



Society's Vision

That all Métis children, youth and families live with love, honour, dignity and respect knowing they belong to a strong, proud People with a unique heritage and cultural identity.

KWAAYESH NI KANAWAYMIKAWIN

Being Taken Care of in a Good Way

Practice Guidance for

Connection and Belonging Assessment & Plan

- 1. La Paraantii** – Your Relatives. Those who you consider your family both blood and non-blood related. The importance of knowing where you come from, who you belong to and who you can count on for lifelong connections with whom you will celebrate special occasions and share sadness during the more difficult moments in life.

1.1. Suggested questions for the good things happening in your life with your Paraantii:

- What do you need to hear, see, feel from your Paraantii to feel a sense of connection and understanding?
- Can you share who you consider to be your Paraantii? What do you enjoy doing with your Paraantii that makes you feel happy, connected and loved? Can you give me an example of a time you felt loved and knew that you belonged?
- When you are struggling, who would be the first to notice? What would they notice? Tell me what they would do that would be helpful or that you would like? Has there been anyone who has been able to do something similar that made you feel as though they cared?

1.2. Suggested questions for the things that might worry you in relation to your Paraantii:

- When you are really struggling, and you feel alone what is usually going on for you? Who isn't there that you wish was? Who or what is missing? What are people not doing or what are they doing that isn't working for you? What do you wish was different?
- I hear from a lot of kids that often feel as though they are alone and have no one to turn to, what are your biggest worries about being away/separated from your Paraantii? What is the hardest part? What do you need to feel more connected to those who are most important to you?

1.3. Suggested scaling questions to assess and monitor how you feel connected to your Paraantii:

- 10 = While I kind of understand why I can't live with my family, the people in my life support me to spend time with my family regularly and are often present during special celebrations in my life. I feel part of my family and know that I belong.
- 0 = Since being in care I have lost my connection to my family. I rarely see my mom, dad, siblings, grandparents, aunts, or uncles etc. I have no idea where they are or if

they know where I am or even care. I spend all the holidays and celebrate all the special moments in my life with people I am not related to.

- What number would you be and why? Explore other relationship questions.

2. Kiikiwaahk –The place where you live or your house. It is important to feel safe and that you belong in the home that you live in. It is important that you feel comfortable, that you can have fun and create a space that reflects who you are.

2.1 Suggested questions for the good things happening in your life about where you are living:

- When you arrive at your Kiikiwaahk, how do you feel?
- What are some of the ways your caregivers make you feel special and cared for? What does that look like?
- What is your favourite space in your Kiikiwaahk and why?
- How does your bedroom reflect who you are?
- What kinds of things in your Kiikiwaahk remind you that you are Métis and/or that your caregivers know who the Métis People are?
- What are the best parts of living in your Kiikiwaahk?
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2.2 Suggested questions for the things that might worry you in relation to your Kiikiwaahk:

- If you could tell the people who take care of you one thing that worries you about being in this home, what would you want them to know?
- How do you know when your space doesn't feel right, and who do you talk to about that? Lots of things have changed in your life, school, home, etc. What worries you the most about where you are staying?
- What do you need to know to have less worries about your Kiikiwaahk?
- If there was one thing you could change about the place you are living right now, what would that be and why?

2.3 Suggested scaling question to assess and monitor how well you feel in the place you are living right now:

- 10 = Although I really miss my mom and dad and want to be with them, the people that are caring for me and my home make me feel loved and respected even on my hard days and I am happy to be here while my family figures out that adult work, so it is safe enough for me to return home.
- 0 = I really miss my mom and dad, and although LMO tells me I am safe here I would rather live anywhere else but here. My body/spirit/mind are being hurt and uncared for. I feel scared and alone.
- What number would you be and why. Explore some relationship questions.

3.Aen Michif Niiya - I am Metis/Michif. Ways you stay strong in your Metis identity, culture and connection to their Metis Community. How do you know and feel that you are Metis? Being Metis is in your blood that you inherited from many generations before you. The strength, resilience and gifts of your ancestors are within you. Learning about who you are as a Michif/Metis Person will help you along your journey of becoming a loving, proud, hardworking and contributing member of your community – just like your ancestors.

