



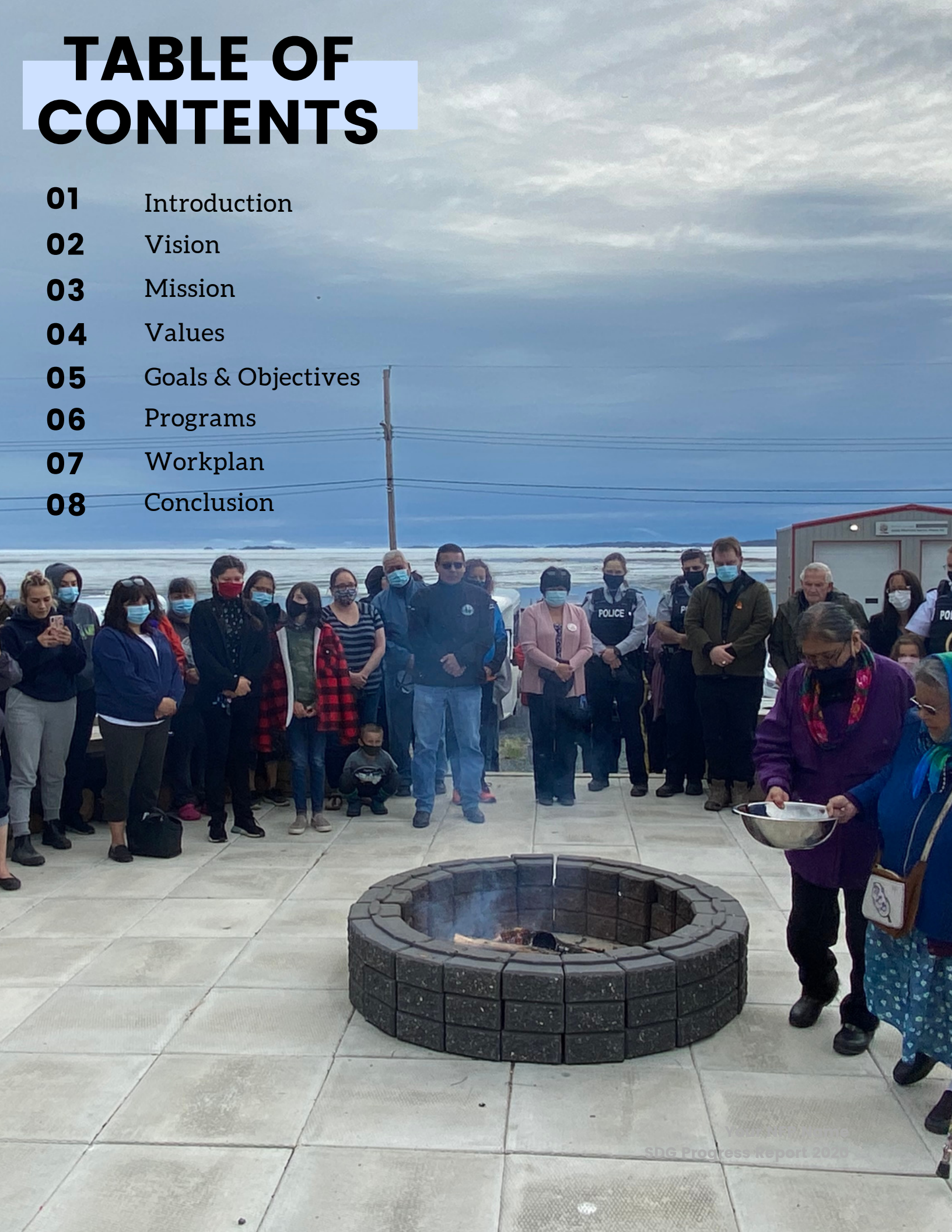
YELLOWKNIVES DENE FIRST NATION

COMMUNITY WELLNESS PLAN

2024 - 2029

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Introduction

Leading up to the creation of the revised Community Wellness Plan, the Yellowknives Dene First Nation Community Wellness Division put on a series of workshops to gather input to serve as the basis for the updated Community Wellness Plan 2024-2029. With the support of the Government of the Northwest Territories our wellness team has delivered a wide range of programs and support services to a diverse and growing YKDFN population. Through community outreach we are able to communicate to our members the opportunities that are available to them and have offered assistance, advocacy and accessibility for all members to participate. Our team consists of nearly 20 employees, a majority of whom are women as they are community caregivers traditionally.

Our programs and services are guided by divided by three departments; Community Wellness, Dene Wellness and Family Wellness. We categorize participants by newborn to toddler, pre-schoolers, youth, Adults and Elders for the approximately 500 members who reside in both communities.



Vision

To engage families, Elders, individuals, youth, and children in fun, active, healthy traditional and cultural activities that develop positive, lifelong habits and attitudes to empower one another to make healthy choices in all aspects of our lives.





