



Public Health
Agency of Canada



Hôpital général juif
Jewish General Hospital

Listening to One Another

Culturally Based Wellness Promotion
for Indigenous Families

Presentation Outline

- 👉 Introduction to the project
- 👉 Session structure
- 👉 Cultural adaptation: Why and How?
- 👉 Organizational basics
- 👉 Results
- 👉 The research process



Introduction to the Project

- 👉 Collaboration-centred family wellness promotion
- 👉 Culture is key
- 👉 Targets 10-14 year old youth and their families
- 👉 Strength-based focus
- 👉 Local development, coordination and delivery of the program




2015-2016 Partners Four Indigenous Peoples in nine First Nations



Session Structure

10 families  1+ youth
and siblings
1+ parents
and/or guardians

 2.5
hrs

 shared
meal

 activities

 stories

 games

Session Content

👏 14 sessions dealing with a range of themes...



cultural history



embracing
difference



bullying



my family



substance use

...and more!

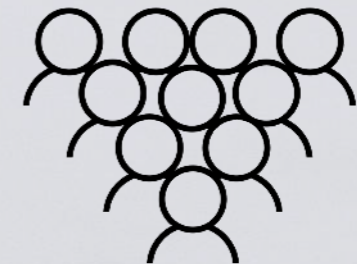
Levels of Wellbeing



- 👉 Critical thinking skills
- 👉 Social skills
- 👉 Help seeking skills
- 👉 Self confidence
- 👉 Strong cultural identity



- 👉 Family bonding and trust
- 👉 Extended support networks
- 👉 Positive expectations
- 👉 Knowledge of family history and ancestors

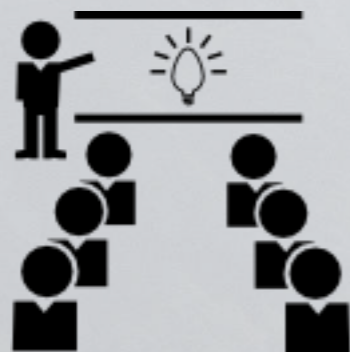


- 👉 Connection to Elders
- 👉 Participation in cultural activities and community events
- 👉 Tools to maintain strong friendships
- 👉 Tools to deal with discrimination
- 👉 Awareness of community resources

Cultural Adaptation: Why and How?

- 👉 Culture is a key component of wellbeing
- 👉 Communities have the expertise and knowledge to help youth thrive
- 👉 Local stories and traditions reinforce identity and teach place-specific skills
- 👉 The program provides an evidence-based foundation for culturally-specific content

Organizational Basics



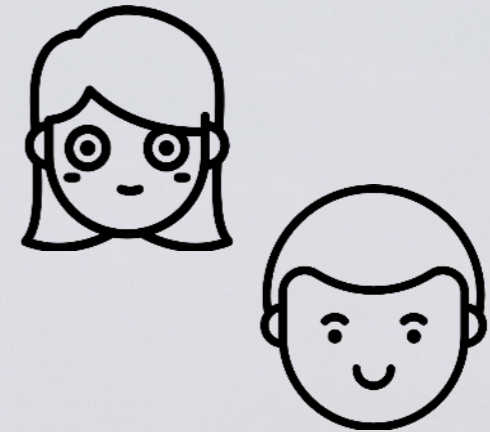
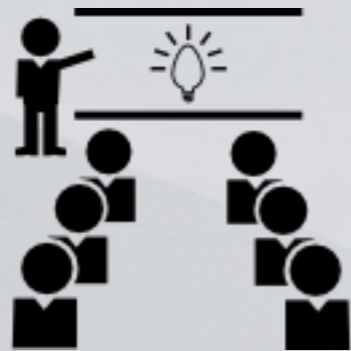
Community
coordinator



Facilitators
from the
Community



Central
Coordination
in Montreal



- 👉 Coordinators receive training and tools to track the program implementation
- 👉 Two-way dialogue between Montreal and the local coordinator creates support and feedback

- 👉 Sessions are led in tandem with Elders and community role models
- 👉 Facilitators receive support from local coordinator
- 👉 Access to extensive documentation and facilitation tools

- 👉 Youth and parents receive support from one another, facilitators, Elders and community role models
- 👉 Participants are more aware of resources and services available in the region

The Research Process

- ✎ Every community delivering the program is invited to participate in the research process
- ✎ Participation is simple: youth and adults complete an **anonymous** survey before and after taking part in the program
- ✎ The research team in Montreal analyzes the surveys and communicates the findings back to all participating communities
- ✎ Community leaders report that this kind of data is very valuable to their organizations
- ✎ Research findings also allow us to identify strengths and weaknesses in the program and improve our offerings

Results



👉 Data analysis from our first rounds of program deliveries is not yet complete...



👉 Findings from the original program delivery with Anishinabe families showed improvements in family interactions



👉 Feedback from families, facilitators and coordinators has been very positive

👉 Many communities decide to deliver the program more than once

Questions?



Thank You!

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McGill



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