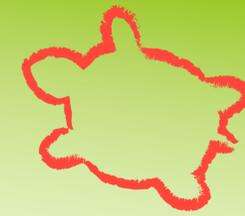


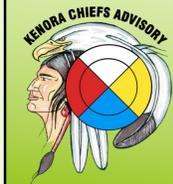
Strengthening family services in First Nations communities:



Development of a training model for implementation of a family program with frontline workers

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MENTAL HEALTH SERVICES IN FIRST NATIONS COMMUNITIES

- Many First Nation communities face challenges providing mental health services appropriate to their culture and context
- One way of addressing this challenge is through the implementation of culturally adapted programs
- Experience adapting and delivering such programs can enhance the skills of community workers and may improve the feasibility and quality of other services

Project

- *Listening to One Another (LTOA)* is a mental health promotion program for Indigenous youth and their caregivers comprising 14 sessions
- The program emphasizes cultural adaption to each First Nation community
- *Anishinaabe Abinoojii Family Services (AAFS)* has begun implementation of LTOA as part of their prevention services in the northern part of Treaty 3, Southern Ontario
- AAFS has developed a training model to integrate LTOA as part of frontline workers' roles with the hope of providing more widespread mental health promotion

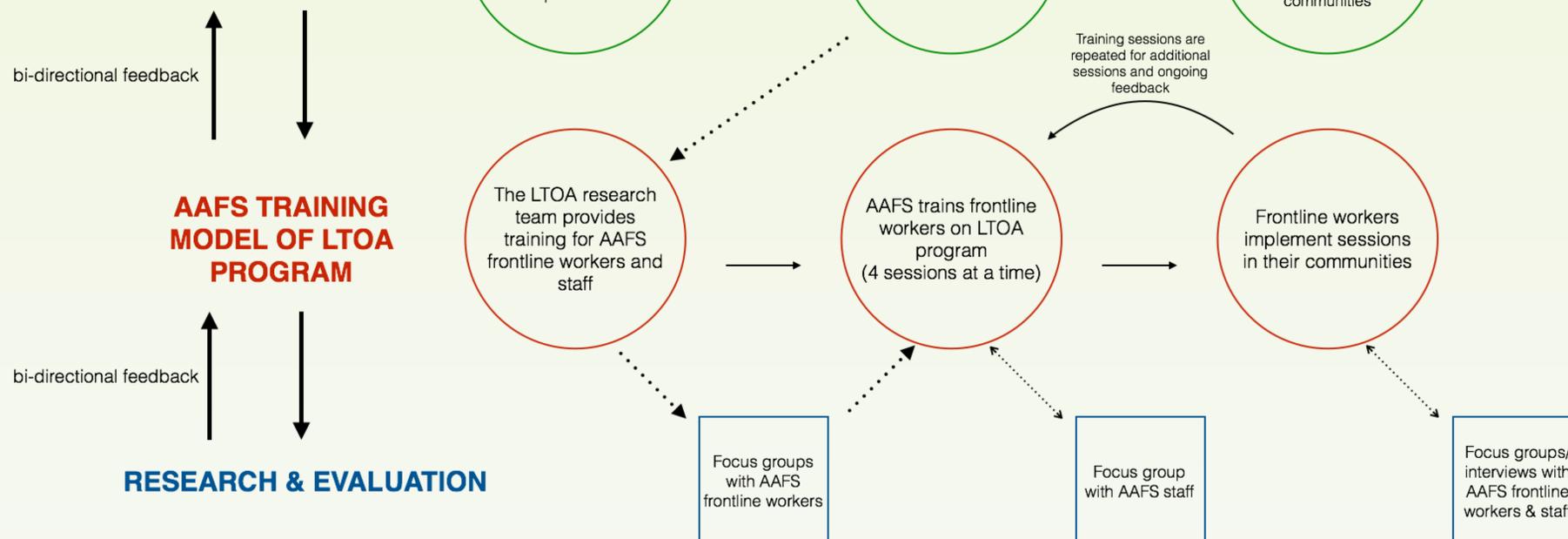
Objective

- The aim of this study is to learn from the AAFS training and implementation experience to identify ways to support community workers and program facilitators

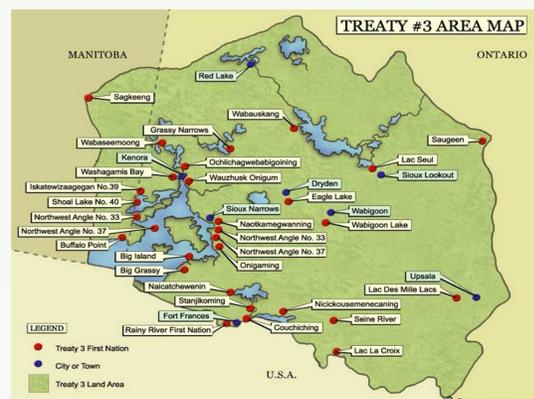
Methods

- Following a participatory research framework, we are conducting focus groups and interviews with frontline workers in order to document the process of the LTOA program adaption and implementation with the frontline workers and AAFS staff

LTOA TRAINING MODEL



ENGAGING REGIONAL ORGANIZATION *Anishinaabe Abinoojii Family Services (AAFS)*



- AAFS is guided by traditional Anishinaabe values and Sacred Teachings (Giikoomoonun)
 - Bravery/Courage - zongide'iwin,
 - Wisdom – niibwaakaawin,
 - Respect - maanaaji'itiwin,
 - Truth – debwewin,
 - Honesty - gwekwaatiziwin, gaangiinaaweshkisii,
 - Love – Zhaawenjigewin and
 - Humility - dibaasendendiwin

- AAFS recognizes the importance of the Anishinaabe family system and is committed to strengthening and supporting children (Abinoojii) and families

AAFS is located in Southern Ontario, serving 14 northern communities in Treaty 3 First Nations.

Cultural Competency

- AAFS ensures that cultural competency is at the forefront of the training program model
- Having culturally competent frontline workers insures the provision of culturally sensitive services



LTOA Session 1 Training, March 2018. AAFS Managers, workers and Elders playing the Turtle Game.



Evening activity with AAFS workers and managers

FUTURE GOALS AND SUSTAINABILITY OF LTOA PROGRAM WITH AAFS

- Wider access to program
- Providing frontline workers with more skills and a structured wellness program that responds flexibly to families' needs
- Keeping family strength and resilience at the forefront as program continues to be enriched and refined

IMPLICATIONS

- AAFS's unique engagement with LTOA and the creation of a new training model for frontline workers may provide useful insights for other First Nations communities and organizations seeking to implement family wellness programs with frontline workers
- The LTOA program can be used as a flexible toolkit and training context to help achieve the goals of First Nation family organizations to provide culturally safe and competent mental health services
- Developing culturally grounded approaches to training and implementation of the LTOA program can be beneficial for scaling up mental health promotion programs in other First Nation communities

References

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