aboriginal Health website.



## **First Nations Health Centres in the Northwest of British Columbia: A Discharge Planning Tool**

This booklet summarizes information on First Nations Health Centres in the northwest, including services and contact information, to support discharge planning from Northern Health facilities back to First Nations communities. This booklet has been shared with Northern Health leaders and staff throughout the Northwest and is available on the Aboriginal Health website.



## NORTHWEST EAST AHIC (SMITHERS AND AREA)



### **Tahltan Art for the Stikine Health Center**

Four paintings depicting local Tahltan culture of the Dease Lake, Telegraph Creek and Iskut areas were hung in the Stikine Health Center in Dease Lake to recognize and celebrate local First Nations cultures, patients and partners.



### **Button Blanket for Wrinch Memorial Hospital**

Through the hands and hearts of Indian Residential School survivors and their families from Kispiox, Sikedakh and Gitanmaax, this beautiful wall hanging is to be enjoyed by visitors to the hospital. This blanket was created by Amanda Wesley, Theresa Stevens, Virginia Fowler and Rebecca Jagoda with the guidance of Marjorie Mowatt and Sadie Mowatt, and touch ups by Lavender MacDonald.

The design was created by Michelle Stoney whose grandparents survived residential school and now actively promote Gitxsan history and culture. The design represents the clans of the Gitxsan Huwilp who suffered the abduction of their children and the intergenerational healing that continues to take place as a result of the long reaching impacts of residential schools. The blanket is to be hung in the entrance to Wrinch Memorial Hospital in Hazelton.



### **Sacred Space in Wrinch Memorial Hospital**

A sacred space was created in Wrinch Memorial Hospital dedicated to faith and healing. This room is available 24/7 for patients, visitors and staff. The room is decorated with Aboriginal art and visual and text information on Aboriginal history.



### **Wet'suwet'en Art for Bulkley Valley Facilities**

James Madam, Gitdumden clan, a prominent local Wet'suwet'en artist created three pieces of art: one for the Bulkley Valley District Hospital (Smithers); one for the Bulkley Lodge (Smithers); and one for the Houston Health Centre (Houston). Each is to be prominently placed in the health facility to recognize and celebrate local First Nations cultures. Each art work is a circular red cedar wood mural carving on the respective themes of: health and healing; home and Elder; and community, family health, and wellness. A launch is planned for each art piece in their facility.



### **Indigenous language sign in Bulkley Valley District Hospital**

This welcome sign in Wet'suwet'en will be hung in the Bulkley Valley District Hospital to highlight the local Indigenous language in a health care setting.



## Cultural Learning Session

Local Wet'suwet'en, Lake Babine and Gitksan speakers shared information with health care providers on their cultural practices, the impact on colonization and their perspectives on enhancing health care for Aboriginal people. Lake Babine cultural dancers performed and a traditional meal was served. Small working groups engaged participants to identify current best practices and opportunities for enhancing care delivery for Aboriginal peoples. A Summary and Planning document on this session, as well as a planning tool, is available to assist others in planning for future cultural learning opportunities.

SORRY, NO  
IMAGE  
AVAILABLE

## Northwest East Cultural Learning Resource

This document will summarize what speakers shared at the April 2016 Cultural Learning Session. It includes information on: the similarities and diversities within and between the Wet'suwet'en, Gitksan and Lake Babine Nations; traditional ways of life, language and learning; the feast system; and residential school impacts and communities' healing journeys. Messages for health care providers are also included.



## Gathering at the Bulkley Valley District Hospital

This document acknowledges the importance of gathering around a loved one in the hospital or long-term care home at times of health events, deaths and births. The information provided in the pamphlet, will help with a shared understanding of what staff can do to support people at such times.



# NORTH COAST AHIC



## Honouring Our Journey

This 25 minute video provides information for health care providers about the Haida and Tsimshian Nations' culture and history, and how these impact their health care needs. It is available on the Northern Health YouTube channel.



