

2018

**KAKISA COMMUNITY
WELLNESS PLAN**

Ka'a'gee Tu First Nation

Foreword

Community wellness is more than a group of healthy individuals. It is about the capacity and willingness of people to work together, during favorable or tragic circumstances, in promoting a healthy and productive lifestyle to each of its members.

This document describes the process of how the Kakisa community identified their priorities and with it, an action plan to actualize each priority.

Table of Contents

1. Introduction.....	2
2. The Priorities Identification Process.....	3
3. Community Priorities.....	5
a. On the Land.....	5
b. Mental Health.....	6
c. Substance Abuse.....	6
d. Healing.....	6
e. Environment.....	7
f. Networking Out of Community.....	7
g. Sharing Tradition.....	7
h. Language.....	7
i. Safety.....	8
j. Training and Workshop.....	9
k. Community Events.....	10
l. Elder Involvement.....	11
m. Traditional Food.....	11
n. Others.....	12
4. Next Steps: Action Planning.....	13
5. Follow Through.....	20
6. Acknowledgments.....	20
7. Appendix.....	21
a. Priorities Action Plan Cards.....	21

Introduction

In February 8 of 2018, community members of **Ka'a'gee Tu First Nation** met with **Maureen Overliw**, founder of Momentum Training Services based in Yellowknife, to map out a Health & Wellness report that captures the priorities of the community.

The meeting was an impressive turnout considering the size of the community. The **Kakisa** community is pleased to share their priorities for future wellness programming in their community.



Priorities Identification Process

Maureen used a technique called **Open Space Technology (OST)** - a simple yet profound method for facilitating community meetings and conferences which runs entirely on the passions and interests of the people who attend. The priorities and action plans emerge out from the group itself.

The participants were asked to identify their priorities as a community which are greatly impacting their daily lives. Anyone with an idea or an interest writes it on a piece of paper, announces it to the group and tapes it up on the wall.



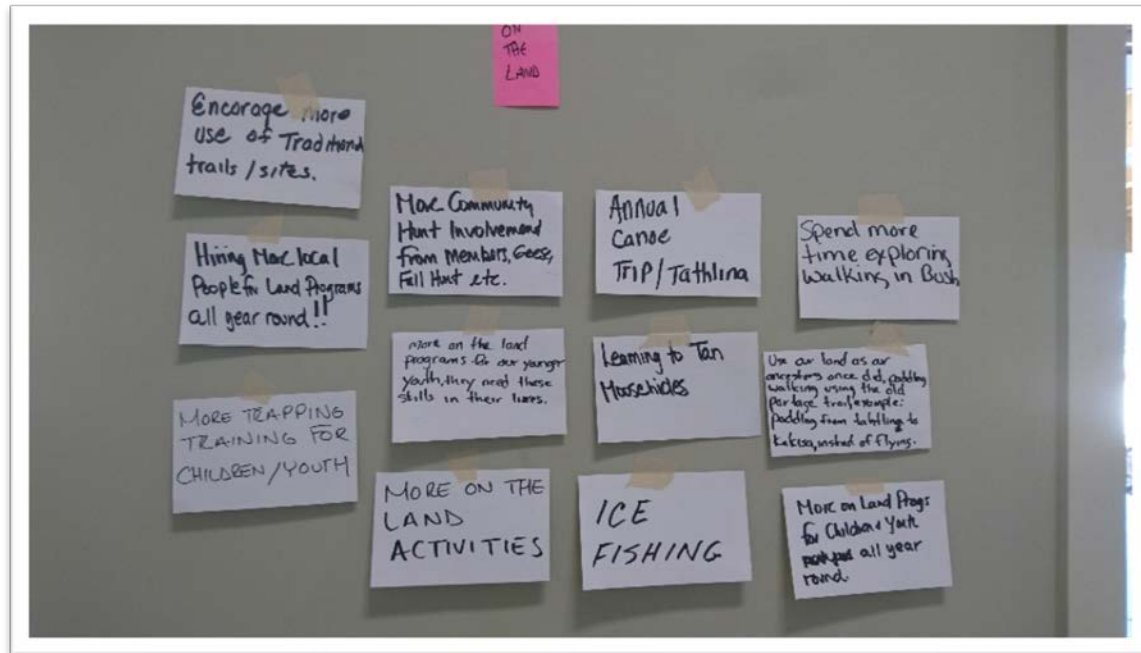
Then the whole group gathers to discuss and negotiate in order to group the ideas and interests as themes. They negotiated changes such as combining ideas or removing redundant interests. Once all interests and ideas were organized as themes, the whole group conducted their closing reflections.



