



H.E.A.L. Healthcare :

Éducation du cœur et apprentissage

anticolonial dans les soins de santé

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Les grandes lignes



- Présentations
- Les bases d'enracinement
- Objectifs d'apprentissage
- À propos de HEALhealthcare.ca
- Formation contre les biais oppressifs fondée sur les arts
- Q et R





Présentations





Les bases d'enracinement

concept that is quite opposite to the increasingly popular "blue sky" thinking advocated by a growing number of people, especially in business and mass media, who suggest weeds are antithetical to expansive, creative, and important ways of looking at the world (see, for instance, Shah [22]). We take exception in this paper to the pejorative way "weeds" are constructed. Because...oh, the weeds. The minutiae. The tiny. The stomped on. The overlooked. Do these not have a great deal to say in discussions about mental health? We want you to...

Take a deep breath.

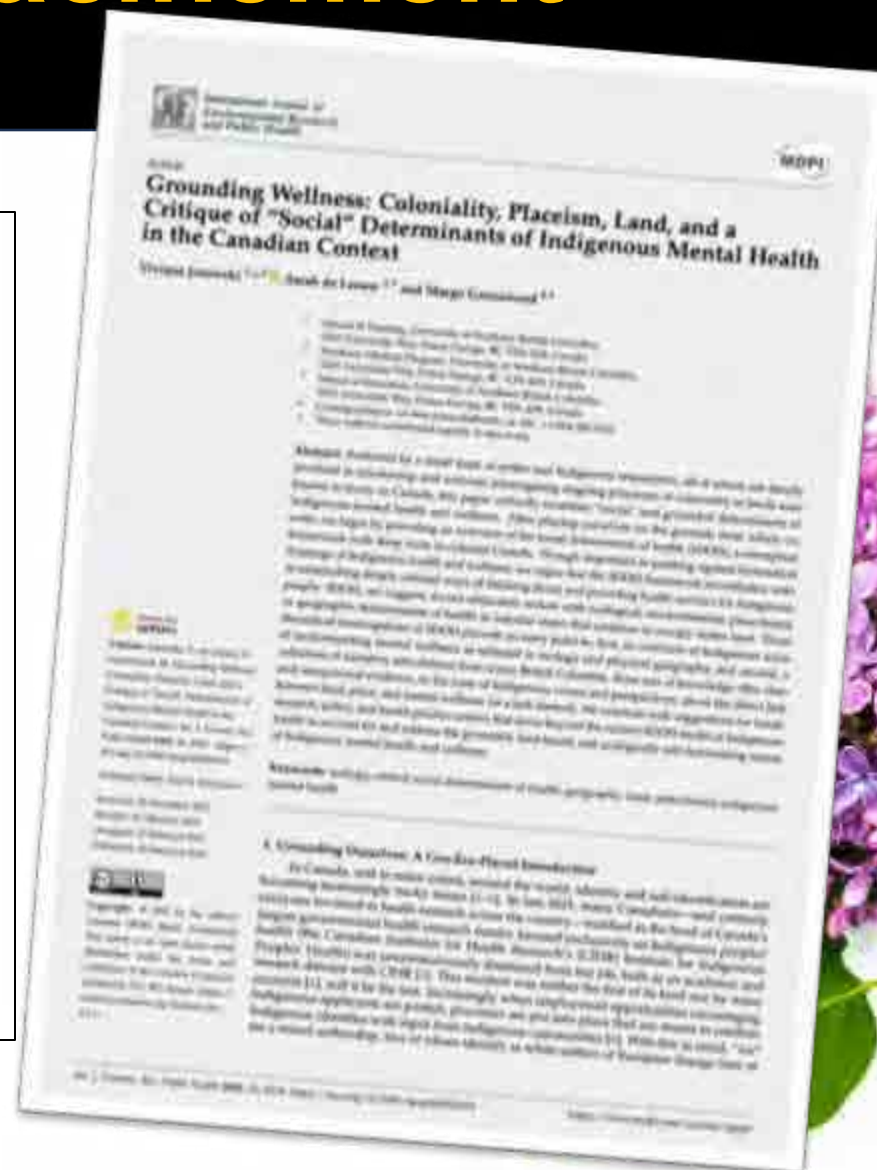
Cast your eyes toward the ground.

Toward the land. To the weeds.

Downward to the muck and mud and dirt upon which your feet tread every day. Cast your eyes downward upon that which you walk.

