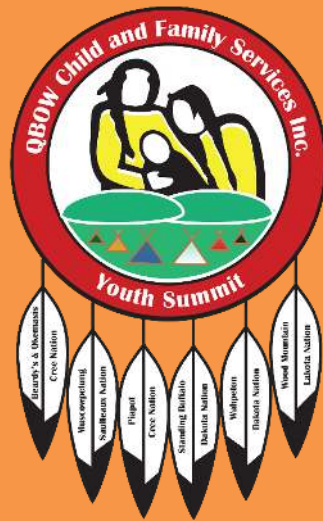




QBOW
Child & Family
Services Inc.



YOUTH NEEDS ASSESSMENT REPORT

Prepared by: Raissa Graumans, PhD

January 2021

CONTENTS

INTRODUCTION	3
YOUTH NEEDS ASSESSMENT	4
PARTICIPANTS	6
INTERESTS	7
DESIRED PROGRAM & ACTIVITIES	9
HAVING A VOICE	11
FEELING STRONG & HAPPY	12
ISSUES & CHALLENGES	15
QBOW PROGRAMS & SERVICES	17
SNAPSHOT: Wahpeton Dakota Nation	23
SNAPSHOT: Beardy's & Okemasis Cree Nation	24
SNAPSHOT: Piapot Cree Nation	25
SNAPSHOT: Muscowpetung Saulteaux Nations	26
SNAPSHOT: Standing Buffalo Dakota Nation	27
CONCLUSIONS	28

INTRODUCTION

On February 16-17, 2020 QBOW hosted a Youth Summit in Saskatoon, SK. It was the first event of this scale organized by the agency and brought together youth from each of QBOW's communities, along with chaperones to participate in two days of spiritual and educational activities. The summit also included entertainment of various kinds, a daily pipe ceremony, a round dance, and career fair. Over 300 youth/chaperones participated with over a dozen presenters, performers and facilitators.



This report describes results from a Needs Assessment Survey that was completed by the youth participants of the 2020 summit. Findings are generally presented overall and then by community, to provide a more nuanced look into the unique needs and perspectives of each community. A 'snapshot' of results for each of the communities are included in the final pages of the report, followed by a brief conclusion.

YOUTH NEEDS ASSESSMENT SURVEY

A gathering of youth from each of QBOW's communities presented the perfect opportunity for engagement and allowed QBOW to distribute a survey assessing the needs, perspectives, and priorities of this very important group. The survey was an eight question, two page format distributed in paper/hard copy form to all summit participants. Completed surveys were collected and the results were inputted using SurveyMonkey – an internet[based survey collection software program used by QBOW to collect and analyze feedback of various types.

The eight questions of the survey identified where each youth was from and collected feedback through short answer, rating, and multiple-choice type questions. The variety of questions used allowed QBOW to collect both quantitative and qualitative information, and gave youth the opportunity to share their ideas, thoughts, and feedback in their own words.

The survey design also allowed for community-specific results to be separated out and compared to overall results. In all of their work QBOW honors the diversity and uniqueness of the communities they serve and through Prevention and other types of programming, tries to meet the unique needs and follow the specific protocols of each community. This report will thus present and discuss both overall/total and community-specific results. It should be noted that at the time of the Youth Summit (February 2020), QBOW was providing services to six communities, each of which is represented in this report: Wahpeton Dakota Nation, Beardy's and Okemasis Cree Nation, Piapot First Nation, Muscowpetung Saulteaux Nation, Standing Buffalo Dakota Nation, and Wood Mountain Lakota Nation. However, since no youth from Wood Mountain participated in the Summit, that community is not represented in the results or report.



QBOW 2020 YOUTH SUMMIT SURVEY

1. Where do you live?

- Wahpeton Dakota Nation
- Beardsley & Okemasis Cree Nation
- Piapot Cree Nation
- Other: _____
- Muscowpetung Saulteaux Nation
- Standing Buffalo Dakota Nation
- Wood Mountain Lakota Nation

2. How interested are you in these activities and programs ?

	NOT INTERESTED	KIND OF INTERESTED	VERY INTERESTED
Arts (painting, photography, sculpture, etc.)			
Traditional Arts (beading, sewing, tanning, etc.)			
Dance (hip hop, modern, etc.)			
Traditional Dance (pow wow, jigging, etc.)			
Youth Chief and Council			
Music (drum group, private lessons, band, etc.)			
Language Classes			
Mentors (like Big Brother/Sister)			
Traditional Ceremonies (pow wow, round dance, feast, sweat, sundance, storytelling, etc.)			
Horses (riding, relay, equine therapy, etc.)			
Workshops (bullying, mental health, addictions, life skills, etc.)			

3. What other activities or programs would you like to see in your community?

4. Do you feel like you have a voice in your community that your ideas and opinions matter and that adults listen to you?

- YES NO SOMETIMES

5. What things make you feel strong and happy?

6. What issues or challenges do you face in your community and how big of a problem are they?

	NOT A PROBLEM	SOMETIMES A PROBLEM	A BIG PROBLEM
Money - not having enough money for the things I (or my family) need			
Violence - seeing or experiencing violence or abuse (verbal/physical/sexual)			
Addictions - seeing or experiencing drugs/alcohol/solvent/gambling addictions			
Bullying - being teased, beat up, or treated badly by others			
Mental Health - feeling anxious, stressed, depressed, suicidal, hopeless, angry, etc.			
Transportation - not being able to get rides when I need them, no way to travel in and out of the community, etc.			
Exercise - not having the chance/place/coaching/equipment to get enough exercise			
Physical Health - not being able to see a doctor or specialist when I need to; not having the medications or medical equipment I need.			
Family Trouble - not getting enough support, help, or love from my family; not feeling safe at home			

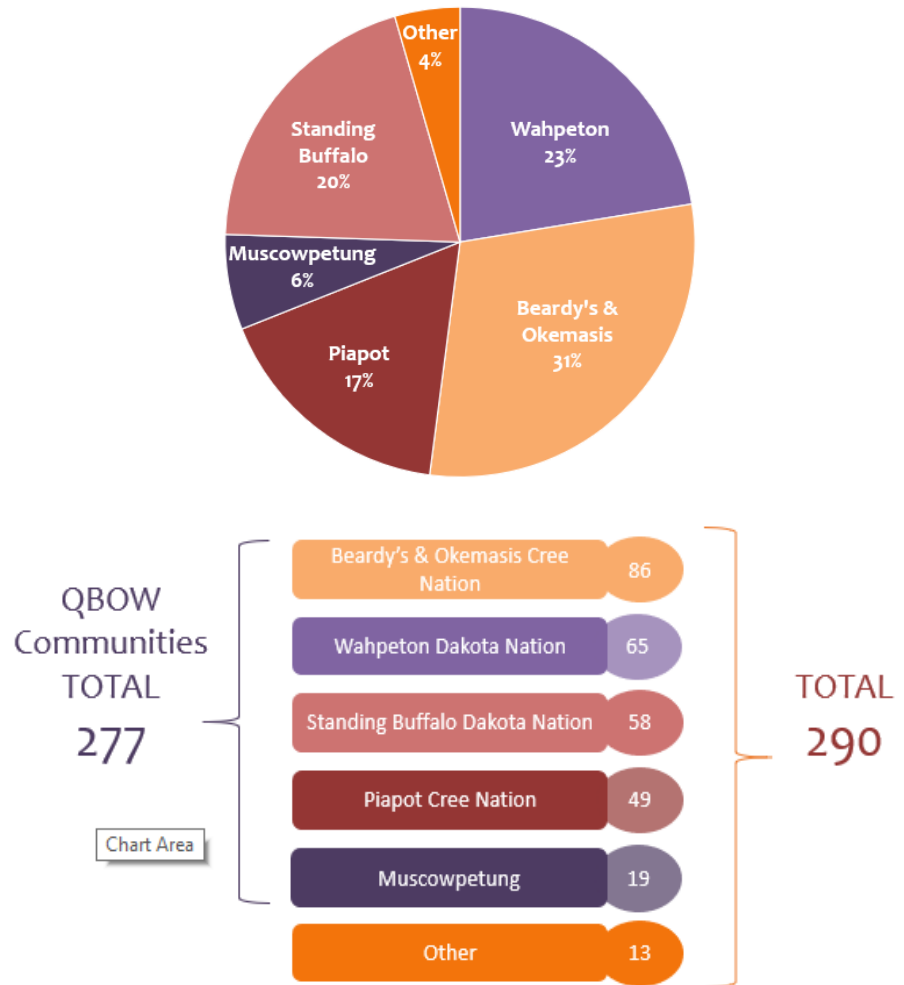
7. What kinds of programs and services could QBOW offer to that would make a difference to you, your family, and/or community?

