

Dancing to the Drumbeat



Working Collaboratively with Indigenous
Communities & Individuals
Utilizing a Strength-Based Approach

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(photo credit: Wigboldus, 2017)



Boozhoo

Objectives

- ❖ The DANCE: Approaches
- ❖ The DANCER: Practical Example
- ❖ The SONG: Tools
- ❖ The VOICE: Evaluation
- ❖ The DANCE PARTNER: Your Role





2016 Pow Wow

The Dance

- LOOK
- LISTEN
- FEEL

*“The Creator gave
us two eyes, two
ears and one
mouth... use them
in that
proportion”*

... Kettle Point Elder

Foundational Approaches

An indigenous model works from the **“ground up,”** reversing the top-down application of Western science to classic public health that too often results in programs that are “outside-in” and **“community placed,”** rather than **community based.**

(Chino, & DeBruyn, 2006).

Foundational Approaches



The SONG: Assessment

Success-based strategies are
**SIMPLE, REALISTIC &
ACHEIVABLE**



Program Planning

When do you involve the community?

- **Each step of a plan or program** is created with the full consideration of an individual or the community; from setting priorities and gathering input, to program development, implementation and evaluation according to their vision for the future.

LONG-TERM GOAL = ↑ CAPACITY

A **Client/learner-centred approach** involves Indigenous people in the decision making process. In this way, they decide what they would like to learn and how to approach topics. Programming can provide information, but it should also help individuals to understand their role and expectations as parents and as members of their community. By **engagement**, service providers assist by working on real issues in their lives, creating a sense of **empowerment**.

ASSESSMENT

IDENTIFY
STRENGTHS
&
GAPS

Community

- Stats
- Stories
- Windshield Survey

Individual

- Interview
- Assessment Cards

TOOLS

PRIORITY CARDS

Addiction	 The word "JOB" in large, bold, red 3D letters. A small white figure of a person is standing inside the letter "O".	Education	Parenting
 A green dollar sign symbol.	Food	Housing	 The words "SOCIAL" and "LIFE" in blue and green capital letters. "SOCIAL" is above "LIFE". To the left of the text is a network diagram with three green dots connected by thin lines.
Spiritual	Safety	Relationship  A 3D red heart icon.	Culture

Recommendation

ASK:

- values that they *experienced* while growing up
- values they *want* to use as parents
- values they *do not want* to use as parents

(Best Start Resource Center, 2013)



<p>RESPECT</p> <p>Unbiased consideration and regard for the rights, values, beliefs and property of all people</p>	<p>HONESTY</p> <p>A high regard for fairness, straightforwardness, sincerity, truthfulness</p>
<p>EMPATHY</p> <p>Feeling concern for and understanding another's situation or feelings</p>	<p>INTEGRITY</p> <p>The quality or state of being of sound moral principle; uprightness, honesty, sincerity</p>
<p>JUSTICE</p> <p>Fairness, balance, equality</p>	<p>HEALTH</p> <p>Physical and mental well-being</p>
<p>LOVE</p> <p>Strong personal feelings of caring and affection</p>	<p>FAITH</p> <p>A strong belief in a supernatural power or powers that control human destiny</p>



What strategies or tools
have you used to identify
strengths & gaps?

- INDIVIDUALS
- COMMUNITY

Holistic Support Wheel



Holistic health incorporates the physical, mental, emotional and spiritual needs of the individual, family and community. Things become holistic when all of the dimensions of the whole being are considered. We may address each dimension individually but must realize they are all connected. Each part enhances, supports and affects the others. Individual wellness is reflective of how each of these factors is addressed.

The Holistic Support Wheel Tool will guide you in supporting each dimension of the child. The child is at the centre of the wheel with each dimension creating their whole being. To support the child you must consider how each dimension can be supported. You can use this format to assist you in creating a care plan. Use a strength-based approach and consider underlying and historical factors.

A caregiver plan is also important. For Aboriginal children to thrive, we have to support their caregivers in a holistic way as well.

