ICH Program Pathway Resources

Pathway to Culturally Safe Indigenous Health Research Practices

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Introduction

The Pathway to Culturally Safe Health Research Practices (pathway) is a compilation of resources made by others (e.g., organizations, people, institutions, etc.) and internally produced webinars to inform those seeking guidance in Indigenous Cognitive Health research. It covers a variety of topics, including the historical and ongoing impacts of colonization on Indigenous health, ethical Indigenous health research practices, and Indigenous data sovereignty principles.

We decided to create a resource compilation because we did not want to duplicate materials that already existed and felt that an organized, curated collection would help people navigate the large volume of information that is already available.

Our advice when going through the pathway is that it is best explored with a group of people. Find a group to navigate the pathway together and appoint a facilitator who will organize meetings to have group reflections on each step. As you move in cycles, continue to progress through the pathway. There is no need to 'complete' all the resources before moving onto the next step. Reflection is vital, and returning to the step again in a cycle is important to deepen your learning (picture a spiral as you return to a step but move into deeper learning). The process of continued learning is very important.

Please note: The pathway is a compilation of general resources that may not include locally relevant information which is critical for partnering with communities in meaningful and respectful ways. We encourage you to seek out

and use local resources as much as possible. You may also find it helpful to go back to previous steps to help with reflection on your journey.

The Pathway Cycle

Step 1 - Establish foundational knowledge on the historical and ongoing impacts of colonization on Indigenous health

Reading

- What Reconciliation is and What it is Not (https://www.ictinc.ca/blog/what reconciliation-is-and-what-it-is-not)
- Truth and Reconciliation Commission of Canada: Calls to Action (https://ehprnh2mwo3.exactdn.com/ wp-content/uploads/2021/01/Cals_to_Action_ English2.pdf)
- United Nations Declaration on the Rights of Indigenous Peoples (https://www.un.org/development/desa/indigenouspeoples/wpcontent/uploads/sites/19/2018/11/UNDRIP_E_web.pdf)
- National Inquiry into Missing and Murdered Indigenous Women and Girls (https://www.mmiwg-ffada.ca/final-report/)
- Paulette Regan, 2010. Unsettling the settler within: Indian residential schools, truth telling, and reconciliation in Canada. (https://www.ubcpress.ca/unsettling-the-settler within)

- Alan, B. & 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 (https://www.welesleyinstitute.com/wp content/uploads/2015/02/Ful-Report-FPSCT-Updated.pdf)

Websites, Webinars, Videos, Podcasts

- National Centre for Truth and Reconciliation (https://dev.nctr.ca/)
- Treaties, reconciliation, and Indigenous history in Canada - CBC (https://youtu.be/c9KJM3pjvKg)
- The Indian Act Explained - TVO (https://youtu.be/OhBrq7Ez-rQ)
- NativeLand.ca - globe of local Indigenous territories and languages (https://native-land.ca/)
- Namwayut: We are All One - CBC (https://youtu.be/2zuRQmwaREY)
- Crimes against Children at Residential School: The Truth about St. Anne's - CBC (https://youtu.be/ep7AW2K4Xww)
- Canadian Shame: A History of Residential Schools - TEDx (https://youtu.be/U1EDbbse2BM)
- Did you Live Near a Residential School - CBC interactive map (https://www.cbc.ca/news2/interactives/beyond-94-residential-school-map/)
- The Children Taken Away: The Sixties Scoop - APTN (https://youtu.be/axRTkncZRak)

