Réseau de Recherche en Santé Mentale chez les Autochtones

Network for Aboriginal Mental Health Research

Widening the Circle

Volume 13 Issue 1 Winter 2012

In This Issue

12th Annual National Gathering of Graduate Students in Aboriginal Health (NGGS)..... 1
NGGS Students' Testimonials..... 2
NAMHR Scholarship Recipients 2012-2013 3
NAMHR 2012 Summer Student Internships..... 3
Julia Salzmann, NAMHR Summer Internship..... 3
NAMHR Mentors' Bionotes 3
Three New Co-Investigators Join NAMHR..... 4

Summer Programs, Conferences and Workshops

19th Annual Summer Program in Social and Cultural Psychiatry
Division of Social & Transcultural Psychiatry
May 6 - June 28, 2013
Registration for Professional Interest or CME credit can only be completed through the Division of Social & Transcultural Psychiatry. Please fill out the registration form in the brochure available on the Division website: www.mcgill.ca/tcpsych/training/summer

Advanced Study Institute School in Cultural Psychiatry – *Mindfulness in Cultural Context*
Conference & Workshop, June 3-5, 2013,
McGill University, Montréal, Québec
Visit www.mcgill.ca/tcpsych/training/advanced/2011 for registration form. For further information, please contact Virginia Fauras at: tc.psych@mcgill.ca

About NAMHR

The Network for Aboriginal Mental Health Research (NAMHR) is a collaboration between academic and community-based researchers, mental health providers, and Aboriginal organizations. NAMHR aims to build research capacity to address the mental health needs of Aboriginal people in Canada. NAMHR was established in 2001 with funding from the Institute for Aboriginal Peoples' Health (IAPH) of the Canadian Institutes of Health Research (CIHR).

12th Annual National Gathering of Graduate Students in Aboriginal Health (NGGS)

–Tracee Diabo

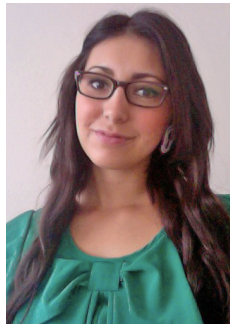
The Network for Aboriginal Mental Research co-hosted the 12th Annual National Gathering of Graduate Students in Aboriginal Health (NGGS) and the 2nd Annual Aboriginal Health Research Networks (AHRNetS) Conference in Montréal, from June 22-25 at McGill University. The theme of the conference was "From the Person to the Environment: Eco-social Approaches to Aboriginal Health". Mohawk Elder, Mr. Joseph McGregor and his wife Amelia set the tone with an opening of the Ohénton Karihwatéhwen, "The Words Said Before All Else". Fifty-seven students participated and presented their academic works through oral and poster presentations. Students also had the opportunity to attend workshops on grant writing, writing for publication and empowerment evaluation. The keynote address on Aboriginal health and education was presented by NAMHR Co-Director, Dr. Margo Greenwood, Academic Leader, Collaborating Center for Aboriginal Health, University of Northern British Columbia.

A plenary session on Indigenizing Knowledge Dissemination, by NAMHR co-investigators Drs. Stéphane Dandeneau and Chris Mushquash, along with Dr. Phyllis Steeves, was an interactive session that had students involved in the discourse.

During the NGGS, the CIHR Institute for Aboriginal Peoples Health (IAPH) Scientific Director's Awards were presented by Dr. Malcolm King to honor three students' academic success.

Recipients of the Institute of the Aboriginal Peoples Health Scientific Director's Awards included:

Ashley Ning, University of Toronto, MA proposal award. *Mobilities of Aboriginal Youth: Exploring the Impact on Health and Social Support through Photovoice.*



Ashley Ning

Caroline Recollet

Caroline Recollet, Laurentian University, PhD analysis award. *The Experiences of Algonquin, Metis and Ojibway Grandmothers who Practice Indigenous Sacred Arts for Holistic Health and Well-Being.*

Angela Snowshoe, Western University, PhD proposal award. *Understanding the Role of Culture for First Nations, Métis, and Inuit Adolescent Mental Health: Development and Longitudinal Validation of a Cultural Connectedness Measure.*

Angela Snowshoe

NGGS Students' Testimonials

Stryker Calvez, PhD Candidate, University of Guelph

I attended the National Gathering of Graduate Students and the Network for Aboriginal Mental Health Research Annual Conference, and re-established all the reasons why I chose to be an Aboriginal researcher. These two conferences helped me to continue developing my social network of Aboriginal researchers, increased my knowledge of current Aboriginal research and issues across Canada, and improved my own approach to working with First Nations communities having received insightful constructive feedback. The value of attending an academic event that bridges the complex issues surrounding Aboriginal culture, education and the need to conduct culturally-sensitive and impactful research is immeasurable.

