



**January 2014**

## **Hi Everyone!**

Hope you are enjoying a good start to the New Year! Our focus for the upcoming months will be on the creation of the draft instrument to measure the impact of cultural interventions on client wellness along with finishing the writing of some of the papers.

### ***Our Draft Instrument to Measure the Impact of Cultural Interventions on Wellness***

The draft Wellness Instrument is coming along nicely! The Indigenous Knowledge Group (aka: London Group) and Randy Duncan (a measurement advisor) met for three days in January to work through the process of reducing over 200 possible items to a manageable set of 65. As it stands now, the draft instrument is balanced with 15-17 questions in each of the four quadrants from the Wellness framework: The Heart—Belonging, The Spirit—Hope, Mental—Meaning, and Physical—Purpose. There is a separate instrument for the client and one for an observer from a Treatment Centre. We are now in the process of fine-tuning the draft instrument which we hope to be ready by the end of February. Before we move into the pilot-testing phase, we are planning to hold focus groups with 2-3 Treatment Centre staff and clients. We are also working on a manual to help individuals better understand how to administer, score, interpret, and use the instrument.

### ***Invitation to Pilot-Test the Draft Wellness Instrument: Reminder to All Treatment Centres***

This is a gentle reminder to all *National Native Alcohol and Drug Abuse Program* (NNADAP) and *Youth Solvent Addiction Program* (YSAP) Treatment Centres that have not yet been a part of the HOS CasI project, to please contact Barb Fornssler, at [barb.fornssler@usask.ca](mailto:barb.fornssler@usask.ca), if you are interested in pilot-testing our draft Wellness Instrument. Piloting will begin in the summer and involves having clients and staff members complete the instrument and then providing us with feedback. All NNADAP and YSAP Treatment Centres are welcome to become involved in piloting!

### ***Scoping Study***

The Scoping Study Committee will meet on February 10 to review two draft papers. One is almost complete and it is called "*Cultural Interventions to Treat Addictions in Indigenous Populations: Findings from a Scoping Study*". The second paper needs a bit more work and is called: "*A Scoping Study of Cultural Interventions to Treat Addictions in Indigenous Populations: Methods, Strategies, and Lessons Learned*".

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 our Project Manager, Barb Fornssler, at [barb.fornssler@usask.ca](mailto:barb.fornssler@usask.ca) or 306-966-7894.