



From Creation: Land-Based Healing and Wellness

Conclusion

Lauren's Story

- ▶ The prognosis for severe range Post-Traumatic Stress Disorder and Major Depressive disorder is grim. Many commit suicide in the first few years.
- ▶ This is the story of a healthcare team that worked collaboratively *with the patient* and with Indigenous systems of healing through Land-Based Healing and Wellness and the Arts.
- ▶ This is a story of a different outcome for a healthcare worker of Indigenous heritage.

Healthcare, Education, Social Agencies, Churches

- ▶ In recent years, we acknowledge that the medical system is neither healthy nor caring for Indigenous (and other) persons.
- ▶ Social agencies, churches, and educational systems supported genocide and the destruction of Indigenous social and family systems.
- ▶ You are an important part of changing the system!

Politics of Self-Care

Caring for myself is not self-indulgence. It is self-preservation, and that is an act of political warfare.

~ Audre Lourde

Your own well-being is an important part of systemic change.

A Community of Care

- ▶ Healthcare is notorious for its lack of support for colleagues. Vulnerability is often hidden.
- ▶ Healthcare and human service work is demanding and burn-out rates are high.
- ▶ Self-Care is not sufficient in toxic systems.
- ▶ How will you contribute to a community of care which includes colleagues?

The Arts as Healing

- ▶ Creating art has been shown to improve mood, lowers anxiety, reduce levels of stress hormones and creates community. (Drake, MacDonald, Walsh, Survey of UK Physicians)
- ▶ Art activities are a culturally appropriate intervention for Indigenous people. (Muirhead and de Leeuw)

Questions for Healthcare and Human Service

- Where did you see yourself in this video?
- How does this video challenge stereotypes of mental illness?
- How will you collaborate with Indigenous health practices such as Land-Based Healing and Wellness?
- How will you access the healing strength of creative arts in your practice?
- Spirituality is an important source of strength for many people. How will you invite conversations with patients/clients?
- How will you apply these sources of healing in your life?