

## Liidlil Kue Community Wellness Plan

### 'Strength From Within'

Meetings with all age groups in the community were held in May and the information collected is attached. There is great concern among community members about the loss of the traditional Dene culture and at every meeting there were suggestions about how to deal with this. The negative effects of residential school are still perceived to be affecting individuals, families, and the community as a whole. It was suggested that healing workshops could be helpful, specifically for those who have been most affected by suicides in the community. Housing and homelessness are two other primary concerns of members.

People feel that there are not enough healthy activities available for youth and adults and that parents need to be more involved with their children in a variety of ways; ie. supporting their educational goals and spending recreational/teaching time with them.

Communication seems to be an issue, as meeting attendees expressed that they are not always aware of when workshops, activities and events are taking place. Elders especially would like to receive more timely information.

This is the 3-year wellness plan based on the goals of the LKFN strategic plan and the information collected at meetings and through written surveys. The Wellness, Community Justice, and Victim Services Coordinators share many of the same goals and are committed to working together to enhance LKFN programs, supports, and activities.

The objectives of this plan:

- To sponsor intergenerational activities, both cultural and recreational
- Identify and document local resources that will assist with program development and delivery
- To reach out to Elders through the Elders Services program
- To include Elders in as many community events as possible
- To provide community members of all ages with clear and timely information about LKFN supports and activities
- To deliver a series of healing workshops in which 'train the trainer' sessions are included. Community members will be empowered with education and will gain confidence and self-reliance
- To build capacity in each and every program
- To encourage volunteerism, especially among parents who are willing to coach and conduct local activities and sports for youth
- To support volunteerism by recognizing those who give to the community at a gala dinner and awards ceremony held yearly
- To celebrate self-reliance and self-responsibility by recognizing the skills, knowledge, and contributions of members to the overall wellness of the community
- To minimize dependence on outside agencies by building on the strength of local knowledge and resources
- To promote and support individual, family, and community resilience
- To establish a permanent camp where on-the-land youth and family and healing camps can be held year-round
- To obtain funding from all available sources
- To re-evaluate the wellness plan yearly; making changes as necessary so that the plan continues to reflect community needs

## Wellness Workplan

Goals and Actions	Time Frame	Responsibilities	Outcomes	Resources/Funding
1. Finalize the wellness plan	June 30 <sup>th</sup> 2017	Wellness Committee Wellness Coordinator Executive Director and Chief for approval	A clear and attainable plan that address the 3 objectives of wellness funding and reflects the desires of the members	Community members Wellness Coordinator Wellness Committee Chief and Council Executive Director
2. Make the wellness plan available to all members	June 30 <sup>th</sup> 2017	Wellness Coordinator LKFN Communications	A well-informed, engaged membership	Wellness Coordinator LKFN Communications Wellness Committee Interagency Committee
3. Deliver a series of workshops and seminars on subjects like: suicide awareness and prevention, lateral violence prevention, alcohol and drug prevention. Build capacity by offering training for community members at and in between workshops. (5 year plan)	July 2017 - ongoing	Contracted facilitators Wellness coordinator Executive Director Community members	Deep seated issues and root causes of suicide and lateral violence are explored and eradicated from the community. The community becomes a healthier place for all.	GNWT

<p>4. Continue to develop and expand the Elders Services program. Form an Elders' Committee. Hold regular Elders meetings. Provide on-going training for Elders Services Coordinator. Youth/Elders film making project</p>	<p>May 2017 - ongoing</p>	<p>Elders Services Coordinator Wellness Coordinator LKFN Communications</p>	<p>Healthier, better informed Elders who are included in meetings and intergenerational activities. Elders feel they are valued and included</p>	<p>Elders Services Coordinator Wellness Coordinator Executive Director Elders Committee Seniors Society of NWT Community Wellness Funding Heritage Canada funding EC &amp; E funding</p>
<p>5. Working with the Interagency Committee, develop an anti-bullying campaign that permeates every community program, schools and workplaces</p>	<p>July 2017-ongoing</p>	<p>Interagency Committee Wellness Coordinator Schools Health Centre Church</p>	<p>Bullying and lateral violence are openly discussed among all age groups. Solutions to resolving this issue are generated and put into place.</p>	<p>As decided by interagency committee</p>
<p>6. Start a recruitment campaign that will build a base of committed</p>	<p>June 2017- ongoing</p>	<p>Wellness Coordinator Wellness Committee Chief and Council Interagency Committee</p>	<p>Adults who act as role models, mentors, coaches and supporters of youth. More human resources for programs</p>	<p>Community Wellness funding Wellness Committee MACA funding</p>

adult volunteers who will assist with youth and community activities. Hold a yearly 'gala' celebration to honor these people and others who make exceptional volunteer commitments to the community.			and special events. More activities and sports going on for Youth. Healthy interaction between the generations.	
7. Identify a site that will be used in summer and fall 2017 for camps, healing programs, community justice programs etc.	June 2017	Executive Director Chief Wellness Committee	Logistics of setting up camps and workshops now a known factor. These activities can be more easily organized, more activities in all seasons can take place.	Executive Director Wellness Coordinator
8. Start to build infrastructure at the camp site that will eventually allow for year-round use	June 2017, continuing through to June 2019	Executive Director Wellness Coordinator Contractors	Camps and workshop planned for July and August 2017 will provide participants with basic necessities such as water, outhouses, shelter (tents) and a cooking area that is protected from the weather	Local builders, maintainers etc. Deh Cho Helicopters funding

