

An Evaluation of the
Engagement Process
used by the “Raising the
Spirit” Mental Wellness
Team

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Objectives



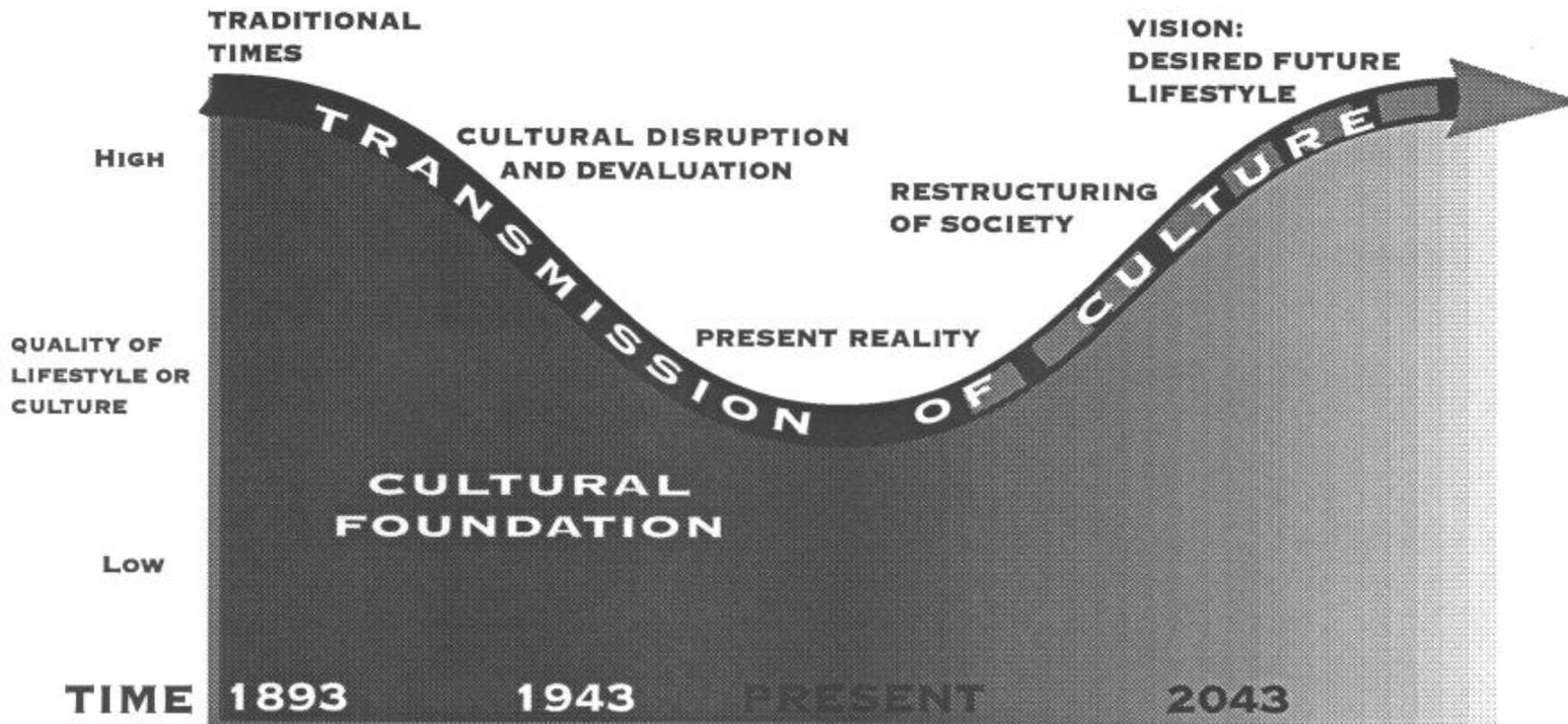
- To highlight the culturally appropriate methods used to evaluate how the "Raising the Spirit" Mental Wellness Team (MWT) pilot project
 - maintaining the engagement process;
 - support of the participating First Nations communities;
 - the collaboration within and across Aboriginal communities;
 - the integration of mainstream & traditional approaches; and,
 - capacity building at the community level.
- Discussion follows about the model, methods utilized and the rationale for choosing these methods.

