



Stepping Stones: Resources for Indigenous Health, Wellness, and Reconciliation

# INSTRUCTOR RESOURCES

BE WHAT THE WORLD NEEDS

May 30, 2023



UNIVERSITY OF SASKATCHEWAN  
Health Sciences  
HEALTHSCIENCES.USASK.CA

## Introduction

The instructor resources provided below are part of the *Stepping Stones: Resources for Indigenous Health, Wellness, and Reconciliation* webpage hosted by the University of Saskatchewan (USask) Health Sciences. The learning opportunities referenced there and in this document have been provided for people seeking to develop or enhance their understanding of — and approaches to — health and wellness through an Indigenous lens.

Curated and annotated by a USask development team, these resources foster compassionate and respectful interactions through increased awareness, deeper understanding, and thoughtful consideration. It is the development team's understanding that community members, Elders, and Knowledge Keepers have contributed to the experiences, resources, and courses that form the various resource lists or that those responsible for developing these materials did so with community involvement.

**Follow the stepping stones to Indigenous health and wellness that resonate with you and self-direct your unique journey towards more appropriate, equitable, inclusive, and caring interactions.**

### *Additional resources and more information*

To learn more — or to access additional resource lists from this archive focussed on videos and webinars, readings, websites, activities, and courses — visit the *Stepping Stones: Resources for Indigenous Health, Wellness, and Reconciliation* webpage located at <https://healthsciences.usask.ca/education-and-research/stepping-stones-resources-for-indigenous-health-wellness-and-reconciliation.php>.

## Learning opportunity guide

Descriptions of how the resources provided in this document have been categorized to reflect learning opportunities associated with Attitudes (A), Skills (S), and/or Knowledge (K) are provided below.

### *Attitudes*

**These *Stepping Stones* resources explore:**

- traditional cultural practices, beliefs, and Indigenous health models, as well as seeing ***One Health*** as *our* health **(A1)**;
- accepting your 50 per cent in all relationships **(A2)**;
- the diversity and individuality of communities in order to better support unique community needs **(A3)**;
- the value, integrity, authenticity, and emotional commitment related to your professional role **(A4)**; and

- how cultural humility, cultural safety, and cultural training can enhance your practice to deliver appropriate and responsive care **(A5)**.

### *Skills*

**These *Stepping Stones* resources provide opportunities to practice and further develop:**

- self-awareness through ongoing and guided reflecting **(S1)**;
- cultural humility **(S2)**;
- relationship-building skills **(S3)**; and
- being a resilient collaborator and partner in care **(S4)**.

### *Knowledge*

**These *Stepping Stones* resources provide:**

- a positive and “wholistic” approach to care which respects traditional cultural practices, beliefs, and Indigenous health models **(K1)**;
- strategies to promote health and wellness in Indigenous communities, such as community-based programs **(K2)**;
- strategies to maintain positive mental health while working in and with communities **(K3)**;
- a growing toolkit to support cultural responsiveness, anti-oppressive, and anti-racist care in professional settings **(K4)**;
- the recognition that social determinants impact health outcomes and disparities **(K5)**; and
- an awareness of the intersection of Western science and Indigenous knowledge **(K6)**.

## Instructor resources list

The instructor resources listed below are organized from shortest to longest.

Title, link, and associated learning opportunities	Resource annotation	Details	Notes
<p><u><a href="#">Does my course...</a></u>  <b>A</b> (1, 3, 4, 5)  <b>S</b> (3)  <b>K</b> (1, 2, 4, 6)</p>	<ul style="list-style-type: none"> <li>• <b>Estimated reading time:</b> 1 minute, 5 seconds</li> </ul>	<p><b>Provider:</b> College of New Caledonia</p>	
<p><u><a href="#">Reciprocity of Relationship Model</a></u>  <b>A</b> (1, 3, 4, 5)  <b>S</b> (1, 2, 3, 4)  <b>K</b> (1, 2, 4, 5, 6)</p>	<ul style="list-style-type: none"> <li>• <b>Estimated reading time:</b> 30 seconds</li> </ul>	<p><b>Author:</b> Darryl Isbister, University of Saskatchewan</p>	
<p><u><a href="#">A Model for Decolonizing and Indigenizing Courses and Academia</a></u>  <b>A</b> (5)  <b>S</b> (1, 2, 3, 4)  <b>K</b> (1, 2, 4, 6)</p>	<ul style="list-style-type: none"> <li>• <b>Estimated reading time:</b> ~1 minute</li> </ul>	<p><b>Author:</b> Stryker Calvez, University of Saskatchewan</p>	
<p><u><a href="#">How are different universities addressing Indigenization?</a></u>  <b>A</b> (1, 3, 4, 5) *</p>	<ul style="list-style-type: none"> <li>• <b>Estimated reading time:</b> 3 minutes</li> </ul>	<p><b>Provider:</b> University of Windsor</p>	

