

“Living” Projects Based on Trust: Wise Choices, *Cap sur la famille* and Surrounding Family and Friends

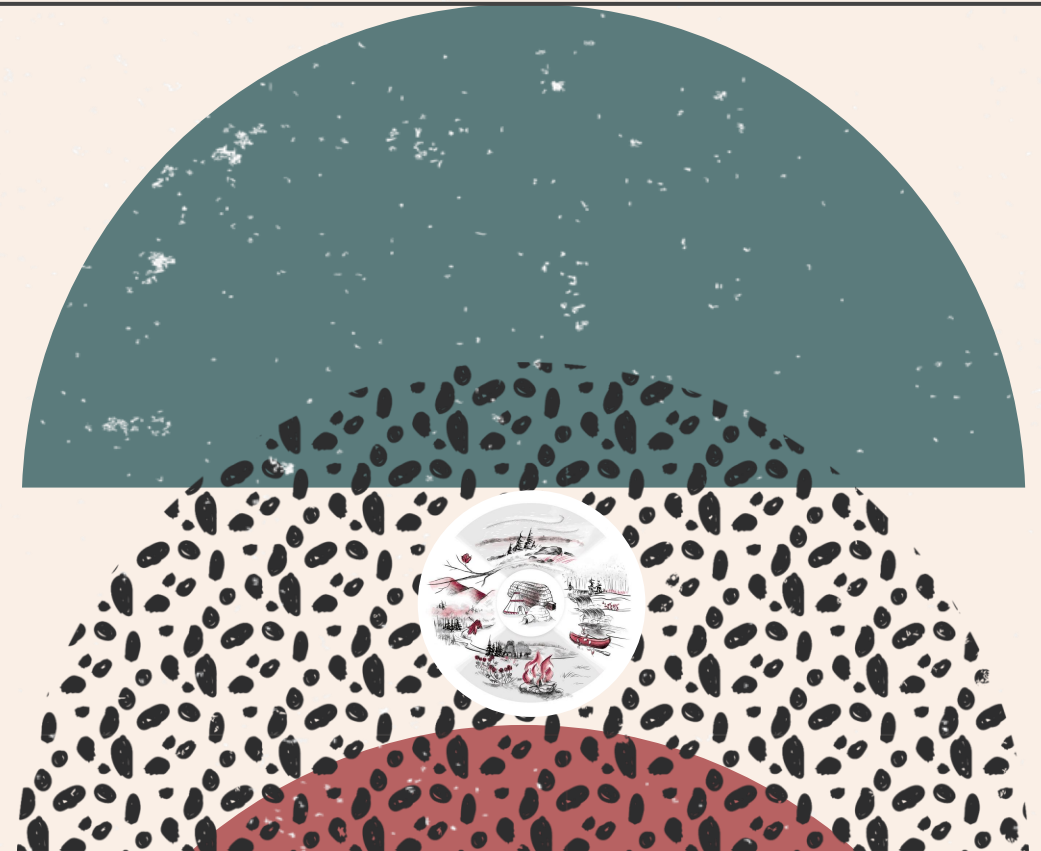
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Sommet sur les dépendances 2022



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OPENING PRAYER



TERRITORIAL RECOGNITION



We would like to begin by acknowledging that we all meet today within First Nations and Inuit territories, which have never been ceded.

We recognize that many First Nations and Inuit Nations are custodians of the lands and waters on which we all stand today, and we thank them for their hospitality.



Even today, First Nation and Inuit members face major inequalities in health and social services. It has been clearly established that the persistent prejudices, unavailability, and cultural inadequacy of the health care offered to First Nations and Inuit of Quebec are the cause.



