



# USER'S MANUAL FOR THE NATIVE WELLNESS ASSESSMENT (NWA)<sup>™</sup>

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## Acknowledgements:

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## Native Wellness Assessment (NWA-S) (Self-Report Form)

Please complete this survey designed to assess your **Native wellness**. Once you have filled out the background section used for research, please complete the three sections concerning a rating of statements and cultural interventions/activities. You may provide any additional comments at the end of the survey if you like.

The survey answers must be entered on the web at the following address [www.thunderbirdpf.org](http://www.thunderbirdpf.org) in order to receive the client report which provides the analysis and interpretation of results.

**To be completed by Substance Use/Mental Health Service Staff prior to the client completing the survey:**

Client ID: \_\_\_\_\_ (number as used in Substance Use/Mental Health Service)

Date of Assessment: \_\_\_\_\_ (dd/mm/yyyy)

Completion: ☐ 1st time completed ☐ 2nd time completed ☐ 3rd time completed by client

Point in time: ☐ Entry to Treatment (administered within 7 days of intake)  
☐ In-Progress (administered halfway through treatment)  
☐ Exit from Treatment (administered within the last 7 days of the program)

Substance Use/Mental Health Service : \_\_\_\_\_

Length of Program: \_\_\_\_\_ weeks

### Background:

Your responses in this section will be grouped with that of others to make sure the survey is statistically valid. The information you provide here will not be used to identify you specifically under any circumstances.

**Gender:** ☐ Female ☐ Male ☐ Other (ie: Two-Spirited/LGBTQ/Gender fluid) \_\_\_\_\_

**Age:** \_\_\_\_\_ years

**Ethnicity:** ☐ **First Nations**  
If Yes, which Nation \_\_\_\_\_ **OR** ☐ Don't Know

☐ **Métis**  
If Yes, which First Nation connection \_\_\_\_\_ **OR** ☐ Don't Know

☐ **Inuit**

☐ **Other** \_\_\_\_\_

What is your **FIRST** Language? \_\_\_\_\_

If applicable, what is your **SECOND** Language? \_\_\_\_\_

If applicable, what is your **THIRD** Language? \_\_\_\_\_

How many times have you been in treatment **prior** to the centre you are at now?

\_\_\_\_\_ time(s)

Please provide the name(s) of the prior Substance Use/Mental Health Service (s):

- |   |                    |                        |
|---|--------------------|------------------------|
| 1 | Centre Name: _____ | Number of times: _____ |
| 2 | Centre Name: _____ | Number of times: _____ |
| 3 | Centre Name: _____ | Number of times: _____ |
| 4 | Centre Name: _____ | Number of times: _____ |
| 5 | Centre Name: _____ | Number of times: _____ |
| 6 | Centre Name: _____ | Number of times: _____ |

### Instructions:

Please rate the following statements based on your own feelings and thinking. As this survey is not a test that you can pass or fail, there is no right or wrong way to answer any of the statements. Your first thought or impression is usually the best.

The following example will explain how to proceed. Please read the example statement. If you *mostly agree* with the example statement, draw a circle around the number 3 that corresponds with this.

Please use a dark black pen to complete the form. The response option *don't know* is to be avoided as far as possible; use it sparingly **ONLY** if you are not able at all to indicate any of the other response options.

Please **only** use the 'Don't Know (DK)' option if you feel you are not able to respond to the statement within a range of 'Disagree' to 'Strongly Agree'.

	DK Don't Know	0 Do Not Agree	1 Agree a Little	2 Kind of Agree	3 Mostly Agree	4 Strongly Agree
The eagle is an important symbol in our culture.	DK	0	1	2	3	4

### How to change an answer:

If you do need to change your answer, please draw an 'X' through your original circle and then draw another circle over the new number you have selected as follows:

	DK Don't Know	0 Do Not Agree	1 Agree a Little	2 Kind of Agree	3 Mostly Agree	4 Strongly Agree
The eagle is an important symbol in our culture.	DK	0	1	2	<del>3</del>	4

**Statements: Section 1**

		<b>DK</b> Don't Know	<b>0</b> Do Not Agree	<b>1</b> Agree a Little	<b>2</b> Kind of Agree	<b>3</b> Mostly Agree	<b>4</b> Strongly Agree
<b>1</b>	I can see my loved ones who have gone on, or ancestors, in dreams or ceremony.	DK	0	1	2	3	4
<b>2</b>	My Native culture fuels my desire to live a good life.	DK	0	1	2	3	4
<b>3</b>	I believe that Creator is the source of all life.	DK	0	1	2	3	4
<b>4</b>	My relationship to the land I come from is important.	DK	0	1	2	3	4
<b>5</b>	I feel comforted when I participate in cultural activities and ceremonies.	DK	0	1	2	3	4
<b>6</b>	I feel a need to connect with my spirit.	DK	0	1	2	3	4
<b>7</b>	My Native language is a sacred language.	DK	0	1	2	3	4
<b>8</b>	Knowing the names in the generations of my family is important for my identity.	DK	0	1	2	3	4
<b>9</b>	All living things have a spirit.	DK	0	1	2	3	4
<b>10</b>	Ceremonies and cultural activities open me up to share my thoughts and feelings with others.	DK	0	1	2	3	4
<b>11</b>	I learn about the Creator's teaching to live a good life.	DK	0	1	2	3	4
<b>12</b>	I am known in Creation through my traditional name or clan family.	DK	0	1	2	3	4
<b>13</b>	The Creator made a way for me to live a good life.	DK	0	1	2	3	4
<b>14</b>	The more I learn about my culture, the more confident I feel about my life.	DK	0	1	2	3	4
<b>15</b>	The more I learn about the importance of my spirit the more I want a good life.	DK	0	1	2	3	4