Notice the puddles and the intricacies of soil. Notice the wildlife of weeds springing up between cracks in pavement. Notice patterns and water scars, plants and dust, snails, and the footprints of birds. Tire tracks and windwept leaves.

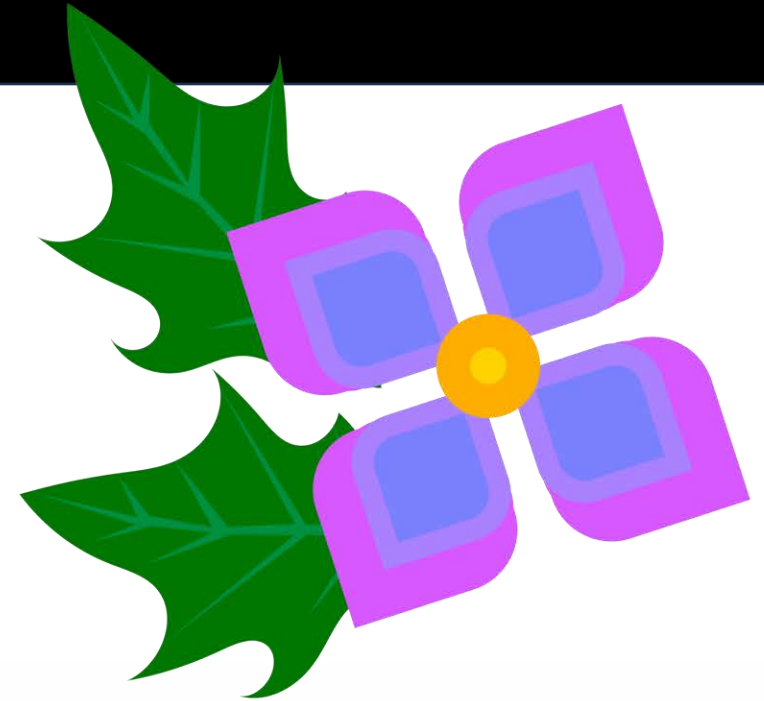
Indigenous people—who are different from each other around the world—may nevertheless be understood (broadly) as tethered to and rooted in very specific places. In distinct local lands and in grounds and territories of which (and this is no metaphor) they are born and that are born of them. As Linda Tuahawi Smith [23] writes, people who are Indigenous to specific places (lands, ground, territory) have no other homeland to reference, no other territories to which they might consider returning. Indigenous people, though deeply heterogeneous and greatly varied, are in and of place, anchored in a connection to homelands, even if separated from those homelands upon which their kinship and genealogical being stretch back beyond time itself. Associated with this groundedness of Indigeneity is an undeniable truth that many Indigenous people have asserted, namely, that they have an orientation to the world that is fundamentally rooted in land, water, and ecologies. This is what some Indigenous scholars,