3.1 Suggested questions for the good things happening in your life that strengthen your connection to your Metis identity and Community:

- What interests you the most about knowing you are Metis?
- What have you learned about Metis People and your culture that you find most interesting?
- Are there things about being Metis that you are interested in learning more about?
- Can you describe some ways that see your own family follow a Metis way of life or do things is a “Metis way”?
- Can you describe some ways your caregivers acknowledge and honour your Metis ancestry and culture?
- Have you met another Metis person that you admire? What do you admire most about this person?
- What makes you proud to be Metis?
- Is there something about our Metis history or culture that you are curious about and would like to learn more?
- Can you tell me about the time you were presented with your Metis sash. What did it mean to you to receive your sash?
- What are some things that you do that would tell someone that you are proud to be Metis?
- Can you describe somethings about you or the things you say or do that would tell someone you are Metis?
- What are some ways your caregivers demonstrate that they respect and honour your Metis identity and culture?
- Has there been a time when you have identified as Metis, and it resulted in something positive?
- What does it mean to you to belong to your Metis Community? Why do you think this might be important?
- Can you describe a time when you felt you belonged to your Metis Community. If so, what was going on at this time?
- What do you notice that is really special about being part of a Metis Community?
- Can you describe a time when your local Metis Community supported?
- When you think of your Metis ancestors, what do you think they would be most proud of about the ways you honour you Metis identity?
- What is the best part of being identified as Metis?

3.2 Suggested questions for the things that might worry you about being identified as Metis:

- What is the most difficult thing about identifying yourself or being identified as Metis?
- When you are at school, do you feel like you belong in activities dedicated to other Indigenous students?
- Has there been a time when you have identified as Metis, and it didn't feel good (or it wasn't a positive experience)?
- Have you been asked to participate in a Metis cultural activity or to wear your sash and you felt embarrassed, frustrated or mad that you had to participate?
- Are there times you have wanted to participate in your Metis culture, but did not feel supported to do by those taking care of you?
- Have there been times when you have found yourself in situations when Metis People have been spoken about in a negative way? How did this make you feel?

3.3 Suggested scaling question to assess and monitor your sense of connection to your Metis identity and Metis Community:

- 10 = While you may feel like you have a lot more to learn about being Metis, you feel proud to carry this identity and look for ways to participate in you Metis culture and Community. Your friends, teachers, and those you meet know you are Metis as it is a big part of how you identify yourself. You look for opportunities to wear your Metis sash and to take part in Metis activities in which your Metis culture is celebrated as it gives you a sense of pride, strength, and a feeling of belonging to a distinct and unique Indigenous Nation. You are proud to be Metis and see yourself as distinct from First Nations and Inuit People. You feel supported, loved and a part of our local Metis Community. Your Metis Community knows who you are, and you know that if you ever need support, someone in your Metis Community will be there for you.
- 0 = While the adults in your life have identified you as Metis, you have no idea what this really means and feel no connection to being Metis or to the Metis Community. You feel confused as to why those around you think it is important that you participate in cultural activities and gatherings. When you do participate in such events, you often feel out of place and that you do not belong. Being Metis is not something that you think is an important part of your identity or that of your family. You would prefer that those supporting you would not make efforts to connect you to your Metis identity. Culture or Community as this was never part of your family life and it often creates more stress and anxiety for you. You have little to no involvement with your Metis Community, they don't know me, and I would think to look to my Metis Community for support.
- What number would you be and why. Explore some relationship questions.

4. Miyoopimatishihk - Feeling safe in your mind, body, and spirit. Your wellbeing. All the things such as doctor, dentists, counselling, support, or school programs that contribute to you feeling safe and well.

4.1 Suggested questions for the good things happening in your life that make me feel safe and well:

- What activities do you like to do to help your body feel well?
- When you feel safe how does that feel in your body? How does your body know? Do you feel like you can tell when your feeling safe and well? Let's talk about things that get in the way of feeling okay, or well- when those things get in the way what happens to your body/mind/spirit?
- What kinds of things help you feel safe? Is there a place you like to go, or certain people in your life you like to be close to? What do those people do for you?
- Are there any programs or activities at school or outside of school that you are glad you are participating in? If so, what are these and what is most helpful about them?

