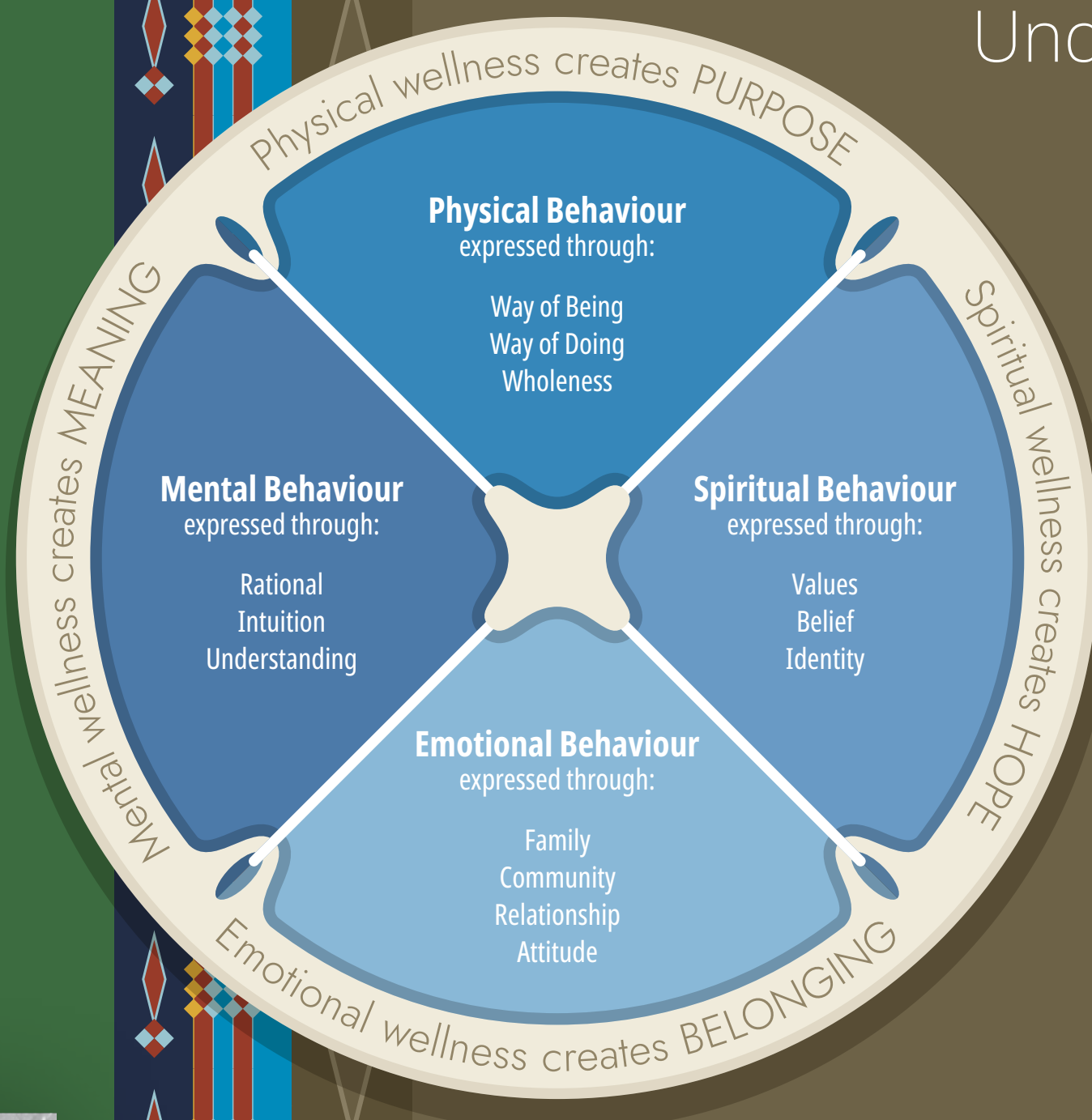
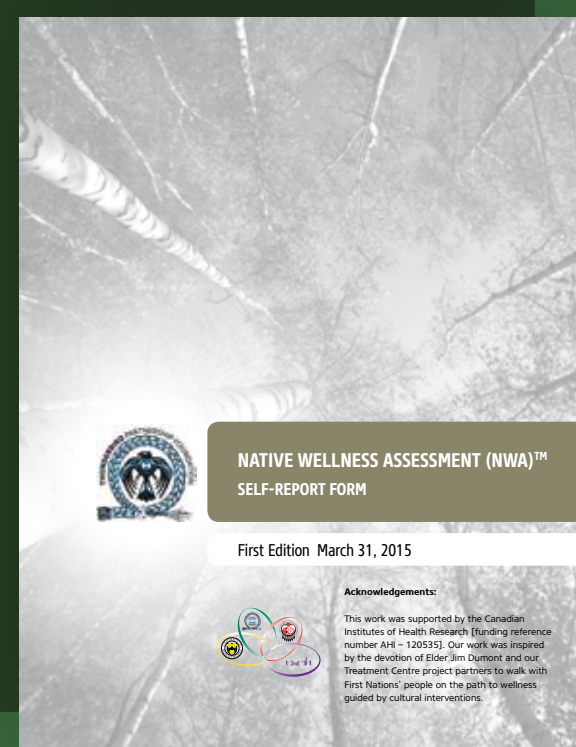