8. Any other thoughts, ideas, or feedback you would like to share?

THANK YOU SO MUCH FOR TAKING THE TIME TO FILL
OUT THE SURVEY!

PARTICIPANTS

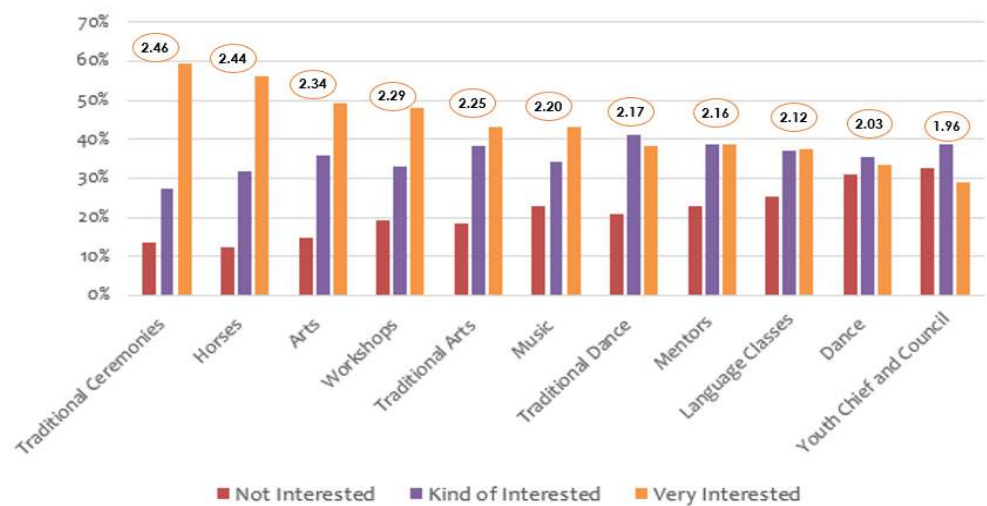
QBOW’s 2020 Youth Summit brought together over 300 youth and chaperones five communities across the province. In total, 290 Needs Assessments were completed by youth participants.



Included in the ‘Other’ category are youth living in urban centers (Regina (2); Saskatoon (1); Rosthern (2), Duck Lake (2); Fort Qu’Appelle (1)) and communities not currently served by QBOW (Starblanket Cree Nation (1); Whitefish First Nation (1); One Arrow First Nation (2); and Montreal Lake Cree Nation (1)).

INTERESTS

Survey question 2 was used to measure how interested the youth are in a broad range of programs and activities. For each of 11 different programs/activities the youth were asked if they were 1- Not Interested, 2-Kind of Interested, or 3- Very Interested.



Question 2
How interested are you in these activities and programs?

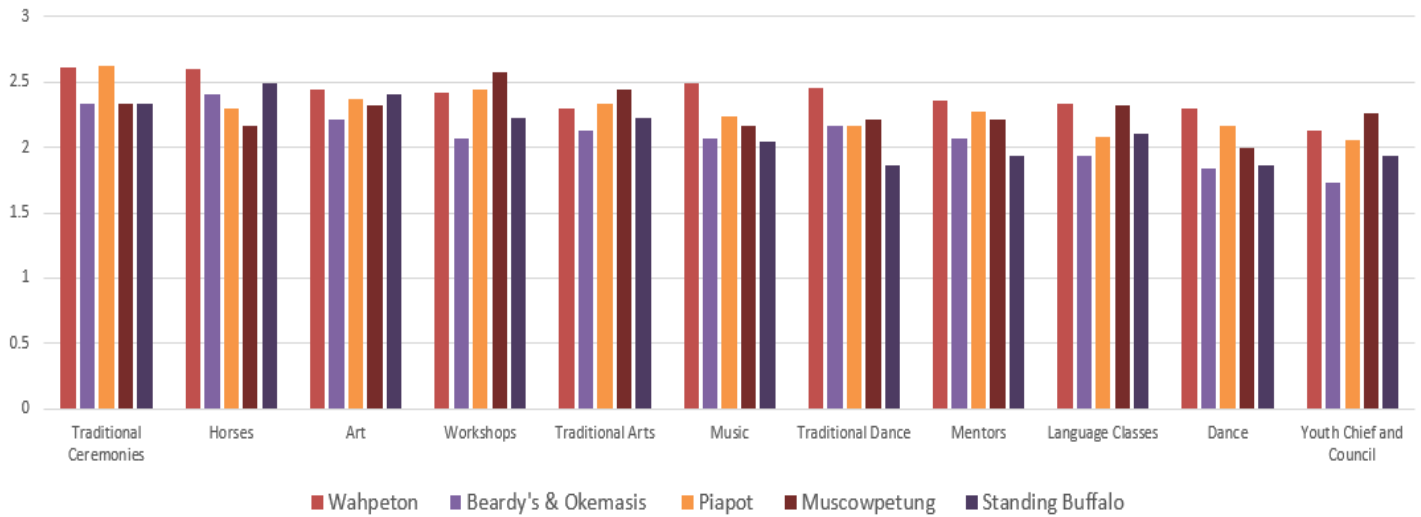
Overall, the averages of the youth's ratings show that of all the programs and activities listed, they are **MOST** interested in **traditional ceremonies** – which the survey described as “pow wows, round dances, feasts, sweats, Sundances, storytelling, etc.” After traditional ceremonies the youth were interested in programs and activities with **horses** (“riding, relay, equine therapy, etc.”) and **arts** (“painting, photography, sculpture, etc.”).

The activities and programs that the youth were **LEAST** interested in overall were **dance** (“hip hop, modern, etc.”) and **youth chief and council**.

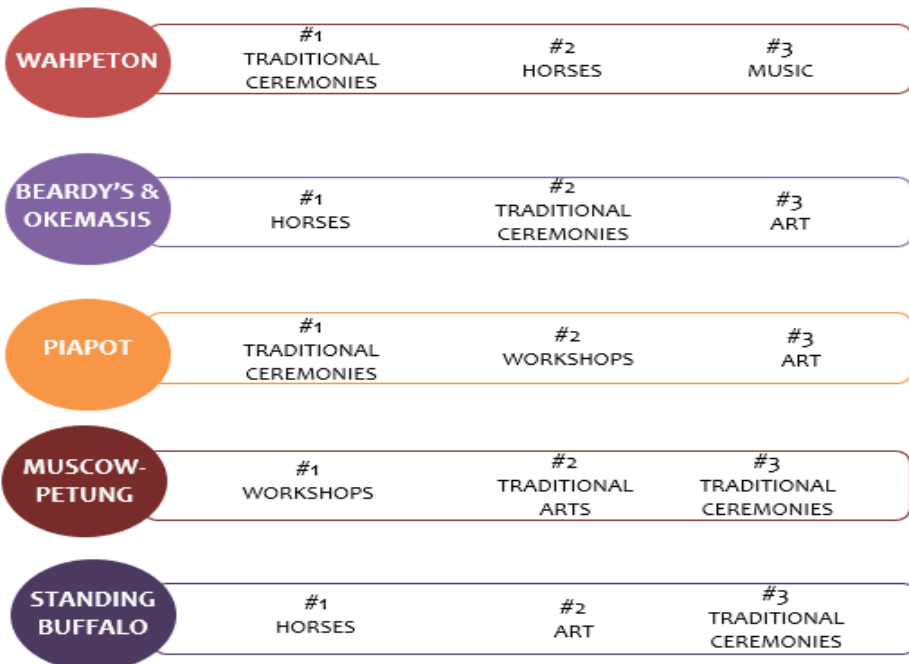
Results for this question also show that the youth were consistently “Kind of Interested” in **all of the activities**. While the percentages of ratings for ‘Not Interested’ and ‘Very Interested’ varied quite a lot, between 27% and 40% of the ratings for each activity were “Kind of Interested”. When considered along with comments and results from the rest of the survey it is clear that the youth have broad

interests and just want to see more programs and activities in general in their communities.

