

Intergenerational Trauma & Institutional Avoidance

Dr. Evan Adams
Chief Medical Officer
First Nations Health Authority



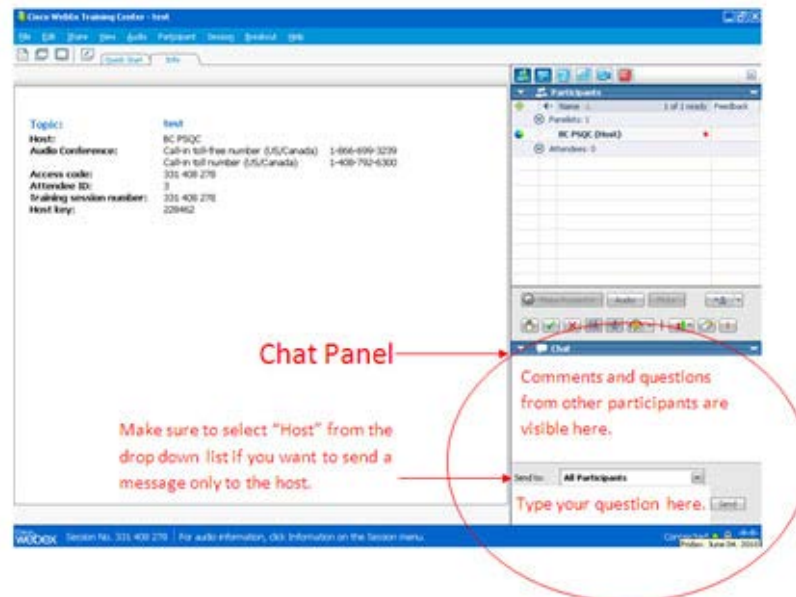
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WebEx: Chat Overview

- We invite you to introduce yourself in the chat panel.
- Let us know your name and where you are from!



Session Recorded

- This session is being recorded.
- If you choose to remain anonymous, please type ANON before your question and it will be read out as such.



Slides and Recording

- The link to the video and slides will be distributed via e-mail.



Twitter

- Hashtags:
 - #itstartswithme
 - #culturalhumility
- Twitter handles
 - @doctoreonline
 - @fnha



Sensitive Subject Matter

- Due to the sensitive subject matter and stories shared during the webinar sessions participants may become triggered. Please ensure you have prepared a support system for yourself in advance in which you may have easy access to. This could mean an Elder, trusted mentor/family/friend, Counsellor and/or crisis contact number.
- If you need support please do not hesitate to call the toll free crisis line here in the province of BC (1-800-588-8717). Or if you prefer, have a number prepared in advance locally.



Opening Prayer



Cultural Safety & Humility Webinar Action Series, Event 4: Intergenerational Trauma & Reconciliation in Health Care

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What is “trauma”?

A wound or injury, often psychic, often cataclysmic



Intergenerational Trauma

Intergenerational trauma is what happens when untreated trauma-related stress experienced by survivors is passed on to second & subsequent generations.

One example is the significant trauma inflicted by the institutions known as **residential schools**.

The full scope of the damage can be seen even many years later, psychically & even physically.

