

OPHO Unlearning Club Evolving Schedule

Thank you for deciding to participate in the OPHO's Unlearning Club!

This schedule outlines the plan for each month. There are 17 sessions and three modules, following Dr. Camara Jones' Science & Practice of Anti-Racism 3 Tasks: (1) naming racism; (2) asking, how is it operating here; and (3) organizing and strategizing to act. Interspersed are months that are focused on Indigenous perspectives on health and wellness.

For each month, you will find the name(s) of the primarily BIPOC experts who has/have developed the resources we will learn from that month. Two options for prep work are provided – a quick dip or deep dive. At a minimum, please try to complete the quick dip. Additional preparation is requested in some months. Relevant Foundational Commitments to Indigenous Peoples are provided. Finally, related resources are provided in case you want to explore the month's topic further.

We decided to use materials that have already been created to avoid putting additional burden on BIPOC people when they have already provided these lessons. This upholds the grounding principle of "doing our homework." We have been deliberate to privilege BC First Nations voices (indicated with **red text**), taken a distinctions-based approach, and where possible focused on BC-specific materials.

Grounding Principles

- Acknowledging that systemic white supremacy is an everyday problem that requires everyday attention to arrest, unlearn, and undo
- BIPOC voices and perspectives are privileged
- Love and care
- Humility
- Open heart, open mind
- Willingness to own and fix harms that are identified
- Erring on the side of Indigenous rights
- Sharing lessons learned towards development of evidence-based wise practices (Indigenous knowledge) and best practices (mainstream knowledge) from a two-eyed seeing perspective
- No one should have to do this work alone
- Doing our homework

Agenda for each monthly visit

- Land acknowledgement (rotating responsibility, 10m)¹²
- Opening Circle – reflections on the prep work (30m)
- Mini module presented by the host (15m)
- Break (5m)
- Discussion Circle – reflect on discussion question (40m)
- Closing Circle – one word (10m)
- Rapid Reflections (independently online, 10m)

¹ FNHA Territory Acknowledgement Information Booklet <https://www.fnha.ca/Documents/FNHA-Territory-Acknowledgements-Information-Booklet.pdf>

² WSÁNEĆ Leadership Council - Resources for Settlers <https://wsanec.com/learn-settlers/>

Month 1 | April 2022 – Welcome

Our Teacher(s)	DR. CAMARA JONES MD, MPH, PHD Former president of the American Public Health Association who launched a national campaign against racism.
Quick Dip	TED TALK (20m31s) Allegories on race and racism https://youtu.be/GNhcY6fTyBM ARTICLE (4pages) Toward the Science and Practice of Anti-Racism: Launching a National Campaign Against Racism https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6092166/pdf/ethndis-28-231.pdf
Deep Dive	DOCUMENTARY (1h40m) 13 th https://www.netflix.com/ca/title/80091741
Additional Preparation	Please bring an object that represents who you are and where you come from to our first monthly session.

Module 1: Naming Racism & White Supremacy

Module 1 focuses on making visible three interrelated systems of oppression operating in BC: white supremacy, settler colonialism, and Indigenous-specific racism. We introduce useful frameworks for shared understanding and build a common vocabulary. We spend time thinking about our own relationship to these and other systems of oppression.

Month 2 | May 2022 – Orientation to Anti-Racism

Our Teacher(s)	DR. IBRAM X. KENDI is one of America’s foremost historians and leading antiracist scholars. He is the Andrew W. Mellon Professor in the Humanities and the Founding Director of the Boston University Center for Antiracist Research.
Quick Dip	TED TALK (51m14s) Difference between being "not racist" and antiracist https://youtu.be/KCxb15QgFZw
Deep Dive	BOOK How to Be an Anti-Racist, by Ibram X. Kendi
Related Resources	<ul style="list-style-type: none"> CBC DOC (44m18s) The Skin We're In: Pulling back the curtain on racism in Canada https://youtu.be/msoBTIv1VqM
Discussion Questions	<ol style="list-style-type: none"> 1. What is the difference between being “not racist” and being “antiracist”? Have you ever previously used the phrase “I’m not racist” before? How can this phrase prevent us from examining our own ideas, thoughts, and actions? What language can you use in place of saying, “I’m not racist”? 2. Why does Kendi recommend that we approach antiracist work with vulnerability? Why is it difficult to acknowledge our own beliefs or perspectives as being racist? How can recognizing and sharing our own beliefs create an opportunity for self-reflection? How can you help others in their own reflection and learning? <p>Source: Zafer R. (n.d.) First-Year and Common Reading Guide for Ibram X. Kendi’s How to Be an Antiracist. https://images.randomhouse.com/promo_image/9780525509288_6609.pdf</p>

