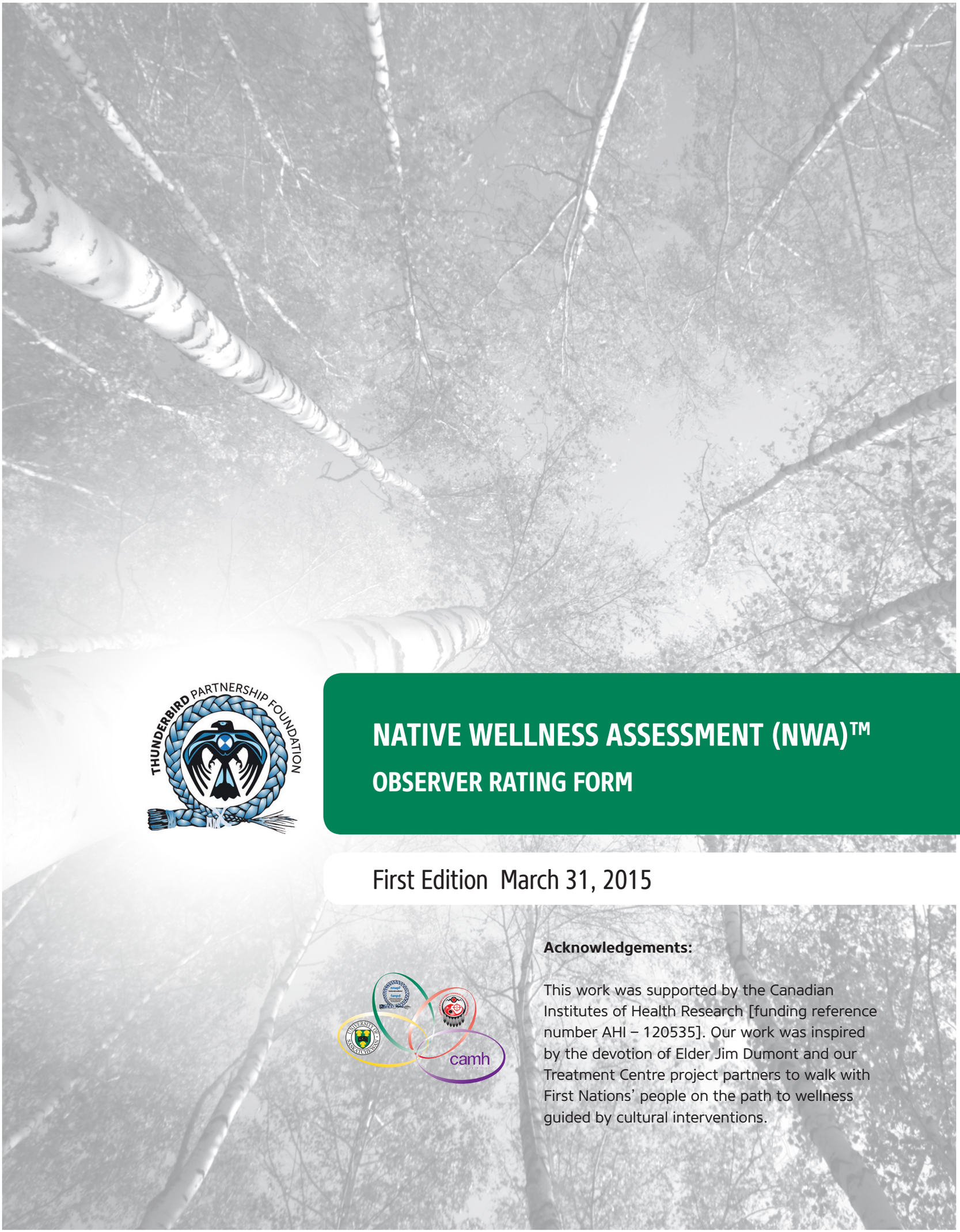

NATIVE WELLNESS ASSESSMENT (NWA)™

OBSERVER RATING FORM

First Edition March 31, 2015

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Native Wellness Assessment (NWA-O)
(Observer Rating Form)

Please complete this survey designed to assess the client's Native wellness. Once you have filled out the background section used for research, complete the three sections concerning a client 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*** in order to receive the client report which provides the analysis and interpretation of results.

Your 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.

