

Seeing Oneself Program

The Seeing Oneself Program is designed to help bridge traditional knowledge and its effective use in building alternatives to involvement in alcohol and drugs by youth. The program is offered to designate groups of youth in Aboriginal communities in Saskatchewan.

This community led initiative involves training of volunteer community members and is implemented in a series of five flexible phases that can be adjusted according to the needs of participants.

About the Program:

- Each program phase is grounded in teachings shared by Elders from Aboriginal communities that participated in building the foundation of this initiative.
- The cultural teachings support youth in realizing their own unique qualities and interests.
- The teachings also guide youth in exploring how thoughts, decision-making, emotions, and behavior are affected by goals.
- With cultural grounding, youth are encouraged to identify their goals and consider ways to bring what is important to them into their life.

Starting the Program:

- The program takes into consideration that certain personality dimensions have been associated with unique reasons for substance use that can place a young person at risk for health problems (i.e., specific negative health impacts associated with alcohol and other drug use.)
- Certain reasons for using substances are considered "risky" due to their established associations with heavy drinking and/or substance related problems in youth.

Proactive "two-eyed seeing" approach:

- The 'two-eyed seeing' approach adds depth to our understanding of health and healing.
- One eye looks at issues with the strengths of traditional Indigenous knowledge & ways of knowing, while the other eye looks with the strengths of Western knowledge & ways of knowing.
- Aboriginal traditions and teachings are the foundation from which the project resources were developed in Canada and expand in relevance to other cultures.