




Land Acknowledgement

We would like to start by acknowledging we are on ancestral lands, the traditional territory of Nacotchtank, Anacostan, and Piscataway peoples. We acknowledge all the many Indigenous peoples whose footsteps have marked these lands for centuries.





AGENDA

01

Program
Development
Model

02

Our
Demographics

03

Connecting
with Elders
and
Community

04

Aligning
Our Work
with
Research

05

Identifying
Strategies
to
Overcome
Barriers

06

Developing
a Culturally
Relevant
Practice
Framework;
Application



ohpikihakan



ohpikihakan is a therapeutic foster care program designed to meet the holistic needs of youth ages 13 - 17 in the care of Children's Services

"**ohpikihakan**" translates into a child that is being raised in the **nēhiyaw** (Cree) language. This name was gifted to us by Elder Dr. Leona Makosis

ohpikihakan reconceptualizes caregivers as therapeutic supports and primary change agents. They are supported in a professional capacity to deliver services effectively to marginalized youth.



Goals of ohpikihakan

Youth Reunification

- Reconnecting and remembering relationships with family members

Youth Support

- Emphasis on holistic wellness (mental, physical, emotional, and spiritual)
- Connection to family, culture, and community

Caregiver Supervision

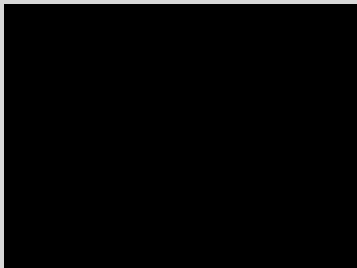
- Coaching
- Training
- Resourcing

Culturally Focused Programming

- Access to ceremony within their home environment
- Exposure to Indigenous arts and culture



The meaning of ohpikîhakan:
Dr. Leona Makokis (nêhiyaw
nôcîkwesiw)



The Team



- Program Manager
- Therapeutic Supervisors (4)
- Recruiter (1)
- Youth Mentors (2)
- Family Engagement Facilitators (2)
- Mental Health Therapists (2)
- Caregivers (28)
- Youth and their Family



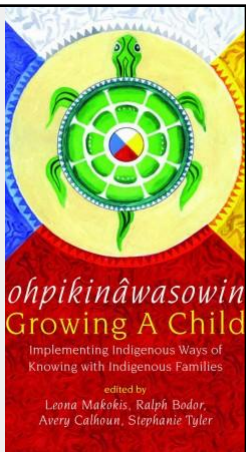
Program Timeline

- Oct 2019 — Indigenous Capacity Evaluation of The Family Centre
- Apr 2022 — Government of Alberta releases RFP for "Therapeutic Foster Care"
- Jul 2022 — The Family Centre selected to deliver Therapeutic Foster Care services
- Jul 2022 — Indigenous Practice Framework
- Apr 2023 — First Therapeutic Foster Home Licensed



Developing our Program Model

1. Understood the demographics of the people we serve (know the land we are on)
2. Connected with Elders and listened to the community
3. Aligned our research
4. Identified strategies to overcome common barriers

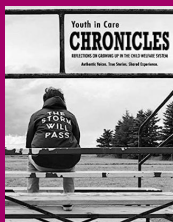


Understanding the Demographics of the People We Serve

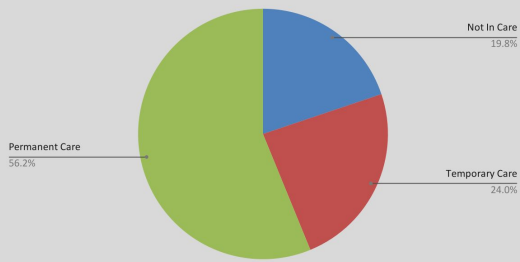


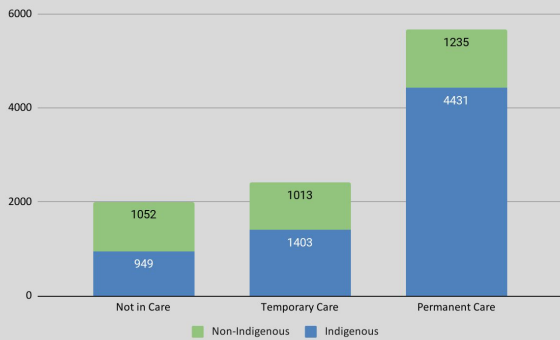
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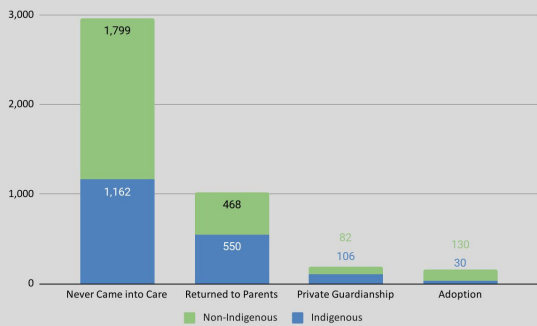
I have lived in about eight different placements. . . The lack of stability has affected me in many ways. . . Through moving to new placements, schools, and communities, I lost my attachment to everyone because I was never able to settle. I know the frequent moves and people in and out of my life has cause me struggles in knowing how to connect and how to build and maintaining relationships. If I ever felt sad about losing connections with someone. . . I would remind myself “my mother left me and I survived, I can survive this too” (Damon, 2020, p.143).