9. 2, 6-day long on-the-land youth/family camps and one week-end healing workshop	July and August 2017	Wellness Coordinator Wellness Assistant Local human resources Victim Services Coordinator (workshop) Community Justice Coordinator	Camps will serve at least 10 youth at each one. Parents will join their children at the camp for the last over-night and day. At least 10 adults will participate in the healing workshop. Stronger families and healthier members.	Community Wellness Funding DFN funding Local leaders, teachers, Elders Language program funding Health and Social Services
10. Seasonal camps and on the land healing workshops	Spring, summer, Fall, Winter beginning April 2018 and on-going	Wellness Coordinator Workshop facilitators and trainers Local resource people Elders	Members supported to be stewards of the land. Stronger youth-Elders-land relationships. Mental, physical, emotional and spiritual health of members improves	Community Wellness funding DFN funding Language funding
11. Develop and deliver a traditional games and hand games program for youth.	June 2017 – June 2019	Wellness Coordinator Wellness Assistant Local Instructor NWT Traditional Games Association (to train the trainers) Local volunteer parents	Youth will engage in traditional games that will increase their fitness levels and cultural/traditional knowledge. Better physical health will result	Traditional Games Association teachers Local youth and adults as coaches Local Youth Wellness Coordinator

12. Host the MacKenzie Youth Dene Games	August 14 <sup>th</sup> – 18 <sup>th</sup> 2017 Summer 2018	Wellness Coordinator Wellness Assistant Village Recreation Dept. Volunteer parents MacKenzie Recreation Association staff Chaperones from other communities in the region	Local and regional youth will engage in the games for fun and some competition. Parents and Elders will have the opportunity to attend, support and coach the youth. Youth will further develop pride in their community as have the opportunity to host, volunteer and participate in the games.	MacKenzie Recreation Association funded LKFN Village of Fort Simpson Parks Canada
13. With the assistance of volunteer parents and other adults, develop a program modeled on the "Lights On" initiative.	January 2018 - ongoing	Wellness Coordinator Interagency Committee Adult volunteers Village of Fort Simpson	Youth will have a safe and engaging environment to drop in to on Friday and Saturday nights. A variety of activities will be offered until at least 11 PM. Youth will be less inclined to turn to alcohol and drugs and will be encouraged to assist with most aspects of the program.	Community Justice funding Village of Fort Simpson

14. Outdoor family gatherings (picnics) will be held in summer and fall at the Papal grounds. Food will be shared and traditional games played	July – September 30 <sup>th</sup> 2017/18/19 Once per month	Wellness Coordinator Wellness Assistant Victim Services Coordinator Community Justice Coordinator	Fun and healthy activities for families. Food will be shared. Reinforcing the Dene laws “Share What You Have” Elders will be invited and provided with transportation	Wellness funding LKFN Victim Services Community Justice
15. Baseball once per week for all ages, organized and run by parents.	June 2017 – Sept 2017/18/19	Volunteer parents Wellness Coordinator	Healthy outdoor activity for families. Stronger bonds between children and parents. Development of volunteer program	No funding necessary Volunteer parents Wellness Coordinator
16. Men’s talking circles	July 2017 – ongoing	Community Justice Coordinator Wellness Coordinator	A venue for men to discuss issues such as residential school trauma, grief and addictions	Community Justice Coordinator Wellness Coordinator
17. Women and Girls sewing circle	August 2017 – ongoing	Wellness Coordinator Community members	Healthy socialization for community women and girls. Bringing the generations together, girls can learn to sew with Elders and adult women	Community wellness funding Dehcho Helicopters funding

18. Fitness classes for women and girls	June 2017 -ongoing	Wellness coordinator Village recreation centre	Healthy year-round physical activity and stress reduction for women and girls. Increase in physical fitness and improved mental health for participants. Potential instructors identified and trained to take over teaching by June 2019	Volunteer instructor
19. Adult and family cross-country ski and snowshoe club	November 2017 – on going	Local adult volunteers Wellness coordinator	Healthy winter on-the-land physical activity. Adults learn how to ski at ski clinics, equipment is made available. Family events held throughout the winter season.	Adult volunteers Community Wellness funding NWT Ski North Parks Canada



