



# Destigmatising and Decolonising Viral Hepatitis: Context, Conversations & Indigenous Perspectives

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**Disclosures:** Speaker Honoraria: Gilead, AbbVie, ECHO, INHSU, CAHN, CATIE

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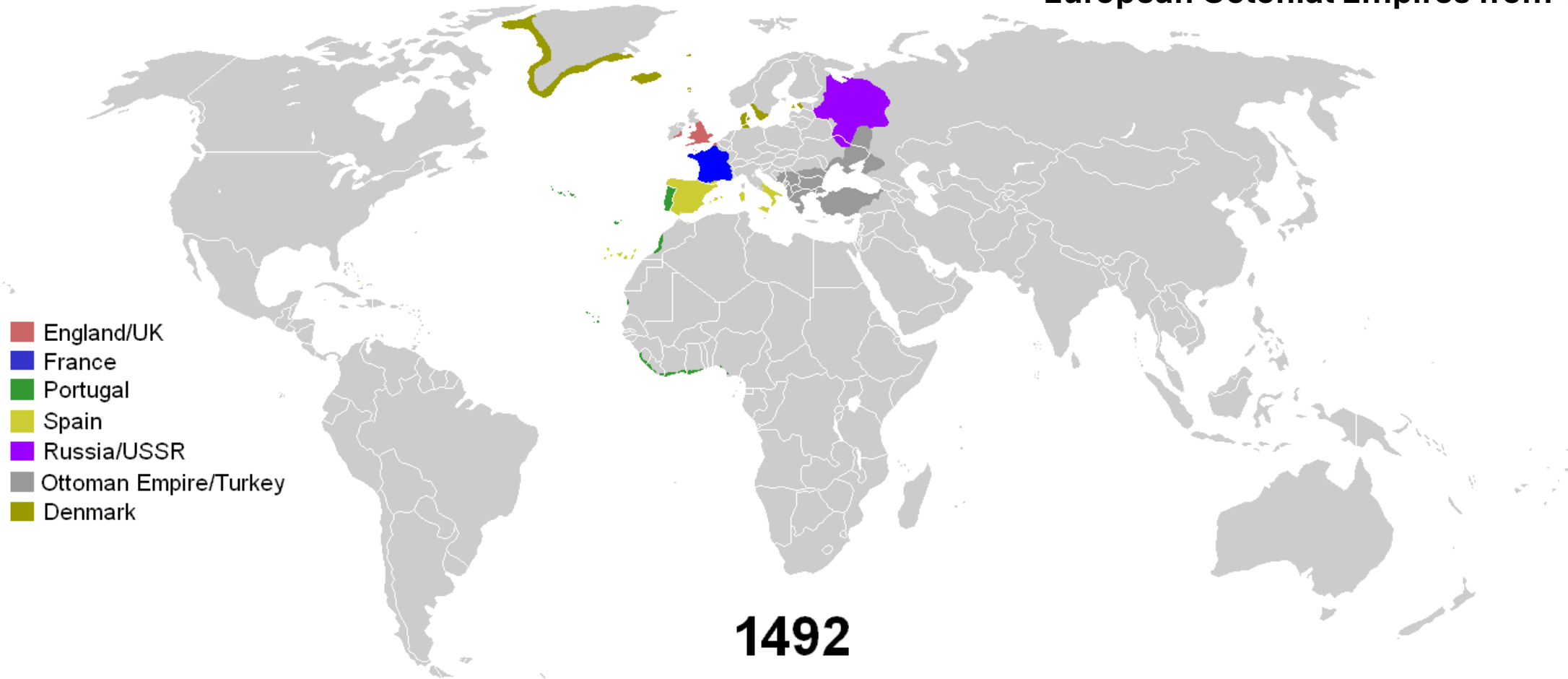


