

APPENDIX

Appendix A – Cultural Connectedness Scale – California, Sub Scales

Traditions - 11 Items

- I use ceremonial/traditional medicines (*See Examples List #1*) for guidance or prayer or other reasons. (*See Examples List #2*)^a
- I have participated in a traditional/cultural ceremony or activity. (*See Examples List #3*)^a
- I have helped prepare for a traditional/cultural ceremony or activity in my family or community. (*See Examples List #3*)^a
- Someone in my family or someone I am close with attends traditional/cultural ceremonies or activities. (*See Examples List #3*)^a
- I plan on attending a traditional/cultural ceremony or activity in the future. (*See Examples List #3*)^a
- I have shared a meal with community, offered food or fed my ancestors for a traditional/cultural or spiritual reason.^a
- How often do you offer a ceremonial/traditional medicine for cultural/traditional purposes? (*See Examples List #1*)^c
- How often do you use ceremonial/traditional medicines? (*See Examples List #1*)^c
- How often does someone in your family or someone you are close to use ceremonial/traditional medicines? (*See Examples List #1*)^c
- I can understand some of my Native American/Indigenous words or languages.^a
- I have a traditional person, elder or other person who I can talk to. (*See Examples List #5*)^a

Identity - 11 Items

- I plan on trying to find out more about my Native American/Indigenous culture, such as its history, Tribal Identity, traditions, customs, arts and language.^a
- I have spent time trying to find out more about being Native American/Indigenous, such as its history, tribal identity, traditions, language and customs.^b
- I have a strong sense of belonging to my Native American/Indigenous family, community, Tribe, or Nation.^b
- I have done things that will help me understand my Native American/Indigenous background better.^b
- I have talked to community members or other people (*See Examples List #5*) in order to learn more about being Native American/Indigenous.^b
- When I learn something about my Native American/Indigenous culture, history or ceremonies, I will ask someone, research it, look it up, or find resources to learn more about it.^b
- I feel a strong attachment towards my Native American community or Tribe.^b
- If a traditional person, counsellor or Elder who is knowledgeable about my culture spoke to me about being Native American/Indigenous, I would listen to them carefully. (*See Examples List #5*)^b
- I feel a strong connection to my ancestors and those who came before me.^b
- Being Native American means I sometimes have a different perception or way of looking at the world.^b
- It is important to me that I know my Native American/Indigenous or Tribal language(s).^b

Spirituality - 7 Items

- I know my cultural, spirit, Indian or Traditional Name.^a
- I believe things like animals, rocks (and all nature) have a spirit like Native American/Indigenous People.^b
- The eagle feather (or other feathers - *See Examples List #6*) has a lot of traditional meaning for me.^b
- When I am physically ill, I look to my Native American/Indigenous culture for help.^b
- When I am overwhelmed with my emotions, I look to my Native American/Indigenous culture for help.^b
- When I need to make a decision about something, I look to my Native American/Indigenous culture for help.^b
- When I am feeling spiritually disconnected, I look to my Native American/Indigenous culture for help.^b

Response Format

^a = Yes, No (or Not Applicable)

^b = Strongly Disagree, Disagree, Do Not Agree or Disagree, Agree, Strongly agree

^c = Never, once/twice past year, every month, every week, every day

Appendix B – Cultural Connectedness Scale – California

QUESTIONS 1 - 11, Circle the Most Accurate Answer

1. **I believe things like animals, rocks (and all nature) have a spirit like Native American/ Indigenous People.**
Yes No
2. **I can understand some Native American/Indigenous words or language(s).**
Yes No
3. **I know my Cultural, Spirit, Indian or Traditional Name.**
Yes No Does Not Apply (We do not use these names)
4. **I use ceremonial/traditional medicines (See Examples List #1) for guidance or prayer or other reasons (See Examples List #2).**
Yes No
5. **I have participated in a traditional/cultural ceremony or activity (See Examples List #3).**
Yes No
6. **I have helped prepare for a traditional/cultural ceremony or activity in my family or community (See Examples List #3).**
Yes No
7. **I have shared a meal with community, offered food or fed my ancestors for a traditional/cultural or spiritual reason (See Examples List #4).**
Yes No
8. **Someone in my family or someone I am close with attends traditional/cultural ceremonies or activities (See Examples List #3).**
Yes No
9. **I plan on attending a traditional/cultural ceremony or activity in the future (See Examples List #3).**
Yes No
10. **I plan on trying to find out more about my Native American/Indigenous culture, such as its history, Tribal identity, traditions, customs, arts and language.**
Yes No
11. **I have a traditional person, elder or other person who I can talk to (See Examples List #5).**
Yes No