4.2 Suggested questions for the things that might worry you about how you feel in your body, mind or spirit:

- What are things that get in the way of feeling okay? Can you give me an example of when you feel you weren't at your best? Who was there and what was happening? What could have been different?
- Sometimes when things are not working for us we make decisions that don't sit well in our body, sometimes we may do things we feel guilty/shameful or hurt by. Can we explore ways we may react when things are not working for us? What are some things people may notice? What are things we do not want others to do when we are feeling this way?
- What are some other things that your family/caregivers/friends/teachers worry about for our body/mind/spirit?

4.3 Suggested scaling question to assess and monitor how you are feeling about your sense of safety and wellbeing:

- 10 = life is good, you feel loved and accepted. Most days you feel good about the choices you are making and others around you feel the same. Your Paraantii and the safe adults in your life are helping you trust in them and yourself. You don't feel all alone anymore or afraid all the time.
- 0 = you don't trust your feelings because everything looks so scary and hurtful. Sometimes I do things that scare myself or others around me. You want to believe that life can be better, but it is hard to imagine when you are feeling so small, scared and alone all the time. There is no hope for a safe place, and you feel you don't belong anywhere.
- What number would you be and why. Explore some relationship questions.

5. Otipemisiwak - Métis People were and are a People distinguished by their independence and resilience. The Cree referred to Métis People as *Otipemisiwak*, which means "the people who own themselves" or "the people who govern themselves". As we were known for taking care of ourselves, it is important that we develop the skills we need to lead healthy and positive lifestyles and build relationships with others that are loving, honest, respectful and that support us to be positive, helpful and contributing members of our community.

bring language down and put that in the practice guidance) could be school or curfew etc. including where they potentially want to live?

5.1 Suggested questions for the good things happening in your life that help you feel like you are taking care of yourself to become the person you want to become:

- What are some things (values, traits, etc.) that are really important to you when you think of someone you admire or look up to?
- Describe the type of person you want to be when you grow up?
- What are your hopes and dreams for your future self? What are you doing, even the smallest thing, to help you achieve these hopes and dreams?
- What would others notice about you that would show that you take care of yourself, that you respect yourself and that you want a good life for yourself? What about today, what do you do to take care of and respect yourself? What would others notice?
- What kinds of things do you do, or programs/activities are you involved in that help you gain the skills you need to lead a healthy lifestyle, become a successful adult and fulfill your dreams? Out of these activities, what do you think has been most helpful and why?
- What gifts/talents/skills do you have that you think your Metis Community would recognize as important and would be helpful to your Community?

5.2 Suggested questions for the things that might worry you about becoming independent and able to take care of yourself:

- What are the decisions you feel like you don't have control over, where do you want to make some of your own decisions to get to where you want to go?
- When you think about life, a year from now, what do you hope has changed?
- In what ways do you see that change happening?
- What are you doing now to help accomplish that dream?

5.3 Suggested scaling question to assess and monitor your success at becoming Otipemisiwak:

- 10 = While I still have a lot to learn, I see the person I want to be in the future and have the supports I need to help me achieve this vision. I have role models to follow and know that if I feel discouraged or lose my way, I have people in my life that admire who will help me get back on track. I feel proud of our reputation as being a People who take care of themselves. I want to continue this legacy and become a responsible member of my Metis Community.
- 0 = Most days I feel lost and alone and cannot see my future self or the type of person or life I want. There is nobody in my life that I see as leading a healthy, responsible and

successful life and therefore I do not know what to aspire to or how to start my path forward to a different and better future.

- What number would you be and why. Explore some relationship questions.

6. La Bonn Zaafayr Di Vii - The good things in life. Things you enjoy doing, activities, groups, friendships, sports, cultural events, etc.

