

## **Indigenous Health and other relevant resources – Santé autochtone et autres ressources pertinentes**

All resources are in English unless otherwise specified. For French versions, the links are provided. Some French only references are listed with their links. Some links lead to French description but the reference may be in English only.

Toutes les ressources sont en anglais sauf indication contraire. Pour les versions françaises, les liens sont fournis. Quelques références en français sont listées avec leurs liens. Quelques liens qui mènent à la description française, mais la référence peut être en anglais seulement.

### **Recommended Readings - Lectures Recommandées**

Macaulay, AC. (2009) Improving Aboriginal Health: How can health professionals contribute? Canadian Family Physician, 55 (April 2009): 334- 336. Retrieved March 30, 2021 from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2668990/>

National Aboriginal Health Organization. 2008. Cultural Competency and Safety: A Guide for Health Care Administrators, Providers and Educators. Ottawa: Author. Combined English and French version. Retrieved March 30, 2021 from: <http://wayback.archive-it.org/9444/20171221170754/http://www.naho.ca/documents/naho/publications/culturalCompetency.pdf>

Loppie-Reading, C. and Wiens, F. 2009. Health disparities and social determinants of Aboriginal Peoples' Health. Prince George BC: National Collaborating Centre for Aboriginal Health. Retrieved March 30, 2021 from: <http://lfs-ubcfarm.sites.olt.ubc.ca/files/2018/02/Reading-C.L.-Wien-F.-2009.pdf>

United Nations Permanent Forum on Indigenous Issues. Indigenous peoples, Indigenous voices factsheet: who are indigenous peoples? Retrieved on March 30, 2021 from: [www.un.org/esa/socdev/unpfii/documents/5session\\_factsheet1.pdf](http://www.un.org/esa/socdev/unpfii/documents/5session_factsheet1.pdf)

Allan, B. and Smylie, J. (2015). First Peoples, second-class treatment: The role of racism in the health and well-being of Indigenous peoples in Canada. Toronto ON: the Wellesley Institute. (English only) Retrieved March 30, 2021 from: <http://www.wellesleyinstitute.com/publications/first-peoples-second-class-treatment/>

Chandler, MJ & Lalonde, CE. (1998) Cultural Continuity as a Hedge against Suicide in Canada's First Nations. Journal of Transcultural Psychiatry 35(2):193-211. Retrieved March 30, 2021 from: [http://reviewboard.ca/upload/project\\_document/Chandler\\_and\\_Lalonde\\_1998\\_Paper\\_1265041839.PDF](http://reviewboard.ca/upload/project_document/Chandler_and_Lalonde_1998_Paper_1265041839.PDF)

Indigenous Health Committee and Office of Health Policy and Communications. 2019. Four documents:

- Indigenous health values and principles statement (2<sup>nd</sup> ed. 2019)
- Indigenous Health Primer (2019)
- Cultural safety guidance for clinicians during the COVID-19 pandemic
- Indigenous health content in postgraduate medical education: An environmental scan

Ottawa: The Royal College of Physicians and Surgeons of Canada. Retrieved March 30, 2021 from: <http://www.royalcollege.ca/rcsite/health-policy/initiatives/indigenous-health-e>

Wilson, D. et al. 2013. Health Professionals working with First Nations, Inuit and Métis consensus guideline. *J Obstet Gynaecol Can* 2013;35(6 eSuppl):S1–S52. Companion document: Health Professionals Working with First Nations, Inuit and Métis: Companion Piece and other documents on Indigenous Women’s health can be found at link below. Retrieved March 30, 2021:

<https://sogc.org/en/about/what-we-do/indigenous-womens-health/en/content/about/indigenous-womens-health.aspx?hkey=e85746d2-eb7f-444b-a1c9-34748a448779>

Versions françaises:

Directive clinique de consensus à l’intention des professionnels de la santé œuvrant auprès des Inuits, des Métis et des Premières Nations

Professionnels de la santé œuvrant auprès des Inuits, des Métis et des Premières Nations: Document d'accompagnement

La pièce d’accompagnement et d’autres documents sur la santé des femmes autochtones se trouvent sur le lien ci-dessous. Récupéré le 30 mars 2021 de:

