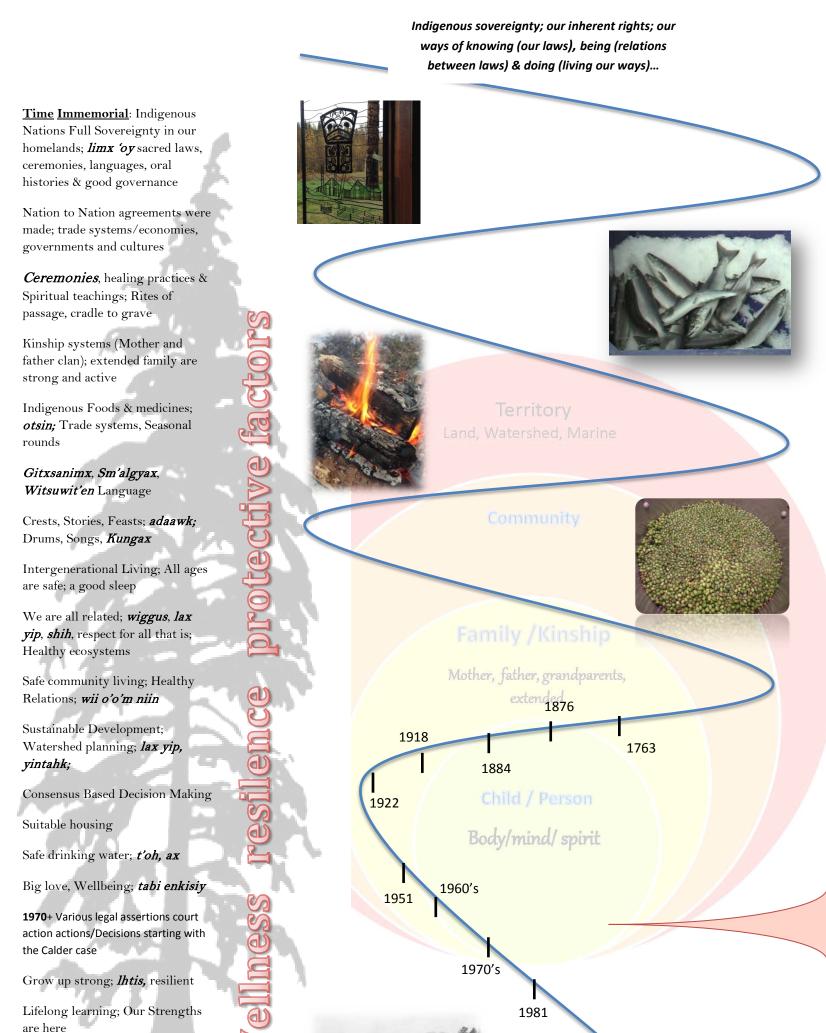
# We carry Our History with Us

Indigenous Wellness, Foods and Medicines & the Roots of Trauma



#### Policy of <u>Assimilation</u> & Oppression

Colonial powers to assimilate indigenous peoples throughout our shared history;

**Industrialization, urbanization**...4 waves of colonization

**1763** Royal Proclamation; recognized we lived here and had title to our homelands

**1793** Alexander King: 1<sup>st</sup> *nedo* in BC north region; exploring fur trade areas; changing relations with animals/land for some Nations

**1876** Indian Act legislation: displacement from territories, foods, medicines; connections to place, stewardship, decision making

**1884** Potlatches & Sundance outlawed; ceremonial practices are targeted; goes underground

**1909** Negotiations to stop using fish weirs; push to become dependent on farming and stop stewardship

**1914** Railway: no caribou or buffalo left; main food source, habitat loss, access and loss of sacred places; land loss

**1918** Spanish Flu epidemics; loss of medicine people, healers, Elders & community; stress, trauma

1922 Residential Schools opens & closed in 1976; contempt, racism, neglect, malnourished, abuse, stress, relocation, dental, trauma, no family resources; 6000+ tragic deaths; adverse childhood continues;

**1927** Indian Act prohibiting Indians from organizing for land claims; oppression

Natural resource development: environmental contamination, MMIWG, source water concerns

**1935** Lejac, measles, TB, whopping cough epidemic; immune systems, stress, trauma, loss, adverse childhoods

**1960** 'scoop' of FN children; further displacement, contempt/racism, loss, stress, trauma, adverse childhood experience for many

Social Determinants of health (SDOH) mostly identify our health **inequities** 

#### **Disconnections**

### Roots of trauma:

Intergenerational, collective & vicarious TRAHMA

## CONNECTIONS

We are here to stay.



**Indigenous Nations** 

Vision for Healing &

Ongoing

Wellness...