## Destigmatizing and Decolonizing Thru The Positive C's of Hep C

- Context
- Connections
- Collaborations
- Creative Conversations around Cure

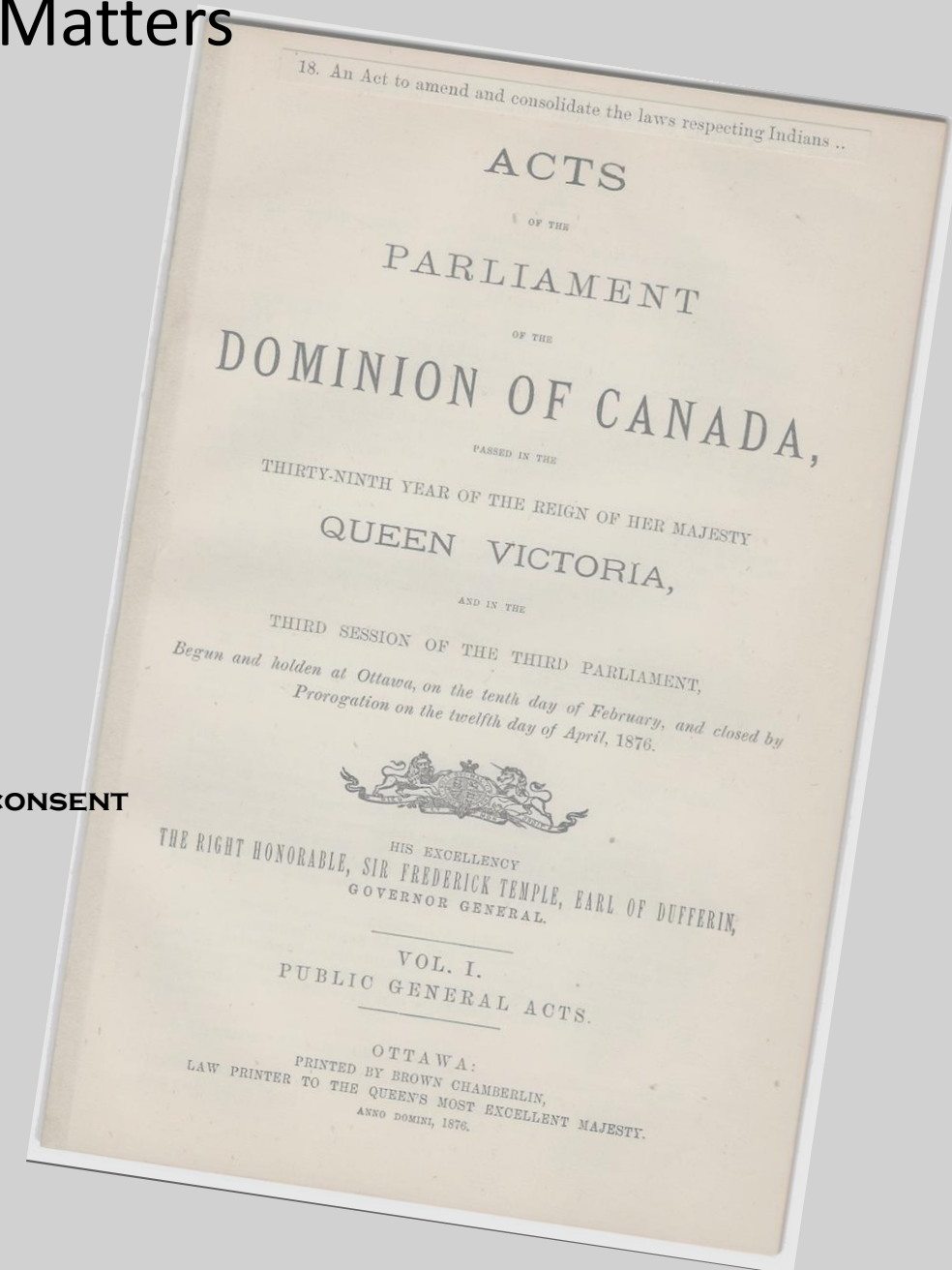
# To understand decolonization - we must first understand colonization