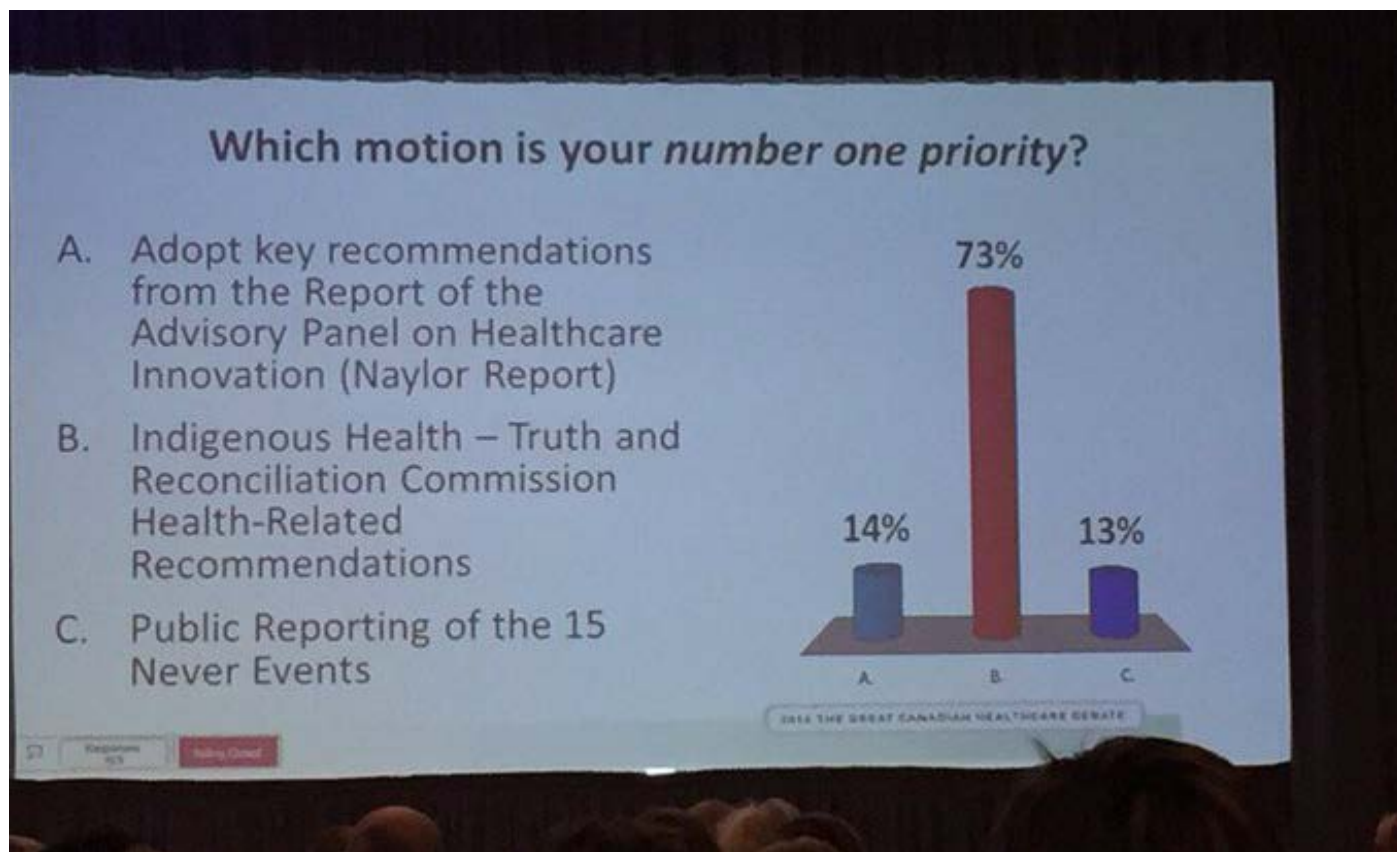


BC has the second-highest number of Residential School Survivors in Canada (about 1400)



The 2016 Great Canadian Healthcare Debate tabled three topics as the most significant & transformative healthcare issues of our time. 73% of delegates voted for the adoption of the Truth & Reconciliation Commission's recommendations.

-- Canadian Health Leaders' Conference, June 7, 2016



Statement of the Federal-Provincial-Territorial Ministers of Health, January 2016

“We, as Health Ministers, will work together & within our jurisdictions with Indigenous leaders to determine areas of shared priority, & to improve the coordination, continuity & appropriateness of health services for Indigenous peoples as part of a population health approach to improving Indigenous peoples’ health in Canada.”



TRC's Health Recommendations

- Acknowledge Canada's role in the poor health of Indigenous people
- Address jurisdictional challenges
- Train more Indigenous health professionals
- Increase cultural safety in health services
 - Mandatory skills-based training in intercultural competency, conflict resolution, human rights, & anti-racism for physicians & nurses
- Resource healing centres & recognize Indigenous healing practices
- Report on progress (specific health indicators)



