



Canadian Clinical Nurse Specialist Conference

Preconference Symposium

Co-Creating Indigenous Wellness
Support Networks by and for Indigenous
Health Care Professionals in Interior
British Columbia

For More Information :
www.cnsabc.ca



May 10, 2023
Kelowna BC

5505 Airport Way,
Kelowna, BC
V1V 3C3 Canada

Speakers

Colleen Seymour BEd

Tk'emlups Knowledge Holder



Colleen Seymour is from Tk'emlups te Secwepemc, and born to Loretta and Daniel Seymour. Colleen's journey thus far has been about relaying the importance of education and is a celebrated teacher and researcher who has led numerous wellness activities including on the land-based educational programs. For the last two years Colleen is co-leading two community-based research projects funded by the Canadian Institute Health Research-Institute for Indigenous Peoples (CIHR-IIPH) and the Interior Health and Thompson Rivers University Partnership with Dr. Bourque Bearskin's research team. Colleen possess many qualities that make her a lifelong helper, but it is her love for the people that makes her contribution to transforming the healthcare system. After completing her Bachelor of Education at UBC through the Native Indian Teacher Education Program, she returned to Kamloops and taught in elementary schools where she saw the opportunity to nurture the confluence of Indigenous Knowledge in relation to land and water. While working as a family support worker, she created both a women's support group and a youth support group in the community. She welcomes anyone who is in need of nurturing and personal growth to spend time with her in sacred and prayerful spaces, walking with her for a season or more. Throughout the year, she invites people to her home in Cold Creek and holds various ceremonies with a core message to be lightened and enlightened. Colleen regards her new path with the First Peoples' Cultural Council Language Revitalization program as achieving one of her dreams to be empowered with Secwepemctsi'n and writing skills to aid her in Welcoming and Hosting Ceremonies to the Secwepemcu'l'ecw – our language is inherently Spiritual. Presently Colleen is Secretary for the Board of Directors at Kamloops Native Housing Society amongst all her mentorship roles in community.



Tracy Mooney HR Professional CPHR Candidate

BCFNJC

Tracy identifies as Métis and Swedish settler descent, and she currently lives as an uninvited guest in West Kelowna, within the traditional, ancestral, unceded, stolen territory of the Syilx people. She worked in Human Resources at Interior Health for twenty years, the last four of which were spent advocating and addressing inequities for Indigenous staff in the workplace.

Tracy was responsible for key initiatives including revision of the Interior Health Aboriginal |Human Resources Plan to include goals and organization accountabilities in addressing anti-Indigenous racism in the workplace. The Plan incorporates calls for change from the clusters research project. Throughout the project Tracy provided HR guidance and support, and was humbled by all that she learned from the research team, participants, mentors, and friends. Although Tracy has left the health system, she continues to follow her passion in creating safe and brave workplaces and spaces, and in addressing anti-Indigenous racism to improve outcomes for Indigenous peoples. She has taken on a new role as Regional Human Resources Manager with the BC First Nations Justice Council.

Speakers



Rose Melnyk MScN BScN
PHSA

Rose identifies as St'uxwtéwsemc and of Ukrainian and Sicilian settler heritage and currently resides in the illegally occupied, unceded, ancestral and traditional territory of the T'kemplups te Secwépemc peoples. She has worked in the health care system for 15 years and is currently the Director Indigenous Health & Cultural Safety with BCMHSUS.

Rose provides Indigenous Health thought leadership and subject matter expertise to BCMHSUS program and services in support of the development, implementation, and evaluation of strategic anti-Indigenous racism action plans, initiative, programs and policies with the goal of eradicating Indigenous specific racism and advancing cultural safety and humility.

Rose is passionate about health equity, eradicating Indigenous specific racism and the role of Indigenous nurses in leading systems change. This is evidenced in her recent Masters of Nursing scholarly project that contributed to further understanding of Indigenous healthcare employees' experiences of wellness in the health care system and how Indigenous health care employees are able to contribute to meaningful service, systems and structural changes within the healthcare system. Her Indigenous Knowledge Translation (IKT) scholarly project employed Secwépemc methodologies of K'wseltknéws and Knucwetnnews and 20 calls for change were articulated and confirmed by Indigenous healthcare providers. This process honoured the wise practices of IKT, which included Indigenous participants as full partners in the co-creation of the calls for change and respecting Indigenous Peoples inherent right to self-determination.



Judy Sturm MSc, MSN, RN
BCCDC

Judy has a passion for supporting families, and fostering wellness within the BC Centre for Disease Control (BCCDC). She is the Senior Practice Leader for Chee Mamuk Indigenous Health Program at the BC Centre for Disease Control. Judy self-identifies as both First Nations and Métis, and is currently registered with the Whispering Pines Indian Band, a part of the Secwépemc Nation. She is married with two children, and lives in Kamloops, B.C., where she was born and raised.

Judy has over 20 years of nursing experience in various health care areas within hospital, community and corrections environments working in both BC and Alberta. Judy holds two Masters degrees through the University of Victoria in Nursing and Health Informatics, and has diplomas in Mental Health and Gerontology.

