

## FSII Survey List by Mid-Term Outcome Area

Survey	Survey Name	Domain
1	Demographic Survey	-
2	Client Discontinue	-
3	Client ID	-
99	Post-Survey Satisfaction Questions	-
<b>Mid-Term Outcome 1: Positive Child and Youth Development</b>		
4	Competence - Cognitive Abilities and Social Competence	Cognitive Development and Social Competence
5	Character - Pro-Social Attitudes	Emotional Wellbeing and Social Competence
6	Connection - Social Connections	Emotional Wellbeing and Social Competence
7	Caring/Compassion - Sympathy and Empathy for Others	Social Competence
8	Confidence - Emotional Wellbeing	Emotional Wellbeing
9	Contribution - Community and Leadership	Connection To Community/Leadership
10	Physical Wellbeing	Physical wellbeing
<b>Mid-Term Outcome 2: Individual and Family Economic Self-Sufficiency</b>		
11	Personal Capital	Personal Capital - Employment & Education/Training
12	Personal capacity - Basic Functional Life Skills	Basic Functional Life Skills
13	Income/Asset Building	Income/Assets
14	Long-Term Decreased Expenses; Increased Income from Sources	Expenses/Source of Income
15	Food Security	Expenses
16	Housing Satisfaction	Expenses
<b>Mid-Term Outcome 3: Positive Social Ties</b>		
17	Social Support and Daily Living	Positive Social Ties/Bonding Social Capital
18	Volunteerism	Positive Social Ties/Bonding Social Capital
19	Community Participation	Positive Social Ties/Bonding Social Capital
20	Social Networks - Seniors	Positive Social Ties/Bonding Social Capital
<b>Mid-Term Outcome 4: Family Functioning and Positive Parenting</b>		
21	Family functioning - Parent/adult	Family Functioning
22	Safety from Domestic Violence	Positive Social Ties/Family Functioning
23	Positive parenting - Parent/Adult	Positive Parenting
<b>Mid-Term Outcome 5: Indigenous Healing and Wellbeing</b>		
24	Cultural Safety and Cultural Programming	Indigenous Identity
25	Cultural Role Modelling and Mentoring	Indigenous Identity
26	Historical Indigenous Knowledge	Indigenous Identity
27	Sense of Cultural Belonging and Feeling Supported	Social Inclusion
28	Personal Advocacy and a Sense of Empowerment	Social Inclusion
29	Understanding Traditional and Community-Based Parenting Practices	Indigenous Families and Traditional Parenting Practices
30	Use of Traditional and Community-Based Practices	Indigenous Families and Traditional Parenting Practices
31	Traditional Healing Practices for Individuals	Colonization and Healing
32	Understanding the Impact of History as a Part of the Healing Process	Colonization and Healing
33	Understanding Ceremony as Healing	Spirituality and Ceremony
34	Accessing Ceremony for Healing	Spirituality and Ceremony

### FOIP Statement

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## Client Discontinued Form

Survey 002

**Client Discontinued Date: (MM/DD/YYYY)**

**Program:**

**Enter Client ID:**

**First 2 letters of first name:**

**First 2 letters of last name:**

**Date of Birth: (MM/DD/YYYY)**

**Age:**

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## Administrative Data for Use with Indicator Surveys

Survey 003

If you are administering a set of survey questions, you will need to enter the following information before you can enter the survey data into the FSII database:

Test Date: (MM/DD/YYYY)

Program:

Enter Client ID:

First 2 letters of first name:

First 2 letters of last name:

Date of Birth: (MM/DD/YYYY)

Age:

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# FSII Demographic Survey

Survey 001

**Today's date (Registration date):** DD: \_\_\_\_ MMM: \_\_\_\_ YYYY: \_\_\_\_\_ (mm-dd-yyyy)

**Age:** (age) \_\_\_\_\_ **Grade in school** (if applicable): (grade) \_\_\_\_\_

**Gender:** (gender)  Male<sup>(1)</sup>  Female<sup>(2)</sup>  Transgender<sup>(3)</sup>  Prefer not to disclose<sup>(88)</sup>  Or please specify<sup>(3)</sup>: \_\_\_\_\_

**What neighbourhood do you live in?** (neighb) \_\_\_\_\_ **First three digits of your Postal code:**(postalcode) \_\_\_\_\_

**Language spoken most often at home:** (choose only 1) (homelang)

<input type="checkbox"/> English <sup>(1)</sup> <input type="checkbox"/> French <sup>(2)</sup> <input type="checkbox"/> An Indigenous language <sup>(3)</sup> <input type="checkbox"/> Arabic <sup>(4)</sup> <input type="checkbox"/> Cantonese <sup>(5)</sup> <input type="checkbox"/> Dinka <sup>(6)</sup> <input type="checkbox"/> Farsi <sup>(7)</sup> <input type="checkbox"/> Hindi <sup>(8)</sup>	<input type="checkbox"/> Korean <sup>(9)</sup> <input type="checkbox"/> Kurdish <sup>(10)</sup> <input type="checkbox"/> Mandarin <sup>(11)</sup> <input type="checkbox"/> Nuer <sup>(12)</sup> <input type="checkbox"/> Pashto <sup>(13)</sup> <input type="checkbox"/> Polish <sup>(14)</sup> <input type="checkbox"/> Punjabi <sup>(15)</sup>	<input type="checkbox"/> Somali <sup>(16)</sup> <input type="checkbox"/> Spanish <sup>(17)</sup> <input type="checkbox"/> Tagalog <sup>(18)</sup> <input type="checkbox"/> Urdu <sup>(19)</sup> <input type="checkbox"/> Vietnamese <sup>(20)</sup> <input type="checkbox"/> Other (Write-in): (langoth) _____
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**Primary population group:** (choose only 1 and, if appropriate, write in the other(s) below) (popgrp)

<input type="checkbox"/> Caucasian <sup>(1)</sup> <input type="checkbox"/> Chinese <sup>(2)</sup> <input type="checkbox"/> South Asian (Indian, Pakistani, Sri Lankan, etc.) <sup>(3)</sup> <input type="checkbox"/> African/Caribbean <sup>(4)</sup>	<input type="checkbox"/> Filipino <sup>(5)</sup> <input type="checkbox"/> Latin American <sup>(6)</sup> <input type="checkbox"/> Southeast Asian (Vietnamese, Cambodian, Thai, Laotian, etc.) <sup>(7)</sup> <input type="checkbox"/> Arab/West Asian <sup>(8)</sup>	<input type="checkbox"/> Korean <sup>(9)</sup> <input type="checkbox"/> Japanese <sup>(10)</sup> <input type="checkbox"/> Indigenous (First Nations, Metis, Inuit) <sup>(11)</sup>
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**If more than one group not listed, write other population group(s):** (popgrpOTH) \_\_\_\_\_

**Indigenous identity:** (aborid)  Not applicable<sup>(77)</sup>  First Nations (Status/Non-Status) <sup>(1)</sup>  Métis <sup>(2)</sup>  Inuk (Inuit) <sup>(3)</sup>

**Born in Canada:** (borncan)  No <sup>(1)</sup>  Yes <sup>(2)</sup>

**If not born in Canada, country of birth:** (country) \_\_\_\_\_ **year of arrival:** (yrscan) \_\_\_\_\_

**Marital status:** (marital)  Married<sup>(1)</sup>  Common Law<sup>(2)</sup>  Widowed<sup>(3)</sup>  Separated<sup>(4)</sup>  Single, never married<sup>(5)</sup>  Divorced<sup>(6)</sup>