Your gender: ○ Female ○ Male ○ Other(Ie: Two-Spirited/LGBTQ/Gender fluid) _____

Your age: _____ years

Your ethnicity:

○ **First Nations**
If Yes, which Nation _____ **OR** ○ Don't Know

○ **Métis**
If Yes, which First Nation connection _____ **OR** ○ Don't Know

○ **Inuit**

○ **Other** _____

Work Experience: How long have you worked in programs that deliver Native cultural interventions/activities? _____ months and _____ years

Cultural Experience: What experience do you have with the cultural interventions/activities delivered at your Substance Use/Mental Health Service? (Check all that apply.)

○ No experience
○ Training and orientation experience at this Substance Use / Mental Health Service
○ I am very familiar and knowledgeable with the interventions/activities delivered at this Substance Use / Mental Health Service
○ I live and practice my Native culture at home and at work
○ Other

What other assessments do you use (ASI, SSASSI, DUSI, others?)

Please list: _____

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 on client

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

Substance Use/Mental Health Service : _____
Length of Program: _____ weeks

Client Background:

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** _____

Client's FIRST Language: _____

If applicable, client's SECOND Language: _____

If applicable, client's THIRD Language: _____

How many times has the client sought help for issues related to substance use/mental health prior to the service you are at now?
_____ times

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

1. Program Name: _____ Number of times: _____
2. Program Name: _____ Number of times: _____
3. Program Name: _____ Number of times: _____
4. Program Name: _____ Number of times: _____
5. Program Name: _____ Number of times: _____
6. Program 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. Please use the 'Don't Know' (DK) option sparingly and **ONLY** 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	~~3~~	(4)

Statements: Section 1

		DK Don't Know	**0** Do Not Agree	**1** Agree a LIttle	**2** Kind of Agree	**3** Mostly Agree	**4** Strongly Agree
1	The client talks about their loved ones who have gone on, or their ancestors.	DK	0	1	2	3	4
2	The client's Native culture motivates them to live a good life.	DK	0	1	2	3	4
3	The client talks favourably about the existence of a Creator.	DK	0	1	2	3	4
4	The client goes out on the land as that is where their ancestors come from.	DK	0	1	2	3	4
5	The client looks comforted during cultural activities and ceremonies.	DK	0	1	2	3	4
6	The client talks about connecting with their spirit.	DK	0	1	2	3	4
7	The client considers their Native language to be a sacred language.	DK	0	1	2	3	4
8	The client talks about the family line they come from.	DK	0	1	2	3	4
9	The client shows respect for all living things.	DK	0	1	2	3	4
10	Ceremonies and cultural activities opens the client up to share their thoughts and feelings with others.	DK	0	1	2	3	4
11	The client talks about the meaning of the Creator's teachings to live a good life.	DK	0	1	2	3	4
12	The client knows their traditional name or clan family.	DK	0	1	2	3	4
13	The client wants to learn about the way the Creator wants them to live a good life.	DK	0	1	2	3	4
14	The client is confident about their life.	DK	0	1	2	3	4
15	The client shares their understanding of what they received through ceremonies.	DK	0	1	2	3	4

		DK Don't Know	0 Do Not Agree	1 Agree a LIttle	2 Kind of Agree	3 Mostly Agree	4 Strongly Agree
16	The client talks about their role in caring for water and fire for a balanced life.	DK	0	1	2	3	4
17	The client talks about wanting to learn about the meaning of their life.	DK	0	1	2	3	4
18	The client talks positively about their Native identity as a gift of the Creator.	DK	0	1	2	3	4
19	The client connects to life by being on the land and learning the names and stories of plants and animals.	DK	0	1	2	3	4
20	The client aspires to be like their ancestors who worked to have a good life.	DK	0	1	2	3	4
21	The client pays attention to their physical well-being.	DK	0	1	2	3	4
22	The client's connection to Mother Earth makes the land they come from their home.	DK	0	1	2	3	4

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

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

		DK Don't Know	0 Do Not Agree	1 Agree a LIttle	2 Kind of Agree	3 Mostly Agree	4 Strongly Agree
23	The client seeks understanding of their purpose in life through cultural knowledge.	DK	0	1	2	3	4
24	The client gives thanks for what they receive from Creation.	DK	0	1	2	3	4
25	The client shares how their identity is connected to their language and where they come from.	DK	0	1	2	3	4
26	The client expresses their desire to give something back to relatives in Creation out of respect.	DK	0	1	2	3	4
27	The client expresses a desire to learn about their own Creation story.	DK	0	1	2	3	4
28	The client acknowledges that their dreams help guide and direct them through life.	DK	0	1	2	3	4
29	The client shows a positive interest in the Creation story.	DK	0	1	2	3	4
30	The client makes offerings such as food or gifts to their ancestors because they help the client.	DK	0	1	2	3	4
31	The client seeks out the company of elders to learn how their ancestors understood and lived life.	DK	0	1	2	3	4
32	The client uses laughter to promote their healing.	DK	0	1	2	3	4
33	The client looks eager to learn more about their Native identity.	DK	0	1	2	3	4
34	The client treats sacred bundle items with respect.	DK	0	1	2	3	4
35	The client understands how the Creator helps them.	DK	0	1	2	3	4
36	The client treats their body as sacred.	DK	0	1	2	3	4
37	The client expresses pride in knowing who they are.	DK	0	1	2	3	4
38	The client acknowledges who their extended or adopted family is.	DK	0	1	2	3	4

