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on Indigenous Child Health

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A Wellness Knowledge Exchange to Support Indigenous Children & Youth

Nancy L. Young, PhD

Senior Scientist, CHEO Research Institute

On behalf of Mia Bourque and the ACHWM Team

Aaniish Naa Gegii: the Children's Health and Well-being Measure

CHEO

RESEARCH INSTITUTE
INSTITUT DE RECHERCHE

Beginning in a good way



Please take a minute, in private, to acknowledge the traditional territory where you live and work.

Faculty/Presenter Disclosure

- In the past 24 months, Nancy Young, Mia Bourque and the ACHWM Team have had no relevant financial relationships with manufacturers of commercial services discussed in this CME activity.
- I do not intend to discuss an unapproved/investigative use of a commercial product/device in my presentation.



Learning Objectives:

1. To learn about a **new knowledge exchange platform** of wellness resources that support Indigenous children and youth.
2. To **consider how your community or organization could benefit from and contribute to these resources**, to support diverse Indigenous children and youth in your home communities.



Brief Background on the *ACHWM*

ACHWM Initiative

- Aanish Naa Gegii: the Children's Health and Well-being Measure?
 - Co-created in response to the lack of culturally relevant measures
 - Mary Jo Wabano and Diane Jacko at Naandwechige-Gamig Wikwemikong Health Centre Wiikwemikoong Health Centre
 - Drs. Nancy Young and Stephen Ritchie at Laurentian University
 - Now a partnership between CHEO Research Institute and Naandwechige-Gamig Wikwemikong Health Centre
 - We continue to put the children first.



CHEO



1. Learn about a New Knowledge Exchange Platform

A Wellness Resource Hub

to support Indigenous children and youth

Origin of the Wellness Resource Hub

- Project responded to the impacts of the COVID-19 pandemic on mental wellness
 - Goals:
 - To support Indigenous children and youth across Canada
 - Be a continuous knowledge exchange (barrier-free)
- Funded by a Rapid-Response Knowledge Synthesis Grant from the Canadian Institutes of Health Research (CIHR)



Methods

The ACHWM Team

1. Conducted a scoping review to identify group programs relevant to Indigenous children's health:
 - Feasible in rural and remote communities
 - Culturally-relevant
 - Evidence of effectiveness
 - In addition we valued programs that were:
 - (W)holistic and focused on wellness / strengths based
2. Co-created *wellness resources* to support mental wellness among children and reflect Indigenous cultures.
3. Leveraged our existing website and developed new webpages to engage children and youth, parents and guardians, and local health workers across Canada.
 - aimed to be a starting point to facilitate knowledge exchange and sharing across communities and nations



Results

A. Compendium of Group Programs

- ❖ Comprehensive review of existing programs

Mental Wellness Program Compendium

- 52 programs were identified and evaluated
 - Program evaluation criteria:
 - Culturally grounded
 - Community-Based
 - Strengths-based
 - Summarized information on:
 - Effectiveness (CAPS guidelines)
 - Feasibility with minimal resources
 - Zone of support (green, yellow, red)

Compendium continued ...

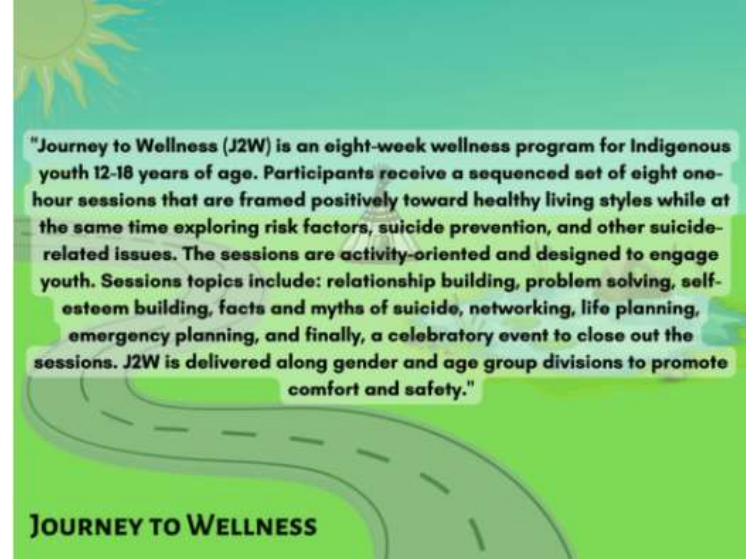
- ❖ 9 programs were highly relevant and met most criteria
 - Added to the Wellness Resource Hub along with:
 - Tips sheets
 - Summary sheets
 - Training materials
- ❖ Full compendium of programs available in Excel format
 - Tutorial video on how to navigate compendium
- ❖ Highlights opportunities to offer stepped care



