

Participant Recruitment Letter

Dear Participant:

This letter is to introduce you to a research study and to ask you to participate in the study. I am an Assistant Professor in the College of Nursing at the University of Saskatchewan. The purpose of the study is to explore ***Restoring Indigenous miyo-mahcihoiyān (physical, mental, emotional, and spiritual well-being)***. The information you share will assist in developing a community-based plan for the Thunderchild First Nation. This community-based plan will be implemented in Thunderchild First Nation for approximately 1.5 years. After 1.5 years this community-based plan will be evaluated by community standards. This project will provide important information for health professionals and other First Nation communities to plan and work toward restoring Indigenous miyo-mahcihoiyān (physical, mental, emotional, and spiritual well-being).

There is a possibility that we may be related and I wanted you to be aware of how our connection may impact your participation in this research project. Also, even though there are no plans at this time, there is a possibility that I may work in this community in the future as a psychologist. I want you to consider if participating in this study would make you uncomfortable to potentially seek my services as a psychologist in the future, and if so, then to consider not participating in this research project.

I am interested in talking with:

- 1) Band members of Thunderchild First Nation;
- 2) Men and women who are 16 -25 years old; and
- 3) Interested in participating in this study.

If you prefer to be interviewed in the Cree language, I will arrange for an interpreter.

Participation in the study means that you will be interviewed two times at the Health Clinic, school, or a mutually convenient location. The first interview will be as soon as possible, after you contact me or my research assistant, and the second interview will be approximately two to three weeks later and is an

Dr. Holly Graham
Thunderchild Band Member

opportunity for you to respond to the transcript from the first interview and to add or change any of the information previously discussed. All interviews will be audio taped, and you will be assigned a code number to protect your confidentiality. Each interview is expected to last about one and a half hours but can be longer or shorter if you wish. In addition, you will be asked personal information such as your age, gender, marital status, number of children, living arrangements, occupation, and level of education. You will be asked questions like, “what gives you hope for the future”, and “tell me what has helped you deal with the stressors in your life”?

If you meet the criteria listed above and are interested in participating in the study, please call me at (306) 966-6237 for more information. I look forward to hearing from you!

Sincerely,

Holly Graham RN, PhD, R. D., psychologist (Provisional)