Carlene Dingwall, PhD candidate, University of British Columbia

Attending the NAMHR Graduate Conference and Summer School was one of the most meaningful events in my graduate studies so far. The presentations and workshops were invaluable—I learned so much! It was inspiring to learn about the various Aboriginal mental health research projects across Canada, and it all helped me to contextualize my own projects and interests within the research dialogue.

Ashley Ning, MA candidate, University of Toronto

The National Gathering of Graduate Students unites those who are dedicated and passionate to improving the health of Canada's Aboriginal peoples, making it a truly powerful and inspiring experience. I met so many wonderful people during my time there and the knowledge that was shared was invaluable. NGGS is a must-have experience for any student in the field of Aboriginal health.

Michelle Olding, MPH Candidate, Dalla Lana School of Public Health, University of Toronto

About three years ago, I anxiously pressed the send button on an e-mail that contained my NAMHR internship application. As a second-year undergraduate student with no previous research experience, the internship represented a chance to get my feet wet in a field of inquiry that was collaborative, challenging, and important. My acceptance letter marked the beginning of a professional journey that continued on well past the ten-week internship! The research experience, training and professional relationships gained from the program continue to guide my research and academic career. The mentorship model of the internship allowed me to develop research skills under the guidance of Dr. Naomi Adelson, while also connecting me to a larger network of Aboriginal mental health researchers. In many ways, the internship was a bridge into health research. My NAMHR internship led me to pursue a Masters of Public Health at the Dalla Lana School of Public Health, where I am currently studying in the field of health promotion and Aboriginal health. In particular, the NAMHR Annual Summer Institute in Indigenous Mental Health Research trained me in grant/proposal writing, a skill that proved instrumental in securing a 2012-2013 CIHR fellowship in public health policy. In the years to come, I hope to honour the opportunity that NAMHR provided by striving toward collaborative and culturally-responsive mental health research with Aboriginal communities.

Caroline Recollet, PhD candidate, Laurentian University

I so enjoyed the National Gathering of Graduate Students and Network for Aboriginal Mental Health Research gatherings in Montréal for the opportunity to get feedback on my doctoral thesis proposal and, most importantly, to connect with other graduate students who are doing Aboriginal health research across Canada. It is so important for us Indigenous graduate students to exchange ideas and have opportunities to present our research in a safe, caring and nurturing environment which these gatherings provide. My research is situated within an Indigenous framework (worldview) using Indigenous methodologies and I am always looking to connect with others who are bringing this critical method to academia. Miigwetch.

Angela Snowshoe, PhD candidate, NAMHR Scholarship recipient, Western University

The National Gathering of Graduate Students (NGSS) not only provided me with the opportunity to network with students and renowned academic researchers in the Aboriginal health field, it also allowed me to "give back" my dissertation findings to the Network for Aboriginal Mental Health Research (NAMHR), a group that has been instrumental in the success of my research initiatives and has provided unwavering support for my professional development as a young Aboriginal researcher. During the NGSS, I was honoured to receive the CIHR Institute of Aboriginal Peoples' Health Scientific Director's Award. This award serves as a personal reminder of my commitment to producing top-quality research relevant to helping Aboriginal peoples in need. The NGGS is a prime example of how a diverse group of students can come together to facilitate a collective purpose, and increase the relevance of mental health services for Aboriginal peoples, their families, and their communities.

NAMHR also sponsored the fifth Annual Summer Institute in Indigenous Mental Health Research from June 26 to June 28, 2012. NAMHR aims to build capacity for culturally-appropriate and responsive mental health research to meet the needs of Aboriginal communities. Twenty-five students and mental health practitioners attended the Summer Institute. Over the course of three days, attendees participated in five workshops.

Eduardo Chachamovich, MD, PhD, NAMHR Co-Investigator, presented on *Qaujivallianiq innusirijauvalauqtunik* (Learning from the Lives that Have Been Lived): Identifying Socio-demographic and Psychiatric Risk Factors for Suicide in Nunavut.

Stéphane Dandeneau, PhD, NAMHR Co-Investigator, presented: Social Cognitive Perspectives on Self-esteem: Conceptualization, Measurement and Intervention.

