

Supporting Indigenous Youth to Live with Continued Resilience, Meaning and Hope

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SUPPLEMENTARY MATERIAL

This file contains supplementary material for the following publication:

Sutherland, H et al. (2024) "Supporting Indigenous Youth to Live with Continued Resilience, Meaning and Hope." *Spectrum* Issue No. 13

- **Supplementary Material 1: Focus Group Guide**
- **Supplementary Material 2: Demographic Survey**
- **Supplementary Material 3: Recruitment Poster**

Please refer to the main text of the submission for additional details.

Supplementary Material 1 – Focus Group Guide

Indigenous Life Promotion through Intergenerational Connection
COLLECT Focus Group Guide

Time (will vary)	Activity
12:00-12:30 pm	Lunch
12:30-12:40 pm	Welcome, Introductions, Administrative <ul style="list-style-type: none"> • Open in a good way • Introductions • Consent form, demographic form • Remind participants they can withdraw
12:40 – 12:45 pm	Purpose of this focus group <i>What does it look like to you to live a life with continued resilience, meaning and hope?</i>
12:45 – 12:50 pm	Summarize how you developed research question
12:50: 1:50p m	Focus Group Question Guide <i>Thank you for joining us today. If you are comfortable, please share what inspired you to join the conversation today.</i> <ul style="list-style-type: none"> • <i>What kind of life experiences / lived experience have supported you to living a life with meaning and hope?</i> • <i>What is important to live with continued resilience?</i> • <i>Based on your lived experience, what is the difference between surviving and living (meaning/hope)?</i> • <i>What supports are important for not just surviving but living and thriving?</i> • <i>Have you encountered any unhelpful or harmful supports?</i> • <i>What does ‘supports’ mean to you?</i> • <i>Have you encountered any barriers in accessing supports?</i> • <i>What would have helped? What could have been done differently?</i> • <i>How do you see this changing?</i> <ul style="list-style-type: none"> ○ <i>How do you see new supports, changed supports, more accessible supports etc.</i> • <i>What does a future of purpose, meaning, and hope look like to you? For future generations?</i>
1:50- 1:55 pm	Summarize the information collected
1:55 – 2:00 pm	Wrap up and discuss the engagement

	<ul style="list-style-type: none">• Tell us what you discovered today through this group conversation?• What will you take away from this session?
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**Indigenous Life Promotion through Intergenerational
Connection
DEMOGRAPHIC QUESTIONNAIRE**

Dear participant,

This questionnaire collects information to ensure that we have a diverse sample of participants in our study. Your name will not be associated with this form, and you can withdraw at any time, or choose not to provide information

Please answer the following questions in the spaces provided or select the most appropriate option.

1. Do you identify as First Nations, Inuk/Inuit and/or Métis?

- a. Status First Nation
- b. Non-Status First Nation
- c. Métis
- d. Inuk/Inuit
- e. Other (enter box)
- f. Prefer not to answer

2. What is your age range?

- 18-21 years old
- 22-25 years old
- 26-30 years old
- **Prefer not to answer**

3. How do you identify?

- Man
- Woman
- Non-binary
- Two-spirit
- I identify as _____
- **Prefer not to answer**

4. Do you identify as part of the 2SLGBTQI+ community?

- a. Yes
- b. No
- c. Prefer not to answer

5. Which Alberta Health Services Zone do you live in?

- a. Northern Zone
- b. Edmonton Zone
- c. Central Zone
- d. Calgary Zone
- e. South Zone
- f. Prefer not to answer

6. How long have you been living in Alberta?

- a. (text box)

7. Do you live on reserve or on a Métis settlement?

- a. Yes, currently - please share where if you are comfortable where you live
(text box)
- b. Yes, in the past - please share where you have lived most previously
(text box)
- c. No
- d. Prefer not to answer

8. What best describes your educational experience(s)?

- K-12
- College/Trades
- University

- Graduate programs
- Post-Graduate
- Place based /cultural learning

- Prefer not to answer

ARE YOU AN INDIGENOUS YOUNG PERSON LIVING IN ALBERTA?

WE ARE A TEAM OF YOUNG INDIGENOUS STUDENT RESEARCHERS, AND WE WANT TO HEAR FROM YOU ABOUT WHAT SUPPORTS HELP INDIGENOUS YOUNG PERSONS THRIVE.

If you are:

- Indigenous
- Age 18-30
- Living in Alberta
- Wanting to use your lived experience to inform

A prepaid Gift card will be offered for participant's time!

*Individual & online discussion options available

Indigenous health research

Join our online OR in-person group discussion and share how young Indigenous persons in Alberta want to be supported in living a life with continued resiliency, meaning, and hope.

ONLINE : MAY 23RD, 2023 | 5:00- 7:00PM MST



OR

IN PERSON: MAY 28TH, 2023 | 12:00- 2:00PM MST

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For more Information, inquiries about others dates or to JOIN us contact:
[Redacted]

In-person
Lunch &
Refreshments
Provided!