



SACHS HARBOUR'S COMMUNITY WELLNESS PLAN 2018



(LGANT)

Inuvialuit Regional Corporation (IRC) April 2018

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Background

Over the last 75 years Inuvialuit Beneficiaries of the Inuvialuit Settlement Region (ISR) have had many lifestyle changes forced upon them, often without their consent or knowledge. Many of these changes have caused many negative social conditions which still exist today. These conditions include the loss of traditional values and lifestyle, increased levels of substance abuse and mental illness, increased levels of family violence, criminal activity, low education levels, low income levels and increased incidences of health problems like flu, cancer including chronic conditions such as diabetes.

Government social programs originally designed to address these issues have proven inadequate and ineffective and have at times further exacerbated the low education levels and dependency on government programs, specifically on income support. The trauma and cultural loss resulting from the Government of Canada's residential school policy, now a well-established legacy, are still impacting the communities in the region. Particularly problematic impacts include the lack of parenting skills, weakened family structure, and an overall cultural disconnection. Conditions are further compounded by the current under-resourcing in early childhood programming, the social conditions within which many Inuvialuit live, and the lack of cultural relevance in education and government programming generally. (Inuvialuit Regional Corporation, 2007).

About Sachs Harbour

Sachs Harbour is part of the ISR which is a Region that was created under the Inuvialuit Final Agreement (IFA) signed in 1984. The Agreement gave the Inuvialuit financial compensation and ownership of 91,000 square kilometers of land including 13,000 square kilometers with subsurface rights to oil, gas and minerals. The Inuvialuit Regional Corporation (IRC) was created in 1986 to oversee the affairs of the settlement outlined in the final agreement. Overseeing such affairs involves programs and services that continually improve the economic, social and cultural wellbeing of Inuvialuit. Sachs Harbour like all Inuvialuit Communities has a community corporation with elected directors. The directors of the six community corporations elect a chair or chief executive officer to the IRC. ((LGANT))

Sachs Harbour was named after the ship Mary Sachs. The ship was part of the Canadian Arctic Expedition of 1913. Part of the expedition was tasked with the search for new landmasses in the Canadian Arctic. The traditional name for the area is "Ikahuak" and means "where you go across to". Sachs Harbour is known for being in the world's largest concentration of muskoxen and for being the headquarters for Aulavik National Park (LGANT).

Sachs Harbour Health Services include a Health Centre open Monday to Friday with after hour's emergency services when the caller can speak with a nurse. Like all the NWT communities, Sachs Harbour also has access to Tele-Care that provides a telephone triage and health advice service 24 hours a day/7 day a week so that residents can access services without the requirement to travel to a health center.

In the Health Centre there is one Nurse in Charge, one Community Health Nurse, one Janitor, and one Clerk who also acts as the Home Support Worker (currently in this community). The Health Centre provides a range of services including emergency treatment and run many programs such as chronic disease clinic, school health program, immunization program, well woman/man clinic, and other health promotion and prevention initiatives. Sachs Harbour also access to a Mental Health and Addictions Counsellor, and Wellness Worker via Ulukhaktok as well as a Community Social Worker that has regularly scheduled travel into the community approximately 10 times per year but for a number reasons this number is often lower.

A Medical Doctor travels to the community once per month for an average of three days. The Dental Team fly's in once a year. When deemed necessary services or treatments that are not available in Sachs Harbour are referred out by a nurse and/ or physician. Income Security, the Housing Association, Education Authority, also hold offices in Sachs Harbour. The Royal Canadian Mounted Police have two officers stationed in Sachs, rotating in and out every two years.

Inualathuyak School is the only school in Sachs Harbour and provides education for children in Kindergarten to Grade 9; students in Grades 10, 11 and 12 must move out of the community, (Inuvik), to finish high school. In Inuvik the high school student's board with Department of Education identified homes-stays if the students don't have family in Inuvik. The Municipal Government is represented through the Incorporated Hamlet of Sachs Harbour.

Wellness Planning Process

The Community Development Division of IRC is the division that assists individuals, families, and the communities to set goals and develop solutions to cultural, economic, social, and health challenges. The CDD also works with other regional, territorial, and national organizations to identify, develop, and deliver programs that benefit Inuvialuit (Corporation, 2007).

In keeping with IRCs goal to continually find ways to improve the conditions of the Inuvialuit, IRC and the CDD welcomed the opportunity by Health Canada to partner in the development of a wellness plan for each of the communities in the ISR. This presented an excellent opportunity to gather, synthesize and prioritize a plethora of documented research accumulated by IRC over the last 20 years. Many of these documents included many comprehensive engagement processes with the Inuvialuit people therefore meant that the wellness planning did not have to start 'from scratch' as all the communities had well established formal and informal visions and strategies used to deal with wellness issues.