ADDICTION

Trauma/Grief/Loss/Stress

Fear and shame
Isolation
Helplessness

Detachment
Loss of identity
Loss of rights

Poverty
Lack of housing
Loss of freedom

Residential
Schools

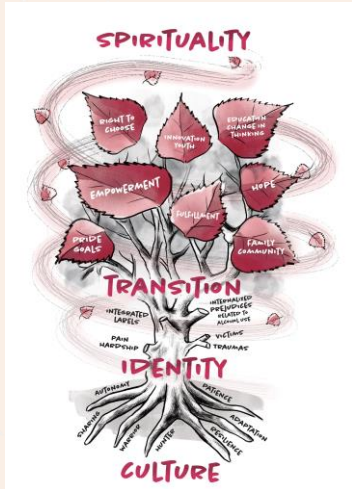
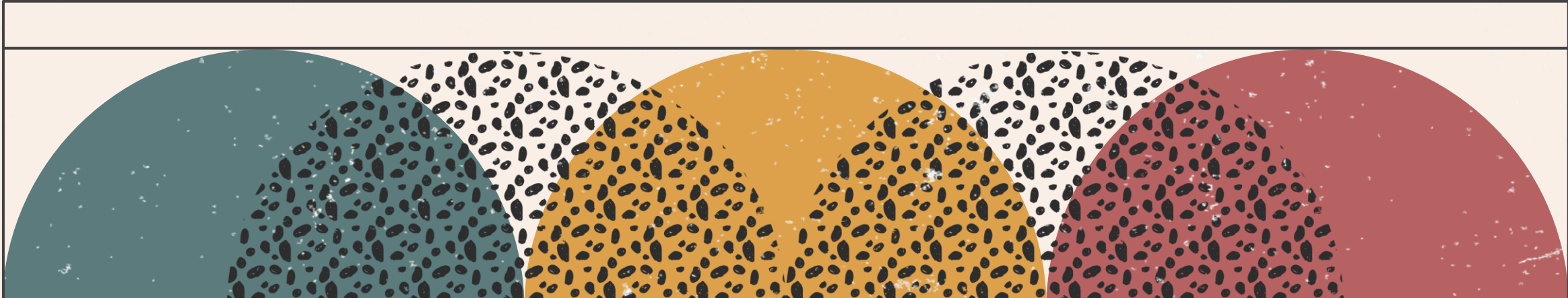
The 60's Scoop

Land Theft

Colonization

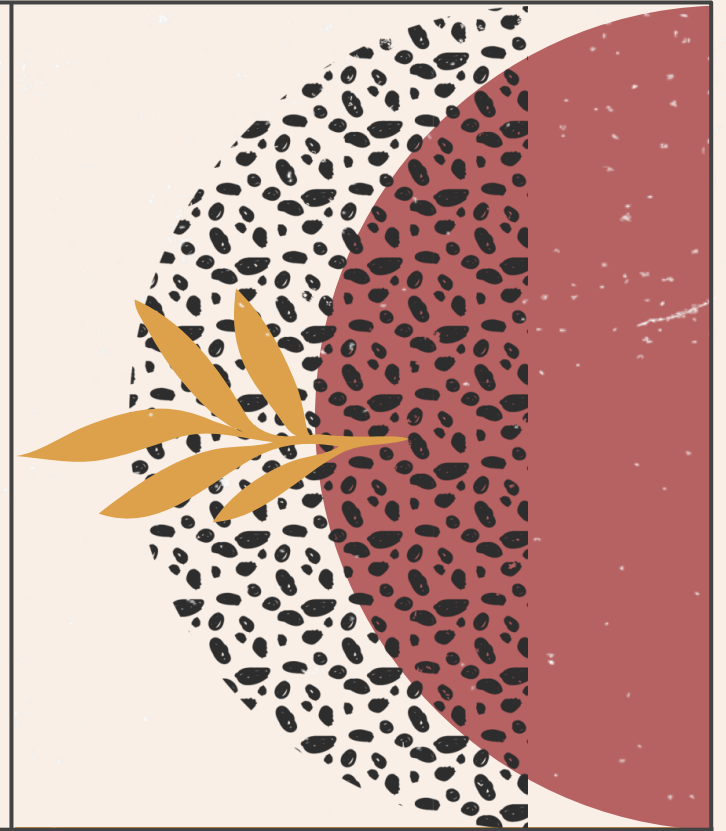
The roots of
addiction among
First Nations and
Inuit