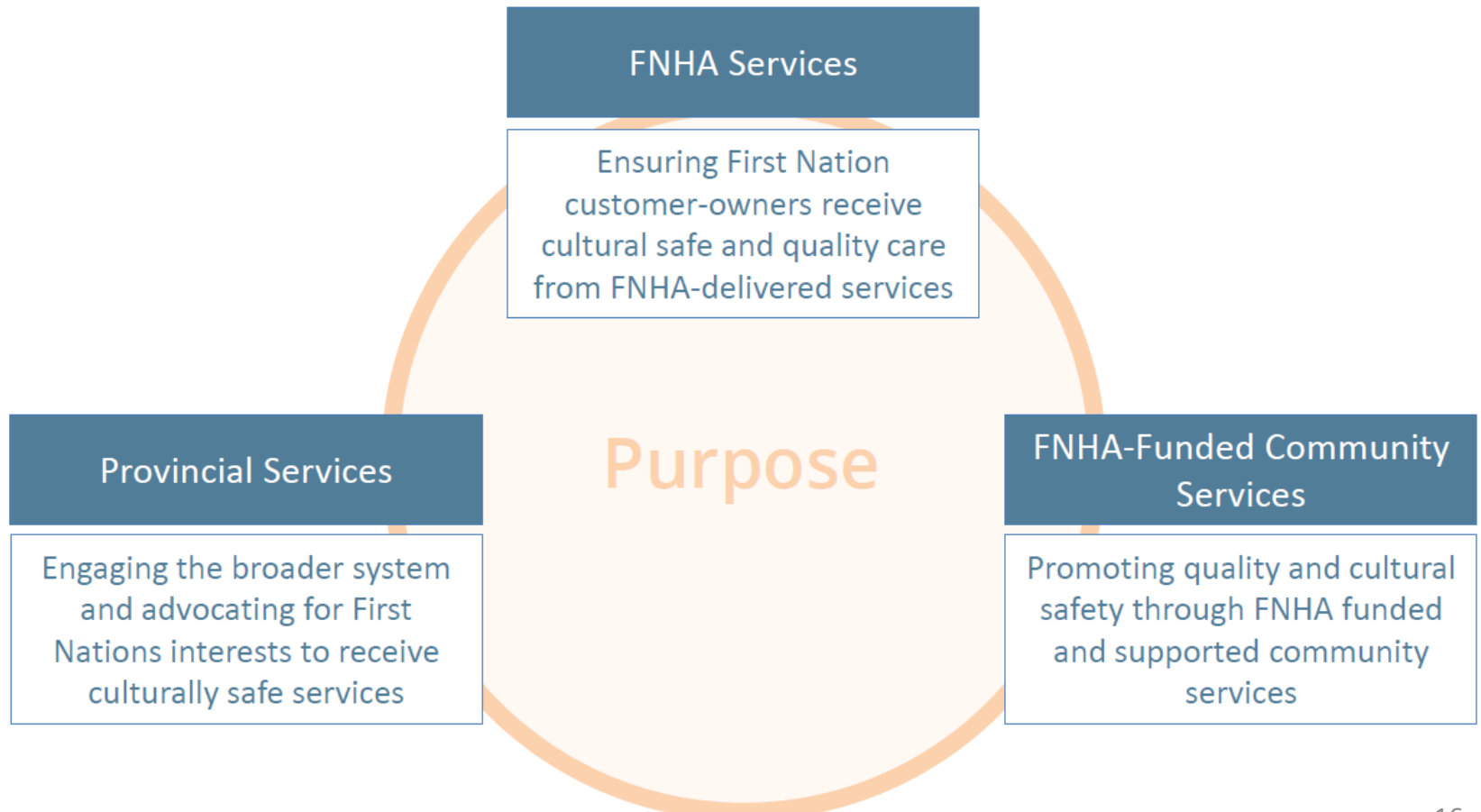
“Reconciliation is an ongoing process of establishing & maintaining respectful relationships”



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Quality & First Nations health in BC

Three Perspectives of Quality



Our vision for Cultural Safety & Humility

The FNHA envisions a future where First Nations people have a new relationship with their care providers.

- One that is based on mutual respect, understanding & reciprocal accountability.
- One that provides an understanding of what Health & Wellness means to the First Nations people that are seeking care that we are responsible to provide.
- One that resets the balance of power between a care provider & the client we are here to serve, clients who deserve respect & have a right to access the best service we are able to deliver.
- One that provides for a health system that has mechanisms that proactively & effectively addresses appropriate actions & behaviours within the operations of the various health institutions.

We will know we've achieved Cultural Safety when the voice of the people receiving our services tells us we have.



Our vision for Cultural Safety & Humility



#Itstartswithme

#Culturalhumility

Cultural Safety & Humility Resource Booklet

www.fnha.ca/culturalhumility

#itstartswithme

Creating a culture of change for better health services
for First Nations and Aboriginal peoples



Culturally Safe Physicians

- Foster an understanding of Indigenous health values & model these behaviors (e.g., oppose racism) as part of their clinical behaviour.
- Practise critical thinking & self-reflection to nourish Cultural Safety; this is a marker of a “true professional.”
- Understand the unique historical legacies & intergenerational traumas affecting Indigenous Peoples’ health.
- Dialogue rather than interrogate Indigenous ways.
- Find broader implications to other at-risk populations.