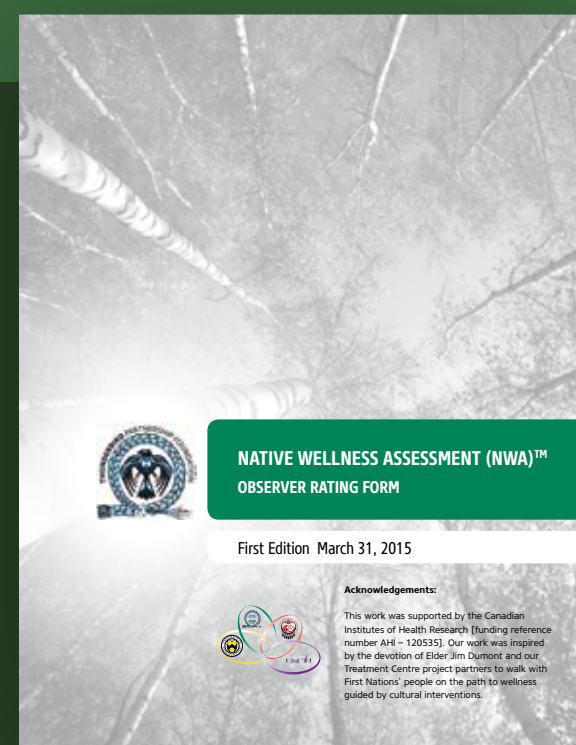