European Colonial Empires from 1492-2008



# Constitution Act 1867 / Indian Act 1876: Why it Matters

- **IMPOSED ELECTED CHIEF AND COUNCIL SYSTEM**
- **DENIED WOMEN STATUS (ENFRANCHISEMENT)**
- **DENIED THE RIGHT TO VOTE**
- **ENCOURAGED VOLUNTARY OR ENFORCED ENFRANCHISEMENT (LOSS OF STATUS)**
- **RENAMING PEOPLE & FORBIDDING SPEAKING INDIGENOUS LANGUAGE**
- **FORBIDDING CULTURAL CEREMONIES OR PRACTICE OF TRADITIONAL RELIGION**
- **CREATED AND ENFORCED ATTENDANCE IN RESIDENTIAL SCHOOLS**
- **CREATED RESERVED LANDS**
- **PUBLIC WORKS TAKE PRECEDENCE OVER RESERVED LANDS, AND LEASED WITHOUT BAND CONSENT**
- **PASS SYSTEM**
- **PERMIT SYSTEM CONTROLLING SALE, BARTER OR EXCHANGE OF PRODUCTS**
- **PROHIBITED SALE OF AMMUNITION**
- **FORBIDDEN TO ENTER POOL HALLS, PARTICIPATE IN SHOWS,**
- **PROHIBITED SALE OF ALCOHOL**
- **FORBIDDEN TO FORM POLITICAL ORGANIZATIONS, HIRE A LAWYER, OR FUNDRAISE TO HIRE A LAWYER**





## Lifegiving Roles of ShkamingKwe (earth) and AnishnaabeKwe (women)

“The invasion of development disconnects people from their land and its plenitude of resources... Justification for colonial violence and justification for rape have similar goals and share a common history and language of dehumanization, power, dominance, and conquest.

# RESIDENTIAL SCHOOLS



- Removal
- Disruption
- Institutional dehumanizing
- Priming for Correction System
- Deregulated seasons of balance and wellness

**OUT OF NOWHERE. INTO HERE...**

Once this child's life and future was uncertain, lonely, he faced the problems of a Métis child growing up without parents in public care. Now he lives in a happy full of love, fine home. If you're in a children's home, or if you want to complete your family, there is a little Métis boy or girl looking for you. You can become part of AIM and give your love your blessing.

Prospective adoptive parents are not advised that children offered for adoption are necessarily abandoned, or come up for an immediate position. They are in every way normal.

**ADOPT INDIAN METIS Centre**

4500 Avenue 51st Street, Regina, Saskatchewan, S4S 0G4  
Phone: 353-9661

**GWEN**

Gwen is a beautiful little girl with a deep primary and secondary appearance, now 2 1/2 years old, bright and a wealth of energy about the size of a large and outgoing. She is independent and can readily accept help. Gwen sports off bits of energy riding her tricycle. She was always well with illnesses.

While Gwen enjoys special good treats, her life food is different by parental policy which means her diet must be a diet that is not over a big feast. Gwen is 8 years old she will have a random transfer operation which will strengthen her feet. She will then continue to wear the brace until she is about 10 years of age at which time she will have a second operation to perform some surgery on her feet. After that, it is expected that she will be able to go barefoot.

Parents wishing to discuss the situation of Gwen may contact:

**Aim Centre**  
2400 Albert Street, Suite 210, Saskatoon, S. S. K. 2A1  
Saskatoon, Saskatchewan, SASKATOON, Saskatchewan  
S4S 0A1  
Phone: 653-9661 Phone: 653-2056

**Lorna**

Lorna is a chubby little lady with dimples on her fingers, hands, knees and toes. She has a few pig nose, a shiny mouth and a uniformly shaped head crowned with a mass of thick, black hair. She is an exceptionally contented baby—a really delightful child.