Arranged in order of overall ranking, this graph shows how the average interest level of each community compares in the various program or activity areas.



The top three interests of youth from all communities include a combination of: traditional ceremonies, horses, music, art, and workshops. Wahpeton and Piapot youth were most interested in traditional ceremonies, while youth from Beady’s & Okemasis and Standing Buffalo identified Horses as their top choice. The interest in workshops (described as “bullying, mental health, addictions, life skills, etc.” in the survey) was unique to Piapot.



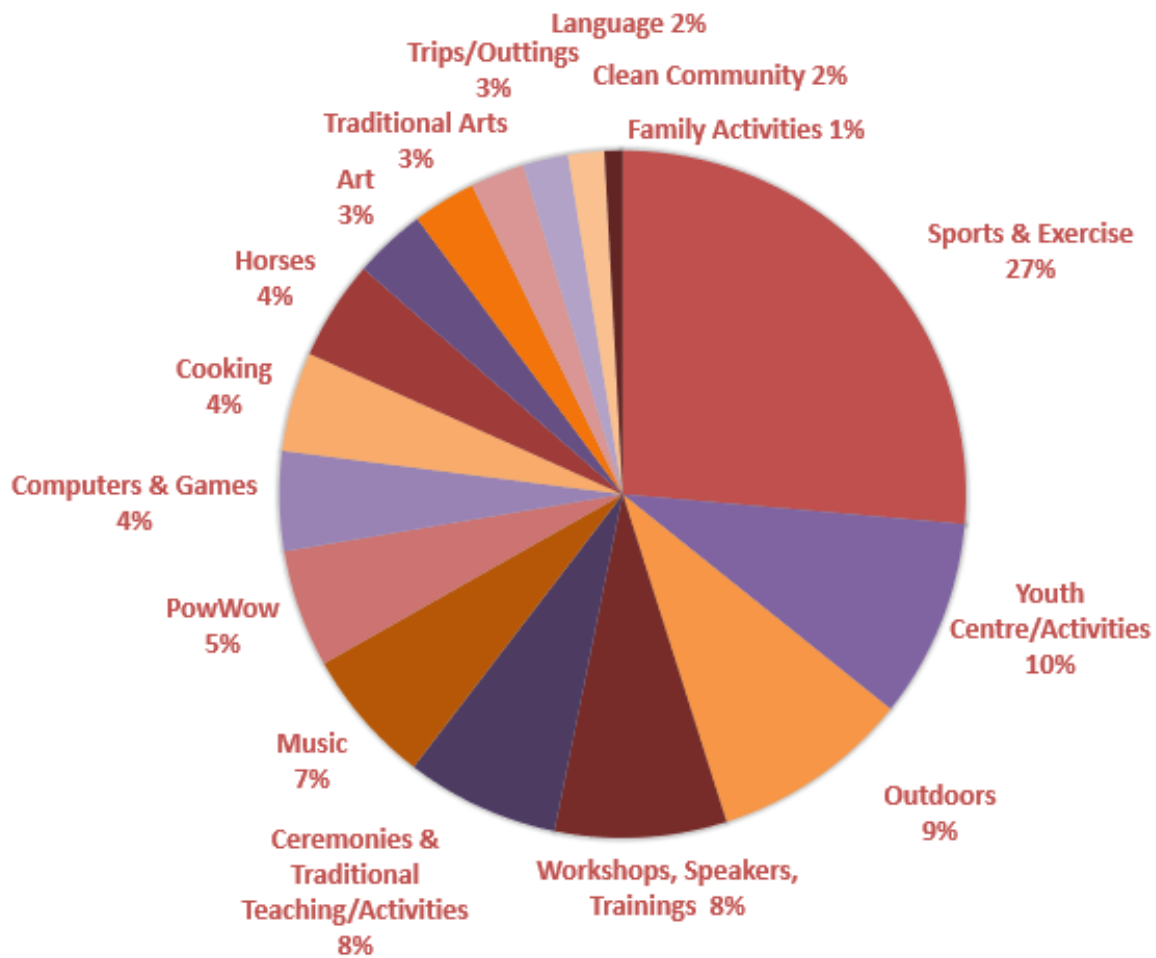
DESIRED PROGRAMS & ACTIVITIES

The third question on the survey asked youth about other programs they would like to see in their communities. This was an open, short-answer format that allowed the youth to write whatever they wanted. When the data was coded, if an answer contained a list of items, each of those were counted. So, for this question, 235 youth provided a total of 287 answers (42 youth skipped this question). Of those 287 answers, 52 were “I don’t know”, “none”, “nothing”, etc. and were not counted, leaving a total of 235 answers. These 235 answers were coded and grouped into themes. Below is the list of activities or programs themes that youth want to see (along with the number of times that answer appeared) followed (on the next page) by a chart showing the answers by percentage.

Question 3
What other activities or programs would you like to see in your community?

Sports & Exercise	67
Youth Centre/ Activities	24
Outdoors (camping, hunting, animals)	23
Workshops, Speakers, Trainings	20
Ceremonies & Traditional Teaching/Activities	18
Music	16
Pow Wow	13
Computers & Games	11
Cooking	11
Horses	11
Art	8
Traditional Arts (beading, sewing, carving)	7
Trips / Outings	7
Language	5
Clean Community	4
Family Activities	2

Activities and Programs Wanted by Youth Overall



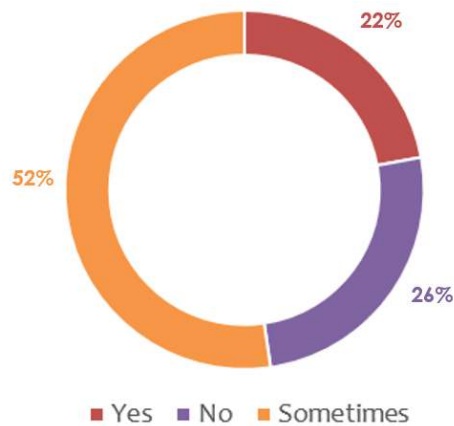
The chart below identifies the four most wanted programs and activities by community:

OVERALL	WAHPETON	BEARDY'S & OKEMASIS	PIAPOT	MUSCOW-PETUNG	STANDING BUFFALO
Sports & Exercise #1	Sports & Exercise (39%)	Outdoor Activities (15%)	Music (24%)	Sports & Exercise (42%)	Sports & Exercise (28%)
Outdoor Activities #2	Cooking (14%)	Sports & Exercise (13%)	Pow Wow (18%)	Youth Centre/Activities (17%)	Outdoor Activities (15%)
Youth Centre/Activities #3	Workshops & Speakers (9%)	Workshops & Speakers (10%)	Youth Centre/Activities (15%)	Outdoor Activities (8%)	Youth Centre/Activities (13%)
Workshops & Speakers #4	Youth Centre/Activities (7%)	Computers & Gaming (10%)	Sports & Exercise (9%)	Workshops & Speakers (8%)	Ceremonies & Traditions (11%)

