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Intergenerational Healing Through Connection: The Need for More Indigenous Patient Services in Ontario Hospitals

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Intergenerational Healing through Connection:
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Self-Location

My name is Taylore, I'm Anishinaabekwe and a Medical Student at the Schulich School of Medicine and Dentistry in London, Ontario. I say those two together because they give the most context into who I am and how I view the research world.

On one hand, I'm an Indigenous person whose family suffered indescribable loss at the hands of the Residential School system. I'm an Anishinaabe woman, like my mother, who continues to learn and reconnect with her culture every day.

On the other hand, I'm a Student Doctor who's studying medicine at a prestigious school on Turtle Island. I'm privileged in my white-passing skin, white coat, and my white education.

I've always been seen as one or the other. Indigenous or white. Academic or advocate. Teacher or Learner. But as I continue my journey to becoming a physician, I grow more passionate about how my whole identity can make a difference in medicine.

I undertook this project as part of the Head and Heart Fellowship program at Western University. In this Indigenous research fellowship, I have learned the importance of presenting Indigenous research like and Indigenous person – even if it fails to uphold “scientific objectivity”. I have also had the privilege of working on this project with my supervisors; Christy Bressette and Dr Jaclyn Ernst. To stay true to making my relationships and positions apparent, I have also asked my supervisors to provide their self-locations. I want it to be clear where our relationships to this research lie so that you, the reader, can relate to us.

Christy Bressette:

My Anishinabek name is Neeta-Noo-Kee Kwe (Hard-Working Woman). I am also known as Christy Rochelle Bressette and am a registered member of the Chippewas of Kettle and Stony Point First Nation. My colonial number issued for Indigenous verification purposes is 1710141201. As a member of the Turtle Clan, and as a mother and auntie, and community leader, I take my responsibilities to further education seriously and work to ensure that Indigenous people are provided with culturally relevant opportunities to explore issues from Indigenous perspectives. Also, I support growth within mainstream education systems to advance the work of reconciliation by bridging cultural differences in support of inclusive, equitable, and quality education opportunities for all.

Dr Jaclyn Ernst:

My name is Jaclyn Ernst. I'm a physician at London Heath Sciences Centre, assistant professor at Schulich School of Medicine and Dentistry, as well as chair of the Indigenous Admissions Sub-committee at Schulich. I am a member of the Lower Cayuga Nation and while I grew up in Hamilton, Ontario, many of my family members reside on Six Nations of the Grand River territory. I have always felt supported by my community during my educational journey and as a result, I am passionate about mentoring and providing support to other Indigenous learners.

Introduction

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Throughout medical school I've become more involved in hospital-based patient care. For this project, I decided to research the hospitals that provide Indigenous Healing Services in Ontario. I'd like to acknowledge how many hospitals provide Indigenous specific healing to demonstrate how much more progress is needed to be done. I also hope that, in writing this, I can provide a resource to Indigenous peoples in Ontario that need to access safe, inclusive, and appropriate healthcare in their area.

Many people are not aware of the Healing Spaces for Indigenous peoples that are available. Moreover, a lot of people don't know why healing spaces are a necessity in Hospitals for the health and wellbeing of patients. So, I decided to write this article for two different types of people, which has proven itself to be a challenge. We are all experts in our respective areas, so for some certain sections will sound redundant but it is important to clearly state for us to walk together.

The first person I write for is a member of the hospital staff. Those members of the healthcare system that develop new programs, hire new staff, connect with sponsors, and the advocates for their space. For them (or potentially for you, as the reader), I'm writing to talk about the importance of culturally appropriate healing spaces. I'm producing a study in a scientific way that connects us as healthcare workers, to show the percentages of hospitals who are providing Indigenous healing support for their patients. I'm also taking the time to acknowledge the hospitals who are contributing to Indigenous health with services, and to act as an educator for the hospitals who are not. This is by no means a critique, but a space to allow reflection on if your hospital is truly fulfilling its *Truth and Reconciliation: Calls to Action*.

I also chose to write this for other Indigenous people, who already know the importance of healing spaces and the failed implementation of the *Calls to Action*. For other Indigenous people, I have written this to produce a resource file with hyperlinks that connect to a variety of hospitals with Indigenous support all over Ontario. My hope is that when Indigenous people are at their most vulnerable, when they need hospitals or medical attention, they'll be able to select a hospital from the list that will support them with the Indigenous healing that they need.

Background/ Literature Review

I think to start off in a good way, we need to all start off with an understanding of each other. I started off by writing to both healthcare workers and Indigenous peoples in general, which are broad categories in and of themselves. I'm relying on my own two-eyed seeing, my ways of being as a Student Doctor and as an Anishinaabekwe, to relate to both sides of who this project is dedicated too.

I'd like to start by drawing on some documented papers, in particular the *Truth and Reconciliation Committee: Calls to Action*. This document was produced to acknowledge disparities between Indigenous peoples and the general population. It was also a way to commit to the betterment of Indigenous lives in Canada. For healthcare workers, this declaration outlines our responsibilities to Indigenous peoples. Item 22 outlines our role in changing the healthcare system:

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“We call upon those who can effect change within the Canadian health-care system to recognize the value of Aboriginal healing practices and use them in the treatment of Aboriginal patients in collaboration with Aboriginal healers and Elders where requested by Aboriginal patients.” [1]

The *TRC: Calls to Action* defines responsibilities to Indigenous peoples after the harms done by the government. As a result, it is also important to acknowledge these harms. Before getting into defining years of racism, genocide, and disparities, I'd like to provide a caution to the Indigenous readers. I believe that I share my own perspective as an Indigenous person, and I do believe that it is valuable to read. However, if you are uncomfortable and unable to continue to relive the historical trauma, the reasons for the development of the *TRC's: Calls to Action* are isolated on the next page.

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Historical Trauma

I could write an entirely different paper on all the historical injustices and trauma pushed upon Indigenous peoples in Canada. However, this paper is being written to draw attention to Indigenous strengths and healing. Thus, this next section is going to be kept brief, so that we can address the history and provide resources to learn more on our own time.

Colonisation resulted in immense loss of life; it is estimated that anywhere between 90-99% of Indigenous peoples in Canada died in the nineteenth century [3]. In this era, Europeans invaded these lands, infected Indigenous peoples with diseases, displaced, and slaughtered entire communities.

