

# Development and cultural adaptation of a mental health toolkit for Indigenous youth



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## Background

Historic and ongoing colonialism and cultural oppression has led to a health inequality between Indigenous and non-Indigenous populations. Culturally adapted mental health promotion programs that build upon resilience are one strategy to address this inequality. The *Listening to One Another to Grow Strong* program (LTOA) is a strengths-based, culturally adapted program designed for Indigenous youth and their families, rooted in the principle that family wellbeing is a cornerstone of individual and community wellness.

Due to COVID-19 government restrictions on public gatherings, LTOA program implementation in Indigenous communities has been paused. Working closely with local Indigenous health organizations, this study will evaluate the development and cultural adaptation of a core component of the LTOA program into a toolkit youth can complete individually at home.



## The Process

### COMMUNITY ENGAGEMENT



- Adapting the program to the culture and needs of the community
- Facilitators and barriers to the adaptation
- Balance of program fit & fidelity

- Learning to engage youth participants
- Consultation with key informants from the LTOA program
- Connecting through online methods

### CULTURAL ADAPTATION



- Delivering toolkits to the homes of participations
- No internet connection required
- Check-ins with local facilitators
- Sharing completed Trees with other youth in the community

### PROGRAM IMPLEMENTATION



## Methods

1. Semi-structured, Individual interviews with LTOA key informants over Zoom
2. Multiple Case Study
3. Participatory Action Research
4. Interactive Process of Analysis

## Objectives

1. What enhances or hinders the cultural adaptation process
2. The methods used to adapt program materials
3. The logic behind the adaptation process

## Implications

1. Identify structural and contextual factors involved in the adaptation process
2. Improve strategies for culturally adapting program materials
3. Create a guideline for future cultural adaptations



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