

Confidential

**Native Wellness Assessment
Comparative Report**

Josie Wright

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Report date:	November 8, 2016
Observer – Entry:	Margaret
Observer – Midpoint:	Margaret
Observer – Exit:	Margaret

Treatment Centre or Community-Based Program:

Rising Sun



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Section A: Value of This Report to the Client

This section of the report provides feedback on your Native wellness. The Native Wellness Assessment (NWA) honours the impact that Indigenous culture plays in your present wellness and how it may have changed over time. Your results will help you explore your wellness and help you build on your inherent strengths.

Specifically, the report reveals a snapshot of how you see yourself at different points in time along your wellness journey. For example, this may be when you begin your wellness journey, at some point during the journey, and at the end of your journey within treatment or in a community-based program.

You came into the world with your identity, gifted by the Creator. This is the foundation of your wellness. This assessment and report is a guide to help you explore your wellness in spirit, heart, mind, and body. Through culture it's possible for you to continue to develop your wellness. Remember, you are building from the foundation of the identity the Creator gave to you and you can begin to build from where ever you are in life.

Definition of Wellness

Wellness from a Native perspective is a whole and healthy person expressed through a sense of balance of spirit, heart, mind, and body. Central to wellness is the belief in our connection to language, land, beings of creation, and ancestry, supported by a caring family and environment.

Wellness of a whole and healthy person is described as follows:

Spiritual wellness is the quality of being alive in a qualitative way. The spirit causes us to live, gives us vitality, mobility, purpose and the desire to achieve the highest quality of living in the world. Spirit is central to the primary vision of life and worldview and thereby facilitates hope.

Emotional wellness is nurtured by our belonging within interdependent relationship with others and living in relation to creation, including beings in creation, and is at the heart level of our being. Within an Indigenous worldview, being rooted in family, community and within creation as extended family is the foundation of belonging and relationships.

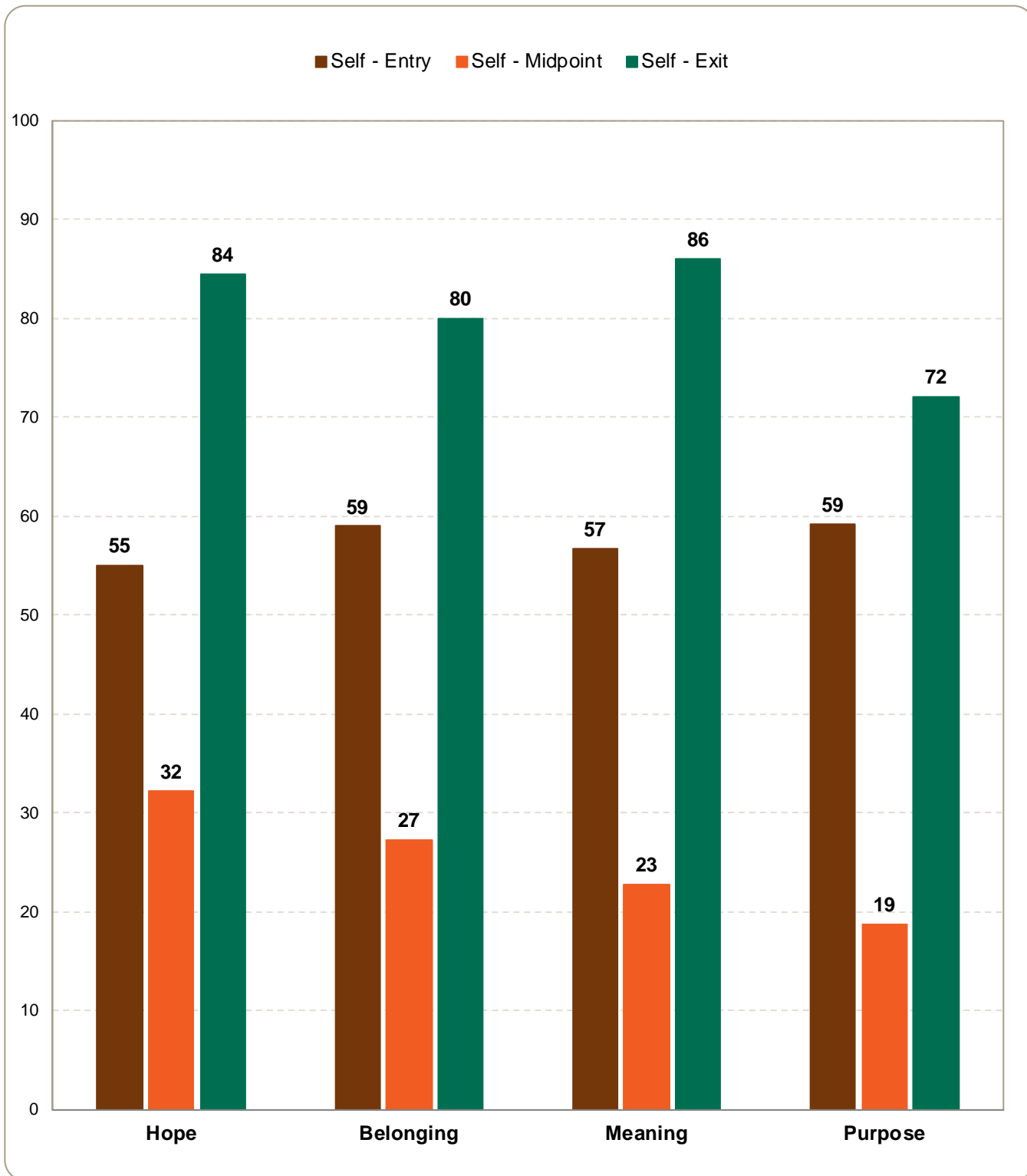
Mental wellness is the conscious and intelligent drive to know and activate our being and becoming. Having a reason for being gives meaning to life. The mind operates in both a rational and intuitive capacity.

Physical wellness is that way of behaving and doing that actualizes the intention and desire of the spirit in the world. This and the knowledge that the spirit has something to do in the world generates a sense of purpose, conscious of being part of something that is much greater than they are as an individual. The body is the most outer part of our being and is comprised of the most immediate behavioural aspects of our being.

The four wellness indicators function inseparably from a position of strength that is in you. You have hope, belonging, meaning, and purpose to develop your wellness. The four wellness indicators are described in more detail in the Reference Guide section of this report.



Bar Graph: Balance in Wellness across Time



How to Read the Bar Graph

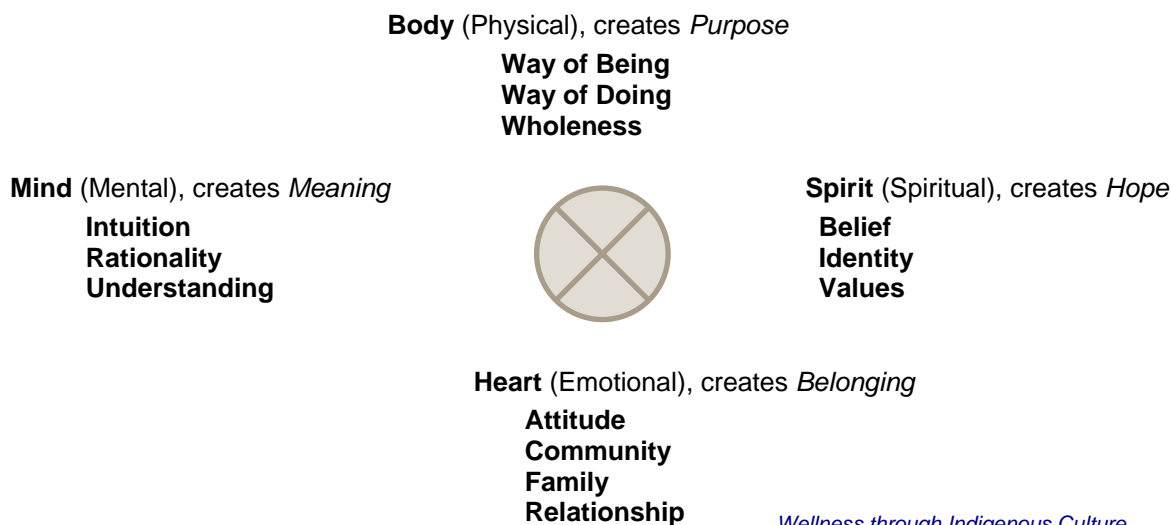
The graph shows four wellness indicators presented as percentages in the shape of solid-coloured bars. If you completed the NWA assessment more than two or three times, your repeated results are grouped by wellness indicator. Each point in time is coloured differently for the wellness indicators to help follow along in your wellness journey. The points in time are coloured consistently throughout the report. The bars represent comparative snapshots intended to raise awareness and to help steer you towards wellness in specific ways. In the background of the bar graph, thin dotted lines mark horizontal set-points on a scale of 0-100%.