Above all else, Indigenous peoples were depicted as cruel and relentless ‘savages.’ An example of this is in the *Scalping Proclamation of 1749*. Now, it is a common misconception that Indigenous peoples were scalping Europeans as a form of violence and retaliation. However, the truth is that scalping was initiated by a British man named Edward Cornwallis in the *Scalping Proclamation of 1749*. British colonists would receive varying amounts of money based on if they brought forth a Mi'kmaq child, woman, or man's scalp. The proclamation is still technically law in the East coast of Canada, yet scalping was written off as an entirely ‘savage’ and ‘native’ wrongdoing [5].

Whether in John Wayne westerns or horror stories of Europeans being scalped - Indigenous peoples in Canada became monsters to the public. This coincided with the emergence of Indian Residential Schools from 1831 to 1996 by the Government and Catholic Church. These schools were seen as a way to assimilate Indigenous children and to save them from their “savage” lives. However, at the age of two, children were ripped from their families and brought to these schools. Many of these Indigenous children were beaten for speaking their language, they were raped by priests and nuns, and many were murdered. As of today, over 12,000 bodies of Indigenous children, some as young as three years old, have been discovered in mass graves across Canada in these school yards [6]. This number continues to climb.

I would like to share a story about my Gran, who was a residential school survivor. When my Gran was young, she was stolen from her family and her community to attend The Daughters of the Heart of Mary Residential School in Spanish, Ontario. She was subjected to abuse, dehumanisation, and violence throughout her childhood. To escape, she was forced into marriage when she was thirteen years old to a man committed to her purification. Her abuse continued long after she left the school.

Above all else, I think about how the Daughters of the Heart of Mary still does not recognize its survivors due to documents being destroyed upon the criminalization of Residential Schools. I also think about how the Canadian government donated \$700,000 to the recovery of children’s bodies from the three Residential Schools in Spanish, Ontario, but still refuses to acknowledge any of its survivors due to “insufficient” documentation [2]. I think her story characterises how the lack of recognition, respect, and acknowledgement continues in Canadian society. The lack of consideration towards Indigenous trauma at the level of the system continues to contribute to the ongoing colonization and genocide in Canada.

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Nowadays, a huge number of health disparities in Canada are chalked up to the results of inter-generational trauma from Residential Schools. The legacy of Residential Schooling is linked to poorer physical health outcomes, mental health problems, substance abuse, and generational cycles of violence [7]. This leads to complex trauma in Indigenous populations, meaning that Indigenous parents still suffering from their experiences contribute to adverse childhood events experienced by their own children [8]. The trauma then continues onward.

Indigenous peoples in Canada, and on a global basis, are still facing racism, discrimination, and inequity. Indigenous peoples are 4.9% of the population in Canada, yet 52.2% of children in foster care are Indigenous, 32% of the federal prison population are Indigenous, and 23% of homicide victims are also Indigenous [9, 10].

There are many other historical traumas and events that I could speak to; however, I think the statistics speak clearly. Unfortunately, being Indigenous in Canada translated into not being safe, valued, or prioritised. It is dangerous to be vulnerable and Indigenous in Canada. As healthcare professionals, it is our responsibility to ensure that Indigenous people are protected, considered, and given access to the Medicine that was taken for them. It is important to understand trauma so that we can develop culturally safe and holistic Indigenous care programs [12].

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Healing Centres

A Healing Centre or Space is a place where Indigenous patients can have access to their Traditional Medicines, healers, and community. Healing Centres create the opportunity to access Indigenous based healthcare within hospitals.

Traditional Medicines are the Indigenous healing practices used by the variety of First Nations, Inuit, and Metis groups in Canada. These can include and are not limited to the use of physical plants, song, dance, and ceremony. There are a variety of ways to heal oneself because Indigenous peoples consider all aspects of health when it comes to medicine. I'll draw here on a fundamental image, one that is overused but simplifies the bare bones of Indigenous healing; the medicine wheel [Fig. D].

Indigenous health encompasses physical, mental, emotional, and spiritual wellbeing. Indigenous health is also depicted by our connections to each other, to our family, to the environment, and to our ancestors. The medicine wheel is a simple image, but it's meant to characterise how our medicine comes from our relationships.

In an article called, "Decolonizing Healthcare", it was made clear that Indigenous patients are seeking control over their own care, access to Traditional healing and medicines, and meaningful community participation [11]. These themes are regarded as necessary steps to provide patient care that is Indigenous-based, safe, and effective.

Unfortunately, racism and discrimination still play a large factor in the treatment of Indigenous peoples in hospitals across Canada. We can think of too many scenarios where Indigenous people have lost their lives due to negligence and stereotyping; Brian Sinclair, Echaquan Dube, and Jordan River Anderson. It was acknowledged by a study on Canadian Emergency Departments that hospitals need safety initiatives, community partnerships, and increased access to Indigenous resources and services [13].

When healthcare integrates Indigenous medicines, Healing Centres, and spiritual practices into patient care, there are notable improvements. In Canada, Indigenous-led health partnerships have been found to improve access, adherence, and outcomes [16]. The leading example used is "culture is cure", in which patient care that is holistic and culturally grounded has better results for Indigenous patients [17]. These integrations can be in the form of Healing Centres, but can also include patient navigators, ceremony, smudging, pedagogy, elders, community, and environment connections.

It has been acknowledged across multiple studies that Healing Centres, Traditional Medicine, and culture are important to improve care of Indigenous in-hospital patients. However, little has been done to analyse the progress that Ontario has made in creating more accessible Healing Centres and Indigenous resources. So that's what brings us to my study, and this study has different meanings for our different groups.

For our healthcare workers, I'll be talking from a scientific perspective about the research I did, with a focus on Ontario (the Canadian province with our capital within it). I would like to call it more of reflection on our progress in the healthcare system of incorporating Indigenous medicine into care. The results are set out to demonstrate whether we are achieving our *Calls to Action* as a whole, and to acknowledge the hospitals that are currently delivering Indigenous care.

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For Indigenous peoples, at the end of the results section I have included hospitals that are currently delivering specific Indigenous healthcare. I also included links in these guides, so that these programs are more accessible. My hope is that Indigenous peoples can choose a hospital that will be safe and supportive for them.

