NOKIIWIN
TRIBAL COUNCIL

Designing an e-mental health intervention for Indigenous workers – a Hackathon experience

Audrey Gilbeau

Meaning of the Logo

- The image depicts an Infant, Child, Adult & Elder in a traditional canoe – denoting a return to cultural ways and traditional values
- The six circles represent each member First Nation community
- The Eagle watches over us and guides us
- Using the medicine wheel we are moving forward in one direction in unison

NOKIIWIN
TRIBAL COUNCIL

What is a hackathon?

- Hacking into many computer systems?
- “Hack” and “marathon”
  - Design sprint-like event in which computer programmers and others collaborate intensively on software projects
  - IKEA hackers

Hacking Mental Health in the Workplace

- June 2017 eHealth Annual Conference
- Goal: co-create solutions to mental health challenges in the workplace
- 9 teams
- Brainstorm to find innovative, actionable and impactful e-health solutions based on collective specialties

Hacking Mental Health cont.

- Take the solution formulated at the Hackathon, refine it, pivot and improve it, and attempt to scale it
- Incorporate sex and gender considerations into your solution

NOKIIWIN
TRIBAL COUNCIL

Our team - Wecheeshnun

Our Mission

- Lateral violence (workplace bullying)
- Focus on helping the recipient of the violence
  - Provide information
  - Assess workplace mental health – provide advice

NOKIIWIN
TRIBAL COUNCIL

Tips for a successful hackathon

- Communication
  - No judging, build on ideas, one voice at a time, focus
- Ideation
  - Go for as many new ideas as possible, be visual
- Prototyping
  - Minimum viable product, demo main ideas
- Presentation
  - 3 min, show demo in action, practice your demo

Judging Criteria

- Desirability
  - Solution accounted for user's needs
  - Will users want to use this?
- Feasibility
  - Implementation possible? Sustainably?
- Viability
  - Business model?
- Impact
  - Who will the solution impact?
  - Degree of impact?

NOKIIWIN
TRIBAL COUNCIL

Hackathon Timeline

- Sunday, June 4
  - 7 pm Hackathon begins
  - 7:30 pm Pitches
  - 8:30 - 10 pm Teams start hacking
- Monday, June 5
  - 8 am – 10 pm Hacking with lunch and dinner breaks
- Tuesday, June 6
  - 8 am Continue hacking
  - 2:30 pm Demo test
  - 3:30 pm Demonstrations
  - 4:30 pm Judges deliberate
  - 4:50 pm Awards presentation

Experiences of a Knowledge User

- Audrey Gilbeau (TRULY ENJOYED IT!!)
  - Teaching others about our people, culture, values, perspectives (half a day plus)
  - Mentors and subject matter experts
  - Open canvas to do something different