Look across the length of your own coloured bars to think about the balance in your wellness indicators. It is fine to have a little variation in your bars against the horizontal set-points in the background – most people have this as wellness moves and adapts as we live our lives. It is good to be aware of large movements across the slate of horizontal set-points in your wellness and to use your cultural strengths:

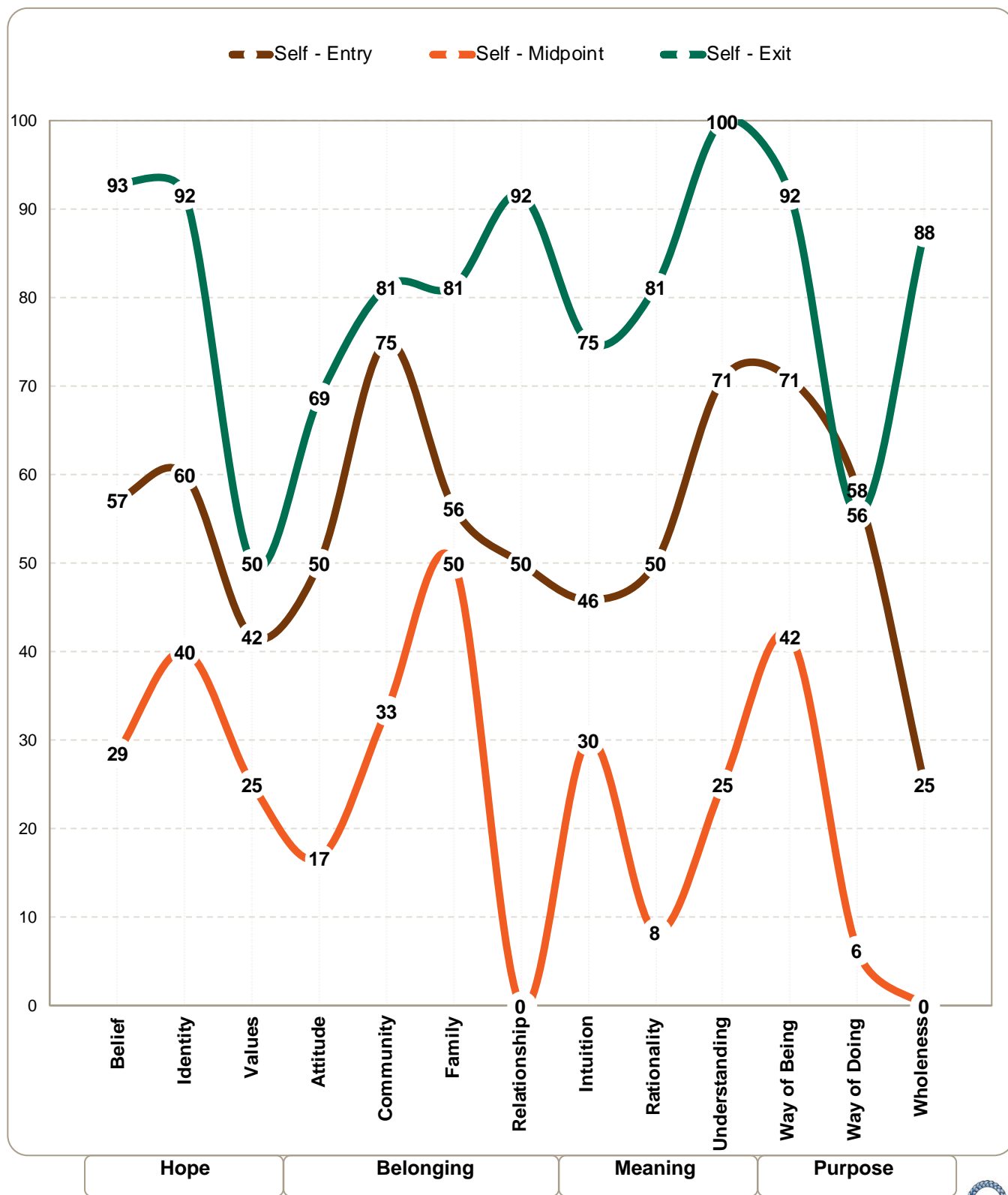
1. If **expansion** (i.e., lengthening) of any bar respective to your other bars occurs across the space of two background lines (in other words, by more than 20%), it means that you spend much time and energy in that area of your wellness. Think how this works for you in your journey compared to the other indicators of wellness. Do you see your cultural strengths in your wellness?
2. Any indication of **contraction** (i.e., shortening) of a bar respective to your other bars across the space of two background lines tells you where you can explore how this particular indicator affects your wellness compared to the others in pursuit of balance. What can you do to become more aware of this area of your wellness?
3. Another guideline is to consider the horizontal **set-point range** (i.e., the band in which the bars generally fall) within which your coloured bars generally lie along the scale of 0-100%. For a whole and healthy person, the four bars will usually all fall within 60-80% horizontal set-point range. Over time and as your bars expand and/or contract, did the present balance in your coloured bars move closer to the suggested horizontal set-point range of a whole and healthy person?

Looking Inside the Wellness Indicators

To reflect more on wellness, look at your results in 13 descriptions that exist within the four wellness indicators. The descriptions are explained in more detail in the Expanded Reference Guide in the back of the report.



Flow Graph: Balance in Wellness Descriptions across Time



How to Read the Flow Graph

rationality

Using the same colours as in the bar graph, the flow graph provides an in-depth description of your wellness in different points in time. The wellness descriptions are shown as coloured lines against thin dotted background lines that mark horizontal set-points on a scale of 0-100%. The coloured lines are flowing to represent the connection between the pieces that make up wellness and how they work together towards balance. View the movement between hills and valleys in the line descriptions. The descriptions group into the four wellness indicators as explained in the Reference Guide, which will help you look for strengths and possibilities where you can build wellness on your journey.

1. Descriptions that form peaks or **hills** (shaped \cap in the graph) on your coloured lines show your cultural strengths that you apply in your wellness journey. Think about what role these strengths play in your life already and how they can support other wellness descriptions. How can you shift some of your energy from strengths peaking noticeably to other areas and gain more balance?
2. Any indication of dips or **valleys** (shaped \cup in the graph) on your coloured lines tells you where you can use these descriptions more regularly. For these descriptions, what two or three helpful actions do you want to put more effort into?
3. The flowing lines (varying \cup and \cap in the graph) for a whole and healthy person will usually fall within the horizontal 60-80% **set-point range** on average for all descriptions. Recognize that as you live your life and especially as you journey towards wellness, your scores will change over time. Looking across the lines, how did your wellness shift over time? In addition, did the flow pattern change noticeably on your wellness journey?

It is important to realise that hills and valleys both exist together to make up your wellness landscape. Balanced peaks and valleys above the midline 50% on average will prepare you well for your wellness journey.

Occurrence of *Don't Know* Responses

You may have responded often with *Don't Know* to statements belonging to certain wellness descriptions when you completed the assessment. These cases are indicated by a hash tag (#) in the table below. Descriptions with a hash tag are important to consider further. Discuss with your observer what these descriptions may mean for your wellness journey.

	Hope			Belonging			Meaning			Purpose			
	Belief	Identity	Values	Attitude	Community	Family	Relationship	Intuition	Rational	Understanding	Way of Being	Way of Doing	Wholeness
Self – Entry												#	#
Self – Midpoint			#				#			#			#
Self – Exit													#



Cultural Practices to Promote Wellness

A grouped list of common cultural practices exists, which depend upon the season, availability of cultural practitioners and/or Elders, and the cultural practice of the people.

