

Indigenous Healthcare Education and Practice: A Community Led and Community Informed Collaborative Initiative

Supplementary Digital Resources







This resource was developed to complement the "Indigenous Healthcare Education and Practice: A Community-Led and Community-Informed Collaborative Initiative" module series. This resource was created by the project team to address the Calls to Action set forth by the Truth and Reconciliation Commission. This project is made possible with funding by the Government of Ontario and through eCampusOntario's support of the Virtual Learning Strategy. To learn more about the Virtual Learning Strategy visit the <u>eCampus Ontario website (click to view</u>).

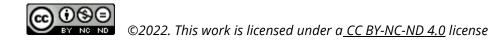
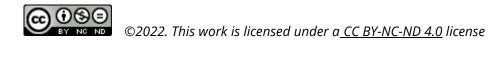


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THEME 1: HISTORICAL PERSPECTIVES OF INDIGENOUS PEOPLES IN CANADA AND IMPLICATIONS FOR

HEALTH OUTCOMES BOOKS AND STORIES

- The Sweet Bloods of Eeyou Istchee: Stories of Diabetes and the James Bay Cree (<u>http://sweetbloods.org/</u>)
- Wagamese, R. (2018). Indian Horse: A Novel. Milkweed Editions. (Novel and film about residential schools) by R. Wagamese: <u>https://www.indianhorse.ca/en/book</u>
- Medicine Walk by R. Wagamese
- Indigenous Writes: A guide to First Nations, Metis & Inuit Issues in Canada: 31 essays about the Indigenous experience from pre-colonization to the present
- Colonized Classrooms: Racism, Trauma and Resistance in Post-Secondary Education by Sheila Cote-Meek
- Braiding Sweetgrass: Indigenous wisdom, scientific knowledge, and the teaching of plants by Robin Wall Kimmerer
- Other books on Indigenous Health and Research: <u>https://guides.library.queensu.ca/indigenous-health/books-and-ebooks</u>

Film and Video

- Women and the Indian Act: <u>https://youtu.be/0AXc9u5SuRA</u>
- Video of Julia Candish discuss Indian Act status and how it impacted her family: <u>https://youtu.be/RmvDQsCfYe8</u>
- Film from CMA the Unforgotten: Childhood (Metis Elder tells his story after getting tuberculosis at the residential school): <u>https://theunforgotten.cma.ca/childhood/</u>
- Canadian Medical Association: Indigenous Health in Canada film (35 min) <u>https://theunforgotten.cma.ca/</u>
- Global news article: More unmarked graves likely to be discovered at former Kamloops, B.C., residential school: report: <u>https://globalnews.ca/news/8028537/kamloops-indian-residential-school-full-report-findings/</u>
- Possible video to include Residential school survivor speaks about the discovery of unmarked graves: <u>https://globalnews.ca/news/8028537/kamloops-indian-residential-school-full-report-findings/</u>
- Video Cindy Blackstock explaining reasons for the Human Rights complaint filed against the Canadian government for racially discriminating against First Nations children in 2007: <u>https://youthrex.com/video/cindy-blackstock-canadian-human-rights-tribunal-on-first-nationschild-welfare/</u>



Programs and Initiatives

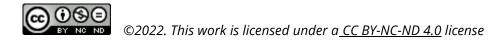
- To raise awareness and "reveal unmistakable connections to colonization. They are meant to help heal people". Includes a focus about the prevalence of diabetes in Indigenous populations (<u>https://theconversation.com/indigenous-group-tackles-diabetes-with-storytelling-89022</u>)
- (2021). Hearing our voices: An Indigenous women's reproductive health curriculum. Accessed February 2022, at, <u>https://www.nurture-north.org/</u>
- Idle No More Movement (<u>https://idlenomore.ca/</u>)
- Nishnawbe Aski Nation (NAN) Choose Life Program (<u>https://www.nan.ca/resources/choose-life/</u>)
- Public Health Agency of Canada, (2019). Policy Brief | Indigenous Harm Reduction = Reducing the Harms of Colonialism. <u>http://www.icad-cisd.com/pdf/Publications/Indigenous-Harm-Reduction-Policy-Brief.pdf</u>