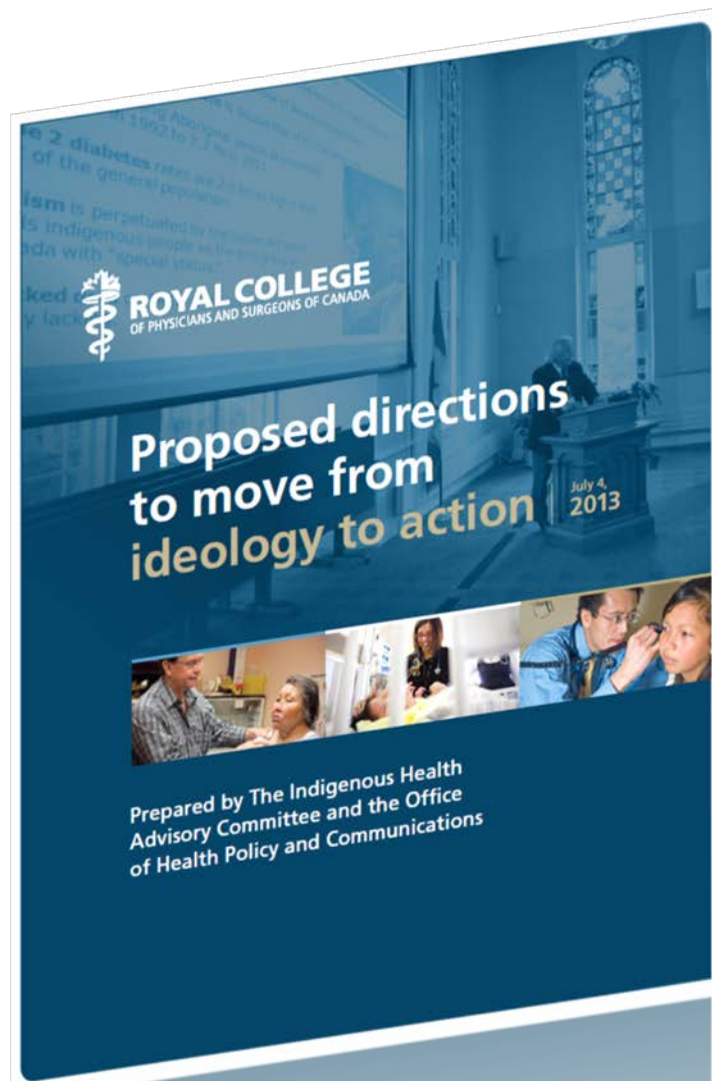


Culturally Safe Physicians

PRINCIPLES FOR CULTURALLY SAFE INTERVENTIONS

| Medical Expert | Communicator | Collaborator | Manager | Health Advocate | Scholar | Professional |
|---|--|---|--|---|---|---|
| The culturally competent physician embraces Indigenous knowledge. | Honest and respectful dialogue about health is a mutual responsibility between the patient/family/community and the physician. | The Indigenous patient-physician relationship is sacrosanct and without hierarchy or dominance. | Physicians are equipped with the tools, knowledge, training & experience to improve Indigenous health. | Indigenous identity promotes holistic health & encourages active participation of Indigenous people as agents of change for health. | Indigenous health is an integral component of medical research, education, training and practice. | Physicians are committed to the wellbeing of indigenous patients, their families, communities & cultures. |