Methods

Using the Ontario Health Government website, I have gone through the list of general hospitals from all over the province [**Error! Reference source not found.**]. Only the Hospitals/ centres written in bold were further investigated. For each bolded hospital, I went to their webpage, typed in the word “Indigenous”, and recorded each hospital with Indigenous patient resources and centres [Appendix A]. Each hospital was accessed between July 5th, 2022, and July 25th, 2022.

The total number of hospitals were used to create a set of figures that summarise the percentage of Indigenous programs/ services in Hospitals in all of Ontario. I further broke this down into Indigenous services based on location in Ontario (Northern, Central, Toronto, Eastern, and Western). I used this data to create a resource list for Indigenous patients in Ontario that described which hospitals had specific supports for Indigenous peoples and provided the link to access these.

I decided to exclude 17 hospitals from this analysis. These hospitals either did not have a website at the time of the study or did not have a search function. Since I do not personally know or visit all these hospitals, I cannot assume if they have services. This is strictly based on which websites have Indigenous resources when searching the term “Indigenous”. As a result, if it was not possible to search their website, they were not included in final totals.

To be considered as having Indigenous services, the hospital had to have resources or spaces for Indigenous patients to utilise. I felt that these exclusions seemed fitting as I want to have an accurate representation of how many hospitals are genuinely committed to providing Indigenous patient care. As a result, the hospitals with only news articles, research, or land acknowledgments without tangible support/ resources were counted as not having Indigenous services. Moreover, several hospitals had access to “Spiritual Care Centres” without specifically addressing or including Indigenous peoples. Spaces with general spiritual centres were only included if they specifically mentioned access to ceremonies/ smudging for Indigenous peoples.

Results

There was a total of 138 hospitals listed on the Ontario website, and 17 were excluded due to the reasons above. As a result, there was a final total of 121 hospitals. Out of this, 42 offered a service for the health and wellbeing of Indigenous peoples.

When looking at all the major hospitals in Ontario, only 23.3% have Indigenous services that are clearly accessible and available on their website. The excluded hospitals make up 9.3% of the total number, so it is important to note that this percentage may be impacted by hospitals that could not be represented electronically (Fig A.).

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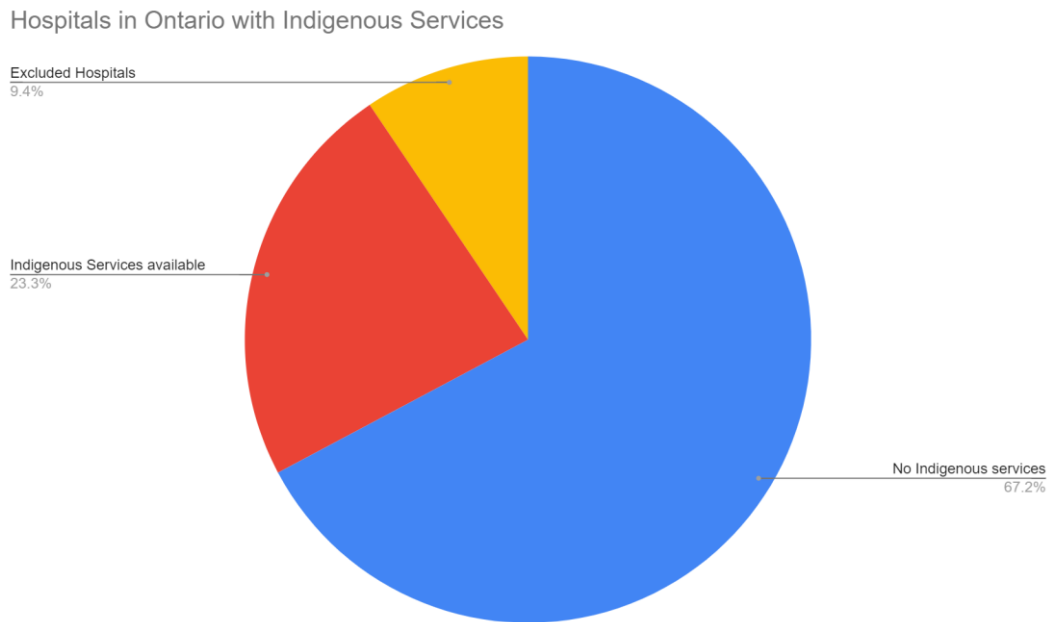


Fig. A

Divided into five categories; Northern, Central, Toronto, Eastern, and Western Ontario, the percentages of hospitals with Indigenous services are listed (Fig B.). In Northern Ontario, there were a total of 36 hospitals with 9 exclusions, leaving a total of 27. Of these 27 hospitals, 11 had Indigenous services and resources. In Central Ontario there were a total of 16 hospitals with zero exclusions, and 5 with Indigenous services. In Toronto, Ontario there were a total of 14 hospitals with zero exclusions, and 3 with patient services. In Eastern Ontario, there were a total of 32 hospitals with 3 exclusions, leaving 29 hospitals. 8 out of 29 Eastern hospitals have Indigenous services. Finally, in Western Ontario there were a total of 40 hospitals with 5 exclusions, leaving 35 hospitals. 15 hospitals were found to have Indigenous services in Western Ontario (Fig. B).

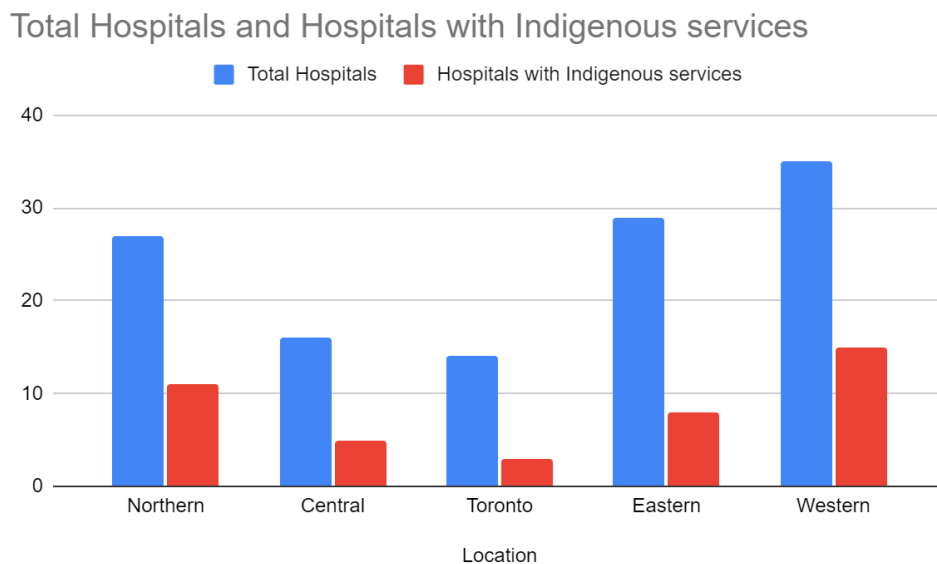


Fig. B.

