



VANCOUVER COASTAL REGION
First Nations Health Authority

Cultural safety & humility, anti-racism and cultural resources

Updated: December 5, 2022

This document contains resources to support new and existing staff as they develop skills in cultural safety and humility, anti-racism, and cultural awareness.

Trigger warning: *The resources in this document include topics that may trigger memories of culturally unsafe personal experiences, unpleasant feelings or thoughts of past abuse. First Nations, Métis and Inuit people who require emotional support can contact the First Nations and Inuit Hope for Wellness Help Line and On-line Counselling Service toll-free at 1-855-242-3310 or through hopeforwellness.ca. The Métis Crisis Line is available 24 hours at 1-822-MetisBC (1-833-638-4722). The 24-hour KUU-US Crisis Line is available at 1-800-588-8717 to provide support to Indigenous people in BC. The 24-hour crisis support line of the Indian Residential School Survivors Society is available at 1-800-721-0066.*

Cultural safety & humility in health and wellness

BC Centre for Disease Control (BCCDC)

- [Culturally Safe Care website](#): Cultural safety resources for health care workers, including online courses.

Trigger warning: *anti-2SLGBTQQIA discrimination; anti-Indigenous, cultural, structural and systemic racism; stereotyping and discrimination; child welfare; children in care; colonization; corrections; cultural appropriation; cultural and language suppression; gender-based violence and discrimination; health inequities; historical, multigenerational, intergenerational and complex trauma; language suppression; residential institutions; social and economic marginalization; suicide; unsafe health care*

BC Patient Safety & Quality Council (BCPSQC)

- [Cultural Safety & Humility website](#)

Trigger warning: *anti-Indigenous and systemic racism, COVID-19 death, epidemic death, institutional abuse (such as TB hospitals and experimentations on Indigenous people), medical crisis imagery, residential institutions, 60s scoop survivors, substance abuse, suicide, unsafe healthcare and many other possible triggers as there are many videos.*

- [BCPSQC Sharing Care Concerns: Improving the Patient Feedback Process for Indigenous Patients and Families](#): Nine (9) core principles for ensuring “a culturally safe, accessible and meaningful Indigenous patient feedback process.”
Trigger warning: anti-Indigenous racism, colonization, discrimination, intergenerational trauma, lack of healthcare access, violence
- **BCPSQC resources on culturally safe engagement**
 - **Companion Guide:** [Culturally Safe Engagement: What Matters to Indigenous \(First Nations, Métis & Inuit\) Patient Partners?](#) Guide to culturally safe engagement created from Indigenous patient partners. Offers eight principles and recommended actions to “help and encourage health care partners to provide culturally safe patient engagement opportunities.” (For an at-a-glance version, see the 2-page pamphlet below.)
Trigger warning: Racism and generational trauma are named; however, no stories or histories are shared.
 - **2-page pamphlet:** [Culturally Safe Engagement: What Matters to Indigenous \(First Nations, Métis and Inuit\) Patient Partners Companion Guide](#)
Trigger warning: Racism and generational trauma are named; however, no stories or histories are shared in the document.

Cultivating Safe Spaces course – Elaine Alec: Elaine Alec is an expert in Indigenous community planning, health advocacy and creating safe spaces utilizing Indigenous approaches and ceremony. This online training introduces conditions and protocols for cultivating safe space, as well as training in vicarious trauma and resiliency. Includes “stories and examples that are both inspiring and thought-provoking.”

- Register: [Cultivating Safe Spaces: Introduction course](#)
Trigger warning: Trauma

Cultural Sharing Series – Chilliwack Division of Family Practice: “The Cultural Sharing Series is open to anyone who has an interest to learn about Indigenous awareness and will be offered the last Friday of every month. A new community will be highlighted each session. Discussion around cultural safety and humility topics.” For information contact:

- Gracie Kelly, Indigenous Relations Manager
Phone: 604-795-0464 Email: gkelly@chilliwackdivision.ca
- Patti Scott, Practice Improvement & Change Manager
Phone: 778-539-7395 Email: pscott@chilliwackdivision.ca

First Peoples Wellness Circle: Speaker series focused on reconciliation and weaving in cultural revitalization.