<p><b>S</b> (1, 2, 3, 4) *</p> <p><b>K</b> (1, 2, 3, 5, 6) *</p> <p>* May vary based on the resource explored</p>			
<p><b><u>100 Ways: Indigenizing &amp; Decolonizing Academic Programs</u></b></p> <p><b>A</b> (1, 3, 4, 5)  <b>S</b> (1, 2, 3, 4)  <b>K</b> (1, 2, 3, 5, 6)</p>	<ul style="list-style-type: none"> <li>• <b>Estimated reading time:</b> 16 minutes, 13 seconds</li> </ul>	<p><b>Author:</b> Dr. Shauneen Pete, University of Regina</p>	
<p><b><u>Pulling Together: A Guide for Front-Line Staff, Student Services, and Advisors</u></b></p> <p><b>A</b> (1, 3, 4, 5)  <b>S</b> (1, 2, 3, 4)  <b>K</b> (1, 2, 3, 5, 6)</p>	<ul style="list-style-type: none"> <li>• <b>Estimated reading time:</b> 56 minutes, 44 seconds</li> </ul>	<p><b>Authors:</b> Ian Cull, Robert L. A. Hancock, Stephanie McKeown, Michelle Pidgeon, and Adrienne Vedan</p>	
<p><b><u>4 Seasons of Reconciliation</u></b></p> <p><b>A</b> (4, 5)  <b>S</b> (2, 3, 4)  <b>K</b> (1, 4, 6)</p>	<ul style="list-style-type: none"> <li>• 3-hour online module</li> <li>• Certificate of completion</li> </ul>	<p><b>Provider:</b> University of Saskatchewan</p>	
<p><b><u>Indigenization, Decolonization, Reconciliation</u></b></p>	<ul style="list-style-type: none"> <li>• Three online sessions (two hours per session).</li> </ul>	<p><b>Provider:</b> University of Saskatchewan</p>	

<p><b>A</b> (1, 3, 4, 5)  <b>S</b> (1, 2, 3, 4)  <b>K</b> (1, 2, 4, 6)</p>			
<p><b><u>Indigenous Voices Online Learning Modules</u></b>  <b>A</b> (1, 2, 3, 4, 5)  <b>S</b> (1, 2, 3, 4)  <b>K</b> (1, 2, 3, 4, 5, 6)</p>	<ul style="list-style-type: none"> <li>• Five online modules (three hours per module).</li> <li>• It is recommended to take a few days between modules.</li> </ul>	<p><b>Provider:</b> University of Saskatchewan Office of the Vice-Provost Indigenous Engagement</p>	
<p><b><u>First Nations Information Governance Centre</u></b>  <b>A</b> (5)  <b>S</b> (2, 3)  <b>K</b> (4, 6)</p>	<ul style="list-style-type: none"> <li>• <b>Research resource:</b> Our Data, Our Stories, Our Future</li> </ul>	<p><b>Provider:</b> First Nations Information Governance Centre</p>	
<p><b><u>Reconciliation Education</u></b>  <b>A</b> (1, 3, 4, 5)  <b>S</b> (3, 4)  <b>K</b> (1, 4, 6)</p>	<ul style="list-style-type: none"> <li>• 3-hour online course with 10 modules designed for “in the workplace.”</li> <li>• Cost is \$199 with occasional free seats advertised on the website.</li> <li>• Available in English and French.</li> <li>• Certificate of completion.</li> </ul>	<p><b>Provider:</b> First Nations University of Canada</p>	