Variety of Cultural Practices

Group 1		Group 2		Group 3	
1	Smudging	12	Fishing / hunting	28	Shaker / hand drum making
2	Prayer	13	Spiritual teachings	29	Naming ceremony
3	Sweat lodge ceremony	14	Water as healing	30	Water bath
4	Talking / sharing circle	15	Use of sacred medicines	31	Blanketing / welcoming ceremony
5	Nature walks	16	Community cultural activities	32	Cultural events / marches
6	Meaning of prayer	17	Fire as healing	33	Dream interpretation
7	Use of drum / pipe / shaker	18	Story telling	34	Land-based / cultural camp
8	Sacred medicines	19	Culture-based art	35	Ghost / memorial feast
9	Use of natural foods	20	Pipe ceremony	36	Hide making / tanning
10	Ceremony preparation	21	Sacred places	37	Fasting
11	Cultural songs	22	Use of Native language	38	Horse program
		23	Creation story	39	Other taught / participated in / experienced
		24	Cultural dances / pow wow		Other (name) _____
		25	Receiving help from traditional Healer / Elder		
		26	Gardening, harvesting		
		27	Giveaway ceremony		

See how the cultural practices help you in your wellness journey. When you practise, how strong is your connection? Do you participate regularly in cultural practices? What will motivate you to practise actively?

	Your connection to cultural practices is:		
	Group 1	Group 2	Group 3
Self – Entry	1.71	2.38	2.00
Self – Midpoint	2.00	2.00	1.56
Self – Exit	2.00	1.46	2.20

A connection to cultural practices can be anywhere from 1.00 (weak), to 2.00 (moderate), to 3.00 (strong).



Reference Guide: Practical Considerations for Wellness Development



Hope – Spiritual Wellness

Spiritual wellness is the quality of being alive in a qualitative way. The spirit causes us to live, gives us vitality, mobility, purpose and the desire to achieve the highest quality of living in the world. Spirit is central to the primary vision of life and worldview and thereby facilitates hope.

Meaning The most important aspect of the Native worldview is the spirit. The spirit is at the center of spirit-heart-mind-body. In our life on this earth, spirit-heart-mind-body work together as a whole and can never be separated or act alone. The spirit is always central and always works in relationship to the other levels of being.

As people, we are motivated by spirit. Every person is a spirit-walking-through-this-world. Native people are spiritually motivated and Native culture is spiritual at its core. A connection and respectful relationship to future and the past include a respectful connection to new life, those yet unborn, elders, and ancestors.

Benefits The Creator cares; therefore, we have a caring relationship with the Source of Life. We have the attention, help and guidance from the Creator. Spirit is both the *life-source* and the *life-force* – the cause and motivator of your life. The spirit's determination is always life affirming and always moves us toward achieving a life of quality.

We are able to personally connect to the spirit. There is a *spirit essence*, which is an energy that we can call up from inside or outside ourselves for guidance, direction, and healing. Spiritual wellness motivates us to live, and gives us strength, purpose, and the desire to achieve a higher quality of life.

Through spirit we feel really good about ourselves and develop confidence about who we are. By having a secure identity as expressed in our spirit name, clan, connection to place, connection to creation story, and our original language, we embrace our Native connection, and accept ourselves with confidence and pride. Our spirit name connects us to creation and creation knows who we are.

Through spirit we also develop a belief and confidence in our culture, values and traditions. For example, by knowing that we are naturally kind, sharing, honest, and strong, it helps us to make better decisions for our life. We accept and live by the cultural values of life, knowing that these values (e.g., the Seven Grandfather Teachings) are within us.

Applications We can strengthen our identity by replacing negative images of ourselves with the image the Creator has of us. For example, try replacing all of the negative words that we may use to describe ourselves with phrases that convey the following: "I am naturally kind (sharing, honest, strong) because the Creator made me that way."

Our identity can be strengthened further by learning more about the nation of people we come from. For example, find out what is our own creation story, what is the story of the nation of people we come from, who are our ancestors, and what is our unique spirit name.



Reference Guide: Practical Considerations for Wellness Development (continued)

Hope – Spiritual Wellness (continued)

Applications Our original language is the foundation of our identity. Our original language is much more than a way to talk to other people; it is a sacred language because the Creator gave it to us so that we can understand the world around us. For example, we learn the words in our original language that identify all of creation as being alive, having spirit ... the land, plants, air, etc.

We can learn to introduce ourselves in our original language by finding our unique spirit name, identifying what words we can describe the land and the nation of people with that we come from. Using our original language to introduce ourselves builds our confidence and connects us to all of creation.

When we feel challenged by life, we can seek guidance and direction through prayer knowing that the spirit listens to us. Because we know the Creator cares, we are assured the answer will come. Our job is to be aware and to actively pursue the answer. For example, the answer might come in a Sweat lodge, through fasting or learning, or just in changing the way we relate to others around us.

We can demonstrate our belief and faith in the value and goodness of life by expressing these through our actions and in the way we live, that is, by seeking wellness and well-being always.

Belonging – Emotional Wellness



Emotional wellness is nurtured by our belonging within interdependent relationship with others and living in relation to creation, including beings in creation, and is at the heart level of our being. Within an Indigenous worldview, being rooted in family, community and within creation as extended family is the foundation of belonging and relationships.

Meaning The heart level is our connection to and flow of spiritual knowledge, translating spirit concepts into pure life-knowing. The energy of the spirit is converted, at the heart level, to a *feeling energy* in us.

Benefits We have the ability to live a good life, innately knowing there this always another chance, an answer to life's challenges and that there is support for life. We feel that there is good in the world and that somebody cares: The Creator, the Earth, the extended family, etc. We can have a relationship with the all-inclusive family of creation, which strengthens our native identity and is a source of healing.

Family is a link to our lineage of spiritual gifts and helps us to know our roles and responsibilities along our life path. Family bonds us to life. Community is our connection to land and where we belong and where we are able to find peace and get grounded. Community is a source of energy and where, who, and what we go to whenever we have questions about life. Community is also the extended family we create wherever we are.



Reference Guide: Practical Considerations for Wellness Development (continued)

Belonging – Emotional Wellness (continued)

Applications Practising culture inspires a desire in us to be connected or related to the spirit, to life and to the world. One example is All My Relations, a personal relationship and connection to the Creator, the Earth, land, creation, ancestors, family, and community. Another example is when we hear the drum and we feel something right away, such as wanting to cry. This feeling resembles our connection to spirit.

We can participate in ceremonies to have a connection to and feel the unconditional love of the spirit, and share our ceremony experiences with others to help us grow emotionally. Having a relationship with our ancestors is necessary for a good life and to deal with grief. Important ways in which we can do this is to feed our ancestors with a dish of their favourite food, and to talk to them. We can talk to ancestors about anything and will never be judged or turned away.

We can learn the stories that our community has about the land, the animals, fish, and plants used for medicines, as they are an important part of who we are. We feel connected to the spirit of creation by being out on the land. When we sit on the land and hear the sounds of creation – birds singing, or water moving – these sounds help us feel at peace, which allows us to wonder about life.



Meaning – Mental Wellness

Mental wellness is the conscious and intelligent drive to know and activate our being and becoming. Having a reason for being gives meaning to life. The mind operates in both a rational and intuitive capacity.

Meaning When we work to achieve the balance between rational and intuitive thought, we have a greater understanding of life. Intuitive thought is our inner knowing, which we sometimes refer to as *blood memory*. Rational thought comes from things we learn from teachings and our experiences in life. The feeling energy of the heart is imprinted on the brain so that our mind resembles meaningful constellations of thought and prompts us to think about life in a certain manner. The heart and the brain are connected and need to be connected for a good life. This happens in two ways. On the intuitive level, thought has its own creative energy to create ideas through visualization, recognition, imagining, and dreaming. On the rational level, knowing comes from how we can see the proof of it and as a result of our understanding.

Benefits A foundational benefit of a stronger connection to both intuitive and rational thought is to know that our spirit lives forever. This means that our path of life begins with the spirit and returns to the spirit again. Our path in life is the path of our spirit journey through this world.

We know that our culture supports us in every part of our life, which means that we live your life with intention rather than by just waiting for things to happen, or for things to change. We know that cultural knowledge exists within ourselves, guides us through life, and helps us with healing. We access this knowledge through fasting, dreaming, visioning, and spirit communication. The spirit will always guide us in the direction that is right for us.



Reference Guide: Practical Considerations for Wellness Development (continued)

Meaning – Mental Wellness (continued)

Applications We know that the Creator gave us unique values and that these have been placed within us. For example, we are born into this world as a kind and caring person. We know our identity is the foundation that gives meaning and quality to our life. Explore who you are by knowing where you come from, as our connection to family and community is central to our place in creation: We can seek out what our spirit name and who our clan family is, and learn about the nation of people that we come from.