**Primary income source:** (incsource) (check one only)

<input type="checkbox"/> No income <sup>(0)</sup> <input type="checkbox"/> Employment <sup>(1)</sup> <input type="checkbox"/> AISH <sup>(2)</sup> <input type="checkbox"/> Alberta Income Support <sup>(3)</sup> <input type="checkbox"/> Alberta Family Employment Tax Credit <sup>(4)</sup> <input type="checkbox"/> Alberta Child Benefit <sup>(5)</sup>	<input type="checkbox"/> Canada Child Benefit <sup>(6)</sup> <input type="checkbox"/> Canada Pension Plan (CPP) <sup>(7)</sup> <input type="checkbox"/> Old Age Security (OAS) <sup>(8)</sup> <input type="checkbox"/> Alberta Seniors Benefit (ASB) <sup>(9)</sup> <input type="checkbox"/> Guaranteed Income Supplement (GIS) <sup>(10)</sup> <input type="checkbox"/> Personal private pension/savings/trust fund/inheritance <sup>(11)</sup>	<input type="checkbox"/> War Veterans Allowance (WVA) <sup>(12)</sup> <input type="checkbox"/> Workers Compensation (WCB) <sup>(13)</sup> <input type="checkbox"/> GST rebate <sup>(14)</sup> <input type="checkbox"/> Employment Insurance (EI) <sup>(15)</sup> <input type="checkbox"/> Alternative income source/Parents <sup>(16)</sup>
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**If more than one major income source, write in other major income source:** (othinc) \_\_\_\_\_

<b>Current housing situation:</b> (housing)	<input type="checkbox"/> Stable housing <sup>(1)</sup> <input type="checkbox"/> Temporary housing <sup>(2)</sup> <input type="checkbox"/> Couch surfing <sup>(3)</sup>	<input type="checkbox"/> Shelter <sup>(4)</sup> <input type="checkbox"/> No shelter, sleeping rough <sup>(5)</sup> <input type="checkbox"/> Other <sup>(88)</sup>
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<b>Highest grade completed in school:</b> (edu) _____ (#)	<b>Highest level of education completed after high school, if applicable:</b> (edulvl)	<input type="checkbox"/> Apprenticeship/trades certificate <sup>(1)</sup> <input type="checkbox"/> Non-university degree/diploma <sup>(2)</sup> <input type="checkbox"/> Bachelor's degree or above <sup>(3)</sup>
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**Accessibility: Do you have any long-term (over 6 months):**

<ul style="list-style-type: none"> <li>• <b>Difficulties with hearing, seeing, walking, climbing stairs, or doing any similar activities?</b> (actlim1)</li> <li>• <b>Cognitive difficulties such as learning, remembering or concentrating, or doing any similar activities?</b> (actlim2)</li> <li>• <b>Emotional, psychological or mental health conditions (e.g., anxiety, depression, bipolar disorder, substance abuse, anorexia, etc.)?</b> (actlim3)</li> </ul>	<input type="checkbox"/> Yes, sometimes <sup>(1)</sup> <input type="checkbox"/> Yes, often <sup>(2)</sup> <input type="checkbox"/> No <sup>(3)</sup>
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**For people aged 18 and up:**

<b>Total number of adults (18 or older) in household:</b> (adults) _____	<b>Total number of people under age 18 in household:</b> (numchild) _____	<b>Total number of people in household"</b> (hccount) _____
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## Post-Survey Satisfaction Questions

### FCSS Post-Survey - Satisfaction Questions

Survey 099

**We would like to know about your experience with this FCSS funded program. Please respond to the following questions:**

1. Overall, I am satisfied with this FCSS funded program/service. (FCSS1)	Strongly Disagree (1)	Disagree (2)	Neither agree nor disagree (3)	Agree (4)	Strongly Agree (5)	Not Applicable (77)
2. Overall, I found this program easy to access. (e.g. it was simple to find the programming, easy to register, the referral process was straight forward) (FCSS2)	Strongly Disagree (1)	Disagree (2)	Neither agree nor disagree (3)	Agree (4)	Strongly Agree (5)	Not Applicable (77)

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## 1. Child and Youth Positive Development

<b>The “5 Cs” of Positive Youth Development</b>	
<b>Competence (S4)</b>	Positive view of one’s actions in specific areas, including social, academic, cognitive, health, and vocational. Social competence refers to interpersonal skills (e.g., conflict resolution). Cognitive competence refers to cognitive abilities (e.g., decision making). Academic competence refers to school performance as shown, in part, by school grades, attendance, and test scores. Health competence involves using nutrition, exercise, and rest to keep oneself fit. Vocational competence involves work habits and explorations of career choices. Effective entrepreneurial skills may be one instance of vocational competence.
<b>Character (S5)</b>	Respect for societal and cultural norms, possession of standards for correct behaviors, a sense of right and wrong (morality), and integrity.
<b>Connection (S6)</b>	Positive bonds with people and institutions that are reflected in exchanges between the individual and his or her peers, family, school, and community and in which both parties contribute to the relationship.
<b>Caring/Compassion (S7)</b>	A sense of sympathy and empathy for others.
<b>Confidence (S8)</b>	A sense of self-worth and mastery; having a sense of self-efficacy (belief in one's capacity to succeed).
<b>Contribution (S9)</b> (The 6 <sup>th</sup> ‘C’ is a developmental path from previous categories)	Contributions to self, family, community, and to the institutions of a civil society. active participation and leadership in a variety of settings; making a difference

Note: Use of the all the surveys are ideal to identify PYD and maintain the scale’s validity and reliability.

Adapted From: Arnold, M.E., Nott, B. D., & Meinhold, J. L. (2012). *The Positive Youth Development Inventory Short Version(PYDI)*© Oregon State University. All Rights Reserved.

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## 4. Competence - Cognitive Abilities / Social Competence – Grades 4-12

We would like to gather some information about how you feel about yourself and others around you. Check the box for each statement to show how much you agree or disagree with it. Please do not leave any questions blank, answer the questions honestly.

1. I make good decisions. (comp1)	Strongly Disagree <sub>(1)</sub>	Disagree <sub>(2)</sub>	Agree <sub>(3)</sub>	Strongly Agree <sub>(4)</sub>
2. I make friends easily. (comp2)	Strongly Disagree <sub>(1)</sub>	Disagree <sub>(2)</sub>	Agree <sub>(3)</sub>	Strongly Agree <sub>(4)</sub>
3. I feel comfortable in social situations. (comp3)	Strongly Disagree <sub>(1)</sub>	Disagree <sub>(2)</sub>	Agree <sub>(3)</sub>	Strongly Agree <sub>(4)</sub>
4. I can handle problems that come up in my life. (comp4)	Strongly Disagree <sub>(1)</sub>	Disagree <sub>(2)</sub>	Agree <sub>(3)</sub>	Strongly Agree <sub>(4)</sub>
5. I can manage my emotions. (comp5)	Strongly Disagree <sub>(1)</sub>	Disagree <sub>(2)</sub>	Agree <sub>(3)</sub>	Strongly Agree <sub>(4)</sub>
6. I can handle being disappointed. (comp6)	Strongly Disagree <sub>(1)</sub>	Disagree <sub>(2)</sub>	Agree <sub>(3)</sub>	Strongly Agree <sub>(4)</sub>
7. I am aware of other people's needs in social situations. (comp7)	Strongly Disagree <sub>(1)</sub>	Disagree <sub>(2)</sub>	Agree <sub>(3)</sub>	Strongly Agree <sub>(4)</sub>
8. I have goals for my life. (comp8)	Strongly Disagree <sub>(1)</sub>	Disagree <sub>(2)</sub>	Agree <sub>(3)</sub>	Strongly Agree <sub>(4)</sub>
9. I know what I want to do for a career. (comp9)	Strongly Disagree <sub>(1)</sub>	Disagree <sub>(2)</sub>	Agree <sub>(3)</sub>	Strongly Agree <sub>(4)</sub>
10. I am interested in learning about careers I could have. (comp10)	Strongly Disagree <sub>(1)</sub>	Disagree <sub>(2)</sub>	Agree <sub>(3)</sub>	Strongly Agree <sub>(4)</sub>

## 5. Character – Prosocial Attitudes - Grades 4-12

We would like to gather some information about how you feel about yourself and others around you. Check the box for each statement to show how much you agree or disagree with it. Please do not leave any questions blank, answer the questions honestly and have fun examining your thoughts.

