



**December 2014**

**Hi Everyone and Happy 2014!** This newsletter highlights the project activities over the past year.

### Highlights of HOS CasI Project Activities 2014

#### Native Wellness Assessment (NWA)— Piloting with Treatment Centres

**January** - Lead by Elder Jim Dumont, the Indigenous Knowledge Group (IKG) selected 65 of 200 possible items based on guidance from Treatment Centres. Each one represents one of four quadrants from the Wellness framework: The Heart—Belonging, The Spirit—Hope, Mental—Meaning, and Physical—Purpose.

**February** - The NWA was drafted into two main forms: A “self-assessment” and “observer” form.

**March-April** - Five Treatment Centres were involved in focus group testing the draft instrument with their clients.

**May-July** - The instrument was revised through the collaborative work of the IKG and an expert statistician, and based on valuable feedback from Treatment Centres. A pilot testing package was developed for distribution.

**August-September** - Treatment Centres helped to further revise the instrument before pilot testing. -Pilot testing was expanded to include former clients from a NNADAP or YSAP treatment program. -NNAPF initiated translation of the instrument for pilot testing with centres in Quebec.

**October-December** -Piloting of the instrument included the 11 Treatment Centres involved in the HOS: CasI project initially, along with many more NNADAP and/or YSAP facilities.

#### Recipe Cards

**January** - Recipe cards were shared and received with great enthusiasm by community members, care providers and others.

**March** - Nearly all of the Treatment Centres submitted a recipe for sharing with one another and with communities across Turtle Island.

**May** - Our recipe cards website was launched as <http://www.tinyurl.com/CookingAsCulture>.

**October** - A ‘Cooking with Community’ section was created ([www.tinyurl.com/cookingasculture](http://www.tinyurl.com/cookingasculture)).

**November** - Over 1,200 sets of recipe cards were distributed with many more pdf downloads and Facebook ‘shares’ of these materials as well.

#### Communications/Presentations/Publications

**June** - A poster and presentation was made at the National Institute of Drug Abuse International Forum. -Honouring our Strengths 2014 National Conference was held. Several members of our team attended and made presentations.

**July** - Joseph Gone discussed his research on historical trauma and mental health problems in American Indian communities. See Transcultural Psychiatry Podcast Number 9 at [http://traffic.libsyn.com/sagepsychology/tps\\_podcast\\_09\\_gone.mp3](http://traffic.libsyn.com/sagepsychology/tps_podcast_09_gone.mp3) Read the full research article at <http://tps.sagepub.com/content/51/3/387.full>

**August** - Team members provided a webinar for the Centre for Addiction and Mental Health on First Nations, Inuit, and Métis assessment tools.

**September** - “Cultural interventions to treat addictions in Indigenous populations: Findings from a scoping study” was published in the *Substance Abuse Treatment, Prevention and Policy Journal*. Please see <http://www.substanceabusepolicy.com/content/9/1/34>.

**October** - "Research as Cultural Renewal: Applying Two-Eyed Seeing in a Research Project about Cultural Interventions in First Nations Addictions Treatment" was submitted for publication in *The International Indigenous Policy Journal* (accepted with minor revisions). -Team members presented at the FASD Live conference in Saskatoon and were then interviewed by the Missinipi Broadcasting Corp. -“Travelling the Möbius Strip: The Influence of Two-Eyed Seeing in the Development of Indigenous Research Accomplices” was accepted for publication as part of an edited collection in a book called *Indigenous Health from a Multidisciplinary Global Perspective*.

**November** - “A Scoping Study of Cultural Interventions to Treat Addictions in Indigenous Populations: Methods, Strategies, and Insights from a Two-Eyed Seeing Approach” was submitted to the *BMC Medical Research Methodology* (Section: Study design) (under consideration). -Team members presented at the Indigenous Health Conference in Toronto.

#### The Wellness Flower

**September** - Team members created the *Connecting with Your Culture: Growing a Wellness Flower*— an activity guide for facilitators to use with clients to help them think about Native culture and what it means to their wellness and community.

**October** - An illustrator helped to fine-tune the Wellness Flower and its cutout parts.

**November** - The Wellness Flower was reviewed by Treatment Centres and others (until end of January 2015).

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](mailto:mar805@mail.usask.ca) or 613-841-7520, or Barb Fornssler, at [barb.fornssler@usask.ca](mailto:barb.fornssler@usask.ca) or 306-966-7894.