Compendium Example:

➤ Journey to Wellness

- Culturally-grounded, community-based, and strength-based
- School-based suicide prevention program, promoting a healthy lifestyle
 - for Indigenous youth from 12 to 18 years old.
 - builds coping skills, provides check-ins, and encourages fun
 - 8 one-hour sessions delivered over 8 weeks
- Created in Battle River Treaty 6 Health Centre in Saskatchewan
 - Jose Pruden and Danielle Pritchard
- <https://achwm.ca/j2w>



B. Wellness Resources:

- ❖ Collection of new resources to address:
 - Mental health literacy
 - Stigma
- ❖ Includes links to existing public and community resources
 - e.g., Hope for Wellness Helpline 1-855-242-3310

Different Types of Deliverables

- New, co-created resources
 - ACHWM Activity Sheets
 - Shareable Materials
 - Community Resources & Facilitator Guides
- Links to high-quality public resources
 - General
 - Language
 - Books
- Links to well-respected support services



Emphasize Customization and Accessibility

- Encourage sharing of edited and new resources
 - Different versions of each resource
 - .ppt and .doc versions to allow for editing
 - .pdf versions to increase accessibility
- Creative Commons license protects work while emphasizing sharing and editing
- Share at no cost



Creative Commons Licence:

➤ CC BY-NC-SA 4.0



- protects intellectual property and honours the original source of the wisdom (**BY/attribution**)
- Cannot be commercialize (**Non-Commercial**)
- Promotes sharing and adapting (**Share Alike**)



Examples of Public Resources

- Books for children and youth
- Hope for Wellness Helpline 1-855-242-3310
- Shkaabe Makwa: CAMH
- Pauktuutit Inuit Women of Canada: A Community Story Workshop Model

C. Web Pages

- ❖ Created pages for:
 - Children/youth
 - Parents and
 - Healthcare workers
- ❖ Governed by a Creative Commons Licence



Walleye Breathing



Step 1: Create your walleye fin and place it on your forehead.



Step 2: Move your fin towards your belly as you **breathe in** slowly. Hold for 1 second.



Step 3: Move your fin back up towards your forehead as you **breathe out**.



Great work! Repeat as many times as you would like!

