



September 2013

Hello Everyone!

Fall has come upon us as we turn the corner on our second phase of the HOS research project. Highlights of our work this month include creating of a draft definition of wellness, proposing several articles to write, and sharing and communicating our work via recipe cards to more formal presentations.

Draft Definition of Wellness:

We have developed a draft definition of wellness from Treatment Centres' input at the environmental scan focus groups and further refined through discussions at the National Treatment Centres Gathering in July 2013. Treatment Centres and their invited community will now further reflect on how this definition fits with their culture-based interventions and whether there is a need to make further changes. Treatment Centres will also give thought to sharing their definition with others. We will keep you posted.

Publications in the Works:

Our team has drafted several outlines of articles from the HOS project. Papers have been proposed on the topics of decolonization, storytelling as an art in research, team science, two-eyed seeing, and gender and diversity. We have begun to write two papers on the Scoping study: One on its results and the other on the methods, strategies, and lessons learned from undertaking the review. Although different, these papers have a common thread: To let people know about the importance of culture in healing of First Nations people.

Recipe Cards:

Food is a part of healing. We are collecting recipes from Treatment Centres in an effort to give back to the many community members who have shared both food and their knowledgeable stories with our project, as well as to raise awareness with others about the importance of culture as an intervention in healing from addictions. We have a few more recipes to collect and as they come in they will be released on our project website. Please also refer to our website: <http://tinyurl.com/HOSrecipes>.

Upcoming Meetings, Presentations, and Communications:

Here's what is coming up over the next couple of months:

- October 10, Colleen will be speaking at the "Best Brains Exchange" hosted by CIHR.
- October 22, Focussed Discussion on Integrating Cultural Supports into Service Delivery, Carol & Jim.
- October 24, Honouring Our Strengths Renewal Leadership Team meeting, Carol, Colleen & Mike.
- In November, Carol & Colleen will be presenting at the CCSA hosted Issues of Substance conference.

Please be in touch at any time to share your input and ideas about these or any other aspects of the project going forward by emailing or calling me, Margo Rowan at mar805@mail.usask.ca or 613-841-7520, or our project manager, Barb Fornssler, at barb.fornssler@usask.ca or 306-966-7894.