**The Native Wellness Assessment™** (NWA) is the first instrument of its kind to psychometrically and statistically validate and measure the change in wellness for youth and adults who experience Indigenous culture as an intervention.

The NWA has several purposes:

- Setting Treatment Goals
- Monitoring Changes across Time
- Establishing Treatment Program Targets and Benchmarks
- Understanding the Relationship between Changes in People's Wellness and Cultural Interventions Provided

The NWA is a product of the *Honouring Our Strengths: Indigenous Culture as Intervention in Addictions Treatment (CasI)* research project developed by a team of Indigenous and non-Indigenous researchers from across Canada, Elders, Indigenous Knowledge Keepers, cultural practitioners, service providers, and decision makers. The assessment can be used in treatment centres, community programs, educational systems and any programing that is inclusive of cultural intervention.

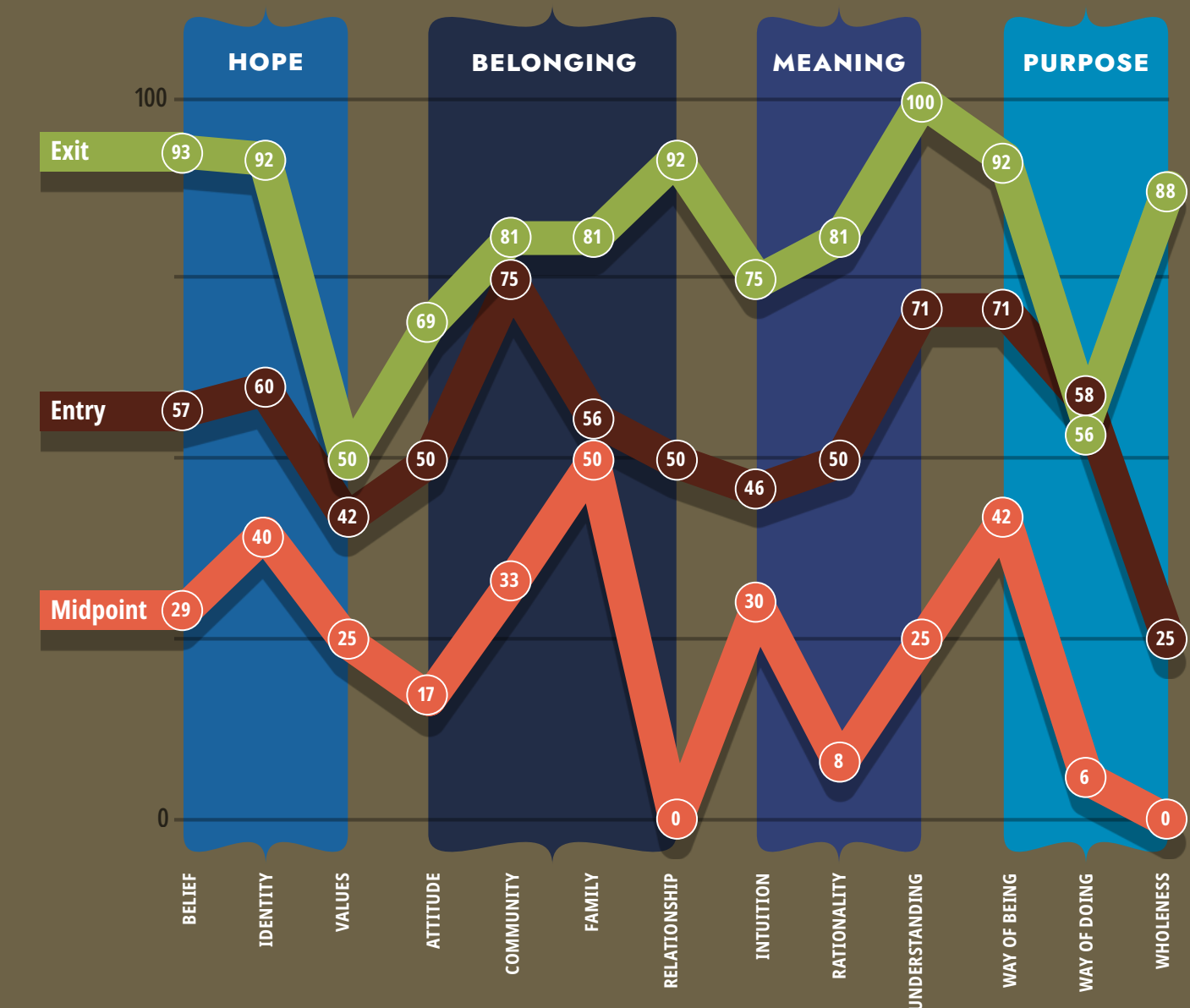


# The Indigenous Wellness Framework

Understanding Hope, Belonging, Meaning & Purpose

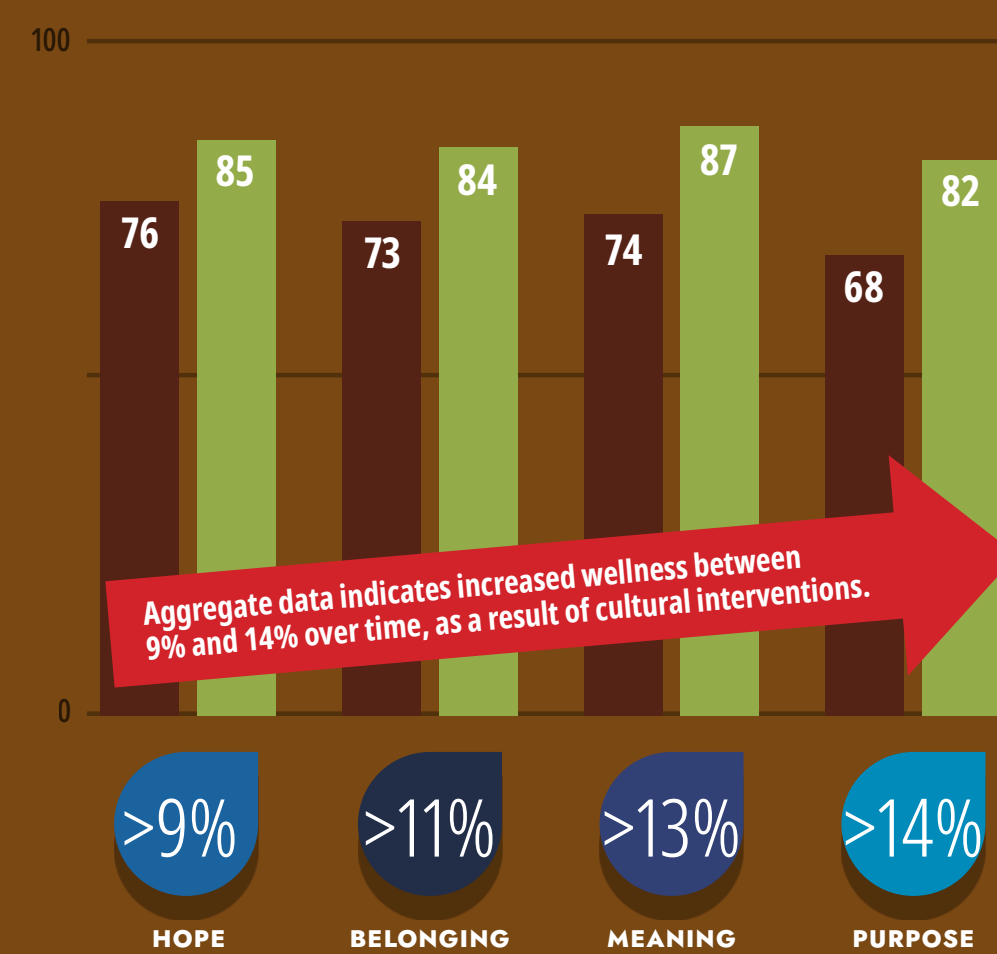
- The NWA includes four fundamental wellness indicators including: Hope, Belonging, Meaning and Purpose.
- The NWA includes two main forms of assessment. The first is the Self-Report Form (*completed by client*) to establish a baseline of the clients' cultural knowledge and experience when entering the program, then comparing wellness over time. The second form is the Observer Rating Form (*completed by someone who is knowledgeable about a clients' treatment progress, such as a counsellor or Elder*). The assessment is designed to be administered two or three times for each client during the program, depending on the length of the program.
- The instrument has 66 independent statements and 52 cultural intervention practices. These statements are all categorized into the 13 wellness descriptors that are components of the wellness indicators: Hope, Belonging, Meaning and Purpose.
- The NWA is set up to control inconsistency and partiality in both the client and the observer assessments.

Thunderbird Partnership Foundation, (2015). Native wellness assessment. National Native Addictions Partnership Foundation. Retrieved from: <https://www.thunderbirdpf.org/nwa-info>