## Honouring Our Journey: Screenings and Promotions

This large poster highlights the video, *Honouring Our Journey*, and the events and activities undertaken to share and promote it within communities and health care practitioners.



# QUESNEL AND AREA AHIC



## Cultural Awareness in Quesnel Facilities

Cultural arts and crafts were purchased to recognize traditional territories and provide a visual presence of First Nations culture in the GR Baker Memorial Hospital and Dunrovin Park Lodge.



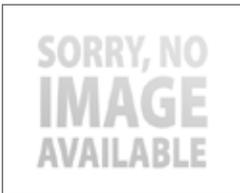
## Experiential Learning Cultural Safety Workshops

A series of workshops in collaboration with Nazko First Nation provided experiential and immersion learning for front line Northern Health staff to improve cultural safety around understandings of health and wellness, healing and Indigenous patient experiences. These workshops occurred both in Nazko and in the hospital at lunch and learn sessions.



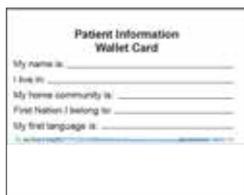
## First Nations in the Quesnel Area

A handbook was developed with information on the local First Nations communities.



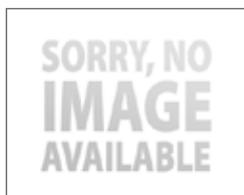
## Quesnel Tillicum Society Annual Culture Camp

The Quesnel and Area AHIC is supporting this event by providing funding to bring Justin Young Thunder Sky, a motivational speaker from Kamloops, BC, to Quesnel for the camp. The AHIC is also providing funding for the food, prizes/honorariums, and a local music group from Nazko to provide entertainment. This event will be held from August 18-21, 2016.



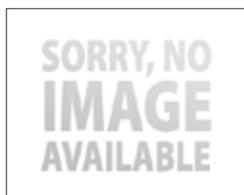
### **Patient Information Wallet Card**

This resource, originally developed by the Lakes District AHIC, was adapted and implemented in the Quesnel and area AHIC. This small wallet-size card has spaces for patient information that will assist them in communicating important health and contact information to health practitioners, such as: health conditions, medications, allergies, emergency contact, community health representative contact, home community, etc.



### **Lhtako Dene Nation – Carrier Culture and Language Workshops**

Lhtako Dene Nation is organizing cultural workshops that will include weekly Carrier language lessons, teaching on traditional foods, arts, songs, as well as teaching about lost traditions such as the Potlatch. These workshops will be taught by Elders to the community. Some sessions will be open to Northern Health staff. The workshops began in April, 2016 and will continue throughout the year.



### **National Aboriginal Day Celebration:**

This event is planned for June 21, 2016 at the Helen Dixon Centre and will be open to the entire community. Elders will teach about traditional foods, including bannock and salmon. They will also do a demonstration on how to prepare bannock, and bannock will be available to the community. An Elder will also teach about salmon and how it was traditionally prepared and will explain the process of drying or canning the salmon. An Elder will also provide teaching about traditional tobacco ties and how to make them. People will be able to make their own tobacco tie at the event.

**SORRY, NO  
IMAGE  
AVAILABLE**

### **Juniper Picking Field Trip**

Working in collaboration with the Aboriginal Day Planning Committee, a field trip to the ?Esdilagh First Nation is planned for June 3, 2016. Local Elders will teach about how to pick Juniper and what its traditional uses are. This event will include Aboriginal students from local schools, Elders, as well as staff from Northern Health. The Juniper will be dried and used for making the tobacco ties at National Aboriginal Day.



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# PRINCE GEORGE AND AREA AHIC



## **Community Resource Booklet**

This resource will provide a summary of health services available to First Nations and Aboriginal people in the Prince George area. It is intended to help service providers and patients/clients to navigate the appropriate and available services in a timely manner.