This is what the participants said were their PRIORITIES:

On the Land

- Encourage more use of traditional trails / sites
- More community hunt involvement from members, Geese, Fall Hunt, etc.
- Annual Canoe trip / Tathlina
- Spend more time exploring walking in bush
- Hiring more local people for land programs all year round!!
- More on the land programs for younger youth, they need these skills in their lives
- Learning to tan moosehides
- Use our land as our ancestors once did, paddling, walking using the old portage trails, example: paddling from Tathlina to Kakisa instead of flying
- More trapping for children / youth
- More on the land activities
- Ice fishing
- More on land programs for children and youth all year round



Mental Health

- Respecting each other all times
- Help each other
- Health care visits for community
- Keeping lonely people company / visiting more
- Adult Men / Ladies Fitness night
- Youth to attend more out of town conferences relating to all issues youth are faced with
- Share \$ with household for wellness and healthy living
- More physical activities such as sports, skiing, skating, hockey, snoeshing

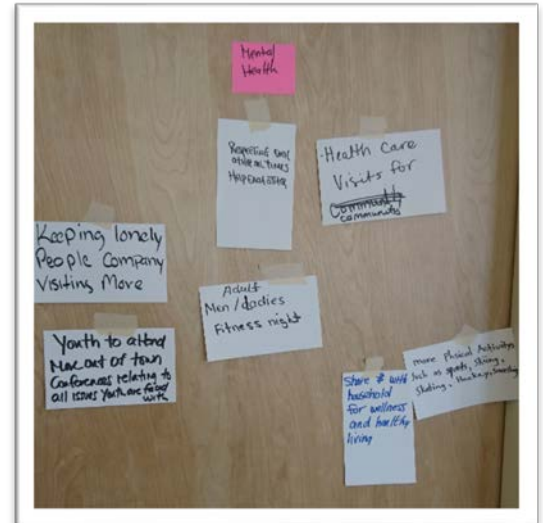
Substance Abuse Support

- Very important we educate our children and youth on drugs, now that pot is going to be legalized. So important!
- More healthy living / Lifestyles - Positive Living without alcohol and drugs / Time to take a stand!
- Have support groups
- Alcohol and drugs prohibition



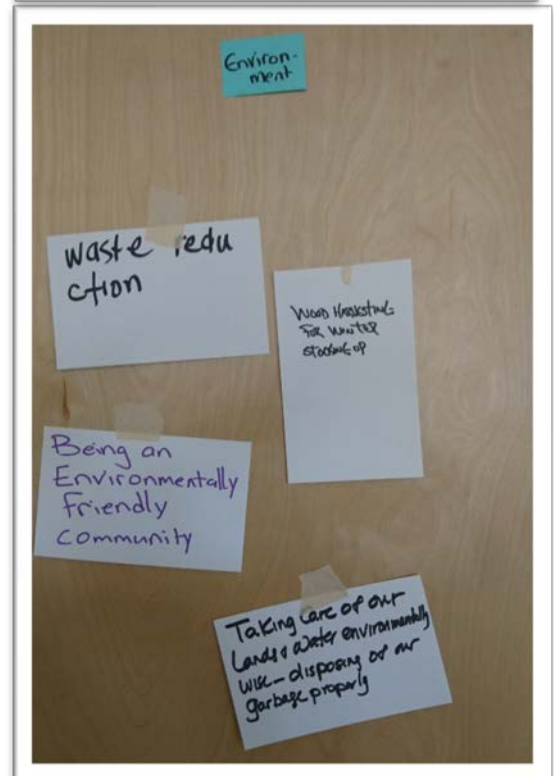
Healing

- Self-care
- Traditional healing workshops
- Self-care / Mental Health
- Massage
- Yoga



Environment

- Waste reduction
- Wood harvesting / for hunter - stocking-up
- Being an environmentally friendly community
- Taking care of our lands and water environmentally wise
- Disposing of our garbage properly

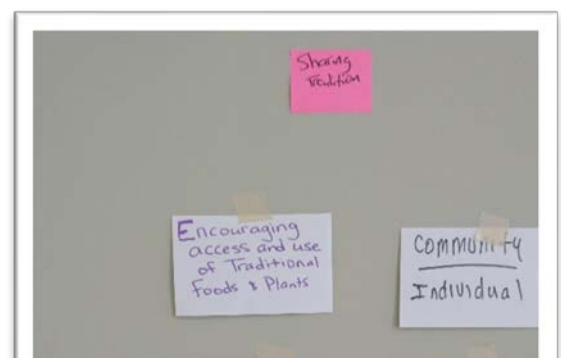


Networking Out of Community

- More community trips out of town

Sharing Tradition

- Encouraging access and use of traditional foods and plants
- Community / Individual
- Teaching traditional "way of life"
- Teach traditional protocol