Articles and Online Resources:

- Kim, P. J. (2019). Social determinants of health inequities in indigenous Canadians through a life course approach to colonialism and the residential school system. *Health Equity, 3*(1), 378-381. DOI: <u>https://www.liebertpub.com/doi/10.1089/heq.2019.0041</u>
- Reading, C., & Wien, F. (2013). Health inequialities and social determinants of Aboriginal Peoples' Health. National Collaborative Centre for Aboriginal Health. Accessed February 2022, at, https://www.nccih.ca/495/Health_inequalities_and_the_social_determinants_of_Aboriginal_peoples ____health_.nccah?id=46.
- Sawchuk, J., Pedersen, A-M, Maud, V., Koch, D., Filice, M. (2020). *Social conditions of Indigenous Peoples in Canada. The Canadian Encyclopedia.* Accessed February 2022, at, https://www.thecanadianencyclopedia.ca/en/article/native-people-social-conditions#.
- Crawford, A. (2020). *Indigenous Peoples in Canada*. Accessed February 2022, at, <u>https://www.thecanadianencyclopedia.ca/en/article/suicide-among-indigenous-peoples-in-canada</u>.
- Government of Canada: Justice Laws Website. (1985). *Indian Act*. Accessed February 2022, at, https://laws-lois.justice.gc.ca/eng/acts/i-5/
- Ontario Health. (2018). *Cancer Care Ontario: Indigenous Relationship and Cultural Safety Courses: First Nations, Inuit and Metis Culture, Colonization, and the Determinants of Health.* Accessed February 2022, at, <u>https://elearning.cancercare.on.ca/course/index.php?categoryid=2</u>



- Kumar, M. B., & Tjepkema, M. (2019). Suicide among First Nations people, Metis, and Inuit (2011-2016: Findings from the 2011 Canadian Consus Health and Environment Cohort (CanCHEC). Statistics Canada. Accessed February 2022, at, <u>https://www150.statcan.gc.ca/n1/en/pub/99-011-x/99-011-x2019001-eng.pdf?st=nEh53717</u>.
- Office of Indigenous Initiatives (n.d.). Terminology Guide. Accessed February 2022, at, https://www.queensu.ca/indigenous/ways-knowing/terminology-guide
- Hunt, S. (2016). An Introduction to the Health of Two-Spirit People: Historical, contemporary and emergent issues. Prince George, BC: National Collaborating Centre for Aboriginal Health.
- Gone, J.P. (2013). Redressing First Nations historical trauma: Theorizing mechanisms for indigenous culture as mental health treatment. *Transcultural Psychiatry*, *50*(5), 683–706. <u>https://doi.org/10.1177/1363461513487669</u>
- Gupta, S. (2017). *Why are doctors overprescribing opioids for Indigenous patients? TVO.* <u>https://www.tvo.org/article/why-are-doctors-overprescribing-opioids-for-indigenous-patients</u>



THEME 2: BIASES, RACISM, AND DISCRIMINATION IN HEALTHCARE

Examples of local, regional, and national Indigenous organizations

- Anishnawbe Health Toronto (<u>www.aht.ca</u>)
- First Nations Health Authority (Vancouver) (<u>www.fnha.ca</u>)
- Aboriginal Health Access Centres (Ontario) (e.g., Southwest Ontario Aboriginal)
- Health Access Centre, Anishnawbe Mushkiki
- Gizhewaadizwin Health Access Centre (<u>www.aohc.org/aboriginal-health-access-centres</u>)
- Vancouver Native Health Society (<u>www.vnhs.net/home</u>)
- Wabano Centre for Aboriginal Health (Ottawa) (<u>www.wabano.com</u>)
- Pauktuutit Inuit Women of Canada (<u>www.pauktuutit.ca</u>)
- Inuit Tapiriit Kanatami (<u>www.itk.ca</u>)
- Akausivik Inuit Family Health Team (Ottawa) (<u>www.aifht.ca</u>)
- Resource to help find community-led health programs and services for First Nations, Inuit, or Métis communities in Ontario: <u>https://www.southeasthealthline.ca/listservices.aspx?id=10071</u>