Month 3 | June 2022 – My Relationship to White Supremacy

Our Teacher(s)	<p>DR STEPHANIE NIXON, BA, BHSC, MSC, PHD is a white settler and a physiotherapist. She is an Associate Professor in the Department of Physical Therapy and the Dalla Lana School of Public Health, and Director of the International Centre for Disability and Rehabilitation at the University of Toronto.</p> <p>DR. AMY TAN, MD MSc (Palliative Medicine) CCFP(PC) FCFP is an academic family and hospice palliative care physician. Associate Professor, Department of Family Medicine, Cumming School of Medicine, University of Calgary.</p> <p>LAYLA SAAD is an author, speaker & teacher on the topics of race, identity, leadership, personal transformation & social change.</p>
Quick Dip	<p>VIDEO (10m19s) Role of privilege in relation to public health ethics and practice https://youtu.be/a30a_NiT5zc</p> <p>ARTICLE (13pages) The coin model of privilege and critical allyship: implications for health https://bmcpublihealth.biomedcentral.com/articles/10.1186/s12889-019-7884-9</p> <p>INFOGRAPHIC (2pages) Power & Privilege in Canada https://amytanmd.files.wordpress.com/2021/06/power-privilege-in-canada-graphic-dr-amy-tan-md-1.pdf</p>
Deep Dive	<p>BOOK Me & White Supremacy, by Layla Saad</p>
Related Resources	<ul style="list-style-type: none"> • YOUTUBE (50m47s) What Every Health Researcher Needs to Know About Health Equity: Privilege, Oppression and Allyship https://youtu.be/yiWZK2Ax7M • ARTICLE (9pages) White Supremacy Culture (& Antidotes) https://www.whitesupremacyculture.info/uploads/4/3/5/7/43579015/okun_-_white_sup_culture_2020.pdf • ARTICLE Ways to Be an Ally https://thetyee.ca/Analysis/2020/06/09/Ways-To-Be-An-Ally/ • ARTICLE White Privilege: Unpacking the invisible backpack. https://psychology.umbc.edu/files/2016/10/White-Privilege_McIntosh-1989.pdf
Discussion Questions	<ol style="list-style-type: none"> 1. What have you begun to see that you cannot unsee? 2. What have you begun to unearth about yourself when it comes to privilege and particularly in relation to white supremacy? 3. How do you think about the role of privilege in relation to population and public health? 4. What is the issue in positioning ourselves as "neutral" in relation to systems of inequity?

Month 4 | July 2022 – Challenging Racist ‘British Columbia’

Our Teacher(s)	The 150YC team: https://www.challengeracistbc.ca/#150YC-team
Quick Dip	None this week – the report below is essential reading for all British Columbians.
Deep Dive	REPORT (80pages) https://www.challengeracistbc.ca/#downloads
Related Resources	<ul style="list-style-type: none"> • PODCAST (27m35s) Tilted Ground. This Place Podcast. https://www.cbc.ca/listen/cbc-podcasts/1020-this-place/episode/15852330-tilted-ground • TIMELINE (25pages) Stolen Lands Broken Promises Chapter 1: Dispossession and Resistance in British Columbia, by the Union of BC Indian Chiefs LINK • ART EXHIBIT YOUTUBE (36m37s + Q&A). Museum of Anthropology Curator Tour of artist Kent Monkman's Shame and Prejudice: A Story of Resilience exhibit https://youtu.be/mACqPVUXzk8 • VIDEO SERIES (3 parts x ~13m each) https://www.challengeracistbc.ca/video-series.html • YOUTUBE CHANNEL Black Strathcona https://www.youtube.com/channel/UCVcyuVDZk1bz1oTzC4rIPfw
Discussion Questions	<ol style="list-style-type: none"> 1. Consider your own connection to racism in BC. 2. What are some historic examples of institutional racism in BC and Canada? What are some present-day examples of institutional racism in BC and Canada? 3. What is the relationship between government policies and the instituting of racism? What specific examples illustrate that relationship? 4. Reflect on the idea of people “just doing their jobs” in upholding institutional racism. 5. What does this month’s material tell us about BIPOC resistance and resilience in BC?

Month 5 | August 2022 – Indigenous Perspectives: Land, Self-Determination, & Health

Note: This month's prep material was selected to coincide with summer holidays. Listening to Dr. Kimmerer's book was transformative, uplifting, and nourishing for me, and I hope you get some of that good medicine from it too.

Our Teacher(s)	DR ROBIN WALL KIMMERER is a mother, scientist, decorated professor, and enrolled member of the Citizen Potawatomi Nation. She lives in Syracuse, New York, where she is a SUNY Distinguished Teaching Professor of Environmental Biology, and the founder and director of the Center for Native Peoples and the Environment.
Quick Dip	VIDEO (14m48s) Lekwungen: Place to Smoke Herring https://vimeo.com/275788251
Deep Dive	BOOK or AUDIOBOOK Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge and the Teachings of Plants, by Robin Wall Kimmerer
Related Resources	<ul style="list-style-type: none"> • CHAPTER Everything Is Connected: Integrating First Nations Perspectives and Connection to Land into Population Health Reporting, by FNHA OCMO & OPHO team members. Z:\60100-30 Reconciliation & Antiracism\Unlearning Club\Resources\Ch14-Everything_Connected.pdf • BOOK Therapeutic Nations: Healing in an Age of Indigenous Human Rights, by Dian Million • GRAPHIC Our Health, Our Future https://tiarelani.com/work-1/tex-mex-t-rex-2wl39-fdltn-yz959 • ARTICLE Practicing sustainable self-determination: Indigenous approaches to cultural restoration and revitalization https://repository.library.brown.edu/studio/item/bdr:1078716/PDF/
Discussion Questions	<ol style="list-style-type: none"> 1. Reflect on tensions between Indigenous worldviews and settler colonial worldviews. Has your own way of seeing the world ever clashed with mainstream approaches? 2. Dr. Wall Kimmerer talks about receiving a gift as creating responsibility for those who receive it. What gifts did you receive from this month's materials? 3. A major theme this month is reciprocity - that humans, the land, and environment depend on each other - and this relationship is sacred. How do we/can we/will we honour teachings of gratitude, reciprocity, and responsibility in relation to our work?