Overview

- Historical Perspective
- Project Overview
- Evaluation of the Pilot Project
- Research Questions
- Methodology
 - Self-reflective journaling
 - Storytelling Interview
 - Photo voice
- Photo Voice Example and Exercise



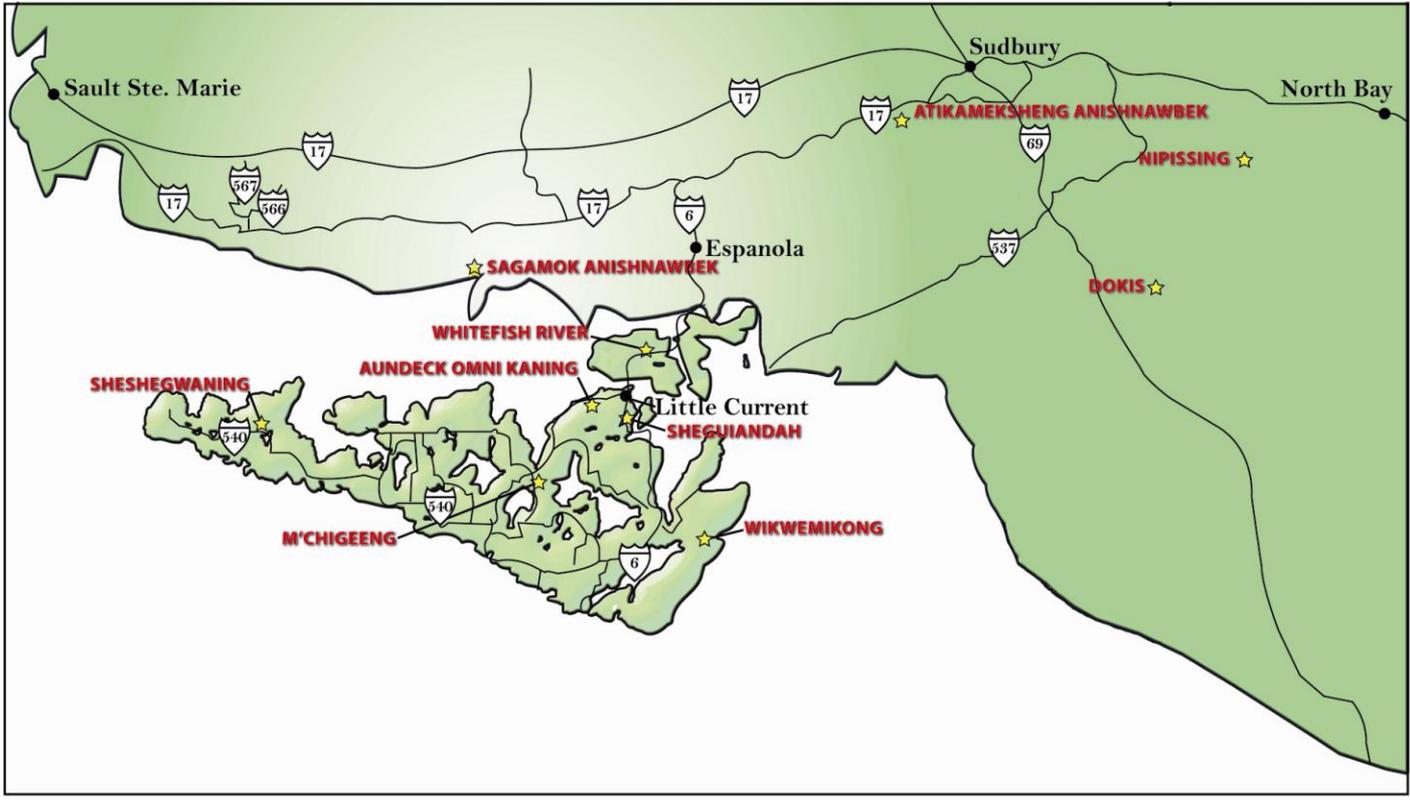
Historical Perspective



Mussel, B. (2005) Warrior-Caregivers



Raising the Spirit
MENTAL WELLNESS TEAM



Goals of the ‘Raising the Spirit’ Pilot Project



- Improve access to needed specialized service
- Enhance knowledge, skills & capacities of community workers
- Provide support via a team approach of consultation, clinical supervision, coaching & mentoring
- Build bridges between traditional & mainstream approaches to wellness



Evaluation of the “Raising the Spirit” Pilot Project



- Demonstrate - MWT concept is a culturally appropriate method for FN communities
- Document the history & development of MWT model
- Highlighting successes, remaining challenges & research findings
- Create a roadmap - to inform development of other MWTs

Evaluation



- Honouring & Acknowledging Indigenous Knowledge & Aboriginal Worldview
- Research as Ceremony
- Indigenous Research Methodologies
- Ethical Space
- Cultural Safety



PhD Research – one aspect of the overall evaluation



- ***How has the MWT team reached, collaborated and worked with all 10 First Nations involved?***
- 4 areas
 - Engagement process & support of First Nations communities
 - Collaboration within & across Aboriginal communities
 - Integration of mainstream & traditional wellness approaches
 - Capacity building at the community level

The Project



Case Study



- Used to explore in depth a program, event, activity or process or one or more individuals (Creswell citing Stake, 1995).
- Bounded by time and activity - researcher use a variety of data collection procedures (Creswell, 2007).
- Combination of self-reflective journaling, photovoice and storytelling (narrative) approaches
- A Narrative approach congruent with Aboriginal oral tradition and is respectful of Aboriginal protocols and worldview (values, beliefs, traditions, etc).



