


QI Power Hour

**LAND-BASED EDUCATION:
EMBRACING THE RHYTHMS OF
THE EARTH**

With DR. HERMAN MICHELL



1

Welcome to QI Power Hour

Connect to audio using **Audio Broadcast**:

Audio Broadcast


Click the button to start the broadcast

Play Stop


Phone, Tablet, Desktop, Mobile

? Do you have questions about connecting to audio? Use the **chat function** to message the Host, QI Power Hour, for assistance.

Participants Chat




2



QI Power Hour

**LAND-BASED EDUCATION:
EMBRACING THE RHYTHMS OF
THE EARTH**

With DR. HERMAN MICHELL




3

TREATY 6 TERRITORY & HOMELAND OF THE METIS

HQC is situated on Treaty 6 Territory and the Homeland of the Métis.

We pay respect to the treaties that were made on this land and acknowledge the harms and mistakes of the past. We are committed to move forward in partnership with Indigenous Nations in the spirit of reconciliation and collaboration.



4

Connect to Audio using Audio Broadcast

4

Access past QI Power Hour sessions


Past QI Power Hour webinars (with download links)

Health Networks in Saskatchewan (QI Power Hour)	Citizen Science in Public Health Policy: Leveraging the Power of Ubiquitous Tools	The Costs of Poverty in Saskatchewan: Why Do They Matter and How Do We Calculate Them? (QI Power Hour)
Nov 10, 2019 at 9:30 AM	Oct 25, 2019 at 9:30 AM	Sep 6, 2019 at 9:30 AM


[Visit our website to view past sessions!](#)


5

Connect to Audio using Audio Broadcast



5






Sign up for the QI Power Hour email newsletter

Receive notices about upcoming sessions and details on how to register straight to your in your inbox.

[Visit: bit.ly/hqc_subscribe](https://bit.ly/hqc_subscribe)

6

Connect to Audio using Audio Broadcast



6

Spread of QI Power Hour across SK



Connect to Audio using Audio Broadcast



7

Spread of QI Power Hour across SK



Connect to Audio using Audio Broadcast



8

Spread of QI Power Hour across SK



Connect to Audio using Audio Broadcast



9

Spread of QI Power Hour across Canada



10

Connect to Audio using Audio Broadcast



10

Spread of QI Power Hour across Canada



11

Connect to Audio using Audio Broadcast



11

Spread of QI Power Hour across Canada



12

Connect to Audio using Audio Broadcast



12



13

Webex tool: chat function

Chat functions:

- Share **questions, comments, and ideas**
- Click on the message bubble icon to access the chat
- Send to **Everyone**

14

Connect to Audio using Audio Broadcast

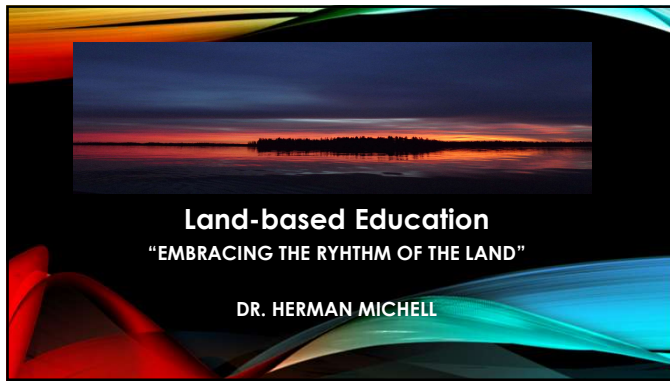
14

QI Power Hour

**LAND-BASED EDUCATION:
EMBRACING THE RHYTHMS OF
THE EARTH**

With DR. HERMAN MICHELL

15



16



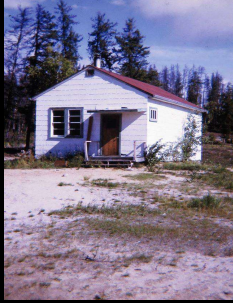
17



18

DR. HERMAN MICHELL
 RESIDENTIAL SCHOOL SURVIVOR
 EDUCATED IN A ONE ROOM SCHOOL

University of Winnipeg
 University of Manitoba
 University of British Columbia
 University of Regina



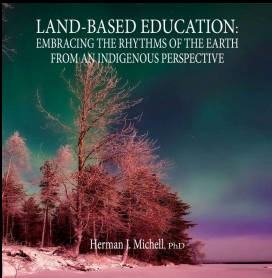
19

EMBRACING THE RHYTHMS OF THE EARTH

CONTACT INFORMATION:

Dr. Herman Michell
 Email: hjmichell@outlook.com

Publisher:
 JCharlton Publishing Ltd.
 Website & Facebook sites



20

**SHARED WORLDVIEW
 INTERDEPENDENCE WITH THE LAND AND
 NATURAL WORLD**

- Our Worldview is a lens from which the world is viewed, experienced and made meaningful.
- Our Worldview involves coming to understand 'our place' within Creation.
- Our Worldview acts as a filter through which impressions of all entities and beings are ordered.