		DK Don't Know	0 Do Not Agree	1 Agree a LIttle	2 Kind of Agree	3 Mostly Agree	4 Strongly Agree
39	The client takes every opportunity to learn, speak and understand their Native language.	DK	0	1	2	3	4
40	The client demonstrates awareness of how their actions impact others and themselves.	DK	0	1	2	3	4
41	The client acknowledges that their Native language comes from the Creator.	DK	0	1	2	3	4
42	The client talks about their role in family relationships.	DK	0	1	2	3	4
43	The client feels well after cultural teachings and ceremony with opportunity for spirit connection.	DK	0	1	2	3	4
44	The client participates in gathering traditional foods to maintain their health.	DK	0	1	2	3	4

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

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

		DK Don't Know	0 Do Not Agree	1 Agree a LIttle	2 Kind of Agree	3 Mostly Agree	4 Strongly Agree
45	The client demonstrates their connection by talking to the Creator.	DK	0	1	2	3	4
46	The client shows interest in knowing the family lineage they are related to.	DK	0	1	2	3	4
47	The client knows that all of Creation has spirit caring for them.	DK	0	1	2	3	4
48	The client takes initiative to be physically active through land based activities.	DK	0	1	2	3	4
49	The client mentions they need to have a connection with their ancestors.	DK	0	1	2	3	4
50	The client shows pride that all of Creation is their family.	DK	0	1	2	3	4
51	The client talks or asks about the land, ceremony, or dreams.	DK	0	1	2	3	4
52	The client uses cultural ways such as ceremonies, traditional food and medicine for cleansing and healing.	DK	0	1	2	3	4
53	The way the client dresses, shows that they value themselves.	DK	0	1	2	3	4
54	The client shares the links they have made between their life circumstance and their community.	DK	0	1	2	3	4
55	The client asks or talks about their spirit living forever.	DK	0	1	2	3	4
56	The client shows their Native identity through the things they wear.	DK	0	1	2	3	4
57	The client indicates that the Creator gave them a good mind.	DK	0	1	2	3	4
58	The client talks about the strengths their Native community has.	DK	0	1	2	3	4
59	The client expresses they have a strong sense of connection to the environment in its widest sense.	DK	0	1	2	3	4
60	The client participates often in traditional storytelling, teachings and cultural activities sessions.	DK	0	1	2	3	4

		DK Don't Know	0 Do Not Agree	1 Agree a LIttle	2 Kind of Agree	3 Mostly Agree	4 Strongly Agree
61	The client recognizes that they can contribute to their community.	DK	0	1	2	3	4
62	The client talks about dreams, experiences, or inner knowing as the spirit guiding them through life.	DK	0	1	2	3	4
63	The client expresses gratitude to the care provided by Creation	DK	0	1	2	3	4
64	The client is aware of resources in support of their well-being.	DK	0	1	2	3	4
65	The client acknowledges their responsibility for creating balance in every part of their life.	DK	0	1	2	3	4
66	The client practices traditional forms of sharing.	DK	0	1	2	3	4

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

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

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

Thank you for your participation!

About the Native Wellness Assessment™:

The Native Wellness Assessment™(NWA™) was launched on June 25, 2015 and is the first of its kind in the world. Statistically and psychometrically, the NWA™ content and structure performed well, demonstrating that culture is an effective and fair intervention for Indigenous Peoples with addictions. The NWA™ can inform Indigenous health and community-based programs and policy. The NWA™ is a product of the Honouring Our Strengths: Indigenous Culture as Intervention in Addictions Treatment (CasI) research project whose team included Indigenous and non-Indigenous researchers from across Canada, Elders, Indigenous knowledge keepers, cultural practitioners, service providers, and decision makers. To learn more about the validation of the NWA™ visit: http://nnapf.com/nnapf-document-library/

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