

STRENGTHENING A COMMUNITY OF PRACTICE DURING THE COVID-19 PANDEMIC: A CO-CREATED PODCAST SERIES FOR INDIGENOUS MENTAL HEALTH PROMOTION

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Background: The COVID-19 pandemic presented unprecedented barriers for community-driven mental health promotion programs like Listening to One Another to Grow Strong (LTOA), a culturally based family centered program for Indigenous youth. Due to restrictions, Indigenous community partners across Canada have been unable to deliver the LTOA program. With programming on temporary pause, the LTOA team reflected on the need to strengthen and expand the LTOA community of practice. Thus, in collaboration with community partners, the LTOA podcast series was created to examine processes involved in the cultural adaptation, implementation and delivery of the program.

Aims: To examine the ability of the podcast series to advance the dialogue between community partners, facilitators and Elders who participated in the cultural adaptation, design, delivery, and evaluation of the LTOA program, and the research team that supported the process.

Methods: We used participatory action research methods and online interviews with Indigenous community partners to examine the process of designing, producing the podcast, thematic analysis of episode content, and reception by community partners.

Outcomes: The first episodes of the LTOA podcast examined cultural adaptation and challenges in implementation, along with strategies for providing aspects of the program during the COVID-19 pandemic. Decisions about themes, podcast storyline, review and publication are the fruit of a back and forth collaborative effort between the research team and community partners.

Discussion: The LTOA podcast series is a collaborative knowledge translation tool between researchers, Indigenous program partners and the larger implementation community. The podcast series allowed participants to engage in reflexive dialogue and created a space where broader issues related to mental health, service delivery, and lived experiences can be discussed and shared. The collaborative nature of the podcast seeks to convey respect for the different worldviews underlying the LTOA program to inspire and grow the program's community of practice.

Full List of Authors

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Learning Objectives

At the conclusion of this presentation, participants will be able to:

1. Participants will be able to identify ways to co-create online knowledge translation activities with Indigenous program partners
2. Participants will be able to discover the collaborative process to co-create a podcast with Indigenous Peoples

References

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