Mission

Continue to deliver impactful wrap around support services to YKDFN members residing in the communities of Ndilq, Dettah and Yellowknife through a coordinated approach that focuses on engaging and empowering all members of our communities to live healthy lifestyles now and into the future.





| GOALS | OBJECTIVES |
|--|--|
| Assist employees to excel in current positions; promote current and future development of employees | Increased coordination of Community Wellness staff, programs and services |
| Establish administrative processes and functions | Enhanced understanding of facility use and need for future growth; enhanced program awareness, planning and delivery |
| Establish Wellness Division Committee | Identify Wellness Division staff and Council Member to act as liaison; meet regularly to review community wellness programs and services |
| Source additional resources for Community Wellness programs and Services | To enhance program services and delivery |
| Integrate Wellness programs and services | Increased integration of Community Wellness programs and services with other community programs and services |
| Enhance communications on current and future Community Wellness programs for community members, funders and the public | Increase awareness of Community Wellness Programs, services and activities; increased participation; increased representation |
| Recognize Community Wellness Volunteers | Increased recognition of current volunteers and increased interest in volunteering |
| Continue to provide support for individuals, families and or community | Increased coordination and support for families especially for those in crisis or requiring immediate assistance |



Workplan

Hold regular staff meetings to update staff on activities and events

Establish orientation process and resources for new employees

Review and revise current job descriptions; clarify roles and responsibilities of Wellness Division staff; document use of equipment

Develop performance evaluation process; complete performance evaluations; evaluate programs and resources

Develop a training plan, budget and schedule; seek training for staff to enhance skills and knowledge

Review and update Community Wellness Division policies and procedures

Develop and administer annual work plans and budgets

Represent Community Wellness Division in community planning activities

Prepare and submit required reports to Chief and Council and funders; research other funding sources; prepare proposals

Participate in community discussion to determine future programming needs; host annual community meetings to engage membership

Publish an annual program plan/calendar for staff, community members and program funders

Develop a Volunteer Recognition program to attract and maintain committed volunteers

Establish a trauma/crisis response team that identifies need in community

Identify community partnerships and resources for supporting community members



Values

We value programs and services that are responsive to community needs. We value feedback of our community members and incorporate that into our work to continuously improved our progress towards building healthy communities.

Community outreach offices located in both Ndilo and Dettah are equipped with drop in supports, administrative assistance and advocacy and are a key central point of contact for accessing wrap around support services such as:

- Computer & Printer access (i.e., resume writing/job search, letter writing)
- Identification support (i.e., licensing, health care card/status card applications)
- Liaison between various organizational supports and navigation through the system
- Transportation (i.e., bus passes/cab vouchers)
- Housing referrals
- Addiction treatment referrals
- Legal support (i.e., wills)
- Medical support (i.e., vitamins, pregnancy tests)





Programs

| Community Wellness | Dene Wellness | Family Wellness |
|---|---|--|
| After School Program | Counselling - Substance Abuse; Family Violence; Grief; Suicide Awareness; Client Referrals; Crisis Response | Mammia & Bebia |
| Sports - ie., soccer; hockey; swimming | Home Visits; Hospital Visits; Family Support | Parenting Program |
| Literacy | On the Land Programs - Dene Cultural Activities | Home Repairs & Safety Assessment |
| Youth Council - Conferences; Workshops | Sewing - Women's Sharing Circle | Health Fair |
| Weekly Girls Night | Elders Workshops | Family Night |
| Youth Centre | Justice - Participate in Family Violence Awareness Week; National Victims Crime Awareness Week; Restorative Justice; MMIWG; Diversion | Harvester Program |
| Seasonal Events - Spring Carnival; Mother's Day; Father's Day | Guest Speakers - Leadership; Communication | Fitness Program |
| Culture Camps & Activities | Bullying & Harrassment Prevention | Language Programs |
| Handgames | Cooking; Community Garden | Monthly Health Workshops |
| Volunteer Appreciation | Men's Group | Information Sessions - income security; fuel subsidy; etc. |



Program Review - Dettah

We asked Dettah community members for their feedback on our programs based on what they liked best, their responses have been captured based on the top most frequent answers as follows:

What I Liked Best:

- Food Supports
- Gift Certificates
- Counselling Services
- Justice Support
- On the Land Healing
- Guest Speakers

We also heard from community members what could be improved and we would like to reiterate that going forward we will focus on strengthening our programs to include:

- Better advertising
- More cultural programs
- More addictions services
- Longer, more frequent Programs with additional capacity for participants to join
- Educational workshops on various topics
- More accessible transportation to and from programs
- Volunteer recruitment
- More opportunity to build connections between Elders and youth
- More structured recreational services and improved facilities
- More Activities for Youth



Program Review - Ndilq

We asked Ndilq community members for their feedback on our programs based on what they liked best, their responses have been captured based on the top most frequent answers as follows:

What I Liked Best:

- Support and advocacy for accessing and navigating various services
- Cultural Programs
- Community Celebrations
- Gift Cards
- Food Supports
- Sewing Circle
- Receiving updates and information on Community Programs and Events
- Transportation to and from Community Programs and Events

We also heard from community members what could be improved and would like to reiterate that going forward we will focus on strengthening our programs to include:

- Improved access for those with disabilities
- More field trips/family outings
- Unlimited and immediate access to professional counselling support
- More after hours programs
- More Fitness and Nutrition Classes
- More Educational Programs
- Improved access to transportation
- More Fundraising Events
- Improved Recreational Facilities
- Improved Communication



Conclusion

Special thanks to Yellowknives Dene First Nation Leadership, staff, volunteers and community members for ensuring that the Community Wellness Department meets its vision, mission and goals now and into the future. Many of the initiatives found within this wellness plan are interactive and cross over into other departments under the YKDFN as a whole. Community wellness is a shared responsibility. For wellness to exist across our membership we depend on both the individual and the collective to work together for the betterment of all.

