



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

# VIDEO AND WEBINAR RESOURCES

BE WHAT THE WORLD NEEDS

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UNIVERSITY OF SASKATCHEWAN  
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## Introduction

The video and webinar 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 readings, websites, activities, courses, and instructor resources — 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)**.



## Video and webinar resources list

The videos and webinars listed below are organized from shortest to longest.

Title, link, and associated learning opportunities	Resource annotation	Details	Notes
<p><b><u>The Unforgotten (film)</u></b></p> <p><b>A</b> (1, 3)  <b>S</b> (3, 4)  <b>K</b> (5)</p>	<ul style="list-style-type: none"> <li>• ~35 minutes in length.</li> <li>• Nominated at film festivals nationwide and internationally.</li> <li>• A collection of Inuit, Métis, and First Nations Peoples’ stories across the five stages of life.</li> <li>• Discusses systemic racism, colonialism, and trauma experienced in Canadian health care.</li> <li>• Viewers may be interested in completing the <a href="#">toolkit</a> — an educational guide to help viewers learn, reflect, and discuss topics raised in the film.</li> </ul>	<p><b>Developer:</b> BUILD. Films and Networked Health</p>	
<p><b><u>Cultural Safety and Humility</u></b></p> <p><b>A</b> (1, 2, 3)  <b>S</b> (1, 2)  <b>K</b> (4, 5)</p>	<ul style="list-style-type: none"> <li>• Scroll to the bottom to access 11 webinars (1-2 hours each).</li> <li>• Webinar series on cultural safety and humility action.</li> </ul>	<p><b>Developer:</b> First Nations Health Authority (FNHA)</p>	

<p><b><u>Yukon University's Indigenous Governance speaker series</u></b></p> <p><b>A</b> (1, 4)  <b>S</b> (3)  <b>K</b> (1, 2, 6)</p>	<ul style="list-style-type: none"> <li>• Webinar series offered Tuesdays from 12:05 to 12:50 pm (Yukon time zone).</li> <li>• Open to anyone.</li> <li>• <a href="#">Recordings</a> available.</li> </ul>	<p><b>Provider:</b> Yukon University</p>	
<p><b><u>NOSM Health Sciences Webinar #7: Anishinaabe Mshkiki, Plant Medicines, to Support Mental Health</u></b></p> <p><b>A</b> (1, 4)  <b>K</b> (1, 6)</p>	<ul style="list-style-type: none"> <li>• 1 hour in length (made available in 2021).</li> <li>• Intended as professional development opportunities for health professionals working in Northern Ontario.</li> <li>• <a href="#">Recordings</a> available.</li> </ul>	<p><b>Provider:</b> NOSM (Northern Ontario School of Medicine)</p>	
<p><b><u>NOSM Health Sciences Webinar #3: Anishinaabe Mshkiki, Plant Medicines, to Support Pain Management</u></b></p> <p><b>A</b> (1, 4)  <b>K</b> (1, 6)</p>	<ul style="list-style-type: none"> <li>• ~1.5 hours in length (made available in 2020).</li> <li>• Intended as professional development opportunities for health professionals working in Northern Ontario.</li> <li>• <a href="#">Recordings</a> available.</li> </ul>	<p><b>Provider:</b> NOSM (Northern Ontario School of Medicine)</p>	

<p><b><u>Laurentian University's Anishinaabemowin Language Class</u></b></p> <p><b>A (1, 3)</b> <b>K (1)</b></p>	<ul style="list-style-type: none"> <li>• The discussions are about more than language. The talks are flexible and may cover more learning outcomes than currently listed.</li> <li>• Mondays 12 noon to 1 pm (Ontario time zone).</li> <li>• <a href="#">Recordings</a> available.</li> </ul>	<p><b>Provider:</b> Laurentian University</p>	
<p><b><u>The Long and Winding Road to UNDRIP (The United Nations Declaration on the Rights of Indigenous Peoples) for Canada: Part 1</u></b></p> <p><b>K (1, 2)</b></p>	<ul style="list-style-type: none"> <li>• Guest speaker Romeo Saganash.</li> <li>• 1 hour in length.</li> </ul>	<p><b>Provider:</b> University of Saskatchewan College of Law Fall 2021 McKercher Lecture Series</p>	
<p><b><u>The Long and Winding Road to UNDRIP (The United Nations Declaration on the Rights of Indigenous Peoples) for Canada: Part 2</u></b></p> <p><b>K (1, 2, 4)</b></p>	<ul style="list-style-type: none"> <li>• Guest speaker Brenda Gunn.</li> <li>• 1 hour in length.</li> </ul>	<p><b>Provider:</b> University of Saskatchewan College of Law Fall 2021 McKercher Lecture Series</p>	

<p><u><b>The Long and Winding Road to UNDRIP (The United Nations Declaration on the Rights of Indigenous Peoples) for Canada: Part 3</b></u></p> <p><b>A</b> (1, 4)  <b>S</b> (3)  <b>K</b> (1, 2, 4)</p>	<ul style="list-style-type: none"> <li>• Panel discussion on UNDRIP.</li> <li>• 1 hour in length.</li> </ul>	<p><b>Provider:</b> University of Saskatchewan College of Law  Fall 2021 McKercher Lecture Series</p>	
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