21

THE POWER OF THE WORLD WORKS IN CIRCLES

- The birds and bees make their nests in a circular way;
- The beaver lodge is a circle;
- The caribou herds follow a circular migration route;
- The earth and planets are round;
- The rain drops create circles within circles;
- There are six seasons of the Woodlands Cree that follow a cycle.



22

CREE HISTORY

The Cree are originally an Oral Literate Algonquian language group; Montagnais, Naskapi, Ojibway, Atikamek, and Beothuk peoples in Canada. Woodlands; Plains; Swampy; Oji Cree

The term 'Cree' originates from the French word 'Kistino', which is an Ojibwa name for a division of Cree-speaking people south of James Bay in the mid-seventeenth century (Brightman, 2002).

The word was shortened to 'Kri' and then eventually 'Cree'.

The Cree are the largest and most widespread Indigenous group in Canada. According to the 1996 Canadian census, 76,475 people identified Cree as their mother tongue (Steeckley & Cummins, 2001).

23

CREE CULTURE IS ROOTED IN THE LAND

Cree Cultural Life Ways

- Cree Worldview; Language; Cree Ways of Knowing; Traditional Teachings; Stories, Songs, Dances, Ceremonies; Our Medicines & Healing Practices;
- Everything about who we are is rooted in the lands, lakes, & rivers we occupy;
- Cree Culture and Language are inseparable from the Land;



24

COLONIAL WOUNDEDNESS

- COLONIZATION; 500 + Years
- RESIDENTIAL SCHOOLS; 100+ Years
- DAY SCHOOLS;
- 60'S SCOOP;
- CHILD WELFARE;
- CULTURAL GENOCIDE
- ASSIMILATION
- SYSTEMIC RACISM
- RESERVATIONS & INDIAN ACT
- HISTORICAL TRAUMA



25

RETURNING TO THE LAND TO "KNOW WHO WE ARE"

"OUR ELDERS SAY WE MUST RETURN TO
THE LAND TO KNOW WE ARE"

- LAND-BASED EDUCATION IS NOT A
TREND...IT IS A LIFE GIVING FORCE
NECESSARY FOR THE SURVIVAL OF
FIRST NATIONS PEOPLES;

"We need to Decolonize using the Spirit
of the Land"



26

TRAUMA INFORMED HEALTH CARE

Trauma-informed care shifts the focus from "What's wrong with you?" to "What happened to you?" - HEALTH IS MORE THAN A BIOLOGICAL CATEGORY

A trauma-informed approach to care acknowledges that health care organizations and care teams need to have a complete picture of a patient's life situation — past and present — in order to provide effective health care services with a healing orientation.

SOCIAL HEALTH DETERMINANTS OF HEALTH:

POVERTY – EDUCATION – HOUSING – FOOD SECURITY – SYSTEMIC RACISM

SOCIAL – HISTORICAL – POLITICAL – ECONOMIC – CULTURAL BACKGROUND

27

DEFINING HEALTH

- The definition of health is dependent on the culture, worldview, and paradigm of the definer.
- The concept of health is interpreted, idealized, and enacted in different ways depending on the culture from which it arises.
- In other words, experiences and understandings of health and wellbeing are always historically and culturally mediated.
- There are different worldviews and beliefs that frame health knowledge and healing practices.

Mental – Spiritual – Emotional – Physical
STRENGTHENING FAMILIES & COMMUNITIES & NATIONS

28

CREE KNOWLEDGE SYSTEMS

- CREE ONTOLOGIES, EPISTEMOLOGIES, METHODOLOGIES & PEDAGOGIES are rooted in the land, lakes, and rivers;
- KNOWLEDGE CAN BE ACCESSED NOT ONLY FROM HUMANS.....
- BUT ALSO FROM THE LAND, ANIMALS, PLANTS, OTHER ENTITIES INCLUDING FROM THE SPIRITUAL REALM;



29

TREATY RIGHT TO TRADITIONAL MEDICINES

First Nation Patients
Demanding More Treatment Options.