<https://www.sogc.org/fr/a-propos-de-nous/ce-que-nous-faisons/sante-des-femmes-autochtones/fr/content/about/sante-des-femmes-autochtones.aspx?hkey=c883995f-6dac-4b92-90dd-a9dd6a8da634>

Indigenous Health Working Group. 2015. Health and Health Care Implications of Systemic Racism on Indigenous Peoples in Canada factsheet. Toronto: College of Family Physicians of Canada. Retrieved July 12, 2018: [http://www.cfpc.ca/uploadedFiles/Resources/PDFs/SystemicRacism\\_ENG.pdf](http://www.cfpc.ca/uploadedFiles/Resources/PDFs/SystemicRacism_ENG.pdf)

Version française: Conséquences du racisme systémique sur la santé des populations autochtones du Canada et les soins de santé qui leur sont offerts. Récupéré le 30 mars 2021 de :

[https://portal.cfpc.ca/ResourcesDocs/uploadedFiles/Resources/PDFs/Communique\\_SystemicRacism\\_FRE.pdf](https://portal.cfpc.ca/ResourcesDocs/uploadedFiles/Resources/PDFs/Communique_SystemicRacism_FRE.pdf)

Kitty D, Funnell S, eds. 2020. CanMEDS-Family Medicine Indigenous Health Supplement. Mississauga, ON: The College of Family Physicians of Canada Indigenous Health Committee. Retrieved March 31, 2021: <https://www.cfpc.ca/CFPC/media/PDF/CanMEDS-IndigenousHS-ENG-web.pdf>

Kitty D, Funnell S, eds. 2020. CanMEDS-Médecine familiale: Document d’accompagnement sur la santé autochtone. Mississauga, ON: Comité de la santé autochtone du Collège des médecins de famille du Canada. Récupéré le 31 mars 2021: <https://www.cfpc.ca/CFPC/media/PDF/CanMEDS-IHS-FRE-web.pdf>

Gone, J. P. (2013). Redressing First Nations historical trauma: Theorizing mechanisms for indigenous culture as mental health treatment. *Transcultural Psychiatry*, 50(5), 683-706.

Bombay, A., Matheson, K. & Anisman, H. 2014. The intergenerational effects of Indian Residential Schools: Implications for the concept of historical trauma. *Transcult Psychiatry*. 2014 Jun; 51(3): 320–338. Retrieved March 30, 2021 from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4232330/>

National Collaborating Centre for Indigenous Health - Selected documents and other resources:

Centre de collaboration nationale de la santé autochtone – Certains documents et autres ressources:

Reading, J. & Halseth, R. (2013). Pathways to Improving Well-Being for Indigenous Peoples: How Living Conditions Decide Health. Prince George, BC: National Collaborating Centre for Aboriginal Health. Retrieved March 30, 2021 from:

<https://www.ccsa-nccah.ca/docs/determinants/RPT-PathwaysWellBeing-Reading-Halseth-EN.pdf>

National Collaborating Centre for Aboriginal Health. 2016. Transforming Our Realities: The Determinants of Health and Indigenous Peoples Proceedings Report. Retrieved March 30, 2021.

English link: <https://www.ccsa-nccah.ca/docs/determinants/RPT-TransformingRealitiesSDOH-EN.pdf>

Centre de collaboration nationale de la santé autochtone. 2016. Transformer nos réalités: Les déterminants de la santé et les peuples autochtones – Rapport de synthèse. Récupéré le 30 mars 2021.

Français lien: <https://www.ccsa-nccah.ca/docs/determinants/RPT-TransformingRealitiesSDOH-FR.pdf>

Greenwood, M, De Leeuw, S, and Lindsay, NM (Editors). 2018. Determinants of Indigenous peoples' health in Canada: beyond the social. Second Edition. Toronto ON: Canadian Scholars Press. (English only) Retrieved March 30, 2021 from:

English link:

[https://www.ccsa-nccah.ca/495/Determinants\\_of\\_Indigenous\\_Peoples\\_Health\\_In\\_Canada\\_Second\\_Edition\\_Beyond\\_the\\_Social.nccah?id=158](https://www.ccsa-nccah.ca/495/Determinants_of_Indigenous_Peoples_Health_In_Canada_Second_Edition_Beyond_the_Social.nccah?id=158)