- Adoptees of Sixties Scoop Tell Their Stories - Toronto Star (https://youtu.be/qJHR1STq_-s)
- Why Indigenous Children are Over-Represented in Canada's Foster Care System Maclean's (https://youtu.be/MBLCd7yle8g)
- A Look Back at the MMIWG Inquiry - CBC (https://youtu.be/TrLoBj58k4k)
- We are More than Murdered and Missing - TEDx (https://youtu.be/fylLSRQ5kx8)
- Missing and Murdered: Unsolved Cases of Indigenous Women and Girls - CBC (https://www.cbc.ca/missingandmurdered/)
- Senator Murray Sinclair: The Truth is Hard. Reconciliation is Harder. - Policy Alternatives (https://youtu.be/SxtH_E6FqVo)
- What Reconciliation Really Means - CBC (https://youtu.be/Ed6cWMUHpWk)
- How UNDRIP Changes Canada's Relationship with Indigenous Peoples - CIGI (https://youtu.be/-Tq7Mnlavqs)
- Figuring out the Who, Where, How, and What to Implement UNDRIP in Canada - CIGI (https://youtu.be/mO6JS20jDgQ)
- Healing 150 years of Healthcare Harm - Unreserved CBC (https://www.cbc.ca/listen/live-radio/1-105-unreserved/clip/16100682-healing-150 years-healthcare-harm)

Courses

- Indigenous Canada - University of Alberta (https://www.ualberta.ca/en/admissions programs/online-courses/indigenous-canada/index.html)

Step 2 - Explore and engage in webinars and learning modules to enhance knowledge on Indigenous health research

Reading

- 23 Tips on What Not to Say or Do when Working Effectively with Indigenous Peoples - Bob Joseph (https://www.ictinc.ca/23-tips-on-what-not-to-say-or-do)
- Indigenous Peoples: A Guide to Terminology - Bob Joseph (https://www.ictinc.ca/indigenous-peoples-a-guide-to-terminology)
- Social determinants of health and the future well-being of Aboriginal children in Canada. Paediatrics & child health, 17(7), 381-384. (https://pmc.ncbi.nlm.nih.gov/articles/PMC3448539/)
- Loppie, C. & Wien, F. (2022). Understanding Indigenous Health Inequalities Through a Social Determinants Model. National Collaborating Centre for Aboriginal Health (https://www.nccih.ca/Publications/Lists/Publications/Attachments/10373/Health_Inequalities_EN_Web_2022-04-26.pdf)