Lorna was born with a very small right eye, probably as a result of rubella during the pregnancy. Her doctor is quite optimistic that the normal vision in her left eye will remain stable. It is then expected that an artificial eye can be implanted somewhere between the ages of 6 and 8.

Lorna is one year old. In all respects other than the eye condition she is healthy with a good rate of development. Interested parents may contact:

**Aim Centre**  
2400 Albert Street, Suite 210, Saskatoon, S. S. K. 2A1  
Saskatoon, Saskatchewan, SASKATOON, Saskatchewan  
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# INDIAN HOSPITALS



- 
- A photograph of three brown bears in a lush green field. The bears are foraging, with their heads down in the grass. The field is filled with green grass and numerous small yellow wildflowers. In the background, there are dense green bushes and trees. The lighting is bright, suggesting a sunny day.
- Don't Talk
  - Don't Trust
  - Don't Feel



TABLE 1 Overview of Indigenous Peoples from Aotearoa, Australia, Canada and the USA

	Aotearoa New Zealand	Australia	Canada	USA
Indigenous Peoples	Māori	Aboriginal/Torres Strait Islander Peoples	First Nations, Inuit and Métis Peoples	Native American (American Indian, Alaska Native, and Native Hawaiian)**
Year Colonised	First documented European contact in 1642, with colonization occurring in from 1769 with the arrival of Captain James Cook	1788	1763	First contact 1492
Number of tribes	Approximately 175 Iwi groups	250 Language groups <sup>e</sup>	636 Nations 50 First Nation Inuit Métis 70 languages	574 Federally recognized 66 State recognized <sup>k</sup>
Treaty/treaties signed	1840, Te Tiriti o Waitangi	None	1867	370 ratified <sup>k</sup>
Current Indigenous population	775,836 <sup>a,*</sup>	798,400 <sup>f</sup>	1,673,780 <sup>j</sup>	2.9 million single race 5.7 million combined-race <sup>l</sup>
Proportion of the National Population	N = 4.9 million (16.5%) <sup>a</sup>	N = 24.2 million (3.3%) <sup>f</sup>	N = 7.06 million (4.9%) <sup>j</sup>	N = 328 million (1.7%) <sup>k</sup>
Life Expectancy Gap (compared to reference group)	7.3 years <sup>b</sup>	11.5 years <sup>e</sup>	First Nation – 9 years Inuit – 13 years Métis – 4 years 8.6 years (average) <sup>j</sup>	5 years <sup>k</sup>
Living in Poverty	32% <sup>c</sup>	24.4% (urban – 53.4% (remote) <sup>h</sup>	25% <sup>j</sup>	38.2% on reservations <sup>k</sup>
Proportion of nursing workforce who are Indigenous	8% <sup>d</sup>	1.1% <sup>i</sup>	3%	0.2% <sup>k</sup>



# Addressing Hepatitis C and HCC to Close the Gap

Life expectancy at birth			
Aboriginal		non-Indigenous	
Males	Females	Males	Females
71.9	75.6	80.6	83.8

Actual age at death			
Aboriginal		non-Indigenous	
Males	Females	Males	Females
59	64	80	85

## Cancer related mortality

- Cancer leading cause of mortality in Aboriginal communities
- Liver cancer is fifth cause of cancer related mortality (5<sup>th</sup> vs 11<sup>th</sup>).

<https://www.indigenoushpf.gov.au/Report-overview/Overview/Summary-report/4-Tier-1-%E2%80%93-Health-status-and-outcomes/Life-expectancy>

<https://www.aihw.gov.au/reports/cancer/cancer-in-indigenous-australians-overview/data>



# Postcolonial

Is colonization gone?

Are its impacts gone?



