



# College of Pharmacists of Manitoba

200 Tache Avenue, Winnipeg, Manitoba R2H 1A7

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## Indigenous Cultural Humility, Health Equity, and Relations Resources

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The following table is not meant to be an all-inclusive list of resources, but rather serves as a starting place for pharmacy professionals looking for more information or education on Indigenous cultural competency, humility, health and health equity, history and/or relations. Resources are grouped by resource type and are otherwise in no particular order. Pharmacy professionals are strongly encouraged to seek out new resources as more become available.

Organization and Title	Resource Type	Description	Duration & Cost
<b>University of Alberta</b>  <b>Indigenous Canada</b> <a href="https://www.ualberta.ca/admissions-programs/online-courses/indigenous-canada/index.html">https://www.ualberta.ca/admissions-programs/online-courses/indigenous-canada/index.html</a>	Online course Launched in 2017	For students from faculties outside the Faculty of Native Studies with an interest in acquiring a basic familiarity with Indigenous/non-Indigenous relationships <ul style="list-style-type: none"> <li>- Massive Open Online Course (MOOC)</li> <li>- Explores key issues facing Indigenous peoples today from a historical and critical perspective, highlighting national and local Indigenous-settler relations</li> </ul> Topics: <ul style="list-style-type: none"> <li>- Fur trade and other exchange relationships</li> <li>- Land claims and environmental impacts</li> <li>- Legal systems and rights, political conflicts and alliances</li> <li>- Indigenous political activism</li> <li>- Contemporary Indigenous life, art and its expressions</li> </ul>	21 hours (12 lessons)  Free enrolment for auditing course (no certificate); \$62 for certificate
<b>University of Winnipeg</b>  <b>Indigenous Insights</b> <a href="https://www.uwinnipeg.ca/indigenous-insights/">https://www.uwinnipeg.ca/indigenous-insights/</a>  <b>Registration Link:</b> <a href="https://pace.uwinnipegcourses.ca/course/indigenous-insights">https://pace.uwinnipegcourses.ca/course/indigenous-insights</a>	Online course Launched in 2019	For educators, public health workers, employees in the public and private sectors, and those seeking to enhance their knowledge and understanding of Indigenous Peoples <ul style="list-style-type: none"> <li>- Overview of Indigenous Peoples' history, cultures, and relationship with Canada</li> <li>- Educates Canadians and clarifies commonly held misconceptions about the Indigenous Peoples of Canada</li> </ul> Topics: <ul style="list-style-type: none"> <li>- Treaty and Aboriginal Rights, the duty to consult</li> <li>- The Indian Act, Indigenous identity and community membership</li> </ul>	Online training ~90 minutes  \$100/person



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		<ul style="list-style-type: none"> <li>- The importance of culture for Indigenous health and well-being</li> <li>- The history and legacy of residential schools, the aftermath, and healing</li> <li>- The balance between economic development and the protection of traditional lands and resources</li> <li>- Respectfully approaching research and consultation with Indigenous communities</li> <li>- Ways in which Indigenous youth are re-shaping educational institutions and Canadian society</li> </ul> <p>In-person, full day facilitated group training for groups of up to 20 is also available for senior leadership and employees who are expected to engage with Indigenous Peoples and communities</p>	
<p><b>Indigenous Awareness Canada</b></p> <p>Several courses</p> <p><a href="https://indigenousawarenesscanada.com/product/101-indigenous-awareness-introduction/">https://indigenousawarenesscanada.com/product/101-indigenous-awareness-introduction/</a></p>	Online course	<p>Five online courses:</p> <p><b><u><a href="#">101 – Indigenous Awareness Introduction</a></u></b></p> <p><b><u><a href="#">201 – Indigenous Awareness Certification</a></u></b></p> <p><b><u><a href="#">301 – Indigenous Peoples and Cultures</a></u></b></p> <p><b><u><a href="#">311 – Indigenous Communication &amp; Consultation</a></u></b></p> <p><b><u><a href="#">321 – Indigenous Employment Outreach, Recruit, and Retain</a></u></b></p> <p>Variety of online courses ranging from short, basic informational courses to more comprehensive certificate providing foundational knowledge, background and context.</p> <p>Topics depend on the course taken, but may include:</p> <ul style="list-style-type: none"> <li>- Myths and misconceptions</li> <li>- Background</li> <li>- Indigenous Peoples</li> <li>- Residential Schools</li> <li>- Current realities</li> <li>- Making a better world</li> </ul>	<p>Costs and time depend on course.</p> <p>101 course: 60 – 90 minutes, \$48</p> <p>201 course: 4 – 8 hours, \$128</p> <p>Various registration options available.</p>
<p><b>British Columbia Institute of Technology (BCIT)</b></p>	Online course	<p>For BCIT faculty, staff, students and external participants who need an increased understanding of Indigenous people and their place and space in Canada, past and present.</p>	2 hours, free-of-charge