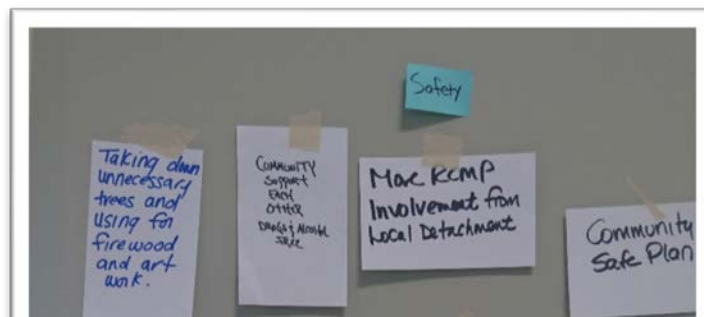
- Focus on cultural awareness for our youth
- Traditional kids mini dene games
- Get involved in helping each other
- Share work together

Language

- Language training sessions
- Preserve our language and culture
- Full-time interpreter
- Those that are fully fluent in the language should be passing that onto the community

Safety

- Taking down unnecessary trees and using for firewood and art work.
- Community Support each other
- Drugs and alcohol free
- More RCMP involvement from local detachment
- Community safety plan
- Efficient safe homes up to standard
- Looking after our women's safety
- Suicide
- Someone walking around with a gun
- Intruders
- Emergency preparedness program
- I am home alone do stuff in my house do trash, do baking do clothes do clean my bed my room (written by a child)
- Teaching safety to youth, gun, water, play, and riding skidoos



Training and Workshop

- Outside wellness conferences for both male/females
- Self-defense class for women
- Family violence workshop
- More health workshops prevention
- Bully workshop
- Mental abuse workshop
- School - healthy relationship
- Making good choices
- To have someone come in and do blanket exercise
- Diabetes workshop - awareness
- Safety training for workplace / courage each other
- Preserving our own food
- To support and encourage residents in pursuing jobs and education
- Sharing jobs
- Workshops and training for everyone
- More workshops for community members to learn grow

- Watch each other homes while away / safety crime



Community Events

- Do more activities for children
- Kakisa community general assembly gathering
- More fun and healthy gatherings
- Playing bingo in Slavey
- Soup kitchen
- Campfire cooking / marshmallows
- More use of our new building
- More use of the culture camp
- Drumming
- Public skating prior on weekends / Mon - Fri 8 - 9 PM
- Have more activities happen in new hall building
- Beautify the community! Make wood tables out of old trees
- Sliding parties
- Parks / Play areas
- Musical Instrumental lessons such as fiddling, etc.
- Community healthy potluck

- Healthy snack pack / Kids, youth, elders
- Ladies and youths - Sewing nights, Relaxation, Art/Painting, Exercises and Movie night
- Men and boys - Hockey night (outdoor or floor hockey)
- More family togetherness, more sharing
- Healthy cooking class
- Have more swimming lessons
- Community gatherings
- Social gatherings, story-telling, etc.
- Music jamboree (new & traditional)
- Doing away with the use of electronics and technologies less and concentrate on each other
- More community involvement at all events
- Coming together as a community, individually

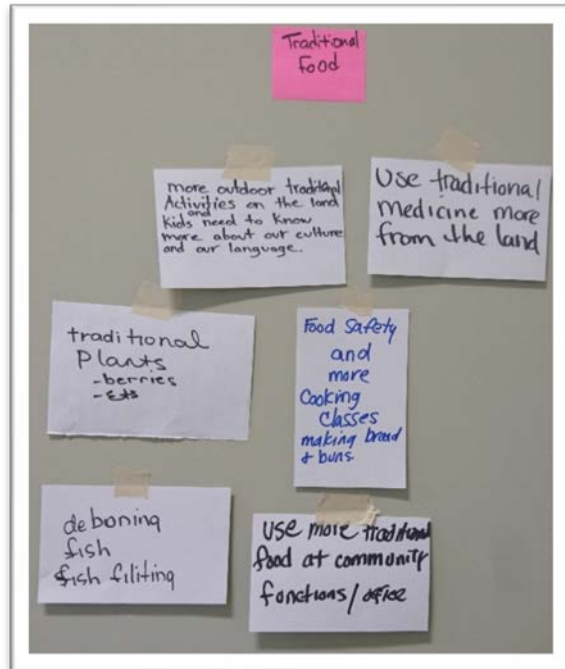
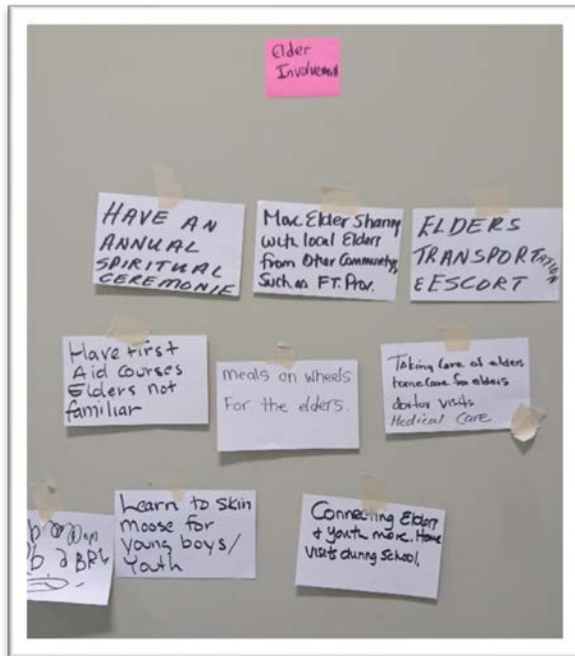
Elder Involvement