Reflective Practice

- Catalyst for change
- Used in management & professional development
- Adds value to the learning experience - enhances the transfer of learning across communities of practice (Lave & Wenger, 1991)
- Allows for critical reflection on current practice & provides recommendations for change.

Gibb's reflective cycle. Taken from: Gibbs, G. *Learning by Doing: A Guide to Teaching and Learning Methods*. London: Further Education Unit, 1988.9



Storytelling



- “Our stories were us, what we knew, where we came from, and where we were going, They were told to us to remind us of our responsibility, to instruct, and to entertain. They were stories of the Creation, our travels, our laws. They were legends of hard-fought battles, funny anecdotes – some from the smokehouse, some from the trickster – and there were scary stories to remind us of danger, spiritual and otherwise. Stories were our life and they still are.”
- – Larry Hill, Seneca

Art McGregor
Author, *Wiigwaskininga*”



Storytelling



- A specific way of knowing based upon oral tradition
- A conversational method of gathering knowledge.
- Congruent with an Indigenous paradigm
- Gaining acceptance as an Indigenous research methodology
- Relational - allows deep meaning to be shared with one another.

Photo voice



- Identify, represent, & enhance community through the use of photos
- Record & reflect community's strengths & concerns
- Promotes critical dialogue & knowledge about important issues
- Ability to reach policymakers
- Congruent with traditional research methodology - incorporates storytelling

Photo voice



- How does the Mental Wellness Team engage with the First Nations Communities involved with the pilot project?
- What kinds of pictures might you take to highlight the engagement process?





Roots I

C. Rejo '08

Discussion



- Based on your experience with the photo voice exercise, in what ways is this method congruent with traditional Aboriginal worldview?
- How might using reflection and storytelling fit with traditional Aboriginal worldview?

Feedback

