



Sapotaweyak community members Mike Campeau, Lorna Munro, Cedric Leaske at the 5th Annual SCSPT Meeting



Kim Izzard, Marie Olson, Rose Turner, from Misipawistik, at the 5th Annual SCSPT Meeting

Upcoming events

Family-based project Facilitator Training
February 11-12, 2013 in
Winnipeg

Editor

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If you have any suggestions for an upcoming issue or need to report an error, please contact Corinne.

Healthy Food Recipes for Family-based project Presented at 5th Annual Meeting



Christa Bruneau-Guenther shared her passion and ideas about healthy cooking with traditional foods. Recipes will be made available for use during the upcoming Family-based project.

Salmon Burgers

Ingredients: Serves 6 people

- 1 can salmon
- 1 egg
- 2 sprigs green onion sliced thinly
- 2 tablespoons fresh dill minced (or 1 teaspoon dried)
- 1/4 cup bread crumbs (or crushed cracker or cereal)
- 2-3 tablespoons canola oil (or olive oil)
- 6 whole wheat hamburger buns (or bannock buns)



Cooking Process:

1. Open can and drain salmon, place in mixing bowl, add all ingredients and mix well, add pinch salt and pepper. Make 6 patties.
2. Heat large pan to medium high, add oil and salmon patties, brown on both sides 3-4 minutes per side.
3. Place on buns with lettuce, tomatoes or any toppings you like. Serve with side salad or veggies!



Swampy Cree Suicide Prevention Team

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Swampy Cree Suicide Prevention Team Updater

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Update on Qualitative Interviews

During the summer of 2008, several University of Manitoba researchers along with Mike Campeau (our Community Facilitator at the time) visited each of the Swampy Cree communities to meet with more than 130 individuals to hear about their perspectives on several topics. These topics included community and family life, current issues including suicide, as well as suggestions for wellness programs.

Results of these interviews will be presented as reports to each community in the coming months.

Continued Funding Received for Swampy Cree Project

The University of Manitoba Team led by Drs. Sareen, Katz and Elias have been successful in a national competition to receive 3 more years of funding (2012-2015) to continue the work started with the previous 2007-2012 national Canadian Institutes of Health Research (CIHR) grant for the Swampy Cree project. Additional funding for 2012-2015 was also received from the Manitoba Health Research Council (MHRC).

The focus for the next three years of the Swampy Cree project will be to implement and evaluate several culturally grounded interventions; namely the Family-based Project and Sources of Strength.



Swampy Cree Suicide Prevention Team



Circle of Life project update

The Circle of Life project began in the summer of 2010 with 96 Swampy Cree community members (youth, adults, elders), aged 16 years and older, being recruited and randomized to two groups. One group received the 2-day ASIST training, while the other group participated in a Resilience Retreat developed and facilitated by Swampy Cree members. Self-reported measures were collected at three time points - immediately prior, immediately after-, and six months after the ASIST training and retreat.

Analysis of the results has recently been completed and Dr. Sareen presented this information at the 5th Annual conference. Feedback was requested from those in attendance and several community members shared their thoughts on the presentation.

An article has been written on this project and will be submitted for publication in an academic journal.

Sources of Strength introduced at 5th Annual Conference

Left to right: Chance Rush, Claudette McLeod, and Mark LoMurray



Mark LoMurray, along with team members Claudette McLeod and Chance Rush, introduced the Sources of Strength program by engaging conference attendees in some of the fun-filled and meaningful activities typically included in Sources of Strength Advisor training sessions.

Sources of Strength is a comprehensive wellness program that works to use peer leaders to change norms around codes of silence and help seeking. The program is designed to increase help seeking behaviors and connections between peers and caring adults. Sources of Strength has a true preventative aim in building multiple sources of support around individuals so that when times get hard they have strengths to rely on.

For more information on Sources of Strength, please visit their website at <http://sourcesofstrength.org/>

With the recent new funding received by the University of Manitoba team, it is hoped that the Sources of Strength program can be implemented in Swampy Cree high schools and communities.



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SCSPT 5th Annual Meeting

The 5th Annual Swampy Cree Suicide Prevention Team Conference was held in Winnipeg in November 2012. In attendance were community members, elders and youth as well as university researchers, representatives from the Sources of Strength team, FNIH and the provincial government.

The keynote speaker, Mr. Mark LoMurray is the director and founder of Sources of Strength, a National Best Practices Program that connects peer leaders and trusted adults in suicide prevention. Mark and his colleagues Chance Rush and Claudette McLeod provided an introduction and overview of the Sources of Strength program along with some fun-filled training activities.

An update on the results of the Circle of Life project was presented by Dr. Jitender Sareen followed by a discussion and feedback with community members.

In addition, Dr. Laurence Katz gave a brief overview of the upcoming Family-based project.



Participants at the 5th Annual SCSPT Meeting

Family-based Project Update

The goals of the upcoming Family-based project are to test a culturally based, family-centered mental health promotion and suicide prevention program – a 15-session program for children ages 10-12 and their parents/caregivers. The program is designed to enhance psychological, social, and emotional well-being among Aboriginal youth, their families and communities. To meet these goals, representatives from each of the SC communities, our Community Facilitator, Ron Cook, and university researchers spent a day in March 2012 reviewing the Anishinabe version of the manual for this program in order to identify any issues and culturally adapt the manual. We will try to learn from the process of cultural adaptation and running the program, and will look at the mental health outcomes of this program. We expect to find improved mental health for youth and families in Aboriginal communities, including reduced suicidal behaviour, less substance abuse, better school performance and psychological wellbeing.

There will be 2-3 individuals trained from each of the Swampy Cree communities to deliver the intervention. We will be recruiting 20 families from each community, with a child between the ages of 10-12 to participate.

Facilitators will be trained in mid February 2013 in Winnipeg, followed soon after by recruitment of families and implementation of the 15-week program in communities. Keep your eyes and ears open for announcements surrounding this project or approach our community facilitator Ron Cook with any questions. -Dr. Laurence Katz, Co-Investigator