Support Plan:

Date:

Notes:

CHILD'S PLAN

Physical:

Mental:

Emotional:

Spiritual:

CAREGIVER PLAN

Physical:

Mental:

Emotional:

Spiritual:



Ontario's maternal, newborn and early child development resource centre
Centre de ressources sur la maternité, les nouveau-nés et le développement des jeunes enfants de l'Ontario



Ontario
Prevention
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d'information
en prévention

Funded by the Government of Ontario

Support Plan: Mary (mother) and Melissa (infant)

Date: October 5, 2006

Example

Notes: Mary, a young Mohawk mother, recently gave birth to a baby girl (Melissa). This is Mary's first baby. Mary took good care of herself during her pregnancy and is excited about bringing home her new daughter. During her pregnancy Mary managed to reduce her smoking from 2 packs a day to 10 cigarettes a day. She plans to smoke outside now that the baby is coming home. Mary did not drink or use drugs during her pregnancy, and she regularly attended prenatal appointments starting in the 5th month of her pregnancy. She attended teen prenatal classes with her sister. Mary plans to give breastfeeding a try, and breastfeeding was successfully initiated in the

hospital. The baby, Melissa, appears healthy in all respects. Mary has a supportive extended family, including 3 aunts, a grandmother, parents and 2 sisters who plan to assist her in her new role as a mother.

Mary is considered a high-risk mother because of her age (17). As a result, Children's Aid became involved while Mary was in the hospital. Her physician referred her to a mainstream Healthy Babies Healthy Children program and her discharge plan included home visits and the expectation she would attend a Nobody's Perfect parenting course once a week.

CHILD'S PLAN – MELISSA

- | | |
|-------------------|--|
| Physical: | <ul style="list-style-type: none">• Ask Mary when the baby has to see the doctor for check-ups and immunizations and ensure that she has transportation.• Ask Mary if she has a safe infant car seat and crib.• Make sure that Mary knows where to get information, support and help for breastfeeding.• If Mary stops breastfeeding, provide information about safe preparation of infant formula. |
| Mental: | <ul style="list-style-type: none">• Provide Mary with information about drop in programs for parents.• Ask Mary about her beliefs about how infants learn, and how the family will interact with the baby.• Provide Mary with information about infant activities and the importance of the early years. |
| Emotional: | <ul style="list-style-type: none">• Talk with Mary about how she, and her family, can interact with the baby to help foster a secure attachment. |
| Spiritual: | <ul style="list-style-type: none">• Ask Mary if she has traditional beliefs about parenting, or would like to learn about traditional parenting practices.• Provide Mary with information about cultural programs and services. |

