

Sam<u>baa</u> K'€



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

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.

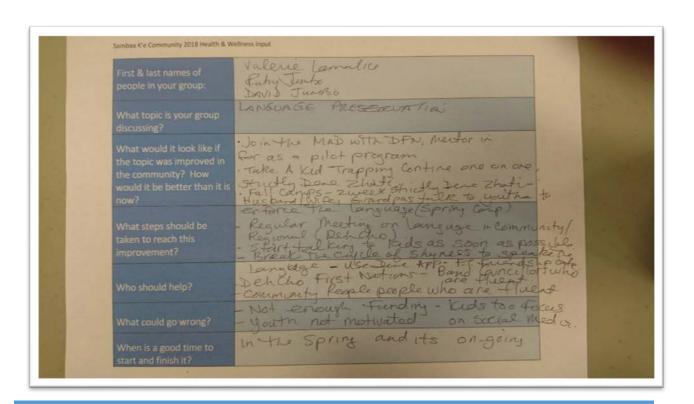
Follow Up

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

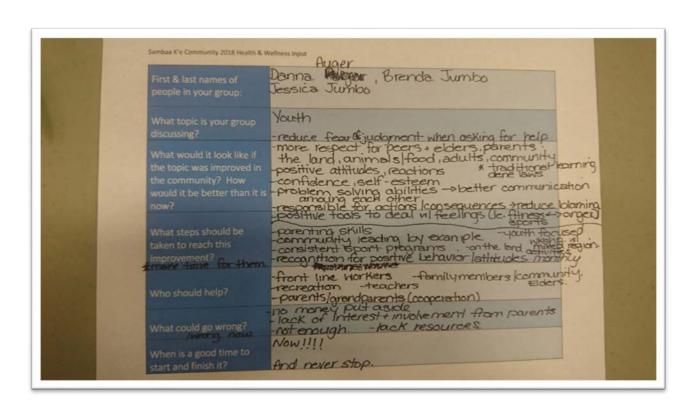
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What would it look like the topic was improve the community? How would it be better than now?	din Healther + Great
What steps should be taken to reach this improvement?	there Land activity with youth.
Who should help?	The community.
What could go wrong?	negetive
When is a good time to start and finish it?	of Any time of the year.



Sambaa K'e Community 2018 Health & V	Sambaa K'e Community 2018 Health & Wellness Input	
First & last names of people in your group:	Tanya Jear Bo, Bertha Deneron	
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?	Mare talking among youth More workshops about suicides I bullying more communication among everybooky	
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Who should help?	Schulona Kefrot Norton, DehCho Health + Societa	
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When is a good time to start and finish it?	As soon as possible, continue w followup	

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What steps should be taken to reach this improvement?	and Posta involvement and funding and Programs. Zone wholi, types + menter stalls to teach The Teacher
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First & last names of people in your group:	Valerie Lamatice Rusy Junios David Juna o
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-	What could go wrong?	Not enough funding / buth not most red person	
	When is a good time to start and finish it?	year around - Spring / Summer Fals Winter - new grouts	







