

UNITE VIDEO DIALOGUE COMPANION



We are grateful to Dan Reist for all of his contributions to the UNITE initiative including the development of the original version of this resource.

We would like to respectfully acknowledge the traditional and unceded territories, covering all regions of British Columbia. We are honoured to live on this land and are committed to reconciliation, decolonization, and building relationships in our communities.

WELCOME

Stories have the power to create change and foster understanding across different experiences and perspectives. By inviting us on an journey, stories prompt us to question assumptions while sparking ideas of what might be possible.

We invite you to consider that

- ...we all face challenges.
- ...change is possible.
- ...healing is attainable.
- ...families are an essential part of the circle of care.

WHY FOCUS ON THE EXPERIENCE OF FAMILIES?

Sharing stories of families can foster meaningful partnerships with care teams, benefiting families, healthcare providers and individuals alike. Understanding families' experiences can help shape more effective care for individuals with complex care needs. Family involvement has the power to reduce the challenges and stigma families may face. Stories have the power to create environments where inclusivity is celebrated and change unfolds.

– Charles, Chris, LT, Nicolas & Victoria
Storytellers and Lived Experience
Strategic Advisors

“Dialogue cannot exist in the absence of a profound love for the world and for people.”

– Paulo Freire

SPIRIT OF DIALOGUE

Dialogue is a way to create trust and bridge divides among people. Through dialogue, simplistic explanations are replaced by greater awareness of complexity and increased empathy for the challenges others face. Different perspectives and values can be expressed, heard, and understood.

Dialogue is not a method but an orientation to “being-with” other people that involves openness and a willingness to push beyond discomfort.

For more resources on disrupting stigma through dialogue, visit <http://www.bcmhsus.ca/health-professionals/mental-health-promotion-literacy/disrupting-stigma-for-better-care>

3 MOVEMENTS OF DIALOGUE

1. Come together by carefully creating the container (setting or situation) in which people can truly **listen to one another as equal participants**. Nurture understanding and trust by identifying preconceptions and committing to openness.
2. **Focus on building relationships** rather than on sharing information or problem solving. Encourage participants to get curious and to seek to learn from others' experiences. When we do this well, learning and problem solving follows.
3. **Explore questions together** with openness and curiosity rather than promoting our own position. Learning is not so much about being taught answers but being exposed to good questions. Genuine questions open up possibilities.

Applying Dialogue

Each of the UNITE videos can be used to stimulate dialogue. The prompts below offer one way to start dialogue after viewing each video. It is often a good idea to remind participants about the nature of dialogue (see previous page). Complex issues that divide our communities can be addressed when we come together in a spirit of openness and curiosity, with a willingness to listen and understand the perspectives of others.

“In dialogue, our intention is to expanse our view and understanding – not to evaluate and determine who has the ‘right’ view.”

– Dan Riest

DIALOGUE PROMPTS

VIDEO ONE

[The Roles We Play](#)



- What word, thought, phrase, or idea stands out for you after watching this video?
- What roles do family members play in a loved one's care?
- What do family/provider partnerships look like in your world? What is the experience and impact like?

VIDEO TWO

[Redefining Trust & Identity](#)



- What word, thought, phrase, or idea stands out for you after watching this video?
- How is trust built with family members?
- How does or doesn't the healthcare system support the inclusion of family members?
- How is culture meaningfully integrated into a person's care?

VIDEO THREE

[Navigating the Healthcare System](#)

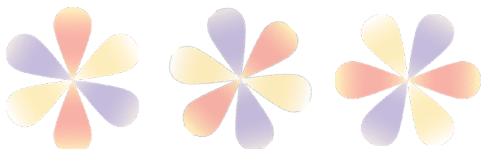


- What word, thought, phrase, or idea stands out for you after watching this video?
- What is your experience navigating the healthcare system?
- How can we bring family members in as knowledge holders while respecting their loved ones' confidentiality?

CLOSING

- What are your highest hopes for embedding family members into the healthcare system?
- What is one action you can take to move towards that vision?
- What feelings, thoughts, or ideas arose for you as a result of participating in this dialogue?

“All interactions are dynamic and more complex than might appear at first glance. Dialogue is the pursuit of understanding that allows one to recognize another in their full complexity.”



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