We can also learn about the land and the relationship of our nation to the land. For example, we can ask whether we come from a nation of people that lives in the mountains, or near the ocean. When we learn the teachings of the Original Values from our nation of people (e.g., the Seven Grandfather Teachings, or Seven Great Laws), it connects us to the inner knowing that the Creator placed these values within us, which naturally is who we are.

Knowing the cultural teachings about the stages of life helps us to know where we are in life and to understand the things we naturally go through along our path of life. We know that ceremonies, teachings, feasts, and the use and gathering of traditional foods and medicines provide us with spiritual, emotional, mental and physical well-being.

We validate our intuitive knowing by gaining an understanding of cultural teachings. For example, when people talk about *déjà vu* (a common intuitive experience that has happened to many of us, derived from the French, meaning *already seen*), a way to help us connect with inner knowing is through teachings. By getting involved in cultural activities, we change our thinking to positive thoughts about ourselves and others.

We get a sense of continuity, resilience and the will to live by learning through cultural practices and teachings, language, and ceremony. For example, when we participate in ceremony or hear the teachings, we feel comforted by the familiarity of it and it revives our cultural memory. Our participation in cultural activities provides us with access to knowledge about fasting, dreaming, spirit communication, etc. Once we gain spiritual guidance through these activities, we learn ways to make them work in our life.

Purpose – Physical Wellness



Physical wellness is that way of behaving and doing that actualizes the intention and desire of the spirit in the world. This and the knowledge that the spirit has something to do in the world generates a sense of purpose, conscious of being part of something that is much greater than they are as an individual. The body is the most outer part of our being and is comprised of the most immediate behavioural aspects of our being.

Meaning The body is the outer-most aspect of our being and is what holds the other three indicators of wellness together. This part of us directly touches physical and experiential reality through our immediate senses of sight, hearing, touch, taste, and smell. These wonders of the body enable our spirit to touch life directly so that we express our intentions and desires from our spirit.



Reference Guide: Practical Considerations for Wellness Development (continued)

Purpose – Physical Wellness (continued)

Meaning Our physical body is the vessel for the other three aspects of self and all aspects of being are interdependent to create wholeness. Who we are on the inside is how we are on the outside. Our body is the expression of our identity as influenced centrally by spirit, and the expression of our cultural values. The physical level is conscious of being part of something that is much greater than what we are as individuals.

Benefits Our physical and spiritual strengths give us identity and help us to survive and be resilient. The land where we come from is of the same make-up as our physical being and gives us strength. Our language connects us with our people and our place and home in the world. Knowing our clan gives us the ability to live in a peaceful way within creation.

Our spirit desires a good life and our physical being has natural ways to support our healing, such as through crying, laughing, singing. Despite all that we as Native people have been through, we still have a strong desire to find a way to a better life. The spirit sets off this desire in us so that we can move towards answers.

Applications We can take care of ourselves by exercising (e.g., sports, walking, running), by having a healthy diet and balanced eating, by being active in work and recreation, and by interacting in healthy ways with others. We can develop a cultural connection and relationship with creation through the offering of tobacco, food, cloth, and prayer as our part in taking care of creation. We want to do this because creation takes care of us, for example, when we address the spirit with tobacco before we take animals, berries, and medicines.

We can open ourselves to listening to the voice of the Elders and practise making good choices away from influences that do not contribute to a good life. We can learn about and actively participate in cultural ways of cleansing and healing for maintaining a good and healthy way of being. We can honour the significant stages of our life and that of others (e.g., the Puberty Rites of Passage).

We can introduce ourselves to creation by spirit name, clan, place of origin, and the nation or tribe of people to whom we belong. We can show pride in expressing cultural identity and uniqueness when dressing ourselves, for example, by adding symbols or patterns of our clan, nation, or name. We can show our cultural values and find ways to put them into action in our life by working daily for a cultural way of life, by taking care of ourselves, by sharing with others, and by listening to what others share with us.



Conclusion of Section A: Client

The NWA report provided a self-portrait of your wellness at three different possible points in time. The NWA helps you reflect on and plan for your journey towards wellness. Consider the following questions:

1. Are your results an accurate picture of how you see yourself against how others might view you?
2. Can you link your results to a challenge you are currently facing and how culture can support you in using your strengths to overcome this?
3. How do you see culture being a continued part of your life?
4. Can you see ways to use your cultural strengths to help you be who it is you want to be in life?
5. Going forward, how can culture contribute to your wellness and ability to make good choices?

You can benefit from talking to others about this report and get their perspective in comparison to yours. Ask them for their insights and feedback about your strengths. Apart from discussing the results of your self-assessment with an observer (staff, other) who also completed a rating for your wellness, also consider having discussions with other people (a peer, a relative) close to you. Talk about how you see things similarly or differently over time and why.

We hope this report has helped you understand your NWA results. We encourage you to repeat the NWA whenever you are interested in seeing the present status of your wellness. Once you routinely participate in cultural activities, plan to complete the NWA to see further changes in your wellness and the continuation of your strengths.

Congratulations on your decision to explore your wellness and your courage to reconnect to your culture.

End of Section A



Section B: Value of This Report to the Observer and Client

This section of the report provides comparative feedback on the Native wellness of Josie Wright.

Culture as Intervention in Wellness

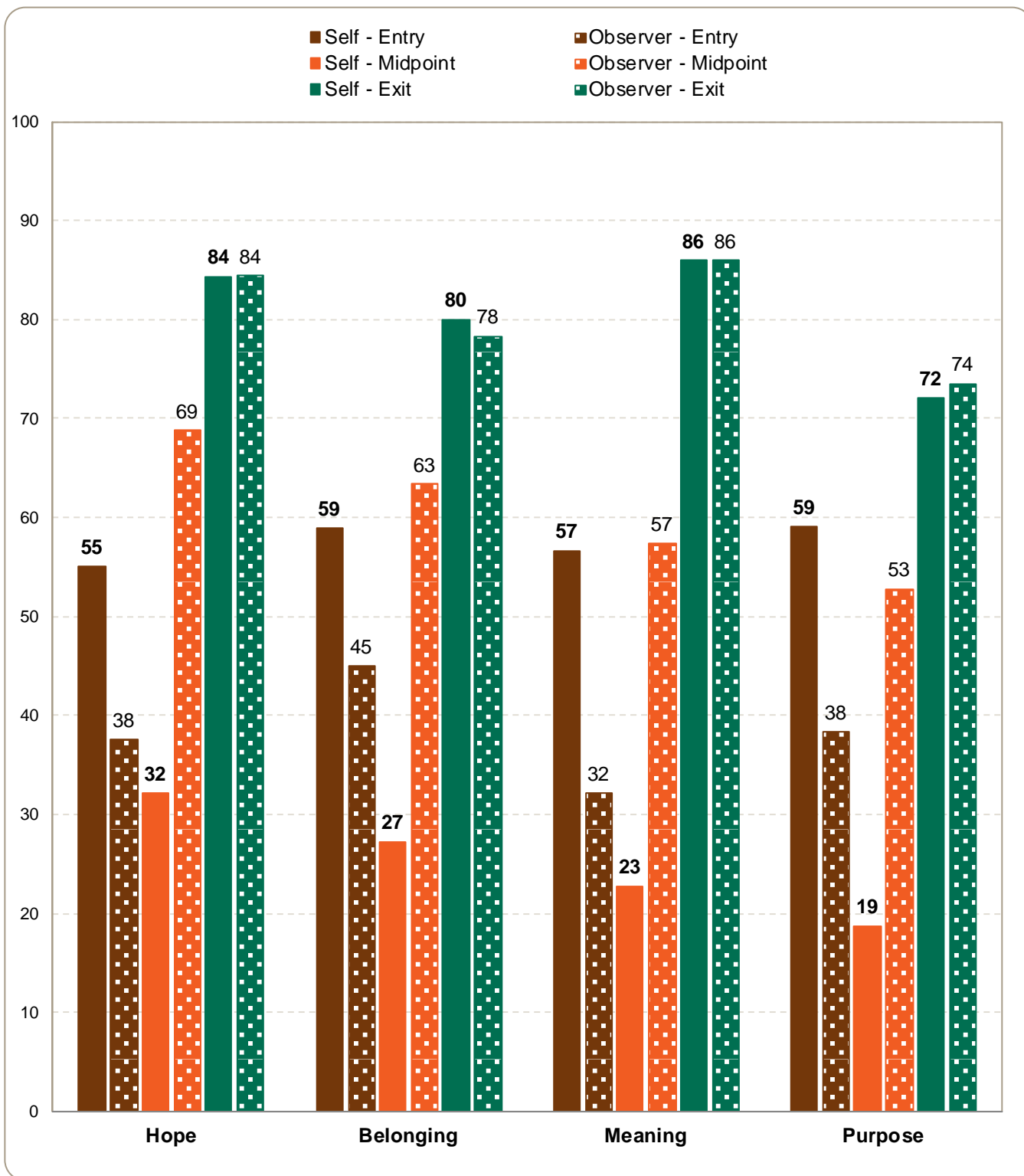
Indigenous wellness is a balanced state or position wherein spirit-heart-mind-body works together through the primary, unified concepts of culture. This makes culture, in and by itself, an intervention towards wellness through expression and behaviour. Indigenous culture underpins wellness; it is the footpath for the wellness journey.