Month 6 | September 2022 – Whiteness, Public Health, & Health Equity

Our Teacher(s)	<p>NANCY LALIBERTE, PHD (C) is Nêhiyaw/Métis from the Beaver River area of what is now known as Saskatchewan and works for PHSA Indigenous Health.</p> <p>SUME NDUMBE-EYOH is the Director of the Black Health Education Collaborative and an Assistant Professor in the Clinical Public Health Division at the Dalla Lana School of Public Health at the University of Toronto.</p> <p>ALYCIA FRIDKIN is an Urban Health Planner for the City of Vancouver.</p>
Quick Dip	<p>ARTICLE (9pages) Let's Talk: Whiteness and health equity https://nccdh.ca/resources/entry/lets-talk-whiteness-and-health-equity</p>
Deep Dive	<p>WEBINAR (90mins over 5 videos) Let's talk: Whiteness and health equity (2021) https://www.youtube.com/playlist?list=PLFvgvG0dOW24f9sSc0HG5W5icuWcKcEq</p>
Related Resources	<ul style="list-style-type: none"> • POSITION STATEMENT (8pages) Canadian Public Health Association Racism & Public Health Position Statement https://www.cpha.ca/sites/default/files/uploads/policy/positionstatements/racism-positionstatement-e.pdf • POLICY STATEMENT (10pages) Canadian Public Health Association Indigenous Relations & Reconciliation https://www.cpha.ca/sites/default/files/uploads/about/reconciliation/indigenous-reconciliation-policy-e.pdf • ARTICLE (17pages) White Fragility https://libjournal.uncg.edu/ijcp/article/viewFile/249/116 • DECLARATION Addressing Anti-Black Racism as a Public Health Crisis in the City of Toronto http://app.toronto.ca/tmmis/viewAgendaItemHistory.do?item=2020.HL17.9 • ARTICLE (8pages) White Supremacy Culture by Tema Okun & Kenneth Jones. https://www.dismantlingracism.org/uploads/4/3/5/7/43579015/okun - white sup culture.pdf
Discussion Questions	<p>Individual self-reflection questions:</p> <ol style="list-style-type: none"> 1. How do you define your racial identity? What emotions come up for you? 2. How do you see your role and responsibility in disrupting Whiteness and White supremacy? 3. What actions can you undertake to make Whiteness visible in your organization? <p>Organizational questions:</p> <ol style="list-style-type: none"> 4. What can support organizational leaders to increase their awareness of Whiteness and racial identity and actions to disrupt Whiteness? 5. How do values and practices of Whiteness show up in your organizational programs, policies and processes? 6. What practices can your organization put in place to recognize and disrupt systems of Whiteness? <p>Source: Laliberte, N., Fridkin, A., & Ndumbe-Eyoh, S. (2020). Let's Talk Whiteness and Health Equity. https://nccdh.ca/images/uploads/comments/Lets-talk-whiteness-and-health-equity_2020_EN.pdf</p>

Module 2: How is it operating here? - Systemic Racism & Settler Colonialism

Module 2 focuses on the structures, policies, practices, norms, and values of ongoing settler colonialism in BC and Canada. We will hear about tools of settler colonialism that are still active in the present day – in our lives on stolen lands, in the BC government, in the OPHO. We will also hear about tools of settler colonialism that have officially come to an end, but their impact is still active. It is important to emphasize that while we may sometimes be looking to the past to help our understanding, what we are learning about is occurring in this place, at this time (here and now).

Month 7 | October 2022 – Indian Act (Structures)