Emotions Chart

art by niigaanii



Happy



Nervous



Scared



Confused



Curious



Sad



Tired



Overwhelmed



Excited



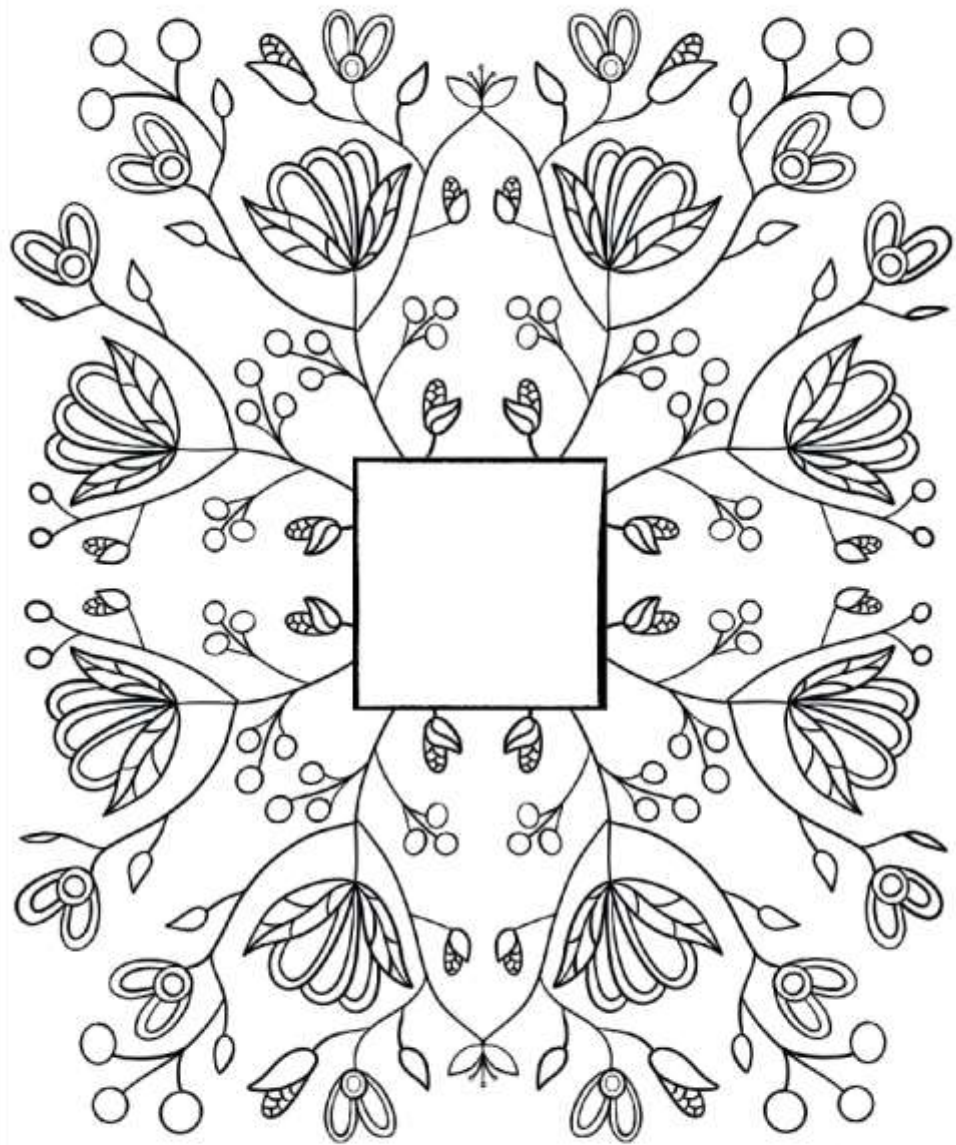
Surprised



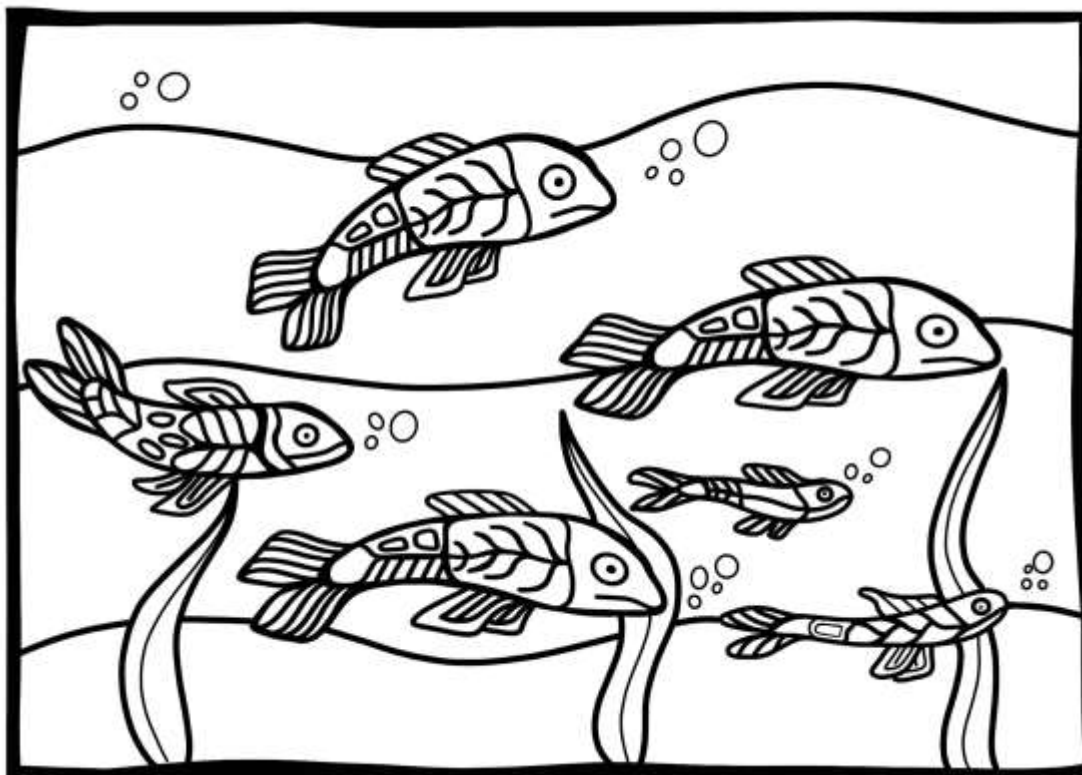
Bored



Angry



niigaanii '20



niigaanii '20



Movement as Medicine



This toolkit is designed to help you understand the benefits and importance of using movement as medicine.



Introduction



Traditionally, Indigenous peoples across Turtle Island (North America) lived extremely healthy lifestyles. With daily activities that included things such as hunting or fishing, or activities like traditional games as well as competitions! Movement such as dancing, running canoe or kayaking and different sports!

In this toolkit, you'll learn about physical activity, and its importance in your daily life

How do you say
exercise/movement
in your traditional language (s)?



DAILY MOVEMENT PLANNER



WEEKLY GOAL(S):

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Visit our Wellness Resource Hub

➤ www.achwm.ca/resource-hub/about



Accessing the Wellness Resource Hub



Visit www.achwm.ca/login