In the Indigenous worldview, a singular culture does not exist. Indigenous culture is defined by the land, language and nationhood of people. Several primary, unified concepts describe Indigenous culture. They are paramount in appreciating that:

- ☞ Spirit is central to all of life and so all life is motivated by spirit.
- ☞ The circle, more than any other symbol, is most expressive of the Indigenous view of the World. The circle is a continuous flow of life and so it recognizes that the wellness journey is also continuous.
- ☞ Indigenous language is the foundation of culture and of Indigenous worldview.
- ☞ Life within the earth realm is fundamentally seen as centrally bonded though a caring spirit, which is in and throughout all life, including all of creation.
- ☞ Personhood not only applies to human persons, but plants, trees, animals, rocks and visible and unseen forces of nature are also considered as part of personhood. As people, we rely on our relationship with creation for wellness.
- ☞ Throughout continuous stages of life, we have a natural tendency to live respectfully and in balance with creation.



Comparative Bar Graph: Balance in Wellness across Time



How to Compare Results in the Bar and Flow Graphs

The graphs show the client's results for the four wellness indicators and 13 wellness descriptions in the form of percentages. If either the client or an observer completed the NWA assessment two or three times, the repeated results are grouped by wellness indicator and description. Each point in time is coloured differently to help follow along in the client's wellness journey; the snapshots are intended to raise awareness and help steer the client towards wellness in specific ways. Coloured bars and lines are solid for clients and dotted for observers. The thin dotted background lines mark horizontal set-points on a scale from 0-100%. For a whole and healthy person, the bars and lines will usually all fall within 60-80% horizontal set-point range.

1. For the bar graph, consider the **expansion, contraction**, and horizontal **set-point range** in client results. Refer to page 3 of this report as needed. Repeat separately for observer results. Do the client and observer agree about how the wellness indicators are balanced for the client? Expect little differences between client and observer results to allow for naturally varying perceptions. Client and observer scores that differ by more than 25% are not in agreement with each other.
2. For the flow graph, explore the **hills, valleys**, and horizontal **set-point range** in client results. Refer to page 5 of this report as needed. Repeat separately for observer results. What are client strengths (i.e., the highest collection of hills) from both perspectives? Give examples to demonstrate collective perspectives and learn from each other. Do the same with wellness opportunities that you may see.
3. Taking a wider view, consider the graph landscapes and compare the **patterns** in the corresponding client and observer results. Look for similarities and differences in the flow of the solid versus dotted lines. Do the solid and dotted lines peak and dip similarly, even if they may lie within different horizontal set-point ranges? A similar flowing landscape generally paints the same picture from two perspectives in support of the client's journey towards wellness. Talk about any differences in perceptions.

Helpful Tip It is really important that the discussion does not focus on who is right and who is wrong. The conversation is only helpful if it is focused on **building awareness** around client and observer perceptions. The conversation promises learning for both the client and the observer.

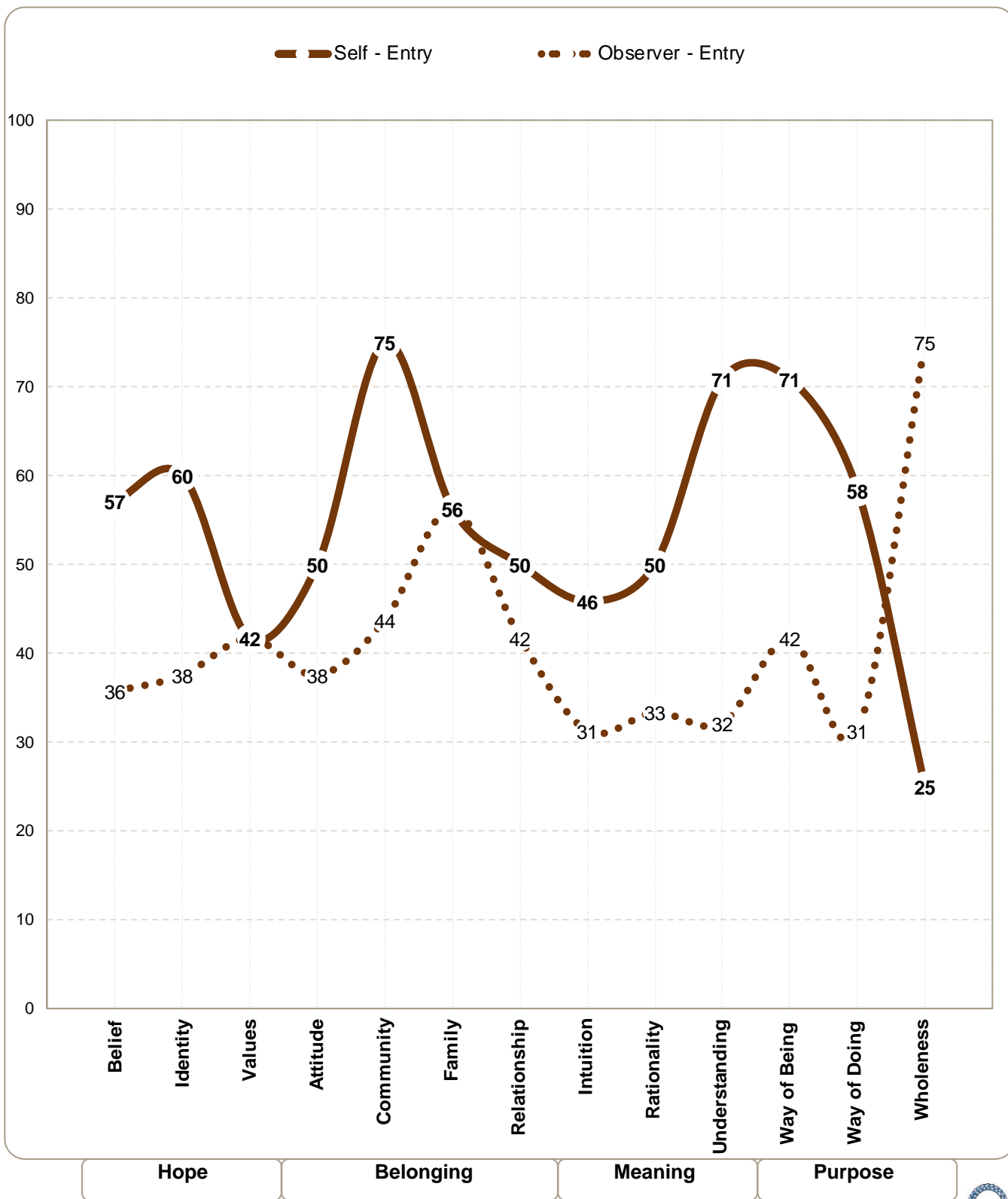
Occurrence of *Don't Know* Responses

Client responses of *Don't Know* to more than one-third of the statements allotted to any wellness description – expected for validity purposes – are indicated by a hash tag (#) in the table below. Discuss with the client how certain behaviours in these identified descriptions can help towards wellness.

