

## **Published Products of Canadian Community-Engaged Scholarship**

### **Youth Harm Reduction Programs in Ontario Report and Expansion Report (PDF documents)**

*Corresponding author: Andrea LaMarre*

This research, conducted for the Wellington Guelph Drug Strategy in Ontario, Canada, addresses questions about the harm reduction approaches in general and needle exchange programs (NEPs) in particular used by shelters/programs providing services to marginalized youth. This combined report contains an initial report on youth harm reduction in Ontario, exploring tensions and barriers to providing harm reduction services and an expansion report detailing information particular to smaller cities. The initial report addressed how shelters/programs manage harm reduction and/or NEPs. The expansion report addresses the ways in which programs/shelters in cities closer in size to Guelph manage harm reduction and/or NEPs. The expansion report also addresses health and safety for youth engaged in these programs. Detailing the results of informational interviews with 11 shelters and programs across Ontario and a literature scan, the report provides a “community snapshot” of harm reduction practices for youth in Ontario. Services offered by the various programs and shelters for youth are explored in the context of potential best practices for harm reduction in particular and youth services in general. It is appropriate for members of the general public with an interest in drug policy.

### **Community Based Participatory Research with Indigenous People (Video)**

*Corresponding author: Fay Fletcher*

Role models and leaders in Indigenous health research in Canada and the United States share their stories of work with First Nations and American Indian colleagues in community based research. Acknowledging the impact of history and resiliency while capturing the passion of emerging leaders in Indigenous health research, the videos provide a starting point for discussion on the roles and responsibilities of community and university partners in collaborative and community-based research. “The Partnership” video explores how Aboriginal communities are working with health researchers for the community’s benefit. From the rural campus of the Northwest Indian College in Bellingham, Washington to the hustle of the University of Washington in Seattle, “Bridging Worlds” takes a look at the varying roles of American Indian post-secondary students.

### **Mapping Memories (Website)**

*Corresponding author: Elizabeth Miller*

Mapping Memories, a four-year collaborative multi-media research-creation program with refugee youth explores how innovative new media techniques can be used to solicit unique artistic expression, while empowering subjects in the process. The result of our participatory projects, a media rich website, is a collaborative initiative of Montreal based educators, filmmakers, policy advocates, students, and youth to showcase personal narratives created by youth with refugee experience. The media projects presented on the site were facilitated by principle investigator, Elizabeth Miller of Mapping Memories working in collaboration with the Canadian Council for Refugees (CCR), an umbrella organization that brings together refugee advocates from around Canada. Mapping Memories and the CCR trained youth participants with refugee experience to create digital stories using tools such as digital cartography, audio, video, and photography. These narratives were then integrated onto the website to bring a vital youth perspective to students, teachers, advocates, community organizers, health care workers, and social workers to improve understanding and services offered to youth with refugee experience. The diverse range of stories presented on the site works to counter stereotypes and build tolerance. In addition to compelling first person narratives, the website also provides curriculum resources for

educators, advocates, social workers, and researchers wanting to engage in collaborative media projects involving self expression and public advocacy. The web site is a vibrant peer platform for youth with refugee experience to share their stories with each other and to recognize they are not alone as they grapple with mental health issues connected to isolation and the range of emotions that surface as they adapt to a new life.

### **"Qanuqtuurniq - Finding the Balance" TV Series - Episode 1 - "How are we as men?" (Video)**

*Corresponding author: Catherine Carry*

Inuit men have experienced many changes to their way of life in just two generations. This has sometimes left Inuit men feeling lost and unsure of their place in the family and community. Their level of distress can be seen in the low school completion rates and high levels of incarceration and suicide. Men need a voice. Programs and services for men – many created and led by men – are giving them an opportunity to seek help, better understand their needs and strengths, and revive their traditions and culture. “Angutiilli qanuiliqpat? – How are we as men?,” is the first of a three-part live, public TV series, “Qanuqtuurniq – Finding the Balance,” on Inuit health and wellness issues and solutions. In this episode (now an on-line video product) viewers will see live discussions, information from the International Polar Year's Inuit Health Survey, and stories of community programs that are helping Inuit men to improve their physical, mental, emotional, and spiritual health. Led by Inuit Tuttarvingat of the National Aboriginal Health Organization in Canada, it was broadcast in May 2009 on the Aboriginal Peoples Television Network – North and in Alaska on 360North. The series was a communications and outreach project for International Polar Year aired in the Inuit language (with English captions). The goal of each episode was to engage the Inuit public (the primary audience), and others in ‘real time’ dialogue about health and wellness issues and health research, and to deliver key messages.

