

# FNHA Traditional Wellness Strategic Framework Presentation

September 17, 2013

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First Nations Health Authority  
Health through wellness

# Traditional Wellness Strategic Framework





# Overview of Presentation

- Purpose
- Background – FNHA role in Traditional Wellness
- Strategic Framework Overview
- Your feedback/ best practices
- Questions and Discussion

# Purpose of Strategic Framework

- To outline key objectives and strategies for the promotion, incorporation and protection of traditional medicines and practices,
- and to suggest some key objectives and strategies for further advancing this work.

# Background

## Information Gathering and Review of Community Engagement:

- Gathering Wisdom I-IV (2007-2012)
- Environmental Scan (2009)
- Regional Caucus Sessions (2008-2010)
- Traditional Healer's Gathering (2011)
- Health Director meetings (various)

# What Communities Have Told Us

- Communities confirmed a need for Traditional Wellness support
- Communities asked the FNHA for support in moving the Traditional Wellness work forward



# Steps Taken to Support Traditional Wellness

- Included as a Health Action in 2009: **“Support and advocate for Traditional Medicines and Practices.”**
- *Traditional Models of Wellness Environmental Scan in BC* (2010) – a summary report is available at [www.fnhc.ca](http://www.fnhc.ca)
- Paper on Models of Traditional Wellness: Canadian, American and International Practices (Draft, 2011) – a summary report is available at [www.fnhc.ca](http://www.fnhc.ca)
- Traditional Wellness Project Charter (Final Draft Version 3.0)
- Traditional Wellness Policy Paper (Draft)
- FNHA *Wellness Approach (FNPoW)* (Rolling Draft)

# Steps to Support Traditional Wellness

- Development of many resources
- Launch of Project Charter to develop a Strategic Framework for Traditional Wellness (2012)
- Development of the Traditional Healer's Advisory Committee (2013)



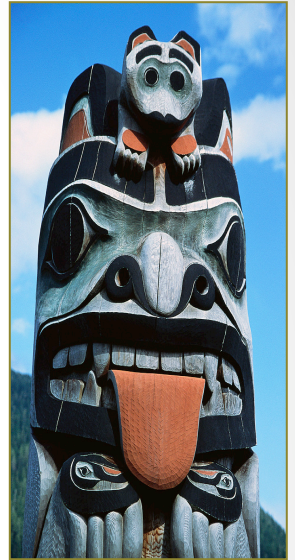
# Guiding Documents

Directive #3 ***Consensus Paper*** (2011):

“Protect, incorporate and promote First Nations knowledge, beliefs, values, practices, medicines and models of health and healing into all health programs and services that serve BC First Nations.”

***Tripartite First Nations Health Plan*** (2007):

“Cultural knowledge and traditional health practices and medicines will be respected as integral to the well-being of First Nations.”



# Guiding Documents

***TFNHP*** (2007) and ***Transformative Change Accord: First Nations Health Plan*** (2006):

“Health for First Nations encompasses the physical, spiritual, mental, economic, emotional, environmental, social and cultural wellness of the individual, family and community”.

# Guiding Documents

## ***British Columbia Tripartite Framework Agreement on First Nation Health Governance:***

“The Parties wish to work together to build a First Nations Health Governance Structure “that reflects the cultures and perspectives of BC First Nations and incorporates First Nations’ models of wellness” (page 5);

“The FNHA will be responsible to “incorporate and promote First Nations knowledge, beliefs, values, practices, medicines and models of health and healing into the FN Health Programs, recognizing that these may be reflected differently in different regions of BC” (page 11).

