



Western Biomedical Model

Emergency, Acute or Initial Health Interventions:

- Pharmaceutical medicines (new drug therapies, treatments to resolve conditions such as antibiotics for infections)
- Diagnostic tools to support diagnostic criteria for Western-defined health conditions (e.g., MRI, bloodwork, DSM-IV criteria)
- Institutionalized care (e.g., hospitalization)
- Surgeries and other procedures
- Health crisis or complex care centres (e.g., detox, mental health)
- Maternity wards
- Culturally safe approaches
- Trauma-informed care

Chronic Disease or Health Condition Care:

- Pharmaceutical medicines (maintenance therapies)
- Medium- to long-term institutionalized care
- Home care
- Chronic disease monitoring (e.g., home blood pressure monitor, scheduled bloodwork)
- Mental health management (e.g., cognitive behavioural therapy)
- Dietary guidance (e.g., low-salt diet for high blood pressure)
- Maternity care
- Health systems navigation and coordination
- Allied health professional services (e.g., physiotherapy, podiatry)
- Cultural safety and humility approaches
- Trauma-informed care
- Person-centred care

Wellness and Preventative Care:

- Healthy lifestyle rituals
- Healthy coping mechanisms (emotions)
- Support groups
- Gratitude practices
- Awareness and meditative practices
- Support for optimal sleep
- Natural medicines
- Strengths-based approaches
- Person-centred care
- Health screenings

Community Care:

- Community services
- Social services
- Group support meetings
- Outreach
- Land-based activities
- Social prescribing

HEALING STRATEGIES

Indigenous Cultural and Spiritual Model

Emergency, Acute or Initial Health Interventions:

- Immersive healing environments
- Distinctions-based cultural practices
- Holistic healing
- Diagnostic methods and tools
- Traditional medicines
- Surgeries and procedures
- Traditional healing
- Traditional birthing and doulas
- Prayer and/or ceremony

Chronic Disease or Health Condition Care:

- Immersive healing environments
- Distinctions-based cultural practices
- Holistic healing
- Traditional medicines
- Traditional healing
- Traditional prenatal and postpartum care
- Prayer, drumming, singing, dancing
- Ceremony
- Land-based healing
- Storytelling, teachings, and mentor and Elder guidance

Wellness and Preventative Care:

- Immersive healing environments
- Distinctions-based cultural practices
- Holistic healing
- Traditional medicines
- Traditional healing
- Traditional birthing
- Prayer, drumming, singing, dancing
- Ceremony
- Cultural and land-based lifestyles
- Applying expertise to a specific role or purpose

Community Care:

- Community services
- Ceremonies
- Gatherings
- Potlatches
- Days of significance
- Talking or sharing circles
- Land-based activities
- Drumming, singing, dancing
- Rites of passage
- Storytelling, teachings, and mentor and Elder guidance

GROWTH & WELLNESS STRATEGIES