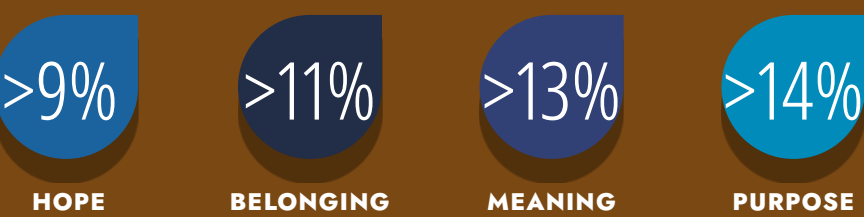


## Balance in Wellness across Time

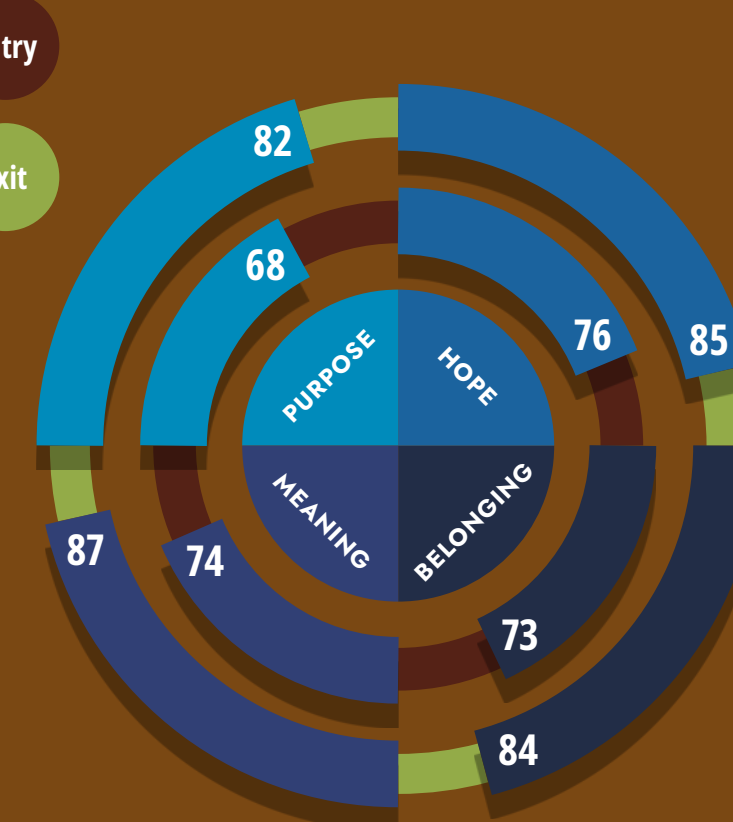
As of 2019/2020, the NWA has been implemented in 28 National Native Alcohol and Drug Abuse Program (NNADAP) treatment centres, 10 National Youth Solvent Abuse Program (NYSAP) treatment centres, 1 health centre, 2 community organizations and educational institutions.