Adaptated from *Roots of Addiction and Roots of Connection* (FNHA Indigenous Wellness team, cité dans First Nations Health Authority (2018, 27 juin). « Not Just Naloxone Training: a three-day 'train-the-trainer' Workshop » [Billet de blogue]. <https://www.fnha.ca/about/news-and-events/news/not-just-naloxone-training-a-three-day-train-the-trainer-workshop>)



"Living" projects based on trust

SAGE USAGE/ WISE CHOICES



The Wise Choices Program

- Culturally adapted version of the Alcochoix+ program.
- Developed in co-construction with First Nation and Inuit communities.
- Inspired by the values, needs, and realities of these communities.
- **Aims to accompany adults who wish to reflect on the impact of their alcohol consumption on their life balance and develop strategies to achieve and maintain moderate alcohol use.**
- Theoretical and intervention bases :
 - Harm reduction
 - Cognitive behavioral
 - Motivational philosophy

Support people in their choices regarding alcohol consumption through a non-judgmental approach



A stylized, hand-drawn illustration of a wilderness scene. The background is a light gray with a large, faint circular watermark. The scene includes a tent in the center, a red canoe on the right, a fire in the foreground, and various plants, trees, and a path. The text is overlaid in the center.

LA PAROLE DES BÂTISSEURS DE SAGE USAGE/WISE CHOICES

The History of Wise Choices

2017 Seminar (CIHR)

- ⇒ Involving addiction intervention workers from Nunavik and 9 First Nation communities.
- ⇒ **Highlighted the need to develop culturally relevant interventions from a drinking-moderate perspective.**
- ⇒ Outcome: Work begins on the cultural adaptation of Alcochoix +.

2018-2019 Cultural adaptation

- ⇒ Creation of an advisory committee made up of representatives of the communities involved in addiction intervention.
- ⇒ Based on the cultural adaptation model of Kumpfer and al (2008)
- ⇒ **Page by page review of the program:** vocabulary, symbols, illustrations, examples, emphasis on community and holistic well-being, and space for spirituality.

2019-2021 Preliminary implementation

- ⇒ **Training** of 65 interveners from 10 First Nation and Inuit communities and 3 CISSS/CIUSSS
- ⇒ **Difficult to implement:** 3 interveners used the program in its classic format and 8 participants experimented with it.
- ⇒ Need to make the program **culturally appropriate**

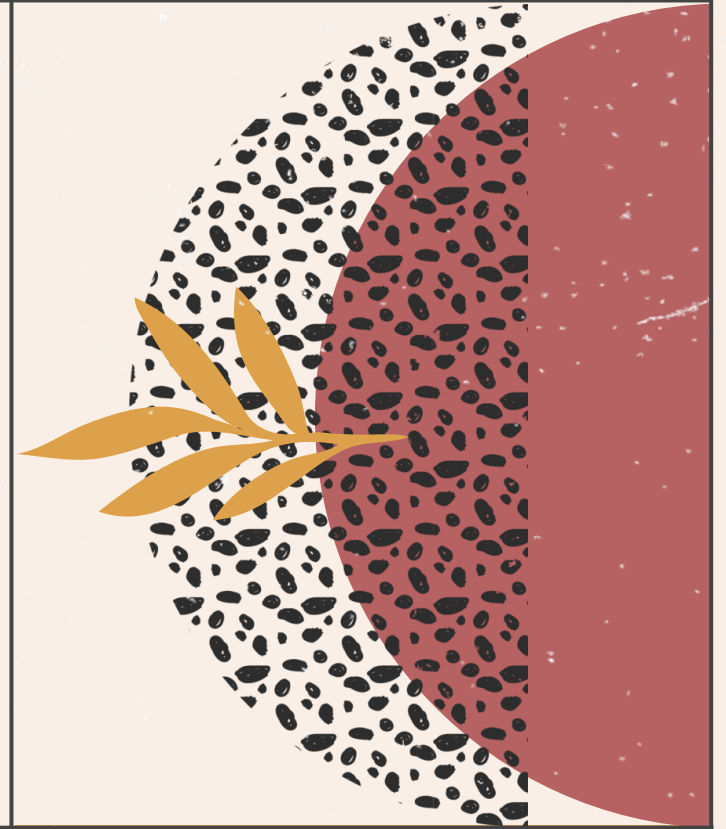
2022

A living program

In partnership with the communities, experimentation of different ways to implement the program according to their reality and specific needs.



