

March 2017

Health Equity & Cultural Safety

Network News

**A Bit About
Health Equity & Cultural Safety
*Network News***

**Upcoming
Learning
Opportunities**

Equality is giving everyone shoes.
Equity is giving everyone shoes that fit.



This monthly newsletter is designed to spark learning, dialogue, and health system decisions that reflect Saskatoon Health Region's focus on to health equity and cultural safety through our [Health Equity Position Statement](#) and [commitment](#) to the Truth and Reconciliation Commission's [Calls to Action](#).

We welcome submissions from the SHR community and broader community we serve. If you would like to share a learning opportunity, resource, community event, or celebrate a health equity and cultural safety innovation within our Region or community, [send us an email!](#)

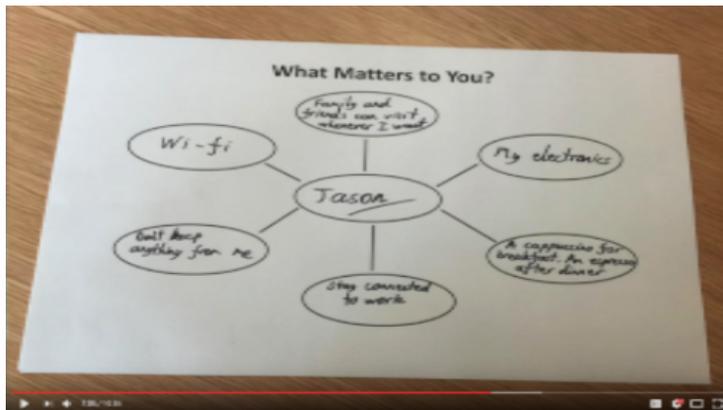
Share with us!

Cultural Conversations - The Elephant in the Room: Unlearning Racism

*10:00 - 11:00 am, March 15
Saskatoon City Hospital*

This workshop will focus on how racism impacts health and access to health services, and how racism plays out through structures of power and privilege in our health system and communities. Participants will explore anti-racist principles and tools to support ongoing (un)learning and the cultivation of culturally responsive and person-centred relationships. Register by emailing SHR [Representative Workforce](#).

**Trauma-Informed Practice
with Indigenous Peoples**



Watch it:

[What Matters to Me? A New Vital Sign](#)

Jason Leitch at TedX Glasgow

If someone asked you “What matters to you?” how would you answer? Jason’s thought-provoking talk will consider this very question drawing on his own compassion and experience in the health service.

Instead of
"What's the matter with you?"
ask, "**What matters to you?**"

Learn more about this approach to patient-centred and trauma-informed practice in the video above and the article below.

For Your Health Equity & Cultural Safety Toolkit

[Ask patients “What matters to you?” rather than “What’s the matter?”](#) (BMJ)

The question “What matters to you?” tries to get to the essence of patient centered care, which the Institute of Medicine has listed as one of the priorities for quality improvement. In addition to focusing on the priorities of the people we serve, this approach offers choice and control - which are key elements of trauma-informed care.

[Racism, Reconciliation, and Indigenous Cultural Safety](#) (video)

Featuring an interview between Truth and Reconciliation Chief Commissioner and Senator Murray

across the Life Span
(webinar)

1:00 to 2:15 pm (EST), May 16

This webinar will explore the development of Indigenous intersectional, trauma-informed and culturally safe practice approaches with people of different age groups, and discuss how to assist Indigenous peoples in understanding and improving their coping responses to daily triggers including the impact of experiences of racism, poverty, sexism, and colonialism. [Click here to register.](#)

Sinclair and journalist Sheelagh Rogers, this recording explores themes of reconciliation and racism as they relate to cultural safety for Indigenous People.

[The Simplest and Most Perfect Explanation of Privilege I've Ever Seen](#) (illustration)

[Toby Morris](#), an Auckland based illustrator, has created a comic strip which can teach us an important lesson: that not everyone has the same opportunities in life. This is a short story about two people born into completely different families, whose members play contrasting roles in their children's lives. We think it's well worth reading.

[Why Do We Acknowledge Treaty 6 & Métis?](#) (USask)

One way of engaging in the process of reconciliation in our daily work is to acknowledge that Saskatoon Health Region is on Indigenous peoples' land - that is, we are in Treaty 6 Territory and the Homeland of the Métis - when we begin meetings, inservices, or other gatherings and events. Learn more about this practice in this informative article by Stryker Calvez.

[Respectful Language Guideline](#) (Law Society of BC)

While developed for people practicing in the legal system, this language guide is equally useful in other settings. The document discusses how the use of language can affect others and encourages and supports best practices for respectfulness in communications by promoting the use of language that respects the strengths, skills, talents and individuality of all people.



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