

FAMILY CIRCLES EXIT ASSESSMENT

For course participants age 18 or older only.

THANK YOU for participating in Family Circles. (Instructor/facilitator should read aloud this opening) Your input and feedback is very important to help all of us understand if the Family Circles course content and methods met your needs. This survey will document what has been learned, how the course has impacted your family and how the course can be improved for others in the future. Please answer the questions as accurately as possible. Do NOT put your name on the survey. The survey information will be analyzed without your name associated the survey you completed in order to protect your confidentiality. A course evaluation report will be available for you upon request in one month. We encourage your participation in the survey, though you may decline if you wish. For more information, please contact XXXXXXXXXX. Thank you.

1. Spirituality and/or religion is important in my life (check the most appropriate response and if you are interested in learning more).

- a lot
- somewhat
- a little
- not at all

2. I seek guidance through religious/spiritual means and/or Tribal Elders.

- always
- often
- sometimes
- rarely
- never

3. I use Traditional Native remedies/practices.

- always
- often
- sometimes
- rarely
- never

4. I use the four medicines in a good way.

- always
- often
- sometimes
- rarely

- never
- I don't know what the four medicines are

5. I play traditional games (such as moccasin game, snow snake, bones, lacrosse).

- always
- often
- sometimes
- rarely
- never

6. I participate in traditional dances.

- always
- often
- sometimes
- rarely
- never

7. I participate in traditional singing and/or drumming.

- always
- often
- sometimes
- rarely
- never

8. I create traditional arts and crafts (such as beadwork, quillwork, regalia making, basket making) and/or use traditional subjects or materials in modern forms of artwork.

- always
- often
- sometimes
- rarely
- never

9. I participate in ceremonies.

- always
- often
- sometimes
- rarely
- never

10. I participate in traditional activities (such as ricing, maple syruping, spearing).

- always
- often
- sometimes
- rarely
- never

11. I believe knowing one's own Native language is important.

- a lot
- somewhat
- a little
- not at all

12. I am able to understand my Native language or another Native American language.

- a lot
- somewhat
- a little
- not at all

13. I am able to speak my Native language or another Native American language.

- a lot
- somewhat
- a little
- not at all

14. My Native American beliefs are very important to me.

- a lot

- somewhat
- a little
- not at all

15. I know the history of my Tribe(s).

- a lot
- somewhat
- a little
- not at all

16. I know the values of the Tribal Nation where I live.

- a lot
- somewhat
- a little
- not at all
- I do not know what are considered Tribal values.

17. I try to follow the values of the Tribal Nation where I live.

- a lot
- somewhat
- a little
- not at all
- I do not know what are considered Tribal values.

18. I believe a belief in a higher power is important in combating Substance Abuse.

- very important
- somewhat important
- not important
- don't know

19. I believe my Native American Culture and Beliefs are important in combating Substance Abuse.

- very important
- somewhat important
- not important
- don't know

The following questions ask about drinking alcohol including beer, wine, wine coolers, and

liquor such as rum, gin, vodka, or whiskey. For these questions, drinking alcohol does NOT include a few sips of wine for religious purposes.

20. During the *past 30 days*, on how many days did you have at least one drink of alcohol?

- 0 days
- 1 or 2 days
- 3 to 5 days
- 6 to 9 days
- 10 to 19 days
- 20 to 29 days
- All 30 days

21. During the *past 30 days*, on how many days did you have 5 or more drinks of alcohol in a row, that is, within a few hours?

- 0 days
- 1 or 2 days
- 3 to 5 days
- 6 to 9 days
- 10 to 19 days
- 20 to 29 days
- All 30 days

22. How wrong do you think it is for someone your age to drink beer, wine, or hard liquor (for example; vodka, tequila, whiskey)?

- very wrong
- wrong
- a little bit wrong
- not at all wrong

23. How wrong do *your parents* feel it would be for you to drink beer, wine, or hard liquor (for example; vodka, tequila, whiskey)?

- very wrong
- wrong
- a little bit wrong

- not at all wrong

24. How much do you think people risk harming themselves (physically or in other ways) when they have *one or two drinks* nearly every day?

- no risk
- slight risk
- moderate risk
- great risk
- don't know or can't say

25. How much do you think people risk harming themselves (physically or in other ways) when they have *five or more drinks* once or twice each week?

- no risk
- slight risk
- moderate risk
- great risk
- don't know or can't say

26. If you wanted to, how easy would it be for you to get some beer, wine, or hard liquor (for example; vodka, tequila, whiskey)?

- very hard
- sort of hard
- sort of easy
- very easy

The next questions ask about Prescription Drugs misuse.

27. Misuse is the use of any prescription drug not prescribed to you or used in a way that was not intended by the prescribing doctor. During the *past 30 days*, how many times did you misuse prescription drugs?

- 0 times
- 1 or 2 times
- 3 to 5 times
- 6 to 9 times

- 10 to 19 times
- 20 to 39 times
- 40 or more times

28. How wrong do you think it is for someone your age to misuse prescription drugs?

- very wrong
- wrong
- a little bit wrong
- not at all wrong

29. How wrong do your parents feel it would be for you to misuse prescription drugs?

- very wrong
- wrong
- a little bit wrong
- not at all wrong

30. How much do you think people risk harming themselves (physically or in other ways) if they misuse prescription drugs?

- no risk
- slight risk
- moderate risk
- great risk
- don't know or can't say

31. If you wanted to, how easy would it be for you to get some non-prescribed prescription drugs?

- very hard
- sort of hard
- sort of easy
- very easy

The next group of questions ask about your experiences.

32. During the past 12 months, do you recall hearing, reading, or watching an advertisement about prevention of substance abuse?

- yes
- no
- don't know or can't say

33. PARENTS ONLY- Now think about the past 12 months through today. During the past 12 months, how many times have you talked with your child about the dangers or problems associated with the use of tobacco, alcohol, or drugs?

- 0 times
- 1 or 2 times
- A few times
- Many times
- Don't know or can't say
- Don't have any children

34. How has participation in Family Circles made a difference in you and/or your family?

35. Other comments or concerns at this time:

36. What would you recommend to improve Family Circles for future participants