CAP SUR LA FAMILLE



A parenting skills training program for families of children ages 6 to 12 who are affected by the addiction of one or more parents

Program



Psychoeducational



TurnKey



Aims to reduce the impact of the parent's addiction on family life



Based on

- The collaborative approach
- Harm reduction

11 workshops (or 7 workshops)
Group 5 to 8 families



Continuity



Topics include family balance, children 6-12, positive parenting practices, addiction and family, boundaries, communication skills, parental discipline, celebration



In light of our consultations

Program



Psychoeducational



TurnKey



Aims to reduce the impact of the parent's addiction on family life



Based on

- The collaborative approach
- Harm reduction

Joins First Nation and Inuit ways of doing things

Responds to a real need

11 workshops (or 7 workshops)
Group 5 to 8 families

Include the extended family



Continuity



Support for the preparation of sessions

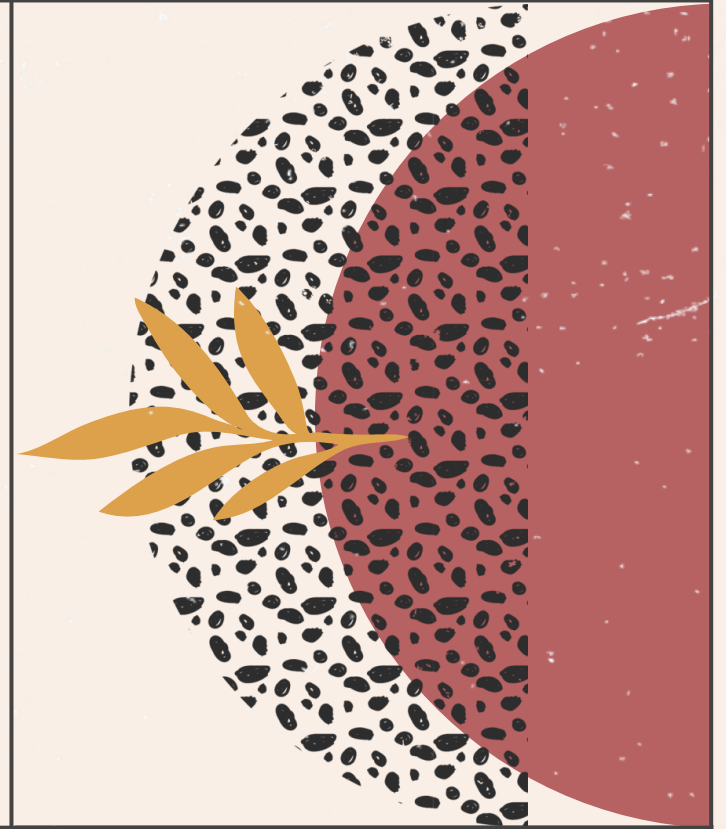
All relevant and suitable



Topics include family balance, children 6-12, positive parenting practices, addiction and family, boundaries, communication skills, parental discipline, celebration