Reports and Literature

- Hospital orderly, caught on video mocking Joyce Echaquan before she died, tells inquest she meant no harm - <u>https://www.cbc.ca/news/canada/montreal/joyce-echaquan-coroner-inquest-may-19-</u> <u>1.6032387</u>
- Brian Sinclair inquest told aboriginals face racism in ERs <u>https://www.cbc.ca/news/canada/manitoba/brian-sinclair-inquest-told-aboriginals-face-racism-in-ers-1.2670990</u>



THEME 3: INDIGENOUS WAYS OF KNOWING AND HEALTHCARE

Video, Film, and News

- Dr. Lindsay Morcom (Queen's University Faculty of Education)
 - Talk on the importance of Indigenous languages at TEDxQueensU that explains how languages are valuable because they shape the way we think, how Indigenous languages have been threatened by Canadian colonial institutions, and shares about some initiatives to revitalize Indigenous language through education (<u>https://www.youtube.com/watch?v=g2HiPW_qSrs</u>)
- Knowledge Keepers: A MOA Original Documentary Series: <u>https://moa.ubc.ca/2020/07/knowledge-keepers-a-moa-original-video-series/</u>
- Queen's School of Medicine put on a seminar with Dr. Ojistoh Horn (Akwasasne) titled: Can Indigenous Physicians Work in their own Community. She explained a very impactful story about including a traditional medicine man in a palliative care patient's passing. (<u>https://www.youtube.com/watch?v=Gq1ByW4d9BM</u>)
- Indigenous knowledge to close gaps in Indigenous health: <u>https://youtu.be/IpKjtujtEYI</u>
- Dallaire's story: Desai, D. Traditional Healing. Accessed February 2022, at: https://Indigenouslandurbanstories.ca/portfolio-item/traditional-healing/

Resources

- Map of traditional languages what is spoken, where (<u>https://native-land.ca/</u>)
- Description of Indigenous Elders: Indigenous Elders in Canada. Accessed February 2022, at: https://www.thecanadianencyclopedia.ca/en/article/indigenous-elders-in-canada
- Incorporating Indigenous Culture, Ceremony and Traditions: https://youthdatingviolence.prevnet.ca/wp-content/uploads/2021/07/Incorporating-Indigenous-Culture-Traditions.pdf?fbclid=IwAR3-8sVbK2xwca-KalsnSu2rpsdyqLMZo1Yr0023R1QKcLyoDF36yTldHNxw

Aboriginal Healing Centres, Healing Lodges, and Other

- Healing Lodges and Correctional Service Canada (CSC)
 - Indigenous Healing Lodges (<u>https://www.csc-scc.gc.ca/aboriginal/002003-2000-en.shtml</u>)
 - History of Healing Lodges in CSC (<u>https://www.csc-scc.gc.ca/002/003/002003-2001-en.shtml</u>)
 - About the Healing Lodges (<u>https://www.csc-scc.gc.ca/002/003/002003-2002-en.shtml#1</u>)
- Other non-correction Healing Lodges in Ontario include,
 - Biidaaban Healing Lodge, Heron Bay <u>http://www.biidaaban.com/</u>
 - Enaahtig Healing Lodge & Learning Centre, Victoria Harbour <u>https://www.enaahtig.ca/</u>
 - Dan Pine Healing Lodge, Garden River First Nation <u>https://grwc.ca/dan-pine-healing-lodge/</u>
 - Shawanaga First Nation Healing Centre, Nobel <u>http://shawanagafirstnation.ca/healing-centre/</u>
 - Waasegiizhig Nanaadawe'yewigaming, Keewatin <u>https://www.wnhac.org/wholistic-health-services/spirit/</u>
- The Clan Mothers Healing Village, Winnipeg, MB: <u>https://clanmothers.ca/</u>