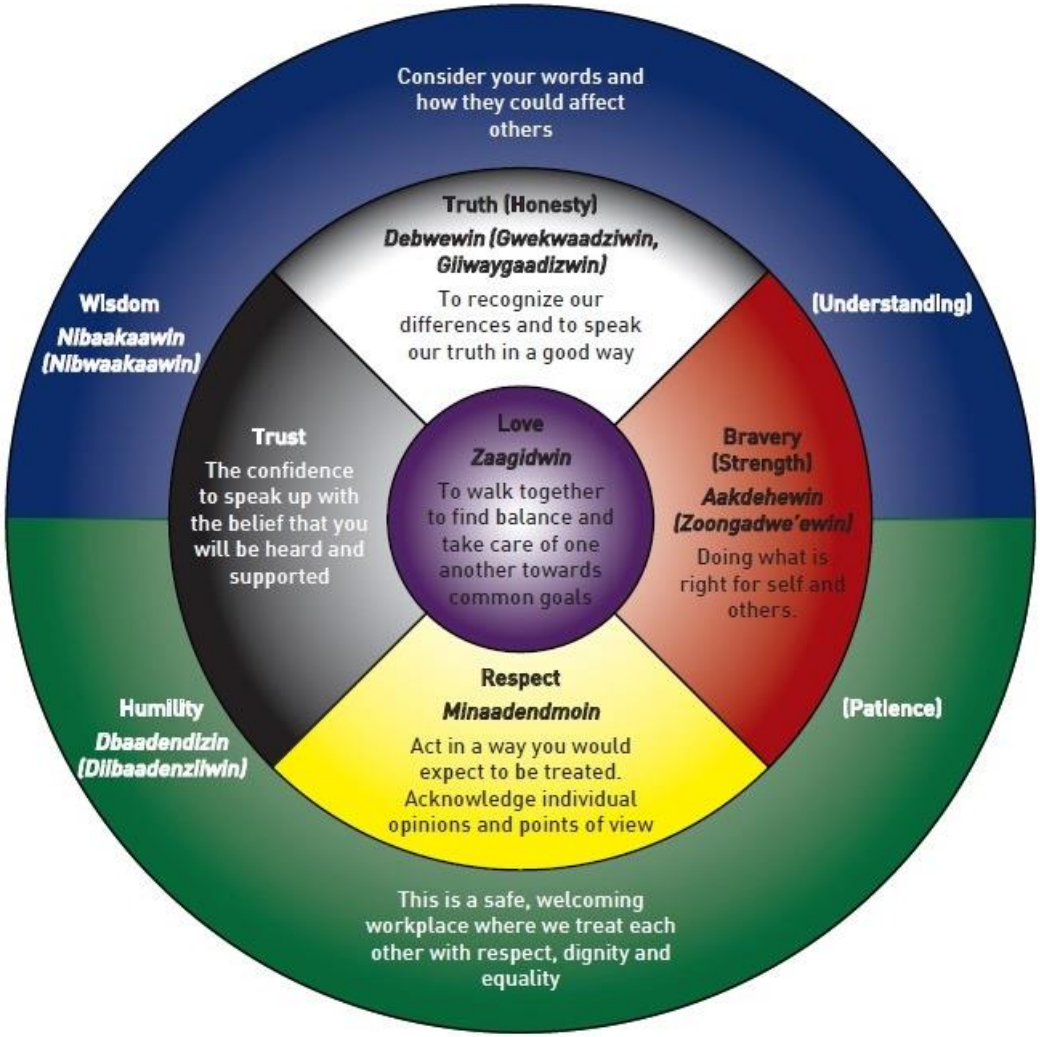
Experiences of a researcher

- Dr. Vicki Kristman
  - True knowledge exchange
  - Intense timeline
  - Preferred some lead time for pre-focus groups
  - Fun, high-energy, non-competitive
  - Fish-bowl feeling a bit distracting