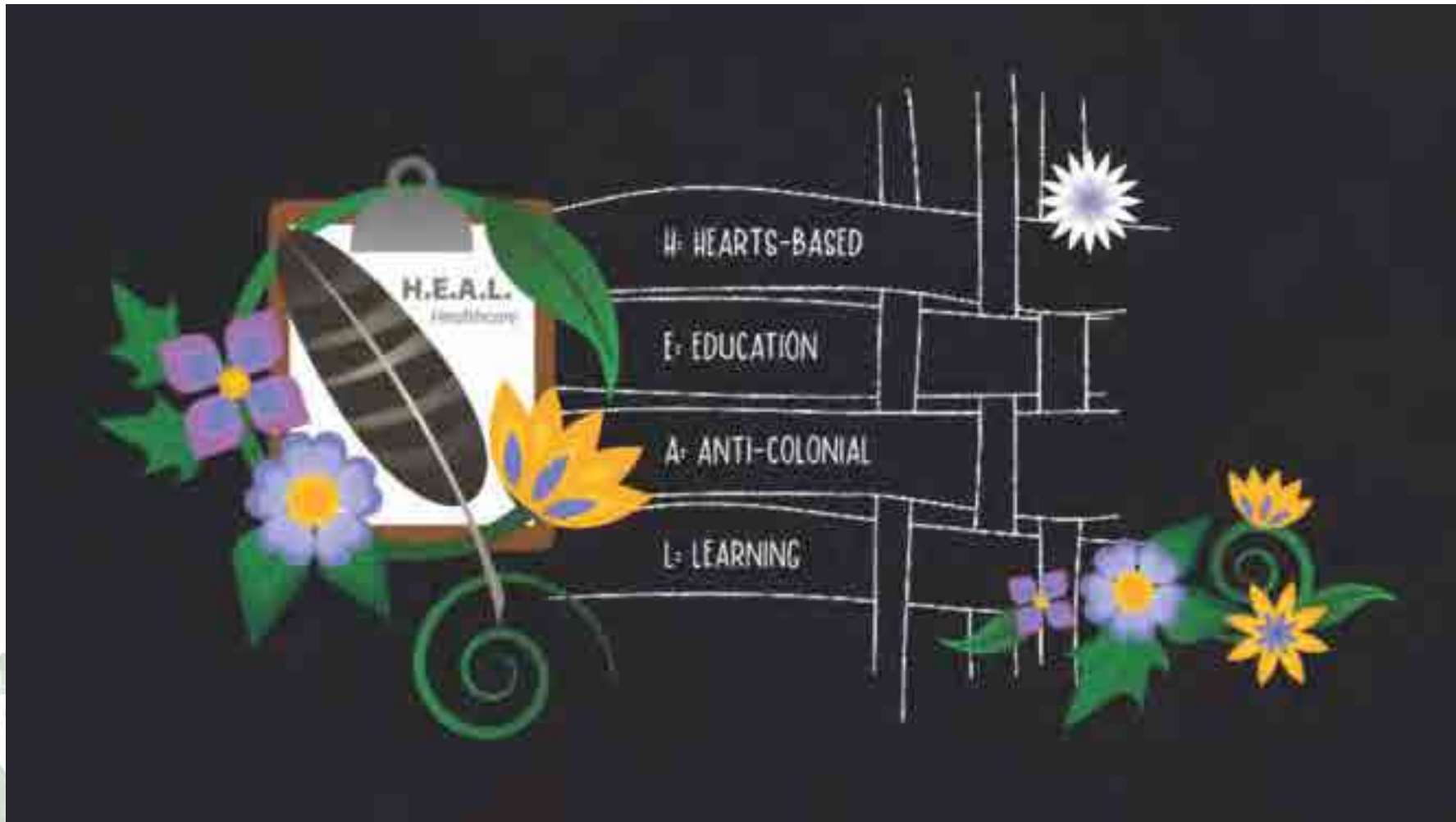
Objectifs d'apprentissage

- Explorer les ressources sur le site Web de H.E.A.L. Healthcare.
- Comprendre la formation fondée sur les arts en tant que méthode efficace pour décoloniser la pratique.
- Identifier des biais cognitifs personnels et réfléchir à la transformation grâce à des exercices fondés sur les arts.