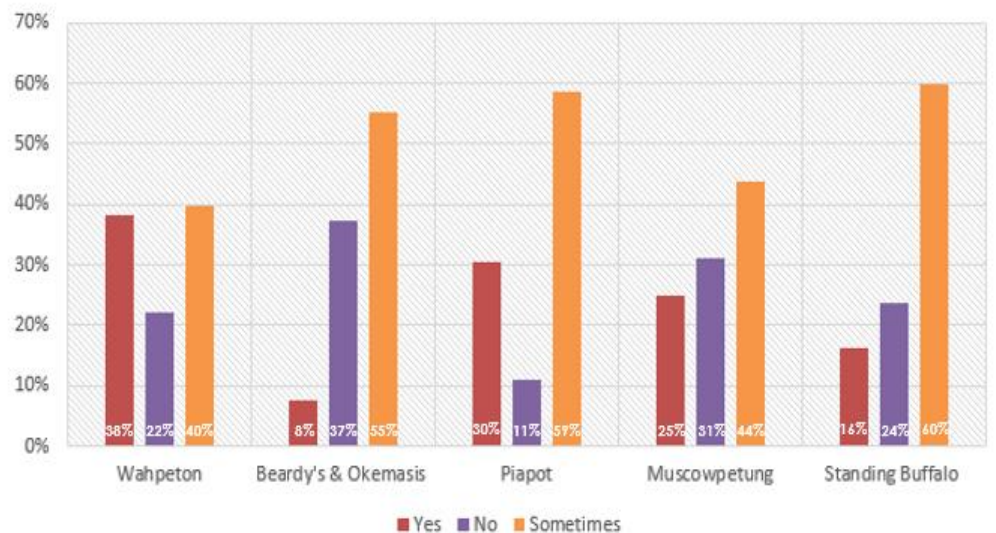
HAVING A VOICE

Question 4
 Do you feel like you have a voice in your community- that your ideas and opinions matter and that adults listen to you?

The youth Needs Assessment survey included a multiple-choice question regarding if youth feel they are listened to and how their ideas and opinions are regarded by adults in their community. 258 youth answered this question (19 skipped it), and more than half of them answered “sometimes” (135 of 258, 52%). 57 (or 22%) said they do feel like they have a voice and 66 (26%) of the youth said they do not feel that they have a voice and do not feel that their opinions and ideas matter to the adults in their community.



When considered by community, substantial differences are noticeable:



FEELING STRONG & HAPPY

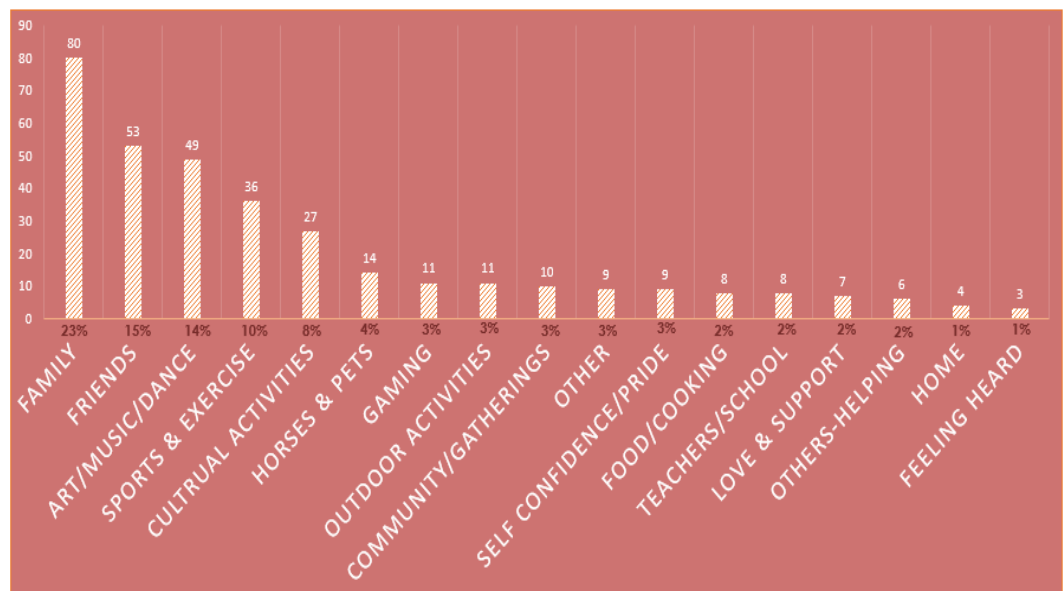
Question 5

What things make you feel strong and happy?

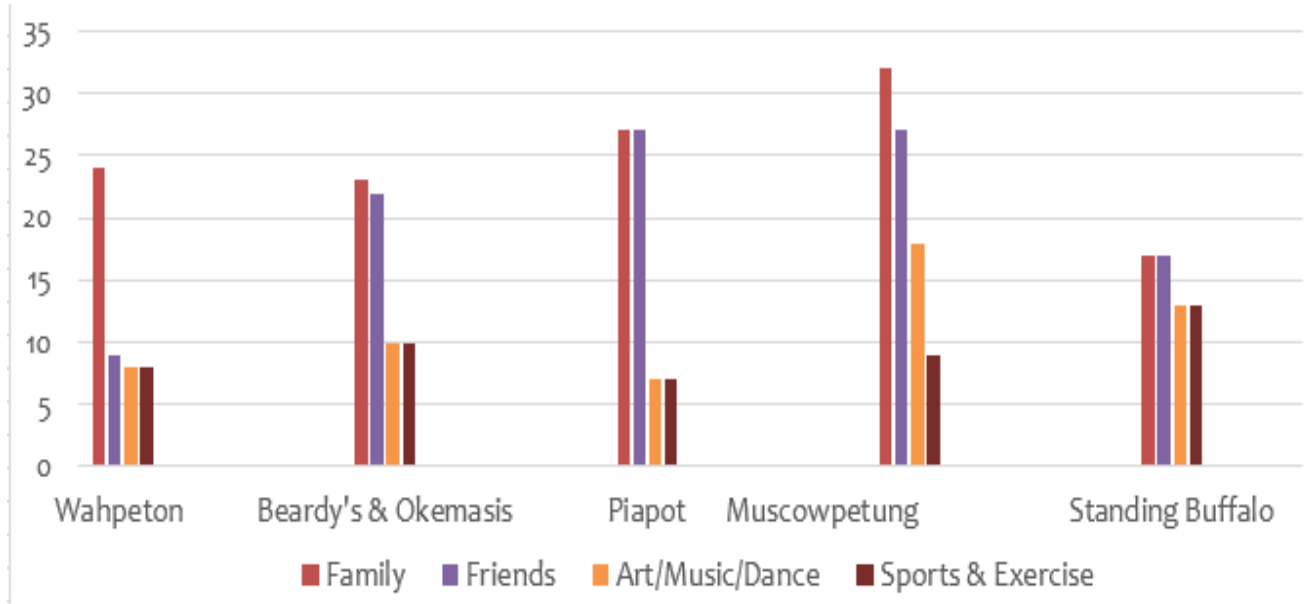
The fifth Needs Assessment question asked youth what things bring them strength and happiness. This question was answered by 238 and skipped by 39. This was a second short answer question that allowed the youth to write whatever they wanted and to include as many ideas or answers as they chose. Each of the items included in their answer were counted and coded separately. So, the 229 youth who answered this question provided 350 separate or distinct answers, which were coded and grouped into the 17 themes shown below. The ‘Other’ theme includes 9 answers that did not clearly fit into any of the other themes. These 9 answers included:

- “playing bingo”
- “creativity!”
- “slime, squishier, clothes”
- “hobbies”
- “being a woman”
- “fashion”
- “waking up everyday”
- “bugging people”
- “inspirational stories”

Within the 350 answers, 15 were not coded and so are not reflected in the results or percentages – these included answers such as “I don’t know”, “none”, “IDK”, “anything”, “everything”, “nothing”, etc.



The youth from all five communities share the same top four answers, just in different orders: Family, Friends, Art/Music/Dance, and Sports & Exercise. In each community 'Family' is the thing that contributes most to youth feeling strong and happy. The chart below presents the top four answers by percentage for each community:



The charts on the following page present the results for each community, indicating the number of responses for each category.

