COMMUNITY-CENTRED INDIGENOUS COGNITIVE HEALTH NETWORK (CICHN)

Going Forward with Aligned Hearts:
Summary Report

WHY DO WE NEED A FORMAL NETWORK?

- To steer our own path

- To challenge traditional hierarchical approaches to network building

- For collaboration between Indigenous and non-Indigenous individuals

- To pursue a common vision grounded in Indigenous identity

- To define roles and responsibilities for team members

- To promote accountability, credibility, and trust among members

- To provide mentorship and opportunities for growth

- To establish a platform for mutual learning and knowledge sharing

WHAT IS CICHN?

- An Indigenous-led collaborative of researchers, including trainees and community members

- Members are engaged in Indigenous cognitive health research in Canada

- A network that supports self-determined cognitive health research

strength building

community connections

knowledge sharing

WHAT ARE OUR GOALS AND PRIORITIES?

STRENGTH BUILDING

- Annual in-person gathering
- Virtual meetings
- Formal and informal mentorship opportunities
- Training exchange

- Support for conferences and travel
- Journal clubs
- Ongoing training such as webinars, seminars, and workshops
- Summer internship opportunities

COMMUNITY CONNECTIONS

- Community collaborative led by CICHN community organizations

- Tracking community priorities

- Sharing knowledge about communities including research

- Importance of relationship building

- Supporting researchers to engage in appropriate ways

- Share and collate community priorities from each of us that we already know

- Having dedicated staff to support relationship building/community collaborative/priority matching with community and researchers

KNOWLEDGE SHARING

- Attend health fairs and conferences

- Learning modules and webinars

- Social media channels

- Website, podcasts, video

- Plain language research summaries

- Research briefs, infographics

VISITING IN THE CICHN

- Internal virtual space

- Internal Newsletter

- List of contact information

- Virtual meetings

- Pre/Post days for trainees

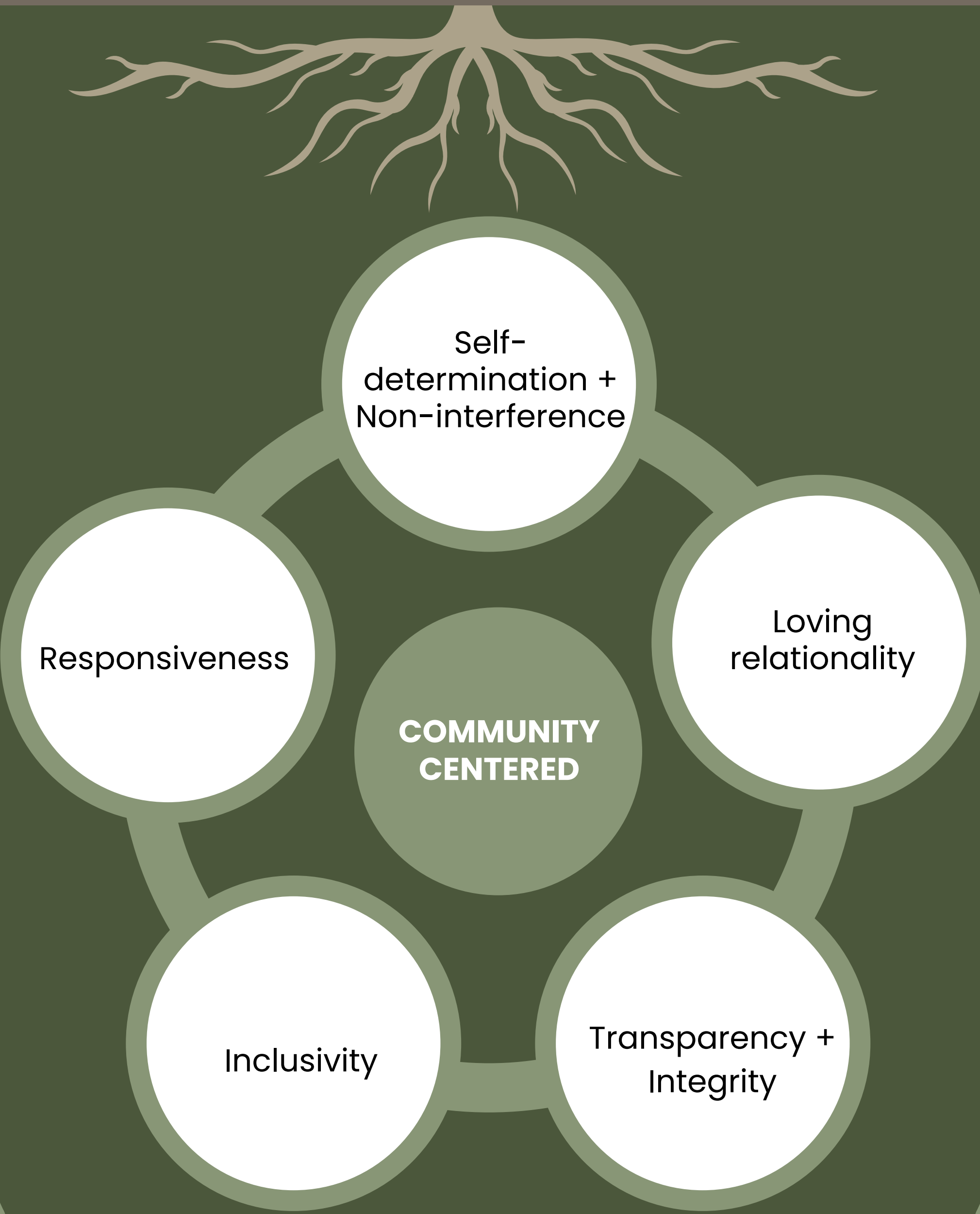- Annual in-person gathering with rotating hosts

