

# Sambaa K'e Community Wellness Plan

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Prepared by the community of Sambaa K'e and Momentum Training Services

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Developed on February 27, 2018

## Workshop Highlights

The community members of Sambaa K'e met on February 27, 2018 to map out a Health & Wellness report that captures the priorities of the community.

The Sambaa K'e community is pleased to share their priorities for future health and wellness program.

## Goals Identification Process

The session began with a presentation by Maureen, founder of Momentum Training Services, reviewing the 2013 Health and Wellness report and past community priorities.

Next, 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 that are reported below emerged from the group itself.

The participants were asked to identify areas of health and wellness as a community which are greatly impacting their daily lives. Anyone with an idea or an interest was invited to write it on a piece of paper, announce it to the group and tape it up on the wall.

Then the whole group gathered to discuss 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 met in smaller, self-directed groups to expand on the most popular ideas and themes.

The participants 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.

## **Goal 1. On the Land**

The participants envisioned that the youth will be focused more on the traditional land programs instead of modern technologies such as cellphone, TV and computer games. Harvesters are motivated and willing to take the kids out on the land.

The actions that will be required to attain this priority are to get support from SICFN BC and get DFN involvement. Attending DFN programs like Zene Zhati and teach the teacher programs.

The participants plan to ask for help from DFN Language specialist professor of Victoria Aurora College for interpreter skills. Encourage the community to have pride on language and be open to teaching.

The potential obstacles the participants anticipate are lack of funding, lack of communication and people are not interested on the programs.

The participants aim to start their action plan on Spring Camp (5 days) and Summer Camp (2 weeks). Regular follow-ups and planning will be conducted.

## **Goal 2. Youth**

If the youth programs are implemented, the participants envision that the youth will have reduced fear of being judged when asking for help. The community youth will have more respect for peers, elder, parents, land animals, food, adults, and community. The youth will have positive attitudes and reactions, high

confidence and self-esteem. They will have good problem-solving abilities, and better communication among each other. They will be responsible for their actions, ready to face the consequences and stop blaming others. The community youth will be able to use positive tools such as fitness and sports programs to deal with negative feelings.

The steps the participants plan to take to reach this improvement is to improve on their parenting skills, communication, leading by example, and provide consistent sports programs. Conducting youth focused workshops and conducting more on the land activities will also help as well as rewarding and recognizing any positive behavior of youths.

The participants would need to get help from frontline workers, family members, teachers, parents and grandparents.

Things that they see that could go wrong is no money saved for the youth programs, lack of interest, lack of community members and lack of resources.

The participants aim to put their plans into action ASAP and conduct regular follow-up meetings.

## **Goal 3. Mental Health**

The participants envisioned the youth will communicate more with their elders, more workshops on suicide or bullying and everybody in the community will be open to communication.

To improve this priority, the participants would like to see more RCMP involvement and constant communication between mental health workers and the community.

The participants will ask for help from the whole community, elders and frontline workers.

Negativity, miscommunication, non-communication are the obstacles the participants are expecting.

The participants aim to put their plans into action ASAP and continuously conduct meetings to sustain mental health programs.

## **Goal 4. Language Preservation**

For this priority, the participants aim to join the MAD with DFN mentors as a pilot program. Elders can take the youth trapping and continue to do Dene Zhati one-on-ones with them. Elders will participate in language training sessions during Spring Camp.

The participants aim to conduct regular meetings about language in community and also in the Dehcho region.

The participants would like to seek help from the community members who are fluent in the language, the Dehcho First Nations, and Band Councilors.

The problem they see is that the youth are not motivated to learn because they are more focused on social media and technology.

They plan to start their language programs in the spring. Regular follow-up and planning will be conducted.

## **Goal 5. Elders**

A healthy and active elder population is the best indicator that this priority is being improved by the community.

The participants plan to organize more land activity between the community youth and elders.

The participants would like to seek the help of the whole community to reach this improvement.

The community recognizes the importance of this priority and needs to meet again to further develop the next steps.