Percentage of Children with Alberta Government Intervention by Status







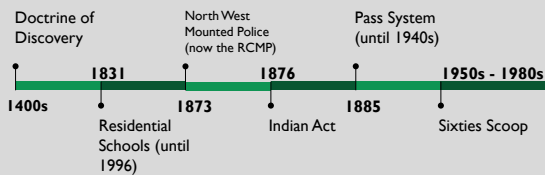
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Western theory and practice is over represented in the child welfare services for Indigenous peoples, not the other way around.

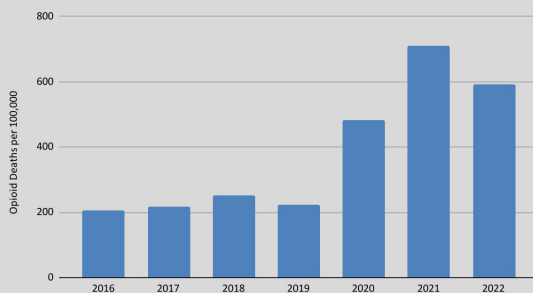
(Makokis, Boder, et al., 2020)



Colonization in Canada



Opioid Deaths per 100,000 in Edmonton



Matching Roles to Population

Youth Mentor

- Age of population served
- Safety-planning needs
- Resilience development focused work (Michael Ungar)

Family Engagement Facilitators

- Kinship-based, collectivist worldview
- Focus on a broad definition of family and kinship
- Based in Indigenous teachings and Kevin Campbell's work



Breakout Question 1



Connecting with Elders and Listening to Community



“

We call upon the federal, provincial, territorial, and Aboriginal governments to commit to reducing the number of Aboriginal children in care

(Truth and Reconciliation Commission of Canada [TRC], 2015, p. 1).



Indigenous Practice Framework

- Help practitioners recognize the disconnection that colonial policies, frameworks, and practices created
- Honour Indigenous worldviews, cultures and languages
- Medicine wheel (mental, physical, spiritual, emotional) based understanding of wellbeing at the heart of the framework



IPF: Aubrey



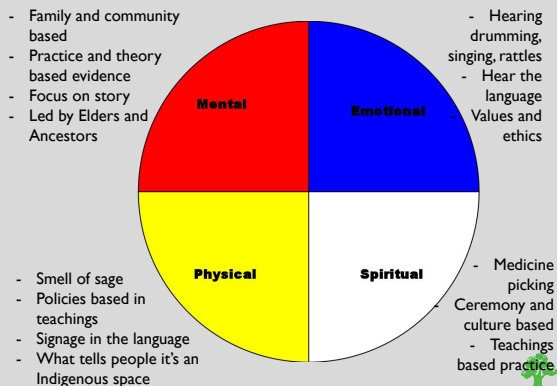
Circle Process

- Indigenous method of group communication
- Facilitated in ceremony
- Topic, thought, or question is put out to the circle
- Each individual has a turn to speak and then when they are done, the individual to the left of them can speak
- No interruptions during each individual's turn to speak, including by the facilitator



Circle Process: Dr. Leona Makokis





What Next: Aubrey



Hearing from the Community



- Aim is to learn from those that came before us
- Through research, found a 1970s demonstration project for treatment foster care with a similar structure to Therapeutic Foster Care
- We interviewed the research assistant for the project and a social worker who supported caregivers.



Demonstration Project: Dr. Grant Larson



Key Learnings from Demonstration Project

- Maintain the Integrity of the Model
 - Build understanding of what makes our model unique
 - Understand the niche that our model fills and focus in on that
 - Be cautious of decisions that may dilute
- Clearly Demonstrate Outcomes
 - Collect relevant and engaging data
 - Monitor completeness and accuracy
 - Analyse results and demonstrate connection to the model



Breakout Question 2



Aligning our Research



Two Canoes

Western Framework

- Dr. Scott Miller (ORS/SRS/RRS)
- Dr. Michael Ungar (ARM-R/CYRM-R)
- Dr. Beth Stamm (ProQOL)
- Dr. Steve Patty (Heart Triangle)
- Creating Cultures of Trauma-Informed Care (CCTIC)



Indigenous Framework

- Turtle Lodge Teachings
- Relationship Mapping
- Traditional Parenting
- Seven Sacred Teachings
- Four Natural Laws
- Medicine Wheel
- Relational Accountability
- Circle Process



Our Model

- Relationship based practice
- Self-reported measures
- Understanding and sharing story
- Outcomes Circle Framework



Turtle Lodge Teachings: Dr. Leona Makokis



Developmental Models

Western Models

Map stages of child cognitive, moral, and psychosocial development

- Piaget
- Erickson
- Kohlberg

Indigenous Models

Links "stages to ceremonies, language to process, and teachings to meanings." (p.4, Growing a Child)