6.1 Suggested questions for the good things happening in your life that you enjoy and bring you happiness:

- When you think about your life today, what is something that you really enjoy doing and/or makes you happy?
- If you could imagine a perfect day, what would you be doing? Who would you be with?
- If you could pick someone to spend time with, who would you pick and why? What about that person makes you most happy and/or comfortable?
- When you think of your best or closest friend, what about that friend do you appreciate most? What kinds of things does this friend do that makes you feel comfortable? What would your friend say, you do that is most helpful to them or makes them feel comfortable?
- Of all the programs/activities that you participate in or use to participate in, what has been your favourite and why? What was most helpful about this program/activity and why?
- If you are not involved in any groups or activities, is there something you have been interested in trying?
- When you think about what yourself, what are you most proud of?

6.2 Suggested questions for the things that might worry you and get in the way of your happiness

- To be completed

6.3 Suggested scaling question to assess and monitor that you have things in your life that bring enjoyment and happiness:

- 10 = While my life may not be perfect, I have people around me who I know care about me and support me. I have at least one good friend I spend time with and who makes me laugh and feel like I can be myself. I am involved in activities that I enjoy and feel successful at. I am connected to my Metis Community through LMO and am learning about my Metis culture and identity.
- 0 = It is difficult for me to identify anything that is good in my life right now. I spend most of my time by myself or with people who are paid to take care of me. I don't feel like getting involved in any activities. I would rather stay in my room and do things I enjoy by myself. While LMO tries to include me in cultural activities, I rarely get involved and feel little connection to my own Metis identity or other Metis People.
- What number would you be and why. Explore some relationship questions.

7. Kaa-Wiichihitoyaahk - As Metis People we take care of each other. If someone was in need, our community came together to help one another. We did not have social workers or other paid helpers. It was our family and neighbours who provided the support to help someone through a difficult time. Being generous was an important part of our value system and who we were as a People. What are ways that you show the spirit of generosity that you have inherited from your Metis ancestors? How are they contributing to your school/family/community?

7.1 Suggested questions for the good things happening in your life that are helping you to become a generous person and contribute back to others:

- Can you describe something you do that helps others? What do you think this person (or people) would say is most helpful about what you do for them? What difference do you think it makes to help someone the way you do?
- Have there been a time when you have been asked to help a friend? How did it make you feel be asked to help your friend? What do you think your friend would say they appreciated the most?
- Have there been times you have volunteered for an Elder or in your Metis Community? How did this make you feel? What was the best part of volunteering for an Elder or your Metis Community? What do you think the Elders of your Metis Community might say that you do that is most helpful? What do you think they notice about you?
- Why do you think volunteering for your Metis Community might be important? What difference do you think it makes to your community if you volunteer?
- Can you think of a time someone went out of there way to help you with something? How did this make you feel?
- Are there areas in your life where you see others volunteering and contributing to others and/or your community (Metis, school, etc.)? What do you think is important about volunteering or contributing to someone or something else?
- Are there times or an organization/group that you might be interested in volunteering for? What do you think would be the best part of volunteering at this place? What difference do you think it could make in your life?

7.2 Suggested questions for the things that might worry you and your ability to give back to others:

- Has there been a time when you have been asked to volunteer for someone or something and you did not have a good experience? What happened and what do you think would have made the experience more positive?
- What do you think might be the most difficult part of helping or volunteering for others? What supports do you think might be most helpful to support you in volunteering?

7.3 Suggested scaling question to assess and monitor that you are able to become a generous and contributing member of your Community:

- 10 = I am often asked to help and/or volunteer for other and/or at events and gatherings. I feel good helping others and receive positive feedback for my efforts. Elders and members of my Metis Community know who I am and look forward to seeing me. I have learned valuable skills and have made new friends and connections that make me happy. I look for opportunities to help others and have noticed that others are often willing to help me. I rarely have to depend on paid staff as I have met many people who are willing to support me when I am in need.
- 0 = While I do want to be a helpful person, it is difficult for me to reach out to others or participate in crowds of people. I also have a lot going on in my own life and only have time to focus on my needs. I have very little connection with Elders or my Metis Community. I don't think they know who I am as I rarely participate in community events or activities. When I am need of support, I generally depend on my support workers or other individuals who are paid to support me as I have few connections that I can on for support.
- What number would you be and why. Explore some relationship questions.