Prototype app - Wiiji

https://invis.io/PYC0NNPKR#/237316710_Wecheeshnun-03

Our Respectful Community

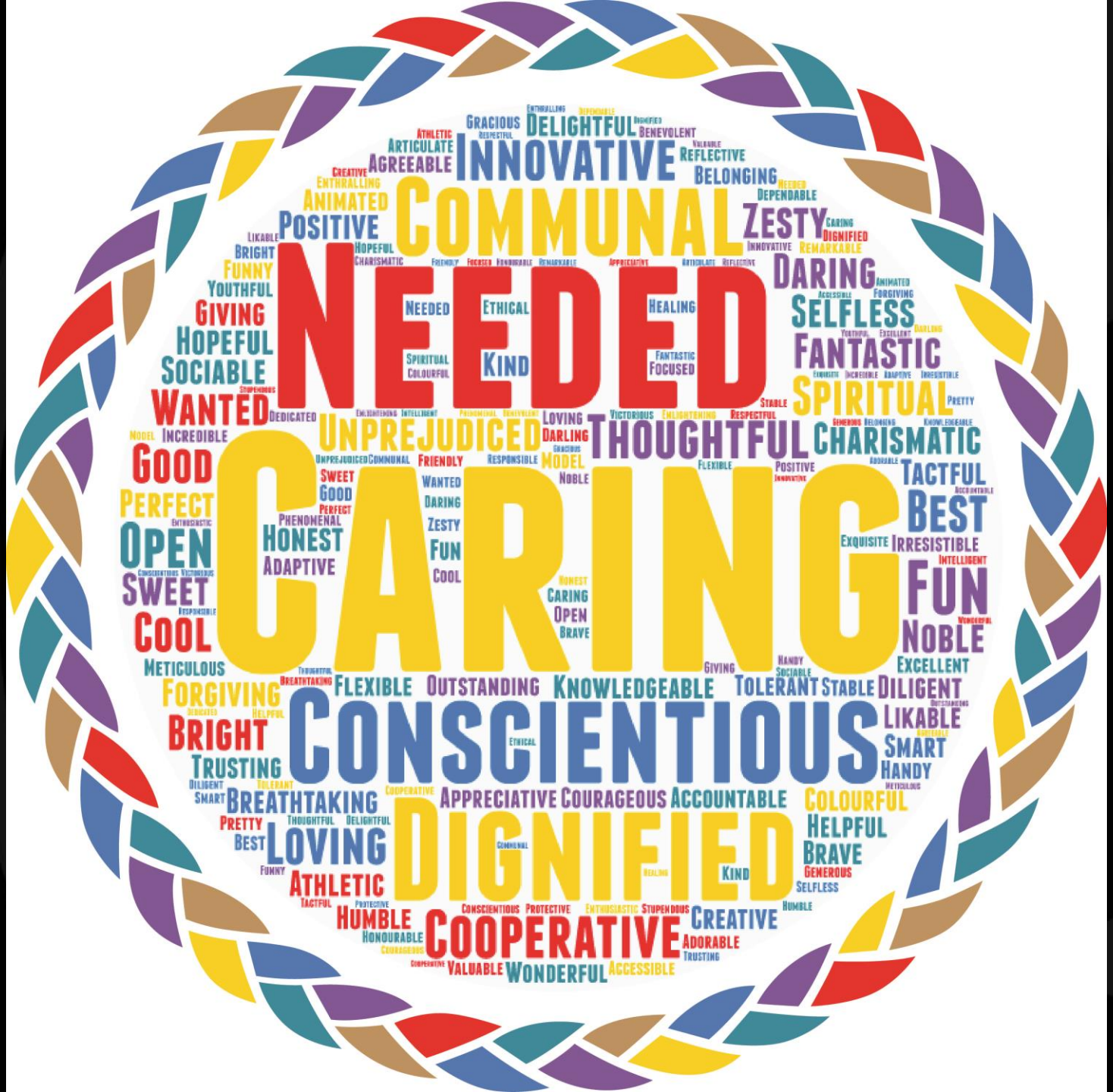


G'minoomaadozimin – We Are Living Well

Kiashke Zaaging Anishinaabek

Fort William First Nation

Pic Mobert First Nation


NEEDED
CARING
COMMUNAL
INNOVATIVE
DIGNIFIED
CONSCIENTIOUS
COOPERATIVE
THOUGHTFUL
UNPREJUDICED
SPIRITUAL
FANTASTIC
SELFLESS
DARING
ZESTY
DELIGHTFUL
GRACIOUS
POSITIVE
ANIMATED
AGREEABLE
ARTICULATE
BELONGING
REFLECTIVE
BENEVOLENT
DEPENDABLE
FUNNY
BRIGHT
YOUTHFUL
GIVING
HOPEFUL
SOCIABLE
WANTED
KIND
ETHICAL
HEALING
FOCUSED
CHARISMATIC
TACTFUL
BEST
FUN
NOBLE
EXCELLENT
DILIGENT
LIKABLE
SMART
HANDY
COLOURFUL
HELPFUL
BRAVE
GENEROUS
SELFLESS
CREATIVE
ADORABLE
TRUSTING
ACCESSIBLE
WONDERFUL
VALUABLE
HUMBLE
HONOURABLE
ATHLETIC
LOVING
BREATHTAKING
TRUSTING
FORGIVING
METICULOUS
COOL
SWEET
OPEN
PERFECT
GOOD
INCREDIBLE
HONEST
ADAPTIVE
FLEXIBLE
OUTSTANDING
KNOWLEDGEABLE
TOLERANT
STABLE
APPRECIATIVE
COURAGEOUS
ACCOUNTABLE
IRRESISTIBLE
EXQUISITE
INTELLIGENT
RESPECTFUL
VICTORIOUS
ENLIGHTENING
LOVING
DARLING
RESPONSIBLE
FRIENDLY
MODEL
NOBLE
CARING
OPEN
BRAVE
WANTED
DARING
ZESTY
FUN
COOL
SWEET
GOOD
PERFECT
PHENOMENAL
HONEST
ADAPTIVE
NEEDED
ETHICAL
HEALING
SPIRITUAL
COLOURFUL
KIND
FANTASTIC
FOCUSED
INNOVATIVE
REMARKABLE
DIGNIFIED
ZESTY
DARING
SELFLESS
FANTASTIC
SPIRITUAL
THOUGHTFUL
CHARISMATIC
TACTFUL
BEST
FUN
NOBLE
EXCELLENT
DILIGENT
LIKABLE
SMART
HANDY
COLOURFUL
HELPFUL
BRAVE
GENEROUS
SELFLESS
CREATIVE
ADORABLE
TRUSTING
ACCESSIBLE
WONDERFUL
VALUABLE
HUMBLE
HONOURABLE
ATHLETIC
LOVING
BREATHTAKING
TRUSTING
FORGIVING
METICULOUS
COOL
SWEET
OPEN
PERFECT
GOOD
