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Adapted Motivational Interviewing Model for Mewinzha Ondaadiziike Wiigaming

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ST. CATHERINE UNIVERSITY

ADAPTED MOTIVATIONAL INTERVIEWING MODEL FOR MEWINZHA ONDAADIZIIKE WIIGAMING

Jordan Mills, Occupational Therapy Student

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Acknowledgements: Gichi-miigwech to the Anishinaabe women at Mewinzha who helped me learn and grow as a professional.



Purpose

Background

- Dysfunctional behaviors are the “secondhand smoke” of the fires of colonization.
- Lack of culturally-relevant care.
- Incorporation of indigenous lifeways are essential for overall well-being.
- Blending western and traditional healthcare practices through adaptation of MI model.

Approach

- Quality Improvement:
 - Community driven
 - Respectful
 - Reciprocal relationships
- Partnership & collaboration with Anishinaabe-led team at Mewinzha.

(Nelson, 2022; Venner et. al, 2006; Brockie et. al, 2021; Luger & Collin (2022)).



Result of the Adapted Model

- Emphasis on colonization and the impact it has had on dysfunctional behaviors.
- Focus on the 7 generations and the term *indaanikoobijigan*.
- ***Mino-bimaadiziwin*** or “living a good life,” and the philosophy behind honesty.
- Using Chelsey Luger and Thosh Collins indigenous framework as an agenda setting and culturally-relevant activity for goal identification.

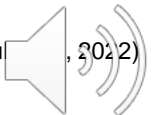
(Nelson, 2022; Venner et. al, 2006; Luger & Collins, 2022; Luger & Collins, 2023; Vukelich, 2021; Vukelich, 2022)



Result of Adapted Model (cont.)

- Incorporation and focus on spirituality, relationships, and community.
 - Motivational Interviewing prayer.
 - Safe and harmonious space (i.e traditional medicine accessible).
- Case studies that are applicable to the site.
- Using the term *relative* instead of ‘client’ or ‘patient.’

(Nelson, 2022; Venner et. al, 2006; Luger & Collins, 2022; Luger & Collins, 2023; Vukelich, 2021; Vu



Safe and Harmonious Space



MI Prayer

“(You may use your own opening to prayer)
Guide me to be a patient companion.

To listen with a heart as open as the sky.
Grant me vision to see through (his/her) eyes And eager ears to
hear his story.

Create a safe and open meadow in which we may walk together.
Make me a clear pool in which he may reflect.

Guide me to find in him your beauty and wisdom,
knowing your desire for him to be in harmony – healthy, loving, and
strong.

Let me honor and respect his choosing of his own path and bless
him to walk it freely.

May I know once again that although he and I are different. Yet
there is a peaceful place where we are one.
(your own ending to prayer)”

(Venner et. al, 2006, p. 4; Nelson, 2022).



Results: Themes from Feedback

- Appreciation for culturally-relevancy and prioritization of relationships
- General praise
- Ease of understanding
- Application in group clinic or individual sessions
- Case studies and real-life application



Photo provided with permission from Mewinzha.

Implications Recommendations

- Acknowledgement of colonization, and the disruption of indigenous lifeways
- Well-being
- Autonomy
- *Mino-bimaadiziiwin*
- Collaboration and partnership
- Non-native healthcare providers:
 - Learn
 - Listen

(Nelson, 2022; Venner et. al, 2006; Luger & Collins, 2022; Luger & Collins, 2023; Vukelich, 2021; Vukelich, 2022; S...; 2014).



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- Teaching lodges
- Ceremony
- Wellness and movement spaces
- Cultivating areas for growing and harvesting medicine and food
- and more!



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