

Oct 21 Interactive Webinar IPHCC & RISE

Building inclusive and reciprocal relationships with Indigenous organizations and communities

Summary of Breakout Group Discussions + Large group chat box

Where are you in your journey of learning about anti-Indigenous racism and what to do about it?



The majority of small group participants have done some work on anti-Indigenous racism but are still finding their way

What is something you are curious about, or would like to understand better?

How do we start to make change?

indigenous wellness practices

How I can contribute to changing the system

How to convince "westerners" to put "Indigenous Health in Indigenous Hands" more

Consulting indigenous community elders families for formation OHT

Curious about learning how to communicate better about this work.

Best ways to collaborate together to make the system better

how to advocate

How to increase funding to Indigenous Providers

How as a White Person to build relationships with First Peoples.

How indigenous communities are structured

Bringing Indigenous community to the table at OHT

How to meaningfully engage without demanding too much from the same people repeatedly

How indigenous communities work together

I am very aware of your offering of training - how do we ensure awareness to all front line staff? Is there going to be any accountability to complete this training? What can we do to support this work?

The majority of small group participants would like to learn more about HOW to build better relationships, collaborate and communicate more effectively with Indigenous communities and organizations.

What is something you are curious about, or would like to understand better?

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| Resistance | I would like to know how to respectfully be allied with indigenous organizations? | How OHTs can respect Treaty rights |
| how to talk about whiteness in spaces where this is just never really done (by white people) | How to build new relationships with organizations serving Indigenous people | How do work within a colonial organization and work to make more culturally sensitive operational changes |
| building truth and reconciliation calls to action into OHTs | Allyship to accompliceship | How we, as an OHT, can partner with the Indigenous peoples within our attributed population to encourage grassroots movements to address health inequities |
| I have heard a lot about the issues & challenges. I would like to hear more stories of success & how the successes were achieved with the challenges faces | How to do this work within a European framework for organizing | How to balance authentic collaboration/partnership with timelines that are imposed on us |
| Health equity is familiar - important, vitalHealth justice has got to be the ultimate goal.Are both in the IPHCC mission and vision? | With the creation of multiple OHTs in the same geographic area, we are all going to our Indigenous partners and asking for their involvement in the process. How do we ensure we do not unjustly overwhelm our partners with multiple similar requests? | How best to revisit leadership collaboration after a negative impression may have been made from a settler organization presenting engagement opportunities to Indigenous communities? |

The majority of small group participants would like to learn more about HOW to build better relationships, collaborate and communicate more effectively with Indigenous communities and organizations.

HOW do you build meaningful relationships and trust?

❖ Keep reflecting and learning

- ***“This is the right question to keep reflecting!*** We need to be OK with not knowing the answers but still moving forward with the work.” – *Dr. Pamela Toulouse*

❖ Time

- ***“To build trust, it's important to **invest time** in building relationships that are based on respect and mutual understanding. While building trust is inherently important, this country's **colonial history means you'll need to work harder to build trust and a good relationship with Indigenous people**”*** – *Dakota Recollet*
- ***“to do the work you need to **slow it down** to allow time to build a relationship”*** – *Dr. Paula Chidwick*
- ***“keep in mind it takes **time and effort to earn trust and build relationships.** ”*** – *Dr. Pamela Toulouse*

❖ Listen

- ***“Listen: To build cultural safety, you need to **listen to your clients/patients, as they define what is needed** for culturally-safe interactions.”*** – *Dakota Recollet*

❖ Be open and balance your head and heart

- ***“It is importance to **check your privilege** when you're trying to build relationships and trust. **Be open and create space for new things**”*** – *Dr. Paula Chidwick*
- ***It is important to **be open to other forms of care and to balance all aspects of health** (emotional, spiritual, intellectual and physical). **Use your heart and not just your head.** Speak from your heart!* ” – *Maurice Switzer***

HOW do you build meaningful relationships and trust?

❖ Include all voices from the start

- “communication and inclusion at the table, **inviting now not after the fact.**”– *Brett Recollet*
- “Important to **include the voices of the next generations** that will be the leaders and users of everything we do in a good way.” – *Brett Recollet*
- “You need to **relook at your institutional structures** and find a way to include indigenous peoples by **transforming your own boards/committees/tables. Don't have people only sitting on committees** but have a way to bring boards and committees together- **blend boards together**”– *Dr. Pamela Toulouse*

❖ Be an ally and an accomplice

- “It is important to note the difference between allies and accomplices. Allies stand beside us whereas, **accomplices work in the system and challenge the policies and programs that limit meaningful involvement.** We need to work as both!”– *Dr. Pamela Toulouse*
- “be aware of asking Indigenous groups to do all the work - what are you bringing to the table?”
- “The tools are out there and it is up to the providers and organizations to seek out these resources and enhance their knowledge before they begin any engagement to show they are already doing the work.”

❖ Clear and accessible communication

- “if English isn't their first language, it's important to **make use of Indigenous health workers, translators, patient navigators, and other help that can facilitate clear and accessible communication.**”– *Dakota Recollet*

What is 1 new insight you are sitting with?

the need to incorporate advocacy into the work of OHTs, even when that's difficult to do

the role of OHTs in upholding treaty

Reminder to be present and without any demands or requests. Humility in the relationship building

Really helpful to hear about opportunity to smooth the healthcare experience by minimizing barriers associated with funding

humility

cultural safety is not only important for Indigenous peoples, but all people

Concrete strategies/actions to earn trust

Justice, not just equity...

Equality & equity are not necessarily equal

Still need to learn very much

.. One can only move at the pace of trust..

The need to be hyper vigilant in recognizing my privilege

work on trust and be trustworthy—don't assume that I as a settler have the answers —this is white supremacy to assume so

gratitude

Humility

The majority of small group participants will takeaway from the session the importance of trust and humility in building meaningful relationships within their OHT and with the communities they serve.

What is a word that describes a feeling or thought you are having at this moment?



Resources shared in the chat box!

- [IPHCC & RISE w webinar on creating safer environments for Indigenous Peoples](#)

- **Cultural Safety Resources**
 - [Indigenous Cultural Safety Training](#)
 - What To Look For: See [wise practices 3, 4 and 5](#); especially how cultural safety training needs to have an equity focussed curriculum led by trained facilitators. Use this information to plan your workshop delivery.
 - [Delivering workshops](#)
 - [Facilitating discussion forums](#)
 - [Monitoring online modules](#)

- [Coin model of privilege and critical allyship](#)

- A [resource](#) that has many medical and other contributions from Indigenous peoples