

Creating Culturally Safe Space in Program Adaptation:

Reflections on implementing *Listening to One Another* in Nlaka'pamux First Nation

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Introduction

- Attention to *cultural safety* is central to efforts to develop appropriate health care services for Indigenous populations. In the research context, cultural safety aims to address power disparities to ensure dialogue, negotiation and culturally appropriate knowledge sharing.
- *Listening to One Another to Get Strong* (ZU?ZU? TWU?IX) is a wellness and resilience-based program that aims to strengthen families.
- In this study, we reflect on the experience of adapting the LTOA program in Nlaka'pamux First Nation in British Columbia. The aim is to identify key elements that help establish and maintain cultural safety within the implementation process.



Figure 1. Fishing net, dip-net – a symbolic representation, fitting for the space

- We are collaborating with Siska band members from Nlaka'pamux First Nation, which spans the Fraser Canyon and South Interior of British Columbia.

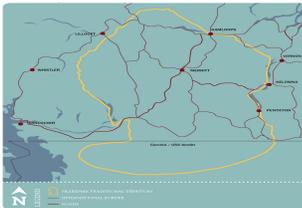


Figure 2. Nlaka'pamux territory map

Methods

To better understand the cultural adaptation process, a focus group discussion was conducted with the primary program facilitators and the Elder who adapted and delivered the program.

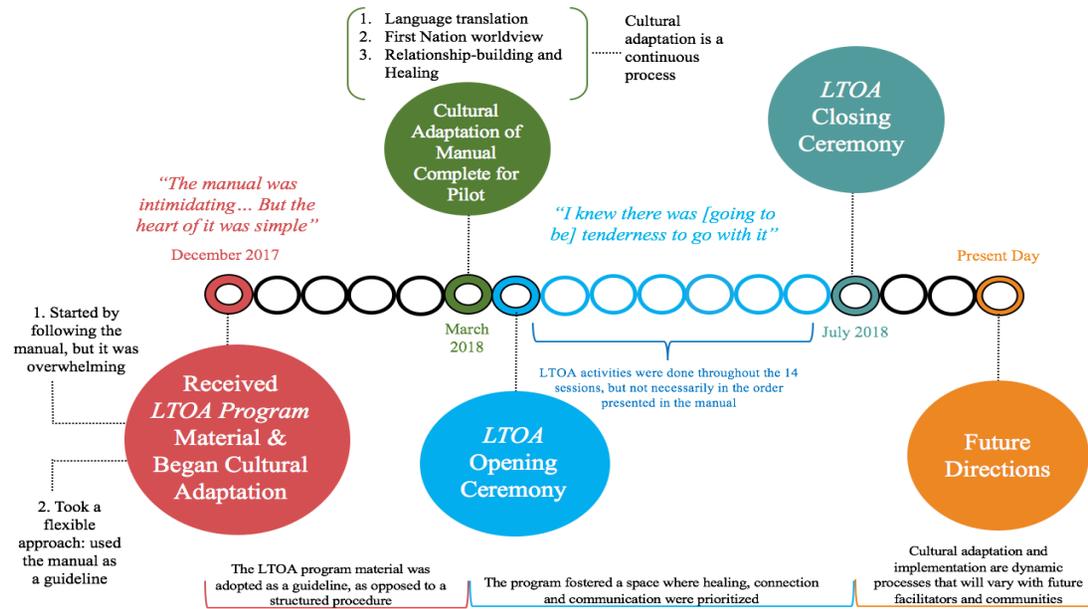


Figure 3. LTOA program session in Siska Community Hall

Implications and Outcome

- Documenting the cultural adaptation process in Siska unveiled key components that contributed to successful program implementation.
- Priorities, such as building physical spaces of support, fostering community connections, and encouraging dialogue, reflect the goals of cultural safety.
- Further discussion with community partners is necessary to better define and incorporate cultural safety as a component to the process of culturally adapting a mental health program in First Nations communities.



Figure 4. Centrepiece carpet- brought focus and calmness available to everyone

Priorities in the Creation of "Culturally Safe" Space

Healing

- Re-establishment of multigenerational connections can be healing for all generations (Elder, adult, youth)
- Topics of communication and culture must be accepting to the process of healing
- Need to create appropriate place for Elders to feel comfortable and respected to facilitate healing

Clean and sober facilitator

- "Walking in a good way" – a facilitator who demonstrates by their own example the good way of life that the LTOA program teaches is essential for program integrity and success

Follow-up with participants

- Continuous support of participants who feel vulnerable during any emotionally difficult sessions
- Checking in with participants and encouraging active participation in the program

Physical space of support

- Create a communal space specifically dedicated to the program
- Establishing space of support, in which trusting relationships can be built, ensure participants feel safe

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