

RESOLVE Saskatchewan Profiles Saskatchewan Researchers Stardale Women's Group



by Helen McPhaden and Mary Hampton

Saskatchewan is home to many prolific anti-violence researchers. In this and upcoming RESOLVE newsletters, we will profile Saskatchewan researchers who have conducted research that sheds light on the topic of violence in our communities. One researcher who conducts community-based participatory action research is **Helen McPhaden**, Executive Director of Stardale Women's Group. The **Stardale Women's Group** is a community-based organization that performs research, designs and develops programs, and advocates for Aboriginal females who live in poverty. To learn more about Stardale please refer to their website at www.stardale.org. Recently, Helen completed a research project in collaboration with the Kainai First Nation (Blood) in Southern Alberta. This reserve is the largest in Canada.

Over the past few years, Stardale has delivered programs to girls in the community. Through consultations with community programs, it was found that there was an alarming increase in violence perpetrated by girls. One community decided a research project was warranted in order to understand the problem. The research project, entitled **Violence in the Lives of Girls in the Kainai First Nation**, was initiated by a First Nation in southern Alberta in collaboration with Stardale. The rationale for the community-based participatory approach used in this research was to combat a legacy of community mistrust of researchers and to reverse the under representation of Aboriginal voices from low-income backgrounds in literature. Initial funding secured in Fall 2006 allowed the assembly of a team. The research team was multi-disciplinary, and included members from all three prairie provinces. As well, a literature review was completed by **Leslie Roach**, attorney at Law, who works with the United Nations in West Africa. The project was completed in June 2008. To read the full report, please access RESOLVE Saskatchewan website.

Additionally, Stardale completed a project that addressed violence and safety with 13 female Aboriginal inmates at a prairie young offender's

centre. These young women explained their life experiences through art. Findings are disseminated in a unique format—a comic book was created titled **Life As you Don't Know It**. The comic book is being used as a resource and intervention tool with a variety of applications for practitioners and policy makers. Seven recommendations were generated for practitioners working with female youth:

1. *Parenting*: Support for the parent out there; reach the parents to come.
2. *Stability*: Good Foster homes – permanent. No uprooting every week, day, month. Consistent support – mentor that guides.
3. *Reducing*: Sexual and physical abuse. Eliminate abuse.
4. *Recognizing*: That we have dreams. We are not just bad kids. We love.
5. *Build*: Our self-esteem, our confidence.
6. *Education*: Relevant. More social interaction.

To obtain your copy of the comic book, please contact stardale@gmail.com. ☘



Helen McPhaden

RESOLVE RESEARCH DAY 2009

HEALING FROM VIOLENCE AND ABUSE

Hosted by RESOLVE Saskatchewan

November 19-20, 2009

REGINA INN HOTEL AND CONFERENCE CENTRE
REGINA, SASKATCHEWAN

CALL FOR PROPOSALS

Submission deadline is June 30, 2009

RESOLVE Saskatchewan is now accepting presentation proposals for the upcoming Research Day in Regina, Saskatchewan, November 19-20, 2009.

Please direct any questions to **Mary Hampton** at mary.hampton@uregina.ca or (306) 585-4826.