1. It is important for me to do the right thing. (char1)	Strongly Disagree <sub>(1)</sub>	Disagree <sub>(2)</sub>	Agree <sub>(3)</sub>	Strongly Agree <sub>(4)</sub>
2. I try to do the right thing, even when I know that no one will know if I do or not. (char2)	Strongly Disagree <sub>(1)</sub>	Disagree <sub>(2)</sub>	Agree <sub>(3)</sub>	Strongly Agree <sub>(4)</sub>
3. It is important for me to do my best. (char3)	Strongly Disagree <sub>(1)</sub>	Disagree <sub>(2)</sub>	Agree <sub>(3)</sub>	Strongly Agree <sub>(4)</sub>
4. If I promise to do something I can be counted on to do it. (char4)	Strongly Disagree <sub>(1)</sub>	Disagree <sub>(2)</sub>	Agree <sub>(3)</sub>	Strongly Agree <sub>(4)</sub>
5. I am able to stand up to peer pressure when I feel something is not right to do. (char5)	Strongly Disagree <sub>(1)</sub>	Disagree <sub>(2)</sub>	Agree <sub>(3)</sub>	Strongly Agree <sub>(4)</sub>

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## 6. Connection – Social Connections - Grades 4-12

We would like to gather some information about how you feel about yourself and others around you. Check the box for each statement to show how much you agree or disagree with it. Please do not leave any questions blank, answer the questions honestly.

1. I have a wide circle of friends. (conn1)	Strongly Disagree <sub>(1)</sub>	Disagree <sub>(2)</sub>	Agree <sub>(3)</sub>	Strongly Agree <sub>(4)</sub>
2. I think it is important to be involved with other people. (conn2)	Strongly Disagree <sub>(1)</sub>	Disagree <sub>(2)</sub>	Agree <sub>(3)</sub>	Strongly Agree <sub>(4)</sub>
3. My friends care about me. (conn3)	Strongly Disagree <sub>(1)</sub>	Disagree <sub>(2)</sub>	Agree <sub>(3)</sub>	Strongly Agree <sub>(4)</sub>
4. I feel connected to my teachers. (conn4)	Strongly Disagree <sub>(1)</sub>	Disagree <sub>(2)</sub>	Agree <sub>(3)</sub>	Strongly Agree <sub>(4)</sub>
5. Having friends is important to me. (conn5)	Strongly Disagree <sub>(1)</sub>	Disagree <sub>(2)</sub>	Agree <sub>(3)</sub>	Strongly Agree <sub>(4)</sub>
6. I feel connected to others in my community. (conn6)	Strongly Disagree <sub>(1)</sub>	Disagree <sub>(2)</sub>	Agree <sub>(3)</sub>	Strongly Agree <sub>(4)</sub>
7. I have adults in my life who are interested in me. (conn7)	Strongly Disagree <sub>(1)</sub>	Disagree <sub>(2)</sub>	Agree <sub>(3)</sub>	Strongly Agree <sub>(4)</sub>
8. I feel connected to my parents. (conn8)	Strongly Disagree <sub>(1)</sub>	Disagree <sub>(2)</sub>	Agree <sub>(3)</sub>	Strongly Agree <sub>(4)</sub>

## 7. Caring/Compassion –Sympathy/empathy for others - Grades 4-12

We would like to gather some information about how you feel about yourself and others around you. Check the box for each statement to show how much you agree or disagree with it. Please do not leave any questions blank, answer the questions honestly.

1. It is easy for me to consider the feelings of others. (car1)	Strongly Disagree <sub>(1)</sub>	Disagree <sub>(2)</sub>	Agree <sub>(3)</sub>	Strongly Agree <sub>(4)</sub>
2. Other people's feelings matter to me. (car2)	Strongly Disagree <sub>(1)</sub>	Disagree <sub>(2)</sub>	Agree <sub>(3)</sub>	Strongly Agree <sub>(4)</sub>

## 8. Confidence – Emotional Wellbeing - Grades 4-12

We would like to gather some information about how you feel about yourself and others around you. Check the box for each statement to show how much you agree or disagree with it. Please do not leave any questions blank, answer the questions honestly.

1. I am satisfied with how I look. (conf1)	Strongly Disagree <sub>(1)</sub>	Disagree <sub>(2)</sub>	Agree <sub>(3)</sub>	Strongly Agree <sub>(4)</sub>
2. I feel accepted by my friends. (conf2)	Strongly Disagree <sub>(1)</sub>	Disagree <sub>(2)</sub>	Agree <sub>(3)</sub>	Strongly Agree <sub>(4)</sub>
3. In general, I think I am a worthy person. (conf3)	Strongly Disagree <sub>(1)</sub>	Disagree <sub>(2)</sub>	Agree <sub>(3)</sub>	Strongly Agree <sub>(4)</sub>
3. I have close friendships. (conf4)	Strongly Disagree <sub>(1)</sub>	Disagree <sub>(2)</sub>	Agree <sub>(3)</sub>	Strongly Agree <sub>(4)</sub>
4. I can do things that make a difference. (conf5)	Strongly Disagree <sub>(1)</sub>	Disagree <sub>(2)</sub>	Agree <sub>(3)</sub>	Strongly Agree <sub>(4)</sub>

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## 9. Contribution –Community and leadership - Grades4-12

We would like to gather some information about how you feel about yourself and others around you. Check the box for each statement to show how much you agree or disagree with it. Please do not leave any question blank, answer the questions honestly.

1. I take an active role in my community. (cont1)	Strongly Disagree <sub>(1)</sub>	Disagree <sub>(2)</sub>	Agree <sub>(3)</sub>	Strongly Agree <sub>(4)</sub>
2. I am someone who gives to benefit others. (cont2)	Strongly Disagree <sub>(1)</sub>	Disagree <sub>(2)</sub>	Agree <sub>(3)</sub>	Strongly Agree <sub>(4)</sub>
3. I like to work with others to solve problems. (cont3)	Strongly Disagree <sub>(1)</sub>	Disagree <sub>(2)</sub>	Agree <sub>(3)</sub>	Strongly Agree <sub>(4)</sub>
4. I have things I can offer to others. (cont4)	Strongly Disagree <sub>(1)</sub>	Disagree <sub>(2)</sub>	Agree <sub>(3)</sub>	Strongly Agree <sub>(4)</sub>
5. I believe I can make a difference in the world. (cont5)	Strongly Disagree <sub>(1)</sub>	Disagree <sub>(2)</sub>	Agree <sub>(3)</sub>	Strongly Agree <sub>(4)</sub>
6. I care about contributing to make the world a better place for everyone. (cont6)	Strongly Disagree <sub>(1)</sub>	Disagree <sub>(2)</sub>	Agree <sub>(3)</sub>	Strongly Agree <sub>(4)</sub>
7. It is important for me to try and make a difference in the world. (cont7)	Strongly Disagree <sub>(1)</sub>	Disagree <sub>(2)</sub>	Agree <sub>(3)</sub>	Strongly Agree <sub>(4)</sub>

## 10. Physical Wellbeing - Grades4-12

We would like to know how you have been **feeling during the past week**.