- Have an annual spiritual ceremony
- More elder sharing with local elders from other communities such as Ft. Prov.
- Elders transportation and escort
- Have first aid courses / Elders not familiar
- Meals on wheels for the elders
- Taking care of elders, home care for elders, doctor visits, medical care
- Learn to skin moose for young boys / youth
- Connecting elders and youth more. Have visits during school

Traditional Food

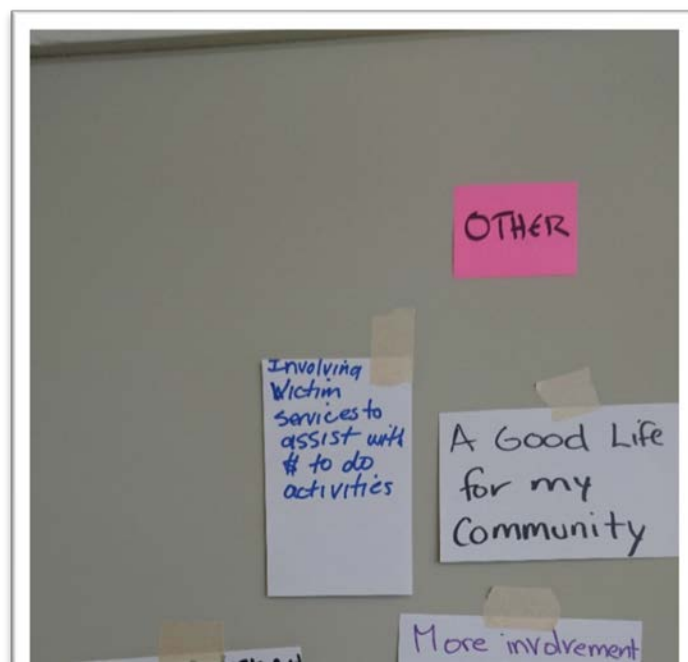
- More outdoor traditional activities on the land and kids need to know more about our culture and our language
- Use traditional medicine more from the land
- Traditional plants (berries, etc.)
- Food safety and more cooking classes making bread and buns

- Deboning fish and fish filleting
- Use more traditional food at community functions / office



Others

- Involving victim services to assist with \$ to do activities
- A good life for my community
- Our own designed shopping bags / clothes
- More involvement in school activities
- Visit each other
- Work to develop our economic opportunities



Next Steps: Action Planning

The participants regrouped and discussed how they are going to work towards their priorities and as to where they would like to invest their efforts within the next 5-years of Health & Wellness funding.

Action plan of the Kakisa Community to attain their priorities:

1. Safety

For this priority, the participants envisioned that each house, workplace, wildlife, forestry, lands and parks are safe.

The actions that will be required to attain this priority are to disseminate safety information using posters, TV, radio, websites and phones; and Organize neighborhood watch and regular community meetings.

The potential obstacle/s the participants anticipate are natural disasters and power outages. Their plan to address or manage it is to assign individual and community tasks to mitigate the obstacle.

The participants would like to implement their plan ASAP.

2. On the Land

For this priority, the participants envisioned that more community involvement in programs that promotes people to be more healthy and active and have access to more resources.

The actions that will be required to attain this priority are to encourage people to be on the land more and have more support and financial assistance.

The potential obstacles the participants anticipate are people getting stuck in the office or school and lack of capacity. Their plan to address or manage it are by adding more cultural days and people to be more informed of the activities.

The suggested timeline of the participants is 2 to 5 years. Regular follow-ups will be conducted.

3. Language

For this priority, the participants envisioned that more people communicate in dene language and it is mandatory to speak in dene language.

