IDENTIFYING STRENGTHS AND GAPS : Auto-reflections

If we look back at what works in the general population and what is promoted for Aboriginal communities, what are the strengths and weaknesses of current efforts in your community according to you?

For prevention to be efficient it should:

Ingredients	Your assessment
Increase protective factors and decrease risk factors	
organized around a continuum of care	
clear guidelines of collaboration between various actors involved – this means clear protocols of when to refer to whom	
Include a method to identify people at risk (early risk, identifiable risk, high risk)	

In Aboriginal communities suicide prevention programs and intervention should

Ingredients	Your comments
focus on wellness and resilience and mental, physical, spiritual and cultural wellness	
include community mobilization and capacity building	
family-oriented to ensure safe and loving home environments	
be culturally safe and adapted	
focus on personal and cultural identity, reconnecting with the land and with community, inter-generational connections	
understand the context: past trauma, healing transgenerational trauma, colonization, marginalization and globalization	
include programs to reduce socio-economic inequalities and be imbedded in a larger body of mental health programs	
Support community-driven approaches and fund locally driven decolonization efforts	
Include short-term, intermediate and long-term actions	
Based on cultural and traditional knowledge, beliefs, and practices of the community (ex: the role of elders and spiritual leaders)	
Support self-governance and empowerment	
Encourage the active participation of young people	
Integrate effective and holistic health care services at national, regional and local levels	
Integrate current scientific and community knowledge and be evaluated	

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Do you feel that there is cohesion (that it is fluid) between levels of prevention? (that we know how and where to refer someone)

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Do you feel that people who need services the most are accessing what exists?

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Are the programs and services available and of equal quality in all communities ?
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