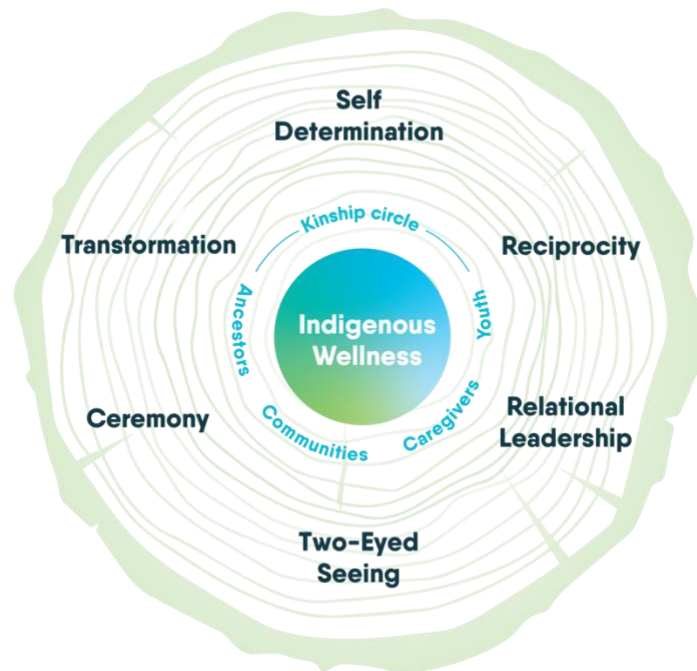




Indigenous Wellness Framework



Indigenous Wellness

Wellness from an Indigenous perspective looks at the entire individual as a whole person balanced through their spirit, body, mind and emotions. This individual does not exist independently but is seen as an interconnected being in the broader network of life.

At Foundry we've taken the time to meaningfully engage with this perspective to build a framework that was created by Indigenous Peoples to begin to build a path forward as an organization. Like all things, this framework is living and will grow to continue to reflect the unique needs of Indigenous Peoples across the province as we continue to work towards individual and collective healing.

"Indigenous Wellness" is surrounded by Youth, Caregivers, Ancestors, Communities and the Kinship Circle to recognize that none of these areas can be brought to life without the engagement and co-creation of our collective wisdom. To begin to restore balance on these lands we must begin by acknowledging our interconnectedness to all living things.



SELF DETERMINATION

Indigenous young people, caregivers and communities have the right to make choices and decisions about their health care experiences, free from external influence. This fundamental human right is essential to support Indigenous Peoples across British Columbia to reclaim their power in historically imbalanced helping relationships.

Our Commitment: We are committed to the meaningful and ongoing inclusion of Indigenous young people and their caregivers in determining ways Foundry can provide culturally agile and safe experiences of care. This inclusion will exist at all levels of decision making of Foundry to support the co-creation of Indigenous-centred approaches to wellness.

TRANSFORMATION

Transformation refers to the ongoing and fundamental systems level change for health care organizations to shift away from traditional approaches focused on treating illness and disease to holistic models. This transformation seeks to build solutions from an Indigenous worldview that restores balance across Turtle Island and advocates for person-centred care.

Our Commitment: We are committed to building partnerships, engagement pathways and solutions that are led by Indigenous voices. This inclusion will exist at all levels of decision making of Foundry to support the co-creation of Indigenous-centred approaches to wellness.

RECIPROCITY

Reciprocity is a fundamental principle where individuals and communities are interdependent and connected to one another and to the natural world. The reciprocal exchange involves mutually beneficial relationships between all living things that supports the wellbeing of individuals and the community.

Our Commitment: In all areas of partnerships and collaboration, Foundry seeks to give back as much, and hopefully more, as we are seeking from others. Recognizing the Indigenous organizations and communities are underserved and under-resourced, Foundry will make meaningful efforts to create equity in our relationships with others.



TWO EYED SEEING

Etuaptmumk or “Two-eyed seeing” was first created by Mi’kmaw Elder Albert Marshall. It is learning to see the strengths of Indigenous and Western knowledge pathways together. “Two-Eyed Seeing intentionally and respectfully brings together our different ways of knowing, to motivate people to use all our gifts so we leave the world a better place and do not compromise the opportunities for our youth.”

Our Commitment: Foundry is intentionally, and with care, engaging Indigenous knowledge holders and others to bridge the gaps between Indigenous health knowledges and Western health knowledges. In holding up Indigenous health knowledges as valid and valued, Foundry is committed to providing care to Indigenous young people that honours the strengths of Western and indigenous pathways to wellness.

RELATIONAL LEADERSHIP

Relational leadership prioritizes healthy and strong relationships between all staff within an organization based on mutual trust, collaboration and communication. It focuses on breaking down leadership hierarchies to encourage a workplace where all staff feel a sense of ownership within their roles that honours Indigenous community structures.

Our Commitment: Foundry has a responsibility to co-create solutions for communities served that prioritize Indigenous representation at all levels. We will strategically work to ensure Indigenous Peoples are in positions of leadership with meaningful access to decision making across the network.

CEREMONY

Ceremony is an essential part of Indigenous culture that empowers Indigenous Peoples in reclaiming their cultural identity. Indigenous ceremonies restore individual connections to the physical and spiritual world that can support healing, clarity, remembrance and gratitude.

Our Commitment: Foundry commits to making meaningful opportunities to integrate Indigenous ceremony into our work, led by Indigenous communities that reside on the lands we live, work and play on.