

FOCUS GROUP INFORMATION

ANTI-STIGMA

Brainstorm stigma-reducing strategies based on your experience accessing health programs and services. Previous research found many Métis Albertans are reluctant to access preventative health care services because of stigma within or towards the Métis community. Your stories will help us create an Anti-Stigma Handbook to raise awareness and break down barriers.

CANCER

Are you a cancer patient, survivor, or a family member of someone with cancer? Your stories and experiences will shape the creation of a Métis Cancer Journey Resource Guide for newly diagnosed cancer patients.

Specific Eligibility Criteria:

- Must be a Métis citizen
- Must be a cancer patient, survivor, or a family member of someone with cancer
- All participants under the age of 18 must be accompanied by a parent or guardian

CONTINUING CARE

Indigenous communities across Alberta have limited continuing care services for seniors and people living with dementia. This focus group will discuss continuing care in your community, barriers to accessing services, and potential services to improve the lives of seniors. Your input will help the Métis Nation of Alberta develop culturally-appropriate continuing care programs.

DIABETES

Do you have or care for someone with diabetes? Sharing your experiences accessing health programs and services will help us understand and advocate for Métis-specific diabetes support. This focus group will be led by a Registered Dietitian and is a place for Métis Albertans living with diabetes to ask questions and receive guidance.

FETAL ALCOHOL SPECTRUM DISORDER (FASD) PREVENTION

Lead by the Edmonton Fetal Alcohol Network (EFAN), *The Prevention Conversation: A Shared Responsibility* focuses on engaging communities in safe, non-judgmental conversations about the risks of alcohol use during pregnancy. This focus group will also offer useful resources to help women have the healthiest pregnancy possible.

HARM REDUCTION IN OUR COMMUNITY

Harm reduction strategies aim to reduce the negative outcomes of harmful behaviours. Successful harm reduction programs include needle exchanges, drug substitution therapies, condom distribution programs, and safe consumption sites. This session will provide information on Naloxone, a harm reduction approach to substance use. Participants can ask questions and share concerns in a respectful environment.

HEALTHY LIVING FOR YOUTH

Healthy living means making positive choices enhancing your physical and mental well-being.

This group will explore how youth can promote healthy living in their personal lives and communities.

Specific Eligibility Criteria:

- Must be Métis, age 13 to 30

MATERNAL HEALTH

This focus group is an opportunity for Métis women to share their pregnancy and childbirth experiences. We will also discuss Métis pregnancy and childbirth practices. This feedback will help us form Métis-specific programs and services for mothers and babies.

PHYSICAL ACTIVITY & FALL PREVENTION

Led by Dr. Allyson Jones, a physiotherapist at the Indigenous Wellness Clinic, this conversation is an opportunity for Métis Albertans to ask questions and receive guidance about physical activity and preventing falls.

RESIDENTIAL ADDICTIONS TREATMENT SERVICES

Join the Thunderbird Partnership Foundation to help develop minimum standards of care in residential addictions treatment programs. This group is open to service providers, community supports, and Métis youth and adults with lived experience.

Specific Eligibility Criteria:

- Must be a Métis youth or adult who has lived with addictions, or be a service provider, or community support for people experiencing addiction
- All participants under the age of 18 must be accompanied by a parent or guardian

SMOKING CESSATION

This session aims to gather information for a Métis-specific quit-smoking resource. The resource will be based on lived experiences of Métis Albertans struggling to quit smoking or who have successfully quit. We will discuss gaps in smoking cessation programs and services, challenges when trying to quit smoking, and ways to help Métis Albertans successfully quit.

SUICIDE PREVENTION

Access to community, culture, and traditions are protective factors against suicide. This conversation will discuss the ways Métis cultural programming promotes health and well-being. Information on our suicide prevention strategy will also be shared.

TRADITIONAL MEDICINE

Join Elsie Stenstrom for a conversation on traditional herbal medicine. Elsie will share an assortment of herbal medicines gathered from northern Alberta, and discuss their traditional uses and healing properties.

WOMEN'S HEALTH

Dr. Cassandra Felske-Durksen, a Métis physician specializing in women's health at the Indigenous Wellness Clinic, leads this women's-only sharing circle on reproductive health. This is also an opportunity for Métis women to ask questions and receive guidance.