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The percentages of hospitals with Indigenous services and total number of Hospital per location have also been summarised in Table A. By this means, it was found that Western Ontario has the highest number of Hospitals with Indigenous services per total number of Western Ontario Hospitals.

Location	Hospitals with services	Total hospitals	Percentages
Northern	11	27	40.7%
Central	5	16	31.2%
Toronto	3	14	21.4%
Eastern	8	29	27.5%
Western	15	35	42.8%

Table A.

The number of hospitals with Indigenous services by location were divided by the total number of hospitals with Indigenous services to find percentages. These findings are summarised in Fig. C. Western Ontario was found to have the most Indigenous services within hospitals, however, this could be contaminated by a higher number of hospitals with fewer exclusions.

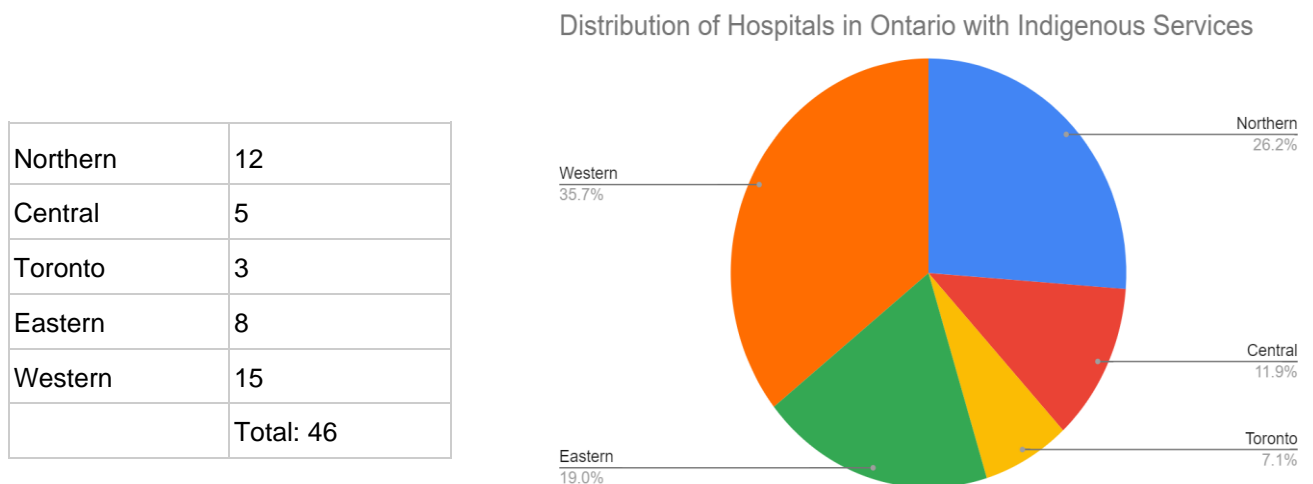


Fig C.

Out of all the hospitals in Ontario, a resource list of hospitals with Indigenous services was created below. These also contain links to hospital websites to increase accessibility and visibility of these programs.

Location	Guide
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Northern Ontario	Indigenous Health Services in Northern Ontario.pdf
Central Ontario	Indigenous Health Services in Central Ontario.pdf
Toronto, Ontario	Indigenous Health Services in Toronto, Ontario.pdf
Eastern Ontario	Indigenous Health Services in Eastern Ontario.pdf
Western Ontario	Indigenous Health Services in Western Ontario.pdf

Discussion

Calls to Action: Is action really being done?

As we discussed before, the *Truth and Reconciliation Committee: Calls to Action* Item 22 states:

“We call upon those who can effect change within the Canadian health-care system to recognize the value of Aboriginal healing practices and use them in the treatment of Aboriginal patients in collaboration with Aboriginal healers and Elders where requested by Aboriginal patients.” [1]

According to the *Calls to Action*, members of healthcare teams have a responsibility to Indigenous patients to provide them with a culturally safe space. On top of this, we have a responsibility to provide the quality care that encompasses traditional values, healing, and spirituality. A status update released in 2021 revealed that the Canadian Government has continued to fail to enact meaningful change on the *Calls to Action* [14]. From this review, it is clear that Ontario Hospitals are also failing to remodel healthcare for Indigenous patients. Every hospital in Canada should have accessible Indigenous healthcare, yet, only 23.3% of Ontario hospitals are delivering upon these promises.

In the review of the *Calls to Action* progress, it was found that in the three weeks following the Kamloops discovery of 215 bodies of Indigenous children, three *Calls to Action* were met [14]. In the years prior to the discovery of mass graves, the Canadian government would only complete roughly 1-2 *Calls to Action* per year. To me, this has been a shift from tokenism (which is the symbolic effort to make a difference) to the beginning of enacting real change. Unfortunately, the movement from tokenism to action has not translated into healthcare. Out of the 94 *Calls to Action*, Items 18 to 25 are dedicated to Indigenous Health and zero of these have been completed [15]. This shows that healthcare systems still have a long way to go to start enacting real change.

So, why haven't healthcare systems been able to check off even one of their seven *Calls to Action*? A part of me wondered if it was funding that was the issue. I wondered if hospitals were not allocated enough by the Federal Government to be able to create resource lists, healing spaces, or Indigenous navigators within their walls. Item 21 of the *Calls to Action* outline the responsibility of funding:

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“We call upon the federal government to provide sustainable funding for existing and new Aboriginal Healing Centres to address the physical, mental, emotional, and spiritual harms caused by residential schools...” [1]

When breaking down meeting our *Calls to Action* by location, Toronto and Eastern Ontario had the lowest number of Indigenous services. I think this speaks volumes to the priorities of the Ontario Provincial Government. Toronto, the provincial capital of Ontario, has only 3 out of 14 hospitals with tangible Indigenous services. Moreover, Ottawa, the capital city of Canada, was included in the Eastern Ontario hospitals with a staggering 8 out of 29 hospitals with Indigenous services. The locations of Indigenous services in hospitals screams that the values of Federal and Provincial funding are not being directed towards the *Calls to Action*.