- Waseskun Healing Center
 - <u>https://waseskun.net/</u>
 - Waseskun Healing Center; A Successful Therapeutic Healing Community (2008) <u>https://www.publicsafety.gc.ca/cnt/rsrcs/pblctns/wsskn-hlng-cntr/wsskn-hlng-cntr-eng.pdf</u>
- Sioux Lookout First Nations Health Authority
 - https://slmhc.on.ca/departments-and-services/traditional-program/

The Aboriginal Healing Foundation

- Aboriginal Healing Foundation (AHF). Projects funded across Canada. <u>https://www.ahf.ca/funded-projects</u>
- The Centre for Public Impact writes about the AHF successes and challenges here, <u>https://www.centreforpublicimpact.org/case-study/canadas-aboriginal-healing-foundation-ahf</u>
- Book titled Full Circle; The Aboriginal Healing Foundation & Unfinished work of Hope and Healing and Reconciliation by Wayne K Spear 2014 <u>https://www.ahf.ca/downloads/full-circle-2.pdf</u>
- Final Report of the Aboriginal Healing Foundation, Volume I A Healing Journey: Reclaiming Wellness https://ehprnh2mwo3.exactdn.com/wp-content/uploads/2021/01/final-report-vol-1.pdf
- Final Report of the Aboriginal Healing Foundation Volume II Measuring Progress: Program Evaluation <u>https://ehprnh2mwo3.exactdn.com/wp-content/uploads/2021/01/final-report-vol-2.pdf</u>
- Final Report of the Aboriginal Healing Foundation Volume III Promising Healing Practices in Aboriginal Communities <u>https://ehprnh2mwo3.exactdn.com/wp-content/uploads/2021/01/final-report-vol-3.pdf</u>



- Aboriginal and Torres Strait Islander Healing Foundation: Healing Centres Final Report (2012). Accessed February 2022, at, <u>https://web.archive.org/web/20140318062059/http://healingfoundation.org.au/wordpress/wp-content/files_mf/1369278585HFHCreportFINALscreensml.pdf</u>
- Traditional Anishinabe Healing in a Clinical Setting: The Development of an Aboriginal Interdisciplinary Approach to Community-based Aboriginal Mental Health Care: <u>https://jps.library.utoronto.ca/index.php/ijih/article/view/28993/23883</u>
- Hill, D.M. (2003). *Traditional Medicine in Contemporary Contexts: Protecting and Respecting Indigenous Knowledge and Medicine.* Accessed February 2022, at: <u>https://fnim.sehc.com/getmedia/50ecae25-69f3-4e7a-8483-0be5e65add98/research_tradition.pdf.aspx?ext=.pdf</u>)
- Allen, L., Hatala, A., Ljaz, S., Courchene, D. (Elder), & Bushie, B. (Elder). (2020). Indigenous led health care partnerships in Canada. *CMAJ, 192*(9), E208-E216; DOI: <u>https://doi.org/10.1503/cmaj.190728</u>
- Hill, D.M. (n.d.). *Traditional Medicine and Restoration of Wellness Strategies*. Accessed February 2022, at, <u>https://www.learnalberta.ca/content/aswt/well_being/documents/traditional_medicine.pdf</u>)
- Auger, M., Howell, T., & Gomes, T. (2016). Moving toward holistic wellness, empowerment and selfdetermination for Indigenous peoples in Canada: Can traditional Indigenous health care practices increase ownership over health and health care decisions? *Canadian Journal of Public Health/Revue Canadienne De Santé Publique, 107*(4-5), E393-E398. Accessed February 2022, at <u>https://www.jstor.org/stable/90006499</u>
- Kim, P.J. (2019). Social determinants of health inequities in Indigenous Canadians through a life course approach to colonialism and the residential school system, *Health Equity, 3*(1), 378–381, DOI: 10.1089/heq.2019.0041
- Hill, D. M. (2009). Traditional medicine and restoration of wellness strategies. *International Journal of Indigenous Health*, *5*(1), 26-42.
- Roxanne Struthers, Valerie S. Eschiti, Beverly Patchell, Traditional indigenous healing: Part I, (2004). *Complementary Therapies in Nursing and Midwifery, 10*(3), 141-149. DOI: <u>https://doi.org/10.1016/j.ctnm.2004.05.001</u>