WAHPETON SOURCES OF STRENGTH & HAPPINESS	
Family	20
Friends	10
Art/Music/Dance	7
Sports & Exercise	7
Cultural Activities	6
Food/Cooking	6
Horses & Pets	6
Self Confidence/Pride	5
Love & Support	4
Outdoor Activities	4
Community/Gatherings	3
Gaming	2
Other	2
Teachers/School	2
Others-Helping	1
Feeling Heard	0
Home	0

BEARDY'S & OKEMASIS SOURCES OF STRENGTH & HAPPINESS	
Art/Music/Dance	21
Family	20
Friends	9
Sports & Exercise	9
Cultural Activities	7
Teachers/School	5
Gaming	4
Horses & Pets	4
Other	3
Outdoor Activities	3
Home	2
Feeling Heard	1
Food/Cooking	1
Love & Support	1
Others-Helping	1
Community/Gatherings	0
Self Confidence/Pride	0

PIAPOT SOURCES OF STRENGTH & HAPPINESS	
Family	16
Friends	16
Art/Music/Dance	6
Cultural Activities	6
Sports & Exercise	4
Other	3
Community/Gatherings	2
Horses & Pets	2
Gaming	1
Home	1
Others-Helping	1
Outdoor Activities	1
Self Confidence/Pride	1
Feeling Heard	0
Food/Cooking	0
Love & Support	0
Teachers/School	0

MUSCOWPETUNG SOURCES OF STRENGTH & HAPPINESS	
Family	7
Friends	6
Art/Music/Dance	4
Cultural Activities	2
Sports & Exercise	1
Community/Gatherings	1
Gaming	1
Others-Helping	0
Outdoor Activities	0
Self Confidence/Pride	0
Feeling Heard	0
Horses & Pets	0
Love & Support	0
Food/Cooking	0
Home	0
Other	0
Teachers/School	0

STANDING BUFFALO SOURCES OF STRENGTH & HAPPINESS	
Family	13
Sports & Exercise	13
Art/Music/Dance	10
Friends	10
Cultural Activities	5
Community/Gatherings	4
Others-Helping	3
Outdoor Activities	3
Self Confidence/Pride	3
Feeling Heard	2
Gaming	2
Horses & Pets	2
Love & Support	2
Food/Cooking	1
Home	1
Other	1
Teachers/School	1

ISSUES & CHALLENGES

Question 6

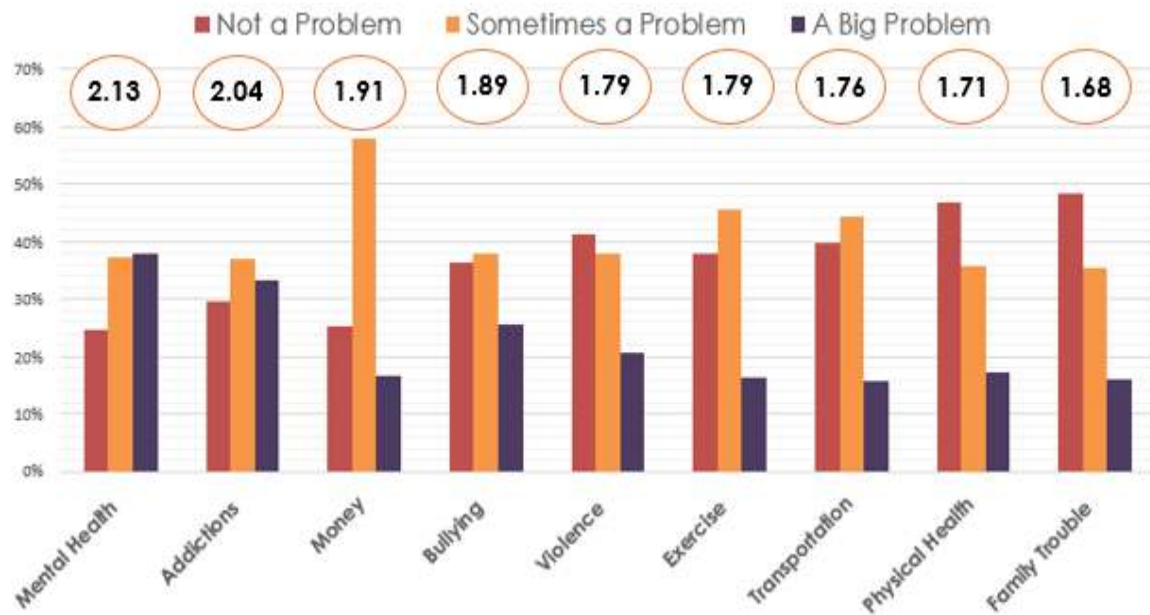
What issues or challenges do you face in your community and how big of a problem are they?

Question 6 in the survey focuses on challenges and asked the youth to rate how big of a problem 9 different issues are in their lives. The challenges or issues and descriptions included in the survey were:

- Mental Health - feeling anxious, stressed, depressed, suicidal, hopeless, angry, etc.
- Addictions - seeing or experiencing drug/alcohol/solvent/gambling addictions
- Money- not having enough money for the things I (or my family) need
- Bullying - being teased, beat up, or treated badly by others
- Violence - seeing or experiencing violence or abuse (verbal/physical/sexual)
- Exercise - not having the chance/place/coaching/equipment to get enough exercise
- Transportation - not being able to get rides when I need them, no way to travel in and out of the community, etc.
- Physical Health - not being able to see a doctor or specialist when I need to; not having the medications or medical equipment I need; etc.
- Family Trouble - not getting enough support, help, or love from my family; not feeling safe at home

This was a rating question with three answer options: 'Not a Problem', 'Sometimes a Problem', and 'A Big Problem'. Each answer had a score which allowed an average to be calculated for each challenge/issue: 'Not a Problem' = 1; 'Sometimes a Problem' = 2, and 'A Big Problem' = 3.

The chart on the following page shows the issues that the youth, overall, identified as problematic, from biggest to smallest (left to right). The numbers in the circles indicate the average score overall; numbers close to 1.0 indicate the issue is 'Not a Problem' and higher numbers, closer to 3.0 indicate that youth feel the issue is 'A Big Problem.'



Overall, **Mental Health**, is the issue that youth across all four communities identified as the biggest problem they are facing. Second to mental health, **Addictions** is a major problem in the lives of QBOW youth. Financial issues (“**Money**”) are also an important problem concerning the youth. Community specific results are included on the next page, but this question also included a space for ‘Comments,’ which will be presented in the paragraphs to follow.

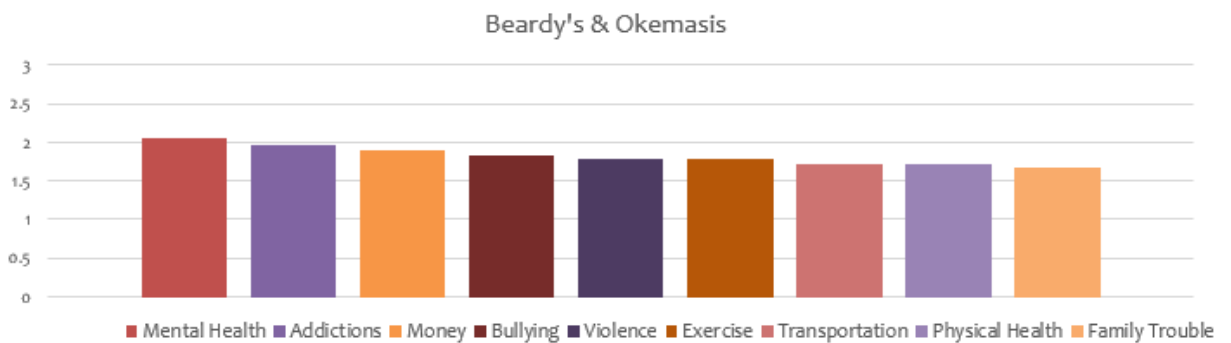
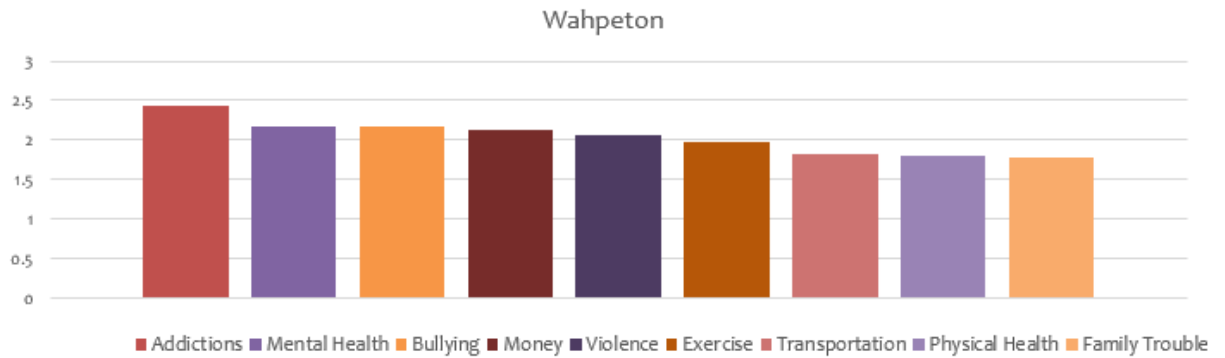
Of the 23 comments left by the youth, 8 were not counted since they were “ I don’t know,” “Rather not say”, etc. Five comments pertained to drugs and alcohol, for example:

- “There’s lots of drugs and alcohol”
- “Drugs are bad in my community”
- “Meth, a lot of our young families are on meth.”

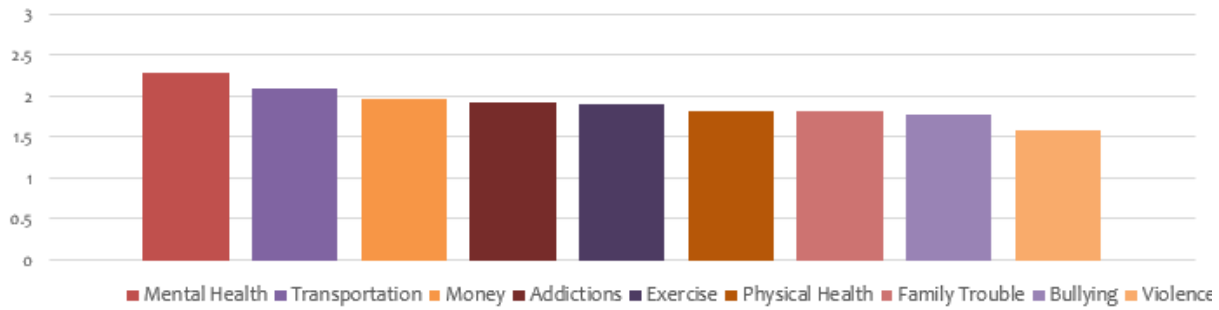
Other comments touched on a range of topics and included:

- “Racism”
- “Transportation – if you don’t have your own car”
- “Can’t have nice things”
- “Kids are getting taken away”

The charts below display the ordered rating by community, showing what issues the youth identified as being the most problematic in their communities. Recall that results are averaged scores where ‘Not a Problem’= 1; ‘Sometimes a Problem’ = 2, and ‘A Big Problem’ = 3.



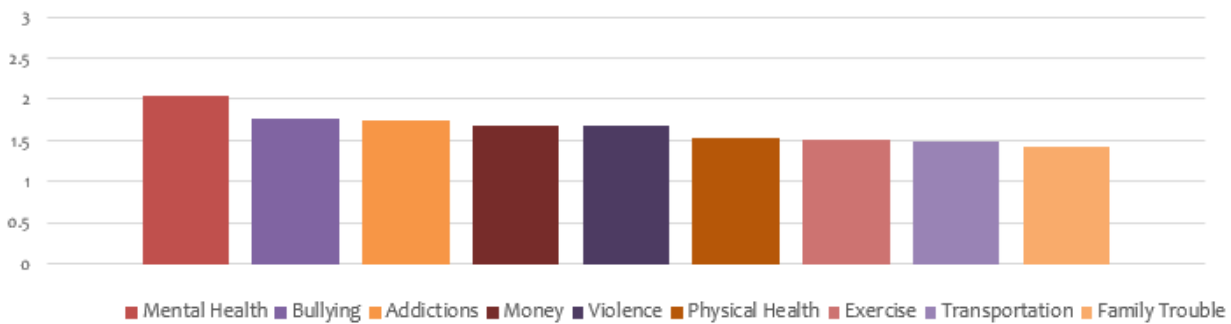
Piapot



Muscowpetung



Standing Buffalo

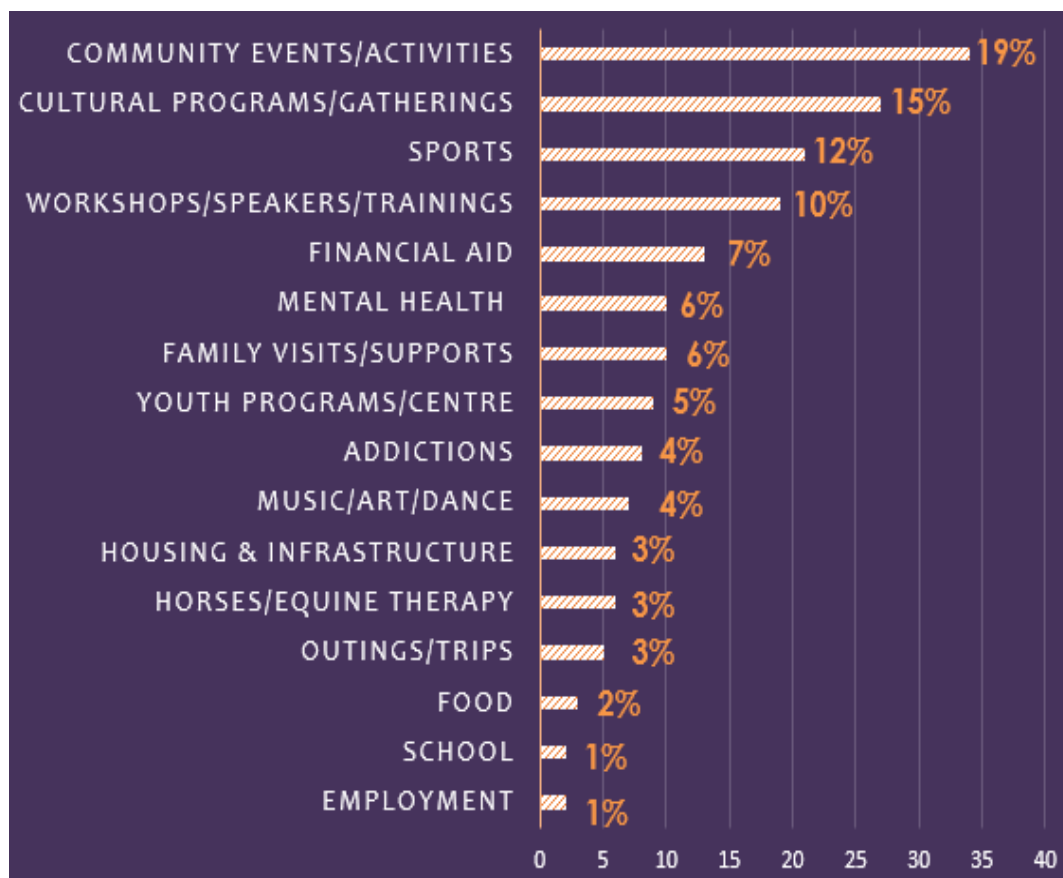


QBOW PROGRAMS & SERVICES

One of the final survey questions asked what other kinds of beneficial programs and services the youth thought QBOW might provide in their communities. It was answered by 237 and skipped by 40. As with the other open-ended short answer questions, non-applicable answers were left out (87) and each idea listed within an answer was counted and coded. In all, 182 answers were grouped into 16 themes or categories:

Question 7

What kinds of programs and services could QBOW offer that would make a difference to you, your family, and/or your community?



The top four areas where youth suggest QBOW could make a difference in their communities overall are presented in the pages to follow along with some examples of answers from each theme.