1. I felt ill. (phys1)	Never <sub>(5)</sub>	Seldom <sub>(4)</sub>	Sometimes <sub>(3)</sub>	Often <sub>(2)</sub>	All of the time <sub>(1)</sub>
2. I was in pain/ had a headache or stomachache. (phys2)	Never <sub>(5)</sub>	Seldom <sub>(4)</sub>	Sometimes <sub>(3)</sub>	Often <sub>(2)</sub>	All of the time <sub>(1)</sub>
3. I was tired and worn-out. (phys3)	Never <sub>(5)</sub>	Seldom <sub>(4)</sub>	Sometimes <sub>(3)</sub>	Often <sub>(2)</sub>	All of the time <sub>(1)</sub>
4. I felt strong and full of energy. (phys4)	Never <sub>(1)</sub>	Seldom <sub>(2)</sub>	Sometimes <sub>(3)</sub>	Often <sub>(4)</sub>	All of the time <sub>(5)</sub>

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## 2. Economic Self-Sufficiency

### 11. Personal Capital

**We would like to know about your employment situations and expectations. Please do not leave any questions blank, answer the questions honestly.**

1. In the past 4 weeks, did you have a paid job? (PC1)	Yes (1)			No (0)		
2. Your job offers good prospects for career advancement. (PC2)	Strongly Disagree (1)	Disagree (2)	Neither agree nor disagree (3)	Agree (4)	Strongly Agree (5)	Not Applicable (77)
3. Considering your education, training and experience, you are over-qualified for your job. (PC3)	Strongly Disagree (1)	Disagree (2)	Neither agree nor disagree (3)	Agree (4)	Strongly Agree (5)	Not Applicable (77)
4. In general, you are satisfied with your employment situation. (PC4)	Strongly Disagree (1)	Disagree (2)	Neither agree nor disagree (3)	Agree (4)	Strongly Agree (5)	Not Applicable (77)
5. If you were to lose or quit your current job, it would be easy to find a job of similar salary. (PC5)	Strongly Disagree (1)	Disagree (2)	Neither agree nor disagree (3)	Agree (4)	Strongly Agree (5)	Not Applicable (77)
6. If needed, you have people (such as friends or professional network) who can help you find a job. (PC6)	Strongly Disagree (1)	Disagree (2)	Neither agree nor disagree (3)	Agree (4)	Strongly Agree (5)	Not Applicable (77)
7. Do you think you will have more future employment opportunities because of any recent training? (PC7)	Yes (1)			No (0)		Not working /Not Applicable (77)

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## 12. Personal Capacity - Basic Functional Life Skills

We would like to know your living skills in the following areas listed. Please do not leave any questions blank, answer the questions honestly.

1. I know how to use public (or other types of) transportation to get to where I need to go. (bfls1)	No (1)	Mostly no (2)	Mostly yes (3)	Yes (4)
2. I know how to access information on the internet. (bfls2)	No (1)	Mostly no (2)	Mostly yes (3)	Yes (4)
3. I know how to manage my bank account. (bfls3)	No (1)	Mostly no (2)	Mostly yes (3)	Yes (4)
4. I know where to get my identification documents (e.g. Social Insurance Number, health card, driver's licence, birth certificate). (bfls4)	No (1)	Mostly no (2)	Mostly yes (3)	Yes (4)
5. I feel confident speaking up for myself when I need to. (bfls5)	No (1)	Mostly no (2)	Mostly yes (3)	Yes (4)
6. I have a support system that will help me in times of need. (bfls6)	No (1)	Mostly no (2)	Mostly yes (3)	Yes (4)

## 13. Income/Asset Building

We would like to know about your income/asset building habits and perceptions. Please do not leave any questions blank, answer the questions honestly.

1. Do you <u>currently</u> have a personal budget, spending plan, or financial plan? (apc1)	Yes (1)	No (0)
2. If you had an unexpected expense or someone in your family lost a job, got sick or had another emergency, could you or your family come up with money to make ends meet within a month? (apc2)	Yes (1)	No (0)
3. Do you <u>currently</u> have an automatic deposit or electronic transfer set up to put money away for a future use (such as savings)? (apc3)	Yes (1)	No (0)
4. Over the <u>past month</u> , would you say you or your family's spending on living expenses was less than its total income? (apc4)	Yes (1)	No (0)
5. In the last <u>2 months</u> , have you been charged a late fee on a loan or bill? (apc5)	Yes (0)	No (1)
6. In the past month, would you say you were stressed about your financial situation?	Yes (0)	No (1)

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## 14. Long-Term Decreased Expenses; Increased Income from Sources (program staff to complete) <sup>1</sup>

Please identify if the client is receiving any of the following income sources. For each income source, the examples provided is by **no means an exhaustive list**.

### 1. Federal benefits/subsidies (e.g. CPP, GIS, OAS, EI, Canada Child Benefit, tax refund, education bursary)

(a) Is client entitled to receive? <small>(pr1t1a)</small>	No <sub>(1)</sub>	Yes <sub>(2)</sub>
(b) Is client receiving? <small>(pr1t1b)</small>	No <sub>(1)</sub>	Yes <sub>(2)</sub>

### 2. Provincial benefits/subsidies (e.g. AISH, Income Support/Alberta Works, Alberta Health Care, Alberta Adult or Child Health Benefits, Emergency Financial Assistance, child care subsidy, Advancing Futures Bursary)

(a) Is client entitled to receive? <small>(pr1t2a)</small>	No <sub>(1)</sub>	Yes <sub>(2)</sub>
(b) Is client receiving? <small>(pr1t2b)</small>	No <sub>(1)</sub>	Yes <sub>(2)</sub>

### 3. Municipal subsidies (e.g. low-income or seniors transit pass, recreation subsidy, property tax assistance program, Seniors Services Home Maintenance program)

(a) Is client entitled to receive? <small>(pr1t3a)</small>	No <sub>(1)</sub>	Yes <sub>(2)</sub>
(b) Is client receiving? <small>(pr1t3b)</small>	No <sub>(1)</sub>	Yes <sub>(2)</sub>

### 4. Private income (e.g. private pension, spousal/child support, inheritance)

(a) Is client entitled to receive? <small>(pr1t5a)</small>	No <sub>(1)</sub>	Yes <sub>(2)</sub>
(b) Is client receiving? <small>(pr1t5b)</small>	No <sub>(1)</sub>	Yes <sub>(2)</sub>

### 5. Subsidized housing (e.g. Calgary Housing Company)

(a) Is client entitled to receive? <small>(pr1t6a)</small>	No <sub>(1)</sub>	Yes <sub>(2)</sub>
(b) Is client receiving? <small>(pr1t6b)</small>	No <sub>(1)</sub>	Yes <sub>(2)</sub>

### 6. Low-cost food program (e.g. Food Hampers)

(a) Is client entitled to receive? <small>(pr1t7a)</small>	No <sub>(1)</sub>	Yes <sub>(2)</sub>
(b) Is client receiving? <small>(pr1t7b)</small>	No <sub>(1)</sub>	Yes <sub>(2)</sub>

### 7. Employment income (e.g. wages and salaries from a paid job or self-employment)

(a) Is client receiving? <small>(pr1t8a)</small>	No <sub>(1)</sub>	Yes <sub>(2)</sub>
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<sup>1</sup> S-015, all '(a)' responses: Cannot be analyzed for statistically significant change. Provided as a screening question for agency staff members who complete this question on a client's behalf.

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## 15. Food Security

We would like to know your ability to access sufficient, safe, and nutritious food. Please do not leave any questions blank, answer the questions honestly.