THEME 4: HEALTHCARE RIGHTS

Resources:

- National Collaborating Centre for Indigenous Health; Knowledge Resources & Publications. <u>https://www.nccih.ca/34/Publication.nccih?type=1&pillar=0</u>
 - NCCIH. (2019). Social Determinants of Health: Access to Health Services as a social determinant of First Nations, Inuit and Métis Health. Accessed February 2022, at, <u>https://www.nccih.ca/docs/determinants/FS-AccessHealthServicesSDOH-2019-EN.pdf</u>
- First Nations Health Authority (FNHA). (n.d.). *Our History, Our Health.* Accessed February 2022, at, <u>https://www.fnha.ca/wellness/wellness-for-first-nations/our-history-our-health</u>
- Métis Nation British Columbia. (2020). *Addressing Indigenous specific racism and discrimination in B.C. Health Care.* Accessed February 2022, at, <u>https://engage.gov.bc.ca/app/uploads/sites/613/2020/11/In-Plain-Sight-Full-Report.pdf</u>
- Amarnath, R. (2014). *Aboriginal Right to Pursue Traditional Medicine recognized by Canadian Judge.* Accessed February 2022, at, <u>https://ohrh.law.ox.ac.uk/aboriginal-right-to-pursue-traditional-medicine-recognised-by-canadian-judge/</u>)
- Office of the United Nations High Commissioner for Human Rights & World Health Organization. (n.d.). *The Right to Health, Fact Sheet No. 31*. Accessed February 2022, at, https://www.ohchr.org/documents/publications/factsheet31.pdf

Video and Film

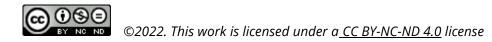
- What is Self Determination?: <u>https://youtu.be/9UkYmasjXQ8</u>
- The Right to Self Determination in UNDRIP: <u>https://www.youtube.com/watch?v=kizC-cAZceA</u>
- The Role of Free Prior and Informed Consent: <u>https://youtu.be/MISwlr1PWd0</u>
- Neskantaga First Nations has been under a boil water advisory for 25 years: <u>https://www.youtube.com/watch?v=-LUOnddxXq8</u>
 - Get the water fixed. Bee Moonias, Neskantaga First Nation: <u>https://www.youtube.com/watch?v=h-PFDXmjqmU</u>

- Redvers, N. & Blondin, B. (2020). Traditional Indigenous medicine in North America: A scoping review. *PLOS ONE, 15*(8), e0237531. DOI: <u>https://doi.org/10.1371/journal.pone.0237531</u>
- Auger, M., Howell, T., & Gomes, T. (2016). Moving toward holistic wellness, empowerment and selfdetermination for Indigenous peoples in Canada: Can traditional Indigenous health care practices increase ownership over health and health care decisions? *Canadian Journal of Public Health / Revue Canadienne De Santé Publique, 107*(4-5), E393-E398. Accessed February 2022, at, <u>https://www.jstor.org/stable/90006499</u>
- Drost, J. (2019). Developing the Alliances to Expand Traditional Indigenous Healing Practices Within Alberta Health Services. *The Journal of Alternative and Complementary Medicine, 25*(1), S69-S77. DOI: <u>http://doi.org/10.1089/acm.2018.0387</u>)