Christopher Fletcher, PhD, NAMHR Co-Investigator and Thea Luig, PhD candidate, NAMHR Scholarship recipient, presented an interactive workshop on Visualizing Community Strengths.

Laurence J. Kirmayer, MD, Co-Director of NAMHR, provided an Introduction to Indigenous Mental Health Research.

Ann Macaulay, **Amelia McGregor**, **Morgan Phillips** and **Lindsay Hogan** presented a workshop on Community-Based Participatory Research & Integrated Knowledge Translation.

NAMHR Scholarship Recipients 2012-2013

Master's Award ($18,000)

- **Maxine Carroll**, Université du Québec en Outaouis
  Research Topic: *Les séjours thérapeutiques sur le territoire: regard des intervenants inuits sur une pratique intégrant le territoire comme élément-clé du processus de guérison individuelle et communautaire*
- **Alexandra Kruse**, Lakehead University
  Research Topic: *Examining social determinants of health and wellbeing in First Nations communities*
- **Natasha Wawarykow**, University of British Columbia
  Research Topic: *Implications of anxiety disorders on Musqueam First Nations children*

Doctoral Award ($21,000)

- **Carlene Dingwall**, University of British Columbia
  Research Topic: *Illuminating possibilities for therapeutic space and intervention in urban Aboriginal populations*
- **Roger John**, University of British Columbia
  Research Topic: *Indigenous men in ceremony: what are the effects of cultural-social-ceremonial-spiritual activities on Indigenous men's health*
- **Thea Luig**, University of Alberta
  Research Topic: *Ontological security and well-being in northern Aboriginal communities*
- **Jennifer Nutton**, McGill University
  Research Topic: *Cultural mentors as pathways towards resilience among Aboriginal youth in out-of-home care*
- **Nibisha Sioui**, Université du Québec à Montréal
  Research Topic: *La résilience familiale en milieu Algonquin*
- **Angela Snowshoe**, Western University
  Research Topic: *Exploring culture as a protective factor in Aboriginal adolescent mental health: development and longitudinal validation of an enculturation measure*

NAMHR 2012 Summer Student Internships

The NAMHR Summer Student Internship program is a 10-week paid internship open to full-time students across Canada. The internship projects are designed and supervised by NAMHR co-investigators. Students work with these mentors in various aspects of the research process including planning, data collection, analysis, and/or synthesis. This summer, three students were sponsored by NAMHR. These students were:

Elyse Campbell, Bachelor of Social Work, University of Regina

NAMHR Mentor: Dr. Colleen Dell

From Stilettos to Moccasins Project: Exploring the Roles of Cultural Identity and Stigma of First Nations, Inuit, and Métis Women on their Healing Journeys from Addiction

Juliette Dupré, Bachelor of Arts, Anthropology, McGill University

NAMHR Mentor: Dr. Eduardo Chachamovich

Validity and Cultural Appropriateness of the Kessler Screening Scale for Psychological Distress (K6) in an Inuit Context

Julia Salzmann, Bachelor Health Sciences, Specialized Honours in Health Policy, York University

NAMHR Mentor: Dr. Naomi Adelson

Policy Informing Practice: Internet, Communication/E-Health Technologies on Remote Aboriginal Reserves

Julia Salzmann, NAMHR Summer Internship

Julia Salzmann

The Canadian Undergraduate Conference on Healthcare is a nation-wide conference open to undergraduate and graduate students held at Queens University, Kingston, ON. Of the 300+ students who submitted their research for consideration, Julia Salzmann was one of 36 to be chosen to present her research, "Policy Informing Practice: Implementing Information, Communication/e-Health Technologies on Remote Aboriginal Reserves", at this year's conference. Julia placed 2nd overall in Canada and received an honourable mention for being the first and only non-biomedical presentation in the conference's history.

NAMHR Summer Internship Mentors' Bionotes

Naomi Adelson, PhD, is an Associate Professor of Anthropology, Department of Anthropology, York University, Toronto. As a medical anthropologist, her theoretical interest lies in the critical examination of cultural meanings of health within the context of social, cultural and political conditions. Professor Adelson has conducted research in collaboration with the James Bay Cree since 1988 and is currently conducting ethnographic community-based research, in association with the Cree Board of Health, on the uses and integration of e-health technologies and the internet as a health resource. Website: http://www.arts.yorku.ca/anth/naomia/index.htm