1. In the past 3 months, the food that you bought just didn't last and there wasn't any money to get more. (food1)	Always/ Often true (1)	Sometimes true (2)	Rarely true (3)	Never true (4)
2. In the past 3 months, you couldn't afford to eat balanced meals. (food2)	Always/ Often true (1)	Sometimes true (2)	Rarely true (3)	Never true (4)
3. In the past 3 months, were you (personally) ever hungry but didn't eat because you couldn't afford enough food? (food3)	Always/ Often true (1)	Sometimes true (2)	Rarely true (3)	Never true (4)
4. In the past 3 months, were you (personally) ever hungry but didn't eat because you were unable to prepare meals? (food4)	Always/ Often true (1)	Sometimes true (2)	Rarely true (3)	Never true (4)

## 16. Housing Satisfaction

The next questions are about your satisfaction with your dwelling. Consider only aspects that are part of your dwelling or your building. Exclude your neighbourhood.

**How satisfied are you with the following aspects of your dwelling?**

1. Having enough space overall in your home. (hous1)	Very dissatisfied (1)	Dissatisfied (2)	Neither satisfied nor dissatisfied (3)	Satisfied (4)	Very satisfied (5)
2. Having enough bedrooms. (hous2)	Very dissatisfied (1)	Dissatisfied (2)	Neither satisfied nor dissatisfied (3)	Satisfied (4)	Very satisfied (5)
3. Being affordable. (hous3)	Very dissatisfied (1)	Dissatisfied (2)	Neither satisfied nor dissatisfied (3)	Satisfied (4)	Very satisfied (5)
4. Its condition. (hous4)	Very dissatisfied (1)	Dissatisfied (2)	Neither satisfied nor dissatisfied (3)	Satisfied (4)	Very satisfied (5)
5. Blocking regular noise from outside or neighbours. (hous5)	Very dissatisfied (1)	Dissatisfied (2)	Neither satisfied nor dissatisfied (3)	Satisfied (4)	Very satisfied (5)
6. Being safe and secure within the home. (hous6)	Very dissatisfied (1)	Dissatisfied (2)	Neither satisfied nor dissatisfied (3)	Satisfied (4)	Very satisfied (5)
7. Being energy efficient. (hous7)	Very dissatisfied (1)	Dissatisfied (2)	Neither satisfied nor dissatisfied (3)	Satisfied (4)	Very satisfied (5)
8. Being able to maintain a comfortable temperature in the winter. (hous8)	Very dissatisfied (1)	Dissatisfied (2)	Neither satisfied nor dissatisfied (3)	Satisfied (4)	Very satisfied (5)
9. Being able to maintain a comfortable temperature in the summer (hous9)	Very dissatisfied (1)	Dissatisfied (2)	Neither satisfied nor dissatisfied (3)	Satisfied (4)	Very satisfied (5)

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### 3. Positive Social Ties/Social Participation

#### 17. Social Support and Daily Living

How often is each of the following kinds of support available to you if you need it:

1. Someone to enjoy your time with? <small>(pst1)</small>	Never <sub>(1)</sub>	A little of the time <sub>(2)</sub>	Some of the time <sub>(3)</sub>	Most of the time <sub>(4)</sub>	Always <sub>(5)</sub>
2. Someone to turn to for suggestions about how to deal with a personal problem? <small>(pst2)</small>	Never <sub>(1)</sub>	A little of the time <sub>(2)</sub>	Some of the time <sub>(3)</sub>	Most of the time <sub>(4)</sub>	Always <sub>(5)</sub>
3. Someone to spend time with to get your mind off of things? <small>(pst3)</small>	Never <sub>(1)</sub>	A little of the time <sub>(2)</sub>	Some of the time <sub>(3)</sub>	Most of the time <sub>(4)</sub>	Always <sub>(5)</sub>
4. Someone to take you to the doctor if you needed it? <small>(pst4)</small>	Never <sub>(1)</sub>	A little of the time <sub>(2)</sub>	Some of the time <sub>(3)</sub>	Most of the time <sub>(4)</sub>	Always <sub>(5)</sub>
5. Someone to help with daily chores if you were unable to do it yourself? <small>(pst5)</small>	Never <sub>(1)</sub>	A little of the time <sub>(2)</sub>	Some of the time <sub>(3)</sub>	Most of the time <sub>(4)</sub>	Always <sub>(5)</sub>

#### 18. Volunteerism

These questions ask how often you are involved with volunteering activities. Please do not leave any questions blank, answer the questions honestly.

1. Are you a member of any voluntary organizations or associations such as school groups, religious social groups, community centres, ethnic associations, or social, civic, or fraternal clubs? <small>(sip1)</small>	No <sub>(1)</sub>	Yes <sub>(2)</sub>			
2. How often did you participate in meetings or activities of these groups in the last 3 months <b>in person</b> ? <small>(sip2)</small>	Not at all / Not a member <sub>(1)</sub>	At least once a day <sub>(5)</sub>	At least once a week <sub>(4)</sub>	At least once a month <sub>(2)</sub>	At least once in three months <sub>(3)</sub>
3. How often did you participate in meetings or activities of these groups in the last 3 months <b>on the internet</b> ? <small>(sip3)</small>	Not at all / Not a member <sub>(1)</sub>	At least once a day <sub>(5)</sub>	At least once a week <sub>(4)</sub>	At least once a month <sub>(2)</sub>	At least once in three months <sub>(3)</sub>
4. In the past 3 months, did you do unpaid volunteer work for any organization, whether or not you were a member of this organization? <small>(sip4)</small>	No <sub>(1)</sub>	Yes <sub>(2)</sub>			
5. On average, about how many hours per month did you volunteer? <small>(sip5)</small>	I did not do any volunteer work <sub>(1)</sub>	Less than 1 hour a month <sub>(2)</sub>	1 to 4 hours a month <sub>(3)</sub>	5 to 15 hours a month <sub>(4)</sub>	Over 15 hours a month <sub>(5)</sub>
6. Have you made any new friends through volunteering? <small>(sip6)</small>	No / Did not volunteer <sub>(1)</sub>	Yes <sub>(2)</sub>			

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## 19. Community Participation

These questions ask how often you see other people or get involved in different activities in your neighbourhood and wider community. Please select your answer for each statement that is closest to your opinion.

1. My neighbours tell me their news or I tell them mine <small>(compar7)</small>	Never, or almost never <small>(1)</small>	Rarely <small>(2)</small>	Occasionally <small>(3)</small>	Quite often <small>(4)</small>	Very often <small>(5)</small>	Always, or almost always <small>(6)</small>
2. I chat with my neighbours <small>(compar8)</small>	Never, or almost never <small>(1)</small>	Rarely <small>(2)</small>	Occasionally <small>(3)</small>	Quite often <small>(4)</small>	Very often <small>(5)</small>	Always, or almost always <small>(6)</small>
3. I take an active part in organized group activities in my community <small>(compar9)</small>	Never, or almost never <small>(1)</small>	Rarely <small>(2)</small>	Occasionally <small>(3)</small>	Quite often <small>(4)</small>	Very often <small>(5)</small>	Always, or almost always <small>(6)</small>
4. I am an active member of at least one sporting, hobby or community-based club or association <small>(compar10)</small>	Never, or almost never <small>(1)</small>	Rarely <small>(2)</small>	Occasionally <small>(3)</small>	Quite often <small>(4)</small>	Very often <small>(5)</small>	Always, or almost always <small>(6)</small>
5. I attend events that bring people together such as parties, shows, festivals, or other community events <small>(compar11)</small>	Never, or almost never <small>(1)</small>	Rarely <small>(2)</small>	Occasionally <small>(3)</small>	Quite often <small>(4)</small>	Very often <small>(5)</small>	Always, or almost always <small>(6)</small>

## 20. Social Networks - Seniors

These questions ask how about social engagement, including family and friends. Please select your answer for each statement that is closest to your opinion.