• Logan, L., McNairn, J., Wiart, S., Crowshoe, L., Henderson, R., & Barnabe, C. (2020). Creating space for Indigenous healing practices in patient care plans. *Canadian medical education journal*, *11*(1), e5–e15. <u>https://doi.org/10.36834/cmej.68647</u>

Using the Medicine Wheel:

- Rieger, K., Bennett, M., Martin, D., Hack, T., Cook, L., & Hornan, B. (2021). Digital Storytelling as a Patient Engagement and Research Approach With First Nations Women: How the Medicine Wheel Guided Our Debwewin* Journey. *Qualitative Health Research*, *31*(12), 2163–2175. DOI: <u>https://journals.sagepub.com/doi/pdf/10.1177/10497323211027529</u>
- Schroeter, A., Brunton, N., Kakekagumick, K., Cromarty, H., Linkewich, B., et al. (2017). Using the First Nations Medicine Wheel as an aid to ethical decision-making in healthcare. *The Canadian Journal of Native Studies*, *37*(2), 179-191. DOI: <u>https://www.proquest.com/docview/2197760143?pq-origsite=gscholar&fromopenview=true</u>
- Twigg, R., & Hengen, T. (2009). Going Back to the Roots: Using the Medicine Wheel in the Healing Process. *First Peoples Child & Family Review, 4*(1), 10-19. DOI: <u>https://doi.org/10.7202/1069345ar</u>
- Robertson, L. (2021). The Medicine Wheel Revisited: Reflections on Indigenization in Counseling and Education. SAGE Open, 1-11. DOI: <u>https://journals.sagepub.com/doi/pdf/10.1177/21582440211015202</u>



THEME 5: HEALTHCARE SERVICES

Literature and Reports

- Gouldehawk, M. (2021). The Failure of Federal Indigenous Healthcare Policy in Canada. Yellowhead Institute. Available at: <u>https://yellowheadinstitute.org/2021/02/04/the-failure-of-federal-</u><u>Indigenous-healthcare-policy-in-canada/</u>
- Lavoie, J.G., Gervais, L., Toner, J., Bergeron, O., Thomas, G. (2011). Looking for Aboriginal Health in Legislation and Policies, 1970 to 2008. The Policy Synthesis Project. National Collaborating Center for Indigenous Health. Available at <u>https://www.nccih.ca/495/Looking for Aboriginal health in legislation and policies, 1970-</u> 2008 The policy synthesis project.nccih?id=28
- Lavoie, J. G. (2018). Medicare and the care of First Nations, Métis and Inuit. *Health Economics, Policy and Law, 13*(3-4), 280-298.
- State of the World's Indigenous Peoples: Indigenous Peoples' Access to Health Services. Accessed February 2022, at: <u>https://www.un.org/development/desa/Indigenouspeoples/wp-</u> <u>content/uploads/sites/19/2018/03/The-State-of-The-Worlds-Indigenous-Peoples-WEB.pdf</u>
- Nguyen, N. H., Subhan, F. B., Williams, K., & Chan, C. B. (2020). Barriers and Mitigating Strategies to Healthcare Access in Indigenous Communities of Canada: A Narrative Review. *Healthcare (Basel, Switzerland)*, *8*(2), 112. Accessed February 2022, at, <u>https://doi.org/10.3390/healthcare8020112</u>)
- Davy, C., Harfield, S., McArthur, A. et al. (2016). Access to primary health care services for Indigenous peoples: A framework synthesis. *Int J Equity Health*, *15*, 163. <u>https://doi.org/10.1186/s12939-016-0450-5</u>
- Horrill, T., McMillan, D. E., Schultz, A., & Thompson, G. (2018). Understanding access to healthcare among Indigenous peoples: A comparative analysis of biomedical and postcolonial perspectives. *Nursing inquiry, 25*(3), e12237. <u>https://doi.org/10.1111/nin.12237</u>
- Browne, A.J., Varcoe, C., Lavoie, J. et al. (2016). Enhancing health care equity with Indigenous populations: evidence-based strategies from an ethnographic study. *BMC Health Serv Res, 16, 544.* DOI: <u>https://doi.org/10.1186/s12913-016-1707-9</u>