**CONNECTIONS**



The **Wolf**  
brings us the  
teaching of  
*Humility*



The **Turtle**  
brings us the  
teaching of  
*Truth*



The **Bear**  
brings us the  
teaching of  
*Courage*



The **Eagle**  
brings us the  
teaching of  
*Love*



The **Bison**  
brings us the  
teaching of  
*Respect*



The **Beaver**  
brings us the  
teaching of  
*Wisdom*

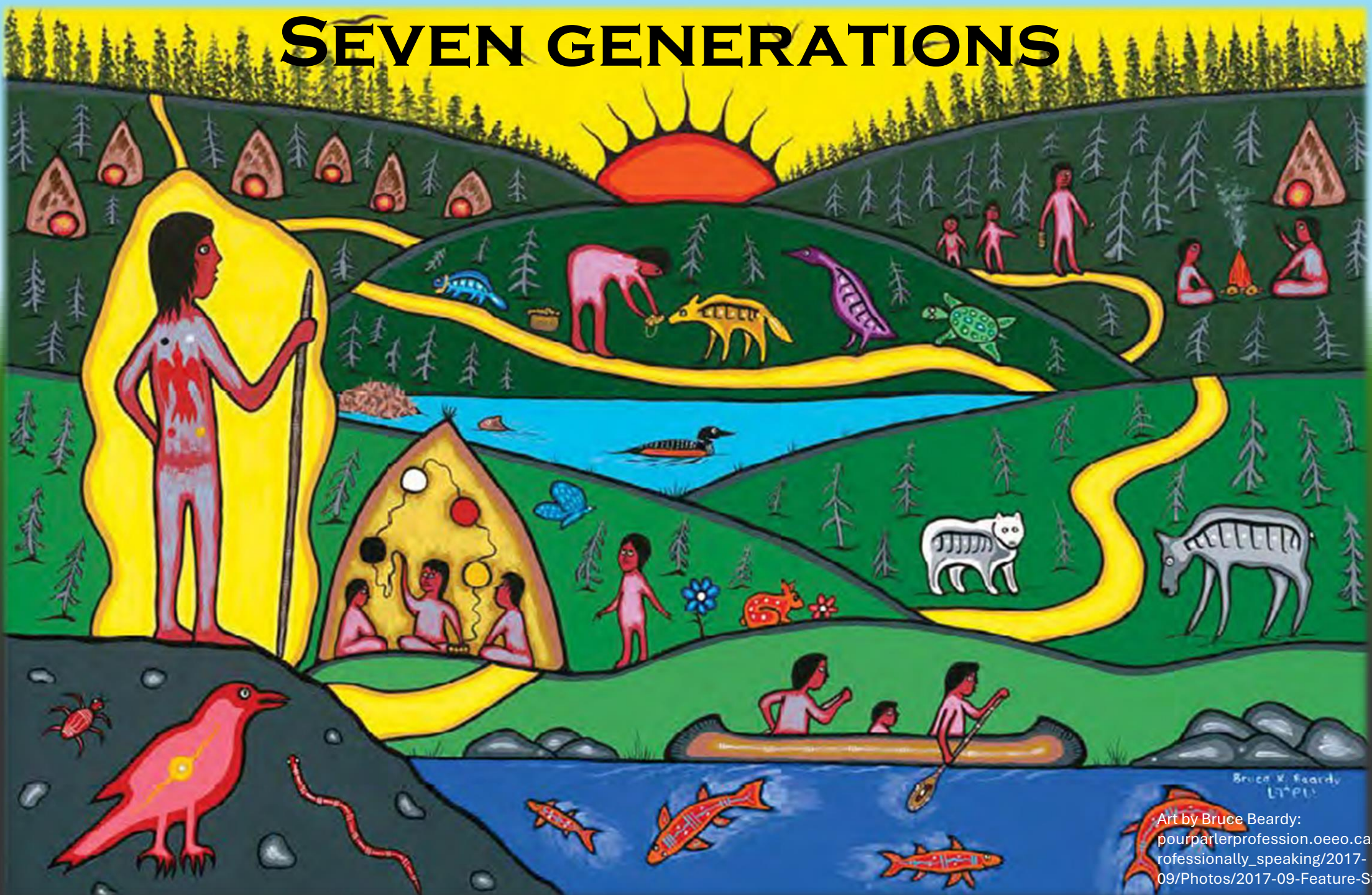


The **Sabe**  
brings us the  
teaching of  
*Honesty*

# MINO BIMAADIZIWIN Grandfather Teachings

Indigenous Reflections Art:  
[indigenousreflections.ca/cdn/](http://indigenousreflections.ca/cdn/)