Our Teacher(s)	<p>THE HONOURABLE MR. JUSTICE MURRAY SINCLAIR, LL.B, DU, DCL, H.DR OF LAWS is a former member of the Canadian Senate and First Nations lawyer who led the Residential Schools Truth and Reconciliation Commission. His Ojibway name Mizanay Gheezhik, means "the One Who Speaks of Pictures in the Sky."</p> <p>BOB JOSEPH, founder and President of Indigenous Corporate Training, has provided training on Indigenous relations since 1994. He is an initiated member of the Hamatsa Society and has inherited a chief's seat in the Gayaxala (Thunderbird) clan, the first clan of the Gwawa'enuxw one of the 18 tribes that make up the Kwakwaka'wakw.</p>
Quick Dip	<p>YOUTUBE (1h6m) Doctrine of Discovery https://youtu.be/mQwkB1hn5E8</p>
Deep Dive	<p>BOOK 21 Things You Didn't Know about the Indian Act, by Bob Joseph</p> <p>Alternatives if you can't access the book:</p> <ul style="list-style-type: none"> • YOUTUBE (1h6m) 21 Things You Didn't Know About the Indian Act Presentation https://www.youtube.com/watch?v=nnZGQ5qb_nw • CBC ARTICLE https://www.cbc.ca/news/indigenous/21-things-you-may-not-know-about-the-indian-act-1.3533613
Foundational Commitment	<p>UNDRIP</p> <ul style="list-style-type: none"> • UN Declaration on the Rights of Indigenous Peoples (32pages) https://www.un.org/development/desa/indigenouspeoples/wp-content/uploads/sites/19/2018/11/UNDRIP_E_web.pdf • BC Declaration on the Rights of Indigenous Peoples Act https://www.leg.bc.ca/parliamentary-business/legislation-debates-proceedings/41st-parliament/4th-session/bills/third-reading/gov41-3 • Declaration Act Action Plan https://www2.gov.bc.ca/assets/gov/government/ministries-organizations/ministries/indigenous-relations-reconciliation/declaration_act_action_plan.pdf
Related Resources	<ul style="list-style-type: none"> • PAPAL BULL (English translation) https://caid.ca/Bull_Romanus_Pontifex_1455.pdf • LAW Indian Act https://laws-lois.justice.gc.ca/eng/acts/i-5/ • PODCAST (44m51s) Secret Life of Canada - S2: The Indian Act https://www.cbc.ca/listen/cbc-podcasts/203-the-secret-life-of-canada/episode/15721469-s2-the-indian-act • RESEARCH PAPER (34pgs): Seven Generations, Seven Teachings: Ending the Indian Act. John Borrows for the National Centre for First Nations Governance. 2008. https://fngovernance.org/wp-content/uploads/2020/05/john_borrows.pdf
Discussion Questions	<ol style="list-style-type: none"> 1. What did you see that was once invisible to you? How did you react? 2. Now that we have witnessed these truths and carry these sacred responsibilities, what is the work we are doing in response?

Month 8 | November 2022 – Residential Schools (Structures)

<p>Our Teacher(s)</p>	<p>GINGER GOSNELL-MYERS, of Nisga'a and Kwakwaka'wakw heritage, was the City of Vancouver's first Indigenous Relations Manager, where she advanced Vancouver as the world's first "City of Reconciliation," and ensured that Indigenous recognition and meaningful inclusion was reflected throughout all City departments and plans.</p> <p>PHYLLIS WEBSTAD is Northern Secwepemc (Shuswap) from the Stswecem'c Xgat'tem First Nation (Canoe Creek Indian Band). She comes from mixed Secwepemc and Irish/French heritage, was born in Dog Creek, and lives in Williams Lake, BC. Today, Phyllis is married, has one son, a stepson and five grandchildren. She is the Founder and Ambassador of the Orange Shirt Society, and tours the country telling her story and raising awareness about the impacts of the residential school system. She has now published two books, the "Orange Shirt Story" and "Phyllis's Orange Shirt" for younger children.</p> <p>DUNCAN MCCUE is a Canadian television and radio journalist for the Canadian Broadcasting Corporation. He is Anishinaabe, from Ontario, a member of the Chippewas of Georgina Island First Nation.</p>
<p>Quick Dip</p>	<p>TED TALK (15m25s) Canadian Shame: A History of Residential Schools https://youtu.be/U1EDbbse2BM</p>
<p>Deep Dive</p>	<p>DOCUMENTARY MOVIE (45min) https://www.crave.ca/en/movies/returning-home "Returning Home" weaves the story of two parallel narratives. The first is the story of Phyllis Webstad, a Survivor of the former St. Joseph's Mission residential school in Williams Lake and originator of Orange Shirt Day. The second is the story of the steady decline of wild pacific salmon.</p> <p><i>And/or</i></p> <p>PODCAST SERIES (8x 30mins) Kuper Island https://www.cbc.ca/listen/cbc-podcasts/1062-kuper-island An 8-part series that tells the stories of four students: three who survived and one who didn't. They attended one of Canada's most notorious residential schools – where unsolved deaths, abuse, and lies haunt the community and the survivors to this day. Hosted by Duncan McCue.</p>
<p>Foundational Commitment</p>	<p>TRC</p> <ul style="list-style-type: none"> Honouring the Truth, Reconciling for the Future: Summary of the Final Report of the Truth and Reconciliation Commission of Canada (535 pages) https://ehprnh2mw03.exactdn.com/wp-content/uploads/2021/01/Executive_Summary_English_Web.pdf 94 Calls to Action (20 pages) https://www2.gov.bc.ca/assets/gov/british-columbians-our-governments/indigenous-people/aboriginal-peoples-documents/calls_to_action_english2.pdf
<p>Related Resources</p>	<ul style="list-style-type: none"> BOOK (Novel) Five Little Indians by Michelle Good https://www.harpercollins.ca/9781443459181/five-little-indians/ PODCAST Stolen: Surviving St. Michaels (Season 2) https://gimletmedia.com/shows/stolen DOCUMENTARY MOVIE We Were Children https://www.nfb.ca/film/we_were_children/ WEBSITE Indian Residential School History & Dialogue Centre at UBC https://irshdc.ubc.ca/ FEATURE LENGTH MOVIE (1h41m) Indian Horse https://www.indianhorse.ca/en BOOK (Fiction) Indian Horse, by Richard Wagamese https://www.indianhorse.ca/en/book
<p>Discussion Questions</p>	<ol style="list-style-type: none"> What did you see that was once invisible to you? How did you react? Now that we have witnessed these truths and carry these sacred responsibilities, what is the work we are doing in response?