QUESTIONS 12 - 29, Circle the Most Accurate Answer

- 12. I have spent time trying to find out more about being Native American/Indigenous, such as history, tribal identity, traditions, language and customs.**
 Strongly Disagree Disagree Do Not Agree or Disagree Agree Strongly Agree
- 13. I have a strong sense of belonging to my Native American/Indigenous family, community, Tribe, or Nation.**
 Strongly Disagree Disagree Do Not Agree or Disagree Agree Strongly Agree
- 14. I have done things that will help me understand my Native American/Indigenous background better.**
 Strongly Disagree Disagree Do Not Agree or Disagree Agree Strongly Agree
- 15. I have talked to community members or other people (See Examples List #5) in order to learn more about being Native American/Indigenous**
 Strongly Disagree Disagree Do Not Agree or Disagree Agree Strongly Agree
- 16. When I learn something about my Native American/Indigenous culture, history, or ceremonies, I will ask someone, research it, look it up, or find resources to learn more about it.**
 Strongly Disagree Disagree Do Not Agree or Disagree Agree Strongly Agree
- 17. I feel a strong connection/attachment towards my Native American community or Tribe.**
 Strongly Disagree Disagree Do Not Agree or Disagree Agree Strongly Agree
- 18. If a traditional person, counselor or Elder who is knowledgeable about my culture, spoke to me about being Native American/Indigenous, I would listen to them carefully (See Examples List #5).**
 Strongly Disagree Disagree Do Not Agree or Disagree Agree Strongly Agree
- 19. I feel a strong connection to my ancestors and those that came before me.**
 Strongly Disagree Disagree Do Not Agree or Disagree Agree Strongly Agree
- 20. Being Native American/Indigenous means I sometimes have a different perception or way of looking at the world.**
 Strongly Disagree Disagree Do Not Agree or Disagree Agree Strongly Agree
- 21. The eagle feather (or other feathers) has a lot of traditional meaning for me (See Examples List #6).**
 Strongly Disagree Disagree Do Not Agree or Disagree Agree Strongly Agree
- 22. It is important to me that I know my Native American/Indigenous or Tribal language(s).**
 Strongly Disagree Disagree Do Not Agree or Disagree Agree Strongly Agree
- 23. When I am physically ill, I look to my Native American/Indigenous culture or community for help.**
 Strongly Disagree Disagree Do Not Agree or Disagree Agree Strongly Agree
- 24. When I am overwhelmed with my emotions, I look to my Native American/Indigenous culture or community for help.**
 Strongly Disagree Disagree Do Not Agree or Disagree Agree Strongly Agree

25. When I need to make a decision about something, I look to my Native American/Indigenous culture or community for help.

Strongly Disagree Disagree Do Not Agree or Disagree Agree Strongly Agree

26. When I am feeling spiritually ill or disconnected, I look to my Native American/Indigenous culture or community for help.

Strongly Disagree Disagree Do Not Agree or Disagree Agree Strongly Agree

Please answer how often you experience the following:

27. How often do you offer a ceremonial/ traditional medicine for cultural/traditional purposes? (See Examples List #1)

Never Once/Twice in the Past Year Every Month Every Week Every Day

28. How often do you use ceremonial/traditional medicines? (See Examples List #1)

Never Once/Twice in the Past Year Every Month Every Week Every Day

29. How often does someone in your family or someone you are close to use ceremonial or traditional medicines? (See Examples List #1)

Never Once/Twice in the Past Year Every Month Every Week Every Day

CCS-CA SCORING

Yes = 5 No = 1 NA = 3

Strongly Disagree = 1

Disagree = 2

Do Not Agree/Disagree = 3

Agree = 4

Strongly Agree = 5

Never = 1

Once/Twice Past Year = 2

Every Month = 3

Every Week = 4

Every Day = 5

CCS-CA Range: 29 – 145

Identity Subscale: 11 - 55

Traditions Subscale: 11 - 55

Spirituality Subscale: 7 - 35

Examples Lists: Cultural Connectedness Scale - California

List #1 Ceremonial & Traditional Medicines	List #2 Uses of Ceremonial & Traditional Medicines	List #3 Traditional, Tribal & Cultural Ceremonies or Activities	List #4 Cultural Uses of Food	List #5 Traditional Persons, Elders & Leaders
<ul style="list-style-type: none"> • Angelica Root • Bear Root • Cedar • Corn Pollen • Copal • Greasewood • Jimson • Milk Weed • Mountain Tea • Mugwort • Palo de Santo, • Peyote • Sage • Sweet grass • Tobacco • Women’s Tea 	<ul style="list-style-type: none"> • Asking for a blessing in a sacred manner • Calmness • Cultural connections • Gifting to show respect • Give thanks • Guidance • Help Sleeping • To honor • Personal Healing • Prayer • Smudge • Spiritual connections • Spiritual Offerings • Steady Mind • Talk to the creator • Keep bad spirits away 	<ul style="list-style-type: none"> • Acorn Ceremony • Beading Class • Bear Dance, Sun Dance, Round Dance or other Cultural Dance • Big Time • Burning of Clothes • Coming of Age • Deer Gathering • Drumming • Feast Giveaway • Fiesta (South of Kern Valley) • GONA • Longhouse • Moon Ceremony • New Years • Pot Latch • Pow Wow • Puberty Ceremony • Repatriation • Running is my High • Spring Ceremony • Story Telling • Sunrise Ceremony • Sun Rise (Alcatraz) • Sweat Lodge • Traditional Tattoo • Washing of the Face • Wiping of Tears • Young Men’s Ceremony • Yuwipi 	<ul style="list-style-type: none"> • Spirit Plate • Thank You Ceremony • Special Feast • Community Feed • Other 	<ul style="list-style-type: none"> • Ceremonial Leader • Cultural Teacher • Doctor • Elder • Father • Feather Man • Feather Woman • God Father • God Mother • Head Heir • Head Man • Head Woman • Medicine People • Mother • Mother Bear • Regalia Leader • Spiritual Person • Timiiwal • Top Doc
<p>List #6 Feathers</p>				
<ul style="list-style-type: none"> • Eagle • Condor • Flicker • Hummingbird • Raven • Hawk • Turkey • Quail • Woodpecker 				