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INDIGENOUS COMMUNITIES, HEALTHCARE AND TRUST WITH THE CURRENT SYSTEM

Presented by Celina Sqwasulwut Williams, M.A.

Spiritual Adviser and Communications at Ravenswood Consulting



UY'SKWHEYUL

(Good day)

“Deep transformations can begin in small initiatives... change doesn’t require to be a saint or a genius. What it requires is the conviction of the incomparable value of life. Nothing should matter more to us than the attempt to grasp our life while we have it and to awaken from this slumber of routine of compromise and of prostration so that we may die only once. Hope is not the condition or cause of action. Hope is the consequence of action. And those who fail in hope should act practically or conceptually so that they may hope.”

- Roberto Unger







Unmet health needs and discrimination by healthcare providers among an Indigenous population in Toronto (1/3)

A high-level overview and central points of the research

Objective:

- This study was designed to assess the association between experience of discrimination by healthcare providers and having unmet health needs within the Indigenous population
- Information on Indigenous healthcare is scarce

Method:

- 836 participants.
- One-on-one interviews to complete the survey.
- Focusing on the 12 month period immediately prior to the data collection.

Unmet health needs and discrimination by healthcare providers among an Indigenous population in Toronto (2/3)

A high-level overview and central points of the research

Findings:

- New evidence linking discrimination in healthcare settings to disparities in healthcare access among urban Indigenous people, reinforcing existing recommendations regarding Indigenous cultural safety training for healthcare providers.
- The health status of Indigenous peoples in Canada must be understood within the context of current and historical colonial policies implemented by the Canadian government and other colonial institutions, from the loss of land and autonomy, to the creation of reservation systems, and the historical removal of Indigenous children by the child welfare system.
- Lack of adequate Indigenous specific services

Unmet health needs and discrimination by healthcare providers among an Indigenous population in Toronto (3/3)

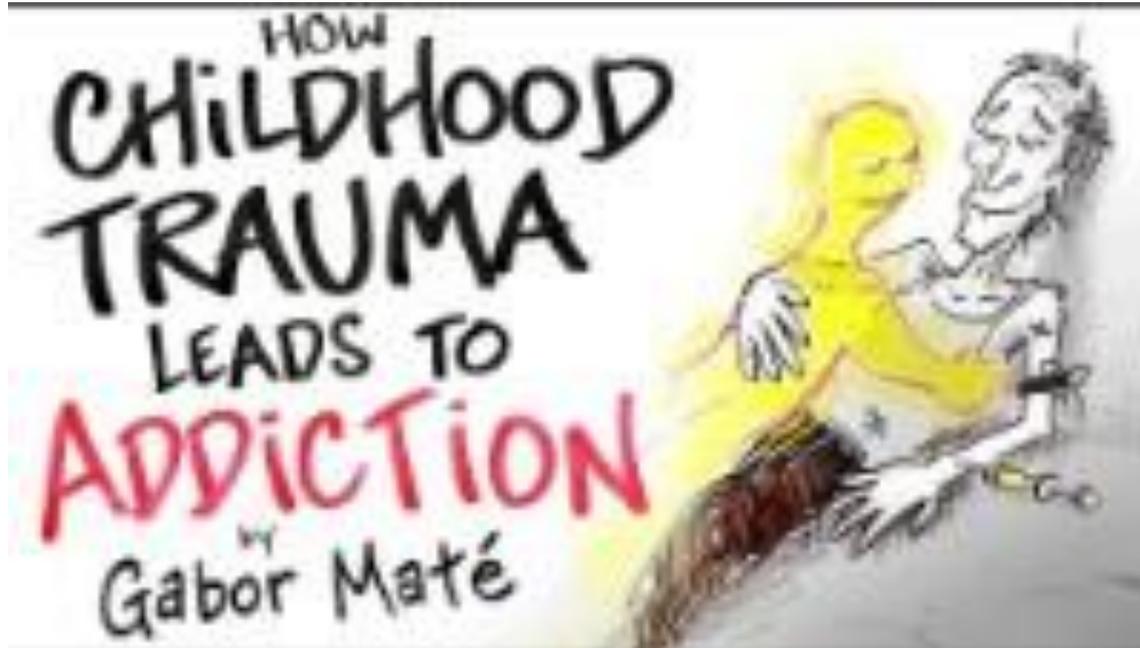
A high-level overview and central points of the research

Discussion:

- Cultural and safety training for professionals in the healthcare system
- Skills-based training in intercultural competency, conflict resolution, human rights, and anti-racism are some practices suggested by the researchers
- Provide spaces for healthcare practitioners to learn about their internalized biases that cause them to make discriminatory assumptions leading to modified care

How Childhood Trauma Leads to Addiction - *Gabor Maté*

Disclaimer: I'm not advocating for harm reduction or abstinence-based recovery. The goal in watching this video together is seeing it through an Indigenous or Indigenist lens.



Supporting Peer-Reviewed Articles

1. The Mental Health of Aboriginal Peoples: Transformations of Identity and Community. *Laurence J. Kirmayer*
2. Two-Eyed Seeing: A Framework for Understanding Indigenous and Non-Indigenous Approaches to Indigenous Health Research. *Debbie Martin*.
3. Abstinence Versus Harm Reduction: Considering Follow-up and Aftercare in First Nations Addictions Treatment. *Kimberly van der Woerd et al.*

Themes, Discussion, and Ideas.

Huy'ch'qa Si'em

(thank you, respectfully)