



INGAMO HALL FRIENDSHIP CENTRE

Box 1293 Inuvik NT XOE OTO

Phone: (867) 777-2166

Fax: (867) 777 -2738

Ingamo Hall Friendship Centre

Community Wellness Plan

2018 - 2023

Ingamo Hall Friendship Centre was registered as a society in 1976; the Mission Statement was and still is as follows:

To improve the Quality of life for Aboriginal people in in Urban environment by operating a culturally based Centre that will provide for personal development, healthy lifestyle choices, educational encouragement, and self-determined activities, respecting the values and objectives of the aboriginal distinctiveness culture.

Community Overview

Over the past four (4) years The Town of Inuvik's economy slowed, and the populations decreased as people moved away to find employment. There are approximately 3200 hundred people who reside in Inuvik. There does not seem to be any increase of employment in Inuvik currently. There may be a light at the end of the tunnel with the possibility of a new airport, work on the airport road. Opening the road to Tuktoyaktuk will generate more business for Inuvik as they have already started.

The down turn of the local economics effects all of Inuvik's residents:

- People are living pay cheque to pay cheque
- More people living on the street or couch surfing
- The cost of food increased
- Alcohol related issues
- Illegal drugs (more in Inuvik then before)
- Lack of places to go and socialize.
- Rent increases
- Chronic illness adds expenses that come out of house whole budgets that most of the time is not adequate to begin with, ability to get around and the emotion turbulence of living in isolation that increases loneliness, substance abuse, suicide and death.
- People cannot share as they use to, as it's hard enough to provide for their families let along other people, and this can have negative effect on their emotions.

When we were younger our world changed at a slower pace, now everything seems to be speeding by and our ability to keep up with the changes is not possible as changes are coming from all directions. Our knowledge and the ability to understanding the effect changing micro technology and climate change have on people emotionally and cognitive learning. The following are some of the reasons why:

- Lack of understanding the effects that micro Technology can have on the development of the child/children minds, emotional development, Communication and social skill.
- Ability to understand emotions, and how to express their feeling to others is lacking
- Lack of recognizing one's own self-worth
- Lack of parenting skills
- The feeling that one has to Isolate themselves so that they will be safe from abuse and bullying,

- Suicidal thoughts with the youth and elders that sometimes lead to suicide.
- Changing society how to deal with the me society
- Lack of the awareness of what abuse is.
- People are being diagnosed with cancer and other serious diseases
- Harder to get traditional food
- To travel on the land
- To teach traditional ways.

Many residents need to understand work ethics and the youth need to have training on the jobs.

- Lack of technical skills
- Lack of good work ethics
- Substance abuse
- Social behavior
- No work experiences
- Lack of presentable clothing
- No residential address
- No place to stay
- Lack of training on the job
- Lack of confidence

Addictions of all kind hinder our chances to succeed in this community; alcohol was introduced over one hundred years ago. And it seems no matter what we do we are unable to release the hold it has on our people; Illegal drugs are now plentiful in our community and we are watching our youth deteriorate before our eyes. Gambling is a long-time problem and even happened on the land and this is still taking its toll.

- No support after treatment
- The time people are forced to wait for treatment
- Need to try to develop other ways of doing treatment.
- Need safe house where people who return from treatment can have a place to stay and not be hassled by old friends.
- More social activities that will give people options, so they can decrease gambling habits.

Parenting skills

- Need to teach parenting skills - many young parents who are struggling were not shown how to be parents
- Child safety -will help eliminate accidents
- First aid - can prevent deaths
- Abuse - use methods to teach parents the difference effects that abuse have on children and their partners
- Budgeting - make money last

- Healthy food - will help in eliminating Diabetes, over-weight, rotten teeth
- Exercise - will build bones and muscle and help to eliminate stress and teach toddlers and young children how to accept losing and winning in a positive way, help eliminate bullying at a young age

Inuvik has the following organizing and services in town that we can work with in delivering programs and services to the community:

- East Three Secondary School which is in one building and services kindergarten, elementary and secondary classes to grade 12.
- Inuvik Library
- Headstart program for ages 3+4 children
- Aurora College offers Adult up grading, and various trades programs, Office administrative, business course, Certificate and Diploma programs such as Office Admin and Renewal Resource, Practical Nurse Program, Early Child Development Diploma, and this can vary from year to year.
- Children First Society - Day Care and child development offered for a cost
- Counsellors
 - Health and Social Service
 - Inuvialuit Regional
 - Gwich'in Tribal Council
- Social Services- Child Welfare
- Income support- alcohol counselling
- The Warming Centre- Homeless Shelter
- Turning Point – none alcohol homeless shelter
- Women's Transition – shelter for women and children to escape abuse
- Inuvik General Hospital – Nurses and Doctors, most fly in and out for 3 – 6 weeks
- Ambulance
- Medical travel – all patients who have terminal, or sever medical conditions are sent out of Inuvik for treatment, diagnoses of medical condition
- One dental office
- Public Health Centre
- Inuvik Town Fire Hall
- Town of Inuvik office
- Inuvik Recreation Complex Centre – swimming, skating, curling, fitness Centre etc.
- Many different faiths and religions
- Charlotte Vehus Home – for mentally challenges
- Billy Moore Home – for disabled participants
- Two hotels
- One bar
- two dinning lounges
- Four food takeout service
- The Inuvik Legion

