



**November 2013**

### **Hello Everyone!**

With 2014 just around the corner we are trying to stay on track and accomplish as much as possible before the year end. Here's a few things we would like to share with you this month.

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

Grounded by Treatment Centres' thinking about the meaning of wellness and its measurement, the London Group (or Indigenous Knowledge group) has put together a comprehensive set of over 200 questions that mark the beginning of our draft instrument. The next task is to identify a core set of items from this larger pool, ensuring that the instrument is meaningful and practical. Over the next month or so, we will be working closely with the London Group to develop and implement a process to support this task. The draft HOS Wellness Instrument will then be shared with Treatment Centres for further input and reflection and eventually piloted-tested at interested sites.

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

Currently there are 12 Treatment Centres actively involved in the HOS CasI project. Part of their involvement includes helping to pilot-test the draft HOS Wellness Instrument at their sites. We would now like to extend the invitation to join in the pilot-testing phase of the instrument 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 project. This would involve, for example, having clients and staff members complete the instrument and provide us with comments and feedback on the items. This is an excellent opportunity to find out about the instrument, try it out at your Centre, and have a say in the final product. For those who are interested, please contact Carol Hopkins at [chopkins@nnapf.org](mailto:chopkins@nnapf.org).

### ***Video 3***

Video 3 is ready and public now! It reflects on what was important to Treatment Centre's halfway through the project and anything they would have liked to change during the process of the environmental scan. Everyone can view it on YouTube: <http://youtu.be/aDHAXLrp5PM> or find it on the project website ([www.tinyurl.com/cultureasinterventionresearch](http://www.tinyurl.com/cultureasinterventionresearch)) as video 3 in our project series. Such a great way to share how far we have come in this process!

### ***Step by Step***

Although not 100% related to our project, members of our team released a song and music video that's a follow-up to the *From Stilettoes to Moccasins* song release of 2009. The *Step By Step* video shares the importance of both traditional and Indigenous culture and the role of the service provider in healing from addictions. It can be found at [www.tinyurl.com/stepbystepsong](http://www.tinyurl.com/stepbystepsong).

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.