



January 2015

## **Hello Everyone!**

This has been a very busy month and our team has pulled together a lot of information in a short period of time.

### **The Native Wellness Assessment (NWA): Pilot Testing Complete**

First, and most importantly, we'd like to offer a huge thank you to those who were able to find time to pilot test the NWA! THANK YOU!

All instrument feedback has been gathered from participating treatment centres. The team is working hard to compile the information received so that we can understand how the instrument is performing. Carina Fiedeldey-Van Dijk, our statistics expert, will be studying the results to see how well the NWA is able to provide us with the right type of information to help treatment centres. Her analysis is a way of applying mathematics to understand how each statement, and each area of the instrument, is relating to the other areas of the instrument. This is important because it is the relationship among areas (The Spirit—Hope, The Heart—Belonging, Mental—Meaning, and Physical—Purpose) that gives rise to our holistic understanding of wellness and is at the very core of the NWA instrument.

We are also preparing for a meeting of the Indigenous Knowledge Group (IKG) in early February to further discuss the findings of the pilot testing and Carina will share her analysis with us. The IKG will make sure that any changes suggested through the analysis are completed in a culturally grounded way.

Now that the pilot testing phase of the project is complete, if you do have any remaining information to submit please send it to Barb as soon as possible.

### **The Wellness Activity Guide and Facilitators' Handbook**

Feedback was also gathered on the Wellness Activity Guide and Facilitators' handbook. This is a knowledge engagement activity that will provide clients and other interested parties, a chance to discuss and apply the Wellness Framework that is the foundation of our project, as articulated by Elder Jim Dumont. Thank you to those who provided feedback in such a thorough and timely manner. We anticipate the material will be final by the end of March.

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.