



K'asho Got'ine Charter Community

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REFRESHING THE COMMUNITY WELLNESS PLAN

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Introduction

The K'asho Got'ine Charter Community Council- Wellness Department has received funding from the Department of Health and Social Services, GNWT, to create a Community Wellness Plan to get answers from the community for the following questions:

1. Where are we now?
2. What do we have to work with?
3. Where do we want to be in the future?
4. How do we plan to get there?

Community input and engagement in the development of wellness programs is critical to success in addressing health and social issues in the community. Community Wellness Plans are an opportunity for communities to decide for themselves where wellness funding should be directed based on their Wellness Plan.

Background:

In the past, our community has been funded from the Department of Health and Social Services, GNWT, for various wellness programs based on single year funding. This intention of the Community Wellness Plan is to refrain from single-year funding for specific wellness projects and move toward more flexible, multi-year arrangements in which funding can be directed toward community-specific wellness issues.

Federal wellness funding will be allocated based on plans for use in 3 clusters;

- Healthy Children, Families and Communities
- Healthy Living & Disease Prevention
- Mental Health & Addictions

The Healthy Children, Families & Communities Cluster; The Healthy Living & Disease Prevention Cluster; and the Mental Health & Addictions Cluster funds and supports a series of community-based objectives that addresses risks and health outcomes.

Eligible activities include:

- Disease prevention
- Injury and injury prevention
- Physical health/activity promotion
- Changing behaviors and promoting healthy environments
- Oral health promotion and prevention
- Healthy eating/nutrition education

- Public awareness education/outreach
- Promotion of Aboriginal culture and language
- Cultural and /or Elder support
- Pre/postnatal care
- Pre-conception and reproductive health promotion
- Early literacy and learning,
- Early childhood development activities
- Capacity building/continuing education opportunities
- Aftercare support
- Early intervention activities/support to prevent and reduce substance abuse
- Training in addressing issues of addictions/solvent abuse/suicide prevention
- Mental Health promotion

Funding also supports knowledge development and dissemination, monitoring and evaluation, public education and outreach, program coordination, consultation, communication, and other health promotion and disease prevention activities related to: Chronic Disease & Injury Prevention, Healthy Children, Families & Communities and Mental Health & Addictions.

Community Wellness Plan:

The K'asho Got'ine Charter Community Council-Wellness Department has designed a Community Wellness Plan to fulfill the needs of various age groups in the community and to practice and promote a healthy living. This has been accomplished by engaging in the community to identify health and social issues in the community and asking the questions "where are we now?", "What do we have to work with?", "Where do we want to be?", and "how do we get there?"

