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Indigenous Outcomes

5 Self-Determination

Indigenous communities are able to make decisions that improve the well-being of their children, families and communities as a whole.

Self-determination refers to the ability of communities to make important decisions about their governance, lives, and membership. In a policy context, self-determination means that Indigenous peoples are able to dictate the interventions that will produce positive health and well-being within their communities.

In July 2010, Toronto City Council adopted a Statement of Commitment to Aboriginal Communities in Toronto. This statement not only recognized the inherent rights of Indigenous peoples enshrined in Section 35 of the Canadian constitution, it also affirmed the City's support for Indigenous self-determination.

Self-determination is expressed when:

- Indigenous peoples and organizations make decisions about the services and programs that are needed to support the well-being of Indigenous peoples
- Indigenous organizations have the financial resources required to provide adequate community services
- Programs and services are rooted in Indigenous worldviews, culture and languages
- Relationships between Indigenous and non-Indigenous peoples, organizations and governments are collaborative and respectful



The Kahnawake Schools Diabetes Prevention Project (KSDPP) is a community-based participatory research project committed to prevent type 2 diabetes in Kahnawake. KSDPP is a partnership between the Kanien'kehá:ka (Mohawk) community of Kahnawá:ke and researchers from the community and the academic institutions of McGill University, Université de Montréal and Queen's University. The KSDPP program of intervention activities takes a holistic approach to preventing diabetes in the community within the overall goal of Living in Balance, a traditional philosophy of health. KSDPP trains Indigenous people in diabetes prevention, intervention and research activities.

<http://www.ksdpp.org/index.php>



The Institute for Urban Indigenous Health leads the planning and delivery of Indigenous primary health service in South East Queensland, Australia.

Mums and Bubs is a program under the child and maternal health programming that works from a social model of health and work to

strengthen parental capacity and confidence. Mums and Bubs services include: pre-pregnancy screening and care, family support, linkages with hospital services for delivery, post-natal care home visits and breastfeeding support, and more.

http://www.iuih.org.au/Services/Child_and_Maternal_Health

Notes and Definitions

Participants were selected using respondent-driven sampling to recruit Indigenous people living in the city.

Indigenous children: persons self-identifying as Indigenous such as First Nations, Métis, Inuit, or other Nation aged 0-14 years living or using services in the City of Toronto. Parent: biological and non-biological parent and/or caregiver.

*Indicates a 95% Confidence Interval between 10-20%.



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In 2016, Children's Services contracted the Toronto Aboriginal Support Services Council (TASSC) to complete a community needs assessment to inform project proposals to be submitted to the Ministry of Education for consideration under the 'Journey Together' initiative. The needs assessment was informed by community engagement lead by TASSC and data from Well Living House, an action research centre focused on Indigenous child and family health and well-being. Proposals based on these findings have been submitted to the Ministry to expand culturally relevant, Indigenous-led Early Years programs and services.

Action Areas:

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 - Relationships between Indigenous and non-Indigenous peoples, organizations and governments are collaborative and respectful
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- Draft new Aboriginal education legislation with the full participation and informed consent of Aboriginal peoples. The new legislation would include a commitment to sufficient funding.
 - Appoint, in consultation with Aboriginal groups, an Aboriginal Languages Commissioner. The commissioner should help promote Aboriginal languages and report on the adequacy of federal funding of Aboriginal-languages initiatives.
 - Provide sustainable funding for existing and new Aboriginal healing centres to address the physical, mental, emotional, and spiritual harms caused by residential schools.
 - Provide the necessary funding to post-secondary institutions to educate teachers on how to integrate Indigenous knowledge and teaching methods into classrooms.
 - Provide the necessary funding to Aboriginal schools to utilize Indigenous knowledge and teaching methods in classrooms.
 - Provide multiyear funding for community-based youth organizations to deliver programs on reconciliation, and establish a national network to share information and best practices.