

Many Hands, One Dream

New Perspectives on the Health of First Nations, Inuit and Métis Children and Youth

Summary of Breakout Groups—Day 1

December 3, 2005

Victoria, British Columbia

Our thanks to Donald Warne, MD, MPH, for creating and delivering this presentation

Many Hands, One Dream

Day 1 Agenda

- Keynote Address (Cindy Blackstock) helped to frame discussions
- Breakout Session AM
 - Sharing the Dream: What is a Healthy Child?
- Breakout Session PM
 - Realities and Dreams: How Do We Get There From Here?

Breakout Group Facilitators

- *Caribou*—Katherina Patterson
- *Ravens*—Jacquie Adams
- *Whales*—Delmar Johnnie
- *Wolves*—Michael McCarthy
- *Eagles*—Shawn Sinclair
- *Walruses*—Glen Patterson
- *Bears*—Jackie Green and Joanne Mills
- *Salmon*—Lisa Blumenschien
- *Turtles*—Jody Jetson
- *Snowy Owls*—Sharon Hobenshield

Sharing the Dream (AM)

Key Tasks

- **Define:** *What is a healthy child?*



Sharing the Dream—What is a healthy child?

Key Components

- **Introductions/Icebreaker**
- **Guided Imagery—Creating the Dream:**
“Imagine a future where Aboriginal children are growing up in healthy, culturally based environments”
- **Sharing the Vision...**

Sharing the Dream—What is a healthy child?

Key Points and Themes

- **Embracing culture and tradition**
- **Holistic vision and spirituality**
- **Embracing language and family**
- **Good nutrition, safe housing...**
- **Peace**
- **Family & community participation**

Sharing the Dream—What is a healthy child?

Key Points and Themes

- Many positive role models
- Children playing and laughing
- Multiple generations, elders
- Parents understanding their roles as future elders—passing on traditional knowledge
- Children with pride in culture and self



Realities and Dreams: How Do We Get There From Here? (PM)

Key Questions

- What are the factors that contribute to the current reality?
- How is the current reality different than the dream?
- What are the values and beliefs needed to reach the dream?
- What actions flow from these beliefs?

Factors Contributing to the Current Reality

Key Points

- Poverty (financial, spiritual, traditional)
- Emotional despair
- Substance abuse/alcohol
- Losing culture and language—"identity"
- Non-Aboriginals defining the problem
- Underfunded educational and health systems

Factors Contributing to the Current Reality

Key Points

- Lack of coordinated policies (health, education, social, economic—multiple levels)
- Victim role
- Dependence on outside programs
- Individuals and governments not accepting their roles in the problem—sometimes not acknowledging there is a problem

Factors Contributing to the Current Reality

Key Points—Positive Factors

- More traditional practices in some communities
- Language preservation programs
- More leadership opportunities for youth
- Multiple agencies coming together—this summit
- More role models committed to making a difference

How is the current reality different than the dream?

Dream

- Prosperity
- Needs being met
- Happiness
- Peace
- Embrace traditions
- Cultural acceptance

Reality

- Poverty
- Neglect
- Emotional turmoil
- Violence/abuse
- Culture/language loss
- Limited tolerance/
racism

What are the values and beliefs needed to reach the dream?

- Fortitude
- Wisdom
- Courage
- Generosity
- Honour
- Respect
- Humility
- Integrity
- Accountability and Responsibility
- Family Unit
- Self-Determination
- Spirituality

What actions flow from these beliefs?

- Recognize accountability—personal, family, community, government
- “Draw a line in the sand”—No longer tolerate abuse and disparities among Aboriginal children
- Work together in partnership to solve problems
- Children and family become a greater priority
- Policies developed in the best interests of children
- Embrace culture in all activities
- Aboriginal community self-determination

Summary

Key Concern:

- What are the next steps?
- What are the action items?
- How do we translate these ideas into action?

Today's Breakout Sessions

- Building Strength: Reaching out to others
- Planning the First Steps: Sharing our commitment



BLACK ELK

Of course it was not I who cured. It was the power from the outer world, and the visions and ceremonies had only made me like a hole through which the power could come to the two-leggeds. If I thought that I was doing it myself, the hole would close up and no power could come through.