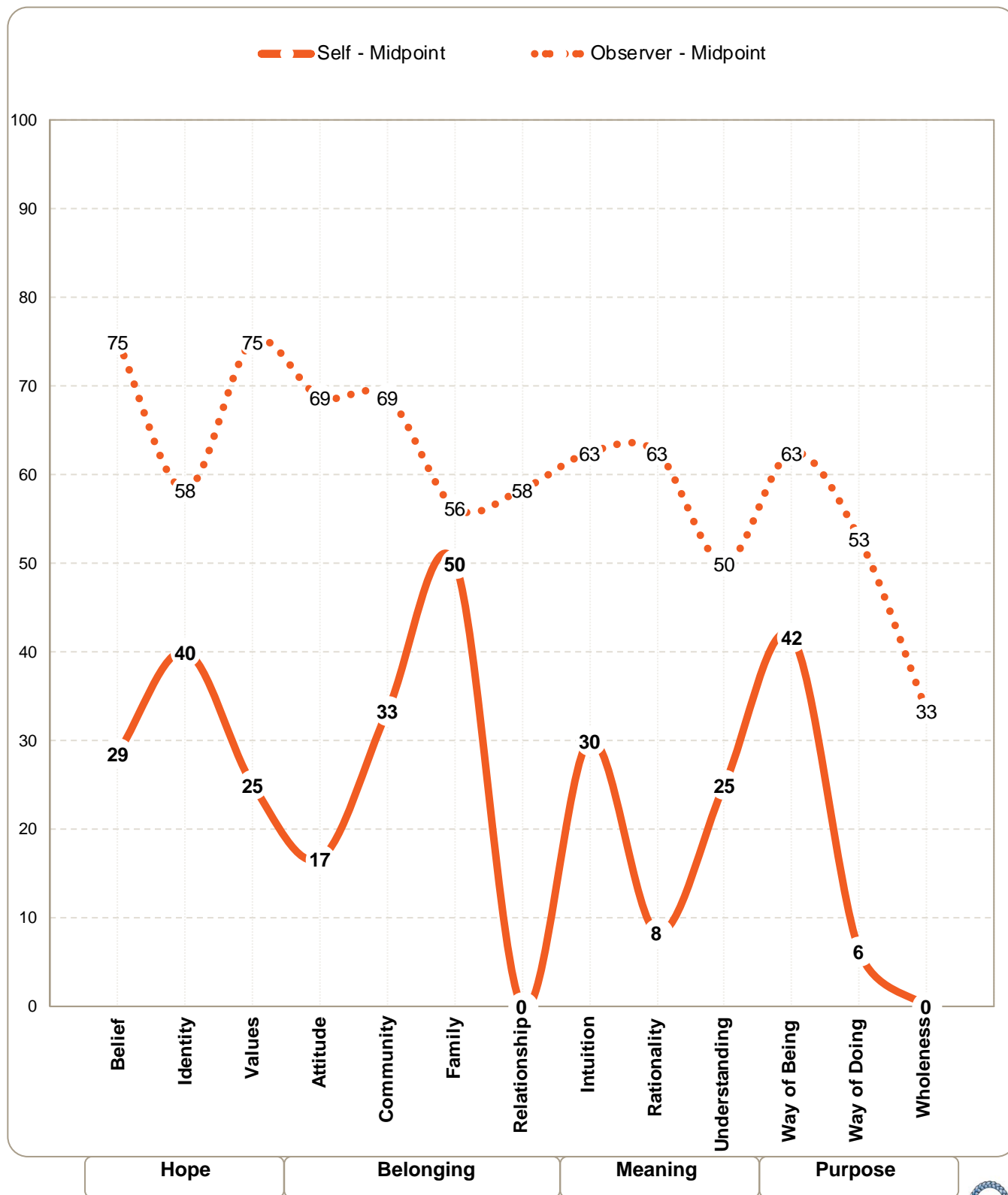
	Hope			Belonging			Meaning			Purpose			
	Belief	Identity	Values	Attitude	Community	Family	Relationship	Intuition	Rational	Understanding	Way of Being	Way of Doing	Wholeness
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Observer – Entry								#					#
Self – Midpoint			#				#			#			#
Observer – Midpoint													
Self – Exit													#
Observer – Exit													#



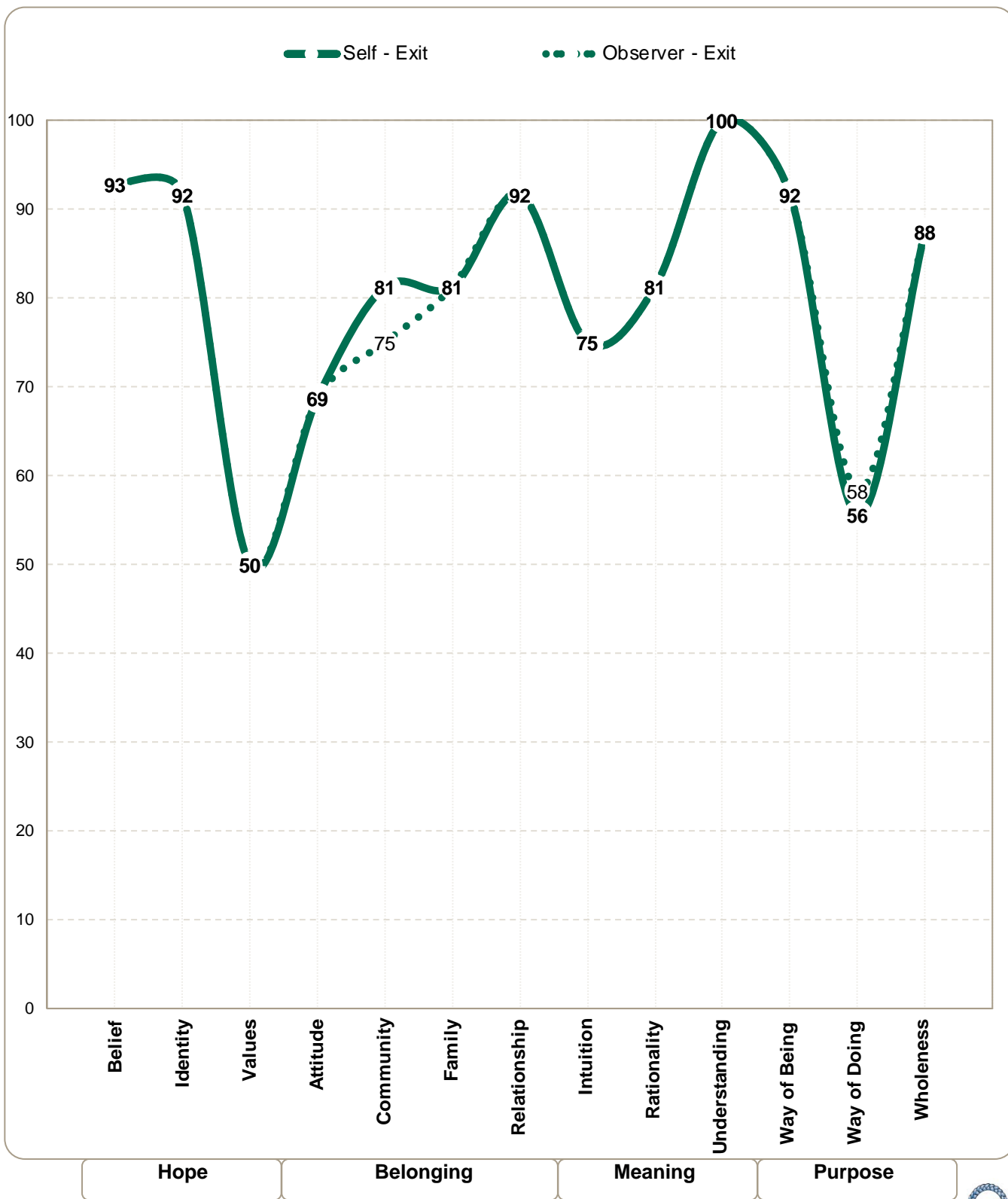
Comparative Flow Graph: Balance in Beginning Wellness Journey



