



Healthy Start / Family Spirit Monthly Webinar
'22

AGENDA

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HOUSEKEEPING

Calendar
Reflective supervision

02

UPCOMING

CQI
Quality Assurance

03

FOCUS GROUPS

Consent form
Group Introduction

04

WRAP UP

Questions?



CALENDAR

Feb. 2nd 10:00-11:30 am MONTHLY WEBINAR (REQUIRED)

Feb. 23, 2022 1:00- 4:30 HRSA/ABEST

<https://us06web.zoom.us/meeting/register/tZEsc-urpi8jEtKTNbEyCG1m30izl8Avj-At>

Mar. 2nd 10:00-11:30 am MONTHLY WEBINAR (REQUIRED)

April 27 & 28 Quarterly Meeting (REQUIRED)





REFLECTIVE SUPERVISION

<https://www.surveymonkey.com/r/DFFWC6W>



QUALITY ASSURANCE VISITS

New year new visit! - Make sure to schedule your
Quality Assurance visit Virtual or in person with
Amanda L or Amanda R

CQI

• We are discussing our plans for this years CQI project. Our thoughts right now are to adapt and test again “Language and Literacy”.

• Our last cycle we aimed for 35% of visits having L&L discussed and fell just short at 30%

• To Do Items

- 😊 Survey Monkey Link (please complete by 2/9/2022)
HV input around our last CQI project “Language and Literacy”
- 😊 CQI Team meeting week of Feb 14th (doodle poll)
- 😊 Attend THV Community of Learning on Feb. 24th from 3:00-4:30pm (Zoom)

Required for THV Sites (AIHFS, BAY Mills, LVD, LTBB, KBIC, NHBP)

Anyone else interested in joining the CQI team please let us know.



CONSENT FORM

<https://chc.mphi.org/surveys/?s=LHMET7XDAW9LEH7H>



Journey With Mino Bimaadiziwin

HOME VISITOR FOCUS GROUPS, FEBRUARY 2022

Project Purpose

- We are doing a study of the Home Visiting program
- To learn more about how caregivers experience stress and resilience
- To understand cultural meanings of these concepts
- To understand how well our program is doing in supporting families around resilience and stress

Project Purpose

- First, we conducted key informant interviews to learn more about how the words stress and resilience translate from English to Anishinaabemowin
- Next, we conducted the photovoice project with clients
- Finally, we are gathering input from Home Visitors in through Focus Groups

What we learned so far

- Overall, we found that finding words that directly translate these concepts is incredibly difficult!
- This is because English has a lot of nouns and describes things in a static way
- Anishinaabemowin has a lot of verbs and describes things in a moving, fluid way

What we learned so far


But, there was one main word and concept that came up over and over:

Mino Bimaadiziwin

It translates to "a good way of living." And it means that **despite obstacles** and personal struggles, **you continue to live in a way that is good** for you, your loved ones, your community, and all beings.



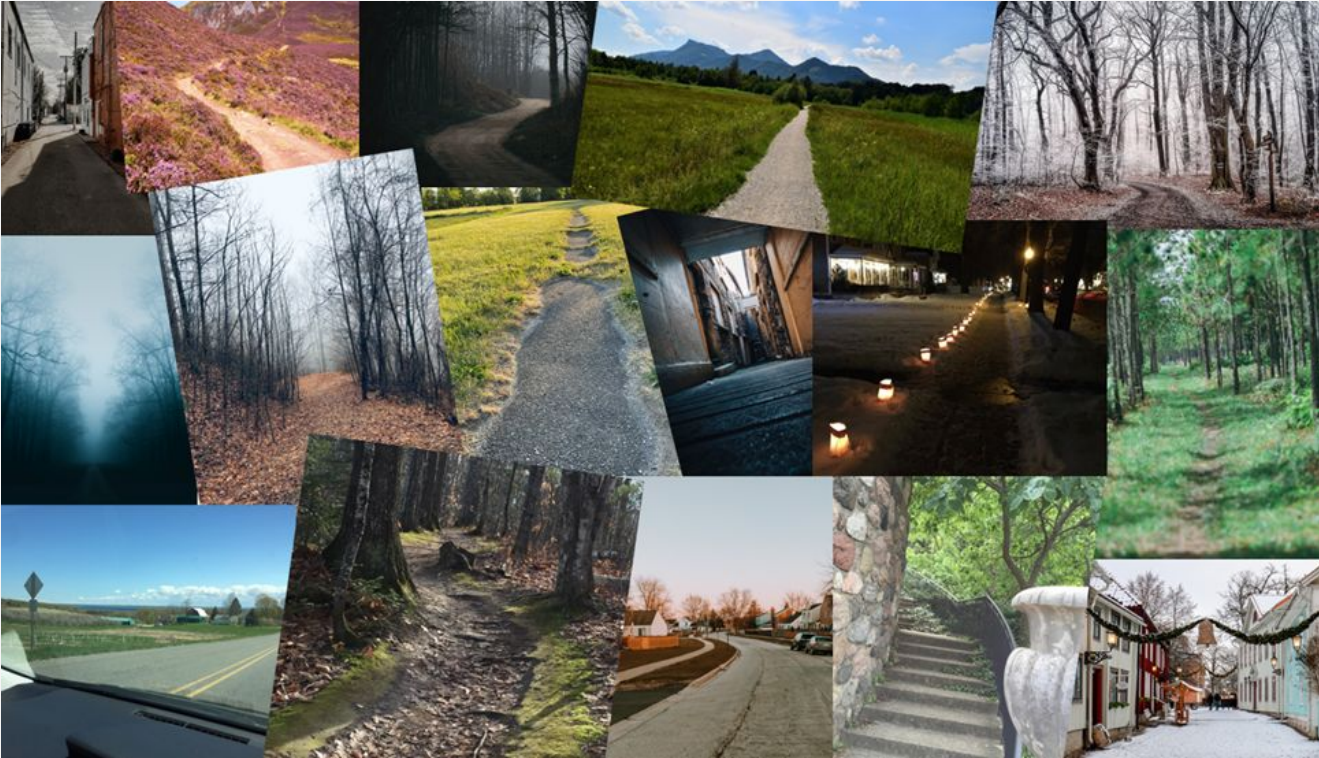
Mino Bimaadiziwin

- If we think about stress and resilience through the lens of Mino Bimaadiziwin, they are not separate concepts
 - Rather, at any given time you experience a balance of both stress and resilience but the amount of each changes over time
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Mino Bimaadiziwin

- If we are out of balance for some reason, that can cause stress; or if we are experiencing stress that can bring us out of balance.
- Stress itself is not bad, but negative effects can come from how people deal with that stress and cause imbalance
- Moving back into physical, spiritual, emotional, and mental balance, is resilience.

Path Metaphor



Interview Quote:

- ▮▮ We're all on this journey and we're on a journey to our spirit and then there is lots of ways where we can go off. That just is a good way to explain almost everything.

The Path

- In some cases, veering from the good path is about one's choices or actions (like looking for happiness in the "wrong" places)
- In other cases, people are taken from the path by force or violence, like in the case of colonization and the separation from land, culture, and community

Interview Quote:

- ▮▮ Like in the historical things of our people, if we look at some of the things that we went through like land loss, loss of culture, loss of identity, loss of language, all of those things. At the end of that, is resiliency. Because in a really good way, all things are good. We have second language learners out there who are reclaiming, restoring, recapturing all of those words that we use for that. And that's resiliency, right? So and that's all being done in a really good way.

Our question for you is:

"What is your journey with Mino Bimaadiziwin as a Home Visitor?"

How do you understand stress and resilience?

What does it look like in the context of the families you serve?