



July 2013

Hello Everyone!

Our main event this month was the National Treatment Centre Gathering in Western Canada from July 23-25, 2013. It was an incredible three day journey that joined the hearts and minds of Treatment Centre representatives, researchers, and important others to open the door to our next phase of instrument development and pilot-testing. Here are the main highlights, with a full summary to be made available to you in the near future:

- A common set of approximately 22 cultural interventions and their general meaning was proposed, discussed, and agreed upon with much input from Treatment Centres.
- We discussed and agreed upon the definition of wellness stemming primarily from what was expressed during environmental scan focus group discussions with Treatment Centres. As agreed, wellness consists of four main themes including Spirit (Spiritual) - Hope; Heart (Emotional) - Belonging; Body (Physical) - Purpose; and Mind (Mental) - Meaning.
- We agreed upon a set of common sub-themes, such as hope and identity, and together we developed descriptive definitions of each sub-theme.
- To begin the process of writing items for our instrument, we created culture-based questions founded on what positive changes treatment staff can see and hear in clients along with what shift or change clients can feel themselves.
- We discussed some of the key areas to consider when developing the instrument such as when and how often clients or others complete the measurement tool, focusing on wellness not deficits, and keeping whatever tool is developed to a manageable length.

Upcoming Project Activities

Instrument Development and Pilot-testing:

Our focus over the next 18 months will be on the co-creation and pilot-testing of an instrument to measure wellness in Treatment Centre clients. We will be revisiting our original work plan for this phase of the research and making any adjustments as needed.

Scoping Study:

The Scoping Study Committee will be meeting again in September to discuss next steps. We will be focusing on developing a draft article for publication.

Ethics:

We will soon be drafting the next phase of our project work for ethics approval. This will be required before pilot-testing begins.

Please be in touch at anytime 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 Barb Fornssler, at barb.fornssler@usask.ca or 306-966-7894.