Questions					
1. How many relatives do you see or hear from at least once a month? <small>(lub1)</small>	None (0)	One or Two (1)	Three or Four (3)	Five to Eight (4)	Nine or More (5)
2. How many relatives do you feel at ease with that you can talk to about private matters?. <small>(lub2)</small>	None (0)	One or Two (1)	Three or Four (3)	Five to Eight (4)	Nine or More (5)
3. How many relatives do you feel close to such that you could call on them for help? <small>(lub3)</small>	None (0)	One or Two (1)	Three or Four (3)	Five to Eight (4)	Nine or More (5)
4. How many of your friends do you see or hear from at least once a month? <small>(lub4)</small>	None (0)	One or Two (1)	Three or Four (3)	Five to Eight (4)	Nine or More (5)
5. How many friends do you feel at ease with that you can talk to about private matters? <small>(lub5)</small>	None (0)	One or Two (1)	Three or Four (3)	Five to Eight (4)	Nine or More (5)
6. How many friends do you feel close to such that you could call on them for help? <small>(lub6)</small>	None (0)	One or Two (1)	Three or Four (3)	Five to Eight (4)	Nine or More (5)

**Scoring:** Total score is an equally weighted sum of these six items. Scores range from 0 to 30.

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## 4. Family Functioning and Positive Parenting

### 21. Family Functioning – Parent / Adult

We would like to know about your family relationships. Please describe how often each of the following statements describe your family. Please do not leave any questions blank, answer the questions honestly.

1. In times of crisis we can turn to each other for support. <small>(famco1)</small>	Never <sub>(1)</sub>	A little of the time <sub>(2)</sub>	Most of the time <sub>(3)</sub>	Always <sub>(4)</sub>
2. In our family we feel accepted for who we are. <small>(famco2)</small>	Never <sub>(1)</sub>	A little of the time <sub>(2)</sub>	Most of the time <sub>(3)</sub>	Always <sub>(4)</sub>
3. We are able to make decisions about how to solve problems. <small>(famco3)</small>	Never <sub>(1)</sub>	A little of the time <sub>(2)</sub>	Most of the time <sub>(3)</sub>	Always <sub>(4)</sub>
4. We don't get along well together. <small>(famco4)</small>	Never <sub>(4)</sub>	A little of the time <sub>(3)</sub>	Most of the time <sub>(2)</sub>	Always <sub>(1)</sub>
5. Drinking, drug use, or gambling is a source of tension or disagreement in our family. <small>(famco5)</small>	Never <sub>(4)</sub>	A little of the time <sub>(3)</sub>	Most of the time <sub>(2)</sub>	Always <sub>(1)</sub>
6. We feel hopeful about the future. <small>(famco6)</small>	Never <sub>(1)</sub>	A little of the time <sub>(2)</sub>	Most of the time <sub>(3)</sub>	Always <sub>(4)</sub>
7. In my family we talk to each other about the things that matter to us. <small>(famco7)</small>	Never <sub>(1)</sub>	A little of the time <sub>(2)</sub>	Most of the time <sub>(3)</sub>	Always <sub>(4)</sub>

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## 22. Safety from Domestic Abuse

You may be facing a variety of different challenges to safety. The word **safety** in the next set of questions mean safety from physical or emotional abuse by another person. **Please select the response that best describes how you think about your and your family's safety right now.** When you are responding to these questions, it is fine to think about your family's safety along with your own if that is what you usually do.

1. I can cope with whatever challenges come at me as I work to keep safe. (vio1)	Never True (1)	Sometimes True (2)	Half of the time true (3)	Mostly True (4)	Always True (5)
2. I know what to do in response to threats to my safety. (vio2)	Never True (1)	Sometimes True (2)	Half of the time true (3)	Mostly True (4)	Always True (5)
3. I have a good idea about what kinds of support for safety that I can get from people in my community (friends, family, neighbors, people in my faith community, etc.). (vio3)	Never True (1)	Sometimes True (2)	Half of the time true (3)	Mostly True (4)	Always True (5)
4. I know what my next steps are on the path to keeping safe. (vio4)	Never True (1)	Sometimes True (2)	Half of the time true (3)	Mostly True (4)	Always True (5)
5. When something doesn't work to keep safe, I can try something else. (vio5)	Never True (1)	Sometimes True (2)	Half of the time true (3)	Mostly True (4)	Always True (5)
6. I feel comfortable asking for help to keep safe. (vio6)	Never True (1)	Sometimes True (2)	Half of the time true (3)	Mostly True (4)	Always True (5)
7. When I think about keeping safe, I have a clear sense of my goals for the next few years. (vio7)	Never True (1)	Sometimes True (2)	Half of the time true (3)	Mostly True (4)	Always True (5)
8. I feel confident in the decisions I make to keep safe. (vio8)	Never True (1)	Sometimes True (2)	Half of the time true (3)	Mostly True (4)	Always True (5)
9. I have a good idea about what kinds of support for safety I can get from community programs and services. (vio9)	Never True (1)	Sometimes True (2)	Half of the time true (3)	Mostly True (4)	Always True (5)
10. Community programs and services provide support I need to keep safe. (vio10)	Never True (1)	Sometimes True (2)	Half of the time true (3)	Mostly True (4)	Always True (5)

## 23. Positive Parenting – Parent /Adult

We would like to know about parenting. Please describe how often each of the following statements describe you. Please do not leave any questions blank, answer the questions honestly.

1. I share an affectionate, warm relationship with my child. (ppar1)	Never <sub>(1)</sub>	Seldom <sub>(2)</sub>	Sometimes <sub>(3)</sub>	Often <sub>(4)</sub>	All of the time <sub>(5)</sub>
2. I notice and praise my child(ren)'s good behaviour. (ppar2)	Never <sub>(1)</sub>	Seldom <sub>(2)</sub>	Sometimes <sub>(3)</sub>	Often <sub>(4)</sub>	All of the time <sub>(5)</sub>
3. I invite my child(ren) to play a game with me or share an enjoyable activity. (ppar3)	Never <sub>(1)</sub>	Seldom <sub>(2)</sub>	Sometimes <sub>(3)</sub>	Often <sub>(4)</sub>	All of the time <sub>(5)</sub>
4. I teach my child(ren) new skills. (ppar4)	Never <sub>(1)</sub>	Seldom <sub>(2)</sub>	Sometimes <sub>(3)</sub>	Often <sub>(4)</sub>	All of the time <sub>(5)</sub>
5. I speak calmly with my child(ren) when I were upset with them. (ppar5)	Never <sub>(1)</sub>	Seldom <sub>(2)</sub>	Sometimes <sub>(3)</sub>	Often <sub>(4)</sub>	All of the time <sub>(5)</sub>
6. I make sure my child(ren) followed the rules I set all or most of the time. (ppar6)	Never <sub>(1)</sub>	Seldom <sub>(2)</sub>	Sometimes <sub>(3)</sub>	Often <sub>(4)</sub>	All of the time <sub>(5)</sub>
7. I set a routine for my child(ren) to get ready in the morning. (ppar7)	Never <sub>(1)</sub>	Seldom <sub>(2)</sub>	Sometimes <sub>(3)</sub>	Often <sub>(4)</sub>	All of the time <sub>(5)</sub>
8. I talk about my child(ren)'s friends or activities with them. (ppar8)	Never <sub>(1)</sub>	Seldom <sub>(2)</sub>	Sometimes <sub>(3)</sub>	Often <sub>(4)</sub>	All of the time <sub>(5)</sub>

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## 5. Indigenous Healing and Wellbeing Surveys