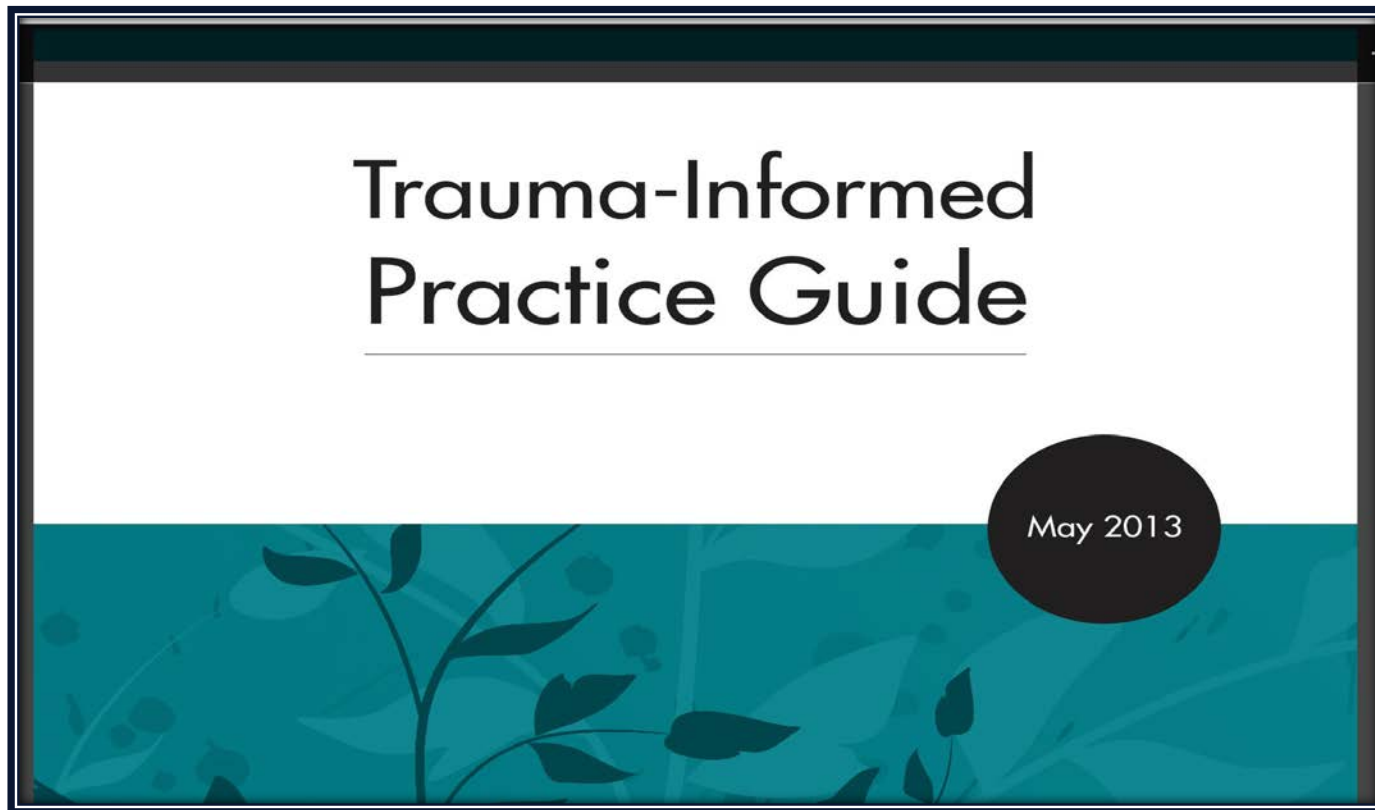
Practising & Implementing Cultural Safety & Humility: Concrete ideas

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Trauma-Informed Practice

The Trauma-Informed Practice (TIP) Guide is intended to support the translation of trauma-informed principles into practice.



Primary Health Care

*Themes from Community
Engagement*

Culturally
safe

Accessible

Sustainable

Wellness
focused

Person &
Community-
Centered

Multi-
disciplinary



- Berlin & Fowkes Jr, “A Teaching Framework for Cross-Cultural Health Care – Application in Family Practice”
- Developed the **LEARN model** for therapeutic encounters (*Listen, Explain, Acknowledge, Recommend, Negotiate*)
- Can be useful in dealing with Intergenerational Trauma, & Reconciliation with Indigenous patients!



- **Listen** – understand how the patient conceptualizes their issues & what their preferences are.
 - “What do you feel may be causing your problem?”
 - “How do you feel the illness is affecting you?”
- **Explain** – explain / communicate care plan in terms of “Western Medicine” when appropriate
- **Acknowledge** – acknowledgement of patient’s explanatory model occurs next, integrated into previous explanatory step, bridge any gaps
- **Recommend** – using physician / patient models
 - treatment plan can be developed
- **Negotiate** – this is key to LEARN – resulting plan should be a partnership with the patient, so they are truly involved in reaching conclusions



- **Rapport** - connect on a social level, seek patient's point of view
- **Empathy** – verbally acknowledge & legitimize feelings
- **Support** – understand barriers to care & compliance
- **Partnership** – be flexible & negotiate
- **Explanations** – check for understanding & clarify
- **Cultural Competence** – respect cultural differences, understand their view
- **Trust** – make sure to establish trust





