



INFO SHEET

San'yas Training in Ontario



What is San'yas?

The San'yas Indigenous Cultural Safety Training Program offers **online training** and **consultation services** that focus on addressing anti-Indigenous racism and promoting cultural safety for Indigenous people in Canada.

Our Training

- » Online and interactive
- » Facilitated and self-paced
- » 6 to 10 hours long
- » Over 100,000 people trained

Our online training courses have been designed to help increase the **knowledge, self-awareness, and skills** of participants, so that they work more safely and effectively with Indigenous people.

We explore topics such as:

- Colonization in Canada
- Racism, discrimination, stereotyping, and their impacts on Indigenous people
- Taking action to strengthen Indigenous cultural safety in relationships, practices, and services

San'yas in Ontario

In 2013, Indigenous leaders and educators in Ontario partnered with San'yas to develop Ontario-specific online training courses. Today, we offer the following courses to participants in Ontario:

Core Training

- 1 **Ontario Core ICS Foundations^S** (English/French)
A foundational course for non-health sector employees
- 2 **Ontario Core ICS Health^{**}** (English/French)
- 3 **Ontario Core ICS Enhanced Health^{**}**
- 4 **Ontario Core ICS Mental Health^{**}**

Advanced Training

- 1 **From Bystander to Ally⁺**

Note: To be eligible to register in an Advanced Training, you must have completed a Core Training at least 6 months prior.

*^S ** for course details and accreditation information, review next pages*

"Excellent program, very informative, was so impressed with the speakers, learned so much and it developed in me a strong commitment to do everything I can to ensure culturally safe relationships and environments that are free from racism and discrimination."

"I am grateful for this opportunity, I have been educated, re-educated and inspired to carry many of these practices forward in my everyday life and the work field."

Benefits of San'yas

- ✓ Increases confidence working with Indigenous people
- ✓ Contributes to safer practices and safer workplaces
- ✓ Contributes to better outcomes for patients and clients
- ✓ A key component of organizational cultural safety strategies

San'yas Ontario Core Training

Core Training courses introduce participants to key aspects of cultural safety and addressing anti-Indigenous racism. These courses cover topics such as:

- Colonization in Canada
- Racism, discrimination, stereotyping, and their impacts on Indigenous people
- Taking action to strengthen Indigenous Cultural Safety in relationships, practices, and services

The curriculum and learning activities have been designed to help participants strengthen their knowledge, awareness, and skills to work safely and effectively with Indigenous people.

1 Core ICS Foundations

**available in English and French*

What are some of the topics that are covered in this course?

- Colonization in Canada
- Racism, discrimination, and stereotyping, and their impacts on Indigenous peoples in different contexts
- Taking action to strengthen Indigenous Cultural Safety in relationships, practices, and service

Who is this course designed for?

This course is designed for anyone who wishes to enhance Indigenous Cultural Safety in their work and workplace. It is meant for people who work outside the health sector. This can include people who work in education, business, government, finance, not-for-profits, research, or any other field. Anyone can take Core ICS Foundations. There are no prerequisites.

2 Core ICS Health

**available in English and French*

What are some of the topics that are covered in this course?

- Colonization in Canada
- Racism, discrimination, and stereotyping, and their impacts on Indigenous peoples in health care contexts
- Social and structural determinants of health in relation to Indigenous people
- Gaps in health equity for Indigenous people
- Taking action: Enhancing Indigenous Cultural Safety in health care

Who is this course designed for?

This course is designed for anyone working in the health system who wishes to enhance their knowledge, awareness, and skills when working with Indigenous people. This includes clinical service providers (e.g., physicians, surgeons, nurses, midwives, and allied health professionals), as well as administrators, managers, research staff, clerks, and so forth. This course is introductory and meant to supplement Nation- and region-specific training provided by local Indigenous communities and organizations.

Anyone who works, studies, or volunteers within the health sector can take Core ICS Health. There are no prerequisites.

3 Core ICS Enhanced Health

**this course can take 2-4 hours longer to complete and is offered over 10 weeks*

What are some of the topics that are covered in this course?