# SEVEN GENERATIONS



Bruce W. Beardy  
LTPU

Art by Bruce Beardy:  
[pourparlerprofession.oeo.ca/publications/professionally\\_speaking/2017-09/Photos/2017-09-Feature-Story-1-3-PS.jpg](http://pourparlerprofession.oeo.ca/publications/professionally_speaking/2017-09/Photos/2017-09-Feature-Story-1-3-PS.jpg)





# CONSIDERATIONS IN CARE

Liver is connected to ALL parts of the body

Community often considers 'all my relations'

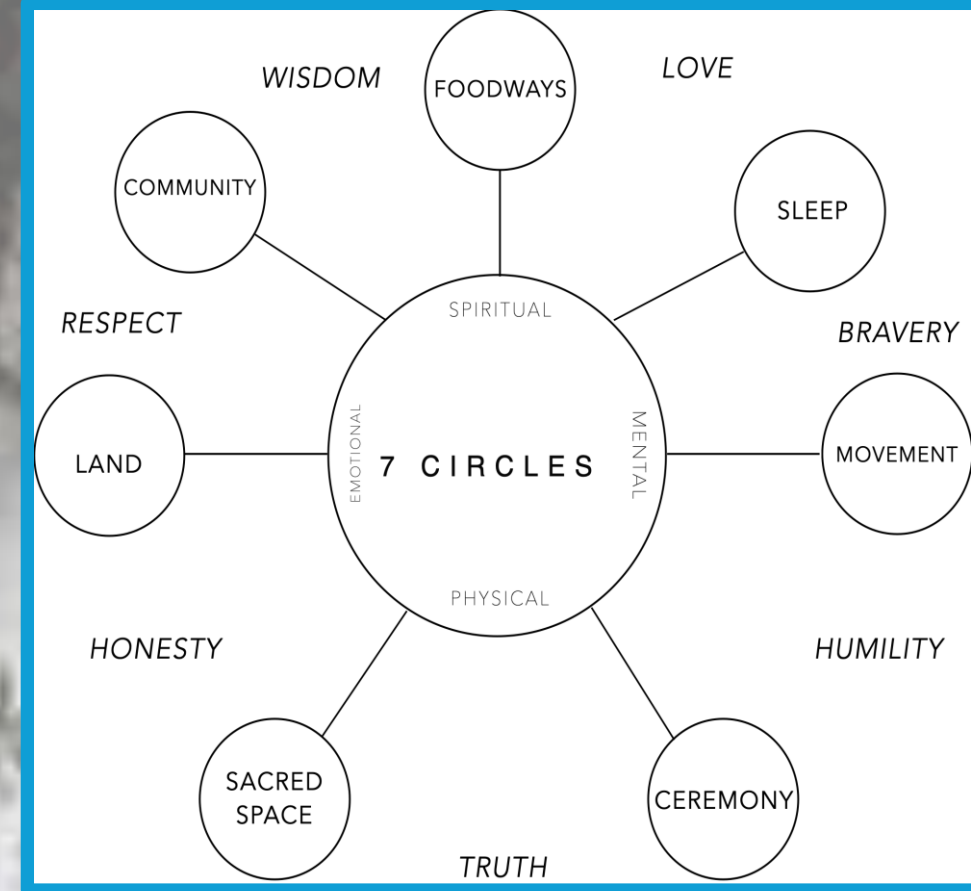
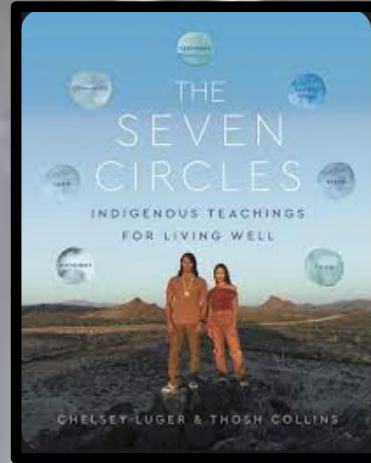
Liver regeneration = perfect opportunity to share hope and healing