Funding should be advocated for and treated as non-negotiable to hospitals all over Canada. It is a federal promise and responsibility to ensure that hospitals can create and connect Healing Centres within their walls. As healthcare workers, we take on the responsibility of protecting our most vulnerable populations - which includes advocating for owed funding for our Indigenous patients. It is a clear sign of the Federal and Provincial governments not prioritising the *Calls to Action* when their capital cities have the lowest rates of Indigenous services.

However, I also believe that Item 21 has missed the opportunity of discussing the benefits of Healing Centres. After all, treating Healing Centres as a way to pay for the damages caused by the Indian Residential School System (IRS) is not progressive or helpful. If we call upon the creation of Healing Centres to “make up” for the horrors done to Indigenous people, we will always be in debt. I’d like to share, from my experiences, how a Healing Centre is much more than just a “pay back” for Indigenous patients.

I had the opportunity to visit with Dylan White (Gizhee Manidoo or “kind spirit”) at the London Health Sciences Centre (LHSC) - Victoria Hospital in London, Ontario. For two years, LHSC has created a Healing Space for Indigenous patients, where Dylan works as an advisor. When I arrived at the hospital, Dylan brought me into Circle, smudged with me, and shared stories with me. Amongst a list of questions jammed into my purse, I wanted to ask about how the environment created a safe space for Indigenous people. However, after talking with Dylan all of my formal questions left me. Leaving the Healing Space, I knew that the unique medicine, safety, and warmth was due to the people and connections, not the physical space itself. On top of this, it became clear that this was not a centre built out of guilt or to pay-off the debts induced from genocide. The Healing Space was built to create safety and to facilitate the healing that we, as Indigenous people, need. It was built to acknowledge Indigenous resilience and the importance of culture in our medicine. Above all else, the Healing Space provides patients with the connections needed to heal their inter-generational trauma.

This is the basis that I think funding for Healing Spaces should come from. Rather than using Healing Centres to address a painful past, it should be built for the betterment of Indigenous futures in medicine. When we advocate for funding based on Item 21, we should also keep in mind Item 22: it is our responsibility as healthcare workers to acknowledge the value of Indigenous medicine.

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Indigenous Medicine IS Medicine: Why is it so important?

Now, Indigenous peoples know the importance of our medicine, our teachings, and our healing. However, the “objective science” also argues the same point; Indigenous health improves when culture is also regarded as medicine [17].

To better characterise the importance of creating healing spaces, I talked with a friend, Laney Beaulieu. Laney is a Dene woman and attends the same Medical School as me. She lives in her community in the Northwest Territories and gave me permission to share one of her stories. When we spoke, we were having a conversation, and with Laney’s help I’ll be paraphrasing:

The Dene women in Laney’s community, Deninu Kue First Nation, need to be flown out and into a hospital before they give birth. Most get sent to Yellowknife to deliver their babies, which is a seven-hour car ride. During the COVID-19 pandemic, the hospital in Yellowknife had no space to welcome these women to deliver their babies. As a result, women from communities all over the North were flown to Edmonton for two weeks, waiting alone and in a hospital to give birth. Traditionally, giving birth involved Indigenous community, family, and friends. To have such an important experience become isolating is to ignore the value of connection in Indigenous health.

I think this example accurately reflects the need for Healing Centres all over Canada. In Ontario, Indigenous patients who leave communities for healthcare only have a 23.3% chance of being in a hospital that has cultural support for them. Indigenous patients deserve the ability to have connections to Traditional Healing, even when they are away from their communities. Scientifically and relationally, both Healthcare workers and Indigenous people know that culture is important in care. Thus, we need to start advocating for Indigenous people to be able to access these resources.

Limitations

I would like to acknowledge a worry of mine about this study, as I feel that Northern Ontario may not have been as accurately represented. The hospitals with Indigenous services in the North had a much deeper connection to community and Traditional Healing. However, there were the most exclusions, a total of 9 hospitals, due to no website or search function within the websites. As a result, there may be more Indigenous services, particularly within Northern Ontario, however, the lack of technology has played a factor in their consideration.

Conclusion

In the healthcare system, it is a *Call-to-Action* expectation to have Indigenous healing readily available and accessible in all hospitals in Canada. As healthcare workers, it is our responsibility to recognize the need for Traditional Medicine in Indigenous care, and to find ways to incorporate it into our hospitals. As Indigenous peoples, it is our right to have access to Traditional Healing and safe Indigenous care.

I have attached guides based on the different locations in Ontario. If your hospital is not listed as having Indigenous resources, I call upon the healthcare teams to make these guides accessible on their website. I would also like to gift these guides to Indigenous

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patients all over Ontario. I hope that with these, Indigenous patients can take control of their healthcare and seek the hospital that will better support them.

I also hope that these guides and results spark a change in the healthcare system. As of today, it has been seven years since the *Calls to Action* have been published. It is embarrassing to healthcare that not one of these have been accomplished, and that only 23.3% of hospitals have Indigenous services. It is time for us to change, so that the system can transform, and our patients can receive the care that they deserve.