The actions that will be required to attain this priority are mandatory workshops, constant availability of language instructors and those that are fluent in the language should speak the language all time.

The potential obstacles the participants anticipate are the big learning curve required to learn the language and low self-esteem of people trying to learn the language.

Their plan to address or manage it is to teach Dene language starting in homes and schools. Also, to use technology such as iPhones, iPads, computers, videos to teach Dene language. Lastly, to encourage people to speak and write Dene language.

The participants would like to implement their plan on April 2018 with help of the Elders and Language instructors. Annual follow-ups will be conducted.

4. Networking out of Community

For this priority, the participants envisioned that the community members are meeting diverse people, discovering new ideas and attending training/learning activities outside the community.

The action required to attain this priority is to seek funding and transportation.

The potential obstacles the participants anticipate are no available funding, availability because of illness, taking care of elders and dependents, and mental health. Their plan to address or manage it is to strengthen community relations and establish an effective support system.

The suggested timeline of the participants is 5 years with the help of Chief and Council. Regular follow-throughs and planning will be conducted.

5. Training and Workshops

For this priority, the participants envisioned that the majority of their community members will be trained on new concepts and ideas.

The actions that will be required to attain this priority are funding, identifying an organizer of training and workshops, attending train the trainer sessions and encouraging participation of the community.

The potential obstacles the participants anticipate are lack of funding, community involvement and unavailability of facilitators. Their plan to address

or manage it are to do proposal writing for funding, entice community through advertisements and search facilitators in advance.

The participants would like to implement their plan ASAP with the help of trainers and community members. Regular follow-ups will be conducted.

6. Mental Health

For this priority, the participants envisioned that a healthy and positive community is being practiced by everyone.

The actions that will be required to attain this priority are more workshops, awareness, increase community involvement and gatherings to discuss relevant topics through community newsletters, radio station programs, and hands-on activities.

The potential obstacles the participants anticipate are lack of participation due to no interest, schedule conflict and lack of resources or professionals. Their plan to address or manage it are to give advance notices, monthly information dissemination using newsletters, school announcements and radio programs.

The participants would like to implement their plan on April 2018 and annual follow-ups will be conducted.

7. Healing

For this priority, the participants envisioned that people are sharing their feelings & experiences as it helps them heal from past negative experience.

The actions that will be required to attain this priority are people taking mental, physical, emotional and spiritual care. People are encouraged to talk about their problems and issues. Conduct regular visits of community members. Grieving support by highlighting the importance of talking about it in a trusting environment. Conduct workshops on grief.

The potential obstacles the participants anticipate are trust and conflicts of personal relationships as a barrier to connect to heal. Their plan to address or manage it are to build relationships over time, encourage laughter and support opportunities and send more community members to be trained by the council and heal others.

The action plan is already on-going with some groups. Regular follow-ups will be conducted.

8. Substance Abuse Support

This priority was intentionally left blank. Not because it wasn't deemed important by the community, however, participants chose to focus their efforts on other priorities. The community recognizes the importance of this priority and needs to meet again to further develop the next steps.

9. Community Events

For this priority, the participants envisioned that more people are healthier thus encouraging other people to do the same.

The action that will be required to attain this priority is to disseminate information through newsletters, word of mouth, radio station programs and notifications.

The potential obstacles the participants anticipate are lack of participation, venue, resources and occurrence of power outages. Their plan to address this obstacle is to identify an organizer, volunteers and search for new technologies to address power outages issues.

The participants would like to implement their plan on April 2018. Annual or bi-annual follow-ups will be conducted.

10. Sharing Tradition

For this priority, the participants envision that the younger generation will understand, communicate, improve and share the community's tradition to others.

The action that will be required to attain this priority is the unification of the younger generation working together towards developing creativity, mold them to be trainers and story tellers. Also, to give incentives to encourage sharing.

The potential obstacles the participants anticipate are lack of interest, alcohol / substance abuse, and lack of resources and availability of professional translators. They plan to address it by giving incentives and actively reach out for support.

The participants would like to implement their plan on April 2018 with the help of all members of the community. Annual follow-ups will be conducted.

11. Elder Involvement

For this priority, the participants envisioned that more transfer of traditions are conducted, knowledge awareness, better communication and traditional education is in place.

The actions that will be required to attain this priority is for the elders to speak Dene language all the time, use rules to do all tradition teachings, and conduct language lessons.

The potential obstacles the participants anticipate are lack of participants, alcohol/substance abuse, lack of financial resources and few elders who speak Dene language. Their plan to address or manage it is to seek financial support by writing to the council.

The participants would like to implement their plan on April 2018. Annual follow-ups will be conducted.

