

Presenting Author Name

Morgan Hanson-Oliveira

Presenting Author Category

Masters Student

Research Category

Community Health / Policy

Abstract Title

Strengthening Families Mental Health Partnership

Background

Limited access to perinatal mental wellness services on First Nations reserves results in a lack of support for community needs. Preparing and implementing culturally relevant wellness programs that are co-developed by community members may be an important step towards advancing self-determination in perinatal wellness. The current study represents a partnership with staff implementing the Strengthening Families Maternal Child Health program (SFMCH) in Pinaymootang First Nation.

Objective

This project seeks to understand the wellness priorities of families in Pinaymootang First Nation.

Methods

Participants included Elders, community leadership, mothers of young children, and health center staff. The total sample size (N=13) reflects participation from 6 SF-MCH participants and 7 health center staff. This study used semi-structured focus groups to understand the wellness priorities of community members. Data was analyzed using a reflexive thematic approach.

Results

Three key themes and nine sub-themes were generated from participant priorities and experiences related to mental health. These include (1) Navigating Adversity and Overcoming Barriers: Current Challenges in Community, Current Challenges at the Regional Level, and Current Challenges at the Government/Systems Level (2) Community Specific, Context Driven: Facing Stigma, Connection to Spirituality, and Land-Based Wellness (3) Moving Forward in a Good Way Together: Current Community Thriving, Room for Improvement, Creating Change.

Conclusion

This project will generate knowledge on collaborative mental wellness program development and identify family wellness priorities for members Pinaymootang First Nation of Manitoba. Future engagements will aim to prepare an in-person land-based wellness gathering in support of family wellness for community members.

Authors

Name	Role	Profession
Sydney Levasseur-Puhach	Co Author	Graduate
Morgan Hanson-Oliveira	Presenting Author	Graduate
Leslie E. Roos	Co Author	Associate Professor