



IDEA Newsletter

Inclusion, Diversity, Equity and Accessibility (IDEA) Newsletter - September 30

Updates on Holland Bloorview's IDEA related initiatives and IDEA educational resources.

We acknowledge the land we live, work, and learn on as the land that belongs to the Indigenous peoples of Canada. Today, Toronto is still the home to many Indigenous people from across Turtle Island. We are grateful, honoured, and humbled to have the opportunity to live and work in this city and this territory we call Turtle Island. We recognize that those of us who are settlers have roles and responsibilities that need to be engaged, in order to bring about a reconciliatory future.

Chi Miigwetch - Merci - Thank you.

Content warning: Contains sensitive and difficult information related to National Day for Truth and Reconciliation and Orange Shirt Day

This newsletter is meant to be an educational resource to build greater understanding of Indigenous history in Canada. If you are a former residential school student in distress, or have been affected by the residential school system and need help, you can contact the 24-hour [Indian Residential Schools Crisis Line](#) at 1-866-925-4419, or the Indian Residential School Survivors Society toll-free line at 1-800-721-0066.

Other resources include:

- [Hope for Wellness Helpline](#): 1-855-242-3310 for immediate counseling and crisis intervention (available in some Indigenous languages). [Live web chat](#) is also available.
- [Talk 4 Healing](#): Support and resources seven days a week for Indigenous women, 24 hours a day, with services in 14 languages by calling or texting 1-855-554-4325. [Live web chat](#) is also available.
- Anishnawbe Health Toronto: [Mental Health Services](#)
- University of Toronto Faculty and Learners: Office of Indigenous Health indigenoushealth.support@utoronto.ca; U of T Indigenous Learners 24/7 services fnh.info@utoronto.ca

National Day for Truth and Reconciliation and Orange Shirt Day

- The National Day for Truth and Reconciliation is intended to educate and remind Canadians about the history of residential schools, honour the victims and celebrate the survivors.
- Orange Shirt Day relates to the experience of [Phyllis Webstad](#), a Northern Secwepemc (Shuswap) from the Stswecem'c Xgat'tem First Nation. On her first day of school, Phyllis arrived dressed in a new orange shirt, which was taken from her. It is now a symbol of the stripping away of culture, freedom and self-esteem experienced by Indigenous children over generations.
- *Every Child Matters* is a declaration that no matter how much they were ignored and dismissed during Canada's residential school era, the lives of Indigenous children matter.
- [The Survivor's Flag](#) is an expression of remembrance, meant to honour residential school Survivors and all the lives and communities impacted by the residential school system in Canada.

The road to [allyship](#)

- **Familiarize yourself** with the [National Centre for Truth and Reconciliation](#), the [94 Calls to Action](#) made by the commission and the [stories of residential school survivors in their own words](#). Listen to the [story](#) of a survivor of the Sixties Scoop.
- **Learn about First Nations, Inuit and Métis (FNIM) cultural contributions** by reading [books from Indigenous authors](#) or watching films featuring FNIM culture, like those in the [National Film Board's selection of Indigenous Peoples in Canada films](#).
- **Follow the steps** outlined by the On Canada Project in their [Settlers Take Action](#) project for more information.
- **Take an online course** such as one offered by the [University of Alberta](#) or the [University of Waterloo](#).
- **Consider the importance of educating ourselves both as historical settlers and future newcomers:** [Intercultural Dialogue - Bridging the Gap Between Newcomers and Indigenous People](#) (N4 - National Newcomer Navigation Network).