12. Traditional Food

For this priority, the participants envisioned that more workshops and training are conducted in food harvesting, food preservation and canning of foods, vacuum packing, meat grinding, gardening, net production, farming and egg production. People are eating more traditional foods.

The action that will be required to attain this priority is to secure financial resources to purchase items, conduct workshops, increase community participation and initiate programs.

The potential obstacles the participants anticipate are decline in wildlife, overhunting, overfishing, fish habitat decline, droughts, fires, environmental issues, lack of community involvement, lack of funding and outside interference.

Their plan to address or manage it is to make people responsible, create a committee to address the problems, increased awareness of outside interference and seek help from the experts.

The participants would like to implement their plan ASAP with the help of all community members. Quarterly follow-throughs will be conducted.

13. Environment

For this priority, the participants envisioned that that the air, water and land are clean and healthy producing plenty of food to eat and plants for medicine. People are taking care of the environment by recycling, reducing and reusing resources.

The actions that will be required to attain this priority are to train the community and environment rehabilitation programs. Conduct information dissemination about reducing and reusing. Organize more workshops on how to improve environment.

The potential obstacles the participants anticipate are ignorance and lack of interest of the community members.

Their plan to address or manage it are to ensure information dissemination, environment awareness through newsletters, radio programs, pamphlets and special school classes.

The participants would like to implement their plan on April 2018 with the help of everybody. Annual follow-ups will be conducted.

Follow Through

Without continuous communication, community members can lose touch with their goals and objectives. Over time members and groups can veer off course.

To ensure that the entire Kakisa community keeps in sync with their plans, the members and groups plan to gather periodically. The community members will meet on a monthly or quarterly basis to evaluate the progress of their plan. These strategic meetings should be more in-depth and designed to determine if changes are required.

The participants will schedule periodic strategic meetings that will discuss strengths, weaknesses, opportunities and threats (or SWOT). The meetings should aim to identify their strengths and opportunities while mitigating weaknesses and threats of the Kakisa Community Wellness Plan in the next 5 years.

Acknowledgements

Thank you to our staff, Ruby Simba & Anita Chicot for assisting us with this project.

Appendix

Priorities Action Plan Cards

First & Last Names of Group Members:	Lloyd Chicot, Leon Simbue, Victor Fournier, Gabee Chicot	
Identified Wellness Plan Priority:	Safety	
What does it look like when it is attained?	each house - community as a whole, wildlife safety on land safety - workplace safety, fire safety - highways, camp - involvement, park safety, home alone - safety - planning - language included. Posters, on land too @ park	
Actions that will be required to attain the priority:	Numbers - TV - website, neighborhood watch, house meetings - canoe mtg	
Potential Obstacles (what may get in the way and what can be done about this?)	Potential Obstacles	How to Address/Manage
	natural disaster - no electricity	individual / community
Suggested Timeline:	ASAP	
Who Will Help?		
Required Follow Up:		

First & Last Names of Group Members:	Anita Chicot, Sadee Simba, Nora Simba, Wayne Simba, Melaine Simba	
Identified Wellness Plan Priority:	On the Land	
What does it look like when it is attained?	more community involvement, more healthy and active, more resources available	
Actions that will be required to attain the priority:	Be on the land more. More support and dollars	
Potential Obstacles (what may get in the way and what can be done about this?)	Potential Obstacles	How to Address/Manage
	Stuck in office and school and lack of capacity	more cultural days be more informative
Suggested Timeline:	2 yrs and in 5 yrs it should fully operational	
Who Will Help?	Community as a whole	
Required Follow Up:	yes.	

First & Last Names of Group Members:	Margaret C / Margaret L / Ruby S / Cameron L / Mr. M / Mrs. N / Chas	
Identified Wellness Plan Priority:	Language	
What does it look like when it is attained?	More communication in done language, mandatory to speak in done language	
Actions that will be required to attain the priority:	mandatory workshops, teachers, instructors, those that are very fluent in the language should speak the language all time to those they are speaking to.	
Potential Obstacles (what may get in the way and what can be done about this?)	Potential Obstacles Big learning curve, getting into on phones, laptops, computers, videos, all materials, more materials, build up self-esteem.	How to Address/Manage start in the school. Starts from first, incentives & rewards. Credits. Everything to be written / spoken.
Suggested Timeline:	April 1, 2018 -	
Who Will Help?	Elders, language instructor. Promoting (butterfly) role models	
Required Follow Up:	annually	