The wellness plan process involved CDD representatives travelling to the community and reviewing existing wellness plans. The workshop included the community at large. The focus of the workshop was to assess how current programs related to health and wellness were fairing, and determining what issues were still a concern for the community and therefore still a priority. The workshop was an interactive discussion regarding four key areas that had been previously identified by the region as contributing to overall community wellness. These four key areas form the framework for all community wellness plans and include: Education and Learning, Capacity Building and Training, Health and Wellness, Language and Culture.

Updates on the priorities were discussed and the community members provided feedback and made recommendations to either keep them as ongoing in their current priority areas or move to put more focus in the future. The strategies and programs under each of the above headings were rated as high, medium or lower in priority and will inform any future program development provided through additional funding opportunities and in preparation for Self-Government Leadership

What follows is Sachs Harbours' Community Wellness Plan.

Education and Training

Every child will be given the best opportunity to learn and grow in their early years, preparing them for school, setting them up to reach their full potential throughout the rest of their life. With strong stay-in-school initiatives and culturally relevant education strategies all youth will achieve competency in core subject areas and graduate with functional skills that prepare them for employment or post-secondary education.

Inuvialuit youth attending school will be engaged and interested in their education; a broad range of learning opportunities and programs supported by both the school and the larger community will be made available to facilitate this. Programs will include a strong cultural component in both program delivery and content to further engage learners.

Our children and youth will have the best possible education experience delivered by teachers who are experienced, engaged in the local community, and who stay in their positions for extended periods of time. In addition, a high proportion of teachers will originate from the region. Parents will be engaged with their children's education both at home and in the school and provide crucial support for school and school related programming.

Higher Priority Goals

1. Increase stay-in-school initiatives, career counseling and other additional support for students at risk of dropping out of high school
2. Continued support for early childhood education programs and kindergarten programs
3. Implement more trades and technology programs in high school, including pre-apprenticeship programs

Proposed Programs and Plans to Address Goals:

- IRC with the support of the Beaufort Delta Education Council have developed and implemented a Student Family Support Worker position in Inuvik and will address the needs of students from Sachs Harbour who are attending school in Inuvik.
- IRC will continue to support the community's initiatives to provide Early Childhood Programs and work in partnership with those organizations to enhance existing programs.
- IRC through its participation on the Beaufort Delta Education Council will continue to bring the needs of ensuring that all relevant courses are offered where high school students from Sachs Harbour attend school to ensure that students are well prepared for post-secondary education.

Medium Priority Goals

4. Increase capacity to attract and retain teachers especially in small communities, and to train local people to become teachers

5. Increased connections between community and teachers, better teacher retention, and more teachers from local communities
6. Increase cultural relevance of early childhood programs

Proposed Programs and Plans to Address Goals:

- In partnership with the Beaufort Delta Education Council (BDEC) and local education authority provide resources to ensure that new and existing teachers are provided culturally relevant orientation to avoid high turnover rates.
- IRC in partnership with BDEC and the Inuvialuit Cultural Resource Centre will continue to develop culturally relevant resources for all age level education programs.

Lower Priority Goals

7. Implement parenting programs to encourage parents to support education process and programs to connect teachers and parents
8. Develop on-the-land based credits and curriculum
9. Increase availability of summer work placements for youth
10. Increase support for children with speech and language challenges

Proposed Programs and Plans to Address Goals:

- IRC through the Outreach Worker position will be providing parenting programs to the community.
- IRC in partnership with BDEC will continue to discuss that on-the land programs and that the students who participate should receive accreditation.
- IRC will communicate with funders to access funding on a regional basis so that communities will be guaranteed summer work placements whether in the community or in the regional office.
- IRC is completing a three-year pilot project in Early Childhood Intervention for children in the Early Childhood Programs and the school to address and support students who have speech and language challenges. The goal is to continue with this project as parents were involved with the training so that the support will continue in the home.

Capacity Building and Training

With locally available training programs as well as easily accessible upgrading programs, regional residents will be able to effectively compete for jobs available in the region. With the addition of strong professional development training programs, residents of the Inuvialuit Settlement Region will have a strong, managerial presence in local governance bodies and community organizations. Regional residents will then be effectively competing for non-entry level positions and managerial positions within the region.

Higher Priority Goals

1. Deliver adult academic programs with program aim at increasing levels of literacy and numeracy among adults
2. Increase availability of employment training programs and opportunities for adult learners, including on-the-job training and mentorship programs
3. Implement formalized professional programs in Inuvialuit organization

Proposed Programs and Plans to Address Goals:

- IRC in partnership with the community will identify training for adults. The community stated that the success of these training programs will only be successful if they are held in the community. IRC will support wherever feasible to have community base training.
- Identify the skill set required for leadership and staffing in the ISR, including the development of core competencies required to address the unique needs of each community. Tailor a program for the region that addresses lacked skills or expertise.
- To increase and support the skills of community Corporation staff so that all Community Corporations are consistent in delivering of programs and in reporting requirements.

