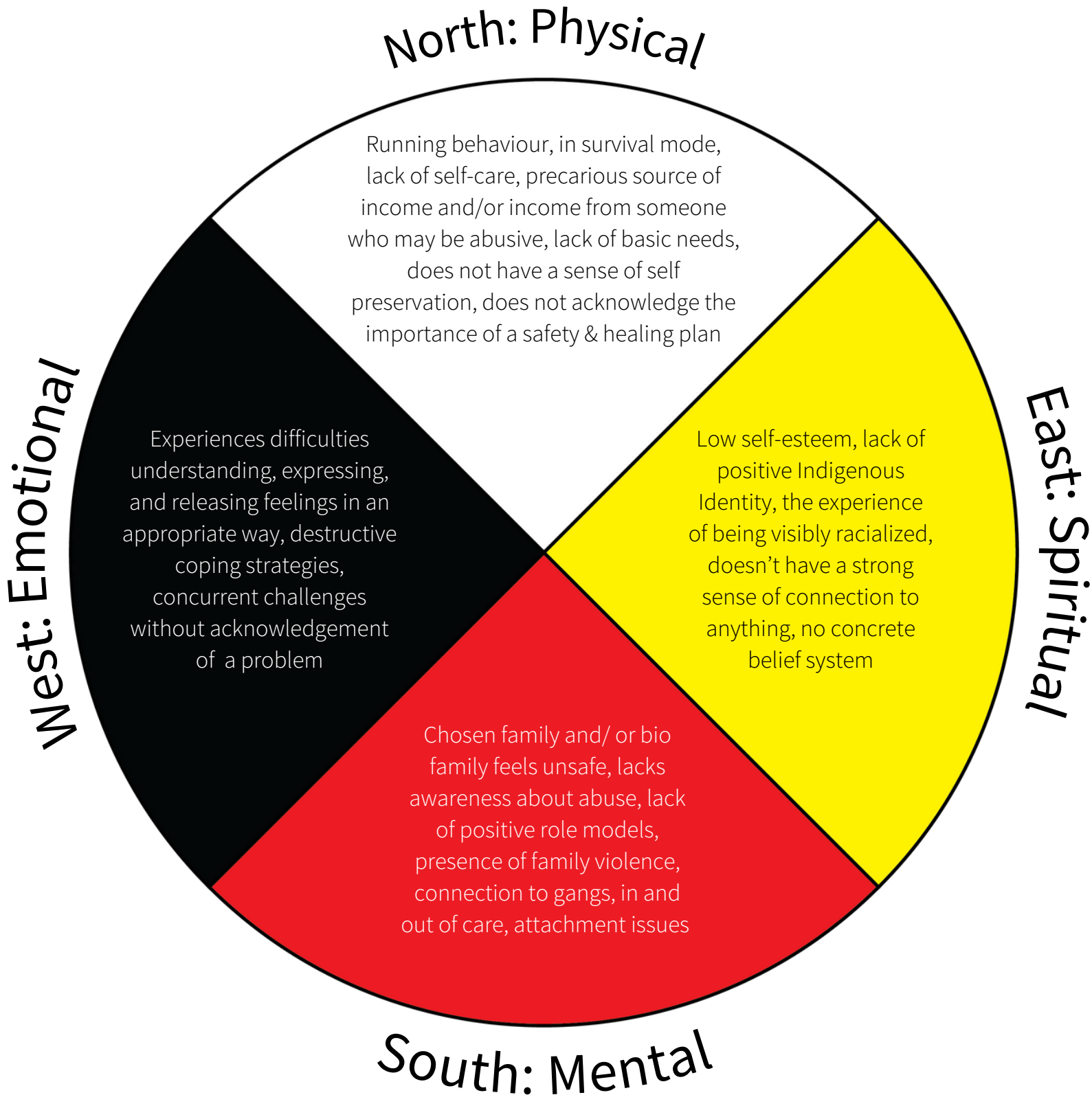




ANTI-HUMAN TRAFFICKING

Medicine Wheel Guiding Framework





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Medicine Wheel Guiding Framework

EAST: SPIRITUAL

- Where do you come from?
- How do you identify?
- How would you describe your culture?
- Do you have a Spirit name?
- Are you connected to a higher power such as Creator?
- Who is part of your family (Indigenous/ Non-Indigenous members)?
- What ceremonies have you participated in?
- What teachings have you been given or desire to share?
- What languages do you speak at home and in your family?

SOUTH: MENTAL

- Who would you describe as the person you're closest to and why?
- What would you like to share about your family and friends?
- If you felt unsafe, who would you feel comfortable enough to call?
- What professionals and/or community connections support you? If so, describe the relationship with each person. For example, do you have a mental health worker that you confide in?
- Have you experienced any painful relationships and/or difficult times in your life? If you feel comfortable describing those relationships and/or circumstances, I am here to listen.

WEST: EMOTIONAL

- How do you feel about being asked about your feelings? Does it feel okay to answer them?
- How are you feeling at this moment?
- What are some of your biggest worries?
- How do you cope when you're upset? What brings you a sense of comfort?
- What brings you a sense of excitement?
- What's your favourite subject in school, or what have you done for work?
- What would you like us to know about your mental health? Do you have any diagnoses? Do you take any medications?

NORTH: PHYSICAL

- Do you currently have a place to call home that feels safe?
- Where, and with whom?
- What do you like to do for fun?
- What are your sources of income, and are they enough to meet your basic needs?
- Where do you see yourself in a few months – any goals that you want to set together?
- What do you do for self-care?
- What is your safety plan?



ANTI-HUMAN TRAFFICKING

Medicine Wheel Assessment and Screening Guide *Companion Document*

The purpose of the tool is to help you think about what your community members are going through, what someone may be able to take advantage of, and how you can holistically intervene. Treat this as a guide that is fundamentally based on relationships – you may have different questions/concerns based on who you know them to be. That's ok!

REVIEWING THE QUESTIONS:

- All included questions are meant to be guides. Ask them according to the relationship you have with the community member and to build the relationship with the community member. As your relationship develops, you'll be able to get a better sense of who they are and they'll be able to get a better sense of who you are. Be curious!
- As a worker, think about and use your gifts. Are you funny? Make them laugh. Organized? Help them come up with strategies to become more organized (if that's what they're looking for). Be authentic with them and they are more likely to be authentic with you.
- In the process of getting to know them, honour their verbal and non-verbal cues. For example, if some of the questions about Spirit are distressing to them, it's ok to a) acknowledge that you're sensing the topic is sensitive and b) ask them if they want to move on to a different topic.
- You can answer the questions with them. Would it be helpful for them to have a copy of their answers to return to? You can write them together if that's the case. For example: "Tell me a little bit about the person you're most comfortable with.... This is what I wrote. Did I get everything right? Anything you want me to change?"

REVIEWING THE FLAGS:

- Consider the red flags based on who you know the person to be. For example: in the Physical section, if the community member is receiving income/gifts but you know they don't have a job, this may be concerning to you. If the person is purchasing items for themselves after just getting a job (even if it is precarious/part time), it may not be a flag for you
- You may have more questions/more flags. That's good! Write them down. This is a guide that is meant to support you in your work & is not meant to be rigid.