WHAT ARE OUR GUIDING PRINCIPLES?

SHARED VALUES AND CHARACTERISTICS OF CICHN

Accountability	Autonomy	Brave	Collaborative
Community	Consensus-based	Courage	Critical
Disrupt	Equity	Fluid	Humility
Inquisitive	Love + Kindness	Openness	Reciprocity
Relevance	Respect	Thoughtful	Trust

Our guiding principles are foundational to everything we do, both as individuals and as members of CICHN.

Self-determination + Non-interference

Responsiveness

Loving relationality

COMMUNITY CENTERED

Inclusivity

Transparency + Integrity

WHAT ARE OUR GUIDING PRINCIPLES?

COMMUNITY-CENTERED

With community at the forefront, CICHN is a space where researchers, community members, and organizations come together, all with an equal voice.

SELF-DETERMINATION + NON-INTERFERENCE

We are an independent network separate from other networks. This enables us to work in the way our communities ask us to, while respecting self-determination and non-interference with communities.

As CICHN members, we will not interfere with existing relationships or connections between members and communities, and we respect each other's relationships.

LOVING RELATIONALITY

Guided by the values of love, supportiveness, kindness, reciprocity, humility, and respect.

Fosters love, kindness, and mutual respect between members within and beyond the network.

This is represented through our actions, how decisions are made, and how the network operates.

This creates a network culture where everyone feels understood, heard, and valued.

WHAT ARE OUR GUIDING PRINCIPLES?

INCLUSIVITY

CICHN is an inclusive space.

We are responsive and accessible to all abilities, genders, perspectives, and cultures.

We are accessible to communities and researchers and embody equity, equality, and diversity.

We bring our own diverse experiences and perspectives to the table, and are encouraged to share these freely and openly.

TRANSPARENCY AND INTEGRITY

This principle guides how we work within the network and community, how we make decisions, and how the network operates.

Includes values of truthfulness, accountability, responsibility, criticality, courage, excellence, and being inquisitive.

RESPONSIVENESS

We are responsive to CICHN and to each other, and we welcome new people into CICHN with open arms.

We highlight the strengths of the people in our network and are open to feedback.

We are emergent, fluid, and open to shifting and changing as we need to.

We are not a hierarchy.

WHAT IS OUR APPROACH TO DECISION MAKING?

- CICHN is divided into circular seats at the CICHN Table
- All members have an equal seat at the table
- We are non-hierarchical
- Leadership and decision making is shared and collaborative
- Our decision making and leadership structure is emergent, fluid, and agile
- We acknowledge individual strengths and gifts
- Decision making is culturally grounded, respecting diversity in Indigenous knowledge

Community Collaborative — Building community connections, relationships, funding opportunities

Knowledge Sharing — Knowledge translation materials, website, webinars and learning modules, funding opportunities

Membership — Principles for bringing new members on-board, funding opportunities

Network Relationships — Building connections between all circles, funding opportunities

Strength Building — Formal and informal mentorship opportunities, training exchange, journal clubs, ongoing training opportunities, funding opportunities

Visiting in the CICHN — Slack, newsletter, contact information, virtual meetings, virtual connections, annual gathering, funding opportunities

WHAT DECISIONS NEED TO BE MADE?

As we navigate CICHN, there are understandably lots of questions to answer. Some of the questions posed for the circles to consider included both day to day decision, as well as high level decisions.

How do we invite new members to the network?

Who do we collaborate with?

How do we decide membership?

Who decides who we partner with as a network?

What gets posted on social media? The website?

Who creates the website?

Who runs social media?

What funding do we apply for?

How often do we meet?

Who hosts the webinars?

Who decides what the topics for webinars will be?

Who represents CICHN at conferences and presentations?

Who speaks for CICHN?

How do we ensure people align with our principles?

What happens when there is misalignment with the principles?