1. Community Events and Activities

This theme included general suggestions for events, programs, and activities that engaged the community as a whole. 34 (19%) answers were coded to this theme. Some examples include:

“More community events”	“Outdoor activities”
“Clubs for everyone”	“If QBOW did more programs, I would spend more time in my community”
“Family days”	

2. Cultural Programs and Gatherings

This theme is similar to the first in that it related to suggestions aimed at the community as a whole. However, the answers in this theme were specifically connected to culture. 27 (15%) answers were given in this theme, for example:

“tipi teachings”	“Teaching the young ones about culture”
“Native Food”	
“More Round Dances”	“Mini pow wows”
	“More ceremonies”

3. Sports

21 or 12% of all answers related to sports. This is a theme that was prioritized by the youth in other questions as well, showing a strong interest and desire for more opportunities for exercise and team sports in the communities. Answers included:

“More soccer games, kickboxing”	“Soccer field needed, track for walking/running, classes/instructors brought to community, etc”
“Make boards around the rink”	
“More consistent sports programs”	“More sports and horse riding and all of that”

4. Workshops/Speakers/Trainings

Answers in this theme (19, 10%) related to educational programs and events around a variety of topics, including:

“Make presentations on facing reservation challenges”

“Life skills”

“Having more addictions and violence free workshops since there is lots of violence in the community”

“Anger management”

“Things to keep us away from drugs and alcohol.

Inspirational speakers”

“Conferences”

“Helping us with being stressed”

“Workshops on bullying and self harm”

When the results for individual communities are considered, each of these top four ideas for additional programs and services are all represented. However, five additional themes are also included in the program areas ranked highest by the youth of the individual communities.

These include:

- ‘Family Visits and Supports’ (prioritized by youth from Standing Buffalo and Beardy’s & Okemasis)
- ‘Music/Art/ Dance’ (Piapot and Muscowpetung)
- ‘Financial Aid’ (Muscowpetung and Beardy’s & Okemasis)
- ‘Mental Health’ (Standing Buffalo)
- ‘Youth Programs/Centre’ (Piapot).

A comparative chart and further details are included in the following pages.

PROGRAMS/SERVICES QBOW COULD OFFER



• Family Visits & Supports

Responses in this theme (which made it into the top four of both Beardy's & Okemasis and Standing Buffalo) included programming ideas that targeted families and that related to visits (presumably for children/youth in care):

“Giving my dad a break”

“Give more support to families that have a whole lot of kids in their homes”

“Let us be with our family”

“To see your family once a week for the QBOW kids”

“Family therapy”

“Conference for my family”

- **Financial Aid**

Responses in this theme (13, 7%) show that youth identify financial needs in their communities, and see QBOW as being able to potentially provide support in this area. Both Beardy's & Okemasis and Muscowpetung youth prioritized this area:

“Give people money when needed”

“More family support programs with money”

“Giving money, homes, caring, love”

“To pay for things we'd like to do, like playing guitar, etc.”

“QBOW can financially support families in desperate need”

- **Mental Health**

While mental health was the biggest problem identified by youth overall (see question 6 results), it was only Standing Buffalo youth who identified it as a top area where QBOW may be able to help.

Examples of responses coded to this theme include:

“Having more ways to help with mental health”

“Therapy”

“Grief counseling and mental health counseling”

“More mental health services”

“Mental health because half of our youth suffer from it and don't know what to do about it”

“Mental health workshops”

“Mental health therapist for families/youth”

- **Music/Art Dance**

Piapot and Muscowpetung were the two communities whose youth prioritized this theme. Responses include:

“Playing any kind of instrument, music classes”

“Art and music”

“Singing”

“Making a dance group or dance lessons”

“Music lessons, more art”

“Dancing, art”

- **Youth Programs/Centre**

Piapot youth rated youth specific programs and facilities among the highest for potential programs they believe QBOW may offer, for example:

“A place like an arcade to keep the children occupied. Their very own building that no one can take over”

“More children activities, more activities during non school days”

“Youth stuff”

“More gym equipment for more activities as kids”

“More workshops, activities for youth”

“Open the youth centre”

SNAPSHOT: Wahpeton Dakota Nation

QBOW's 2020 Youth Needs Assessment was completed by 65 youth from Wahpeton.

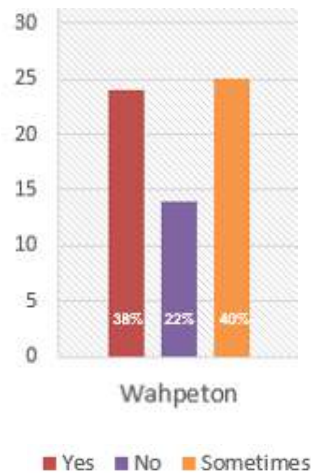
Top Interests



Most Wanted Programs/Activities



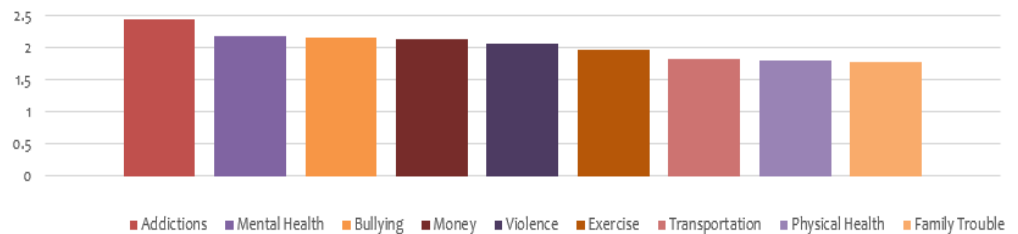
Feeling Heard



Feeling Strong & Happy

WAHPETON SOURCES OF STRENGTH & HAPPINESS	
Family	20
Friends	10
Art/Music/Dance	7
Sports & Exercise	7
Cultural Activities	6
Food/Cooking	6
Horses & Pets	6
Self Confidence/Pride	5
Love & Support	4
Outdoor Activities	4
Community/Gatherings	3
Gaming	2
Other	2
Teachers/School	2
Others-Helping	1

Biggest Issues & Challenges



Suggested Programs & Services for QBOW

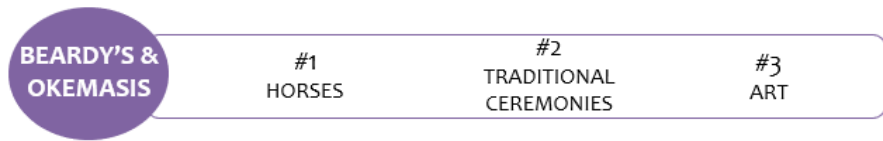


SNAPSHOT:

Beardy's & Okemasis Cree Nation

QBOW's 2020 Youth Needs Assessment was completed by 86 youth from Beardy's & Okemasis.

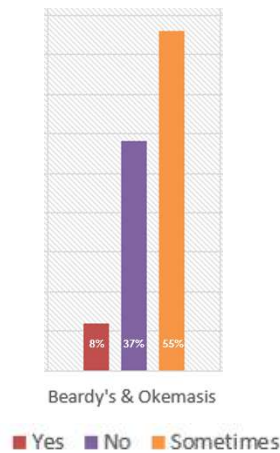
Top Interests



Most Wanted Programs/Activities



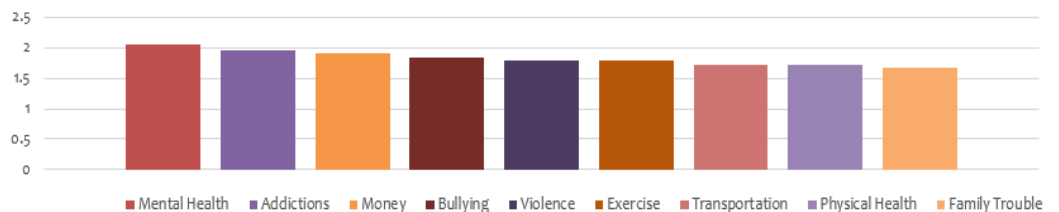
Feeling Heard



Feeling Strong & Happy

BEARDY'S & OKEMASIS SOURCES OF STRENGTH & HAPPINESS	
Art/Music/Dance	21
Family	20
Friends	9
Sports & Exercise	9
Cultural Activities	7
Teachers/School	5
Gaming	4
Horses & Pets	4
Other	3
Outdoor Activities	3
Home	2
Feeling Heard	1
Food/Cooking	1
Love & Support	1
Others-Helping	1