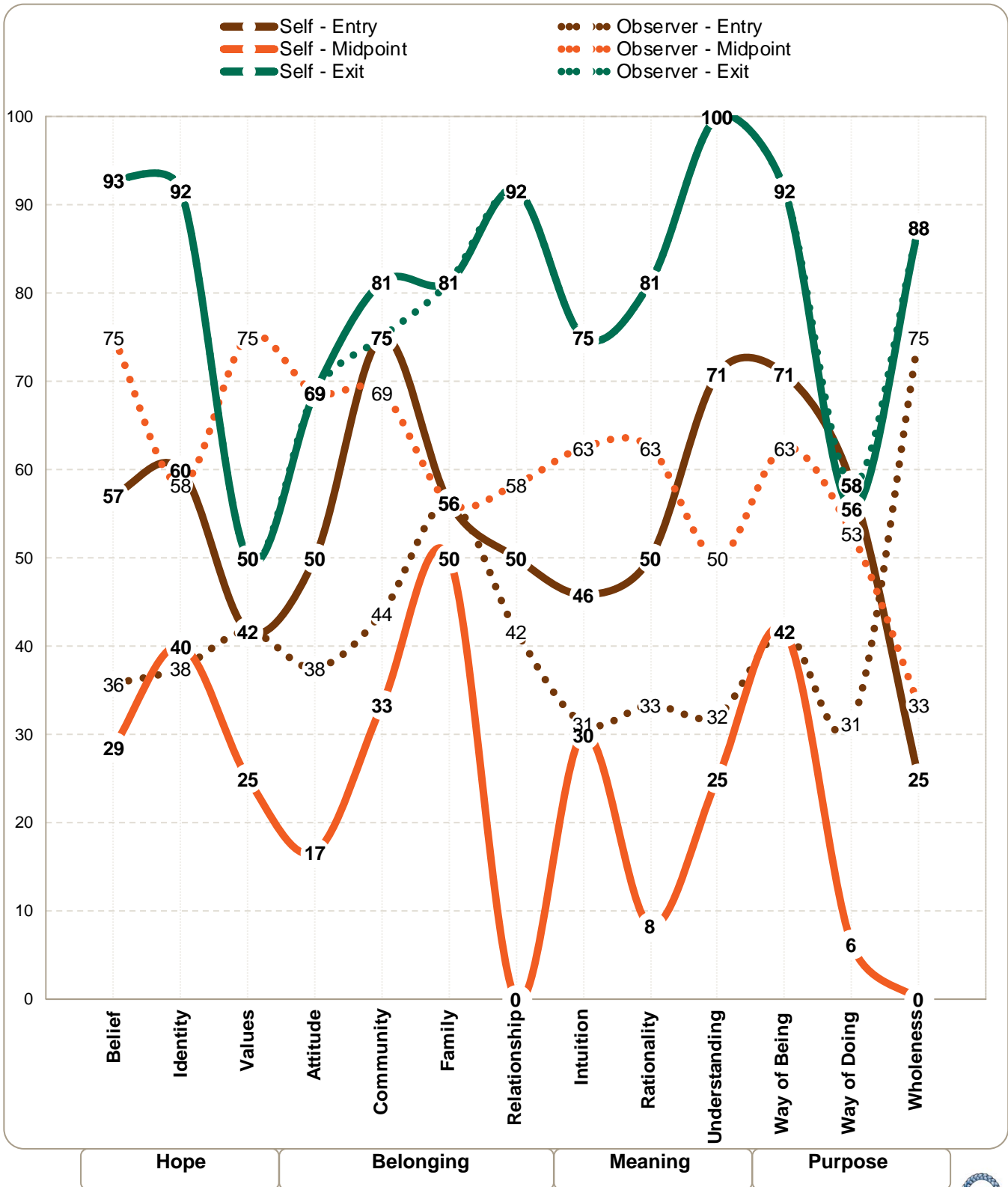
Comparative Flow Graph: Balance Midway in Wellness Journey



Comparative Flow Graph: Balance in Ending Wellness Journey



Comparative Flow Graph: Balance in Wellness Descriptions across Time



Comparative Cultural Practices to Promote Wellness

Indigenous culture can be expressed through cultural practices in our journey towards wellness. Cultural practices have long been recognized as Indigenous expressions of spirit-heart-mind-body at work, in which the client participated as follows from different perspectives:

	Your connection to cultural practices is:		
	Group 1	Group 2	Group 3
Self – Entry	1.71	2.38	2.00
Observer – Entry	2.38	1.79	2.00
Self – Midpoint	2.00	2.00	1.56
Observer – Midpoint	1.86	1.69	1.70
Self – Exit	2.00	1.46	2.20
Observer – Exit	1.44	2.09	2.22

A connection to cultural practices can be anywhere from 1.00 (weak), to 2.00 (moderate), to 3.00 (strong).

Regular participation in cultural practices supports the development of a strong connection and this leads to wellness. Consider whether the client’s connection strengthened over time no matter how often a client participates. The variety of cultural practices is repeated below to facilitate easy discussion.

Group 1		Group 2		Group 3	
1	Smudging	12	Fishing / hunting	28	Shaker / hand drum making
2	Prayer	13	Spiritual teachings	29	Naming ceremony
3	Sweat lodge ceremony	14	Water as healing	30	Water bath
4	Talking / sharing circle	15	Use of sacred medicines	31	Blanketing / welcoming ceremony
5	Nature walks	16	Community cultural activities	32	Cultural events / marches
6	Meaning of prayer	17	Fire as healing	33	Dream interpretation
7	Use of drum / pipe / shaker	18	Story telling	34	Land-based / cultural camp
8	Sacred medicines	19	Culture-based art	35	Ghost / memorial feast
9	Use of natural foods	20	Pipe ceremony	36	Hide making / tanning
10	Ceremony preparation	21	Sacred places	37	Fasting
11	Cultural songs	22	Use of Native language	38	Horse program
		23	Creation story	39	Other taught / participated in / experienced
		24	Cultural dances / pow wow		Other (name) _____
		25	Receiving help from traditional Healer / Elder		
		26	Gardening, harvesting		
		27	Giveaway ceremony		



Credibility of the Results

Some of the 66 descriptive statements in the NWA assessment were designed to also enable different checks to verify the accuracy and believability of the reported results. Always make sure the results are credible before sharing with the client and applying the learning in directing the course of wellness.

Inconsistency in Responses

Occasionally clients respond inconsistently during assessment when they have a lapse in concentration, low self-awareness, or when they provide random answers. Inconsistency scores higher than 11 require a discussion about possible reasons before the reported results are shared and interpreted.

	A score > 11 indicate inconsistency
Self – Entry	9
Self – Midpoint	8
Self – Exit	4

Response Partiality in Clients

Sometimes clients are lenient in their self-ratings when they want to leave a positive impression, resulting in inflated results. Client partiality scores higher than 85% require a discussion about possible reasons – without inflation the reported client results may have been about 10% lower.

	A score > 85% indicate inflation
Self – Entry	82%
Self – Midpoint	48%
Self – Exit	98%

If the above percentages are lower than 30%, explore whether the client is typically self-critical, which may hamper efforts towards wellness.

Response Partiality in Observers

Periodically observers may take a hard approach to rating clients based on high standards or other reasons. Observer partiality scores lower than 15% require reflection before discussing comparative results with the client – without deflation the reported observer results may have been about 10% higher.

	A score < 15% indicate deflation
Observer – Entry	27%
Observer – Midpoint	50%
Observer – Exit	69%

If the above percentages are higher than 70%, consider whether the observer subconsciously rated the client with a secondary aim of program success in mind also.



Qualitative Comments Shared During Assessment

Clients and observers had an opportunity to provide additional comments at the end of the survey if they wanted to. The unedited comments (if provided) were as follows:

Self – Entry

Observer – Entry

Self – Midpoint

Observer – Midpoint

Self – Exit

Observer – Exit

Client was adopted out at a very young age



Expanded Reference Guide: Explanation of Wellness Descriptions



Spiritual wellness is the quality of being alive in a qualitative way. The spirit causes us to live, gives us vitality, mobility, purpose and the desire to achieve the highest quality of living in the world. Spirit is central to the primary vision of life and worldview and thereby facilitates hope.

Hope, created by **Spirit**, is captured by the three descriptions named *Belief*, *Identity*, and *Values*, which constitute interrelated aspects as described below. Refer to page 7 in this report for the meaning, benefits and applications of this wellness indicator.

Belief

Mino-Bimaudiziwin	Life is inherently good and holds out the promise of renewal, healing and revitalization. We believe life holds us in the shelter of its kind and caring embrace.
Spirit-Connection	Teachings, ceremonies, worldview and inner knowing generate a fundamental belief in an inherent and achievable connection to spirit. We as Native people are spiritually motivated and believe Indigenous culture is spiritual at its core.
All of Life is Sacred	Life is all-inclusive, encompassing human beings, other-than-human beings, and spirit beings. We believe all of life has spirit and is sacred.
The Creator is a Kind Spirit	The Creator is kind and caring, as is the spirit's intrinsic way of being. We have a personal relationship with the Creator and the creation.
Harmony and Balance	Life is a duality of physical and spiritual life. We make a good life for ourselves by finding balance and by being in harmony with our spiritual and natural way of being-in-the-world.