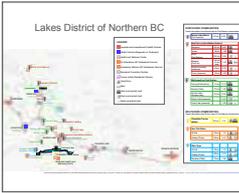
## **Indigenous Language Sign in the University Hospital of Northern BC**

A welcome sign in Carrier will be placed in either the main entrance or the Emergency Department to highlight the local Indigenous language.



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# LAKES DISTRICT AHIC



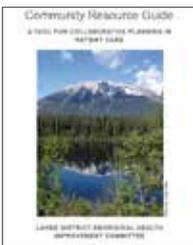
## Lakes District of Northern BC Map

This map provides visual information on the First Nations communities that access the Burns Lake hospital for acute care. It includes the distance, type of travel, and time to travel between the communities and Burns Lake. This map is intended to assist health practitioners to better understand the travel realities for First Nations patients and clients and how this impacts their access to care.



## Patient Information Wallet Card

This small wallet-size card has spaces for patient information that will assist them in communicating important health and contact information to health practitioners, such as: health conditions, medications, allergies, emergency contact, community health representative contact, home community, etc.



## Lakes District Aboriginal Community Resource Guide: A tool for collaborative planning in patient care

This booklet introduces health care providers to the First Nations communities in the Lakes District. Information includes a brief history of each community, contact information, travel distances and times, modes of transportation to consider, and health facilities in or near the communities.



## Digital Story about our Communities

This resource will share knowledge from the community for health care providers. It will also train youth in the community how to create digital stories. The digital story will address the questions: "What is important to your health?" and "What is important to tell your healthcare provider?"

# OMINECA AHIC



## Saik'uz First Nation: Our stories, histories and strengths

A booklet including recipes, histories, photographs and words of wisdom from Saik'uz First Nation Elders.



## Nak'azdli 'ink'ex Tl'azt'en: Wheni noh bulh yas'ulhtuk

A 50 page resource book including photographs, history and cultural practices of the Dakelh culture as it relates to Tl'azt'en and Nak'azdli peoples and territories.



## Nadleh Food Security Workshops

A series of nutrition workshops that include topics such as reading food labels, healthy groceries and healthy eating for small children. Workshops include a field trip to the grocery store; assistance with understanding healthy purchase habits; and sessions on preparing traditional foods.



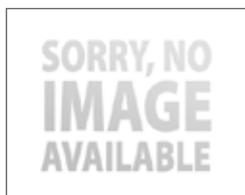
## Hallways of Healing in Vanderhoof Facilities

Commemorative photographs, plaques and drums to hang in the St. John Hospital and Stuart Nechako Manor to provide a visual recognition of Saik'uz Traditional Territory, and to honour the health and healing contributions of Sophie Thomas and Mary John Sr. to the St. John Hospital and surrounding communities.



## Food Gathering Field Trips in Stella'quo

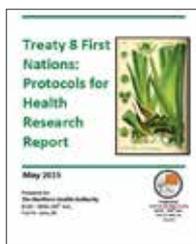
Canning and nutrition workshops including preparation of traditional foods.



## Getting the Most out of Health Care Visits

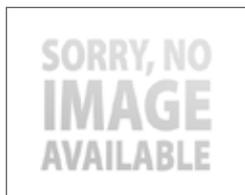
This video will address the following questions: “What advice do you have for health care providers on how to get medical history from you?” and “What advice would you like to share with other community members on how to get the most out of healthcare?”

## NORTHEAST AHIC



## Treaty 8 First Nations Health: Protocols for Health Research Report

A 40 page report including historical context of Treaty 8 First Nations, Indigenous health perspectives, principles and protocols, and a variety of recommendations.



## Community Resource Guide

This booklet is being designed with physicians working in the Northeast region in mind. The booklet contains contact information for each of the First Nations and Aboriginal communities in the Northeast as well as a table populated with available health services and the frequency of services the community receives.



**northern health**

*the northern way of caring*

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