- Colonization in Canada
- Racism, discrimination, and stereotyping, and their impacts on Indigenous peoples in health care contexts
- Social and structural determinants of health in relation to Indigenous people
- Gaps in health equity for Indigenous people
- Taking action: Enhancing Indigenous Cultural Safety in health care
- Recognizing areas for organizational change
- Speaking up and advocating for social justice for Indigenous people

Who is this course designed for?

This course is designed for anyone working in the health system who wishes to enhance their knowledge, awareness, and skills when working with Indigenous people. This includes clinical service providers (e.g., physicians, surgeons, nurses, midwives, and allied health professionals), as well as administrators, managers, research staff, clerks, and so forth. This course may be of most interest to leaders and administrators because of its additional focus on the organizational aspect of Indigenous Cultural Safety. This course is introductory and meant to supplement Nation- and region-specific training provided by local Indigenous communities and organizations. Anyone who works, studies, or volunteers within the health sector can take Core ICS Enhanced Health. There are no prerequisites.

4 Core ICS Mental Health

What are some of the topics that are covered in this course?

- Colonization in Canada
- Racism, discrimination, and stereotyping, and their impacts on Indigenous peoples in mental health, substance use, and addiction contexts
- Historical and ongoing impacts of colonization on mental health and substance use
- Perspectives on mental health and healing
- Reducing health inequities and enhancing mental health
- Taking action: Enhancing Indigenous Cultural Safety in mental health and substance use services

Who is this course designed for?

This course is designed for people who work, study, or volunteer in the mental health sector. This includes clinical service providers (e.g., psychologists, psychiatrists, counsellors, therapists), as well as administrators, managers, research staff, and so forth. This course is introductory and meant to supplement Nation- and region-specific training provided by local Indigenous communities and organizations.

Anyone who works, studies, or volunteers within the mental health sector can take Core ICS Mental Health. There are no prerequisites.

San'yas Ontario Advanced Training

Advanced Training courses are available to participants who have completed any one San'yas Core Training course.

1 From Bystander to Ally

What are some of the topics that are covered in this course?

The Bystander to Ally (BTA) course provides information, encourages critical self-reflection, and teaches practical skills that can help people become more effective allies. Participants learn ways to assess and respond to situations in which bias, discrimination, or racism is suspected. Participants also learn tools and strategies that they can apply in their workplaces and daily lives. We hope that in applying the learning from this course, participants can become powerful agents for change in their personal and professional lives.

Who is this course designed for?

BTA is designed for people who have completed one or more Core Training courses, and wish to enhance their skills in speaking out and advocating for social justice for Indigenous people.

Accreditation



Accredited by UBC CPD



CONTINUING PROFESSIONAL DEVELOPMENT
FACULTY OF MEDICINE

§ Core ICS Foundations: This program contains 8 hours of EDI Professionalism content. Accredited by the Law Society of Ontario.

***ICS Core Health, ICS Core Mental Health, and ICS Core Enhanced Health:** The online Core Health and Core Mental Health program meets the accreditation criteria of The College of Family Physicians of Canada. This Self-Learning program has been certified by the College of Family Physicians of Canada for up to **20 Mainpro+ credits**.

+ ICS Core Health, ICS Core Mental Health, and ICS Core Enhanced Health: The University of British Columbia Division of Continuing Professional Development (UBC CPD) is fully accredited by the Committee on Accreditation of Continuing Medical Education (CACME) to provide study credits for continuing medical education for physicians. This activity is an Accredited Self-Assessment Program (Section 3) as defined by the Maintenance of Certification Program (MOC) of the Royal College of Physicians and Surgeons of Canada, and has been approved by UBC CPD for up to **10.0 MOC Section 3** Self-Assessment hours (credits are automatically calculated). Each physician should claim only those credits accrued through participation in the activity.

+ From Bystander to Ally: The University of British Columbia Division of Continuing Professional Development (UBC CPD) is fully accredited by the Committee on Accreditation of Continuing Medical Education (CACME) to provide study credits for continuing medical education for physicians. This activity is an Accredited Self-Assessment Program (Section 3) as defined by the Maintenance of Certification Program (MOC) of the Royal College of Physicians and Surgeons of Canada, and has been approved by UBC CPD for up to **5.0 MOC Section 3** Self-Assessment hours (credits are automatically calculated). Each physician should claim only those credits accrued through participation in the activity.