

We carry Our History with Us

Indigenous Wellness, Foods and Medicines & the Roots of Trauma

Indigenous sovereignty; our inherent rights; our ways of knowing (our laws), being (relations between laws) & doing (living our ways)...

Policy of Assimilation & 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: 1st *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 **TRAUMA**

Time Immemorial: Indigenous Nations Full Sovereignty in our homelands; *limx 'oy* sacred laws, ceremonies, languages, oral histories & good governance

Nation to Nation agreements were made; trade systems/economies, governments and cultures

Ceremonies, healing practices & Spiritual teachings; Rites of passage, cradle to grave

Kinship systems (Mother and father clan); extended family are strong and active

Indigenous Foods & medicines; *otsin*; Trade systems, Seasonal rounds

Gitxsanimx, Sm'algyax, Witsuwit'en Language

Crests, Stories, Feasts; *adaawk*; Drums, Songs, *Kungax*

Intergenerational Living; All ages are safe; a good sleep

We are all related; *wiggus, lax yip, shih*, respect for all that is; Healthy ecosystems

Safe community living; Healthy Relations; *wii o'o'm niin*

Sustainable Development; Watershed planning; *lax yip, yintahk*;

Consensus Based Decision Making

Suitable housing

Safe drinking water; *t'oh, ax*

Big love, Wellbeing; *tabi enkisiy*

1970+ Various legal assertions court action actions/Decisions starting with the Calder case

Grow up strong; *lhtis*, resilient

Lifelong learning; Our Strengths are here

We are here to stay.

Wellness resilience protective factors



Territory
Land, Watershed, Marine

Community

Family / Kinship

Mother, father, grandparents,
extended

Child / Person

Body/mind/ spirit

1918

1884

1876

1763

1922

1951

1960's

1970's

1981

Indigenous Nations
Vision for Healing &
Wellness...

Ongoing

CONNECTIONS