French link: [https://www.ccsa-nccah.ca/525/Determinants\\_of\\_Indigenous\\_Peoples\\_Health\\_In\\_Canada\\_Second\\_Edition\\_Beyond\\_the\\_Social.nccah?id=158](https://www.ccsa-nccah.ca/525/Determinants_of_Indigenous_Peoples_Health_In_Canada_Second_Edition_Beyond_the_Social.nccah?id=158)

[https://www.ccsa-nccah.ca/525/Determinants\\_of\\_Indigenous\\_Peoples\\_Health\\_In\\_Canada\\_Second\\_Edition\\_Beyond\\_the\\_Social.nccah?id=158](https://www.ccsa-nccah.ca/525/Determinants_of_Indigenous_Peoples_Health_In_Canada_Second_Edition_Beyond_the_Social.nccah?id=158)

Reading, C. L. and Wien F. (2009). Health inequalities and social determinants of Aboriginal peoples' health. Prince George B. C.: National Collaborating Centre for Indigenous Health. Retrieved March 31, 2021: [https://www.nccah-ccnsa.ca/docs/social%20determinates/nccah-loppie-wien\\_report.pdf](https://www.nccah-ccnsa.ca/docs/social%20determinates/nccah-loppie-wien_report.pdf)

Reading, C. L. and Wien F. (2009). Inégalités en matière de santé et déterminants sociaux de la santé des peuples autochtones. Prince George C. B.: Centre de collaboration nationale de la santé autochtone. Récupéré le 31 mars 2021 : <https://www.ccsa.ca/fr/publicationsview.aspx?sortcode=1.8.21.0&id=46>

National Collaborating Centre for Indigenous Health. Anti-Indigenous Racism in Canada.

All retrieved March 31, 2021: English webpage: <https://www.nccih.ca/en/index.aspx?sortcode=2.7.9.22>

There are **3** factsheets on racism on this webpage:

Understanding Racism - Charlotte Reading PhD,

[https://www.nccih.ca/495/Understanding\\_racism.nccih?id=103](https://www.nccih.ca/495/Understanding_racism.nccih?id=103)

Indigenous Experiences with Racism and its Impacts - Samantha Loppie, Charlotte Reading & Sarah de Leeuw

[https://www.nccih.ca/495/Indigenous\\_experiences\\_with\\_racism\\_and\\_its\\_impacts.nccih?id=131](https://www.nccih.ca/495/Indigenous_experiences_with_racism_and_its_impacts.nccih?id=131)

Policies, programs and strategies to address anti-Indigenous racism: A Canadian Perspective - Charlotte Reading PhD

[https://www.nccih.ca/495/Policies, programs and strategies to address anti-Indigenous racism A Canadian perspective.nccih?id=132](https://www.nccih.ca/495/Policies,_programs_and_strategies_to_address_anti-Indigenous_racism_A_Canadian_perspective.nccih?id=132)

Centre de collaboration nationale de la santé autochtone. Le racisme anti-autochtone au Canada.

Tous récupérés le 31 mars 2021 Page web en français:

<https://www.ccnsa.ca/fr/index.aspx?sortcode=1.7.10.21>

Il y a 3 fiches d'information sur le racisme sur cette page web:

Comprendre le racisme - Charlotte Reading PhD

[https://www.ccnsa.ca/525/Comprendre le racisme.nccih?id=103](https://www.ccnsa.ca/525/Comprendre_le_racisme.nccih?id=103)

L'effet du racisme sur les autochtones et ses conséquences - Samantha Loppie, Charlotte Reading & Sarah de Leeuw

[https://www.ccnsa.ca/525/L\\_effet\\_du\\_racisme\\_sur\\_les\\_autochtones\\_et\\_ses\\_cons%C3%A9quences.nccih?id=131](https://www.ccnsa.ca/525/L_effet_du_racisme_sur_les_autochtones_et_ses_cons%C3%A9quences.nccih?id=131)

Politiques, programmes et stratégies pour lutter contre le racisme anti-autochtone: une perspective canadienne - Charlotte Reading PhD

[https://www.ccnsa.ca/525/Politiques, programmes et strat%C3%A9gies pour lutter contre le racisme anti-autochtone une perspective canadienne.nccih?id=132](https://www.ccnsa.ca/525/Politiques,_programmes_et_strat%C3%A9gies_pour_lutter_contre_le_racisme_anti-autochtone_une_perspective_canadienne.nccih?id=132)

Other documents and resources including webinar recordings are available. Most publications are available in English and French, but the webinars are given in English only. Retrieved March 31, 2021.