### Indigenous Identity

#### 24. Cultural Safety and Cultural Programming

1. I understand the importance of Indigenous language. For example, I have been involved in learning Indigenous language such as taking Indigenous language classes, hearing or speaking with Elders or cultural people who speak their own language, or storytelling in an Indigenous language. <sub>(cscp1)</sub>	No involvement <sub>(1)</sub>	Limited involvement <sub>(2)</sub>	Moderate involvement <sub>(3)</sub>	Extensive involvement <sub>(4)</sub>
2. I have been involved in traditional cultural social events and ceremonies such as Pow Wow, smudging, pipe ceremonies, sweat lodge ceremonies, and Inuit or Métis ceremonies. <sub>(cscp2)</sub>	No involvement <sub>(1)</sub>	Limited involvement <sub>(2)</sub>	Moderate involvement <sub>(3)</sub>	Extensive involvement <sub>(4)</sub>
3. I understand traditional Indigenous protocols and how they are used when approaching Elders or cultural people for things like asking Elders for guidance or healing, making offerings, and using a Circle Process. <sub>(cscp3)</sub>	No understanding <sub>(1)</sub>	Limited understanding <sub>(2)</sub>	Moderate understanding <sub>(3)</sub>	Extensive understanding <sub>(4)</sub>
4. I understand my own traditional Indigenous teachings such as morals and values, caring for sacred items, sacred self-care, sacred teachings, relational accountability, and creation stories. <sub>(cscp4)</sub>	No understanding <sub>(1)</sub>	Limited understanding <sub>(2)</sub>	Moderate understanding <sub>(3)</sub>	Extensive understanding <sub>(4)</sub>
5. I understand cultural teachings and practices and how to use them to help me make choices if I am faced with a problem or feel troubled. <sub>(cscp5)</sub>	No understanding <sub>(1)</sub>	Limited understanding <sub>(2)</sub>	Moderate understanding <sub>(3)</sub>	Extensive understanding <sub>(4)</sub>
6. I understand traditional kinship concepts and practices such as kinship mapping (family history), traditional parenting practices, traditional knowledge of child and family teachings, and extended family relational accountability. <sub>(cscp6)</sub>	No understanding <sub>(1)</sub>	Limited understanding <sub>(2)</sub>	Moderate understanding <sub>(3)</sub>	Extensive understanding <sub>(4)</sub>

#### 25. Cultural Role Modelling and Mentoring

1. I use traditional Indigenous practices or approaches that have been taught or modelled to me for things like traditional conflict resolution, traditional childrearing, and traditional gender roles. <sub>(crmm1)</sub>	Never <sub>(1)</sub>	Seldom <sub>(2)</sub>	Often <sub>(3)</sub>	Always <sub>(4)</sub>
2. I have been involved in traditional Indigenous cultural teachings and ceremony that were led by a traditional Indigenous mentor or role model. <sub>(crmm2)</sub>	No involvement <sub>(1)</sub>	Limited involvement <sub>(2)</sub>	Moderate involvement <sub>(3)</sub>	Extensive involvement <sub>(4)</sub>

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## 26. Historical Indigenous Knowledge

<p>1. I have an understanding of the history of Indigenous people in the world, for example, pre/post European contact, Residential Schools, "the 60's scoop," and local history.<sup>(hak1)</sup></p>	<p>No understanding<sup>(1)</sup></p>	<p>Limited understanding<sup>(2)</sup></p>	<p>Moderate understanding<sup>(3)</sup></p>	<p>Extensive understanding<sup>(4)</sup></p>
<p>2. I have an understanding of how I am affected by the impacts of intergenerational trauma as well as how intergenerational trauma affects Residential School survivors, other individuals, families, and communities.<sup>(hak2)</sup></p>	<p>No understanding<sup>(1)</sup></p>	<p>Limited understanding<sup>(2)</sup></p>	<p>Moderate understanding<sup>(3)</sup></p>	<p>Extensive understanding<sup>(4)</sup></p>
<p>3. I have an understanding of the resources and supports available to me (such as Elders or agencies) to process any impact of intergenerational trauma on myself, my family, or my community.<sup>(hak3)</sup></p>	<p>No understanding<sup>(1)</sup></p>	<p>Limited understanding<sup>(2)</sup></p>	<p>Moderate understanding<sup>(3)</sup></p>	<p>Extensive understanding<sup>(4)</sup></p>

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## Social Inclusion

### 27. Sense of Cultural Belonging and Feeling Supported

1. When I am successful, I am acknowledged and celebrated for my accomplishment. <sub>(scbfs1)</sub>	Never <sub>(1)</sub>	Seldom <sub>(2)</sub>	Often <sub>(3)</sub>	Always <sub>(4)</sub>
2. I feel that I can participate and solve problems in traditional or other supportive ways such as through sharing circles or traditional approaches to conflict resolution or mediation. <sub>(scbfs2)</sub>	Never <sub>(1)</sub>	Seldom <sub>(2)</sub>	Often <sub>(3)</sub>	Always <sub>(4)</sub>
3. I can access culturally appropriate and knowledgeable resources such as Elders, speakers, or traditional people who will listen to me and help me solve my problems. <sub>(scbfs3)</sub>	Never <sub>(1)</sub>	Seldom <sub>(2)</sub>	Often <sub>(3)</sub>	Always <sub>(4)</sub>
4. I feel I have access to traditional supportive practices such as smudging or ceremony where I feel like I belong and am supported. <sub>(scbfs4)</sub>	Never <sub>(1)</sub>	Seldom <sub>(2)</sub>	Often <sub>(3)</sub>	Always <sub>(4)</sub>
5. I feel included in the Indigenous community. <sub>(scbfs5)</sub>	Never <sub>(1)</sub>	Seldom <sub>(2)</sub>	Often <sub>(3)</sub>	Always <sub>(4)</sub>

### 28. Personal Advocacy and a Sense of Empowerment

1. I have someone I can talk to about finding a way to address specific problems or concerns such as resolving conflicts in the community (e.g., when shopping or renting an apartment). <sub>(pase1)</sub>	Never <sub>(1)</sub>	Seldom <sub>(2)</sub>	Often <sub>(3)</sub>	Always <sub>(4)</sub>
2. I am able to live in the Indigenous and non-Indigenous world, and I have the skills to address any issues I may come up against in either world. <sub>(pase2)</sub>	Strongly Disagree <sub>(1)</sub>	Somewhat Disagree <sub>(2)</sub>	Somewhat Agree <sub>(3)</sub>	Strongly Agree <sub>(4)</sub>
3. I am able to handle any problems that keep me from feeling included in the Indigenous or non-Indigenous community. <sub>(pase3)</sub>	Strongly Disagree <sub>(1)</sub>	Somewhat Disagree <sub>(2)</sub>	Somewhat Agree <sub>(3)</sub>	Strongly Agree <sub>(4)</sub>
4. I spend time helping others learn about who they are as Indigenous people. <sub>(pase4)</sub>	Strongly Disagree <sub>(1)</sub>	Somewhat Disagree <sub>(2)</sub>	Somewhat Agree <sub>(3)</sub>	Strongly Agree <sub>(4)</sub>
5. I am able to understand and address issues I may face in the community such as when going to the doctor or speaking to teachers at my or my child's school. <sub>(pase5)</sub>	Strongly Disagree <sub>(1)</sub>	Somewhat Disagree <sub>(2)</sub>	Somewhat Agree <sub>(3)</sub>	Strongly Agree <sub>(4)</sub>

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## Indigenous families and traditional parenting practices