Month 9 | December 2022 – Sixties Scoop & Millennial Scoop (Policies)

Our Teacher(s)	DR. CINDY BLACKSTOCK, PHD. A member of the Gitksan First Nation, Cindy is honoured to serve as the Executive Director of the First Nations Child and Family Caring Society and a professor at McGill University’s School of Social Work.
Quick Dip	VIDEO (1h16m) Dr. Cindy Blackstock: Reconciling History (presentation to the University of Ottawa Faculty of Medicine) https://www.youtube.com/watch?v=dph7ShID6mg
Deep Dive	DOCUMENTARY MOVIE (2h43m) We Can't Make the Same Mistake Twice, by Alanis Obomsawin https://www.nfb.ca/film/we_can_t_make_the_same_mistake_twice/
Foundational Commitment	MMIWG <ul style="list-style-type: none"> Reclaiming Power and Place: The Final Report of the National Inquiry into Missing and Murdered Indigenous Women and Girls https://www.mmiwg-ffada.ca/final-report/ 231 Calls for Justice https://www.mmiwg-ffada.ca/wp-content/uploads/2019/06/Calls-Web-Version-EN.docx
Related Resources	<ul style="list-style-type: none"> ARTICLE The Story of a National Crime https://thetyee.ca/Analysis/2021/06/02/National-Crime-Residential-Schools/ DOCUMENTARY MOVIE Highway of Tears https://highwayoftearsfilm.com/watch PODCAST SERIES Finding Cleo https://www.cbc.ca/radio/findingcleo REPORT (78pages) The Road to Safety Indigenous Survivors in BC Speak Out against Intimate Partner Violence during the COVID-19 Pandemic https://bcaafc.com/wp-content/uploads/2022/07/Road-to-Safety-FINAL-web-version.pdf
Discussion Questions	<ol style="list-style-type: none"> What did you see that was once invisible to you? How did you react? Now that we have witnessed these truths and carry these sacred responsibilities, what is the work we are doing in response?

Month 10 | January 2023 – Indigenous Perspectives: Resistance & Resilience

Note: This month's prep material was selected to coincide with winter holidays. The story of Louis Riel's leadership and resistance, as well as Chester Brown's unique graphic approach, makes the novel an excellent cozy couch read.

Our Teacher(s)	<p>CHIEF DAN GEORGE was Chief of the Tsleil-Waututh Nation. He was also an actor, poet, and author; his best-known written work was "My Heart Soars". As an actor, he is remembered for portraying Old Lodge Skins opposite Dustin Hoffman in Little Big Man (1970), for which he was nominated for the Academy Award for Best Supporting Actor.</p> <p>MUMILAAQ QAQQAQ is an Inuk activist and former politician who served as the Member of Parliament (MP) for Nunavut in the House of Commons of Canada from 2019 to 2021.</p> <p>LOUIS RIEL was a Métis political leader in their resistance against the Canadian government in the Canadian Northwest</p>
Quick Dip	<p>VIDEO (6m16s) Lament for Confederation Chief Dan George 1967 https://vimeo.com/216569738 Text: https://www.timescolonist.com/editorials-archive/editorial-looking-back-at-chief-dan-georges-lament-for-confederation-4690396</p> <p>YOUTUBE (10m10s) Mumilaaq Qaqqaq House of Commons Farewell Speech https://youtu.be/-vQnzQIQn48</p>
Deep Dive	<p>GRAPHIC NOVEL Louis Riel: A Comic-Strip Biography, by Chester Brown https://www.goodreads.com/book/show/269353.Louis_Riel</p>
Foundational Commitment	<p>BC-MNBC Letter of Intent https://www.mnbc.ca/news/2021/province-metis-nation-bc-advance-relations-with-letter-of-intent/</p>
Related Resources	<ul style="list-style-type: none"> • DOCUMENTARY (1h56m) Kanehsatake: 270 Years of Resistance https://www.nfb.ca/film/kanehsatake_270_years_of_resistance/ • PODCAST (SERIES) CBC's This Place https://www.cbc.ca/listen/cbc-podcasts/1020-this-place • GRAPHIC ANTHOLOGY This Place https://www.portageandmainpress.com/Books/T/This-Place
Discussion Questions	<ol style="list-style-type: none"> 1. What did you see that was once invisible to you? How did you react? 2. Now that we have witnessed these truths and carry these sacred responsibilities, what is the work we are doing in response?