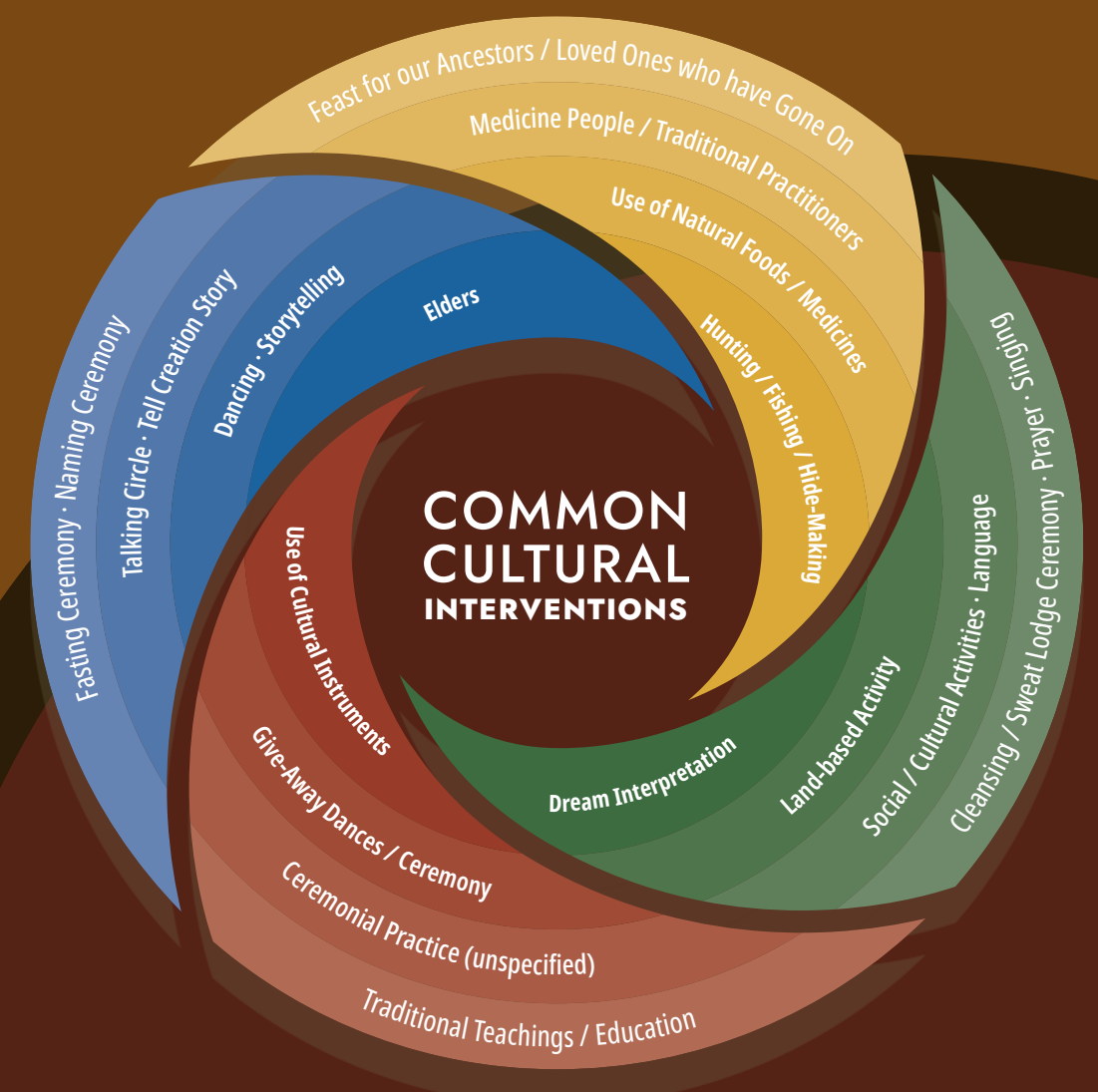
Aggregate data indicates increased wellness between 9% and 14% over time, as a result of cultural interventions.



Aggregate data 2019/2020. Results are shown by percentages. Entry self data; n= 661 Exit self data; n= 194



Understanding the whole individual using the Indigenous Wellness Framework.



Using the NWA, a connection to cultural interventions can be anywhere between 1.00 and 3.00; where a score of 1.00 represents a low connection to cultural practices, a score of 2.00 represents a moderate connection to cultural practices, and a score of 3.00 represents a high connection to cultural practices.

Common cultural practices and activities were identified in the Honouring Our Strengths: Culture as Intervention project and depend upon the season, availability of cultural practitioners and/or Elders, and the cultural practice of the people.

For more information about how to implement the Native Wellness Assessment™ (NWA) please contact the Research team at [research@thunderbirdpf.org](mailto:research@thunderbirdpf.org). Also, you can visit our website: [thunderbirdpf.org](http://thunderbirdpf.org) to learn more about our resources for First Nation communities.



## Acknowledgements

The Native Wellness Assessment™ (NWA) was informed and inspired by Elder Jim Dumont, First Nations treatment centre project partners, and co-researchers who walk with First Nations on the path to wellness guided by cultural interventions. The Indigenous Culture as Intervention project involved a partnership between the Centre for Addiction and Mental Health (CAMH), Thunderbird Partnership Foundation, and the University of Saskatchewan.

**FORMS CAN BE DOWNLOADED HERE:**  
<http://thunderbirdpf.org/about-tpf/scope-of-work/native-wellness-assessment/>

You may use the NWA for personal, educational and research purposes freely; we ask that Thunderbird Partnership Foundation is referenced.