Medium Priority Goals

4. Increase skill levels among community leaders and staff
5. Implement of a regional training and capacity program that addresses the needs of community and regional governments

Proposed Programs and Plans to Address Goals:

- Identify the skill set required for leadership and staffing in the ISR, including the development of core competencies required to address the unique needs of each community. Tailor a program for the region that addresses lacked skills or expertise.
- IRC will continue to provide Good Governance training to Community Corporation leadership.

Health and Wellness

All residents of the ISR should experience good levels of physical health and well-being supporting giving them the ability to be active and productive members of their community. Recreation and cultural activities should support and enhance physical fitness and healthy lifestyles. High levels of mental health and well-being are reflective of healthy communities overall.

All residents will be able to access supports to enhance and maintain their mental health and well-being. Addictions treatment that is culturally relevant and locally accessible is important. All residents will have access to health care services and the provision of accessible and high-quality services locally and regionally. Services will be culturally sensitive and of a quality reflective of the Canadian average. A comprehensive regional health promotion strategy will mitigate the rates of diabetes, obesity, smoking, cardiovascular disease, addictions, and dental decay.

Higher Priority Goals

1. Support the community in advocating for a regional addictions treatment facility and addictions aftercare and counseling programming in communities
2. Provide programming to address the high risk of suicide
3. Enhance mental health counseling in communities
4. Increase health and physical fitness activities for all ages

Proposed Programs and Plans to Address Goals:

- IRC will be available to provide support and direction to the community in advocating for a regional addictions treatment facility through the provision of resources to put together their case for planning. Resources will include time of staff and provision of current stats and data such as feasibility studies etc.
- IRC's Outreach Worker will work with the community to develop a plan addressing the high risk of suicide in the community. Awareness campaigns and information sharing will be the basis of developing this plan.
- IRC through the Counselling Services team will provide training in Mental Health First Aide to service providers to bring more awareness to Mental Health issues.
- IRC will continue to provide active living programming to the community.

Medium Priority Goals

5. Increased support for parents and families
6. Enhance programs to support local people being trained in health care professions
7. Support initiatives for addictions prevention and intervention programs and mental health initiatives
8. Enhance access to health care services in remote communities and improve quality of service

Proposed Programs and Plans to Address Goals:

- IRC will continue to provide programming in the community to provide ongoing support to parents through pre and post-natal programs. Information on addictions prevention and intervention programs will be provided.
- IRC will continue to be involved in program design for health care professionals and promote these careers to all communities.
- In partnership with NWT HSSA and in consultation with the communities support the strategies for better access to health care services for those communities at a disadvantage due to distance and population size. Improved satellite support such as Tele-health. The development and support of both formal and informal home supports, transitional supports and others will be a major component of this strategy.

Lower Priority Goals

9. Support programs for elders
10. Life skills programming
11. Promote recreation in the form of traditional harvesting and increase other recreational activities and facilities to foster healthy eating habits
12. Implement education programs for new parents including pre-and post-natal programs
13. Implement counseling program to address residential school traumas
14. Run addictions prevention, stop smoking, and sexual health programs
15. Run parenting programs to address the residential schools' legacy

Proposed Programs and Plans to Address Goals:

- IRC will ensure that support programs for elders are ongoing and that elders will be encouraged to participate in all Wellness programs.
- IRC will continue to include life skill programming in all the on the land programming and other health promotion activities.
- In partnership with local Recreation Departments and CHR, IRC will continue to promote recreation to include traditional harvesting and cultural activities to foster healthy eating habits.
- IRC will continue to provide pre and post-natal programs that will provide information on substance abuse, smoking, healthy eating and parenting programs.
- IRC will continue to deliver programming through the RHSP to address the needs through counselling programs and to include parenting programs to address the residential school trauma and legacy.

Language and Culture

Traditional skills programs and support for the traditional harvesting lifestyle and traditional economy will enable Inuvialuit Youth to learn their culture and traditions.

Country foods are an important part of Inuvialuit culture as well as a healthy source of nutrition. The use of country foods is supported through a variety of regional and local programs and initiatives. Including local business that supports the traditional economy will have positive impacts for both Inuvialuit culture and local employment.

Higher Priority Goals

1. Increase availability of formalized programs teaching traditional activities, culture and language
2. Implement on-the-land programs and traditional training
3. Enhance culture and language programming

Proposed Programs and Plans to Address Goals:

- IRC will continue to work in partnership with service delivery teams to ensure that teaching of traditional activities, culture and language is always included and that the resources are available through the Cultural Resource Centre.

Bibliography

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