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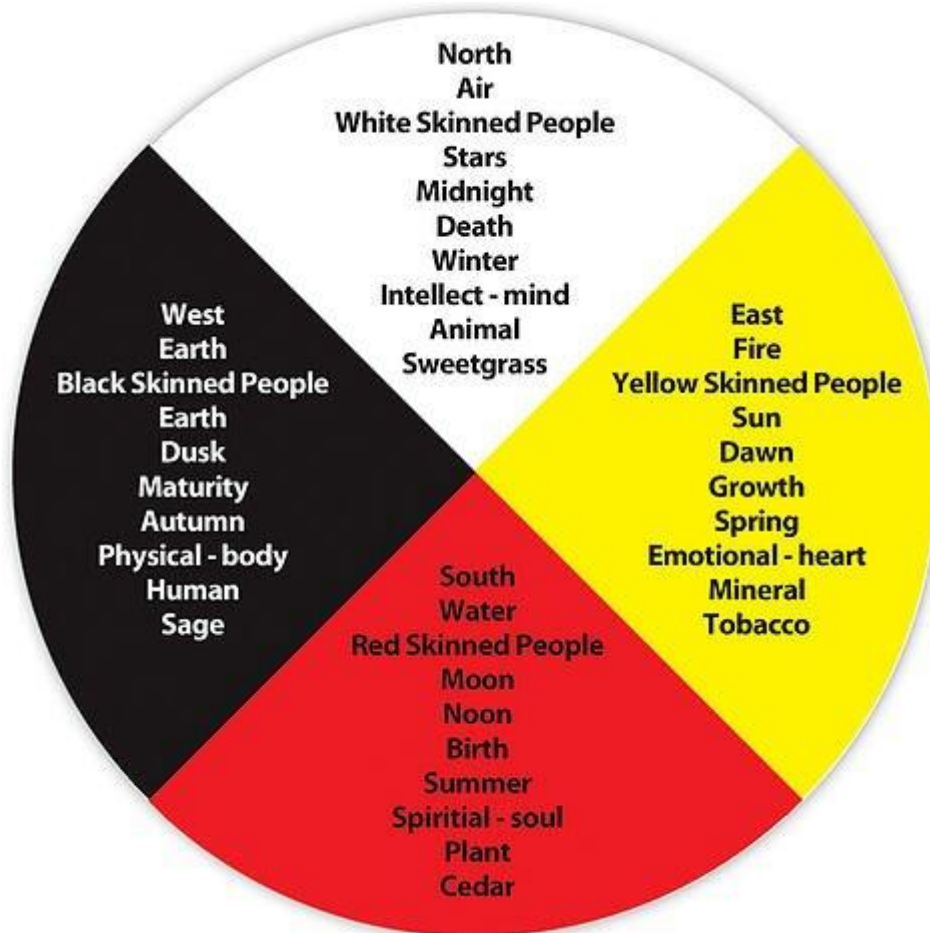
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Fig D:



<https://www.ictinc.ca/blog/what-is-an-indigenous-medicine-wheel>

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Appendix A

List of Ontario Hospitals by Location and findings

<https://www.health.gov.on.ca/en/common/system/services/hosp/oht/locations.aspx>

SOUTHWESTERN ONTARIO

Hospital	Program
Brant Community Healthcare System	Indigenous family space, health care team, and patient relations/ navigation <ul style="list-style-type: none"> • https://www.bchsys.org/en/care-services/Indigenous_Health_Services.aspx • https://www.bchsys.org/en/patients-and-visitors/indigenous-family-space.aspx
Joseph Brant Hospital	None
Cambridge Memorial Hospital	Indigenous Cancer Resources <ul style="list-style-type: none"> • https://www.cmh.org/sites/default/files/page-assets/programs-services/cancer-care/indigenous-cancer-resources-first-nations.pdf
Chatham “ Kent Health Alliance	Indigenous health core program but no site description
Clinton Public Hospital	None
Haldimand War Memorial Hospital	None, no search ability
South Huron Hospital	None
Groves Memorial Community Hospital	None
Alexandra Marine And General Hospital	None
Guelph General Hospital	None
St. Joseph’s Health Centre Guelph	None
West Haldimand General Hospital	Indigenous patient resources and cultural safety training is available <ul style="list-style-type: none"> • https://www.whgh.ca/brantford-resources/

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St. Joseph's Healthcare Hamilton	Smudging available through the spiritual care centre <ul style="list-style-type: none"> • https://www.stjoes.ca/patients-visitors/spiritual-care
Hamilton Health Sciences Corporation	Smudging, Makayla's Room (at the children's hospital), patient resources, patient navigator <ul style="list-style-type: none"> • https://www.hamiltonhealthsciences.ca/patients-visitors/while-youre-here/patient-and-family-services/indigenous-care-services/ Indigenous Cancer Care Program <ul style="list-style-type: none"> • https://www.hamiltonhealthsciences.ca/areas-of-care/cancer-care/cancer-services/indigenous-cancer-care-program/
Hanover And District Hospital	None
Alexandra Hospital	None
St. Mary's General Hospital	None
Grand River Hospital Corporation	General spiritual care only <ul style="list-style-type: none"> • https://www.grhosp.on.ca/care/visitors/spiritual-care
Erie Shores HealthCare	None
Listowel Memorial Hospital	None
St. Joseph's Health Care, London	Indigenous Mental Wellness Program (Biigajiiskaan) and donations to build an on-site healing space <ul style="list-style-type: none"> • https://www.sjhc.london.on.ca/areas-of-care/mental-health-care/biigajiiskaan-indigenous-mental-wellness
London Health Sciences Centre	Indigenous youth health program <ul style="list-style-type: none"> • https://www.lhsc.on.ca/patients-visitors/indigenous-health Indigenous health and wellness teams/ programs <ul style="list-style-type: none"> • https://www.lhsc.on.ca/patients-visitors/indigenous-health-and-wellness Indigenous Healing Space <ul style="list-style-type: none"> • https://www.lhsc.on.ca/patients-visitors/indigenous-healing-space
North Wellington Health Care Corporation	None
Four Counties Health Services Corporation	None, no ability to search

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Grey Bruce Health Services	<p>Patient navigation, smudging services</p> <ul style="list-style-type: none"> • https://www.gbhs.on.ca/about-us/indigenous-services-and-initiatives/ <p>Navigators through SOAHAC</p> <ul style="list-style-type: none"> • https://www.gbhs.on.ca/aboriginal-patient-navigator-services/
Bluewater Health	<p>Indigenous Patient Navigator</p> <ul style="list-style-type: none"> • https://www.bluewaterhealth.ca/news/bluewater-health-welcomes-indigenous-patient-navigator <p>Access to Traditional Healing through the Patient Navigator</p> <ul style="list-style-type: none"> • https://www.bluewaterhealth.ca/news/bluewater-health-offering-traditional-healing-services-to-patients
Seaforth Community Hospital	None
Norfolk General Hospital	<p>Access to the Aboriginal Patient Navigator program</p> <ul style="list-style-type: none"> • https://www.ngh.on.ca/indigenous-services/
Hôtel-Dieu Shaver Health and Rehabilitation Centre	None
Niagara Health System	<p>Many Indigenous resources through community resources</p> <ul style="list-style-type: none"> • https://www.niagarahealth.on.ca/site/partnerships <p>Patient Navigators</p> <ul style="list-style-type: none"> • https://www.niagarahealth.on.ca/site/aboriginal-patientnavigators
St Marys Memorial Hospital	None
St Thomas-Elgin General Hospital	No ability to search
Stratford General Hospital	None
Strathroy Middlesex General Hospital	No ability to search
Tillsonburg District Memorial Hospital	None
South Bruce Grey Health Centre	None