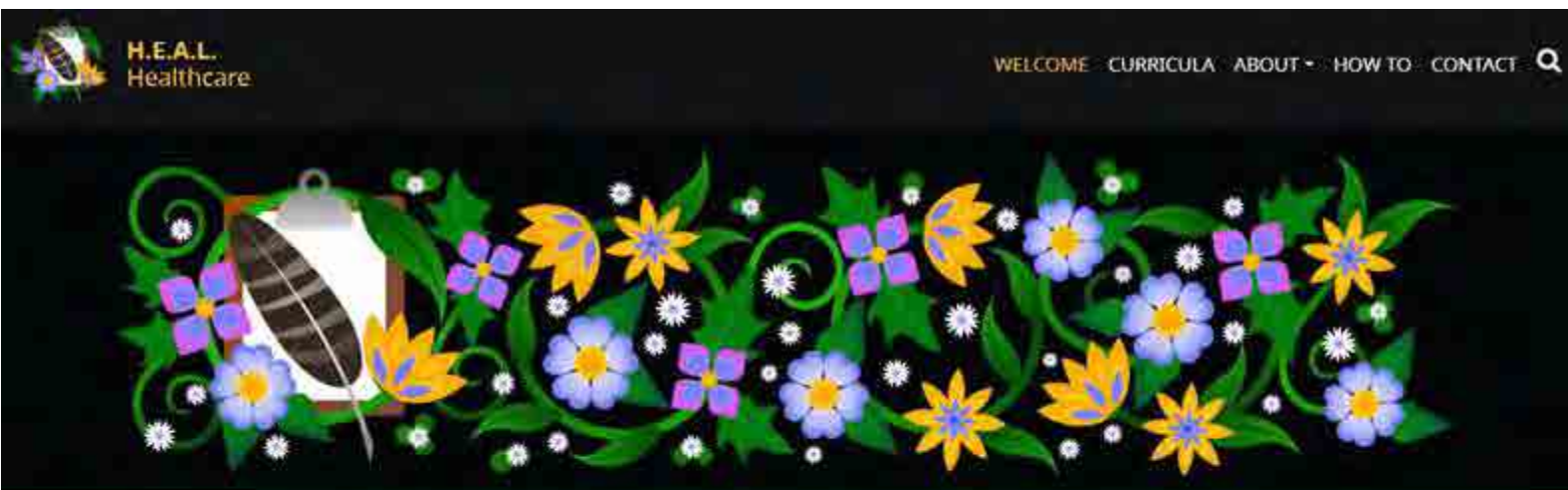
H.E.A.L. Healthcare





HEALhealthcare.ca

- 30 programmes de formation
- > 50 leçons



Introductory animation about the HEAL Healthcare Learning Resource.

HEAL Healthcare: Hearts-based Education and Anti-colonial Learning

The Hearts-based Education and Anti-colonial Learning curriculum brings together artists, writers, activists, and people with lived experience to create arts-based anti-oppression learning materials for healthcare educators, professionals, and practitioners.

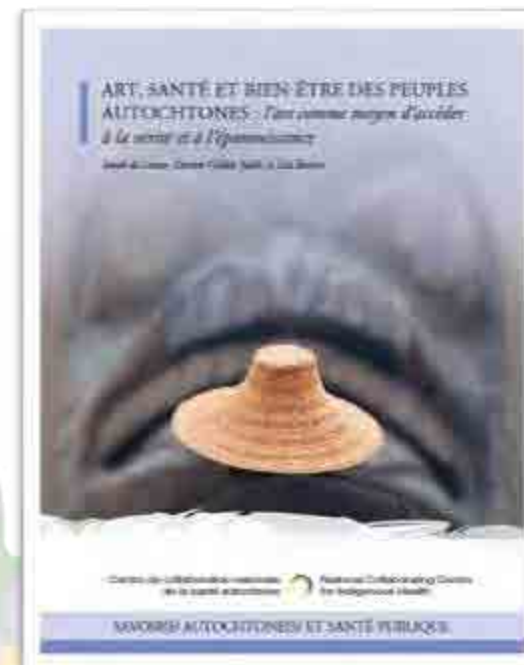
Our goal is to use the arts to address oppressive behaviours and attitudes that we all hold and that permeate healthcare systems and culture. The curricula provided on this site address the longstanding and well-established evidence that health disparities exist because of racist, colonial, able-body/minded, geographic, economic, and gendered inequities.





Pourquoi l'art?

« ... la créativité et la santé humaine – en particulier celle des peuples autochtones – pourraient bien avoir depuis longtemps un rapport fécond qui tient la formidable promesse d'aplanir les inégalités de santé qui persistent entre les collectivités et les populations. » Rédigé pour le CCNSA par Alice Muirhead et Sarah de Leeuw, 2012.





Approche du projet

Établir des relations

- o Appels de contributions aux personnes ayant des expériences vécues et une expertise – confiance, soins

Créer des ressources

- o Poésie, peinture, écriture, cuisine, musique, thérapie équine et plus encore, d'une **manière anticoloniale**

Call for Projects

What?
In Feb 2021, the first Indigenous incoming president of the Canadian Medical Association (CMA) stated "It's time to eliminate racism, sexism, ableism, classism and all other '-isms' that permeate health system culture" COVID-19 has highlighted longstanding and well-established nationwide health disparities linked to colonial, racist, able body/ minded, place-based, economic and gendered inequities. The creative arts have an unrealized and unevaluated role to play in changing these realities.

Why?
We are looking to produce a collection of arts based anti-oppression curricula that healthcare educators can use when teaching students. Your open access curricula will also be available to healthcare professionals for independent download and completion. For example, you might develop modules on forum theatre trainings about combating racism, self-guided art gallery-based medical tours to unsettle bias, collaborative visual arts workouts designed to strengthen diagnostic skillsets, queer BIPOC spoken word, interactive videos on mental health, place-based literary writing and reading prompts about body diversity, community-produced testimonials to induce experiential learnings, or longitudinal critical self-reflective exercises aimed at reducing burnout. Your curricular product needs to be appropriate for downloading and web-based interaction. We are HAPPY to talk your idea through with you. We love these examples as things that could get healthcare professionals thinking...