ACHWM.ca Website – *Wellness Resource Hub*



2. Consider: How could your community benefit from and contribute to these wellness resources?

Together we will support diverse Indigenous children and youth in their home communities.

Recap:

A. Compendium of Group Programs:

- 52 existing programs; 9 were highly relevant and met most criteria
- ❖ *Would these be useful to you?*
- ❖ *Do you have materials you would like to contribute?*

B. Wellness Resources:

- Collection of resources to address mental health literacy and stigma
- *Do you have ideas for new additions?*
- *Are you interested in adding your traditional language?*

C. Webpages

- Created pages for children/youth, parents and healthcare workers
- Creative commons licence protects intellectual property, honours the original source of the wisdom and promotes sharing/ adapting
- *We are open to all feedback.*







MY WORLD

Within Turtle Island, name people you think about often or are important people in your life. These people can be positive or negative for you.

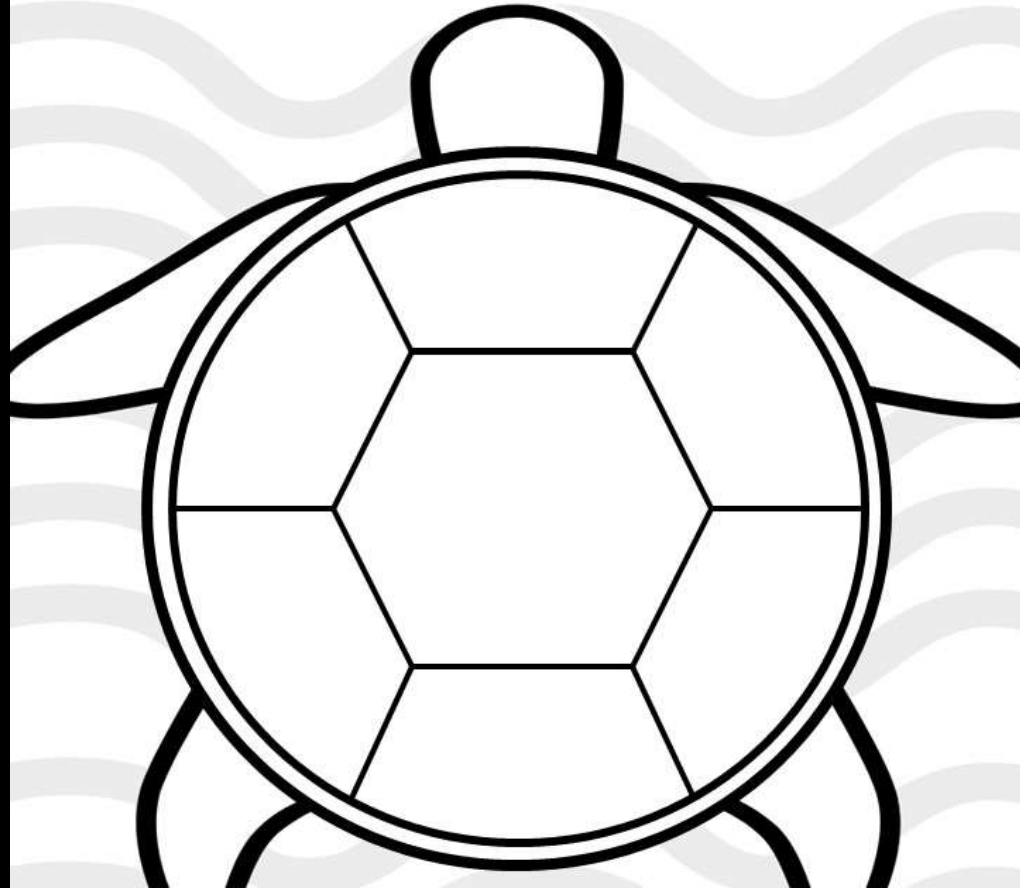
Draw symbols next to each person.