### **Turtle Finding Fact Sheet: The Role of the Treatment Provider in Aboriginal Women's Healing from Illicit Drug Abuse (PDF document)**

*Corresponding author: Colleen Dell*

Our research identifies key skills and traits for service providers working with Aboriginal women that assists them with re-claiming their cultural identity. The "Turtle Finding Fact Sheet: The Role of the Treatment Provider in Aboriginal Women's Healing from Illicit Drug Abuse" was created to disseminate and commence discussion on this initial finding from our community-based research project in Canada. The study overall focused on the role of identity and stigma in the healing journeys of criminalized Aboriginal women from illicit drug abuse. Our team is committed to sharing its finding with the community from which the information was collected—workers in the National Native Alcohol and Drug Abuse Program (NNADAP). The Fact Sheet is based on a sample of interviews with substance abuse treatment providers, and was verified with women in treatment and who have completed treatment. In recent years, the addictions literature has increased its attention toward the importance of the therapeutic alliance between treatment providers and clients, although understanding specific to Aboriginal women remains limited. Identity reclamation is central to women's healing journeys and treatment providers have an influential role. This finding is framed in the fact sheet within the cultural understanding of the Seven Teachings of the Grandfathers. The fact sheet (8.5x11) has been distributed to the over 700 NNADAP workers, and is also available at no cost in two poster size formats. It is appropriate for anyone providing services to Aboriginal women requiring addictions treatment.

### **Interactive Focus Group Tools (PDF document)**

*Corresponding author: Alicia Hibbert*

This product is comprised of three tools aimed at collecting input from community members participating in a community based participatory research project. Two were inspired by The Evaluator’s Cookbook<sup>1</sup>; permission was received by the publisher to share these tools in this publication. The third activity is an original creation. It was developed after implementing the first two activities in a cross cultural context and was initially used with First Nations children. These activities were piloted with a range of ages. Focus group participants were community stakeholders or direct program recipients. Participants responded positively to these activities, especially in cross-cultural projects where history, language, age, or education may create barriers between

facilitators and participants. The activities create a non-threatening environment that fosters engagement and participation in data collection processes typically burdened by power differentials and language or cultural barriers. This may include children and youth, seniors, those for whom English is a second language, or other vulnerable populations who have difficulty expressing their opinions to facilitators they perceive as representatives of the dominant culture. These activities exemplify the principles of participatory evaluation; the tools were refined and created in collaboration with community members. The approach in the process and activities ensures that data collection is ethical, respectful of the research relationship, and mindful of the information collected through the activities.

### **Social Media as an Instrument for Youth Engagement with Antismoking Messages (Video)**

*Corresponding author: Cindy Jardine*

The "Youth smoking videos" are thought-provoking, entertaining, youth-focused videos which communicate antismoking messages in ways suitable to Aboriginal contexts and responsive to how youth seek information. Two videos were designed and produced by youth from the Yellowknives Dene First Nation (YKDFN) communities of Ndilo and Dettah as part of a partnership between researchers at the University of Alberta's School of Public Health and the Chekoa Program, a holistic community-based program for YKDFN children and youth. Videos present effective antismoking messages relevant to young teenagers, particularly First Nation youth, and their communities. The Ndilo video presents three 'acts' with creative themes including a boxing match between healthy lungs and a cigarette. The video encourages viewers to 'say no' to cigarettes. The video produced by Dettah youth presents a moving re-enactment suggested by a story related by a Tobacco Health Promotion Specialist who spoke to the youth. This video highlights the strong addictive power of tobacco and its serious health consequences. Videos represent a unique way to engage YKDFN youth in antismoking messages through product creation and sharing of the videos both on an individual level and within YKDFN schools and communities. For example, the videos have been and will continue to be used at community events to showcase youth accomplishments and to promote smoking prevention/cessation. Given high levels of youth engagement with social media, the videos were also designed to influence the smoking decisions and behaviors of a broader youth and Aboriginal audience via YouTube.

### **Sleep Squad: The Movie (Video)**

*Corresponding author: Reut Gruber*

The product is a film entitled "Sleep Squad: The Movie," which was developed by a class and their teacher, all of whom participated in "Sleep For Success" (SFS), a program designed to increase total sleep time and promote healthy sleep habits. This program is a joint initiative between a team of researchers from McGill University and a team of educators from the Riverside School Board (RSB) in Quebec, Canada. In this film, the students bring to life the characters of the program, a team of super heroes ("Sleep Squad") struggling to live up to their potential while dealing with a lack of sleep. In a creative and fun way, the film highlights the importance of sleep and shows viewers the different lifestyle habits that can have a negative impact on healthy sleep hygiene. The film can be used in several ways: 1) as an effective teaching tool in school education programs about sleep; 2) as an aid in health and science classes; 3) as a way to engage institutions in sleep education and; 4) as a tool to increase awareness of the importance of sleep in the general public. Target audiences include elementary school students, their teachers and parents; science teachers; decision and policy makers in schools, school boards, and ministries or departments of health or education; and, the general public. We expect that watching this film will motivate the users to reflect on their sleep habits and to re-evaluate the priority that they give to sleep in their daily lives. It may also engage school decision-makers to integrate sleep education into their health curricula.

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