Websites, Webinars, Videos, Podcasts

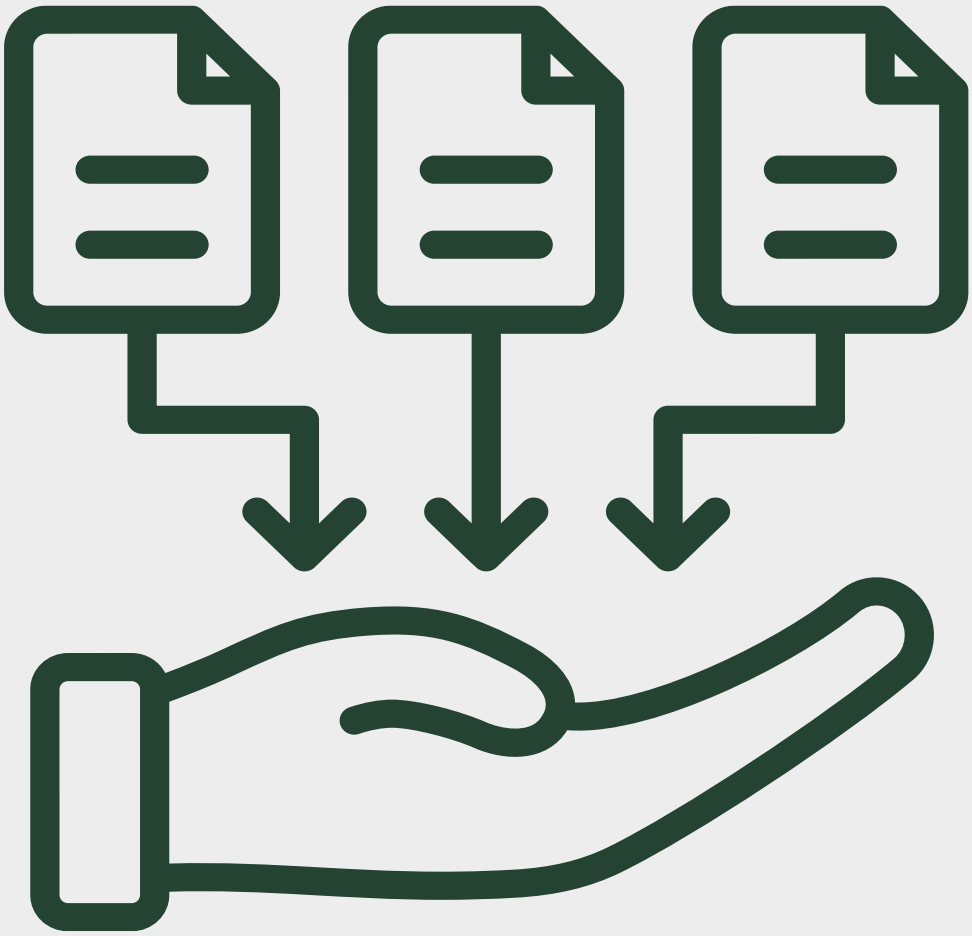
- Cultural Safety: Respect and Dignity in Relationships - Northern Health BC (https://youtu.be/MkxcuhdgIwY)
- On the Journey to Cultural Safety - Healing in Chisasibi (https://chisasibi-healing.ca/culture.html)
- Canadian Indigenous Cognitive Assessment (https://www.i-caare.ca/cica)
- National Collaborating Centre for Indigenous Health knowledge resources and publications - Cultural Safety and Respectful Relationships (https://www.nccih.ca/34/Publication.nccih?pillar=8)
- National Collaborating Centre for Indigenous Health - External Resources Cultural Safety Collection (https://www.nccih.ca/1673/Cultural_Safety_Collection.nccih?Collectionid=3)
- Anti-Aboriginal Racism in Canada Presentation with Dr. Charlotte Loppie - NCCIH (https://youtu.be/2kYDEXPq62Y)
- Cultural Safety for Indigenous Peoples with Dr. Sarah de Leeuw - NCCIH (https://youtu.be/QXmcQ7kOfQU)
- Part 1: Understanding Indigenous Worldviews and Indigenous Research Ethics Principles - Can-SOLVE CKD Network (https://youtu.be/IKfjqHypUZo)
- Part 2: Understanding the History of Colonization and its Impact on Indigenous Health Research - Can-SOLVE CKD Network (https://youtu.be/OqXhkoFOiHs)

- Part 3: Skills for Indigenous Health Research in the Spirit of Reconciliation and Relationality - Can-SOLVE CKD Network (https://youtu.be/o9XhBQ1jxeo)
- Setting the Context for Indigenous Cultural Safety: Facing Racism in Health - ICS (https://www.icscollaborative.com/webinars/setting-the-context-for-indigenous-cultural-safety-facing-racism-in-health)
- Indigenous Health Equity: Examining Racism as an Indigenous Social Determinant of Health (https://www.icscollaborative.com/webinars/indigenous-health-equity-examining-racism-as-an-indigenous-social-determinant-of-health)

Courses

- San'yas Indigenous Cultural Safety Training Program (https://sanyas.ca/)

Step 3 - Establish an understanding of First Nations, Métis, and Inuit Data Sovereignty Principles



Reading

- University of Manitoba. Framework for Research Engagement with First Nation, Metis, and Inuit Peoples, 2013. (https://umanitoba.ca/health-sciences/sites/health-sciences/files/2021-01/framework-research-report-fnmip.pdf)
- Tagalik, S. (2010). Inuit Qaujimajatuqangit: The role of Indigenous knowledge in supporting wellness in Inuit communities in Nunavut. National Collaborating Centre for Aboriginal Health/Centre de collaboration nationale de la santé autochtone. (https://www.ccnsa-nccah.ca/docs/health/FS-InuitQaujimajatuqangitWellnessNunavut-Tagalik-EN.pdf)
- Research Data Alliance International Indigenous Data Sovereignty Interest Group. (September 2019). "CARE Principles for Indigenous Data Governance." The Global Indigenous Data Alliance. GIDA-global.org (https://static1.squarespace.com/static/5d3799de845604000199cd24/t/6397b363b502ff481fce6baf/1670886246948/CARE%2BPrinciples_One%2BPagers%2BFINAL_Oct_17_2019.pdf)
- Principles of Ethical Métis Research - NAHO (https://achh.ca/wp-content/uploads/2018/07/Guide_Ethics_NAHOMetisCentre.pdf)
- National Inuit Strategy on Research - Inuit Tapiriit Kanatami (https://www.itk.ca/wp-content/uploads/2020/10/ITK-National-Inuit-Strategy-on-Research.pdf)