## **Goal 6. Other**

The participants envision that there needs to be ongoing workshops that support breaking the cycle of the negative impact brought about by community problems and issues. The community members need to be encouraged to live the absolute truth by speaking from the heart.

The steps required include teaching and learning the community workshop tools, practicing skills to live a positive healthy life and to break the cycle and free themselves from bad habits.

The participants would like to get help from trained facilitators, spiritual healers and counselors.

The anticipated obstacles include people who are not motivated to participate in the workshops, not enough workshop participants and disengaged youth.

The participants plan to start their actions plans ASAP and looking at to conduct workshops all-year-round especially during spring.

## **Follow Up**

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 Sambaa K'e 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.

# Goals Action Plan Cards

Sambaa K'e Community 2018 Health & Wellness Input

First & last names of people in your group:	Margaret Jumbo yvonne Jumbo
What topic is your group discussing?	Elder's
What would it look like if the topic was improved in the community? How would it be better than it is now?	Healthier + Great
What steps should be taken to reach this improvement?	More Land activity with youth.
Who should help?	The community.
What could go wrong?	negative
When is a good time to start and finish it?	at Any time of the year.

Sambaa K'e Community 2018 Health & Wellness Input

First & last names of people in your group:	Valerie Lamulica Pinky Jumbo David Jumbo
What topic is your group discussing?	LANGUAGE PRESERVATION
What would it look like if the topic was improved in the community? How would it be better than it is now?	<ul style="list-style-type: none"> <li>Join the MAD with DFN, Mector in for as a pilot program</li> <li>Take A Kid Trapping Continue one on one</li> <li>Strictly Dene Zhati</li> <li>Fall Camps - 2 week strictly Dene Zhati - Husband/Wife, Grandpas talk to youth to enforce the language (Spring Camp)</li> </ul>
What steps should be taken to reach this improvement?	<ul style="list-style-type: none"> <li>Regular Meeting on language in Community/ Regional (Deh Cho)</li> <li>Start talking to kids as soon as possible</li> <li>Break the cycle of shyness to speaking language - use Dene App - Fit friendship are there</li> </ul>
Who should help?	Deh Cho First Nations - Band Councilors who are fluent Community People people who are fluent
What could go wrong?	<ul style="list-style-type: none"> <li>Not enough Funding - Kids too focus on social media</li> <li>Youth not motivated on social media</li> </ul>
When is a good time to start and finish it?	In the Spring and its on-going



First & last names of people in your group:	Tanya Jean Bo, Bertha Denaron
What topic is your group discussing?	Mental Health
What would it look like if the topic was improved in the community? How would it be better than it is now?	More talking among youth More workshops about suicides / bullying More communication among everybody
What steps should be taken to reach this improvement?	Getting mental health, RCMP to come to community often. More RCMP involvement More communication between mental health worker / RCMP / comm. about individuals
Who should help?	Sambaa K'e First Nation, Deh Cho Health + Soc. Serv RCMP, Elders, Front-line workers
What could go wrong?	Negativity, mis-communication, non-communication non-Followup, ending, No motivation
When is a good time to start and finish it?	As soon as possible, continue w/ followup

First & last names of people in your group:	VALEZIE LAMALICE RUSY JUNBO DAVID JUNBO
What topic is your group discussing?	ON THE LAND PROGRAMS
What would it look like if the topic was improved in the community? How would it be better than it is now?	- Continue youth on the land programs away from Modern Technology (cell phone, phone / TV, games) - A group of Harvesters who are motivated and willing to take kids out on the land - More funding for all year programs
What steps should be taken to reach this improvement?	- Support from SIFNB and funding and SIFNB involvement - Devel Programs - Zone zhoti, Agost mentor skills to teach the Teachers
Who should help?	- DFN Language Specialist Professor for Uel Victoria, Aurora College for interpreters/cells, have pride in our language & be open to teaching
What could go wrong?	- Lack of funding - Lack of communication - Lack of people / not interested
When is a good time to start and finish it?	Spring Camp (5) days + Fall Hunt (2 weeks) try Summer Camp for 2018 (2 weeks) repetitive until they understand the teaching of the Traditional Skills