INCREDIBLE
HONEST
ADAPTIVE
FLEXIBLE
OUTSTANDING
KNOWLEDGEABLE
TOLERANT
STABLE
APPRECIATIVE
COURAGEOUS
ACCOUNTABLE
IRRESISTIBLE
EXQUISITE
INTELLIGENT
RESPECTFUL
VICTORIOUS
ENLIGHTENING
LOVING
DARLING
RESPONSIBLE
FRIENDLY
MODEL
NOBLE
WANTED
DARING
ZESTY
FUN
COOL
SWEET
GOOD
PERFECT
PHENOMENAL
HONEST
ADAPTIVE
NEEDED
ETHICAL
HEALING
SPIRITUAL
COLOURFUL
KIND
FANTASTIC
FOCUSED
INNOVATIVE
REMARKABLE
DIGNIFIED
ZESTY
DARING
SELFLESS
FANTASTIC
SPIRITUAL
THOUGHTFUL
CHARISMATIC
TACTFUL
BEST
FUN
NOBLE
EXCELLENT
DILIGENT
LIKABLE
SMART
HANDY
COLOURFUL
HELPFUL
BRAVE
GENEROUS
SELFLESS
CREATIVE
ADORABLE
TRUSTING
ACCESSIBLE
WONDERFUL
VALUABLE
HUMBLE
HONOURABLE
ATHLETIC
LOVING
BREATHTAKING
TRUSTING
FORGIVING
METICULOUS
COOL
SWEET
OPEN
PERFECT
GOOD
INCREDIBLE
HONEST
ADAPTIVE
FLEXIBLE
OUTSTANDING
KNOWLEDGEABLE
TOLERANT
STABLE
APPRECIATIVE
COURAGEOUS
ACCOUNTABLE
IRRESISTIBLE
EXQUISITE
INTELLIGENT
RESPECTFUL
VICTORIOUS
ENLIGHTENING
LOVING
DARLING
RESPONSIBLE
FRIENDLY
MODEL
NOBLE
WANTED
DARING
ZESTY
FUN
COOL
SWEET
GOOD
PERFECT
PHENOMENAL
HONEST
ADAPTIVE

NOKIIWIN
TRIBAL COUNCIL

Awards

- Muse headband for each team member
- Fit bit charge 2 for each team member
- Technology gift basket
- Consulting hours with Chief Medical Officer
- Business advisory, technical review ($10,000)
- $1,000 to the team
- 1:1 matching funds from Cossette Health (up to $75 k)

1:1 matching funds from Cossette Health (up to $75 k)

Next steps

- Working with Cossette Health to develop full app
  - Pre-app focus groups
  - App development
  - Post-app focus groups
  - Evaluation and role out

NOKIIWIN
TRIBAL COUNCIL

Thank you!

Questions???