Websites, Webinars, Videos, Podcasts

- Understanding the First Nations Principles of OCAP®: Our Road Map to Information Governance - FNIGC (https://youtu.be/y32aUFVfCM0)
- The Two Faces of Research: the Havasupai experience with Arizona State University - FNIGC (https://www.youtube.com/watch?v=zsAlp2Dua2o)
- Indigenous Data Sovereignty - Unreserved CBC (https://www.cbc.ca/radio/unreserved/why-indigenous-people-are-fighting-for-data-sovereignty-1.7158508)

Courses

- The First Nations Principles of OCAP® (https://fnigc.ca/ocap-training/)

Step 4 - Complete training on conducting ethical research with Indigenous Peoples

Reading

- Tri-Council Policy Statement 2 (2022) - Chapter 9: Research Involving the First Nations, Inuit, and Métis Peoples of Canada (https://ethics.gc.ca/eng/tcps2-eptc2_2022_chapter9-chapitre9.html)

Websites, Webinars, Videos, Podcasts

- Indigenous Knowledge Mobilization - Thompson Rivers University; Canadian Undergraduate Research Network (https://curn.trubox.ca/become/indigenous-knowledge-mobilization/)

Courses

- Indigenous Community Research Partnerships - Queen's University (https://www.queensu.ca/indigenous/decolonizing-and-indigenizing/community-research-partnerships-training)
- Tri-Council Policy Statement: Ethical Conduct for Research Involving Humans (TCPS 2) Course on Research Ethics (https://tcps2core.ca/welcome)

Step 5 - Continued listening, learning, and action

Reading

- Shawn Wilson, 2008. Research is Ceremony: Indigenous Research Methods (https://fernwoodpublishing.ca/book/research-is-ceremony-shawn-wilson)
- Linda Tuhiwai Smith, 2021. Decolonizing Methodologies: Research and Indigenous Peoples (https://www.bloomsbury.com/ca/decolonizing-methodologies-9781786998125/)
- Willie Ermine, 2007. Ethical Space of Engagement (https://jps.library.utoronto.ca/index.php/ilj/article/view/27669/20400)

Decolonization & Allyship

- Tuck & Wang, 2012. Decolonization is not a metaphor (https://jps.library.utoronto.ca/index.php/des/article/view/18630/15554)
- Stephanie Nixon, 2019. The coin model of privilege and critical allyship: implications for health (https://pmc.ncbi.nlm.nih.gov/articles/PMC6896777/)
- Tan & Roach, The Tyee 2020. Ways to Be an Ally, from Two Lifetimes of Learning (https://thetyee.ca/Analysis/2020/06/09/Ways-To-Be-An-Ally/)

Indigenous Perspectives on Sex & Gender

- Minister's Advisory Council on Indigenous Women - Indigenous Gender Based Analysis Plus Toolkit (https://www2.gov.bc.ca/assets/gov/british-columbians-our-governments/indigenous-people/aboriginal-peoples-documents/maciw_igba_toolkit.pdf)
- Makokis, 2021. Understanding Sexuality and Gender from a Nehiyô maskihkiwiyiniw (Plains Cree Physician) Perspective within Treaty Number Six Territory (https://cpsa.ca/news/understanding-sexuality-and-gender-from-a-nehiyo-maskihkiwiyiniw-plains-cree-physician-perspective-within-treaty-number-six-territory/)
- Ma-Nee Chacaby with Mary Louisa Plummer - A Two-Spirit Journey (https://uofmpress.ca/books/a-two-spirit-journey)

