What Matters? Measuring Improvements in Mental Health and Wellness

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Project Deliverables

- Through community-engaged processes, gather mental health and wellness outcomes that matter to stakeholders
- Use desired outcomes to build a measurement framework to track progress

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Prior NICWA Work

- What is a successful Native youth in Portland, Oregon?
- What does a successful Native couple look like?
- What family strengths should be captured in a child abuse/neglect report?
- What outcomes does the community want for its citizens?

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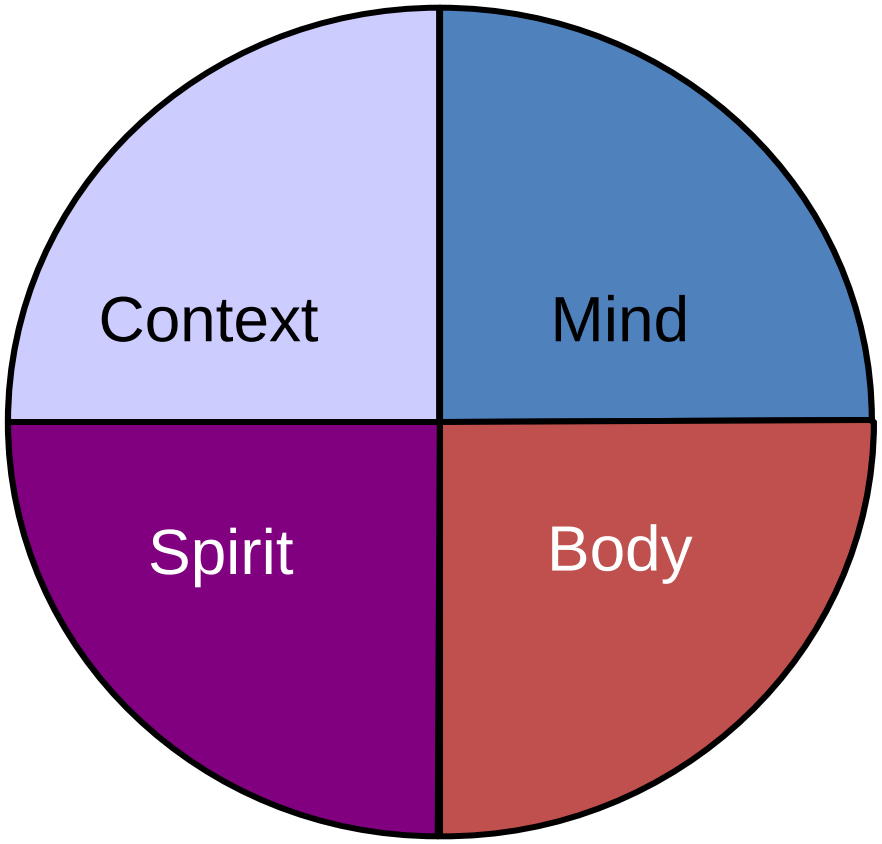
Relational Worldview

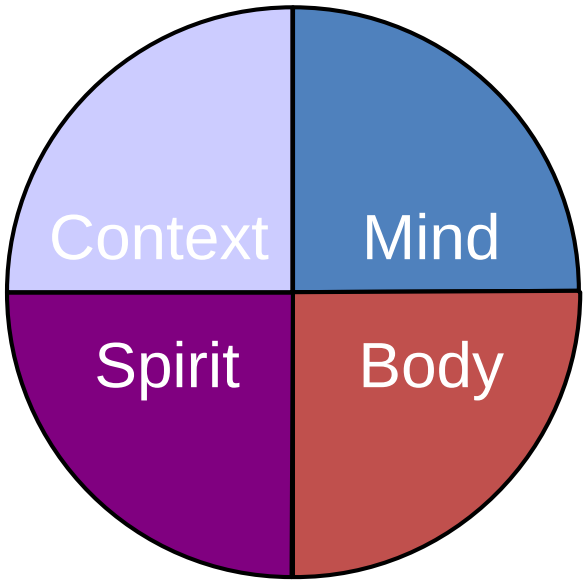
Native and Tribal Thought



BALANCE

Relational Worldview
Individual and Family Level

Social History
Economics
Work/School
Family/Peers
Community
Culture



Knowledge/Judgment
Thinking Process
Self Esteem
Memories
Emotions

Innate Positive
Learned Positive
Innate Negative
Learned Negative

Bio-Chemistry
Genetics
Health Status
Sleep/Rest State
Substance Use/Abuse

Sample Outcomes

- Connectedness: “Family relationships intact, family integrity, unity, interdependence”
- Healthy relationships: “Harmonious days with partner, consistency, continuity of relationships, positive regard”
- Service to others: “Helping family, community, elders; kindness; generosity; group orientation; relying on each other”

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Table Top Dialogue

In sub-regional groups:

- Describe a mentally and emotionally well child and family
- List characteristics of mentally and emotionally well people
- Describe services that promote wellness
- List traditional teachings that promote wellness

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Report Out

What themes came out of your conversation?

What are the desired outcomes associated with being mentally healthy and well?

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Continue the Conversation

Join me at my table for more conversation tomorrow morning, complete an online survey, or participate in an interview.

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Thank you

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