- Turtle Lodge Teachings

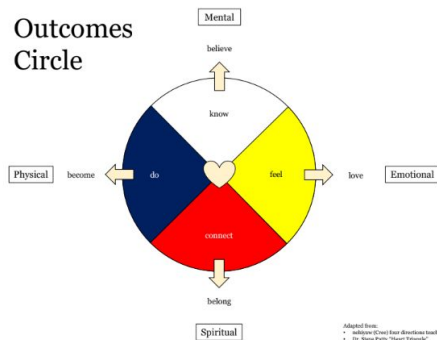


Turtle Lodge Teachings

miyawâta (Happy Stage)
kayiwâtisi (Fast Stage)
ayahpâtisi (Wondering Stage)
tâpwêwin (Truth Stage)
kîseyitamowin (Decision-Making Stage)
ayawâwasowin (Planting Stage)
kakehtawewin (Wisdom Stage)



Outcomes Circle



Breakout Question 3



Identifying Strategies to Overcome Common Barriers



Recruitment



Recruitment Research

- Casey Family Programs (2017):
 - Targeted recruitment
 - Transitioning kinship caregivers to community kinship models
 - Collaboration with bands and nations
 - Reducing logistical barriers
 - Building communities of support
- Revitalizing Recruitment (2015):
 - Targeted recruitment for older youth, 2SLGBTQ+ youth



Recruitment Strategies

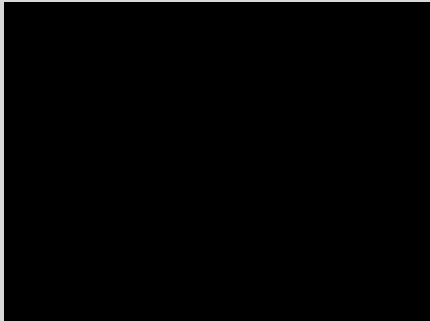
01	Targeted Recruitment	<ul style="list-style-type: none">- Hired a dedicated recruiter- Aim to recruit Indigenous caregivers, caregivers with lived experience, 2SLGBTQ+, diverse groups- Recruitment events
02	Transitioning Kinship Caregivers	<ul style="list-style-type: none">- Review of kinship caregivers we have worked with- Reached out to other kinship agencies in Edmonton area to connect with former kinship caregivers
03	Collaboration with bands and nations	<ul style="list-style-type: none">- Set up meetings with surrounding bands and nations- Leveraging existing relationships
04	Reducing logistical barriers	<ul style="list-style-type: none">- Meeting in person over coffee; we go to them- Hand over hand support for home study and licensing process
05	Building communities of support	<ul style="list-style-type: none">- Connecting prospective caregivers with those further along in the process from the get go- Ongoing times for caregivers to be together throughout the process



Targeted Recruitment: Chantelle



Reasons to be a Caregiver: Rosannah






Supervision



Support Workers Research

- Murray, Sutherland, Farmer, and Ballentine (2010) identified three worker factors which contributed to ineffective Therapeutic Foster Care:
 - Inexperience in the mental health field
 - Insufficient training
 - Lack of on-going supervision



Supervision Strategies

01	Insufficient Experience in Field	<ul style="list-style-type: none">- Caregivers as practitioners- Caregiver's have clinical supervisors, not support workers- Supervisors have Master's level education with front-line and supervisory experience
02	Insufficient Training	<ul style="list-style-type: none">- Extensive training for supervisors- Robust training for caregivers (pre-placement, during placement, and post-placement)
03	Lack of ongoing Supervision	<ul style="list-style-type: none">- Caregivers have weekly in-home, face-to-face contact with their supervisors- Supervisors receive reflective, clinical supervision from the Program Manager at least monthly- Using The Family Centre's existing supervision model



Supervision: Rosannah



Supervision: Laurie



The Model

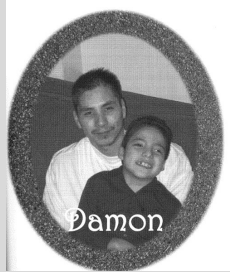
01	Understanding our Demographics	<ul style="list-style-type: none">• Indigenous youth (13-17)• Youth Mentor• Family Engagement
02	Connecting with Elders and Listening to the Community	<ul style="list-style-type: none">• Indigenous Practice Framework• Maintain integrity of the model• Clearly demonstrate outcomes
03	Align our Research	<ul style="list-style-type: none">• Turtle Lodge Teachings as developmental model• Self-reported, relationship-oriented measures which are culturally appropriate and evidence-based
04	Identify Strategies to Overcome Common Barriers	<ul style="list-style-type: none">• Researched-dedicated recruitment• Clinical supervision model for caregivers



Thinking Back to Damon

How could his life have been different if:

- his foster program was developed with a true understanding of the population it served?
- his foster program was built based on his culture and had ancestral knowledge at its core?
- the research and therefore practice guides and outcomes measures used were aligned?
- his caregivers were recruited with this all in mind and received clinical supervision?



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