First & last names of people in your group:	Valerie Lamalice Rusty Jumbo David Jumbo
What topic is your group discussing?	ON THE LAND PROGRAMS
What would it look like if the topic was improved in the community? How would it be better than it is now?	<ul style="list-style-type: none"> <li>- Continue youth on the land programs away from Modern Technology (cell phone, phone/TV, games)</li> <li>- A group of Harvester who are motivated and willingness to take kids out on the land</li> <li>- more funding for all year programs</li> <li>- support from SICFN BC and funding and SFN involvement</li> <li>- Draft Programs - zone, zhuji, appst</li> <li>- mentor skills to teach the Teachers</li> </ul>
What steps should be taken to reach this improvement?	
Who should help?	<ul style="list-style-type: none"> <li>- SFN Language Specialist Professor from UBC/Victoria, Aurora College for interpreters/cells, have people in our language &amp; be open to teaching</li> <li>- Lack of funding</li> <li>- Lack of communication</li> <li>- Lack of people / interested</li> </ul>
What could go wrong?	
When is a good time to start and finish it?	<ul style="list-style-type: none"> <li>- Spring Camp (5) day / 1 fall hunt</li> <li>- Summer Camp for 2018 (2 weeks)</li> <li>- try Summer Camp for 2018 (2 weeks)</li> <li>- repetitive until Nation understand the teaching of the Traditional Skills</li> </ul>

Sambaa K'e Community 2018 Health & Wellness Input

First & last names of people in your group:	Auger Denna Auger, Brenda Jumbo Jessica Jumbo
What topic is your group discussing?	Youth
What would it look like if the topic was improved in the community? How would it be better than it is now?	<ul style="list-style-type: none"> <li>- reduce fear &amp; judgment when asking for help</li> <li>- more respect for peers + elders, parents</li> <li>- the land, animals / food, adults, community</li> <li>- positive attitudes, reactions * tradition / learning</li> <li>- confidence, self-esteem</li> <li>- problem solving abilities → better communication</li> <li>- responsible for actions / consequences → reduce blaming</li> <li>- positive tools to deal w/ feelings (i.e. fitness → anger)</li> <li>- parenting skills</li> <li>- community leading by example - youth focused</li> <li>- consistent sport programs - on the land</li> <li>- recognition for positive behavior / attitudes monthly</li> </ul>
What steps should be taken to reach this improvement?	<ul style="list-style-type: none"> <li>- front line workers</li> <li>- recreation</li> <li>- teachers</li> <li>- family members / community</li> <li>- parents/grandparents (cooperation)</li> <li>- Elders</li> </ul>
Who should help?	
What could go wrong?	<ul style="list-style-type: none"> <li>- no money put aside</li> <li>- lack of interest + involvement from parents</li> <li>- not enough</li> <li>- lack resources</li> </ul>
When is a good time to start and finish it?	Now!!!! And never stop.



First & last names of people in your group:	Pukh Jumbo
What topic is your group discussing?	Community workshops
What would it look like if the topic was improved in the community? How would it be better than it is now?	on-going community workshops to break the cycle of negative impacts from Residential Schools, to balance Physical, Emotional, mental & Spiritual. Speak too back to Praying in Silence. Reconnect to Mother Earth and High up. Live the Absolute truth by speaking from the heart.
What steps should be taken to reach this improvement?	Teaching the and learning the tools for self care and family and practice our skills to live positive healthy life. Break the cycle to free ourselves.
Who should help?	Trained facilitators / spiritual healers / counselors who understand and know the culture (Dene / Metis)
What could go wrong?	Not enough motivated people
When is a good time to start and finish it?	Not enough funding / youth not motivated
	In-progress and its on-going and year around - Spring / Summer / Fall / Winter. Especially Spring - new growth, you want to grow it it.

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