



## September 2014

Hello Everyone!

Hard to believe that there are only six months left of our project journey to March 2015! Here are some of the things lighting our way this month.

### ***Native Wellness Assessment (NWA) piloting with Treatment Centres***

Piloting testing the NWA continues at participating NNADAP/YSAP treatment centres. We are grateful for their ongoing involvement! To help increase the number of pilot testing participants we decided at our team meeting in September that it would be helpful to offer the instrument to anyone who has gone through treatment at a NNADAP/YSAP centre. So we have adjusted the pilot testing criteria to include former clients of those centres currently participating in piloting, or local community members who have previously attended a NNADAP or YSAP treatment program. We are keeping track of all the feedback provided and once piloting is complete we will be having a look at changes that need to be made such as shortening the instrument or rewording items.

### ***Connecting with Your Culture: Growing a Wellness Flower***

Colleen and her team of Barb, Laura, Deb, and Carol are creating an easy to use, step-by-step activity guide for facilitators to use with clients to help them think about Native culture and what it means in their wellness and community. There are five steps to help with this and each step involves creating parts of a flower from the stem to its petals and then connecting to the ground where the flower grows. The group has been in touch with an illustrator to help fine-tune the flower and its cutout parts. It should be available in the next month for the full team to review and then pilot test.

### ***Scoping Study:***

The Scoping Study Committee met on September 30, 2014 to discuss the draft of the publication: "A scoping study of cultural interventions to treat addictions in Indigenous populations: Methods, strategies, and insights from a Two-Eyed Seeing approach". This paper is soon to be submitted to the *BMC Medical Research Methodology* for consideration.

### ***Meetings, Presentations, and Communications***

Here's some of the events completed and to look forward to at the time of writing:

- NNAPF initiated translation of the instrument for pilot testing with centres in Quebec.
- Barb and Colleen will be presenting at the FASD Live conference in Saskatoon on October 7, 2014. They anticipate a great audience with 57 registered to attend this presentation.

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.