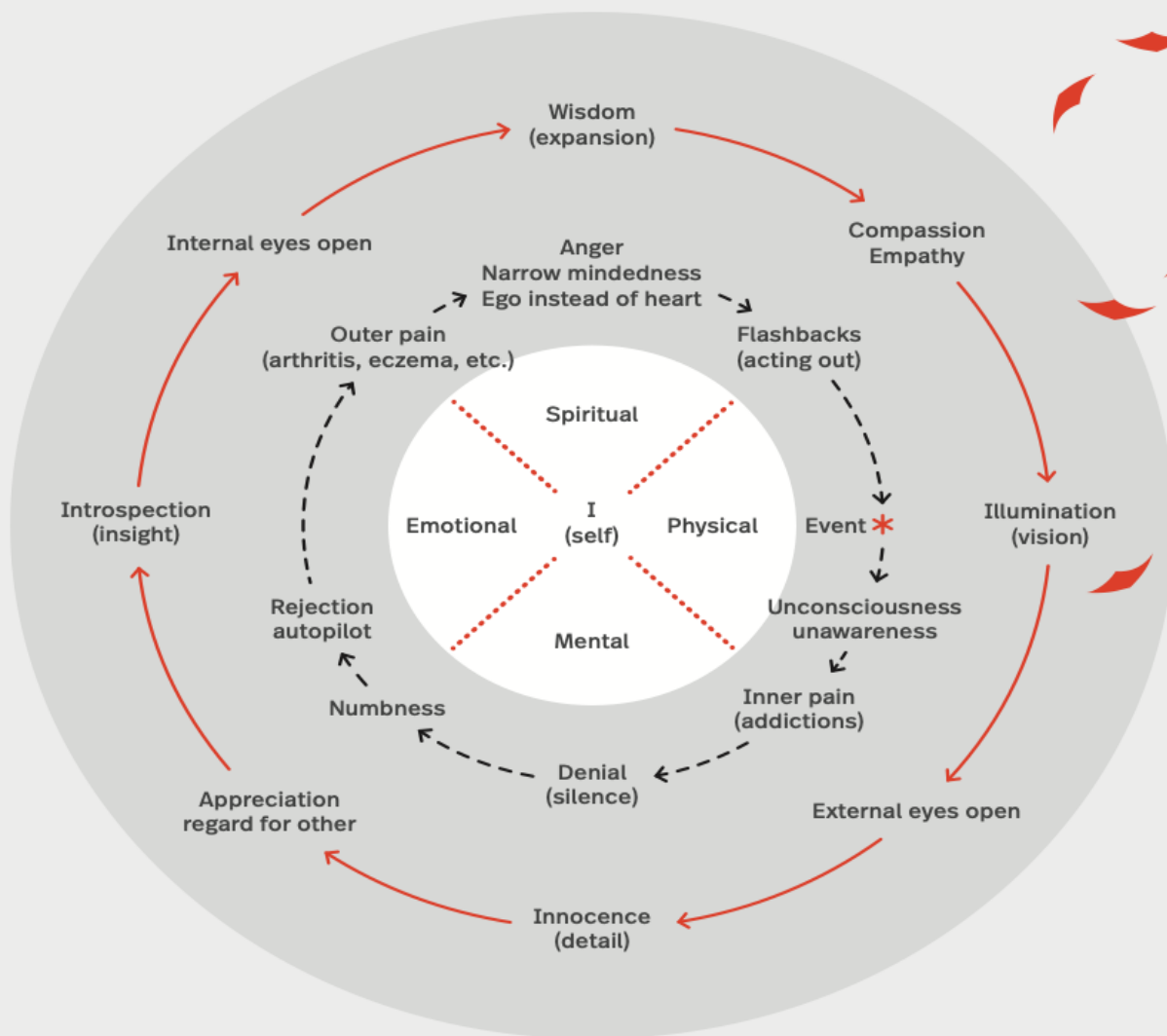


Circle of Trauma

Truth and Reconciliation Through Right Relations

DR. CYNTHIA WESLEY-ESQUIMAUX



The above circle attempts to highlight some of the turmoil and growth that we pass through on our path towards healing and compassion for ourselves and those who have hurt us.