English webpage: <https://www.nccih.ca/en/publications.aspx?sortcode=2.8.10>

D'autres documents et ressources, y compris des enregistrements de webinaires, sont disponibles. La plupart des publications sont disponibles en anglais et en français, mais les webinaires ne sont donnés qu'en anglais. Récupéré le 31 mars 2021.

Page web en français: <https://www.ccnsa.ca/fr/publications.aspx?sortcode=1.8.21>

### **Websites - Sites Internet**

National Centre for Truth and Reconciliation website - Site Web du Centre national pour la vérité et la réconciliation

All TRC links below retrieved March 30, 2021 / Tous les liens CVR ci-dessous récupérés le 30 mars 2021:

English link: <https://nctr.ca/map.php>

French link: <https://nctr.ca/?lang=fr>

Truth and Reconciliation Commission of Canada. Collection of TRC final report, other reports including Calls to Action and related documents.

English link: <https://nctr.ca/records/reports/>

Commission de vérité et réconciliation (CVR). Rapports de la Vérité et la Réconciliation.

French link: <https://nctr.ca/documents/rapports/?lang=fr>

Truth and Reconciliation Commission of Canada. 2015. Honouring the Truth, Reconciling for the Future: Summary of the Final Report of the Truth and Reconciliation of Canada. (Available in English only). [https://ehprnh2mwo3.exactdn.com/wp-content/uploads/2021/01/Executive\\_Summary\\_English\\_Web.pdf](https://ehprnh2mwo3.exactdn.com/wp-content/uploads/2021/01/Executive_Summary_English_Web.pdf)

**Accredited On-line Training (English only) - La formation en ligne accréditée (en anglais uniquement)**

San'yas Cultural Safety Training. Retrieved March 31, 2021 from: <https://www.sanyas.ca/training>

Cancer Care Ontario. Indigenous Relationship and Cultural Safety Courses. Retrieved March 31, 2021 from: <https://www.cancercareontario.ca/en/resources-first-nations-inuit-metis/first-nations-inuit-metis-courses>

Sanyas Training in Ontario factsheet. See attached document.

**Books (most are available at uOttawa library, some in electronic format) - Livres (tous disponibles à la bibliothèque de l'Université d'Ottawa, certains en format électronique)**

Fiction/Biography - Fiction / Biographie

Halfbreed – by Maria Campbell

The Reason You Walk – by Waub Kinew

Bearskin Diary – by Carol Daniels

Indian Horse – by Richard Wagamese

Midnight Sweatlodge – by Waubgeshig Rice

Passage – by Gwen Benaway

They Called Me Number One – by Bev Sellars

A Two-Spirit Journey: The Autobiography of a Lesbian Ojibwa-Cree Elder – by Ma-Nee Chacaby

Moon of the Crusted Snow: A Novel - by Waubgeshig Rice

Split Tooth – by Tanya Tagaq

Non-Fiction – Non-Fiction

The winter we danced: voices from the past, the future, and the Idle No More movement – by Kino-nda-niimi Collective

Moving Aboriginal Health Forward: Discarding Canada's legal barriers – by Yvonne Boyer

The Inconvenient Indian: A Curious Account of Native People in North America – by Thomas King

Medicine unbundled: a journey through the minefields of Indigenous health care – by Gary Geddes

Separate beds: a history of Indian hospitals in Canada, 1920s-1980s – by Maureen Lux

Healing histories: stories from Canada's Indian hospitals – by Laurie Meijer Drees

Administering Colonial Science: Nutrition Research and Human Biomedical Experimentation in Aboriginal Communities and Residential Schools, 1942–1952 – by Ian Mosby

Clearing the Plains: Disease, politics of starvation, and the loss of Aboriginal life – by James W. Daschuk

Seven Fallen Feathers – by Tanya Talaga

From the Ashes: My Story of Being Métis, Homeless, and Finding My Way – by Jesse Thistle

Indigenous Writes – by Chelsea Vowel

21 Things you may not know about the Indian Act: Helping Canadians make reconciliation with Indigenous Peoples a reality – by Bob Joseph

### **Documentaries (links verified March 31, 2021) – Documentaires (liens vérifiés le 31 mars 2021)**

Nîpawistamâsowin: We Will Stand Up

The death of a young Cree man, Colten Boushie captures international attention and raises disturbing questions about racism in Canada's legal system.

