

Rebuilding from Resilience

Volume 1, Issue 3

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Greetings and Happy New Year!

We hope that everyone had a restful and peace filled holiday season.

We are happy to report that the training of Shelter Directors and Community Based Researchers will soon begin in Ottawa.

More specific details will be forwarded to you as soon as all dates are confirmed!

You can access an overview of possible methods that you will be trained in at:

<http://www.ciet.org/en/browse/methods/>

New staff has been hired to work with us on the project. Mike Patterson will be examining two main areas, how to:

1 - Develop a cyber network between the shelters and

2 – Provide training to the researchers selected by the Shelters.

*Lastly, a special edition of **Pimatisiwin: A Journal of Aboriginal and Indigenous Community Health** is being planned for this year.*

...and we thank you for your continued patience!



Community-led
Reduction of Domestic
Violence in Aboriginal
Communities:
Rebuilding from
Resilience

In this section, we will begin to review the original proposal that was submitted to refresh our memories as we prepare for our training!

Central Hypothesis:

Appropriately resourced, many Aboriginal communities have the resilience to develop and to implement their own effective solutions to domestic violence.

A key resource is culturally appropriate scientific methods to test the impact of community-led interventions.

This grant will develop the scientific basis to measure the impact of evidence-based interventions to reduce domestic violence in Aboriginal communities across Canada.

It will develop and test tools and procedures for future randomized controlled trials (RCTs) of domestic violence prevention.

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Resources:

You-Tube Video Gives Voice to Aboriginal Women Struggling with Drug Addiction

A powerful music video *From Stilettos to Moccasins* was released in November 2009, the culmination of a unique project that gave voice to Aboriginal women healing from drug abuse, addictions and problems with the law, together with those who are helping them on their journey.

The video is part of a community-based research project conducted by the University of Saskatchewan (U of S), National Native Addictions Partnership Foundation (NNAPF), and the Canadian Centre on Substance Abuse (CCSA). The roughly four-minute video can be viewed on You-Tube at: <http://www.youtube.com/watch?v=1QRb8wA2iHs>

For more information, please see the website of the research project at:

<http://www.addictionresearchchair.com/creating-knowledge/national/cihr-research-project>

Parenting workshop resources:

Catch Them Being Good - As Good as They Can Be Program Vision:

As professionals, we are fully aware of the fact that feedback will be provided by parents to their children, whether planned or unplanned, positive or negative. We are also aware that children will respond to that same feedback regardless of its intent or content. It requires considerable concentration and hard work for a parent to observe, identify, and address the positive things that children do in their day to day living; however if the favourable behaviors are fostered, the children will feel better about themselves and as a result, do it again. "Catch Them Being Good" is intended to help parents of younger children to master the ability to focus on and feedback the positive, and in so doing raise an entire generation of more self assured, confident youth, who are less apt to turn to alcohol, drugs, or suicide. If we are going to feedback anyway, we might as well do it in a way that truly helps the child.

Talking With Your Teens So They Will Listen And Listening to Them So They Will Talk

Program Vision:

It is our professional belief that the more effective the communication between a parent and their teen the greater the self esteem of the youth and the better the parent child relationship. It is also our belief that the greater the self esteem of the young person and the stronger their relationship with their parent, the more suicide rates will go down in the community.

For more information, please contact: Sheila Swasson at mimigeus@hotmail.com

Original Research Question(s):

1 - Building on their cultural and spiritual resilience, how can Aboriginal communities' best reduce family violence?

2 - What does it take to measure this?