Month 11 | February 2023 – The Pass System (Practices)

Our Teacher(s)	<p><i>The Pass System</i> is a result of a five-year investigation involving extensive, pan-Canadian archival research and elders’ oral history testimony, revealing a system that appears to be much more widespread than previously thought. Nehiyaw, Saulteaux, Dene, Ojibwe and Niitsitapi Elders from Treaty areas 4, 6 & 7 (Saskatchewan & Alberta), tell stories of living under and resisting the system. Leading historians and scholars such as Winona Wheeler, Sarah Carter, J.R. Miller, Brian Titley, Shauneen Pete, and the film’s Historical Consultant John S. Milloy, provide key context essential to understanding the system’s many impacts that reverberate to this day. Narrated by legendary actor and activist, Tantoo Cardinal.</p> <p>BOUSHIE FAMILY. On August 9, 2016, a young Cree man named Colten Boushie died from a gunshot to the back of his head after entering Gerald Stanley’s rural property with his friends. The jury’s subsequent acquittal of Stanley captured international attention, raising questions about racism embedded within Canada’s legal system and propelling Colten’s family to national and international stages in their pursuit of justice.</p>
Quick Dip	<p>VIDEO (50m) The Pass System: Life Under Segregation in Canada https://gem.cbc.ca/media/the-pass-system/s1226e1226</p>
Deep Dive	<p>DOCUMENTARY MOVIE (1h38m) nîpawistamâsowin: We Will Stand Up https://www.nfb.ca/film/nipawistamasowin-we-will-stand-up/</p>
Foundational Commitment	<p>10 PRINCIPLES</p> <ul style="list-style-type: none"> • Draft Principles that Guide the Province of British Columbia’s Relationship with Indigenous Peoples https://www2.gov.bc.ca/assets/gov/careers/about-the-bc-public-service/diversity-inclusion-respect/draft_principles.pdf
Related Resources	<ul style="list-style-type: none"> • ARTICLE Owusu-Bempah, et al. (2014). Years of life lost to incarceration: inequities between Aboriginal and non-Aboriginal Canadians. BMC Public Health, 14(1), 585. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4082275/
Discussion Questions	<ol style="list-style-type: none"> 1. What did you see that was once invisible to you? How did you react? 2. Now that we have witnessed these truths and carry these sacred responsibilities, what is the work we are doing in response?

Month 12 | March 2023 – Settler Colonialism, Racism, & Health (Norms, Values)

Our Teacher(s)	<p>BRIAN SINCLAIR was an Indigenous man who used a wheelchair living in Winnipeg, Manitoba. Indigenous is used here, because his parents lost their ‘status’ as a result of discriminatory Canadian law. He died without receiving care at the Emergency Department of the Winnipeg Health Sciences Centre in 2008.</p> <p>KEEGAN COMBES was a young man from Skwah First Nation who was non-verbal by choice. He died following delayed treatment at an Emergency Department of a Fraser Health Region hospital in 2015.</p> <p>JOYCE ECHEQUAN was a 37-year-old Atikamekw woman and mother of seven. She died shortly after filming herself being insulted and mocked by female staff at a hospital northeast of Montreal in 2020.</p>
Quick Dip	<p>CASE STUDY (52pages) Remembering Keegan: a BC First Nations Case Study Reflection https://www.fnha.ca/Documents/FNHA-Remembering-Keegan.pdf</p>
Deep Dive	<p>BOOK Structures of Indifference, by Mary Jane Logan McCallum & Adele Perry</p> <p><i>Or</i></p> <p>WEBINAR (57minutes) Structures of Indifference Presentation with Mary Jane Logan McCallum & Adele Perry https://youtu.be/CKzLqeGAFXM</p>
Foundational Commitment	<p>IN PLAIN SIGHT</p> <ul style="list-style-type: none"> • In Plain Sight report https://engage.gov.bc.ca/app/uploads/sites/613/2020/11/In-Plain-Sight-Summary-Report.pdf • 24 IPS recommendations shorturl.at/ioEV5
Related Resources	<ul style="list-style-type: none"> • Joyce's Principle https://principedejoyce.com/en/index • BOOK White Benevolence: Racism and Colonial Violence in the Helping Professions, edited by Amanda Gebhard, Sheelah McLean, and Verna St. Denis. • BOOK Separate Beds, by Maureen Lux • BOOK Inflamed: Deep Medicine and the Anatomy of Injustice, by Raj Patel and Rupa Marya
Discussion Questions	<ol style="list-style-type: none"> 1. What did you see that was once invisible to you? How did you react? 2. Now that we have witnessed these truths and carry these sacred responsibilities, what is the work we are doing in response?

Month 13 | April 2023 – Indigenous Perspectives: Land-Based Activity

Our Teacher(s)	<p>The land where we live.</p> <p>This month’s homework is a little different before we dive into the final module on Organizing and Strategizing to Act. You are invited to do a self-directed land-based activity in your area – going for an intentional walk on the territories we have been learning about.</p> <p>For those of you in the Victoria area, three options have been provided. For those of you who are outside of Victoria, this means a little extra homework of researching an appropriate walk to do where you live.</p>
Prep Work	<p>SELF GUIDED TOUR - Signs of Lekwungan https://www.songheesnation.ca/downloads/lekwungen-brochure-pdf.pdf</p> <p>WALK (1.5km) T’Sou-ke (Sooke) boardwalk with signage by T’Sou-ke artist Mark Gauti https://vancouverislandbucketlist.com/experiences/sooke-boardwalk-loop/</p> <p>WALK/BIKE/DRIVE (13km) First Nations Monuments of Oak Bay https://salishweave.com/wp-content/uploads/2020/03/First-Nations-Monuments-of-Oak-Bay-Tour-Brochures.pdf</p>
Discussion Questions	<ol style="list-style-type: none"> 1. Share your reflections on this month’s way of learning. 2. What did you see that was once invisible to you? How did you react? 3. Now that we have witnessed these truths and carry these sacred responsibilities, what will you do/are you doing in response?