		<b>DK</b> Don't Know	<b>0</b> Do Not Agree	<b>1</b> Agree a Little	<b>2</b> Kind of Agree	<b>3</b> Mostly Agree	<b>4</b> Strongly Agree
<b>16</b>	I see my role in caring for water and fire as important for a balanced life.	DK	0	1	2	3	4
<b>17</b>	I believe there is a reason the Creator gave me life.	DK	0	1	2	3	4
<b>18</b>	The Creator gives me my Native identity.	DK	0	1	2	3	4
<b>19</b>	I connect to life by being on the land and learning the names and stories of plants and animals.	DK	0	1	2	3	4
<b>20</b>	I want to be like my ancestors who worked to have a good life.	DK	0	1	2	3	4
<b>21</b>	I need to pay attention to my spirit because it is important to my physical well-being.	DK	0	1	2	3	4
<b>22</b>	My connection to Mother Earth makes the land I come from my home.	DK	0	1	2	3	4

**Interventions 1:** How would you describe your connection during each of the following interventions lately?

		<b>DP</b> Did Not Practice	<b>1</b> Weak	<b>2</b> Moderate	<b>3</b> Strong
<b>1</b>	Smudging	DP	0	1	2
<b>2</b>	Prayer	DP	0	1	2
<b>3</b>	Sweat lodge ceremony	DP	0	1	2
<b>4</b>	Talking / sharing circle	DP	0	1	2
<b>5</b>	Nature walks	DP	0	1	2
<b>6</b>	Meaning of prayer	DP	0	1	2
<b>7</b>	Use of drum / pipe / shaker	DP	0	1	2
<b>8</b>	Sacred medicines	DP	0	1	2
<b>9</b>	Use of natural foods	DP	0	1	2
<b>10</b>	Ceremony preparation	DP	0	1	2
<b>11</b>	Cultural songs	DP	0	1	2

		<b>DK</b> Don't Know	<b>0</b> Do Not Agree	<b>1</b> Agree a Little	<b>2</b> Kind of Agree	<b>3</b> Mostly Agree	<b>4</b> Strongly Agree
<b>23</b>	I seek understanding of my purpose in life through cultural knowledge.	DK	0	1	2	3	4
<b>24</b>	I give thanks for what I receive from Creation.	DK	0	1	2	3	4
<b>25</b>	My language and a connection to the land help me to know who I am.	DK	0	1	2	3	4
<b>26</b>	The respect I feel for my relatives in Creation, makes me want to give something back.	DK	0	1	2	3	4
<b>27</b>	The Creation story is important to me because it helps me to feel my life is meaningful.	DK	0	1	2	3	4
<b>27</b>	My dreams help guide and direct me through my life.	DK	0	1	2	3	4
<b>29</b>	The Creation story that I believe in is Native in origin.	DK	0	1	2	3	4
<b>30</b>	I make offerings such as food and other gifts to my ancestors because they help me.	DK	0	1	2	3	4
<b>31</b>	I listen to traditional teachings to learn how my ancestors understood and lived life.	DK	0	1	2	3	4
<b>32</b>	Laughter heals me.	DK	0	1	2	3	4
<b>33</b>	I need to learn more about my Native identity.	DK	0	1	2	3	4
<b>34</b>	I respect sacred bundle items.	DK	0	1	2	3	4
<b>35</b>	I understand how the Creator helps me.	DK	0	1	2	3	4
<b>36</b>	I treat my body as sacred.	DK	0	1	2	3	4
<b>37</b>	My identity as a Native person helps me to know who I am and what to do in life.	DK	0	1	2	3	4
<b>38</b>	I know who my extended or adopted family is.	DK	0	1	2	3	4

		<b>DK</b> Don't Know	<b>0</b> Do Not Agree	<b>1</b> Agree a Little	<b>2</b> Kind of Agree	<b>3</b> Mostly Agree	<b>4</b> Strongly Agree
<b>39</b>	It is important to me that I learn, speak and understand my Native language.	DK	0	1	2	3	4
<b>40</b>	The Creator gives me choices in how to live my life.	DK	0	1	2	3	4
<b>41</b>	My Native language comes from the Creator.	DK	0	1	2	3	4
<b>42</b>	I have a necessary role in my family.	DK	0	1	2	3	4
<b>43</b>	Understanding my spirit connection to all life helps me to be well.	DK	0	1	2	3	4
<b>44</b>	I gather traditional foods because they are important for my health.	DK	0	1	2	3	4

