

CHRD 2024: Abstract Submission Form

Presenter Name

Brooklyn Toderan

Presenter Status

Undergraduate Students

Role in the project

Analyze Data

Write Abstract

Research Category

Community Health / Policy

Title

Mental Health Support Service Accessibility and Adequacy for Indigenous Mothers in Manitoba

Background

Indigenous mothers in Canada are negatively impacted by disproportionate rates of colonialism-linked adversities surrounding mental health and wellbeing during the perinatal period, leading to increased risks of anxiety and depression (Black et al., 2019; Owais et al., 2020). How do cultural and personal values impact Indigenous mothers as they explore mental health services, and how might support systems and programs be improved to meet the specific needs of this demographic?

Objective

This research will build knowledge surrounding the experiences of Indigenous mothers seeking and engaging in mental health and wellness programs, their experiences, motivations, and suggestions for improvement.

Methods

To ensure this research remains culturally safe and collaborative, we will first begin this study with a gathering prior to interviews where individuals can share a meal, with the goal of creating a relationship and sense of community among participants. We will then conduct 8-13 virtual interviews based on participants preference. To divide findings into social, cultural, kinship, and individual contexts, data will be analyzed using a narrative approach and interpretive meaning making by the research team.

Results

This sample includes four self-identified Métis women, and three self-identified Anishinaabe women, separated by Nation to avoid pan-Indigenous research practices. Common themes found among Anishinaabe mothers included cycle breaking, wholistic wellness, exploring cultural identity to seek connection, and barriers regarding survival, accessibility, and protection. Whereas Métis mothers discussed concerns of navigating systems and multiple identities throughout motherhood, healing the self and maintaining individuality, and being Indigenous enough.

Conclusion

In conclusion, future studies along with mental health service providers may reference this research whilst implementing Indigenous perspectives into program development and adequacy. Results of this study may influence the creation of additional culturally appropriate treatments and interventions for Indigenous mothers and families.

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