# Awareness in Collaborations

- ❖ Culture - Cultural safety, culturally aware or culturally connected?
- ❖ Engaged Representation VS token check mark of contact- Real People, Real Respect, Real Engagement in Listening
- ❖ Personal bias – conscious and unconscious
- ❖ How this feels: disparity spotlight
- ❖ Words-felt meaning may be different than definition

# 7 CIRCLES INDIGENOUS TEACHINGS FOR LIVING WELL



Orienting a path to wellness and balance in achievable steps impacting all areas of our lives.

**Learn - Engage - Optimize**

# Collaborations & Creative Conversations



**WHOLISTIC CONVERSATIONS ON LIVER WELLNESS: AN INDIGENOUS PERSPECTIVE**

Publicity Campaigns available at [CATIE.ca](http://CATIE.ca) & [Liver.ca](http://Liver.ca)

COCREATED AND PRODUCED WITH FIRST NATION AND METIS COMMUNITY MEMBERS IN ALBERTA

**OFFICIAL SELECTION**  
Spotlight on Academics Film Festival 2024

**WINNER**  
AWARD OF MERIT  
CINEMA SOURCE

**WINNER**  
AWARD OF MERIT  
ACCOLADE GLOBAL FILM COMPETITION

**BEST SHORT**  
Fort Langley Film Festival 2023

**OFFICIAL SELECTION**  
Our Heritage, Our Planet Film Week 2023

**OFFICIAL SELECTION**  
Vox Populi Media Arts Festival 2023

**FINALIST**  
DIRECTORS CUT INT'L FILM FESTIVAL 2023

**SEMI-FINALIST**  
BEST SHORT FEST 2023

**OFFICIAL SELECTION**  
DIVERSITY ETHICS & INCLUSION FILM FESTIVAL 2023

**OFFICIAL SELECTION**  
THREE FIRES INTERNATIONAL FILM FESTIVAL 2023

**OFFICIAL SELECTION**  
INTERNATIONAL METIS FILM FESTIVAL 2023

**RIFFA**

As Inuit women and gender-diverse Inuit, our stories carry the strength of our past and the hopes of our future. These stories are how we connect, heal, and move forward together. They remind us of who we are and where we come from, and they light the way for the journey ahead.

For true reconciliation, we need spaces where we can share our truth openly so that our lived experience can inform policy and programs. It's through these shared stories that we heal and amplify our voices.



# Community Led Conversations

**Inuit Midwifery: Innisuksiijiit ~ Our Right**

Integration of INUIT-LED midwifery services and education is an act of SELF-DETERMINATION and a pathway toward language and culture REVITALIZATION

Inuit birthers have the RIGHT to choose their health care provider, location, and who is present during birth, regardless of where they live in Canada

**RECLAIM & SUSTAIN INUIT MIDWIFERY**

**REPRODUCTIVE SOVEREIGNTY**

**STRENGTHEN INUIT FAMILIES and COMMUNITIES and REVITALIZE LANGUAGE and CULTURAL PRACTICES**

"I HAD TO LEAVE TO GIVE BIRTH"

Birth evacuation policies place UNJUST emotional and financial burdens on Inuit FAMILIES

Children may face food insecurity and physical or sexual abuse without their primary caregivers

"ACCESS TO HEALTH CARE - long travel"

Inuit must TRAVEL great distances to access care across the continuum of reproductive health, including childbirth

Inuit are exposed to anti-Indigenous RACISM and face language and cultural barriers to safe and appropriate health care

**Elevate** the voice of Inuit women, girls, and gender-diverse Inuit through advocacy, partnerships and knowledge mobilization.