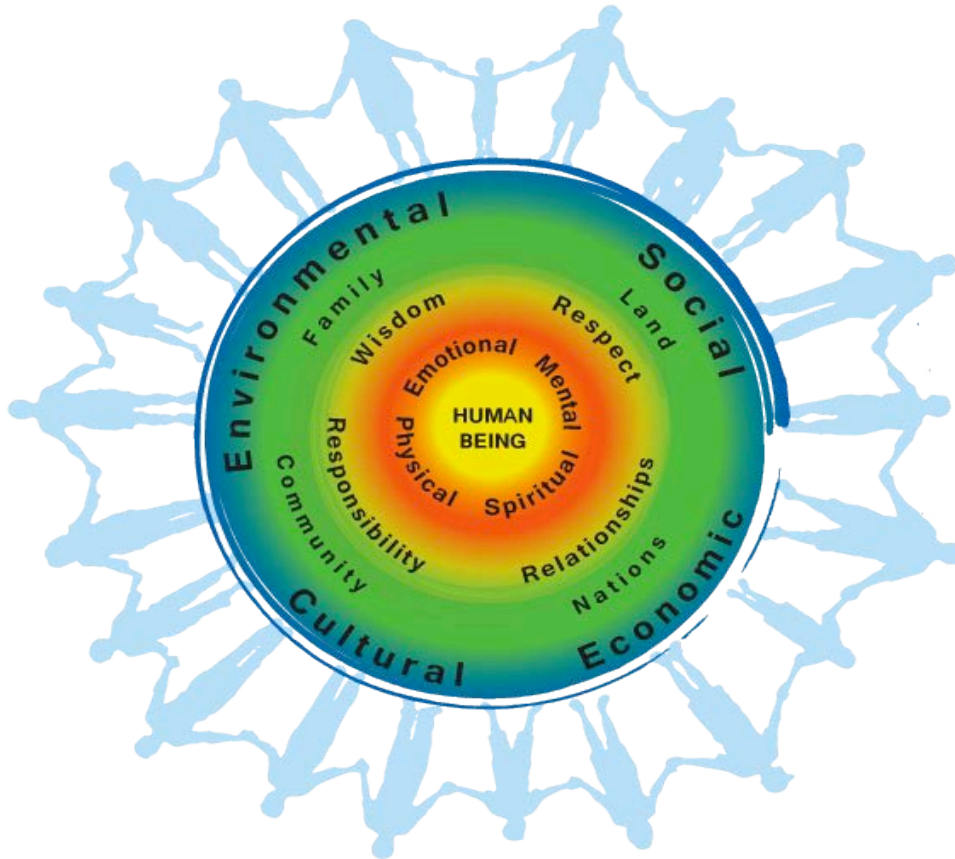
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**Cultural Safety and Humility:
Key Drivers and Ideas for Change**



First Nations Perspective of Health & Wellness



- The Lens the FNHA works through for everything it does
- Developed from the teachings & culture of BC First Nations
- FNHA - Health & Wellness Champion, Partner & Living it
- Commitment to supporting the health & wellness from the youngest to the oldest
- Commitment to the generations to come
- Our Health & Wellness Journey belongs to each of us & is as unique as we are
- Leading edge of systemic change to move from Health to Wellness



Howa'a Welálin Mahsi' Cho Pinamaya Wrieweh
"Haida Mi'kmicq Gesich'in Nakota Met'acuk

Fundraiser - Visit www.spiritlinking.com to order

Nitsiniyi'taki Walas Ciaxixa Kinana'skotmitin
Blackfoot Bella Bella Cree

Hay co:p q'á Guneshcheesh
Mungweem Lingit

Thank You

Eshneesh Kukwstsetsemc
Gling Shuswap

Hey chexw Musicho
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St'at'imc M'chil (Metsi) gitsaan Kwakwaka'wakw

Wiwni Tooyaksim nisim Kwas' Hoy Lin Linik
Abenaki Nisga'a (Halgamcukw) Okanagan

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Questions/Discussion





Webinar: Noon – 1:00

FEBRUARY 1, 2017



Pursuing Cultural Safety: From Unearthing Bias to Realizing Reconciliation

- Join Fraser Health's Aboriginal Health team as they discuss the challenges and successes of unearthing bias in the health care system through their Indigenous Cultural Safety debrief circle sessions. Through a talking circle, participants undertake a personal and professional journey of self-discovery. In this space, buried biases can be unearthed and intentional practices towards reconciliation may be realized.
- **Speakers**
 - Vishal Jain, Coordinator, Aboriginal Health Initiatives, Fraser Health
 - Carol Peters, Aboriginal Health Liaison, Fraser Health
 - Dina Lambright, Aboriginal Lead, Fraser Health



Survey