- For information, contact Lisa Wabange, Knowledge Exchange Facilitator, Mental Wellness Team Supports, lisa.wabange@fpwc.ca

OCAP® – First Nations Information Governance Centre (FNIGC): “The First Nations principles of ownership, control, access, and possession – more commonly known

as OCAP® – assert that First Nations have control over data collection processes, and that they own and control how this information can be used.” FNIGC offers training and information on OCAP® and First Nations data sovereignty.

- Register for training: [The Fundamentals of OCAP](#). Seven (7) self-guided modules “introduce the fundamental concepts of OCAP®, information governance and First Nations data sovereignty.” Statement of achievement sent on completion.
- Papers on OCAP available: [FNIGC online library](#)

PHSA - Indigenous Youth Wellness

- [Indigenous Youth Wellness website](#)
- [Indigenous Youth Wellness videos](#)
Trigger warning: colonization, residential institutions, systemic racism

Len Pierre (Fraser Health): In this video, Coast Salish consultant Len Pierre speaks on the meaning and importance of cultural safety and humility and how these concepts can give us the opportunity to reflect upon our roles as individuals and communities within a health care setting.

- **Video:** [Orientation to Indigenous Cultural Safety & Humility](#)
Trigger warning: anti-Indigenous and systemic racism, assimilation, colonization, discrimination, illness, institutional oppression, white supremacy

Teachings in the Air: This podcast hosted by Elder **Gerry Oldman** “aims to inspire, motivate and empower Indigenous people to be sound in mind, body and spirit.”

- **Podcasts:** [Teachings in the Air website](#)
Trigger warning: corrections, cultural suppression, depression, gender-based violence, systemic racism, war
- **Podcasts:** [Teaching in the Air Season 5](#)
Trigger warning: anti-Indigenous racism, colonization, corrections, environmental disaster, gender-based violence, health inequities, residential institutions, substance use, terminal illness, war, youth violence

UBC Learning Circle (UBCLC)

- **Video:** [Leaving a Legacy and Uplifting Cultural Safety with Cathy Almost and Cherie Mercer](#)
Trigger warning: anti-Indigenous and systemic racism, colonization
- Subscribe to mailing list: [UBC Learning Circle](#)

Union of BC Municipalities (UBCM): Indigenous Cultural Safety and Cultural Humility

Training: Supports “eligible applicants to enhance cultural safety and humility in the delivery of local emergency management programs and services. Activities include cultural safety and humility training, adapting emergency management tools to be inclusive of Indigenous peoples, and activities related to partnering with, or providing assistance to, Indigenous communities during emergency mitigation, preparedness, response and recovery.”

- Register: [UBCM Indigenous Cultural Safety and Cultural Humility Training](#)

Community resilience; connections to land

Preparing Our Home speaker series: “Preparing our Home is a community-based resilience planning program that enables Indigenous youth to reach their potential in becoming emergency preparedness leaders in their communities. In this series of online workshops, Elders, community leaders and youth will come together to learn from each other and share their experiences in emergency management and community care.”

- For information, contact: preparingourhome@gmail.com

UBC Museum of Anthropology, Knowledge Keepers documentary series

- **Videos:** [Knowledge Keepers: A MOA Original Documentary Series](#). Episodes focus on a traditional medicine walk with Cease Wyss and cedar harvesting with Jessica Silvey.

Trigger warning: death of an Elder, environmental racism and land dispossession, residential institutions

Contracting and procurement

First Nations Health Directors Association (FNHDA): For guidance on hiring contractors in culturally appropriate ways, scroll down on this webpage to download “Contractor Hiring Wise Practices” and “Contractor Screening Checklist.”

- **Website:** [Resources for Wellness: Technical Advice](#)

Language

First-Nations.info: Offers this guide as a good starting point to the pronunciation of names of First Nations in BC.

- **Website:** [Pronunciation Guide to First Nations in British Columbia](#)

Territorial acknowledgement and protocol

Len Pierre (Fraser Health): In this video, Coast Salish consultant Len Pierre speaks on the importance of territorial acknowledgement.

- **Video:** [Territory Acknowledgement Protocol](#)

Traditional ways of knowing

Circle of Courage Teachings, Dr. Martin Brokenleg

Video: [First Peoples Principles of Learning](#)