



This info sheet is one of 12 two-pagers that highlights key findings and promising practices from the **Co-Creating Evidence** (CCE) study.

Co-Creating Evidence was an evaluation of eight different Canadian programs serving women at risk of having an infant with prenatal exposure to alcohol or other substances.

Wraparound Programs through an Indigenous Cultural Lens

Integrating Indigenous cultural activities and ceremony within wraparound services is both a healing and intervention resource for women and a healing resource for frontline workers.

In the CCE study, the majority of clients (55%) in the study's 8 programs identified their cultural background as Indigenous, though this varied from 94% at the Indigenous-focused program in downtown Winnipeg to 1% at the program in rural Nova Scotia.

4 programs have Indigenous cultural programming as a central feature including craft activities, traditional parenting, ceremonial activities and the presence of Elders. Cultural safety is braided together with approaches of trauma-informed, client-centred, and harm reduction in supporting Indigenous women coming to these multi-service programs.

Cultural programming and culturally safe care helped women make positive changes by reinforcing and affirming a sense of identity and as a resource for healing past and present experiences of traumas.

The programs are an act of reconciliation where all clients and staff experience the healing resources offered through Indigenous cultural approaches to well-being and programming.



Cultural programming and cultural safety in practice

Baby welcoming ceremonies, sweats, healing circles, time with Elders, traditional foods, crafts, ribbon skirt-making, drum-making, art, songs, and drumming create good feelings and connect Indigenous women to their identity and sense of self-worth.



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"When I started here, I started singing again. ... This program helped me get back into my culture again. And that's been important."

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"Once a year, we bring all the babies together and hold a baby welcoming ceremony."

The cultural and spiritual approaches focus on building a safe space where, in the words of staff, "women can be loved until they can love themselves".



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"Spirit is an approach. Sacredness influences the way we talk here. Give the message 'you are sacred'. It is a key piece to healing."



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"We serve foods such as bannock and soup, salmon and rice, during our hot lunch program."



Traditional protocols to ceremony are merging with a harm reduction, low barrier approach in which women are welcome even though they may be using substances.

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"The presence of the Elders and their ceremonies helped our staff cope with grief and loss from the opioid crisis we are experiencing."

