

PROJECT TIMELINE

1. August/Sept 2018: Talking circles (Regina, Saskatoon, PA); subsequent discussions on Métis-specific content
2. Data analysis and rough outline of the application
3. Ongoing consultation with MACSI & Elders
4. Developing a prototype and user-testing of the application tool

KEY CONSIDERATIONS

- A collaborative decision-making process with MACSI to decide what aspects of Métis culture, nationhood, & spirituality should be included in the application tool
- How to represent/acknowledge these aspects of Métis identity in technology?
- How to know and decide what's important to include in the tool?
- Ensuring MACSI community control over decision-making and content

Project contact information

Principal investigators: Randy Johner (randy.johner@uregina.ca) and Gabriela Novotna (gabriela.novotna@uregina.ca)

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Research assistants: Kristen Pawliw (kristen.pawliw@uregina.ca) and Ashley Balsom (ashleybalsom@uregina.ca)

ACCESS TO RECOVERY WITH ASSISTIVE TECHNOLOGY DEVICES

JANUARY 2020

This newsletter provides updates about the Access to Recovery project, funded by the Canadian Institutes of Health Research. It is based at the University of Regina and is partnered with the Métis Addictions Council of Saskatchewan Inc. (MACSI). The goal of the project is to create a mobile application tool to assist people dealing with addictions in their recovery. A focus of the tool will be to ensure that it is accessible to people with learning challenges or disabilities.

Background photo by Katya MacDonald

APPLICATION PROTOTYPE

Computer Science co-op student Rathinkumar Kothiya is continuing to build the application and make changes based on feedback from project team members, MACSI, and Elders. If you are a member of the MACSI community and are interested in seeing the prototype and offering feedback, please use the contact links at left to request access.

The application is divided into three main sections, which are currently called:

- Self-Reconciliation
- Learn
- Your Journey to Healing

Each section is designed to give users tools to integrate knowledge about themselves and Métis culture into their own healing processes. Visual and audio resources are important parts of the application's design, as are interactive features such as the ability for users to enter their own reflections. On the next page are several sample screenshots of the application as it currently looks. Questions and feedback are welcome.

SAMPLE SCREENSHOTS

Figure 1: Application home page

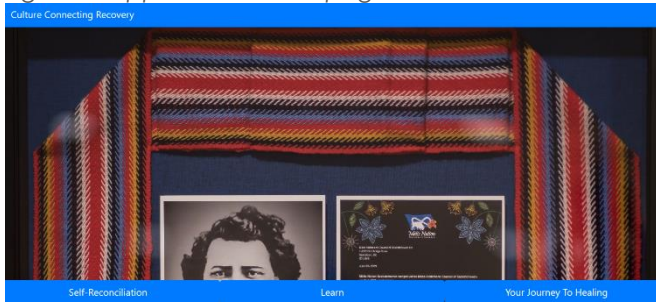


Figure 2: Example of dropdown menu navigation

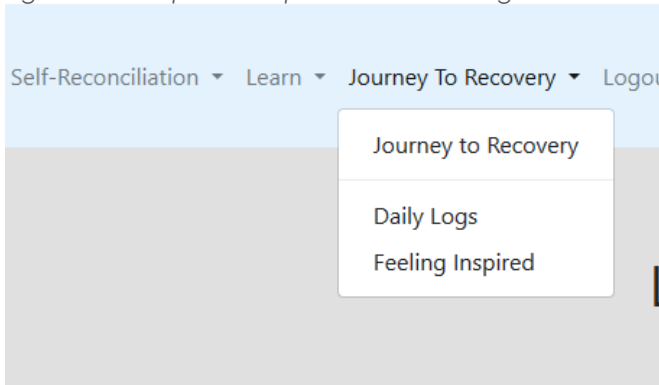
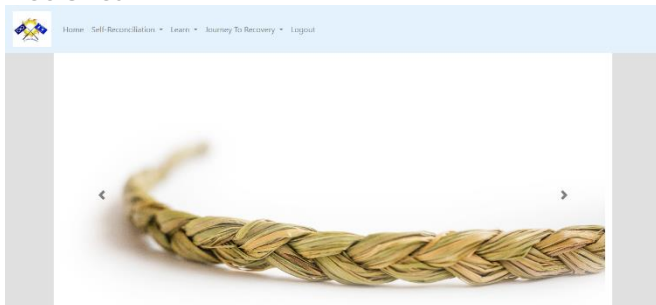


Figure 3: Photos and information about Métis traditional medicines



ISSUES OF SUBSTANCE CONFERENCE UPDATE

Project Elder Norman Fleury, Raymond Laliberte and Gabriela Novotna attended the Issues of Substance (IOS) Conference organized by the Canadian Centre on Substance Use and Addictions (CCSA) that took place in Ottawa from Nov 25 till Nov 27th, 2019. The purpose of our oral presentation was to talk about the research

process and our evolving collaboration, as well as the ways the project methodology has adapted to MACSI's vision and evolving needs. Most importantly, Raymond talked about MACSI's programming and the role of the project in making Métis culture available to their clients with the help of assistive technology. Norman shared his wisdom about living a balanced life and the role of cultural identity in one's recovery journey.



WELCOMING ASHLEY BALSOM



Research assistant Ashley Balsom has joined the project team. She is a current second-year master's student in

Clinical Psychology. Ashley was involved in various mental health initiatives in her home province of Newfoundland and Labrador, where she worked with First Nations and Inuit community members. She continues to be involved in the community through her work with the Sexual Violence Prevention and Response Coordinator at the University of Regina. Ashley is a passionate advocate for mental health awareness and is an intersectional feminist. She has always been interested in the unique experiences of marginalized and oppressed folks and hopes to explore this further in her graduate studies.

WELCOMING RITU PATEL



Ritu Patel, a Masters student in Computer Science, will be assisting with the development of the application in Ritu's own words: "I am a dedicated and hard-working individual who always strives to do her best. I am a very positive and bubbly person and can always be found with a smile on my face. Some of my favourite things are

shopping, watching web series and spending quality time with friends and family."

NEXT STEPS

- Project full team meeting January 2020
- Filling in remaining content in application
- Feedback on application prior to user testing
- User testing of the application