**Empower** Inuit women, girls, and gender-diverse Inuit through leadership development and opportunities to advance self-determination.

**Engage** Inuit women, girls, and gender-diverse Inuit through targeted programming and networking.



## Beads for Healing

Ruth Cuthand, Lisa Sakebow, Norma Rabbitskin Candace Neumann are some who are hold workshops where they share conversational information on viruses, sexually transmitted infections and wellness practices while beading the viruses that cause these infections.

# Creative Conversations & Liver Bundle Resources

- ✓ Pocket-size Booklet on Hep C myths and facts
- ✓ Happy Liver conversation card
- ✓ Liver Regeneration Stickers – starting destigmatization with kids
- ✓ Liver model- for visual learners
- ✓ Website
- ✓ CATIE.ca partner - Indigenous language resources
- ✓ Gathering to Share: indigenous led Liver Wellness Conference Fall 2025
- ✓ Coming soon-liver regeneration flip book & plants fostering liver health



# Coin Model

Dr. Stephanie Nixon's Coin Model of Privilege and Critical Allyship

It is not about bad people on top and good people on the bottom

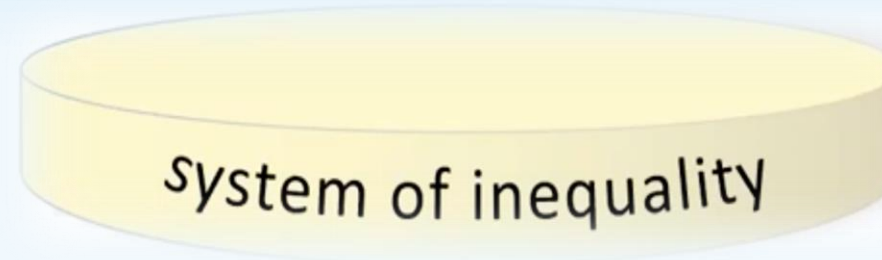
It is the institutional, legal, social, internal processes that perpetuate inequity based on these traits

These would not be associated with advantage or disadvantage

System of inequity: race, gender, sexual orientation, religion, age, etc.,

You have a benefit others don't  
You didn't earn it  
You have it because of who you happen to be

**Privilege**



**Oppression**

You have a disadvantage others don't  
You didn't earn it  
You have it because of who you happen to be

But those on the top must take responsibility for the future

- Work to dismantle the coin
- Stop leveraging unearned benefit
- Listen to those with lived expertise in oppression

**LISTEN TO LEARN & CAREFULLY CONSIDER**

- ❖ Who holds the power?
- ❖ Whose knowledge counts?
- ❖ Who sets the agenda?

# THE CALL TO FIND YOUR PLACE

“No Indigenous person in this country needs a textbook to understand, feel, and know the violences of coloniality. The onus is on non-Indigenous people-especially those in any field even remotely adjacent to healthcare, but also to all non-Indigenous people- to tirelessly work to dismantle coloniality...” (Greenwood et al., 2022).

- Advocate: Someone who supports a cause, policy, or speaks in favor of someone else.
- Ally: Someone who acknowledges they carry privilege while using it to end oppression, educate others and continue a personal learning journey
- Accomplice: Someone who takes steps to disrupt the harmful narratives in place while actively seeking solutions and acting on them even if it means they lose prestige or status
- “inbetweener”: Someone who tries to learn from and understand others and then act in new ways that break down the silos between groups of people

**WHERE DO YOU CHOOSE TO BE?**

# ANISHINAABE MINO'AYAWIIN



- ❖ Reflect on the **Context** and the Real Experience of People
- ❖ **Connect** thru Relationships and Respectful Reciprocity
- ❖ **Collaborate** thru Respectful Reciprocity Toward Real Action by Being an Advocate for Equity