First Nations People want Equal Status
be given to Traditional Medicines and
Healing Practices alongside
Contemporary Medical Approaches
based on

'Nation-to-Nation' Treaties,
Treaty Relationships and Reconciliation.

CULTURE – LAND - MEDICINE



30

THE UNITED NATIONS DECLARATION ON THE RIGHTS OF INDIGENOUS PEOPLES

ARTICLE #24

- 1. Indigenous peoples have the right to their traditional medicines and to maintain their health practices, including the conservation of their vital medicinal plants, animals and minerals. Indigenous individuals also have the right to access, without any discrimination, to all social and health services.
- 2. Indigenous individuals have an equal right to the enjoyment of the highest attainable standard of physical and mental health. States shall take the necessary steps with a view to achieving progressively the full realization of this right.

31

TRADITIONAL HEALING

ROYAL COMMISSION ON ABORIGINAL PEOPLES REPORT – 1996

- *Traditional healing has been defined as practices designed to promote mental, physical and spiritual well-being that are based on beliefs which go back to the time before the spread of western, scientific, bio-medicine.*
- *When Aboriginal Peoples in Canada talk about traditional healing, they include a wide range of activities from physical cures using herbal medicines and other remedies, to the promotion of psychological and spiritual well-being using ceremony, counselling and the accumulated wisdom of elders.*
- (Volume 3, p. 348)

32

TRADITIONAL MEDICINE

THE WORLD HEALTH ORGANIZATION – 2013

Traditional medicine has a long history. It is the sum total of the knowledge, skill, and practices based on the theories, beliefs, and experiences indigenous to different cultures, whether explicable or not, used in the maintenance of health as well as in the prevention, diagnosis, improvement or treatment of physical and mental illness.



33

INTERNATIONAL LEVEL TRADITIONAL MEDICINE & HEALING PRACTICES

According to the World Health Organization (WHO) (2013):
Traditional Medicine has a long history of use in many countries around
the world and the demand is increasing.

WHO is a United Nations organization that has done research for
member countries. (2013; 2004; 2002). Canada is a member nation.
There is an International Traditional Medicine Strategy.

The purpose of the Traditional Medicine Strategy is to assist national
governments and health organizations in the integration as well as
guidance in legislation, policy, and regulation development.

34

THE WORLD HEALTH ORGANIZATION

- The Western Pacific Region has taken the most advanced steps in ensuring the official recognition, protection and utilization of traditional medicine systems.
- This Region encompasses 37 countries with a total population of 1.7 billion people.
- Legislation, regulations, policies;
- Education for health workers;
- Special training for traditional healers;
- Information collection and sharing;
- Conservation of resources;
- Laboratory and clinical research to evaluate safety and efficacy;
- Monitoring of adverse reactions;
- Standardization of products, practices and practitioners;
- Organization of community-based activities.

35

THANK YOU FOR LISTENING....

- EMBRACING THE RHYTHMS OF THE EARTH
- MULTIPLE-EYED SEEING APPROACH
- WALKING THROUGH MULTIPLE WORLDS
- ACKNOWLEDGING MULTIPLE GIFTS
- THE LAW OF COMPASSION
- THE LAW OF LOVE
- THE LAW OF RESPECT
- "THE COMING TOGETHER TIME"




36

Do you want I♥Q socks?

Become a QI Power Hour speaker!

[Visit our website to learn more!](#)



37

Connect to Audio using Audio Broadcast


Saskatchewan Health Quality Council

37

Post webinar survey

In the spirit of quality improvement, we will be sending out a survey after the webinar.

You may see this message, but don't be alarmed, our survey is on a trusted site!



External Site

The host or presenter would like to direct the page to open in website on your computer. Cues is not responsible for the content or availability of external sites. We warrant that you make sure the website content is from a trusted source. If you view this page or go to this site you will be subject to the privacy policy and terms and conditions of the destination site. Destination site: <https://www.surveymonkey.com/INT/COH>

[Continue](#)

38

Connect to Audio using Audio Broadcast

Saskatchewan Health Quality Council

38

Next up...


WHAT MATTERS TO OLDER ADULTS? RETHINKING CARE FOR AGING AND OLDER ADULTS

With SASKATCHEWAN SENIORS MECHANISM & SASKATOON COUNCIL ON AGING

July 15th, 2022

9:30 am – 10:30 am

To register, [visit our events page](#)



39

Connect to Audio using Audio Broadcast

Saskatchewan Health Quality Council

39