Biggest Issues & Challenges



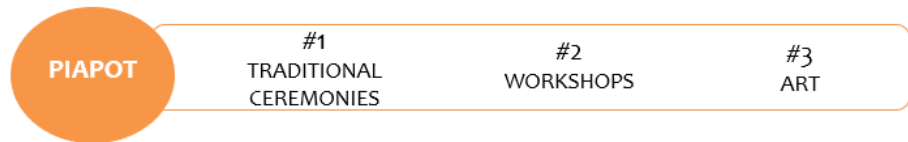
Suggested Programs & Services for QBOW



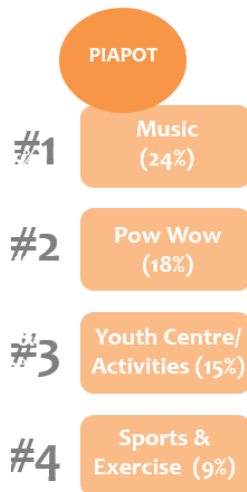
SNAPSHOT: Piapot Cree Nation

QBOW's 2020 Youth Needs Assessment was completed by 49 youth from Piapot.

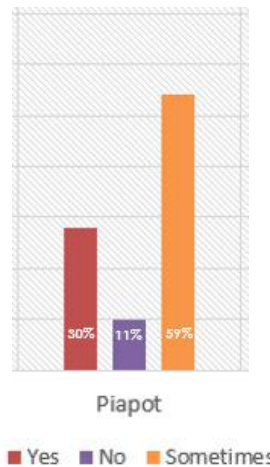
Top Interests



Most Wanted Programs/Activities



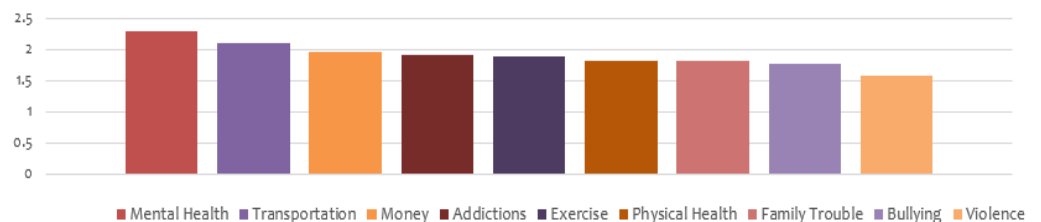
Feeling Heard



Feeling Strong & Happy

PIAPOT SOURCES OF STRENGTH & HAPPINESS	
Family	16
Friends	16
Art/Music/Dance	6
Cultural Activities	6
Sports & Exercise	4
Other	3
Community/Gatherings	2
Horses & Pets	2
Gaming	1
Home	1
Others-Helping	1
Outdoor Activities	1
Self Confidence/Pride	1

Biggest Issues & Challenges



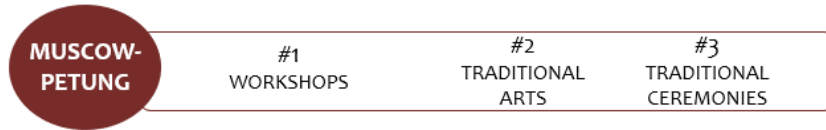
Suggested Programs & Services for QBOW



SNAPSHOT: Muscowpetung Saulteaux Nation

QBOW's 2020 Youth Needs Assessment was completed by 19 youth from Muscowpetung.

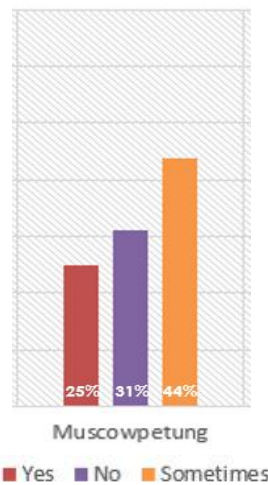
Top Interests



Most Wanted Programs/Activities



Feeling Heard



Feeling Strong & Happy

MUSCOWPETUNG SOURCES OF STRENGTH & HAPPINESS	
Family	7
Friends	6
Art/Music/Dance	4
Cultural Activities	2
Sports & Exercise	1
Community/Gatherings	1
Gaming	1
Others-Helping	0
Outdoor Activities	0
Self Confidence/Pride	0
Feeling Heard	0
Horses & Pets	0
Love & Support	0
Food/Cooking	0
Home	0
Other	0
Teachers/School	0



Biggest Issues & Challenges



Suggested Programs & Services for QBOW



SNAPSHOT: Standing Buffalo Dakota Nation

QBOW's 2020 Youth Needs Assessment was completed by 58 youth from Standing Buffalo.

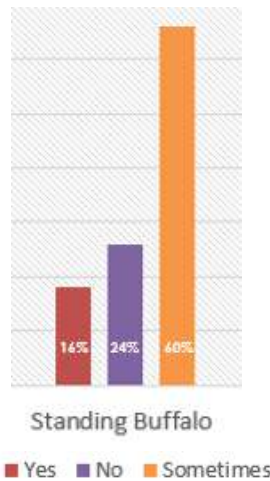
Top Interests



Most Wanted Programs/Activities



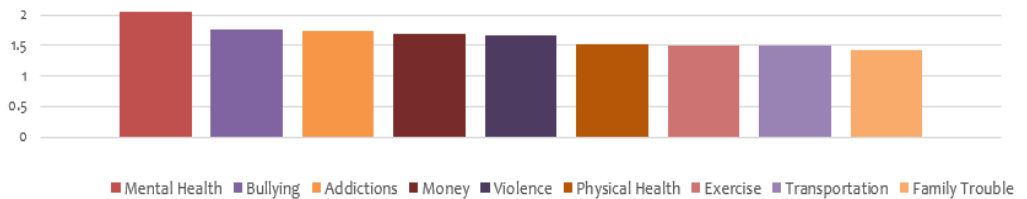
Feeling Heard



Feeling Strong & Happy

STANDING BUFFALO SOURCES OF STRENGTH & HAPPINESS	
Family	13
Sports & Exercise	13
Art/Music/Dance	10
Friends	10
Cultural Activities	5
Community/Gatherings	4
Others-Helping	3
Outdoor Activities	3
Self Confidence/Pride	3
Feeling Heard	2
Gaming	2
Horses & Pets	2
Love & Support	2
Food/Cooking	1
Home	1
Other	1
Teachers/School	1

Biggest Issues & Challenges



Suggested Programs & Services for QBOW



CONCLUSIONS

QBOW's 2020 Youth Needs Assessment provides a comprehensive and comparative look at the needs, preferences, and priorities of youth from each of the communities served by the Agency. Through a mix of rating, multiple-choice, and short answer questions, the survey invited youth to share their opinions and ideas on various areas of their lives for the purpose of enhancing the services and programs offered by QBOW.

Participation and feedback from the 2020 Youth Summit show that the youth had an overwhelmingly positive experience- they appreciated the opportunity to come together outside of their communities and were grateful and inspired by the various presentations and information opportunities offered at the summit.

The results presented in the previous pages demonstrate the uniqueness of each of the Nations represented and suggest that 'one-size-fits-all' approaches may not adequately meet the service and programming needs of QBOW's communities and their youth and families.

Several of the comments left at the end of the survey speak to the overall themes defining the results:

- a desire for more programs/services and activities in general across all areas;
- a strong interest in sports and horses-related activities;
- a need for programming that supports well-being and positive mental health;
- an emphasis on culture and a call for greater access and opportunity to learn and experience traditional culture (through community gatherings, ceremony, language, land, and the arts)

“Have another annual conference next year. I enjoyed it.”

“I want more youth to be aware that we need to keep our culture alive.”

“We just have to get the youth involved more.”