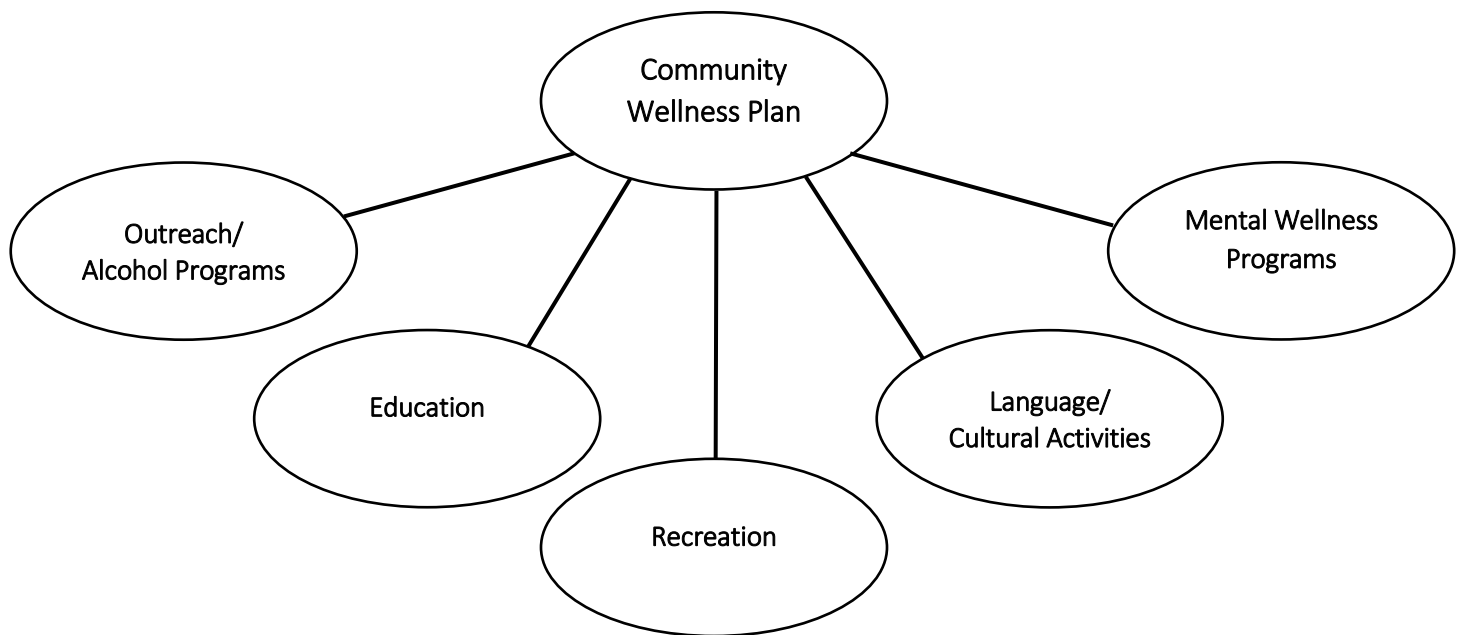
Through cultural activities, health awareness, education awareness, physical activity and recreation, we can address the three clusters; Chronic Disease & Injury Prevention, Healthy Children, Families & Communities and Mental Health and Addictions. The target groups are 0-6 years, youth, mothers, fathers, elders and families.

The community has expressed their concerns through a Community Wellness Questionnaire and also through on-going wellness programs, the ten (10) common concerns that are listed below. Through these concerns and issues, the community has identified their priorities to work towards a Community Wellness Plan.

- Alcohol/Substance Abuse/Bootlegging
- Domestic Violence
- Suicide
- Little to no support for caregivers and escorts
- Poor living conditions due to lack of employment
- Poor Education and low attendance rates
- Criticism

- Homelessness
- No youth counselor
- No youth council or support group

1.) Outreach/Alcohol Programs, 2.) Education/Support, 3.) Recreation, 4.) Language/Cultural/Family Activities, 5.) Mental Wellness Programs. The Goal is to build on existing programs, create new programs, and include more cultural and physical activities to promote Healthy Living.



The community identified Outreach/Alcohol Programs as their number one (1) priority to enhance, promote, support and to create more educational programs for the community as a whole.

Outreach Programs are needed for adults as well as youth in the community. Alcohol abuse is a problem for both adults and youth and they have become accustomed to not having anywhere to turn for help because we have not had a permanent Mental Health Worker in our community for quite some time and there is no Outreach Centre. We have begun the Aftercare Program and Support Group but we are having trouble trying to get people to participate due to breach of trust.

They identified that it would be more beneficial for the community to have a facility where people could turn to. The Outreach Centre can meet their needs by having Alcohol and Drug Counselors, Youth Wellness and Mental Health Workers. They would like to see educational programs geared towards healthier lifestyles for the community. They have also been saying that on-the-land programs would benefit them by promoting healthier lifestyles without drugs and alcohol.

Consultation on Outreach Programs (Addictions/Alcohol)

- Support for youth struggling with alcohol misuse/abuse is urgently needed.

- Prevention activities/education
- Follow-up for youth returning from treatment
- Better training for teachers and other frontline youth workers to help youth deal with substance abuse issues and succeed in school and community life

-Improved education and empowerment programs needed to help young people stay away from smoking, drugs and gambling and other unhealthy habits

-An alcohol and drug counselor dedicated to working with youth (perhaps based in the school) would be very valuable.

