



Indigenous Relationship and Cultural Awareness (IRCA) Courses: Interactivity Guide Answers

Module 2: Indigenous History and Political Governance

Note that the answers provided below are not exhaustive and merely provide relevant information/points to consider for each question.

Chapter 1 - Overview of First Nations, Inuit, Métis, and Urban Indigenous peoples' History in Canada

1. Reflection: After learning about residential schools in this chapter, paste this link in your browser to determine whether there was a residential school near you. If you scroll down on the website you can also watch videos from residential school survivors:
<http://www.cbc.ca/news2/interactives/beyond-94-residential-school-map/>. Were there residential schools near your home, organization or healthcare practice, and how might the residential school experience impact health practices of First Nations, Inuit and Métis peoples?

Answer: Self-reflection question. Points to consider:

As a result of the residential school experience, many cultural practices and traditional ways of life were lost. For some, this can result in unhealthy coping skills leading to poorer health outcomes. In addition, residential school survivors and their families may have a distrust for the healthcare system due to past experiences. Therefore, some patients may be hesitant to visit a health clinic or participate in screening activities.

CBC News (2018). Did you live near a residential school?. Retrieved from <http://www.cbc.ca/news2/interactives/beyond-94-residential-school-map/>



2. Reflection: The Indian act contained the following definition of "person", which was in the statute until 1951: "an individual other than an Indian".

Reflect on this definition and provide your thoughts below.

Answer: Self-reflection question.

Indigenous and Northern Affairs Canada. (2010). CHAP. 18. - An Act to amend and consolidate the laws respecting Indians. Retrieved from: <https://www.aadnc-aandc.gc.ca/eng/1100100010252/1100100010254>

3. Reflection: How can you adapt your practice to address the seven Truth and Reconciliation (TRC) calls to action related to health?

Answer: Self-reflection question. Points to consider:

The Truth and Reconciliation call to action #22 specifically addresses the need recognize the value of Indigenous healing practices and use them in the treatment of Indigenous patients in collaboration with Indigenous healers and Elders where requested by Indigenous patients.

In addition, call to action #24 calls upon medical and nursing schools in Canada to require all students to take a course dealing with Indigenous health issues, including the history and legacy of residential schools, the United Nations Declaration on the Rights of Indigenous Peoples, Treaties and Indigenous rights, and Indigenous teachings and practices.

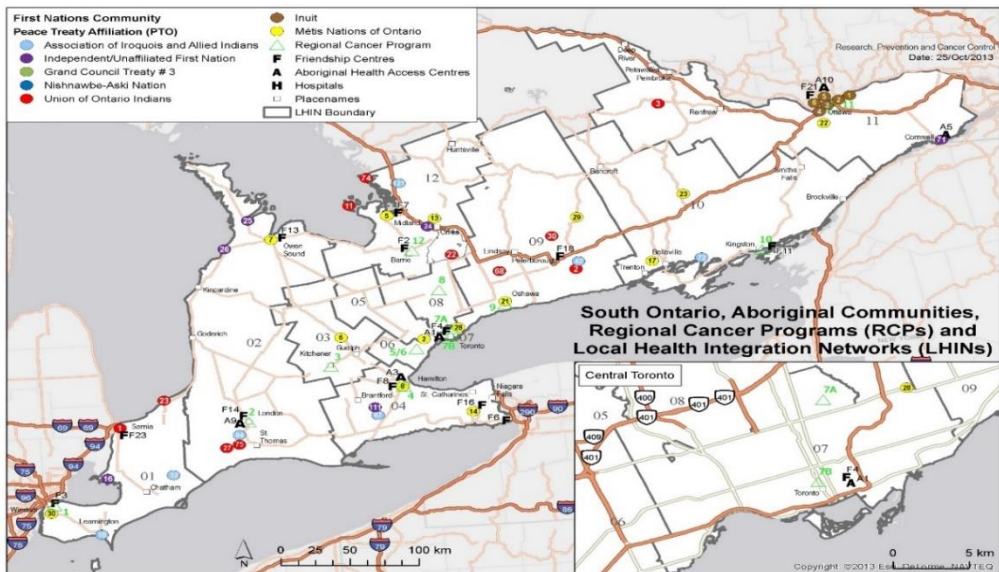
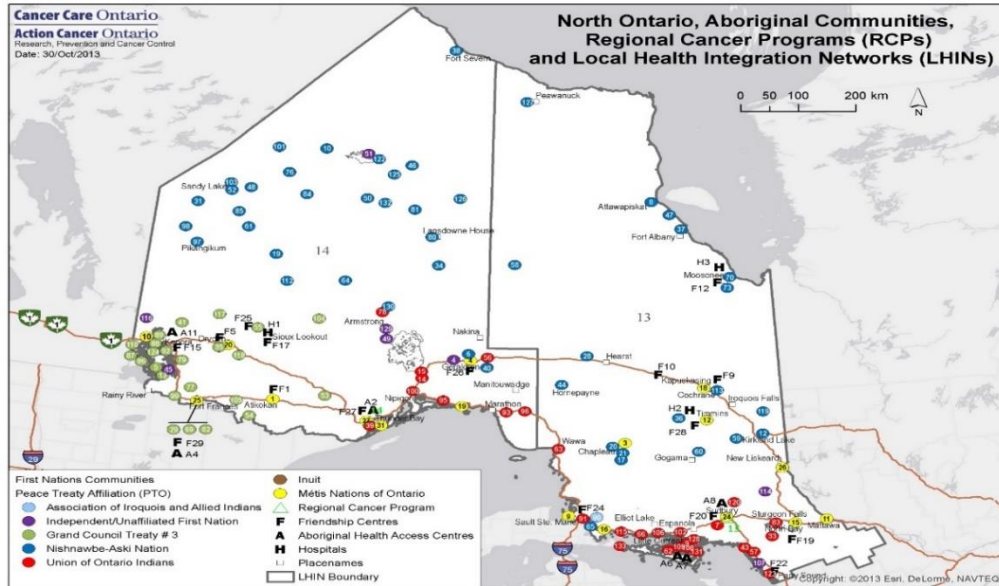
The Truth and Reconciliation Commission of Canada (2015). Honouring the Truth, Reconciling for the Future - Summary of the Final Report of the Truth and Reconciliation Commission of Canada. Retrieved from <http://www.trc.ca/websites/trcinstitution/index.php?p=890>