<https://www.youtube.com/watch?v=fZOnA40Vg80>

How?
Submit your idea about curricular modules that can be downloaded for open-access use. We can assist with your budget and honing your idea. Your proposal will be reviewed. If successful, you (and your team) will be eligible to receive up to **\$10,000 CAD**.

Who?
Please be in touch with Nicole Halbauer, Project Manager
(nicolehalbauer@ntcc.ca)



Image used with kind permission of Artist Lisa Boivin



Inspiration du projet



Imagerie

par Lisa Boivin



Presse-papiers – consentement éclairé, relations non hiérarchiques

Plume de faucon – communication claire, avec gentillesse et amour

Fleurs perlées – réfléchissantes et respectueuses de l'identité autochtone



Approche du projet

Tisser l'apprentissage

- o Les projets sont présentés comme une partie de tissage – pas comme un prérequis rigide ou un programme officiel étape par étape

Rétroaction pour un travail ultérieur

- o Évaluation du site Web et des résultats – Les projets « changent-ils les cœurs » [mentalités]?
- o Diffusion du site





Formation contre les biais oppressifs fondée sur les arts

Spaal': A Raven with Different Wings

Rheanna Robinson, Ph. D.

Poetry as Medicine

Shannon Webb-Campbell



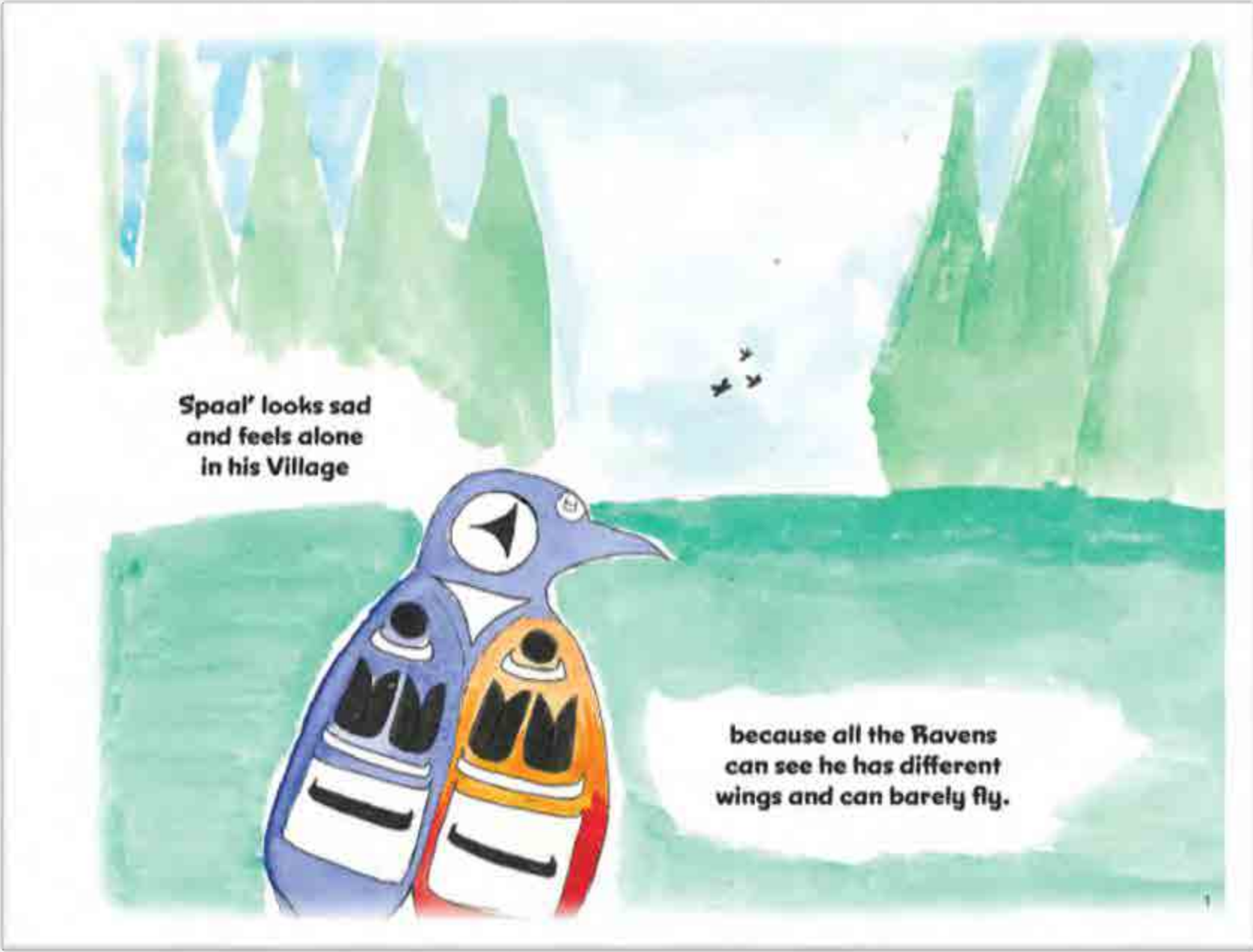


Spaal'

Un corbeau aux ailes dépareillées

Voir le livre
en ligne
(en anglais)





**Spaal' looks sad
and feels alone
in his Village**

**because all the Ravens
can see he has different
wings and can barely fly.**

**"Why do
you look so
sad?" asks
Raven Val.**



**Spaal' replies,
"My wings... they
are different. They
aren't the same
as yours or the
other ravens."**

**"And the other Ravens make
me feel bad because I don't
fly the same" said Spaal'.**



Raven Val says, "We are going
to teach you how to fly!"



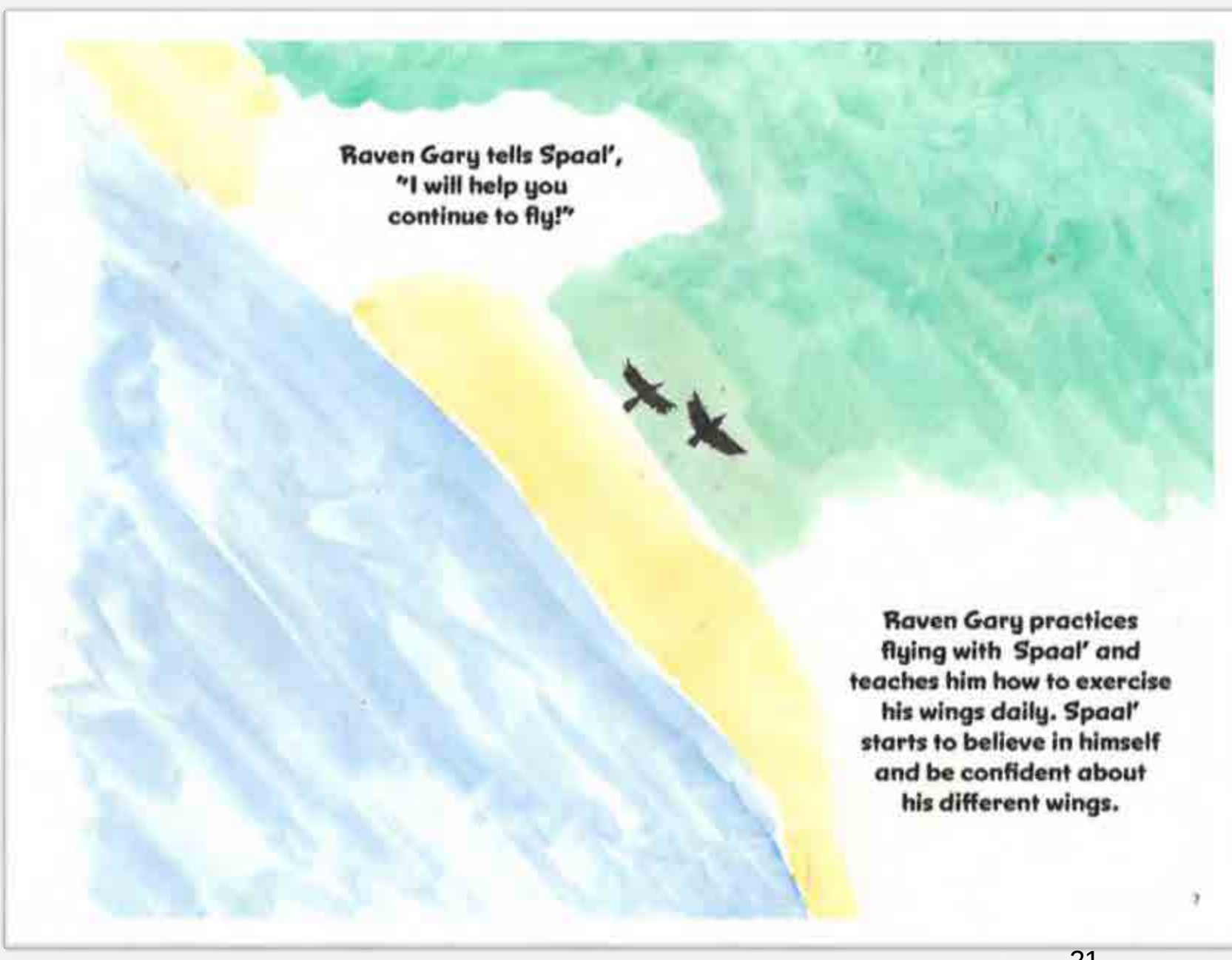
Raven Val makes
Spaal' fly from
tree to tree and
pushes him to keep
flying because she
believes in him!