How do we deal with conflict?
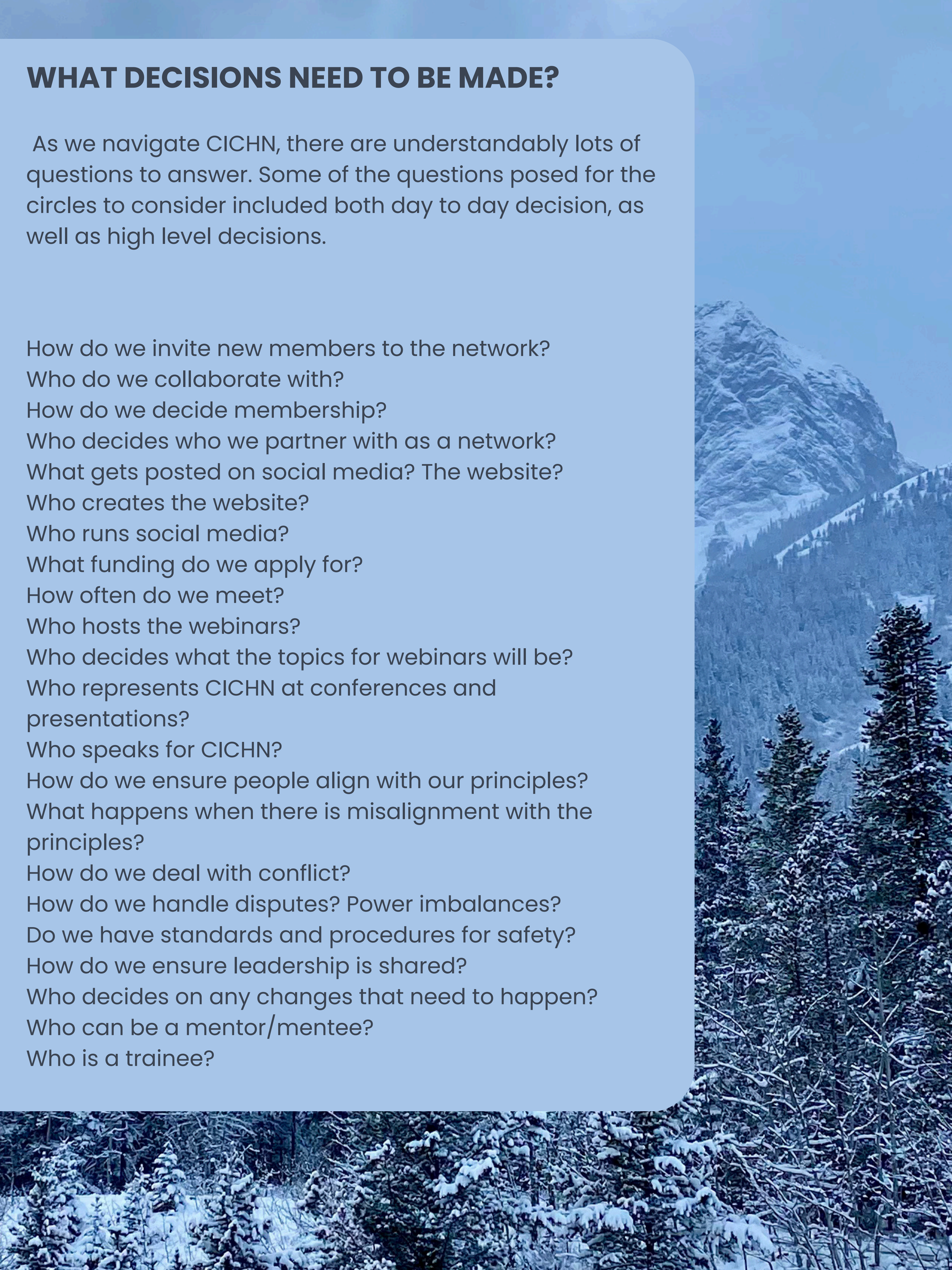
How do we handle disputes? Power imbalances?

Do we have standards and procedures for safety?

How do we ensure leadership is shared?

Who decides on any changes that need to happen?

Who can be a mentor/mentee?

Who is a trainee?

GOING FORWARD

We recognize the emergent and fluid nature of CICHN as we continue forward.

With our guiding principles leading the way, we acknowledge the decision to have shared leadership and collaborative decision making.

We encourage everyone to get involved in whatever capacity fits best for you and share your knowledge, experience, and expertise!

JOIN A CIRCLE!

COMMUNITY COLLABORATIVE	NETWORK RELATIONSHIPS
KNOWLEDGE SHARING	STRENGTH BUILDING
MEMBERSHIP	VISITING IN THE CICHN

Join the Slack Channel!
Contact Mat: gervaim@mcmaster.ca
Share your thoughts and ideas!

Stay tuned for a virtual gathering in February!

SEE YOU AT THE CICHN TABLE