- Liquor Store
- North Mart – grocery and dry-goods store
- Stanton's – grocery store
- Three Corner stores
- Fruit Truck – comes in approximately once a month with fresh fruit and veg along with some food staples
- RCMP
- Jail
- Territorial and Subprime Judges come to conduct court.
- Justice committee
- Probation office
- Group home for youth
- Transportation office
- Inuvik airport
- Daily flights (Canadian North, First Air, Aklak, Air north, summit to name a few.
- Cargo hanger
- Two taxi services
- Post office
- One hard ware store
- One sports store
- One Clothing and fabric store
- Home Hardware store
- Approx. 8 building contractors and 3 transportations
- Approx. 4 garages
- Arctic Digital – phones, computers lap tops etc.
- New North – cable phone and bingo booth rental
- Tours services
- Interagency committee – many members from the agencies in the community
- Disability Committee
- Holiday Events - Great Northern Acts Festival and Christmas sale, Music Festival, Sunrise Festival, Muskrat Jamboree Committee- Christmas Parade, Reindeer Crossing,
- Golf course, Ski Lodge, Walking trails,
- Play grounds,
- Youth Centre
- Ingamo Hall Centre

We would like to give information and help guide, educate and familiarize the residents of Inuvik in the following;

- Build respect for all people
- We want residents to be able to speak and ask questions about medical issues, employment matters, Substance abuse, violence, parenting concerns

- We want to educate professional services example (Hospital, RCMP, Teachers, Social Services, income support)
- Grieving process –within two weeks Inuvik has lost 4 people (elders are dying of old age and people are dying of terminal diseases or complications of disease's and substance abuse)
- Suicide – Suicide prevention
- Services offered to substance abuse individuals, stress the impact this has on family and friends.
- We would like to encourage people to embrace their past so that they can move forward.
- We want the people to learn skills that will encourage healthy living along with productive and safe living styles for their children as well as their selves.
- We want to see more local residence employed
- We would like to provide working ethic training potential employees.
- We would like to give high school graduates a trip down south, so they can have an idea of what the colleges down south are like. We can offer this through the Gathering our voices and Dreamcatchers workshops during the March and usually in October
- We would like more youth and young parents to understand how to make traditional clothing for their family to wear,
- We want youth to understand how to work with traditional food,
- We would like to give an opportunity to residents of Inuvik who are struggling to maintain healthy life style a change to stay out on the land for 3 different times for 3 weeks each time.
- Bullying – recreational events, social interacting and parent training.

Ingamo Hall Friendship Centre will achieve what we can do by providing programs geared at; ***Healthy Child & Youth Development, Healthy Living & Disease Prevention*** and ***Mental Health & Addictions*** in;

- Hiring a youth worker, healthy Babies assistant and community worker who will specialize in chronic disease and positive behavior development
- By partnering with all the agencies that are involved with Youth, Elders young parents and adults.
- Hiring professional facilitators to assist in delivering the information for grieving, suicide, people struggling with substance abuse, healthy living and safe lifestyle
- Fund raising – asking for donation
- Ingamo Hall has a hall that will be used free of charge for the events that encourage healthy living and lifestyle
- Bring in elders who can teach children and youth about traditional living, sewing and food preparation.
- Bridge the gap between agencies and the residents by holding information sessions and inviting them to come out and meet people at our social events.
- Ingamo Hall is zero tolerance and drug and alcohol-free Centre.

- Keeping track of the participants, giving out evaluations, after events and do follow ups after all workshops.
- Provide recreational activities to encourage good sportsmen/women behavior
- Create Activities that will encourage and enhance the child to use imagination, build creative thoughts, empathy for each other, to show healthy touching, understand improper touching, the use of good manners and sharing
- Engaging youth in travelling to workshop and conferences in the cities and other regions to educate them so that they know how others live outside of Inuvik including touring of colleges and universities.
- Build a youth board or council that will enhance their ability to have a voice, to tell the community what they would like and to help find solutions to build a happier and safer community for them to live in.
- On the land program to assist youth who are struggling with social behavior within the community.
- Workshop on developing training for parents so that they understand why structure is important, why no means no, why teaching social behavior from a young age help their child/children who would be happier socially, what recreation does to build confidence, empathy and healthy living.
- * first aid safety
- Healthy Food and teach parents to read expiry date and Nutrition facts
- Budgeting and preparation of food- eliminating the prepared food and take-out.
- Proving lunches with speakers who can speak on health and wellness that include youth and elders
- Living on the land two -week camps, 2 times during the summer and fall, workshops on how to prepare food, catching and hunting wild game, Traditional sewing, preparing skins picking wild berries and understanding the medicine provided by mother nature. Social activities like dancing and singing, drum making, and recreational activities.
- Sewing classes for youth and young parents, this encourages and enhances self-development, pride and appreciation of their past and future.
- Building an elders committee or counsel so that they have a voice that will let the community know what they need, how they would like to deal with it, how negative actions can be replaced with more positive ones, give confidence. Give information on tough love, the importance of discussing abuse, loneliness and ask for help.
- Setting up partnership with other agencies to conserve cost, ensure that we are not reinventing the wheel and brainstorm to find solutions and to discuss to see if there are ways that we are able to maximize the benefit of services to our participants.
- Employment opportunities – work ethics, positive behavior, responsibility and how it affects the company and the participants, visiting work places, doing role play, discussing the importance of job description, interview preparation, resume writing, Role play and practicing speeches and asking questions. What Zero Tolerance means. Insubordination,