The community also said that Education is a priority for them. At present, there are no educational programs taking place in the community except established facilities like the School, Adult Education and the Day Care Centre. They identified that there is a low graduation rate, high drop-out rate and a high dissatisfaction with the school system. They would like to see more educational support for their young people who are preparing to leave the community for post-secondary education. At present, because of their dissatisfaction with the education system in the community, some of the young people, with their families support, have chosen to leave the community to continue their education.

The community needs education to continue through various programs to teach and promote healthier lifestyles to the community. The community identified that because of the high cost of living in the community that they are not always able to afford healthy food and would benefit from more nutritional programs. They have said that traditional teachings from Elders for young people on how to prepare traditional foods would help the young people have a healthier diet. They would like to also see more Parenting Skills workshops for young families who are having children at a young age. In order to promote healthier living for people living with Diabetes and Cancer we need more Nutritional Programs taking place.

Consultation on Education

- Low achievement, low graduation rate, high drop-out rate and high rate of student dissatisfaction.

- Better course offerings that reflect students skills and interests (for example: music, industrial arts) as well as more K'asho Got'ine history and education on land claims and local political organization.

- Regional Centre for trades training.

- More involvement from parents and leadership in improving quality of education and encouraging and supporting students

- Low literacy levels hold everyone back: need a focus on early literacy from school, community and families

The youth in our community has stated that recreational activities are very important as this is all they have aside from school activities. The Youth Centre is in need of repairs and new equipment and is not being used at all. The gym is only open in the evenings and are scheduled based on the age groups. Each age group is

limited to 1.5 hours each of Gym time (including adults' gym time.) and the Arena will be doing major renovations in the near future but for now it is open for a few hours per day and only seasonally.

Consultation on Recreational Issues

- Lack of facilities (Arena and Youth Centre in disrepair, shared gym is not always accessible)
- Open gym, bingo, and special events (volleyball tournament, youth hand games tournament, spring carnival, dances for special events) are the only consistent programs
- Recreation Coordinator: Recreation committee and limited volunteers are available to run programs
- Youth want access to better coaching, more organized team sports, opportunities to travel for sports events (for example Super Soccer in Yellowknife, Track and Field in Hay River, hockey tournaments)
- Need a Multiplex and repair Youth Centre.
- Need consistent delivery of recreation programs for all age groups, including elders, youth, children, parents and tots, and adults; as well as better coordination and cooperation between community organizations serving these populations
- More art and music programs needed (or more diverse recreational programming needed)

The elders in our community are very traditional and rich with culture. They have a natural impulse to teach the younger generations on how to live a traditional, healthy lifestyle but it's tough to coordinate the interaction between the two generations, especially on their own schedules.

Consultation on Language/Culture Issues

- Lack of facilities
- Lack of interest from youth
- Little to no volunteers
- No On-the-land programs
- Elders would like to be paid to teach.

Community members have expressed their concerns about all the lives that have been lost in our community in the past five years. There is an alarming rise in suicide rates. There have been four suicides in less than two years. We have lost a lot of people in a short period of time and our community is grieving. We have recently obtained a permanent Mental Health worker but we would still like to get more Mental Health and Wellness training for our local people so we can provide them with the tools to help a person who may be suffering from a mental illness. What our elders would like to see is more on-the-land healing programs.

Consultation on Mental Health Issues

- Only one mental health worker
- No training/support

Conclusion:

The community members have said our main focus should be training for Outreach/alcohol and Mental Health so that our people won't always have to leave town to receive the help that they need.

Objectives:

- Create programs according to our community's health and social issues that will benefit the wellness of our community.
- Double the size of our groups/participation.
- Hold more "On-the-land Healing" workshops and community support groups.
- Create more activities that involve interaction between youth and elders.
- Focus on Early Childhood Development and Prenatal Care.
- Encourage our community to practice and promote a Dene traditional lifestyle.
- Include all community input to help execute our health and social issues.

The community would like to work with the Government to create a Community Wellness Plan that would meet the community's needs. Through this report, the community has identified issues that they are dealing with and look forward in the coming future to work towards a Community Wellness Work Plan.