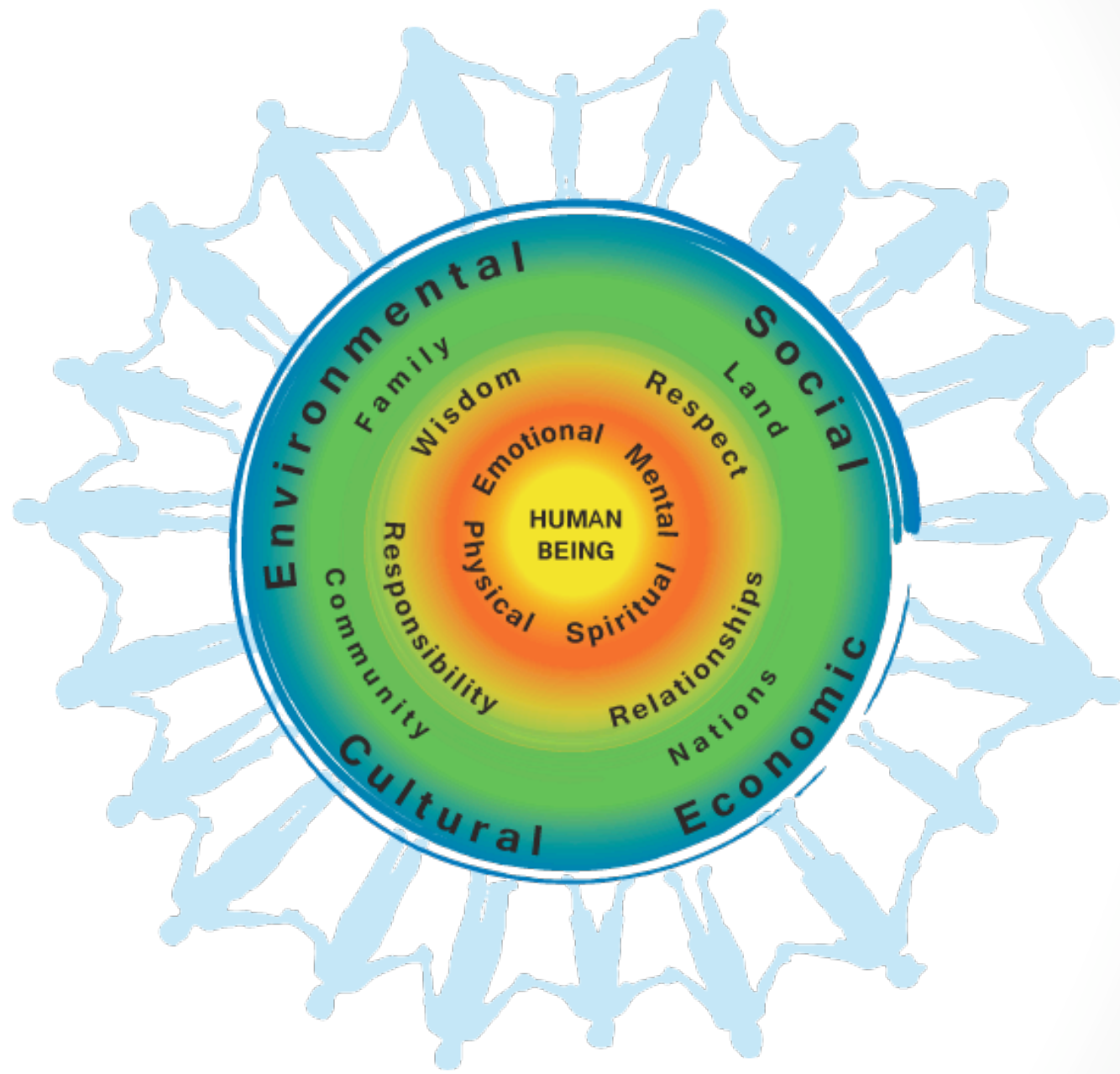
# Traditional Wellness Vision and Mission

## **Traditional Wellness Mission:**

Supporting First Nations in protecting, incorporating and promoting their Traditional Medicines and Practices.

## **Traditional Wellness Vision:**

To improve the mental, emotional, spiritual and physical wellbeing of First Nations while strengthening the traditional health care system through partnership between traditional healer practitioners and the Western medical system.





# Core Values for Traditional Wellness

- **Respect**
- **Wisdom**
- **Responsibility**
- **Relationships**

# Strategic Framework Overview

- 5 key Objectives
- Each Objective outlines **strategies** to move the Traditional Wellness work forward.

# Strategies for Success – Objective 1

It is important to bring together wisdom and experience to improve health and healing in First Nations by nurturing tradition, culture and holistic wellbeing in the current health system. This ranges from understanding traditional practices and medicine to cultural competency training.

## **Objective 1: To Support Building Understanding**

- Strategy 1: Bring Communities Together
- Strategy 2: Support Cultural Competency Training
- Strategy 3: Build Understanding of the Holistic Wellness Model
- Strategy 4: Help Fill the Knowledge Gap between Western and Traditional Practices
- Strategy 5: Model Traditional Wellness in the Workplace

# Strategies for Success – Objective 2

The following are suggested strategies to begin developing relevant resources needed in the area of traditional wellness.

## **Objective 2: To Develop Knowledge Resources**

- Strategy 1: Develop a Resource List
- Strategy 2: Support the Development of Tools and Resources

# Strategies for Success – Objective 3

To increase knowledge transfer which entails exploring ways to support healers in strengthening and sharing their gifts. Traditional healers will play a large role in transferring the knowledge they have regarding traditional wellness to youth, Elders and other stakeholders involved in the process.

## **Objective 3: To Increase Knowledge Transfer**

- Strategy 1: Encourage the Engagement of Youth
- Strategy 2: Encourage the Engagement of Elders
- Strategy 3: Support Development of Community Protocols
- Strategy 4: Document Best Practices
- Strategy 5: Encourage Utilitization of Communication Media Including Technology
- Strategy 6: Help Improve Access



# Strategies for Success – Objective 4

Partnerships are important in supporting Western and Traditional systems of health care to work together.

## **Objective 4: To Promote Partnership**

- Strategy 1: Start with Communities
- Strategy 2: Support the Development of Intellectual Property Rights
- Strategy 3: Support Policy Development
- Strategy 4: Serve as a Liaison
- Strategy 5: Support the Development of Protocols

# Strategies for Success – Objective 5

The FNHA and its partners and collaborators recognize the need to advocate in the key areas related to traditional wellness

## **Objective 5: To Advocate and Support Traditional Healers and Communities**

- Strategy 1: Support Recognition of Traditional Healers
- Strategy 2: Develop and Support Traditional Healers Advisory Committee
- Strategy 3: Advocate for Funding
- Strategy 4: Support the Establishment of Healers Networks
- Strategy 5: Advocate for the Protection of Plants and Medicines

# Next steps

- To share this framework
- Develop a supporting toolkit of best practices and examples
- Work with the Traditional Healer's Advisory Committee on moving this work forward

# Share your successes

- Best practices in traditional healing
- Objectives/strategies that are currently being supported in your communities

# Questions or Comments?

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