IMPLEMENTATION REQUIRES FLEXIBILITY

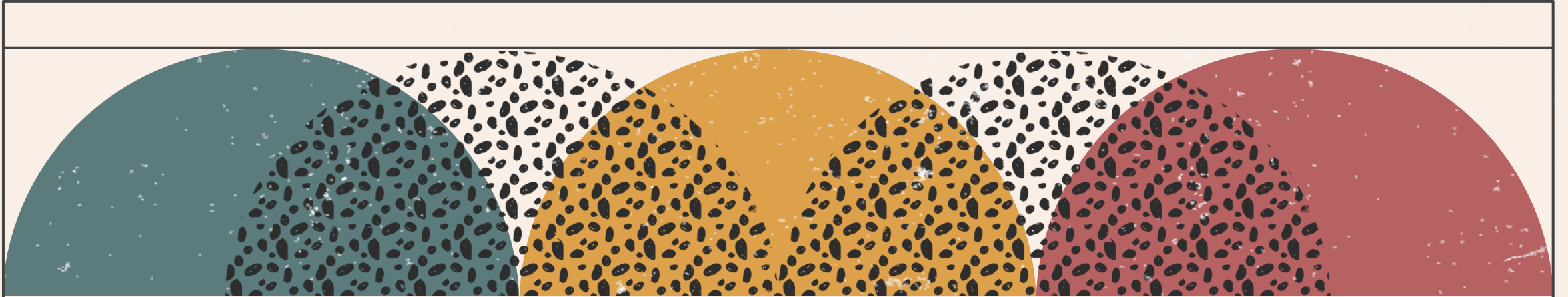
Family and Friends



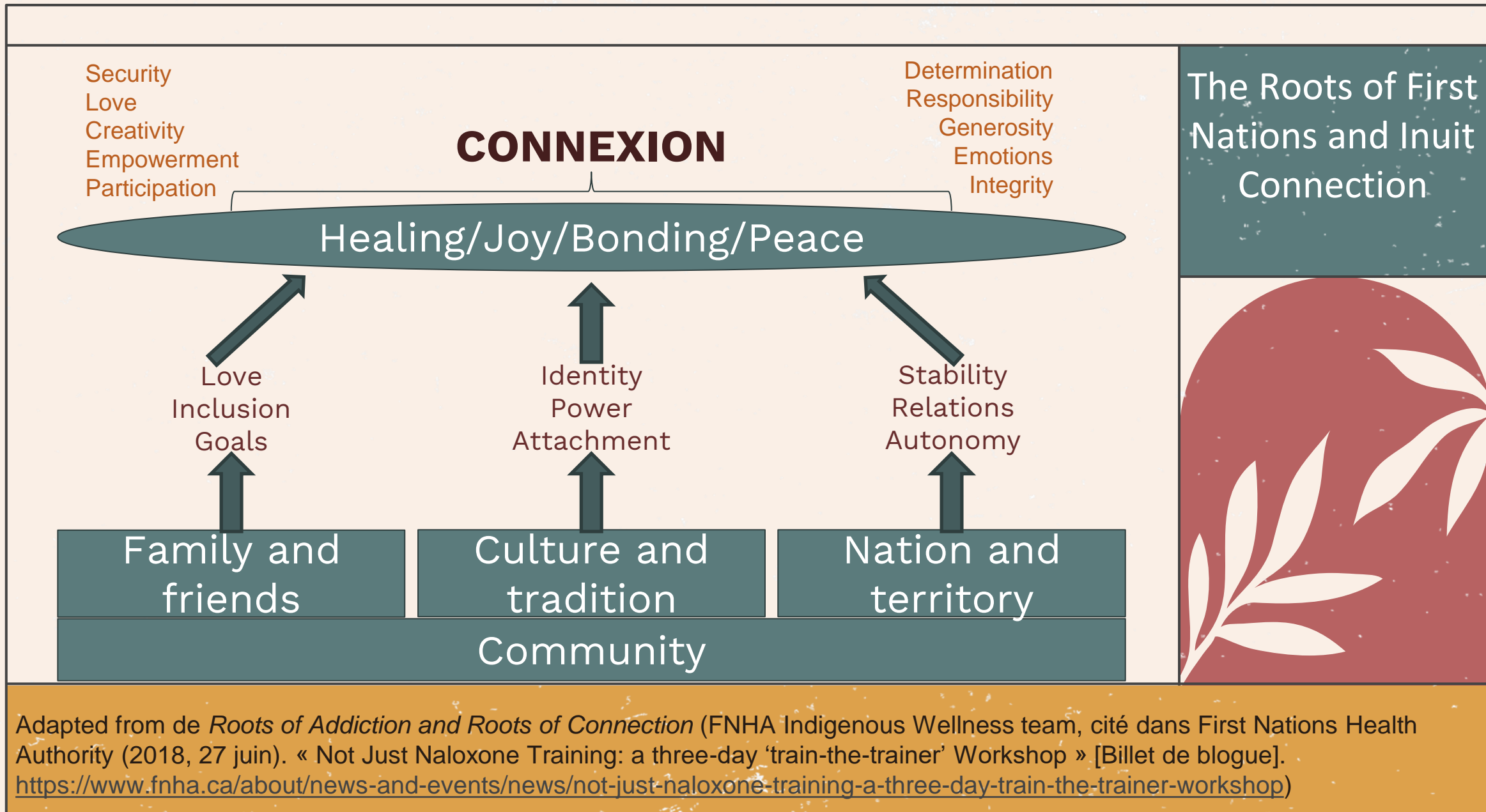
Family and Friends



		
	<p>Projects that seek to be part of a community-based participative approach <i>Key ingredients</i></p>	
		



**Building on the strengths and resources of the
community**



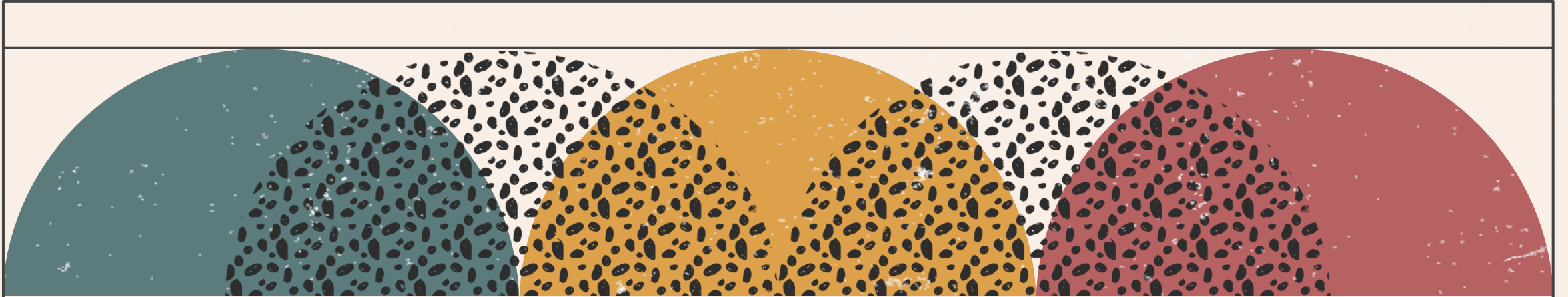
- Recognize each community as a unit of identity
- Promotes co-learning between partners
- Keeping a balance between research and action that benefits science and the community
- Share the learnings from the research with all partners

- Addressing issues as defined by the community
- Implement a cyclical and iterative process to develop and maintain community-research partnerships
- Commit to a long-term approach

"Living" Programs

Importance of providing flexibility and space for community initiatives.





ACTIVITY on triggers

Conclusions

- Openness posture
- Taking action to promote cultural safety and indigenization
- Empowerment
- Development of a sense of self-efficacy
- Mentorship





The day when each community will have appropriated the program and will use it according to its own colors, its own needs, will mean that the program is mature.

When the interveners will have renamed the program and will make it move forward, live... and feed it with the best of each Nation, which is themselves.

Chantal Plourde





CLOSING PRAYER





Miighetch!
Nakurmiik!
Tiawenhk!
Tshinashkumitin!
Merci!
Thank you!

SUPPORT RESOURCES

- If you are a member of First Nation or Inuit:
Residential School Crisis Line 1-866-925-4419
- Info-social 811, option 2
- Écoute-entraide 1-855-EN LIGNE
- Tel aide : 514-935-1101



REFERENCES

- Israel, Barbara A., Eugenia Eng, Amy J. Schulz, and Edith A. Pareker. 2005. *Methods in Community-Based Participatory Research for Health*. San Francisco: Jossey-Bass.
- MacKinnon, S. (2018). *Practising community-based participatory research: stories of engagement, empowerment, and mobilization*. UBC Press.



Avec la précieuse collaboration de

**SANTÉ
CANADA**

**MINISTÈRE DE
LA SANTÉ ET
DES SERVICES
SOCIAUX**

Avec le soutien de la direction de
l'enseignement universitaire et de la
recherche.

MENTION SPÉCIALE :

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