Module 3: Organizing & Strategizing to Act - Where do we go from here?

Month 14 | May 2023 – Reflecting on Personal Journey

This month focuses on organizing and strategizing to act at an individual and personal level.

Our Teacher(s)	<p>DR CRYSTAL GAIL FRASER is Gwich'ya Gwich'in and originally from Inuvik and Dachan Choo Gèhnjik, Northwest Territories. She is an Assistant Professor at the University of Alberta.</p> <p>DR SARA KOMARNISKY is a settler, scholar, and author of <i>Mexicans in Alaska</i> (UNebraska Press); co-author of <i>150 Acts of Reconciliation</i> (Active History). She is Research Chair, Health & Community at Aurora Research Institute in Sòmba k'è (Yellowknife), Northwest Territories.</p> <p>CHIEF DR. ROBERT JOSEPH, OC, OBC. is a true peace-builder whose life and work are examples of his personal commitment. A Hereditary Chief of the Gwawaenuk First Nation, Chief Joseph has dedicated his life to bridging the differences brought about by intolerance, lack of understanding and racism at home and abroad.</p> <p>The Honourable JODY WILSON-RAYBOULD, P.C., O.B.C., K.C., served as the Independent Member of Parliament for Vancouver Granville, Minister of Justice and Attorney General of Canada, Minister of Veterans Affairs and Associate Minister of National Defence until her resignation in 2019. Wilson-Raybould is a Principal of JWR Group, a lawyer, an advocate and leader among Canada's Indigenous Peoples with a strong reputation as a bridge builder between communities, and a champion of good governance and accountability. She has been a provincial crown prosecutor, a councillor for the We Wai Kai Nation, a chair of the First Nations Finance Authority and has served as the BC regional chief of the Assembly of First Nations. Wilson-Raybould has written two bestselling books, <i>"Indian" in the Cabinet: Speaking Truth to Power</i> (2021) and <i>From Where I Stand: Rebuilding Indigenous Nations for a Stronger Canada</i> (2019). Jody Wilson-Raybould is a descendant of the Musgamagw Tsawataineuk and Laich-Kwil-Tach peoples, which are part of the Kwakwaka'wakw, also known as the Kwak'wala-speaking peoples. She is a member of the We Wai Kai Nation. Her traditional name, Puglaas, means "woman born to noble people."</p>
Quick Dip	<p>WEBSITE 150 Acts of Reconciliation for Canada's 150 http://activehistory.ca/2017/08/150-acts-of-reconciliation-for-the-last-150-days-of-canadas-150/</p>
Deep Dive	<p>BOOK True Reconciliation: How to Be a Force for Change by Jody Wilson-Raybould https://storestock.massybooks.com/item/ssARrWrToAbt8No8UBCrjw</p> <p>BOOK Namwayut-We Are All One: A Pathway to Reconciliation by Chief Robert Joseph https://storestock.massybooks.com/item/08ixgDXLFavaVFtlwcJZhg</p>
Additional Prep	<p>Please create your own list of Acts of Reconciliation you plan to undertake, thinking about this week, this month, this year, and the next 10 years.</p>
Related Resources	<ul style="list-style-type: none"> • WEBINAR (1hr31m) Connecting Indigenous Cultural Safety & Addressing Racism in the Health Care System w/ Harley Eagle https://www.youtube.com/watch?v=G1OIHQSmIVQ • REPORT (68pgs) Land Back: A Yellowhead Institute Red Paper https://redpaper.yellowheadinstitute.org/ • REPORT (76pgs) Cash Back: A Yellowhead Institute Red Paper https://cashback.yellowheadinstitute.org/
Discussion Questions	<ol style="list-style-type: none"> 1. Add your Acts of Reconciliation to the new Acts of Reconciliation Teams Channel. 2. Reflect on what you thought and felt as you made your list. 3. Share any comments, questions, or reflections on reading others' Acts.

Month 15 | June 2023 – Anti-Racist Health Leadership

This month focuses on organizing and strategizing to act at an organizational level.