**Interventions 2:** How would you describe your connection during each of the following interventions lately?

		<b>DP</b> Did Not Practice	<b>1</b> Weak	<b>2</b> Moderate	<b>3</b> Strong
<b>12</b>	Fishing / Hunting	DP	0	1	2
<b>13</b>	Spiritual teachings	DP	0	1	2
<b>14</b>	Water as healing	DP	0	1	2
<b>15</b>	Use of sacred medicines	DP	0	1	2
<b>16</b>	Community cultural activities	DP	0	1	2
<b>17</b>	Fire as healing	DP	0	1	2
<b>18</b>	Storytelling	DP	0	1	2
<b>19</b>	Culture-based art	DP	0	1	2
<b>20</b>	Pipe ceremony	DP	0	1	2
<b>21</b>	Sacred places	DP	0	1	2
<b>22</b>	Use of native language	DP	0	1	2
<b>23</b>	Creation story	DP	0	1	2
<b>24</b>	Cultural dances / pow wow	DP	0	1	2
<b>25</b>	Receiving help from traditional Healer / Elder	DP	0	1	2
<b>26</b>	Gardening, harvesting	DP	0	1	2
<b>27</b>	Giveaway ceremony	DP	0	1	2

		<b>DK</b> Don't Know	<b>0</b> Do Not Agree	<b>1</b> Agree a Little	<b>2</b> Kind of Agree	<b>3</b> Mostly Agree	<b>4</b> Strongly Agree
<b>45</b>	I strengthen my connection by talking to the Creator.	DK	0	1	2	3	4
<b>46</b>	My family gives me strong identity.	DK	0	1	2	3	4
<b>47</b>	I know all of Creation has spirit caring for me.	DK	0	1	2	3	4
<b>48</b>	I take initiative to be physically active through land based activities.	DK	0	1	2	3	4
<b>49</b>	I need to have a connection with my ancestors.	DK	0	1	2	3	4
<b>50</b>	I feel all of Creation is my family.	DK	0	1	2	3	4
<b>51</b>	I feel the spirit is with me when I am on the land, in ceremony, or through my dreams.	DK	0	1	2	3	4
<b>52</b>	I use cultural ways such as ceremonies, food and medicine for cleansing and healing.	DK	0	1	2	3	4
<b>53</b>	How I dress shows pride in my culture.	DK	0	1	2	3	4
<b>54</b>	I feel a connection between my community history and my own story.	DK	0	1	2	3	4
<b>55</b>	I think my spirit lives forever.	DK	0	1	2	3	4
<b>56</b>	I show who I am as a Native person through the things I wear.	DK	0	1	2	3	4
<b>57</b>	The Creator gave me a good mind.	DK	0	1	2	3	4
<b>58</b>	I see the strengths Native people have as a community.	DK	0	1	2	3	4
<b>59</b>	I think about the whole of Creation - the universe, all nature, plants, animals, and all people - as my family.	DK	0	1	2	3	4
<b>60</b>	I go to Elders to learn about our Native ways.	DK	0	1	2	3	4



		<b>DK</b> Don't Know	<b>0</b> Do Not Agree	<b>1</b> Agree a Little	<b>2</b> Kind of Agree	<b>3</b> Mostly Agree	<b>4</b> Strongly Agree
<b>61</b>	I recognize that I can contribute to my community.	DK	0	1	2	3	4
<b>62</b>	I understand my inner knowing is my spirit guiding me through life.	DK	0	1	2	3	4
<b>63</b>	I give back to Creation as a way of showing my thankfulness.	DK	0	1	2	3	4
<b>64</b>	I feel confident getting support from my community.	DK	0	1	2	3	4
<b>65</b>	It is up to me to ensure balance in every part of my life.	DK	0	1	2	3	4
<b>66</b>	I participate in traditional ways of sharing.	DK	0	1	2	3	4

**Interventions 3:** How would you describe your connection during each of the following interventions lately?

		<b>DP</b> Did Not Practice	<b>1</b> Weak	<b>2</b> Moderate	<b>3</b> Strong
<b>28</b>	Shaker / hand drum making	DP	0	1	2
<b>29</b>	Naming ceremony	DP	0	1	2
<b>30</b>	Water bath	DP	0	1	2
<b>31</b>	Blanketing / welcoming ceremony	DP	0	1	2
<b>32</b>	Cultural events / marches	DP	0	1	2
<b>33</b>	Dream interpretation	DP	0	1	2
<b>34</b>	Land-based / cultural camp	DP	0	1	2
<b>35</b>	Ghost / memorial feast	DP	0	1	2
<b>36</b>	Hide making / tanning	DP	0	1	2
<b>37</b>	Fasting	DP	0	1	2
<b>38</b>	Horse program	DP	0	1	2
<b>39</b>	Other taught / participated in / experienced	DP	0	1	2
Other (name):					

Do you have any other comments you would like to share in relation to the above?

**Thank you** for your participation!



**Acknowledgements:**

This work was supported by the Canadian Institutes of Health Research [funding reference number AHI – 120535]. Our work was inspired by the devotion of Elder Jim Dumont and our Treatment Centre project partners to walk with First Nations' people on the path to wellness guided by cultural interventions.