First & Last Names of Group Members:	Renee, Lloyd Choud, Gabe Choud, Leon St. Pierre	
Identified Wellness Plan Priority:	Networking out of community	
What does it look like when it is attained?	meeting new people + ideas. Learning + training - education - reviewing yr self. How others do things.	
Actions that will be required to attain the priority:	funding, transportation -	
Potential Obstacles (what may get in the way and what can be done about this?)	Potential Obstacles NO Transportation / funding, dependents - older / illnesses, mental health - dependency.	How to Address/Manage talking to each other what is needed.
Suggested Timeline:	next 5 yrs	
Who Will Help?	community people - govt / chief / council	
Required Follow Up:	follow through with planning	

First & Last Names of Group Members:	Melaine Simba Wayne Simba Margaret Chicot	
Identified Wellness Plan Priority:	Training & Workshops	
What does it look like when it is attained?	Trained after finished training (completed) educated population	
Actions that will be required to attain the priority:	organizer for workshops Funding # train the trainer participation from community as a whole	
Potential Obstacles (what may get in the way and what can be done about this?)	Potential Obstacles	How to Address/Manage
	No funding	Do proposal writing for funding
	No involvement from community	Support Advertise more
	No facilitators	look for facilitator/Search in advance
Suggested Timeline:	ASAP	
Who Will Help?	The Trainers & Community members	
Required Follow Up:	YES	

First & Last Names of Group Members:	Ruby S/Margaret L/Cameron L/Nora S/Sadees/Amrita C/ Margaret C	
Identified Wellness Plan Priority:	Mental Health	
What does it look like when it is attained?	Healthy, positive planning for community, living + person	
Actions that will be required to attain the priority:	more workshops, awareness, more community involvement, gathering to discuss things, community newsletter/radio station, more active on-the/land site to do more workshops, awareness, training	
Potential Obstacles (what may get in the way and what can be done about this?)	Potential Obstacles	How to Address/Manage
	participation due to no interest, employment, education, workshop meetings lack of resources/professionals	advance notice, radio station, newsletter, by word of mouth, School,
Suggested Timeline:	April 1 2018	
Who Will Help?	Community as a whole	
Required Follow Up:	Annually	

First & Last Names of Group Members:	Victor							
Identified Wellness Plan Priority:	Healing							
What does it look like when it is attained?	People sharing their feelings & experiences as it helps them heal from past negative experiences							
Actions that will be required to attain the priority:	People taking physical, mental, emotional & spiritual care Talking about your problems & issues. Visit community members / Giving important to talk about it							
Potential Obstacles (what may get in the way and what can be done about this?)	<table border="1"> <thead> <tr> <th>Potential Obstacles</th> <th>How to Address/Manage</th> </tr> </thead> <tbody> <tr> <td>Trust / relationship</td> <td>Build it over time</td> </tr> <tr> <td></td> <td>Laughter & encouragement</td> </tr> </tbody> </table>	Potential Obstacles	How to Address/Manage	Trust / relationship	Build it over time		Laughter & encouragement	- Have workshop going Send more community members to be trained to counsel heal others
Potential Obstacles	How to Address/Manage							
Trust / relationship	Build it over time							
	Laughter & encouragement							
Suggested Timeline:	On-going w/ some gaps or provide to establish trust & relationship then to open up & share							
Who Will Help?								
Required Follow Up:								

First & Last Names of Group Members:								
Identified Wellness Plan Priority:	Substance Abuse Support							
What does it look like when it is attained?								
Actions that will be required to attain the priority:								
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Potential Obstacles	How to Address/Manage							
Suggested Timeline:								
Who Will Help?								
Required Follow Up:								

First & Last Names of Group Members:	Wayne Simba, Aucta Simba - Chicot Melaine Simba, Victor Ferrier, Lloyd Chicot									
Identified Wellness Plan Priority:	Community Events									
What does it look like when it is attained?	More healthier/happy people, networking, encouraging, Active									
Actions that will be required to attain the priority:	Newsletter, Word of mouth, Radio station, Notifications									
Potential Obstacles (what may get in the way and what can be done about this?)	<table border="1"> <thead> <tr> <th>Potential Obstacles</th> <th>How to Address/Manage</th> </tr> </thead> <tbody> <tr> <td>lack of participation</td> <td>develop a organizer</td> </tr> <tr> <td>laziness</td> <td>Volunteers</td> </tr> <tr> <td>Power Outages</td> <td>24 hr without technology Shut everything off</td> </tr> </tbody> </table>	Potential Obstacles	How to Address/Manage	lack of participation	develop a organizer	laziness	Volunteers	Power Outages	24 hr without technology Shut everything off	lack of space/resources
Potential Obstacles	How to Address/Manage									
lack of participation	develop a organizer									
laziness	Volunteers									
Power Outages	24 hr without technology Shut everything off									
Suggested Timeline:	April 1, 2018									
Who Will Help?	Community as a whole									
Required Follow Up:	Annually or every 6 months									