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Hôtel-Dieu Grace Healthcare	Family navigation program for Indigenous patients as well as other marginalised groups <ul style="list-style-type: none"> • https://www.hdgh.org/en/FamilyNavigation
Windsor Regional Hospital	Indigenous Navigator and Cancer Program <ul style="list-style-type: none"> • https://www.wrh.on.ca/cancerprogram
Wingham And District Hospital	None
Woodstock Hospital	No ability to search

40 total - 5 excluded

15 with services

CENTRAL ONTARIO

<https://www.health.gov.on.ca/en/common/system/services/hosp/oht/locations.aspx>

Hospital	Program
Southlake	Healing Garden and Quiet Room <ul style="list-style-type: none"> • https://southlake.ca/patient-care-program/cancer/#nav-resources
Stevenson Memorial Hospital	None
Royal Victoria Regional Health Centre	Patient navigator and links to other resources <ul style="list-style-type: none"> • https://www.rvh.on.ca/areas-of-care/cancer-program/indigenous-patient-resources/
William Osler Health System (brampton hospitals)	None
Collingwood General And Marine Hospital	None
Muskoka Algonquin Healthcare	None
Markham - Stouffville Hospital	Only a land acknowledgement
Georgian Bay General Hospital	Indigenous health navigator <ul style="list-style-type: none"> • https://gbgh.on.ca/patient-and-visitor/indigenous-patient-navigator/
Trillium Health Partners	None
Mackenzie Health	Truth and reconciliation resources to educate others <ul style="list-style-type: none"> • https://www.mackenziehealth.ca/staff-physicians/learning-and-wellness-academy-calendar/event?eventID=95

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Halton Healthcare Services Corporation	None
Headwaters Health Care Centre	None (a friendship gardens for naturalisation, not for Indigenous peoples)
Orillia Soldiers' Memorial Hospital	Indigenous Patient Navigator <ul style="list-style-type: none"> https://www.osmh.on.ca/hospital-services/#:~:text=The%20Indigenous%20Patient%20Navigator%20provides,at%20the%20Rama%20Health%20Centre.
Waypoint Centre for Mental Health Care	Traditional healer, spiritual care, sweat lodge on site <ul style="list-style-type: none"> https://cdn5-hosted.civiclive.com/UserFiles/Servers/Server_9960/File/Patients%20and%20Families/Spiritual%20Care/Indigenous%20Services%20Trifold%202019.pdf ^Brochure
North York General Hospital	None
Humber River Hospital	Only a land acknowledgement
Anishnawbe Health Toronto	https://aht.ca/service/traditional-service/

16 total HOSPITALS - none excluded
5 with services

EASTERN ONTARIO

Glengarry Memorial Hospital	None
Almonte General Hospital	None
Arnprior And District Memorial Hospital (The)	None
St Francis Memorial Hospital	None
Quinte Healthcare Corporation	None
Brockville General Hospital	None
Campbellford Memorial Hospital	None
Carleton Place And District Memorial Hospital	None
Northumberland Hills Hospital	None
St. Joseph's Continuing Care Centre	None

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Cornwall Community Hospital/Hôpital communautaire de Cornwall	None
Deep River And District Hospital	None
Haliburton Highlands Health Services Corporation	None
Hawkesbury And District General Hospital	No website
Kemptville District Hospital	None
Kingston Health Sciences Centre	<p>Indigenous patient navigator for cancer care</p> <ul style="list-style-type: none"> • https://kingstonhsc.ca/cancer-care/types-care/aboriginal-peoples-cancer <p>All Nations Healing room (joint with the cancer care program)</p> <ul style="list-style-type: none"> • “The space was designed with input from Indigenous patients who were asking for an area to perform culturally important ceremonies such as smudging, circle prayer and singing.” • https://kingstonhsc.ca/khscconnect/news/new-indigenous-all-nations-healing-room-kgh
Ross Memorial Hospital	
Lennox And Addington County General Hospital	None
Lakeridge Health	<p>Indigenous health navigator and monthly sharing circles</p> <ul style="list-style-type: none"> • https://www.lakeridgehealth.on.ca/en/ourservices/Indigenous-Navigator.asp
Children's Hospital Of Eastern Ontario - Ottawa Children's Treatment Centre	Came up with many resources through links, but when they were clicked it said “page not found”
Hôpital Montfort	<p>Partnered with Wabano Centre for Indigenous Health in 2022, to increase quality of care/ learning</p> <ul style="list-style-type: none"> • https://hopitalmontfort.com/fr/wabano-et-montfort-collaborent-pour-creer-des-soins-de-sante-equitables-et-inclusifs-pour-les

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Queensway - Carelton Hospital	None
Bruyere Continuing Care Inc.	None
The Ottawa Hospital	<p>Ottawa hospital cancer centre (Windocage Community room)</p> <ul style="list-style-type: none"> • https://www.ottawahospital.on.ca/en/clinical-services/deptpgrmcs/programs/cancer-program/what-we-offer-our-programs-and-services/indigenous-cancer-program/ <p>Resource page</p> <ul style="list-style-type: none"> • https://www.ottawahospital.on.ca/en/patients-visitors/indigenous-patients-and-families/
Royal Ottawa Health Care Group	<p>None (only claims that they're working with Wabano to "better their care")</p> <ul style="list-style-type: none"> • https://www.theroyal.ca/news/standing-wabano-centre-aboriginal-health-and-indigenous-community
Pembroke Regional Hospital Inc.	<p>Land acknowledgement and resource list</p> <ul style="list-style-type: none"> • https://www.pemreghos.org/indigenous-resources
Peterborough Regional Health Centre	<p>Spiritual care and smudging access</p> <ul style="list-style-type: none"> • https://www.prhc.on.ca/patients-visitors/coming-to-prhc/spiritual-care-at-prhc/
Renfrew Victoria Hospital	None
Perth And Smiths Falls District Hospital	None
Scarborough Health Network	None
Ontario Shores Centre for Mental Health Sciences	<p>Spiritual care and a multi-faith room</p> <ul style="list-style-type: none"> • https://www.ontarioshores.ca/spiritual-care
Winchester District Memorial Hospital	None