Indigenous Authors Summer 'Reading' List

- Thomas King - "The Truth about Stories: A Native Narrative" CBC Massey Lectures (https://www.cbc.ca/radio/ideas/the-2003-cbc-massey-lectures-the-truth-about-stories-a-native-narrative-1.2946870)

- Tanya Talaga - Seven Fallen Feathers (https://www.cbc.ca/books/seven-fallen-feathers-1.4232642)
- Richard Wagamese - Indian Horse (https://www.cbc.ca/books/indian-horse-1.3973010) & Indian Horse 2017 film (https://youtu.be/02cyFlnvA4s)
- Gae Ho Hwako Norma Jacobs - Ǫ da gaho dę:s (Odagahodhes) : Reflecting on Our Journeys (https://goodminds.com/products/%C7%AB-da-gaho-d%E1%B8%9B-s-odagahodhes-reflecting-on-our-journeys-hc)
- Books to Learn About the Indigenous Experience in North America, curated by Cree writer and lawyer Michelle Good 2023 - CBC (https://www.cbc.ca/books/books-to-read-national-indigenous-history-month-michelle-good-1.6860760)
- Books that Highlight the Beauty of Indigenous Literature, curated by Tłı̨chǫ Dene writer Richard Van Camp 2022 - CBC (https://www.cbc.ca/books/25-books-that-highlight-beauty-of-indigenous-literature-it-is-time-to-tell-our-own-stories-our-way-1.6480116)
- 45 Books that 'Share Stories and Truths' from Women and Two-Spirit Indigenous Creators, curated by Monique Gray Smith author and storyteller of Cree, Lakota and Scottish heritage 2021 - CBC (https://www.cbc.ca/radio/thenextchapter/45-books-that-share-stories-and-truths-from-women-and-two-spirit-indigenous-creators-1.6083013)
- 48 Books by Indigenous Writers to read to Understand Residential Schools, curated by Swampy Cree author David A. Robertson 2021 - CBC (https://www.cbc.ca/books/48-books-by-indigenous-writers-to-read-to-understand-residential-schools-1.6056204)
- 35 Books to Read for National Indigenous History Month 2020 - CBC (https://www.cbc.ca/books/35-books-to-read-for-national-indigenous-history-month-1.5585489)

Websites, Webinars, Videos, Podcasts

Decolonization & Allyship

- What does decolonization mean? Our panel debates the buzzword - CBC (https://www.cbc.ca/news/indigenous/panel-debate-decolonization-meaning-1.4609263)
- Building an Ally: non-Indigenous people share their stories of Bridge Building - Unreserved CBC (https://www.cbc.ca/radio/unreserved/building-an-ally-non-indigenous-people-share-their-stories-of-bridge-building-1.3735875)
- Allyship and towards being a Good Relative - University of Calgary (https://youtu.be/WqeaVg2HsRA)
- Not just allyship, but ACTION: Insights on how to implement the changes needed to address EDI - University of Calgary (https://youtu.be/0N8zDOv_Q3o)

- Being an Ally to Indigenous people - Lauren Winkler and Queen's University (https://www.queensu.ca/indigenous/decolonizing-and-indigenizing/being-ally)

Indigenous Perspectives on Sex & Gender

- How two-spirit people are 'coming in' to their communities - Unreserved CBC (https://www.cbc.ca/radio/unreserved/how-two-spirit-people-are-coming-in-to-their-communities-1.6272654)
- Two-Spirit - A movement born in Winnipeg - City of Winnipeg (https://youtu.be/Eu4xNUq2hGE)
- Indigenous Women and the Story of Canada | Sarah Robinson - The Walrus (https://youtu.be/nDlIMMZ2gRM)

Resources are made by others (e.g., organizations, people, institutions, etc.) and internally produced webinars — we thank the creators for their work.