### 29. Understanding Traditional and Community-Based Parenting Practices

1. I understand how I am related to people in the Indigenous community, such as having knowledge of my family and community history, who my relatives are, and who my extended family is. <sub>(tcp1)</sub>	No understanding <sub>(1)</sub>	Limited understanding <sub>(2)</sub>	Moderate understanding <sub>(3)</sub>	Extensive understanding <sub>(4)</sub>
2. I understand the history and impact of colonization and assimilation on my family and community. <sub>(tcp2)</sub>	No understanding <sub>(1)</sub>	Limited understanding <sub>(2)</sub>	Moderate understanding <sub>(3)</sub>	Extensive understanding <sub>(4)</sub>
3. I understand what community-based childrearing means and why it is important. For example, I understand the family's responsibility to nurture the gifts children bring with them. <sub>(tcp3)</sub>	No understanding <sub>(1)</sub>	Limited understanding <sub>(2)</sub>	Moderate understanding <sub>(3)</sub>	Extensive understanding <sub>(4)</sub>
4. I understand that by carrying on the teachings of the Ancestors there will be an impact on my family and community. <sub>(tcp4)</sub>	No understanding <sub>(1)</sub>	Limited understanding <sub>(2)</sub>	Moderate understanding <sub>(3)</sub>	Extensive understanding <sub>(4)</sub>
5. I understand the use of traditional parenting practices such as the moss bag, naming ceremony, willow teachings, the swing, and nurturing. <sub>(tcp5)</sub>	No understanding <sub>(1)</sub>	Limited understanding <sub>(2)</sub>	Moderate understanding <sub>(3)</sub>	Extensive understanding <sub>(4)</sub>
6. I understand how my love, support, and attention to my children will help with their successful development. <sub>(tcp6)</sub>	No understanding <sub>(1)</sub>	Limited understanding <sub>(2)</sub>	Moderate understanding <sub>(3)</sub>	Extensive understanding <sub>(4)</sub>

### 30. Use of Traditional and Community-Based Practices

1. I use some of the following practices to address family and parenting concerns: sharing circles, teachings, counselling through Elders, or presenting offerings to an Elder in ceremony. <sub>(utcp1)</sub>	Never <sub>(1)</sub>	Seldom <sub>(2)</sub>	Often <sub>(3)</sub>	Always <sub>(4)</sub>
2. I feel I can use Indigenous teachings to assist me and my family. Examples include turtle lodge teachings and willow teachings. <sub>(utcp2)</sub>	Never <sub>(1)</sub>	Seldom <sub>(2)</sub>	Often <sub>(3)</sub>	Always <sub>(4)</sub>
3. I feel comfortable participating in traditional Indigenous practices with my family to resolve family or parenting issues. Examples include healing or sharing circles. <sub>(utcp3)</sub>	Never <sub>(1)</sub>	Seldom <sub>(2)</sub>	Often <sub>(3)</sub>	Always <sub>(4)</sub>
4. I reach out to my extended family for positive support and teachings. <sub>(utcp4)</sub>	Never <sub>(1)</sub>	Seldom <sub>(2)</sub>	Often <sub>(3)</sub>	Always <sub>(4)</sub>

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## Colonization and Healing

### 31. Traditional Healing Practices for Individuals

1. I am positive and hopeful about my future as an Indigenous person. <sup>(thp1)</sup>	Never <sup>(1)</sup>	Seldom <sup>(2)</sup>	Often <sup>(3)</sup>	Always <sup>(4)</sup>
2. I feel supported in learning about and exploring the impacts of colonization and assimilation. <sup>(thp2)</sup>	Never <sup>(1)</sup>	Seldom <sup>(2)</sup>	Often <sup>(3)</sup>	Always <sup>(4)</sup>
3. I have opportunities to learn about or participate in traditional Indigenous healing practices if I so choose. Examples include medicine wheel teachings, accessing Elders, or ceremony such as a sweat lodge or circle process. <sup>(thp3)</sup>	Never <sup>(1)</sup>	Seldom <sup>(2)</sup>	Often <sup>(3)</sup>	Always <sup>(4)</sup>
4. I am encouraged to recognize and use my personal gifts and strengths as part of my healing journey. <sup>(thp4)</sup>	Never <sup>(1)</sup>	Seldom <sup>(2)</sup>	Often <sup>(3)</sup>	Always <sup>(4)</sup>

### 32. Understanding the Impact of History as a Part of the Healing Process

1. I understand how colonization and assimilation has impacted me, my family, and my community. Examples include intergenerational trauma, Residential School exposure, and "the 60s Scoop." <sup>(uhhp1)</sup>	No understanding <sup>(1)</sup>	Limited understanding <sup>(2)</sup>	Moderate understanding <sup>(3)</sup>	Extensive understanding <sup>(4)</sup>
2. I understand the impacts of trauma on physical and mental health such as helplessness, anger, shame, anxiety, and substance abuse. <sup>(uhhp2)</sup>	No understanding <sup>(1)</sup>	Limited understanding <sup>(2)</sup>	Moderate understanding <sup>(3)</sup>	Extensive understanding <sup>(4)</sup>
3. I understand how my personal and spiritual gifts, my culture, and my strengths contribute to my personal healing. <sup>(uhhp3)</sup>	No understanding <sup>(1)</sup>	Limited understanding <sup>(2)</sup>	Moderate understanding <sup>(3)</sup>	Extensive understanding <sup>(4)</sup>

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## Spirituality and ceremony

### 33. Understanding Ceremony as Healing

1. I understand the importance of Indigenous ceremony and teachings for healing. Examples include smudging, pipe ceremonies, sweat lodge, sun dance, storytelling, and teachings from spiritual stories. <sub>(uch1)</sub>	No understanding <sub>(1)</sub>	Limited understanding <sub>(2)</sub>	Moderate understanding <sub>(3)</sub>	Extensive understanding <sub>(4)</sub>
2. I understand how participation in ceremony contributes to my healing. <sub>(uch2)</sub>	No understanding <sub>(1)</sub>	Limited understanding <sub>(2)</sub>	Moderate understanding <sub>(3)</sub>	Extensive understanding <sub>(4)</sub>
3. I understand how to become involved in ceremony if I choose to do so. <sub>(uch3)</sub>	No understanding <sub>(1)</sub>	Limited understanding <sub>(2)</sub>	Moderate understanding <sub>(3)</sub>	Extensive understanding <sub>(4)</sub>
4. I understand how language and ceremony are connected. <sub>(uch4)</sub>	No understanding <sub>(1)</sub>	Limited understanding <sub>(2)</sub>	Moderate understanding <sub>(3)</sub>	Extensive understanding <sub>(4)</sub>
5. I understand the importance of generosity, reciprocity, humility, equality, and gratitude for what you have as forms of healing. An example is through a ceremony like giveaway. <sub>(uch5)</sub>	No understanding <sub>(1)</sub>	Limited understanding <sub>(2)</sub>	Moderate understanding <sub>(3)</sub>	Extensive understanding <sub>(4)</sub>

### 34. Accessing Ceremony for Healing

1. I have access to Elders and knowledge keepers who can share ceremonial teachings with me. <sub>(ach1)</sub>	Never <sub>(1)</sub>	Seldom <sub>(2)</sub>	Often <sub>(3)</sub>	Always <sub>(4)</sub>
2. I have the opportunity to learn about ceremonial protocols. Examples include offering tobacco and cloth. <sub>(ach2)</sub>	Never <sub>(1)</sub>	Seldom <sub>(2)</sub>	Often <sub>(3)</sub>	Always <sub>(4)</sub>
3. I have access to ceremonies in the community. <sub>(ach3)</sub>	Never <sub>(1)</sub>	Seldom <sub>(2)</sub>	Often <sub>(3)</sub>	Always <sub>(4)</sub>
4. I have the opportunity to explore what my own spirituality means to me through ceremony. <sub>(ach4)</sub>	Never <sub>(1)</sub>	Seldom <sub>(2)</sub>	Often <sub>(3)</sub>	Always <sub>(4)</sub>

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