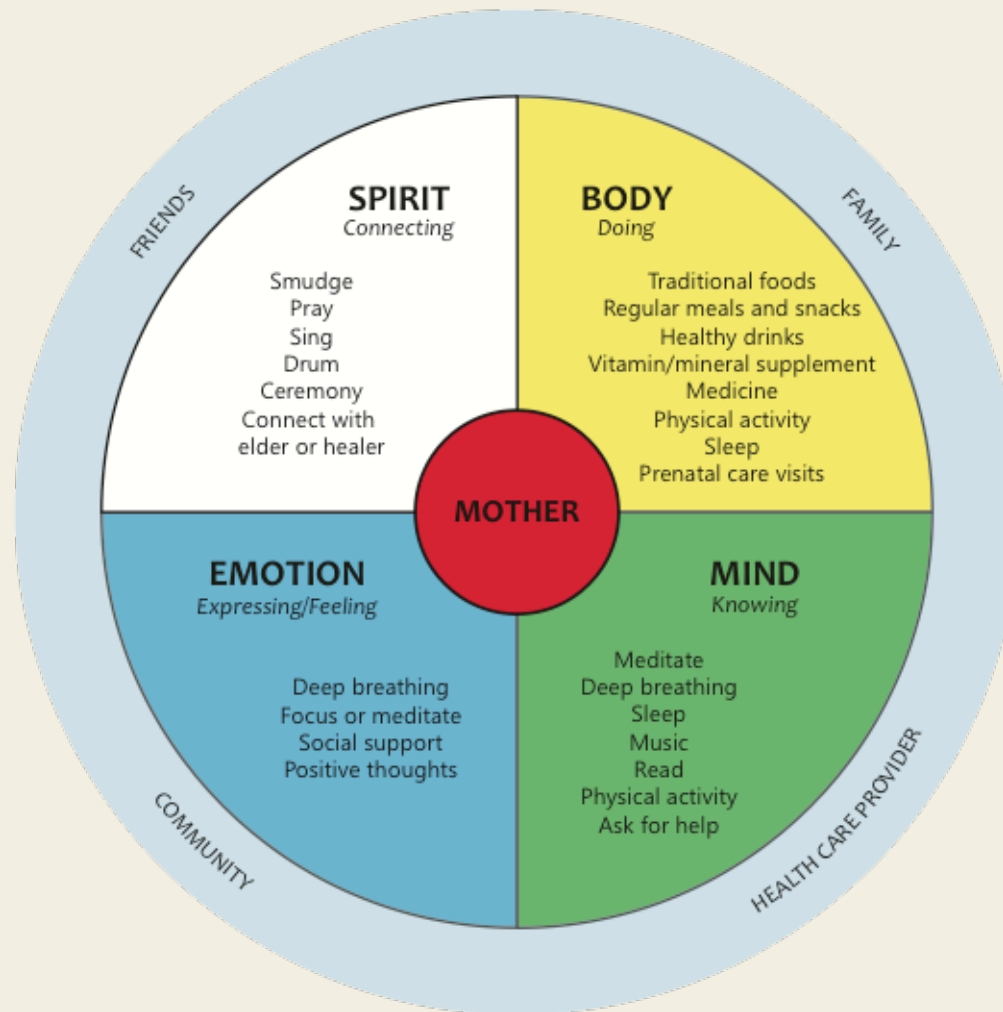
CAREGIVER PLAN – MARY

- | | |
|-------------------|--|
| Physical: | <ul style="list-style-type: none">• Find out if Mary needs any medical care, medications or support at this time. |
| Mental: | <ul style="list-style-type: none">• Provide Mary with options of parenting programs.• Describe the discharge plan expectations and the programs (Healthy Babies Healthy Children, Nobody's Perfect, home visitors) and ask if she has any questions.• Make sure that Mary knows how to register for the Nobody's Perfect program and has transportation. |
| Emotional: | <ul style="list-style-type: none">• Ask Mary if someone can help her with the baby if she is tired or not sure what to do.• Include extended family, not just Mary and her baby. |
| Spiritual: | <ul style="list-style-type: none">• Ask Mary if she would feel more comfortable with an Aboriginal support person such as an Aboriginal Healthy Babies Healthy Children program. |

The people in this Support Plan are not real. This case is an example of how this chart can be used to plan holistic support for children and their caregivers.

Maternal Wellness

The wellness circle symbolizes wholeness, interconnectedness, and balance.
The sections of the circle - spirit, body, emotion, mind - overlap to support balance.
- Joanne Jackson