Identity

Origin	We are connected to original land, language, people, and ancestors, which determine our indigenous identity.
Inherent Knowing	We know at the core of our being that our spirit name, clan, language, and gifts of the Creator are the foundation of our identity and place in the world.

Values

Value of Life	Inner knowledge and a culturally ingrained value of and for life are manifested by our attitude. We share a feeling of belonging and of being loved. We have respect for the sacred, peace, and joy of life.
Seven Grandfather Teachings	Our intrinsic and culturally nurtured values result in behaviours that are reflective of those values.



Expanded Reference Guide: Explanation of Wellness Descriptions (continued)

Values (continued)

Belief, Faith, Confidence in Culture	We have belief, faith, and conviction in the fundamental goodness and purpose and fullness of life, which result in attitudes and expressions of acceptance, inclusion, trust, safety, and self-initiative.
Connection	We know and value the Indigenous connection to the spirit, ancestors, future life, land, and creation.
Expressions of the Spirit	Our innate feeling of connection with spirit and creation is what causes us to value Indigenous, original expressions and communications of the spirit.



Emotional wellness is nurtured by our belonging within interdependent relationship with others and living in relation to creation, including beings in creation, and is at the heart level of our being. Within an Indigenous worldview, being rooted in family, community and within creation as extended family is the foundation of belonging and relationships.

Belonging, created by **Heart**, is captured by the four descriptions named *Attitude*, *Community*, *Family*, and *Relationship*, which constitute interrelated aspects as described below. Refer to pages 8-9 in this report for the meaning, benefits and applications of this wellness indicator.

Attitude

Heart and Love	We have an inherent and loving connection to the Creator and all of creation, which reside at the deepest and most central level of all beings.
Spirit Connection	We connect with and have access to the loving spirit, from which comes good energy, confidence, security, and acceptance.
Gratitude and Respect	We have reverence and appreciation for all that comes from being a part of a caring relationship with all of creation.
Emotional Intelligence and Awareness	We value and understand emotions that result from cultural connection and accessibility. We can express them in a healthy way, both personally and in relationships.
Pride from Culture and Identity	We are comfortable in our own Indigenous belief. We have confidence and take pride in our own identity and relationship with the spirit.

Community

Cultural and Historical Continuity	We are part of and connected to a community where our culture is supported, actively practised, and which has continuity with our cultural and historical past.
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Expanded Reference Guide: Explanation of Wellness Descriptions (continued)

Community (continued)

Healthy Community	We are surrounded by a healthy community where we feel connected, that we belong and are supported in our own life and healing.
A Voice for All	We are accepted and supported by own community, where we have a voice, and are understood and valued.
Supportive of Continuing Care	We are connected to and have continuity with a community that is accepting and supportive of our continuity of care and healing.

Family

Path of Life Continuum	We have a sense of belonging and relatedness throughout the stages of life. We have strength, security, and pride engendered from linkages with ancestral origins.
Caring Family	We are an important part of a caring and supportive human family and family of creation.
Family as Template for Healthy Relationships	We feel that we are a valued part of a healthy and supportive family. We transfer this to our own family and broader family-type relationships.

Relationship

Earth Connection	Our connection to the Earth means that we have a connection to the heart and energy of healing. This connection brings about a feeling that we belong and are loved, and that we perceive ourselves as whole.
All My Relations	We have a relationship within an all-inclusive family of creation that is personal, reciprocal, healing, and strengthening of our Native identity.
Connection to Spirit and Ancestors	Our personal connection with the loving spirit and relationship to our ancestors generate confidence, strength, and resiliency within ourselves. These enable us to find peace, security, and hope throughout our life journey and for future generations.
Healthy Relationships Engender Healthy Ways of Being	We see how all of creation cares, respects, and helps one another, and experience a healthy relational environment. These enable us to exercise healthy behaviours and find healthy ways of relating, and achieve wellness.



Expanded Reference Guide: Explanation of Wellness Descriptions (continued)



Mental wellness is the conscious and intelligent drive to know and activate our being and becoming. Having a reason for being gives meaning to life. The mind operates in both a rational and intuitive capacity.

Meaning, created by **Mind**, is captured by the three descriptions named *Intuition*, *Rational*, and *Understanding*, which constitute interrelated aspects as described below. Refer to pages 9-10 in this report for the meaning, benefits and applications of this wellness indicator.

Intuition

Spirit, Dream, Vision, and Innate Knowledge

We guide who we are and who we become by spirit.

Language 2

We use a distinct and original sound that the Creator gave to us to communicate with the spirit, with creation and with one another.

Intuition

Despite colonization, we have an inherent knowing that informs us how to live and respond to life. We do that with resilience and in ways that are uniquely Native.

Rationality

Understanding / Knowing to Know

Our creation stories teach us that creation is structured and the origin of all knowledge. Creation is transmitted through original language, teaching, and ceremony that we practise, so that we may know and understand life physically and spiritually.

Rational Application

We use knowledge gained from traditional teachings to know life and choose how to live a good life.

Understanding

Origin and Teachings

We understand the stories of origin and the origin of ceremonies and traditions, which provide meaning and purpose to the practice and protocols that lead to our quality of life.

Teachings

We pursue an understanding of life through culture and traditional practices, which is essential to re-establishing a strong foundation in our Native identity.

Learning

We learn the meaning and purpose of our traditional life ways and ceremonial practices by applying our own energy to the learning through doing and practising what we learn.

Language 1

The true and complete understanding of our original language remains rooted in our blood memory. Our original language comes from the spirit, which we communicate through the heart and then give voice.



Expanded Reference Guide: Explanation of Wellness Descriptions (continued)

Understanding (continued)

Sharing	We strengthen ourselves, our family and community by sharing traditional teachings and spiritual knowledge, which supports the continuation of good life.
Gives Meaning to Life and Quality of Life	All life has spirit and as we develop the ability to see from our spirit, our life has more meaning and quality.



Physical wellness is that way of behaving and doing that actualizes the intention and desire of the spirit in the world. This and the knowledge that the spirit has something to do in the world generates a sense of purpose, conscious of being part of something that is much greater than they are as an individual. The body is the most outer part of our being and is comprised of the most immediate behavioural aspects of our being.

Purpose, created by **Body**, is captured by the three descriptions named *Way of Being*, *Way of Doing*, and *Wholeness*, which constitute interrelated aspects as described below. Refer to pages 10-11 in this report for the meaning, benefits and applications of this wellness indicator.

Way of Being

Exercise Responsibility	We exercise responsibility for our own life in a way that demonstrates an interdependent relationship with others in creation.
Spiritual Relationship, and Teaching and Learning	We live with creation as family in a lifelong process of learning and interacting from every part of our being.
Values	We see that values are the foundation for our way of being.

Way of Doing

Balance and Health	We strive to achieve balance of body, mind, heart and spirit to ensure that we have a healthy life.
Stages of Life	We engage in those cultural activities, ceremonies and practices that ensure connection to the spirit and to creation and nurture the ongoing development of identity.
Communication	The ways in which we communicate allow us to understand, connect to creation, and ensure continuity of life.

Wholeness

Purpose, Nurturing, Whole Being, Food, Sacredness, Spirituality, Identity, Ancestors and DNA	The DNA of land and our ancestors ensures our connection and identity. All food from creation and natural foods from the land are sacred. We nurture our DNA (fundamental and distinctive characteristics and qualities) and well-being.
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Conclusion of Section B: Observer (and Client)

This section of the NWA report offered a fuller picture of client wellness through comparative insights based on self and observer perceptions at three different possible points in time. The snapshots provided may be associated with treatment based on Indigenous culture, or may be part of a community-based program. The NWA helps you reflect on and plan for the client's journey towards wellness.

This section helps the observer put the results in context through comparisons and qualitative comments made during assessment, and ensure that the results are valid before they are shared in facilitated discussion and applied going forward. It is up to the observer's discretion to decide whether to use Section B of the report for own purposes, or to share it as a whole or in part with the client also, as the situation commands.

While the results in this report refer to beginning, midway and ending points in the client's wellness journey, we recognize that these snapshots in time mark arbitrary beginnings and ends in the **continuum of life** and wellness development. The points in time are chosen purely to coincide with certain treatment, intervention, or program effects and to give the clients the benefit of that opportunity.

We hope this report has helped you feel inspired by the next planned steps on your journey towards wellness and that you will keep tracking your progress and growth through the NWA.

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tinyurl.com/cultureasinterventionresearch

End of Section B and Report