Our Teacher(s)	<p>DR. MARCIA ANDERSON is Cree-Anishinaabe and grew up in the North End of Winnipeg. Her family roots go to the Norway House Cree Nation and Peguis First Nation in Manitoba. She practices both Internal Medicine and Public Health as a Medical Officer of Health with the Indigenous Services Canada-Manitoba Region. She is the Vice-Dean, Indigenous Health and the Executive Director of Indigenous Academic Affairs in the Ongomiizwin Indigenous Institute of Health and Healing, Rady Faculty of Health Sciences, University of Manitoba. She serves as the Chair of the Indigenous Health Network of the Association of Faculties of Medicine of Canada. She is a Past President of the Indigenous Physicians Association of Canada and Past Chair of the Pacific Region Indigenous Doctors Congress. She was recognized for her contributions to Indigenous peoples health with a National Aboriginal Achievement Award in March 2011. In 2018 she was named one of the 100 most powerful women in Canada by the Women’s Executive Network.</p> <p>DR. ESTHER CHOO is Associate Professor in the Center for Policy and Research in Emergency Medicine, Oregon Health & Science University and Founding Member for TIME’S UP Healthcare</p> <p>DR. J NWANDO OLAYIWOLA is the inaugural Chief Health Equity Officer and Senior Vice President for Humana, Inc., a role she assumed in April 2021. Until March 2021, Dr. Olayiwola served as Chair and Professor of the Ohio State University Department of Family and Community Medicine, and Chief of Family Health Services for the OSU Health System.</p>
Quick Dip	<p>ARTICLE (1page) Choo, E. (2020). Seven things organisations should be doing to combat racism. Lancet, 396(10245), 157. https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(20)31565-8/fulltext</p> <p>ARTICLE (1page) Olayiwola, J. N., & Choo, E. (2020). Seven more things organisations should be doing to combat racism. The Lancet, 396(10251), 593. https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(20)31718-9/fulltext</p>
Deep Dive	<p>YOUTUBE (1h59m) The Imperatives of Anti-Racism in Leadership - Dr. Marcia Anderson AHSLP Keynote https://youtu.be/4jbGROZd02I</p>
Foundational Commitment	<ul style="list-style-type: none"> • STANDARD (120pgs) HSO BC Cultural Safety & Humility Standard for Organizations. A copy is available here: Z:\60100-30 Reconciliation & Antiracism\Library • WEBINAR (1h25m) Transformative Change: Advancing Cultural Safety Across British Columbia Webinar https://vimeo.com/720490467?embedded=true&source=video_title&owner=96476059
Related Resources	<ul style="list-style-type: none"> • REPORT (30pgs) Bringing Reconciliation to Healthcare in Canada: Wise Practices for Healthcare Leaders by Lisa Richardson and Tracy Murphy https://www.healthcarecan.ca/wp-content/themes/camyno/assets/document/Reports/2018/HCC/EN/TRCC_EN.pdf?target=blank
Discussion Questions	<ol style="list-style-type: none"> 1. What does anti-racist leadership mean to you? 2. What strategies do you/is your team currently use to eradicate racism? 3. What aren’t you doing but would like to start doing?

Month 16 | July 2023 – An Anti-Racist Future for Public Health

This month focuses on organizing and strategizing to act at a system level.

Our Teacher(s)	Indigenous Public Health Thought Leaders from across Canada & Hanlon et, a team of public health experts from the UK.
Quick Dip	<p>ARTICLE (7pages) Hanlon et al. Making the case for a ‘fifth wave’ in public Health. https://pubmed.ncbi.nlm.nih.gov/21256366/</p> <p>and/or</p> <p>REPORT CHAPTER (10pgs). National Indigenous Organizations: Public Health Visions from the Assembly of First Nations, Métis National Council, and Inuit Tapiriit Kanatami in <i>Visioning The Future: First Nations, Inuit & Métis Population & Public Health</i> https://www.nccih.ca/Publications/lists/Publications/VF/Visioning-the-Future_EN_Web_2021-12-14.pdf</p>
Deep Dive	<p>REPORT (64pgs). Visioning The Future: First Nations, Inuit & Métis Population & Public Health https://www.nccih.ca/Publications/lists/Publications/VF/Visioning-the-Future_EN_Web_2021-12-14.pdf</p> <p>Visioning the Future: First Nations, Inuit & Métis Population & Public Health Webinar Series</p> <ul style="list-style-type: none"> • ITK, MNC, AFN https://www.youtube.com/watch?v=3i-joiffJlg • Governance and Data https://www.youtube.com/watch?v=PdNPLi9XWvA&t=2s • Environmental and Mental Health https://www.youtube.com/watch?v=bItSrnjv2AM • Determinants of Health https://www.youtube.com/watch?v=F0lcEkjL8mo <p>REPORT (56pgs) Future Search: Action for Disrupting White Supremacy and Racism in Public Health Systems Workshop Report https://nccdh.ca/resources/entry/future-search-action-for-disrupting-white-supremacy-and-racism-in-public-health-systems-workshop-report</p>
Discussion Questions	<ol style="list-style-type: none"> 1. How has your understanding of population and public health changed over the past 16 months? 2. What do you imagine for the fifth wave of public health? 3. How has your sense of responsibility shifted?

Month 17 | August 2023 – Closing

Quick Dip/Deep Dive	Choose your own adventure: Look back over this schedule and revisit one material that calls out to you, whether its one you didn’t get to the first time through or one you’d like to revisit.
Discussion Questions	<ol style="list-style-type: none"> 1. Reflect on any key learnings that you are taking away from this journey together. 2. How do you plan to keep unlearning moving forward? 3. Share any insights you have about applying your learning, both personally and professionally.