Eduardo Chachamovich, MD, PhD, is a clinical psychiatrist and an Assistant Professor at the Department of Psychiatry at McGill University. He completed his PhD in Brazil and the UK, where he explored modern psychometric approaches to measure multidimensional health phenomena in a large, multicenter, World Health Organization project. He was selected for a postdoctoral fellowship at the McGill Group for Suicide Studies, in which he took part in a comprehensive assessment of risk and protective factors for Inuit suicide, completed in the Territory of Nunavut. Website: www.douglas.qc.ca/researcher/eduardo-chachamovich

Colleen Anne Dell, PhD, is an Associate Professor and Research Chair in Substance Abuse at the University of Saskatchewan, Department of Sociology & School of Public Health. Her research interests include the relationship between identity and healing from drug addiction, women and girls' self-harm, the connection between youth resiliency and inhalant abuse, and the role of equine-guided therapy in healing from addictions. She has introduced university students and a host of community members to community-based research approaches over the past decade.

Most Recent Co-Investigators to Join NAMHR

Stéphane Dandeneau

Stéphane Dandeneau is currently assistant professor of psychology at the Université du Québec à Montréal. After completing his PhD in social psychology at McGill University, Stéphane worked on the Roots of Resilience Project at the Culture and Mental Health Research Unit, Jewish General Hospital, during his postdoc. Stéphane has broad interests in social psychology and social-cultural psychology, and the underlying social cognitive processes of social resilience. His first line of research investigates the links between self-esteem, social stress, and attentional processes involved in perpetuating psychological insecurities. His research examines ways of training people with low self-esteem "high self-esteem-like skills" such as inhibiting social rejection, which is shown to buffer against social and performance threats (www.selfesteemgames.mcgill.ca and www.mindhabits.com). His second line of research investigates sources of resilience and definitions of resilience from Aboriginal perspectives, using a community-based approach, with the Roots of Resilience Project (www.mcgill.ca/resilience). Using a combination of qualitative and quantitative methods, this research aims to develop a more culturally-appropriate model of resilience, as well as showcase the many different facets of Aboriginal people's strengths. Stéphane is Franco-Métis from St-Boniface, Manitoba.

Photo: Tracee Diabo

Arlene Laliberté

Arlene Laliberté, PhD, is an Anishenabe woman from Timiskaming First Nations in Northwestern Quebec. She is a professor at the Université du Québec en Outaouais – Campus St-Jérôme in the department of psychoeducation and psychology. Her research interests are in suicide prevention, empowerment, program evaluation and mental health promotion. Arlene works mainly within a community-based participatory research framework and in partnership with Aboriginal communities.

Christopher Mushquash

Christopher Mushquash is Ojibway and a member of Pays Plat First Nation. Dr. Mushquash is an Assistant Professor in the Department of Psychology at Lakehead University. His identity is strongly rooted in his Aboriginal culture and in his experiences growing up in a rural Northern Ontario community. Dr. Mushquash obtained his PhD in clinical psychology at Dalhousie University and completed his pre-doctoral residency in the Faculty of Medicine at the University of Manitoba, specializing in rural and northern clinical practice. His clinical training emphasized the importance of understanding the unique contexts and issues experienced by individuals living in rural and northern communities. His research interests include personality and motives for substance misuse, and cultural issues in measurement, assessment, and treatment. However, he has a broad interest in qualitative and quantitative Aboriginal health research on topics including, but not limited to, substance abuse, trauma, self-harm and suicide, resilience, and community-based approaches to healing.

Mailing List

The NAMHR mailing list is for researchers, health professionals, and others interested in Aboriginal mental health, and is a useful place to post announcements, post questions or locate resource people.

To subscribe to the NAMHR listserv, send a registration email directly to the listserv program at listserv@lists.mcgill.ca. In the email the subject is to be left blank, and the body of the email should contain the following one line:

> SUB NAMHR firstname lastname *(replace the firstname and lastname with your first and last names)*.

Everyone is welcome to subscribe to the listserv.

Production

Katya Petrov, BSc, BFA, Dip Ed, is the NAMHR Communications Coordinator.

Widening the Circle is published by the
Network for Aboriginal Mental Health Research
Culture & Mental Health Research Unit
Institute of Community & Family Psychiatry
4333 Côte Ste Catherine Rd.
Montréal, Québec H3T 1E4
E-mail: tracee.diabo@mail.mcgill.ca
To download previous issues of *Widening the Circle* visit www.namhr.ca/newsletters

Comments, Suggestions, Submissions

If you wish to submit an article or have information about projects, organizations, announcements or upcoming events, that you would like published in *Widening the Circle*, please contact tracee.diabo@mail.mcgill.ca. Articles should be 300-350 words and contain contact information for the said project or organization.