Videos and Film

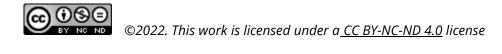
- Dr. Jane Philpott: The state of Indigenous health in Canada: Causes and consequences. https://www.youtube.com/watch?v=nzyGmjPnpuE
 - This video elaborates on common issues experienced by Indigenous individuals in Canada, in particular, the problems they face regarding access to healthcare. Indigenous populations are affected by all social determinants of health, as well as a complex history of colonialism, racism and residential schools. This video was made by Shaera Rahim, Suraj Mahida, James King and Michael Kwok. Copyrights McMaster University 2018

Other Resources

- Government of Canada. (2021). *Health care services for First Nations and Inuit*. Accessed February 2022, at: <u>https://www.sac-isc.gc.ca/eng/1581895601263/1581895825373</u>
- Alberta Health Services. (Accessed 2021). *Misconception: All Indigenous people get free health care. Indigenous Myths & Misconceptions.* Accessed February 2022, at:

https://www.albertahealthservices.ca/assets/info/ihp/if-ihp-indigenous-peoples-and-health-care-incanada-.pdf.

- Queen's University Indigenous Health Module:
 - <u>https://healthsci.queensu.ca/sites/elentra/medicine/rise/Indigenous-health/#/lessons/zztjZMnKc6k4Z_7noK4i5gV3w0jRtdvJ?_k=w8djio</u>

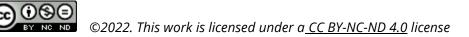


THEME 6: CULTURALLY SAFE HEALTHCARE AND EDUCATION

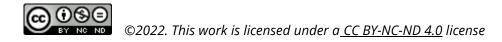
Resources:

- Medicinal Plants with Tom Chisel
 - Sweat Lodge Keeper and Medicine Man, Tom Chisel, shares his knowledge about medicinal wild plants.
 - <u>https://www.youtube.com/watch?v=INAMr8UB8Ik</u>
- Joseph Pitiwanakwat, Creators Garden
 - <u>https://www.aptnnews.ca/national-news/ontario-man-pitawanakwat-goes-online-to-share-grandmothers-knowledge-of-traditional-medicines/</u>
 - <u>https://www.facebook.com/CreatorsGarden/</u>
 - https://www.instagram.com/creators.garden/?hl=en
- First Nations Health Authority
 - The First Nations Health Authority (FNHA) is the first and only provincial First Nations health authority in Canada. They are working to transform and reform the way health care is delivered to BC First Nations.
 - https://www.fnha.ca/
- Canadian Cancer Society
 - <u>https://www.cancer.ca/en/cancer-information/diagnosis-and-treatment/complementary-therapies/aboriginal-traditional-healing/?region=on</u>
- Klinic Community Health Centre. (2013). *Trauma-informed. The Trauma Toolkit. 2nd. Ed.* Accessed February 2022, at, <u>https://trauma-informed.ca/wp-content/uploads/2013/10/Trauma-informed_Toolkit.pdf</u>
- Les Femmes Michif Otipemisiwak. 2020. *Métis Trauma-Informed Toolkit*. Accessed February 2022, from <u>https://www.mnbc.ca/wp-</u> content/uploads/2020/06/trauma informed toolkit women of the metis nation.pdf
- Trauma Informed Oregon. (2016). *Trauma Lens Exercise*. <u>https://traumainformedoregon.org/wp-</u>content/uploads/2016/01/Trauma-Lens-Exercise.pdf
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