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ABSTRACT SUBMISSION FORM

CHR D 2022: Abstract & Poster Submission Form

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Presenter Status

- Undergraduate Students
- Masters Student
- PhD Student
- Post-Doctoral Fellows
- Residents
- Non-Trainee

Research Category

- Basic Science
- Clinical
- Community Health / Policy

Role in the project

- Design
- Perform Experiments
- Analyze Data
- Write Abstract

Title

Rethinking Indigenous Youth Wellness Assessments: A Decolonized Approach to Development and Piloting

Background

Challenges exist working within colonial systems that have structural gaps to addressing Indigenous child and family needs. One such gap is the lack of culturally aligned measurements of wellness appropriate for Indigenous children and youth. A team of Indigenous researchers led the development and piloting of such a measure, entitled the Maaminosewin Wellness Reflection (MWR), through an Indigenous Council.

Objective

Our research objectives were to first determine the feasibility and acceptability of the Maaminosewin Wellness Reflection in a 13–25-year-old demographic of Indigenous youth in Manitoba. Secondly, we aimed to build knowledge surrounding the extent to which the Maaminosewin Wellness Reflection compares to other assessments.

Methods

Youth participants were involved in a pilot study for an initial trial of a culturally safe and community developed assessment. Youth engaged with a series of wellness assessments including the Maaminosewin Wellness Reflection, and qualitative interview questions regarding their perception of the assessments. We used both quantitative and qualitative analyses to gauge the reception of the Maaminosewin Wellness Reflection and its appropriateness in this demographic.

Results

Results found that 82.4% of the sample preferred the MWR over other assessments (n = 14). We also found evidence of associations between discrimination experiences and family resource adequacy on wellness scores across assessment type through correlational analyses. Key themes derived through qualitative questions asked within assessments perceived as central to wellbeing by participants included autonomy, culture, academics and education, financial security, land, mental health, and social connection.

Conclusion

This work represents the culmination of an Indigenous-led multi-collaborator process to understand Indigenous youth wellness. We expect this to provide Indigenous-serving agencies and organizations with a culturally safe method of inquiry into wellbeing for clients and participants seeking support.

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