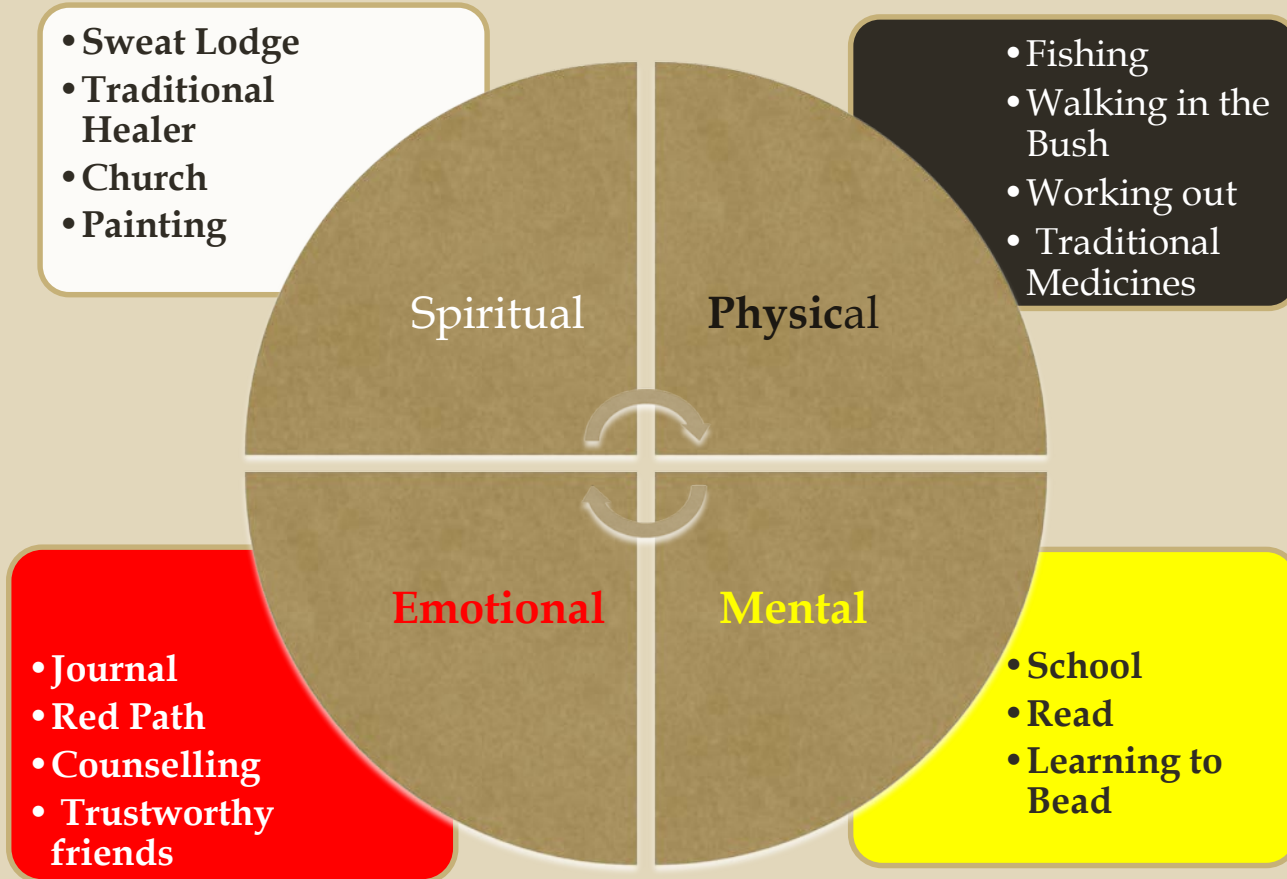
Fetal Alcohol Spectrum Disorder is 100% preventable.
Do not drink alcohol during pregnancy.



Southwest Ontario
Aboriginal Health
Access Centre

March 2017

The Dancer



GOAL WORKSHEET

AREA •Spiritual •Mental •Physical •Emotional	GOAL •Long-term •Short-term	ACTION STEPS	WHEN	COMPLETION DATE
Spiritual	Attend a Sweat Lodge	1) Contact Health Center for dates	30/1/2018	25/1/2018
		2) Attend a sweat lodge	15/3/2018	
Mental	Get my GED	1) Contact Adult Learning center about what I need to graduate	30/2/2018	23/1/2018
		2) Enroll in 1 class	1/3/2018	
		3) Complete 1 class	31/7/2018	
		4) Graduate	30/6/2020	

The DANCE PARTNER: Your Role

❖ Self-Assessment

- What do I know about my community's history and policies?
- How can I respect these influences in my practices?
- What are some local traditions and practices? How can these be incorporated/respected in my services?
- What are the Indigenous organizations in my community? How can I better connect my services?
- What are the strengths of my Indigenous community and the families that I work with? Are my services designed to respect and build on these strengths?
- Who are the Indigenous leaders and role models? How can I get their support for and input on needed services?
- How can I get input from families on service delivery?



(photo credit: Wigboldus, 2017)

“ I’d like to see my service providers be realistic, less clinical. I’m not really interested in professionalism; I want you to be human. At least know my kids names, know who I am and what you’re coming for.” ... parent quote

The DANCE PARTNER: Your Role

- ✧ An Advocate
- ✧ A Resource
 - Mediates
 - Monitors
 - Assists
- ✧ And to



CELEBRATE!!!!



(Wigboldus 2017)

Miigwech!!!

Questions? Comments?



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