Native Women Rising Through Digital Storytelling

Evaluating an Indigenous Approach to Digital Storytelling to Promote Health and Well-Being

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July 26, 2018
Ne-be Gee Zah-gay-e-goo. (Water, we love you.)
Gee Me-gwetch-wayn ne-me-goo. (We thank you.)
Gee Zah Wayn ne-me-goo. (We respect you.)
Learning Objectives

Describe how to combine Western research methodologies and Indigenous teachings and protocol to conduct a meaningful community-driven digital storytelling initiative.
Learning Objectives

Discuss preliminary findings of an *nDigiStorytelling* approach to changes in a person’s level of *forgiveness* and *resilience*.
Learning Objectives

Explain how **timing**, **duration** and **intensity** are important in our Indigenous story-telling and story-making.
Digital Storytelling
nDigiStorytelling
nDigiStorytelling

Story Idea
nDigiStoryCircle

Nitsáhákees
(Thinking)

Silhasin
(Reflecting)

liná
(Creating)

WEST
Record Voice Narration
Make Music Mix
Edit Rough / Final Cut

SOUTH
File Management
Shot List
Story Board
Gather Media

EAST

NORTH

Websites, Facebook, YouTube
Film Festivals
Public TV
Local Programs, Conferences
Community Screening (nDigiFest)
Co-workers
Friends
Family
Workshop Screening
Workshop Screening
nDigiFamily
I Have No Indian Name Digital Story
Anishinaabek Healing Circle Journey
Sowing the Seeds of Recovery

Anishnaabek Healing Circle
www.atrhealingcircle.com

Sowing the Seeds of Recovery

Morning Lightning - Chris Ballew

This video tells Chris's Journey with alcohol and drugs like heroin. He was in the army and then lived in highly populated urban communities. His recovery and growth occurred from attending treatment, attending AA and utilizing his traditional spirituality. He received his Indian name and attends pow-wows.

Lost and Found - Stephanie Ballew

In this video, Stephanie describes being abandoned at 2-weeks old and to be raised by her Grandmother for five years. She describes the discrimination and prejudice that existed in the 1950's that was a prevalent part of her life. She shares her struggles with alcohol and two failed marriages. She finds her sobriety with AA and acquires two masters' degrees. She finds her traditional spirituality and walks the red road every day.
Facilitator Manual

Digital Story
Facilitator Manual

Sowing the Seeds of Recovery
Anishnaabek Healing Circle

Access to Recovery
Anishnaabek Healing Circle
Indigenous Research

Indigenous: From a place. Your place. Your heart and voice. Why you want to do this research. Tribal and Cultural Specific: your voice and passion.

Model developed by Lori Lambert, Ph.D
Indigenous Logic Model (2014)
Pilot Study

Anishinaabek Living “The Good Life” (June 2016-February 2017)
Pilot Study
Indigenous Teachings and Protocol
Pilot Study

Indigenous Approach to Focus Groups

- Create a sacred space
- Served refreshments
- Opening prayer (asema) and water ceremony
- Informed Consent / Respect
- Sharing their digital storytelling journey
- Gratitude and gift giving (cedar oil / copper cups)
- Closing prayer
- $50 cash stipend
Pilot Study

Listening Circles (Focus Groups)

*Story-making process*
How did you feel?
Did anything change for you during that process?

*Story-sharing*
If you shared it, what happened and how did it make you feel?
If you didn’t share it, could you tell us why not?
Pilot Study

Listening Circles (Focus Groups)

Listening Circle 1
October 2016, 17 digital storytellers
Female: 4
Male: 3
Total: 7

Listening Circle 2
December 2016, 13 digital storytellers
Female: 3
Male: 0
Total: 3
Pilot Study
Listening Circles Analysis
Pilot Study
Seven Grandfather Teachings

Truth
Humility
Respect
Love
Honesty
Bravery
Wisdom
Pilot Study

NVivo

DigiDreams, LLC
Evaluation

Native Women Rising Through Digital Storytelling (June 2017-August 2018)

Quasi-Experimental Design
Evaluation

Quasi-Experimental Design

Project Goals

1. Build local capacity in quasi-experimental study design, planning, collection analysis interpretation and dissemination.

2. Conduct a digital storytelling intervention and control group study that includes time-interval surveys (Pre/Post/3 month Post).
Evaluation – Beaver Island (June 2017)
Evaluation

Boon-ni-gi-de-twin (Forgiveness)
Letting go away from the heart.

Anishinaabemowin TBD (Resilience)
Strawberry Teachings

“The strawberry teaches forgiveness and peace. The strawberry is shaped like a heart, and strawberries are known to our people as heart berries.” —Elder Lillian Pitawanakwat

Often referred to as the heart berry because of its shape, the wild or natural strawberry is an important food and medicine in many indigenous cultures in North America.

This little plant carries many teachings. Our Elders say, “Just as the O-day’-min (heart berry) is connected to the strawberry plant by a vast system of leaves, runners, and roots, so is the heart connected to all the organs and parts of the human body. The heart is at the centre of the human.”
Evaluation-Surveys

Heartland Forgiveness Scale
Dispositional Forgiveness of Self, Others and Situations. HFS is a 7-point Likert scale.