Ontario Health Cancer Care Ontario

Chapter 2 - Overview of First Nations, Inuit, Métis, and Urban Indigenous peoples' History in Ontario

1. Reflection: Take a moment to look at the Maps of First Nations, Inuit and Métis communities in Ontario below to determine which communities are closest to your home, organization or healthcare practice. Were you aware of these communities before?



Answer: Self-reflection question. Points to consider:

Many First Nations, Inuit and Métis communities have cultural events throughout the year. Explore if there are any events that you might like to participate in.



Ontario Health

Cancer Care Ontario

2. According to Statistics Canada, 49% of status First Nations people in Ontario live off reserve. Additionally, Inuit and Métis people do not live on reserves. Take a moment to complete a quick internet search: What organizations are available to provide health services and programming to these populations?

Answer: In Ontario, many organizations offer health services, social support, and culturally relevant programs to First Nations, Inuit and Métis people who live off reserve or in urban areas. Examples include:

1. Ontario Federation of Indigenous Friendship Centres:

The Ontario Federation of Indigenous Friendship Centres (OFIFC) is a provincial Indigenous organization representing the collective interests of member Friendship Centres located in towns and cities across the province. Friendship Centres are not-for-profit corporations which are mandated to serve the needs of all Indigenous people regardless of legal definition, and are the primary service delivery agents for Indigenous people requiring culturally-sensitive and culturally-appropriate services in urban communities.

2. Ontario Native Women's Association:

The Ontario Native Women's Association (ONWA) is a not-for-profit organization to empower and support all Indigenous women and their families in the province of Ontario through research, advocacy, policy development and programs that focus on local, regional and provincial activities. Our vision is to be a unified voice for equity, equality and justice for Indigenous women through cultural restoration within and across Nations.

3. Aboriginal Health Access Centres:

Aboriginal Health Access Centres are equipped with doctors, nurse practitioners, traditional healers, dietitians, social workers, as well as mental health and addiction support and diabetes support — all designed to meet the needs of Indigenous people. Aboriginal Health Centres and Programs also provide a range of health services for Indigenous communities.