**"Your wings are so special,
Spaal'. We are going to
practice every day until you
can fly with your different
wings" Raven Val says.**



One day Spaal' tells Raven Val,
"I am moving to a different Village
so this is where our practice ends!"
Spaal' is very sad again.





Raven Gary tells Spaal',
"I will help you
continue to fly!"

Raven Gary practices
flying with Spaal' and
teaches him how to exercise
his wings daily. Spaal'
starts to believe in himself
and be confident about
his different wings.

But even when Spaa!
is flying better, other
Ravens fly by him and push
him away and laugh!



Spaal' stops to
visit the Elder
Ravens.

"Hello Spaal"
the Elder Ravens
cheerfully say.

"It is so nice to
see you today!"





"Elder Ravens, other
Ravens are teasing
me about the way
I fly because my
wings are different"
Spaaf' says quietly.

**"Oh, Spaal!" reply the Elder Ravens,
"your wings are important and you
have been gifted them for a reason!"**



**The Elder Ravens
continue to tell
Spaal',
"One day you're
going to help
future little
Ravens and
help them fly
and be a voice
for the Raven
community!"**

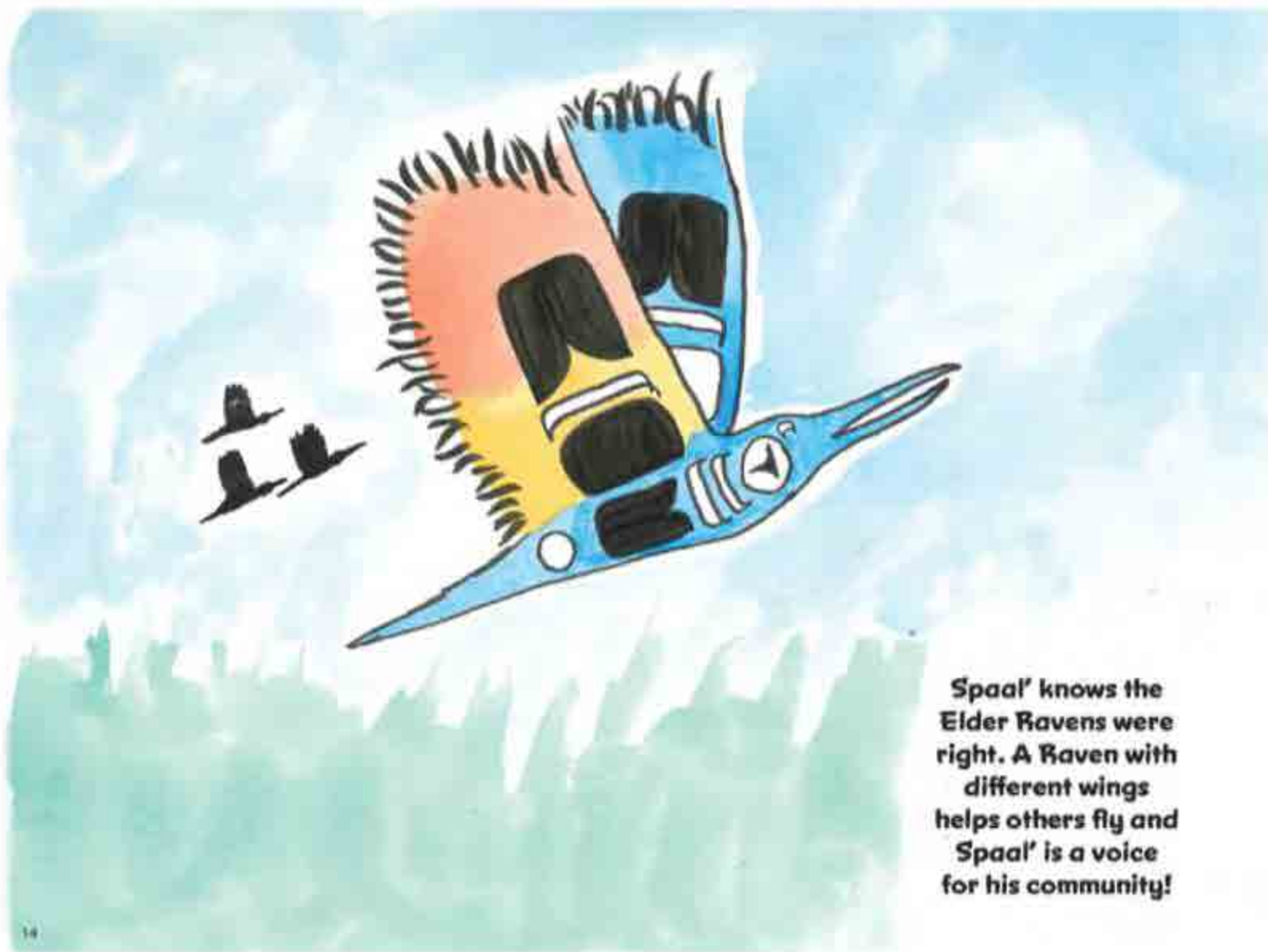


"HMMM..." Spaal'
says, "Thank you,
Elder Ravens."





For many years,
Spaal' continues to
fly to his favorite
spots by the ocean.
He thinks about how
Raven Val and Raven
Gary pushed him to
believe in himself and
show him how resilient
he is. Spaal' is very
grateful to Raven Val
and Raven Gary.



**Spaal' knows the
Elder Ravens were
right. A Raven with
different wings
helps others fly and
Spaal' is a voice
for his community!**



Exercice d'écriture