32 total hospitals - 3 excluded
8 with services

NORTHERN ONTARIO

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Atikokan General Hospital	None
North Shore Health Network	None, no ability to search
Services De Sante De Chapleau Health Services	None, no ability to search
Lady Minto Hospital	None
Dryden Regional Health Centre	None, no ability to search
St. Joseph's General Hospital	None
Espanola General Hospital	None, no ability to search
Riverside Health Care Facilities Inc	None
Geraldton District Hospital	None
Hôpital Notre - Dame Hospital	None
Hornepayne Community Hospital	None, no ability to search
Anson General Hospital	None
Sensenbrenner Hospital	None, no ability to search
Lake - Of - The - Woods District Hospital	None
Blanche River Health	None
Manitoulin Health Centre	<p>Integrated traditional healing with care, both hospitals have healing rooms, welcoming in traditional healer based on who the patient wants</p> <ul style="list-style-type: none"> • https://www.mhc.on.ca/our-patients-visitors/supporting-cultural-diversity
Santé Manitouwadge Health	None
North of Superior Healthcare Group	None
Bingham Memorial Hospital	None
Mattawa General Hospital	None
Weeneebayko Area Health Authority (WAHA)	Community supports for healthy living, traditional healing, and community involvement in hospital care

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	<ul style="list-style-type: none"> • https://www.waha.ca/minomathasowin-healthy-living/
Temiskaming Hospital	<p>Spiritual care services (general) and partnerships with the Mino M'shki-ki indigenous health team</p> <ul style="list-style-type: none"> • https://temiskaming-hospital.com/tem/index.php/programs-services/services/spiritual-care-services
Nipigon District Memorial Hospital	<p>**NO INDIGENOUS MENTIONS</p> <p>Interfaith Chapel for spiritual care</p> <ul style="list-style-type: none"> • http://www.ndmh.ca/article/spiritual-care-307.asp
North Bay Regional Health Centre	<p>In hospital and in community support services for Indigenous patients</p> <ul style="list-style-type: none"> • https://nbrhc.on.ca/programs-services/mental-health-programs-services/regional-outreach-seniors-mental-health-program/regional-service-for-indigenous-people/ <p>Counselling, housing, assault, and other program resource list</p> <ul style="list-style-type: none"> • https://nbrhc.on.ca/programs-services/medical-services-2/sexual-assault-treatment-centre/services/
West Parry Sound Health Centre	None, no ability to search
Red Lake Margaret Cochenour Memorial Hospital	<p>Fire circle gathering area</p> <ul style="list-style-type: none"> • https://www.redlakehospital.ca/newsroom?newsid=3092
Sault Area Hospital	<p>Spirit room and a “how to smudge” module online</p> <ul style="list-style-type: none"> • https://sah.on.ca/events/spiritual-health-and-wellness-smudging/
Sioux Lookout Meno - Ya - Win Health Centre	<p>The Traditional Program</p> <p>Leadership/ governance, patient supports, traditional healing/ medicines, traditional foods, cultural awareness training</p> <ul style="list-style-type: none"> • https://slmhc.on.ca/departments-and-services/traditional-program/
Smooth Rock Falls Hospital	None, no ability to search
West Nipissing General Hospital	None, no ability to search

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Health Sciences North	Indigenous health services and resources (cancer care, medicine lodge, and patient navigator) <ul style="list-style-type: none"> • https://hsnsudbury.ca/en/Services-and-Specialties/Indigenous-Health-Services
St. Joseph's Continuing Care Centre of Sudbury	None
St. Joseph's Care Group	Indigenous health and traditional healing, access to elders, medicines, spiritual care <ul style="list-style-type: none"> • https://sjcg.net/services/Indigenous-Relations/main.aspx
Thunder Bay Regional Health Sciences Centre	Patient navigator <ul style="list-style-type: none"> • https://tbrhsc.net/home/indigenous-health-services/indigenous-patient-navigators-and-liaisons/ Indigenous health services and resource list <ul style="list-style-type: none"> • https://tbrhsc.net/home/indigenous-health-services/ Information page for Indigenous patients and families <ul style="list-style-type: none"> • https://tbrhsc.net/home/indigenous-health-services/information-indigenous-patients-families-communities/
Timmins And District General Hospital	Indigenous Patient Services, Aboriginal healing room <ul style="list-style-type: none"> • https://www.tadh.com/indigenous-patient-services Mushkegowuk Patient Advocacy Services <ul style="list-style-type: none"> • https://www.tadh.com/mushkegowuk-patient-advocacy-services
Lady Dunn Health Centre	None

36 hospitals - 9 excluded
11 hospitals with services

TORONTO

West Park Healthcare Centre	None
Unity Health Toronto	Research, but no patient services
Baycrest Hospital	None
Hospital For Sick Children	Cultural safety plan published on Indigenous peoples day of 2022, but no patient services <ul style="list-style-type: none"> • https://www.sickkids.ca/en/news/archive/2022/progress-on-advancing-cultural-safety-for-indigenous-patients-and-families/

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Holland Bloorview Kids Rehabilitation Hospital	No services only research/ articles
Runnymede Healthcare Centre	None
Salvation Army Toronto Grace Health Centre	None
Toronto East Health Network - Michael Garron Hospital	<p>Healing room</p> <ul style="list-style-type: none"> • https://www.tehn.ca/about-us/newsroom/michael-garron-hospital-opens-healing-room-honour-indigenous-culture <p>**healing room closed in 2022 because it no longer met the ventilation requirements for ceremony</p>
Women's College Hospital	None for patients
Casey House	None
Sinai Health System	None
University Health Network	<p>Indigenous Healing Garden</p> <ul style="list-style-type: none"> • https://www.uhn.ca/corporate/News/Pages/A_place_to_reflect_and_honour_Shkagamik_Kwe_Mother_Earth.aspx
Sunnybrook Health Sciences Centre	<p>Indigenous Patient Navigator</p> <ul style="list-style-type: none"> • https://sunnybrook.ca/content/?page=occ-indigenous-patient-navigator
Centre for Addiction and Mental Health	<p>Indigenous resources and commitment to the integration of them into care</p> <ul style="list-style-type: none"> • https://www.camh.ca/en/today-campaign/areas-of-impact/harnessing-traditional-knowledge

14 total hospitals - none excluded
3 with patient services

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Appendix B – Health Access Guides