Statistics Canada. (2011). Table 3 Distribution of First Nations people, First Nations people with and without registered Indian status, and First Nations people with registered Indian status living on or off reserve, Canada, provinces and territories, 2011. Retrieved from <https://www12.statcan.gc.ca/nhs-enm/2011/as-sa/99-011-x/2011001/tbl/tbl03-eng.cfm> Ontario Federation of Indigenous Friendship Centres. (2018). Urban Indigenous People in Ontario. Retrieved from: <http://www.ofifc.org/about-us/general-information/urban-indigenous-people-ontario> Ontario Federation of Indigenous Friendship Centres. (2018). OFIFC Overview. Retrieved from: <http://www.ofifc.org/about-us/general-information/ofifc-overview> Ontario Native Women's Association. (2018). About Us. Retrieved from <http://www.onwa.ca/about> Government of Ontario. (2018). Aboriginal Health Access Centres. Retrieved from <https://www.ontario.ca/page/aboriginal-health-access-centres#section-0>



Chapter 3 - First Nations in Canada and in Ontario

1. Reflection: After watching the video featuring Stan Beardy, Former Ontario Regional Chief, reflect on his family's definition of wellness. How does the First Nations perspective compare to that of western culture?

Answer: Self-reflection question. Points to consider:

Stan Beardy describes wellness from a holistic perspective, including emotional balance, spirituality, food security, and relationship to the land. This definition has commonalities to that of the World Health Organization's (2018) definition of health:

"Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity".

Often western cultures tend to view their health from a physical perspective and value science, whereas a First Nations perspective often takes into account the relationship and connectedness of a broader definition of health.



Chapter 4 - Overview of First Nations Governance and Political Infrastructure in Ontario

1. The names and descriptions for the Ontario First Nations governing bodies are provided below. Match each description to the appropriate governing body.

1. Chiefs of Ontario	A. These communities represent themselves on all issues and matters.
2. Grand Council Treaty #3	B. Established in 1973 and is a political advocate for 49 member First Nations.
3. Association of Iroquois and Allied Indians	C. A political forum and secretariat for collective decision-making, action and advocacy for the 133 First Nations communities located in Ontario.
4. Union of Ontario Indians	D. Established in 1969 and is a political advocate for seven member First Nations
5. Independent and Unaffiliated First Nations	E. Includes 28 member First Nations (two located in Manitoba).
6. Six Nations of the Grand River and Mississaugas of New Credit First Nation	F. Has four strategic regional areas: Southwest, Southeast, Lake Huron and Northern Superior
7. Nishnawbe Aski Nation	G. When needed, the Grand Chiefs/Chiefs of each of the First Nations work collectively on issues of fundamental concern, while respecting each other's autonomy.

Answer Key:

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|-------|-------|
| 1. C. | 5. G. |
| 2. E. | 6. A |
| 3. D | 7. B |
| 4. F | |



Chapter 5 - Inuit in Canada and Ontario

1. Reflection: Reflect on the videos featuring Mary Simon and Charlotte Qamaniq where they discuss the historical impact of tuberculosis on Inuit health. How has this affected the health of Inuit today, and their interactions with the healthcare system?

Answer: Self-reflection question. Points to consider:

As a result of the poor and untimely treatment of medical conditions and forced relocation that Inuit had experienced, many Inuit today suffer from poor mental health and a distrust of the healthcare system. It is important to consider the historical reasons for the health inequities faced by Inuit today.

Chapter 6 - Overview of Inuit Governance in Ontario

1. What services are provided by Tungasuvvingat Inuit (TI) at the provincial level?

Answer: TI provides community-based counselling and health resources through its operations in Ottawa. TI is the only established Inuit-specific service organization of its kind in urban Canada.

Tungasuvvingat Inuit. (2016). Overview. Retrieved from <http://tungasuvvingatinuit.ca/overview/>

Chapter 7 - Métis in Canada and Ontario

1. What was the name of the case in 2003 that is considered a landmark case for Métis across Canada, and why was it significant?

Answer: The Powley case affirms that Métis are a distinct Aboriginal people with harvesting rights protected within Canada's Constitution.

Chapter 8 - Overview of Métis Governance and Political Infrastructure in Ontario

1. What is the role of the Métis Nation of Ontario?

Answer: The Métis Nation of Ontario, through its province wide infrastructure, delivers health, labour market, education and housing programs and services, as well as maintaining the only recognized registry of Ontario's over 14,000 Métis citizens in Ontario.

Métis Nation of Ontario. (n.d.). About the MNO. Retrieved from <http://www.metisnation.org/about-the-mno/the-metis-nation-of-ontario>



Chapter 9 – Urban Indigenous in Canada

1. What is the role of the National Association of Friendship Centres?

Answer: Friendship Centres are an excellent example of Indigenous self-determined non-political and non-representative structures led by Indigenous people that have been created by and for Indigenous peoples in urban settings. As the urban Indigenous population continues to grow, so will the demand for Friendship Centre programs and services. Friendship Centres are continually being called on to play larger roles in service delivery, but also in key urban Indigenous policy development, creating safer communities, and contributing to their local economies.