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<p><b>Indigenous Awareness Course</b></p> <p><a href="https://www.bcit.ca/free-online-learning/mooc-0200-indigenous-awareness/">https://www.bcit.ca/free-online-learning/mooc-0200-indigenous-awareness/</a></p>		<p>Topics:</p> <ul style="list-style-type: none"> <li>- Historical relationship between Indigenous and non-Indigenous peoples in Canada</li> <li>- Past and contemporary realities of Indigenous people</li> <li>- Current moves towards, and the importance of, Reconciliation to all Canadians</li> </ul>	
<p><b>Winnipeg Regional Health Authority (WRHA) &amp; San'yas</b></p> <p><b>Manitoba Indigenous Cultural Safety Training (MICST)</b></p> <p><a href="https://sanyas.ca/core-training/manitoba">https://sanyas.ca/core-training/manitoba</a></p> <p><b>For WRHA employees:</b></p> <p><a href="https://wrha.mb.ca/indigenous-health/cultural-initiatives/micst/">https://wrha.mb.ca/indigenous-health/cultural-initiatives/micst/</a></p>	<p>Online course Launched in 2015</p>	<p>For anyone working in any sector who needs to enhance their knowledge, awareness, and skills when working with Indigenous people, including WRHA staff and partners</p> <ul style="list-style-type: none"> <li>- On-line, asynchronous</li> <li>- Each cohort = 25 participants</li> <li>- Discussion boards and journal entries to connect with facilitators and participants</li> </ul> <p>Topics:</p> <ul style="list-style-type: none"> <li>- Concept of culture and cultural diversity among Indigenous peoples and the context and legacy of colonization</li> <li>- Health disparities of Indigenous people including social determinants of health as they relate to Indigenous people and the importance of cultural safety in reducing health disparities</li> <li>- Potential role of culture and Indigenous healing in patient care</li> <li>- Explore own cultural assumptions, beliefs and attitudes with respect to Indigenous people</li> </ul>	<p>8-10 hours (8-week period)</p> <p>Cost is \$300 if not covered by workplace</p>
<p><b>Indigenous Cultural Safety Collaborative Learning Series</b></p> <p><b>Several Webinars</b></p> <p><a href="https://www.icscollaborative.com/webinars">https://www.icscollaborative.com/webinars</a></p>	<p>Online webinar recordings Various dates</p>	<p>This national webinar series focuses on strengthening Indigenous cultural safety across sectors. It is designed to provide a provincial, national and international platform to address a broad range of issues related to the ways in which Indigenous people experience and intersect with systems (i.e., healthcare, justice, education, and child welfare). The webinars are interactive by design and provide a much-needed space to address and navigate the complex nature of Indigenous specific racism and discrimination while also promoting advocacy and empowerment.</p>	<p>Time depends on webinar, free-of-charge</p>