Écrivez une courte réflexion sur la façon de surmonter les épreuves.





La poésie en tant que médecine

I Am a Body of Land
« Je suis un corps de terre »





Réflexion

Comment le colonialisme a-t-il envahi notre compréhension de la santé, et qu'est-ce que la poésie peut nous offrir pour nous aider à chercher de nouvelles façons de communiquer les uns avec les autres?





Réflexion

Dessinez une image de l'un des systèmes de savoirs de la partie « Je suis un corps de terre » et réfléchissez à vos propres systèmes de connaissances et façons de voir le monde.





Réflexion

- Imaginez qu'un poème puisse aider à confirmer les expériences de quelqu'un en matière de santé. Quel poème prescririez-vous à un patient?
- Comment la poésie change-t-elle votre façon de penser sur ce que la médecine ou la prestation des soins de santé sont ou ne sont pas?





**Tissons-le
ensemble!**

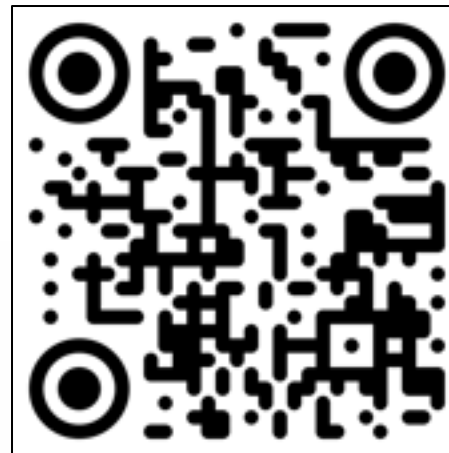




Diffuser HEALhealthcare.ca

Qui devrait connaître HEALhealthcare.ca?

Allez au site Web, copiez le lien de **HEALhealthcare.ca**, et partagez-le avec vos collègues!





T'oyaxsut nüüsm



THE HEALTH ARTS
RESEARCH CENTRE



National Collaborating Centre
for Indigenous Health

Centre de collaboration nationale
de la santé autochtone

ISC INDIGENOUS
SERVICES
CANADA



CIHR IRSC

Canadian Institutes of
Health Research Instituts de recherche
en santé du Canada

SSHRC  **CRSH**

Social Sciences and Humanities Research Council of Canada
Conseil de recherches en sciences humaines du Canada



Michael Smith

**Health
Research BC**



northern health
the northern way of caring

UNBC

UNIVERSITY OF
NORTHERN BRITISH COLUMBIA



HEALhealthcare.ca