Speakers



Melba D'Souza PhD, RN

Assistant Professor, School of Nursing

Dr D'Souza's professional nursing background is an accumulation of diverse experience in nursing and healthcare across Canada, focused on acute care, critical care and emergency nursing experiences. As a registered nurse and an educator, I continued to work actively at the bedside regularly alongside nursing students, maintaining a high level of clinical competencies in acute nursing practice. My person-centred approach in nursing practice features the importance of empathy, safety and quality of care with critical thinking in cardiothoracic and neurological nursing areas.

In recent years being a nurse educator and researcher has informed my teaching and research to utilize diverse educational backgrounds, world-view philosophies and practice experiences in a more comprehensive capacity with inspirations drawn across my professional career. I believe equity, diversity and inclusive environments in teaching, practice and community are critical to teaching, research and service accomplishments.



Dr. R Lisa Bourque Bearskin PhD, RN

Associate Professor, School of Nursing

Dr. Lisa Bourque Bearskin, a Cree Métis Registered Nurse leader from Beaver Lake Cree Nation, is a tenured Associate Professor and an inaugural Canadian Institute of Indigenous Health Research (CIHR) Indigenous Health Nursing Research Chair holder at University of Victoria with 30 years of experience in nursing. She is known for her expertise in Indigenous nursing leadership, equity, and Indigenous knowledge in nursing. She now devotes her research career to community knowledge as a generative process to advancing Indigenous health nursing.

She is recognized for her work on relational, rights/strength-based research approach to advancing Indigenous health rights. She was a former president of the Canadian Indigenous Nursing Association (CINA) and has led organizational changes that focused on reconciling parallel pathways of traditional Indigenous health care in the context of community wellness. She is a proud sur-thriver of the residential school and sixties scoop era, who rebuilt and maintained a solid connection to her community and culture and became a Licensed Practical Nurse. She went on to receive her Baccalaureate, Master of Science, and Doctor of Philosophy in Nursing from the University of Alberta.

Program

Background:

This Indigenous community-based, health, education-supported research study has been initiated to build partnerships, networks and engage in the strategic priorities of Interior Health, and Thompson Rivers University to co-create supportive networks for Indigenous health care professionals. Approved by the harmonized research and ethics board of TRU and IH, the purpose of this initiative is to investigate the experiences of wellness practices of IHCP within the health care delivery system.

Learner presentation objectives

1.To understand the barriers and facilitators of developing Indigenous Health Professionals Support Network towards advancing Indigenous wellness knowledge, practice, and be a catalyst for decolonizing the health care system in Canada.

2.To contextualize factors and lived experiences of IHPN leadership to better support the Declaration of Commitment to Cultural Safety and Humility, adopted within Interior health region, in the transformation of Indigenous health and education

Important Information

Travel



Visit Tourism Kelowna to learn more

By Plane

Kelowna International Airport (YLW) is located just north of the city, with many daily flights.

By Car

Drive through BC's scenic wine country. Kelowna is 4 hours from Vancouver or 7 hours from Calgary.

By Bus

E Bus offers regular service throughout BC and Alberta. Find schedule and fare information at <https://www.myebus.ca/>

Conference Hotel



Four Points by Sheraton Kelowna Airport
5505 Airport Way,
Kelowna BC, V1V 3C3
1-855-900-5505

Complimentary 24 hour airport shuttle, on-site restaurant, indoor pool & hot tub. Use the promo code **CNSCNSF** for conference discount (\$195/night)

Closest Alternate Hotel

Hampton Inn & Suites by Hilton Kelowna Airport
51665 Innovation Drive,
Kelowna BC, V1V 2Y9
1-250-765-9042

Canadian Clinical Nurse Specialist Conference

Changing Health Care Systems to Embed Cultural Safety and Humility: Acting to Decolonize Healthcare Systems

Attendees are also invited to register for the Canadian Clinical Nurse Specialist Conference. Held on May 11th and 12th. This event is open to all nurses and healthcare leaders with an interest in healthcare delivery, and system change.



Visit www.cnsabc.ca to learn more.

Preconference Registration



May 10, 2023 at 10am to 4pm

- Early Bird **\$50 plus fees**
- Regular **\$75 plus fees**

Early Bird Deadline April 4, 2023

Program at a Glance

Wednesday May 10, 2023

9:30am - Registration Opens

10:00am - Welcome



12:00pm - Lunch



1:00pm -

2:30pm - Refreshments

3:15pm -

3:45pm - Closing Remarks

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Purpose: The aims are to explore the development of Indigenous Health Professionals Support Network advance Indigenous wellness knowledge, practice, and be a catalyst for decolonizing the health care system in Canada. IHPN leadership to better support the Declaration of Commitment to Cultural Safety and Humility, adopted within Interior health region, in the transformation of Indigenous health and education.

Learner presentation objectives

1.To understand the barriers and facilitators of developing Indigenous Health Professionals Support Network towards advancing Indigenous wellness knowledge, practice, and be a catalyst for decolonizing the health care system in Canada.

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