Hidden stories

- [The Indian Act/Canadian reserve system was a model for South Africa's apartheid.](#)
- [The First Nations pass system which restricted people living on reserves.](#)
- [The forced relocation of Inuit to farther northern regions.](#)

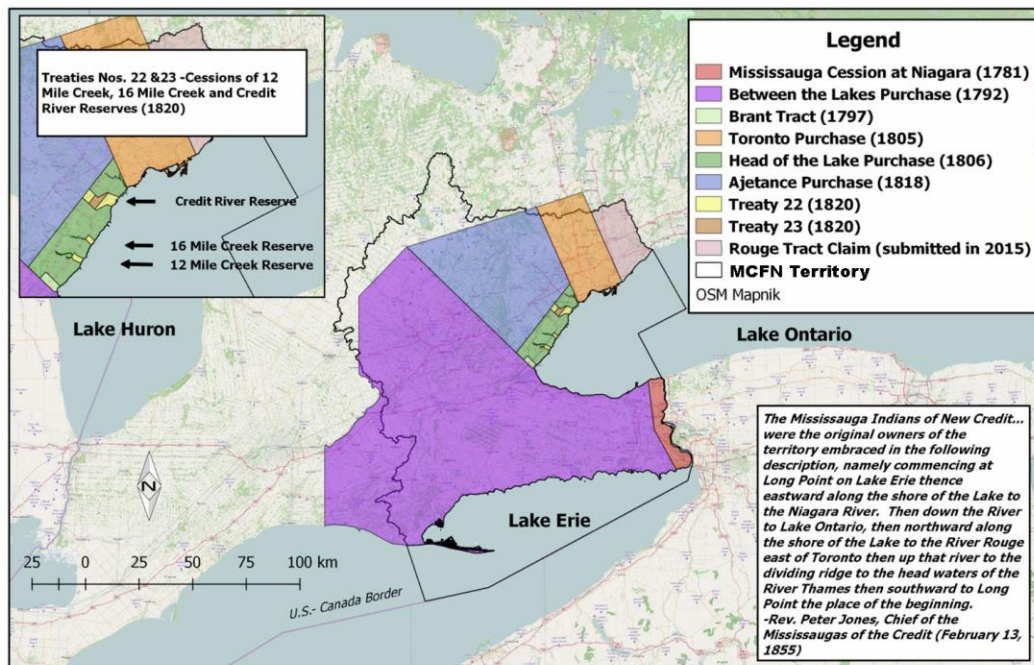
Understanding words used in Indigenous content

- A [guide](#) in understanding definitions of core words and terms including [Outdated terms to avoid](#) and [Be mindful of the words you are using](#).

Land Acknowledgements

Holland Bloorview is located on the traditional land of the Mississaugas of the Credit First Nation. In addition to our [Land Acknowledgement guide](#), you might also be interested in:

- [Guidance for honouring the Land and Ancestors through Land Acknowledgments](#) (CAMH - Centre for Addiction and Mental Health)
- [Guidelines for Land Acknowledgements within Mississaugas of the Credit First Nation \(MCFN\) Treaty Lands and Territory](#)
- [Treaty Lands & Territory - Mississaugas of the Credit First Nation](#)
- [Territorial Acknowledgements: Going Beyond the Script](#) (University of Alberta)
- To learn more about the land you are on, visit native-land.ca or whose.land



Mississaugas of the Credit First Nation Land Cessions 1781-1820 and Rouge Tract Claim, 2015

Research

- [Autism and Autism Services with Indigenous Families and Children in the Settler-Colonial Context of Canada: A Critical Scoping Review](#) Gerlach, A. J., Matthiesen, A., Moola, F. J., & Watts, J. (2022).
- [International Journal of Indigenous Health \(IJIH\)](#): Provides the newest research in Indigenous health directly from the field. The Journal focuses on utilizing community-based participatory research and Indigenous research methodologies.

For the Children

- [Jordan's Principle](#): Jordan's Principle is a child-first principle that aims to eliminate service inequities and delays for First Nations children. Jordan's Principle states that any public service ordinarily available to all other children must be made available to First Nations children without delay or denial.
- [First Nations Child and Family Caring Society](#): Its mission is to provide reconciliation-based public education, research and support to promote the safety and wellbeing of First Nations children, young people, families and Nations.



Staff members are welcome to share their own reviews and recommendations for subject-relevant books, movies, series, or blogs. Please feel free to email idea@hollandbloorview.ca

For more resources, tools, and the latest information, please continue to visit the [IDEA Hub](#).