



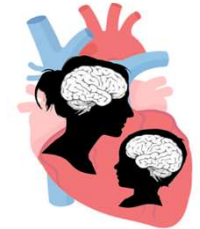
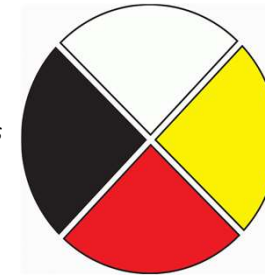
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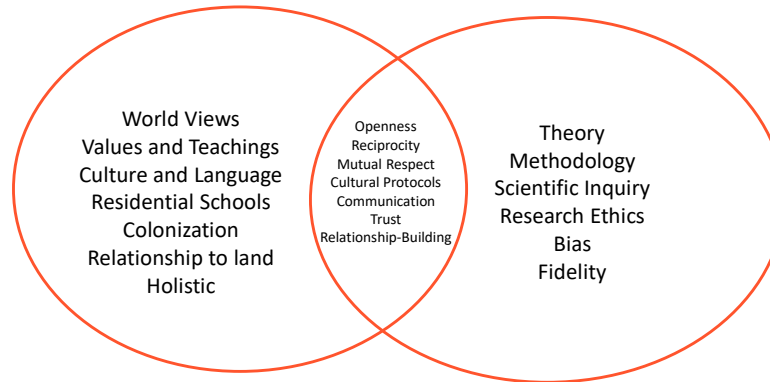
Wellness Measures for Indigenous Children and Families

A Scoping Review of Best Practices and Contextual Considerations

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The Hearts and Minds Lab



Introduction

- Wellness measurement among Indigenous Peoples is crucial to understanding health-related needs of communities
- Examination of existing international best-practices
- A measure aligned with Indigenous cultural context is important
- Indigenous health and wellness assessments that were not co-developed by Indigenous partners perpetuate systemic harms (Indigenous Corporate Training Inc, 2019)

Methods

- A scoping review of existing measures across Canada, the United States, Australia and New Zealand was completed with the PRISMA method across 5 databases (Tricco et al., 2018)
- Search terms: “child-welfare”, “Indigenous” or “Aboriginal”, “wellness”, “children”, “families” and “framework” or “measure”
- All work led by Indigenous students in keeping with Traditional Ways of Being and Knowing and self-determination practices

Guiding Principles

- Guided by calls to actions from: The Final Report of the National Inquiry into Missing and Murdered Indigenous Women and Girls (2019), the United Nation Declaration on the Rights of Indigenous Peoples, (UNDRIP, 2007) and the recommendations of the National Center for Truth and Reconciliation (TRC, 2015)
- Importance of adherence to cultural protocol and asserting sovereignty/self-governance
- Elders and Traditional Indigenous Knowledge Keepers consulted throughout process

Conclusions

- Emerging assessment base for measuring wellness
- Minimal work to date relevant for Indigenous children in MB
- Significant gap because it limits the ability of agencies to support Indigenous families
- Will fill this gap by supporting the development of a wellness measure with potential to multi-contextual relevance
- Potential to contribute to meaningful advancements in Indigenous child wellness through a culturally safe assessment of wellbeing
- Promoting the adequate and equitable dispersion of supports and resources to families and communities

Results

- 896 titles, keywords, and/or abstracts were screened
- 88 full articles were reviewed
- 43 were identified as relevant
- Importance of incorporating elements of self-determination by ensuring the assessment derives from Indigenous developers and focuses on restoring empowerment among sovereign Nations
- Themes of family, community, and wholism repeatedly emphasized

Measure Name	Developers	For Whom	Context	Strengths
Aboriginal Children's Health and Wellness Measure Canada (ACHWM) - Aaniish Naa Gegi questionnaire	Laurentian University and Wiigwemkoong	Indigenous Youth – Ontario	Assesses spiritual, mental, emotional and physical wellness For young people in communities	First Nations conception of wholistic wellness Developed by community, for community
Aboriginal Framework for Healing and Wellness Manual - Awo Taan Healing Lodge Society:	Awo Taan Healing Lodge Society (funded by Alberta Children's Services)	Indigenous women and families	Healing from trauma Wholistic approach Ensuring all parts of the self are in balance	Medicine Wheel model Does not involve questionnaire.
Affect Balance Scale	Norman M. Bradburn	American adults	Positive and negative emotion assessment Used in Australian Aboriginal communities	Only 10 items Simple and concise
Children's Intrinsic Needs Satisfaction Scale (CINSS)	Véronneau et al., McGill University	Canadian children	Based on self-determination theory Measures autonomy At home, school, and with peers	Positively worded questionnaire Strengths-based
Children's Worlds International Survey of Well-Being (ISCWb)	Children's Worlds research team	Children of diverse cultures	International assessment of child wellness At home, school and other social contexts	Different versions for different age groups
Holistic Student Assessment	Liu et al., The Forum for Youth Investment, The Pear Institute	American youth	Work-life preparation, Social and emotional adjustment Youth programs and schools	Strengths-based Includes items to measure quality of service for children in programs, schools, etc.
Hua Oranga Outcome Instrument	Te Kani Kingi and Mason Durie Massey University	New Zealand Maori and Pacific people with mental illness	Wholistic wellness Used with clinical assessments	Addition of family to wholistic wellness Use of multiple reporters
Native Wellness Assessment	Thunderbird Partnership Foundation (Canada)	Indigenous Canadians	Culture as intervention in additions treatment	Culturally grounded Focuses on spirituality of First Nations

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