<https://www.cbc.ca/cbcdocspov/episodes/nipawistamasowin-we-will-stand-up>

Birth of a Family

Sixties Scoop: three sisters and a brother, adopted as infants into separate families across North America, meet together for the first time

<https://www.cbc.ca/cbcdocspov/episodes/birth-of-a-family>

Angry Inuk

The film interweaves the reality of Inuit life with the story of their challenge to both the anti-sealing industry and those nations that mine resources on Inuit lands

<https://www.cbc.ca/cbcdocspov/episodes/angry-inuk>

The Pass System

\*Available at the uOttawa Library

This powerful film draws from Elders' memories and historical artifacts in order to detail the history of The Pass System – yet another example of the regulation and control of Indigenous people through colonial policies created by the Canadian State

<http://thepasssystem.ca/>

This River

MMIWG: This short documentary offers an Indigenous perspective on the devastating experience of searching for a loved one who has disappeared.

[https://www.nfb.ca/film/this\\_river/](https://www.nfb.ca/film/this_river/)

We Were Children

The profound impact of the Canadian government's residential school system is conveyed through the eyes of two children who were forced to face hardships beyond their years

[https://www.nfb.ca/film/we\\_were\\_children/](https://www.nfb.ca/film/we_were_children/)

### Colonization Road

Ryan McMahon travels across Ontario learning about Colonization Roads, the ways in which they have dispossessed Indigenous people of land and access to traditional territories while creating space for settlers in the colonial experiment that has become Canada.

<http://www.cbc.ca/firsthand/episodes/colonization-road>

### The Oka Legacy

A POV documentary that explores how the Oka Crisis has transformed contemporary Indigenous identity in Canada.

<http://www.cbc.ca/firsthand/episodes/the-oka-legacy>

### The Invisible nation.

Richard Desjardins and Robert Monderie tell the story of the Algonquin Nation of Quebec and denounce their current living conditions.

[https://www.nfb.ca/film/invisible\\_nation/](https://www.nfb.ca/film/invisible_nation/)

### Le peuple invisible

Richard Desjardins et Robert Monderie, raconte l'histoire de la nation algonquine du Québec et dénonce ses conditions de vie actuelle.

<https://www.youtube.com/watch?v=mqFcre78How>

### De remarquables oubliés - Les Premières Nations (in French only)

De remarquables oubliés, ce sont des portraits de personnages surprenants, mais maltraités par l'histoire. Raconter leurs vies, c'est voir notre passé autrement. Dans cette série, Serge Bouchard raconte à sa manière la vie de ceux et celles qui ont fait l'Amérique. Les épisodes colligés ici s'attardent à la vie d'Amérindiens importants

<https://ici.radio-canada.ca/premiere/grandes-series/4599/de-remarquables-oublies---les-premieres-nations>

We are Métis. Short documentary by Kikino Metis Children and Family Services Society.

<https://www.youtube.com/watch?v=6bEGwt-Ghpo>

Richard Cardinal: Cry from the diary of a Métis child

[https://www.nfb.ca/film/richard\\_cardinal/](https://www.nfb.ca/film/richard_cardinal/)

History of the Métis Jig Dance

<https://www.youtube.com/watch?v=LknTxKuH1k>

Missing and Murdered Indigenous Women and Girls (MMIWG)

KAIROS resource: MMIWG Films and Documentaries (English only)

<https://www.kairoscanada.org/missing-murdered-indigenous-women-girls/films>

### **Movies – Les films**

Indian Horse – based on novel by Richard Wagamese, directed by Stephen S. Campanelli – movie trailer:

<https://www.youtube.com/watch?v=02cyFlnvA4s>

French: Cheval indien – basé sur le roman de Richard Wagamese, réalisé par Stephen S. Campanelli - bande-annonce du film:

[https://www.youtube.com/watch?v=y0J\\_XsRGRBg](https://www.youtube.com/watch?v=y0J_XsRGRBg)

Attawapiskat: Canada's Third World People

[Attawapiskat - Canada's Third World "People" - YouTube](#)

The Necessities of Life (movie trailer)

<https://www.youtube.com/watch?v=xiaO8fDVnKc>

French: Ce qu'il faut pour vivre (bande annonce d'un film)

<http://www.filmsquebec.com/films/ce-quil-faut-pour-vivre-benoit-pilon/>

Atanarjuat: The Fast Runner (Inuktitut with English subtitles) movie trailer

[https://www.youtube.com/watch?v=T\\_2mcgvPno](https://www.youtube.com/watch?v=T_2mcgvPno)

The Snow Walker (movie)

<https://www.youtube.com/watch?v=kM0ZZkyAGyc>

The Grizzlies (trailer)

[https://www.youtube.com/watch?v=Y4eu9Rf\\_3Ao](https://www.youtube.com/watch?v=Y4eu9Rf_3Ao)

The Life you want

<https://www.youtube.com/watch?v=k7My31VhhNo>

## **TV and Videos - TV et vidéos**

NFB Indigenous Voices and Reconciliation Channel

[https://www.nfb.ca/channels/edu\\_home\\_indigenous\\_voices\\_reconciliation\\_en/](https://www.nfb.ca/channels/edu_home_indigenous_voices_reconciliation_en/)

French link: [https://www.onf.ca/chaines/edu\\_home\\_voix\\_autochtones\\_reconciliation\\_fr/](https://www.onf.ca/chaines/edu_home_voix_autochtones_reconciliation_fr/)

Legacy of Hope Foundation videos

- Where are the Children? Healing the legacy of Residential Schools
- We were so far away - The Inuit experience of Residential Schools
- Other videos including survivor testimonials

[http://legacyofhope.ca/en\\_ca/english/education/videos/](http://legacyofhope.ca/en_ca/english/education/videos/)

French link: [Vidéos - Fondation Legacy of Hope](#)

Strong Medicine

Strong Medicine is an educational video developed by the Canadian Aboriginal AIDS Network and CATIE, with and for Indigenous people living with HIV.

<http://www.catie.ca/en/strong-medicine>

French link: <http://www.catie.ca/fr/remede-puissant>

CBC Short docs:

Through our eyes: Indigenous short docs

<https://watch.cbc.ca/category/through-our-eyes-indigenous-short-docs/featured-all/49e1596f-58c9-423f-9799-486ddedec3b4>

French website: 500 | ICI TOU.TV

Three recommended short docs to see – trois docs courts recommandés pour voir:

Twilight Dancers

A group of Indigenous teenagers from Pimicikamak Cree Nation use square dancing to help heal from the trauma of a suicide epidemic in their small, remote community.

<https://watch.cbc.ca/media/media/short-docs/twilight-dancers/38e815a-00d32f6c0d8>

Run as One: The Journey of the Front Runners

In 1967 ten Indigenous athletes ran the Pan Am Games torch from Minneapolis to Winnipeg. Just before they entered the opening ceremonies, the torch was handed to a white athlete.

<https://watch.cbc.ca/media/media/short-docs/run-as-one-the-journey-of-the-front-runners/38e815a-00dd726cd45>

This River

Kyle Kematch's sister went missing 5 years ago. Katherena Vermette's brother disappeared 20 years ago. Their stories exemplify the grace, resilience, and activism born from need to do something.

<https://watch.cbc.ca/media/media/short-docs/this-river/38e815a-00b30c3cc6d>

Other short documentaries available:

<https://watch.cbc.ca/category/through-our-eyes-indigenous-short-docs/featured-all/49e1596f-58c9-423f-9799-486ddedec3b4>

Maamuitaa – Current affairs TV show on James Bay Cree (English only). Retrieved April 5, 2021:

<https://www.cbc.ca/mediacentre/program/maamuitaa>

APTN Documentaries (English only). Retrieved April 5, 2021:

<https://www.aptn.ca/documentaries/>

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July 27, 2018 (Revised Sept. 9, 2020, October 13, 2020 and April 5, 2021)