First & Last Names of Group Members:	Margaret L / Cameron L / Sadea S / Nora S / Ruby S									
Identified Wellness Plan Priority:	Sharing Tradition									
What does it look like when it is attained?	improved understanding, more communication, younger generation, looks healthy, unity, working together, more pride in way of life, positive environment									
Actions that will be required to attain the priority:	more gatherings, more sharing + knowledge, putting our skills and talents together to be creative, trainee, story telling, develop plans, use incentives									
Potential Obstacles (what may get in the way and what can be done about this?)	<table border="1"> <thead> <tr> <th>Potential Obstacles</th> <th>How to Address/Manage</th> </tr> </thead> <tbody> <tr> <td>lack of interest, drug + alcohol abuse</td> <td>incentives, food</td> </tr> <tr> <td>resources - professionals</td> <td>write proposals</td> </tr> <tr> <td>finding translators</td> <td>Elders</td> </tr> </tbody> </table>	Potential Obstacles	How to Address/Manage	lack of interest, drug + alcohol abuse	incentives, food	resources - professionals	write proposals	finding translators	Elders	
Potential Obstacles	How to Address/Manage									
lack of interest, drug + alcohol abuse	incentives, food									
resources - professionals	write proposals									
finding translators	Elders									
Suggested Timeline:	April 1, 2018									
Who Will Help?	Special occasions / all members									
Required Follow Up:	annually									

First & Last Names of Group Members:	Margaret L. Hensley / Gabe C.	
Identified Wellness Plan Priority:	Elder Involvement	
What does it look like when it is attained?	More traditional / knowledge awareness. Better communication / Education in place.	
Actions that will be required to attain the priority:	On the land teaching, speak dense language all the time. Use first names to do all activities. Teachings, have language lessons.	
Potential Obstacles (what may get in the way and what can be done about this?)	Potential Obstacles	How to Address/Manage
	Lack of participants	Summer/Winter camp.
	alcohol/drugs abuse	
	Lack of money, language	
Suggested Timeline:	April 1/18	
Who Will Help?	check annually.	
Required Follow Up:		

First & Last Names of Group Members:	Lloyd Chiodo Victor Fournier Wayne Smith Doyle Mammel Melanie Smith	
Identified Wellness Plan Priority:	More Preserving Canning Foods - workshops / Learning to Harvest + Preserve foods properly Gardening / Nets / Farm / Egg Production - Vacuum Packing - Meat Grinders	
What does it look like when it is attained?	Traditional Food	
Actions that will be required to attain the priority:	Sit to purchase items + workshops Community participation Programs + resources available to community that we can assist	
Potential Obstacles (what may get in the way and what can be done about this?)	Potential Obstacles	How to Address/Manage
	decline in wildlife / decline in fish habitat / environmental impacts, droughts, water fires, lack of community involvement / lack of funding / traditional food	Being responsible - Committee Addressing people's concerns Being aware of outside influences Network with resources
Suggested Timeline:	As AP	
Who Will Help?	Community as a whole.	
Required Follow Up:	Quarterly	

First & Last Names of Group Members:	Cameron L / Sadie S / Ruby S / Nona S / Margate /	
Identified Wellness Plan Priority:	Environment	
What does it look like when it is attained?	Clean air, water (and healthy) good healthy land/food to eat, plant medicine, recycles + use, better community.	
Actions that will be required to attain the priority:	Community trained to upkeep the environment, Lots of info on reducing / reusing + more workshops.	
Potential Obstacles (what may get in the way and what can be done about this?)	Potential Obstacles	How to Address/Manage
	Ignorance, lack of interest	Providing info to community members
		Hand pamphlets, radio + news letter, dates and schedule.
		Community gatherings / etc.
Suggested Timeline:	April 1 2018	
Who Will Help?	Everyone that cares	
Required Follow Up:	Annually	

First & Last Names of Group Members:	Victor	
Identified Wellness Plan Priority:	Healing	
What does it look like when it is attained?	People sharing their feelings + experiences as it helps them heal from past negative experience	
Actions that will be required to attain the priority:	People taking physical, mental, emotional + spiritual care Talking about your problems + issues Visit community members / Grieving - important to talk about it	
Potential Obstacles (what may get in the way and what can be done about this?)	Potential Obstacles	How to Address/Manage
	Trust / relationship	Build it over time
		Laughter + encouragement
		On-going w/ same group or provider to establish trust + be encouraged others to open up + share
Suggested Timeline:		
Who Will Help?		
Required Follow Up:		

-Have workshop
griefing
Send more
community members
to be
assured
to
facilitate
heal
etc.