

# Aboriginal Community Youth Resiliency Network

From small ACYRNS: working with aboriginal communities to reduce youth suicide risk

## Suicide risk

First Nations carry a disproportionate burden of youth suicide risk in Canada.

Among First Nations youth aged 15-17 years, 21% reported ever contemplating suicide compared with 7% of non Aboriginal counterparts.

Prevention literature has focused on identifying underlying mental health conditions associated with suicide.

ACYRN attempted to identify community and family characteristics and factors that protected against adolescent suicide risk; including community social capital, the influence of parents and peers and engagement in planning for the future.



Youth participate in an ice breaking activity at an event

## The interventions

Researchers from the communities discussed survey findings with community members and planned and implemented interventions based on the local evidence. The interventions included:

- Youth teaching parents about texting
- Youth partnering with elders (providing meals and yard work)
- Sports challenges for family teams
- Youth set their goals and orchestrated their own fund raising events.

## Culturally relevant research

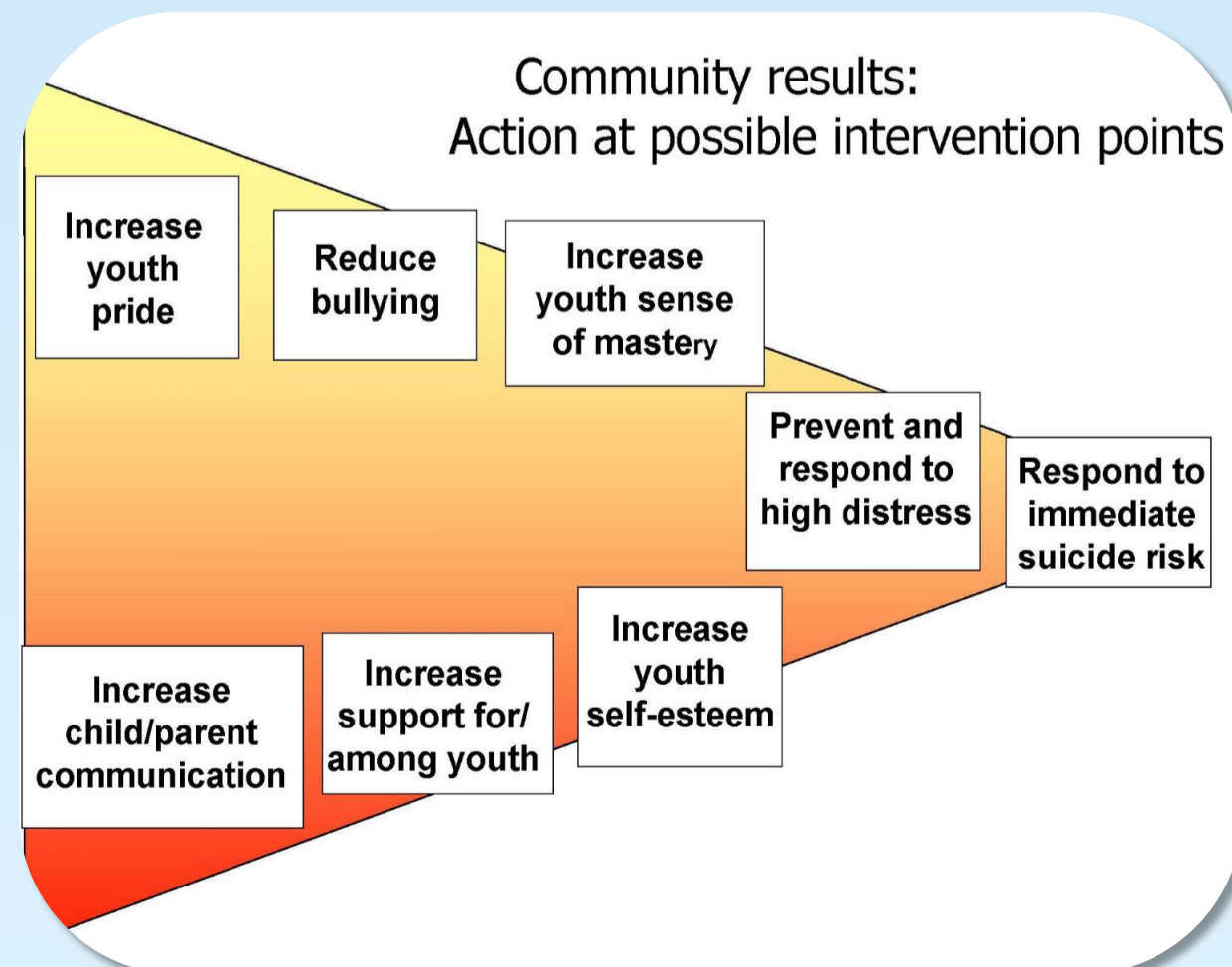
ACYRN represents a partnership between researchers and communities. Under a community research agreement, community members participated in the research design, including drafting of questionnaires.

Community based researchers (CBRs):

- received training to collect, enter and validate data
- participated in data analysis
- designed evidence based interventions and prepared proposals and budgets for these interventions.



Youth visit the memorial for a young man



Participatory Research at McGill

**CIET** Building the community voice into planning

Further information available from:

[http://www.pimatisiwin.com/online/?page\\_id=238](http://www.pimatisiwin.com/online/?page_id=238)

<http://www.ciet.org/en/project/canada-the-aboriginal-community-youth-resilience-network-acyrn>