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		<p>Recorded webinars include:</p> <p><a href="#">Webinar #1: Setting the Context for Indigenous Cultural Safety: Facing Racism in Health</a></p> <p><a href="#">Webinar #2: Racism and Privilege in the Everyday</a></p> <p><a href="#">Webinar #3: The “Raced” Body: Reflecting on Clinical Encounters</a></p> <p><a href="#">Webinar #4: Racism, Reconciliation, and Indigenous Cultural Safety</a></p> <p><a href="#">Webinar #5: Deconstructing' Racism: Strategies for Individual and Organizational Change</a></p> <p><a href="#">Webinar #6: Critical Race Theory and its Implication for Indigenous Cultural Safety</a></p> <p><a href="#">Webinar #7: Indigenous Health Equity: Examining Racism as an Indigenous Social Determinant of Health</a></p> <p><a href="#">Webinar #8: Addressing Anti-Indigenous Racism in Health Care: Strategies for Implementing System-level Change</a></p> <p><a href="#">Webinar #9: Cultural Safety in the Classroom: Addressing Anti-Indigenous Racism in Education Settings</a></p> <p><a href="#">Webinar #10: Racism Hurts: Exploring the Health Impacts of Anti-Indigenous Racism</a></p> <p><a href="#">Webinar #11: Transforming Organizations: The Crucible of Change</a></p> <p><a href="#">Webinar #12: Spirit Bear’s Guide to Reconciliation</a></p> <p><a href="#">Webinar #13: Status Quo: How health system design prevents the impactful transformation of Indigenous patient care</a></p> <p><a href="#">Webinar #14: The Case for Quality: Lessons, Legacies and Landmines</a></p> <p><a href="#">Webinar #15: Two Spirit and Indigiqueer cultural safety: Considerations for relational practice and policy</a></p>	
<p><b>Healthcare Excellence Canada</b></p> <p><b>Opening ourselves: An introduction to anti-oppression practices and frameworks (part 1)</b></p>	<p>Online webinar recordings January &amp; February 2022</p>	<p>This 2-part session introduces viewers to the Coin Model of Privilege, Critical Allyship and other approaches to anti-oppressive practice. These frameworks help deepen our understanding of the impact of unearned advantage and disadvantage in different contexts. This will help viewers reflect on their relationship with different systems of oppression, and ways to foster equity and inclusion in their patient engagement work and the healthcare system more broadly. Viewers will learn to build capacity for</p>	<p>Parts 1 and 2 are 1h 30 min each. (3 hours total), free-of-charge</p>



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<p><a href="https://www.healthcareexcellence.ca/en/what-we-do/what-we-do-together/equity-diversity-and-inclusion-virtual-learning-exchange/2022-01-13-equity-diversity-inclusivity/">https://www.healthcareexcellence.ca/en/what-we-do/what-we-do-together/equity-diversity-and-inclusion-virtual-learning-exchange/2022-01-13-equity-diversity-inclusivity/</a></p> <p><b>Opening ourselves: An introduction to anti-oppression practices and frameworks (part 2)</b></p> <p><a href="https://www.healthcareexcellence.ca/en/what-we-do/what-we-do-together/equity-diversity-and-inclusion-virtual-learning-exchange/2022-02-03-equity-diversity-inclusivity/">https://www.healthcareexcellence.ca/en/what-we-do/what-we-do-together/equity-diversity-and-inclusion-virtual-learning-exchange/2022-02-03-equity-diversity-inclusivity/</a></p>		<p>change at the individual, institutional and systemic level. These webinars are not focused on Indigenous content, but are valuable resources in understanding and challenging inequality to create more equitable care for all patients.</p>	
<p><b>DocTalks: A Doctors of BC Podcast</b></p> <p><b>Putting Indigenous cultural safety into practice: "The first step is admitting we have a problem with racism."</b></p> <p><a href="https://podcasts.apple.com/ca/podcast/putting-indigenous-cultural-safety-into-practice-the/id1488397009?i=1000505240457">https://podcasts.apple.com/ca/podcast/putting-indigenous-cultural-safety-into-practice-the/id1488397009?i=1000505240457</a></p>	<p>Podcast Recorded January 2021</p>	<p>Dr Terri Aldred and Len Pierre discuss how to define and understand cultural safety and the intricacies of addressing this systemic problem. Indigenous people are continually subjected to widespread, systemic racism which results in negative experiences at the point of care, inequitable medical treatment, physical harm, and even death. They discuss the steps that doctors and health care workers can take to begin or continue the journey to address racism, both on an individual level and at a system-wide level, as well as how to measure the progress going forward.</p>	<p>49 minutes, free-of-charge through Apple Podcasts</p>