Draw a.  for the people you love

 for the people who make you smile

 for the people who don't make you feel good

 for the people who help you



MAKE YOUR LANGUAGE A HABIT

a guide to make language part of your daily life



WRITE IT ON PAPER OR POST-IT NOTES AND
LABEL YOUR HOUSE

(If you put the English/French word, make them small!)



SET A DAILY OR WEEKLY
LANGUAGE GOAL!

WETHER IT'S ONE WORD OR FIVE PHRASES, A LANGUAGE GOAL
WILL HELP YOU GET TO WHERE YOU WANT TO BE!



Future Wellness Resource Hub Work

Maintain the Wellness Resource Hub as a continuous knowledge exchange

- Encourage editing and personalizing of resources
- Update website as communities share edited and new resources
- Continue to keep expanding resources – as wellness is very complex

Expanding for community sharing

➤ New section of our website to permit uploads

- a portal where other people can contribute
- different languages or dialects

➤ Continue to adapt and update

- Looking for support and feedback of communities/organizations who utilize our resource hub

Stay in touch!



ACHWM@cheo.on.ca



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Additional Wellness Resource Examples

Importance of Dreams

Dreams and visions are an important part of Indigenous cultures.

Dreams come from the same place in your brain that your feelings come from, so they often star people in your life. They're also usually about something you're nervous, confused or excited about.

WAYS TO EXPLORE AND UNDERSTAND YOUR DREAMS

- ★ Reach out to someone you trust
- ★ Reach out to an Elder
- ★ Attend cultural community events
- ★ Pray or offer Medicines

HOW DO YOU SAY DREAM OR VISION IN YOUR LANGUAGE?

Feather Breathing Exercise



Close your eyes and Imagine you are holding a feather

Breathe in slowly and fill your belly with as much air as you can

Blow out slowly through your mouth and watch the feather float away

CALM YOURSELF WITH
STAR BREATHING



BEGIN ON THE START HERE POINT. FOLLOW THE BREATHING DIRECTIONS AS YOU TRACE THE ENTIRE STAR. COMPLETE AS MANY TIMES AS NEEDED.



Word of the week



The word in my traditional language

The Word in English

What the word means to me

Draw a picture of the meaning of the word

Things I can NOT control

(I can let go of these things)

Other people's
thoughts and
beliefs

The past and the
future

Things I CAN control

(I can focus on these things)

The boundaries I set

My goals

My thoughts

My beliefs and
values

Who I spend my time with

My actions

How I spend
my spare time

My self-care

Who I follow on
social media

The media/news

Predicting what
will happen

Other people's
actions



Add in your own things to
each section!



HOW ARE YOU FEELING?

BREATHE

Take 5 deep breaths to help
center yourself

FEEL

How does your mind and
body feel?

THANK

What are 5 things you
are grateful for?

AFFIRM

Say 5 nice things you
like about yourself

NEED

What do you need to help make
yourself feel better?