The inner circle creates symptomatic or structural (outside) change, while the outer circle contemplates and creates systematic (inner) change and growth.

The most fascinating and frightening journey you will undertake in your entire lifetime is that which takes you

within to your heart and expansion of your soul. Walk with courage because you never walk alone... the Creator travels with you and the spirit travels lightly, which means that we must learn to leave the baggage we have accumulated behind and trust that the future will be good, and we will be strong.

Caught in the system

Indigenous families make up 8 per cent of Canada's population, but First Nations, Métis and Inuit children are disproportionately more likely to be in foster care

Percentage of children under 14 in foster care who are First Nations, Métis or Inuit



Source: MacLean's, from Statistics Canada, 2016 Census

GOOD HEALTH AND WELLNESS OUTCOMES

INDIGENOUS SYSTEMS,
KNOWLEDGE, PRACTICES

NEGATIVE HEALTH AND WELLNESS IMPACTS

COLONIALISM
Systems of subjugation or oppression, and a set of beliefs intentionally cultivated about the inferiority of Indigenous peoples.

HEALTH CARE SYSTEM
Built on colonial underpinnings. History of segregation, racism and discrimination.

POOR OUTCOMES
Negatively affects health outcomes:
*Higher suicidation
Higher stress
Reduced life expectancy
Increased rates of chronic disease
Higher infant mortality*

LESS ACCESS
Negatively affects access to health care:
*Unwelcoming environments
Lower GP/NP attachment
Geographic barriers
Mistrust
Avoidance of health care*

STEREOTYPES

Widespread and ongoing stereotyping and racism:
*Less "worthy"
Drinkers/alcoholics
Drug-seeking
Bad parents
"Frequent flyers"
Non-compliant
Less capable
Get "stuff for free"
Misogynist views of Indigenous women*

DISCRIMINATION

Leads to discrimination embedded in systems and experienced at the point of care:
*Abusive interactions
Denial of service
Ignoring and shunning
Inappropriate pain management
Medical mistakes
Disdain for cultural healing*

BREAK THE CYCLE

Indigenous right to health
Self-determination and Indigenous leadership
Cultural safety and humility
Anti-racism

INDIGENOUS SYSTEMS,
KNOWLEDGE, PRACTICES +
SUBSTANTIVE EQUALITY



THE TRUTH ABOUT ACEs

WHAT ARE THEY?

ACEs *are*
ADVERSE
CHILDHOOD
EXPERIENCES

HOW PREVALENT ARE ACEs?

The ACE study* revealed the following estimates:

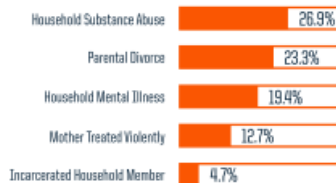
ABUSE



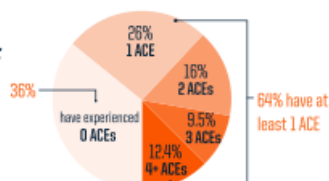
NEGLECT



HOUSEHOLD DYSFUNCTION



Of 17,000 ACE study participants:



The three types of ACEs include

ABUSE



Physical



Emotional



Sexual

NEGLECT



Physical



Emotional

HOUSEHOLD DYSFUNCTION



Mental Illness



Incarcerated Relative



Mother treated violently



Substance Abuse



Divorce

WHAT IMPACT DO ACEs HAVE?

As the number of ACEs increases, so does the risk for negative health outcomes



Possible Risk Outcomes:

BEHAVIOR



Lack of physical activity



Smoking



Alcoholism



Drug use



Missed work

PHYSICAL & MENTAL HEALTH



Severe obesity



Diabetes



Depression



Suicide attempts



STDs



Heart disease



Cancer



Stroke



COPD



Broken bones