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<p><b>National Centre for Truth and Reconciliation (NCTR)</b></p> <p><b>Truth and Reconciliation Commission Reports</b></p> <p><a href="https://nctr.ca/records/reports/#trc-reports">https://nctr.ca/records/reports/#trc-reports</a></p>	<p>Reports and other resources</p> <p>Various publish dates</p>	<p>The NCTR was created as part of the mandate of the Truth and Reconciliation Commission of Canada (TRC). The TRC was charged to listen to Survivors, their families, communities and others affected by the residential school system and educate Canadians about their experiences which resulted in collection of statements, documents and other materials that can be found on their website.</p>	<p>Various</p>
<p><b>Public Health Agency of Canada</b></p> <p><b>Key Health Inequalities in Canada: A National Portrait – Executive Summary</b></p> <p><a href="https://www.canada.ca/en/public-health/services/publications/science-research-data/key-health-inequalities-canada-national-portrait-executive-summary.html">https://www.canada.ca/en/public-health/services/publications/science-research-data/key-health-inequalities-canada-national-portrait-executive-summary.html</a></p>	<p>Report</p> <p>Updated November 2018</p>	<p>This report discusses important health inequalities in Canada. It was developed by the Public Health Agency of Canada and the Pan-Canadian Public Health Network in collaboration with Statistics Canada, the Canadian Institute for Health Information, and the First Nations Information Governance Centre. HCPs should be aware of indicators of health outcomes, risk factors, and social determinants of health to reduce inequalities in the healthcare system.</p>	<p>8 pages, free-of-charge</p>
<p><b>Introducing Indigenous methodologies to pharmacy practice research</b></p> <p><a href="https://journals.sagepub.com/doi/full/10.1177/1715163521990058">https://journals.sagepub.com/doi/full/10.1177/1715163521990058</a></p>	<p>Research Article</p> <p>Published February 2021</p>	<p>Indigenous methodologies are valid and needed in pharmacy practice and education research. An Indigenous research method must flow from an Indigenous paradigm. 3 major foundational aspects common to an Indigenous paradigm include relationality, reciprocity and storytelling. 3 specific Indigenous research methods include the Kapati method, story work and the conversational method.</p>	<p>7 pages, free-of-charge</p>
<p><b>Structures of indifference: an indigenous life and death in a Canadian city</b></p> <p><a href="https://uofmpress.ca/books/detail/structures-of-indifference">https://uofmpress.ca/books/detail/structures-of-indifference</a></p>	<p>Book/eBook</p> <p>Published September 2018</p>	<p>This book examines an Indigenous life and death in a Canadian city and what it reveals about the ongoing history of colonialism. In September 2008, Brian Sinclair, a middle-aged, non-Status Anishinaabe resident of Winnipeg, arrived in the emergency room of a major downtown hospital. Over 34 hours, he was left untreated and unattended to, ultimately dying from an easily treatable infection. McCallum and Perry present the ways in which Sinclair, once ignored, came to represent diffuse, yet singular and largely dehumanized ideas about Indigenous people, modernity, and decline in cities.</p>	<p>144 pages, various purchase options</p>



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		This story tells us about his interactions with Canadian health and legal systems, before and after his death.	
<p><b>Determinants of Indigenous Peoples' Health, Second Edition : Beyond the Social</b></p> <p><a href="https://www.canadianscholars.ca/books/determinants-of-indigenous-peoples-health">https://www.canadianscholars.ca/books/determinants-of-indigenous-peoples-health</a></p>	<p>Book/eBook Published April 2018</p>	<p>This collection explores how multiple health determinants, such as colonialism, gender, culture, early childhood development, the environment, geography, HIV/AIDS, medicine, and policy, impact the health status of Indigenous peoples in Canada. This includes the expert voices of First Nations, Inuit, and Métis writers from coast to coast, Chief Medical Officer of the First Nations Health Authority, Indigenous poets; and an updated arrangement that reflects significant events over the last 2 years, such as the protests at Standing Rock, North Dakota, the US national election of 2016, the Indigenous youth suicide epidemic, and the enquiry into murdered and missing Indigenous women and girls in Canada. This is appropriate for students enrolled in courses on health, public and population health, community health sciences, medicine, nursing, and social work.</p>	<p>364 pages, various purchase options</p>
<p><b>Medicine Unbundled: A Journey Through the Minefields of Indigenous Health Care</b></p> <p><a href="https://www.heritagehouse.ca/book/medicine-unbundled/">https://www.heritagehouse.ca/book/medicine-unbundled/</a></p>	<p>Book/eBook Published February 2017</p>	<p>An exposé of the dark history and legacy of segregated Indigenous health care in Canada. Author Gary Geddes embarked on a long and difficult journey across Canada to interview Indigenous elders willing to share their experiences of segregated health care, including their treatment in the 'Indian hospitals' that existed from coast to coast for over half a century. Survivors recount memories—from gratuitous drug and surgical experiments to electroshock treatments intended to destroy the memory of sexual abuse. It is a testament to survival, perseverance, and the power of memory to keep history alive and promote the idea of a more open and just future.</p>	<p>399 pages, various purchase options</p>