

Practising Well Community of Practice

Indigenous cultural safety: Confronting anti-Indigenous racism and providing trauma-informed care – April 23, 2025

The Practising Well Community of Practice (CoP) is an intentional conversation for shared learning hosted by the OCFP in collaboration with the U of T DFCM. You can reach us by email at practisingwell@ocfp.on.ca.

Practising Well is designed to support you in providing the best care possible for your patients with their **mental health, substance use disorders and chronic pain**.

General Resources

- Mental Health and Addictions Community of Practice - <https://ontariofamilyphysicians.ca/supports-for-family-doctors/mental-health-and-addictions-supports/community-of-practice/>
- Self-learning – <https://ontariofamilyphysicians.ca/supports-for-family-doctors/mental-health-and-addictions-supports/community-of-practice/past-events/>
- Peer Connect Mentorship - <https://ontariofamilyphysicians.ca/supports-for-family-doctors/mental-health-and-addictions-supports/peer-connect-mentorship/>
- Ontario College of Family Physicians - <https://www.ontariofamilyphysicians.ca/>

Resource	Link
Discussion Paper: Allan, B., & Smylie, J. (2015). <i>First peoples, second class treatment: The role of racism in the health and well-being of Indigenous peoples in Canada</i> . Wellesley Institute.	https://www.wellesleyinstitute.com/wp-content/uploads/2015/02/Full-Report-FPSC-Updated.pdf
Article: Kétéskwēw Dion Stout, M. K., Wieman, C., Bourque Bearskin, L., Palmer, B. C., Brown, L., Brown, M., & Marsden, N. (2021). Gum yan asing Kaangas giidaay han hll guudang gas ga. I will never again feel that I am less than: Indigenous health care providers' perspectives on ending racism in health care. <i>International Journal of Indigenous Health</i> , 16(1), 13-20.	https://doi.org/10.32799/ijih.v16i1.36021
Government of Canada: Jordan's Principle	https://www.sac-isc.gc.ca/eng/1568396042341/1568396159824
News: An Aboriginal Man Named Brian Sinclair Was Ignored to Death in a Canadian Hospital	An Injustice: https://aninjusticemag.com/an-aboriginal-man-named-brian-sinclair-was-ignored-to-death-in-a-canadian-hospital-450dbfbfa38f CBC Article: https://www.cbc.ca/news/canada/manitoba/winnipeg-brian-sinclair-report-1.4295996
News: If Joyce Echaquan were White, She would still be Alive, Quebec coroner says	CBC Article: https://www.cbc.ca/news/canada/montreal/echaquan-coroner-report-health-care-system-racism-1.6199964
Public Health Agency of Canada: Common Definitions on Cultural Safety, Chief Public Health Officer Health Professional Forum	https://www.canada.ca/content/dam/hc-sc/documents/services/publications/health-system-services/chief-public-health-officer-health-professional-forum-common-definitions-cultural-safety/definitions-en2.pdf

Alberta Health Services: Indigenous Myths & Misconceptions: Misconception: All Indigenous people get free health care	www.albertahealthservices.ca/assets/info/ihp/if-ihp-indigenous-peoples-and-health-care-in-canada.pdf
Her Brain Chose for Her	https://herbrainchose.oaith.ca This Intersectionality Wheel https://herbrainchose.oaith.ca/intersectionality-wheel-colouring-tool.html
CUS-N: A Tool for Patient Advocacy	https://craighospital.org/resources/tool-for-patient-advocacy
Film: The Unforgotten	https://theunforgotten.cma.ca/
Course: University of Alberta Indigenous Canada Massive Open Online Course	https://www.ualberta.ca/en/admissions-programs/online-courses/indigenous-canada/index.html
Course: Athabasca University Indigenous Health and Wellness, Advocacy, and Allyship Certificate	https://powered.athabascau.ca/product?catalog=Indigenous-Health-and-Wellness-Advocacy-and-Allyship-Certificate
Modules: Queen's University Indigenous Healthcare Education and Practice: Applying Digital Teaching and Learning Resources to the TRC's Calls to Action	https://healthsci.queensu.ca/opdes/about-us/project-showcase/indigenous-healthcare-education-and-practice
Montreal Indigenous Community Network	https://reseauimtlnetwork.com/wp-content/uploads/2019/04/Ally_March.pdf
Anishinaabe Mino'Ayaawin – People in Good Health is Indigenous Primary Health Care Council's (IPHCC) approach to Indigenous Cultural Safety (ICS)	https://iphcc.ca/cultural-safety-training/
CMA: Wellness and Healing Space for Indigenous Physicians and Learners	https://www.cma.ca/physician-wellness-hub/topics/wellness-and-healing-space-indigenous-physicians-and-learners
OMA Physician Health Program	https://php.oma.org/ Call confidential service at 1-800-851-6606 or email php@oma.org
Truth and Reconciliation Commission of Canada: Calls to Action	https://publications.gc.ca/collections/collection_2015/trc/IR4-8-2015-eng.pdf
Yellowknife Institute: Calls to Action Accountability: A 2023 Status Update on Reconciliation	https://yellowheadinstitute.org/resources/calls-to-action-accountability-a-2023-status-update-on-reconciliation/
Article: Nixon, S. A. (2019). The coin model of privilege and critical allyship: Implications for health. BMC Public Health, 19, 1637.	https://doi.org/10.1186/s12889-019-7884-9
Respectful Engagement in Indigenous Cultural and Ceremonial Events	https://iphcc.ca/wp-content/uploads/ninja-forms/2/Respectful-Engagement-in-Indigenous-Cultural-and-Ceremonial-Events-2.pdf
Novel: White Benevolence by A. Gebhard, S. McLean, & V. St. Denis	