Connor-Davidson Resilience Scale
Resilience is the ability to “thrive in the face of adversity”. CD-RISC (10-Item) is a on a 5-point Likert scale.
Women over the age of 45, self-identified American Indian and/or Alaska Native, resides in the State of Michigan.
Evaluation-Recruitment

Flyers, Facebook, Telephone, Email, In-person

Two project coordinators who are part of the communities they recruited from and have over 20 years experience working across the State of Michigan.

2-4 weeks to get 77% recruitment rate (37 of 48)
$100 stipend for study participation
Gifts: Selenite Heart then Lavender bag w/
Lavender Lip Balm, Amethyst crystal
Evaluation-Lower Peninsula
Evaluation

Share a story that only you can tell about how you have overcome a challenging situation in your life.
Indigenous Protocols
Evaluation-Lower Peninsula

Control – Two Story circles / talking circles
10 Women attended
Pre-and-Post Surveys

Intervention – Two 4-day digital storytelling workshops
9 Women attended
Pre-and-Post Surveys
Indigenous protocols
Evaluation-Upper Peninsula

Control – Two Story circles / talking circles
9 Women attended
Pre-and-Post Surveys

Intervention – Two 4-day digital storytelling workshops
9 Women attended
Pre-and-Post Surveys
Evaluation-Upper Peninsula

Family, Co-workers, Friends
I overcame the most difficult grief in my life now. It is not being able to service physically at meetings. I had the most healing over the shortest amount of time ever. In AA, it takes years to resolve issues.
Another Way Out Digital Story
Evaluation—Three Month Post

N=37

100% completion on Three-month post surveys

Wait-listed control groups had an opportunity to make a digital story.

We had an nDigiSister reunion BBQ in both the Lower and Upper Peninsula
Survey Feedback

It has been a great teaching tool to help others with Bi-polar disorder. Helping me express what used to be a very secret problem.

It was a great opportunity for me to learn more about myself and actually see it on the screen. This was healing. I appreciated…comfort foods, smudge, eagle staff and comraderie of nDigiSisters forever making us relatives through heart and healing.
<table>
<thead>
<tr>
<th>Age</th>
<th>Frequency</th>
<th>Percent</th>
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<tr>
<td>45-54</td>
<td>12</td>
<td>32.4</td>
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<tr>
<td>55-64</td>
<td>14</td>
<td>37.8</td>
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<tr>
<td>65-74</td>
<td>9</td>
<td>24.3</td>
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<td>75 or older</td>
<td>2</td>
<td>5.4</td>
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<td><strong>Total:</strong></td>
<td><strong>37</strong></td>
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### Native Women Rising Through DS

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<th>Marital Status</th>
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<tr>
<td>Widowed</td>
<td>7</td>
<td>18.9</td>
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<td>Divorced</td>
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<td>13.5</td>
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<tr>
<td>Separated</td>
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<td>Married</td>
<td>18</td>
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<tr>
<td>Other</td>
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<tr>
<td><strong>Total:</strong></td>
<td><strong>37</strong></td>
<td><strong>100.0</strong></td>
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## Native Women Rising Through DS

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<th>Employment Status</th>
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<tr>
<td>Full-Time</td>
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<tr>
<td>Self-Employed</td>
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<td>8.1</td>
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<tr>
<td>Retired</td>
<td>17</td>
<td>45.9</td>
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<tr>
<td>Other</td>
<td>4</td>
<td>10.8</td>
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<tr>
<td><strong>Total:</strong></td>
<td><strong>37</strong></td>
<td><strong>100.0</strong></td>
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## Educational Level

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<th>Level</th>
<th>Frequency</th>
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<tr>
<td>Less than HS diploma</td>
<td>1</td>
<td>2.7</td>
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<tr>
<td>High School diploma</td>
<td>1</td>
<td>2.7</td>
</tr>
<tr>
<td>Some college, no degree</td>
<td>12</td>
<td>32.4</td>
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<tr>
<td>College degree</td>
<td>21</td>
<td>56.8</td>
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<tr>
<td>Other</td>
<td>2</td>
<td>5.4</td>
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<tr>
<td><strong>Total:</strong></td>
<td><strong>37</strong></td>
<td><strong>100.0</strong></td>
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Reviewing nDigiStories (18)

Exploring themes of forgiveness and resilience

Exploring for Seven Grandfather Teachings
Timing, Duration and Intensity

Being trauma --------- to ------- releasing trauma

Flight------------Fight----------Freeze------Unthawing
Next Steps

Complete data analysis
Conduct dissemination
Explore comparative or replicative studies
I’m sending good thoughts and prayers for a successful presentation in DC. The work you do is so important and effective. I wish there were a way for those people to feel what we feel when we give form to our stories and share them. . . . it is a process of healing in and of itself, but it also is a healing connection to the past because surely story sharing is how our ancestors dealt with hardships they endured long before anyone invented Prosac and Wellbutrin.
When I was a young girl, my grandfather gave me a bowl he made, and inside was a design that looked like a spider web.

He told me that one-day all the Native people would be spread out across the earth and there would be war, sickness and much suffering-but, there would be a web, like a spider’s that would connect them all.

And through this web, the Native people of the world would share stories that would make them strong again

(Rita Pitka Blumenstein, Yup’ik Elder, 2008).
Contact

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