



DEH GAH GOT'IE WELLNESS PLAN 2024-2029

The Deh Gah Got'ie Wellness Plan provides a holistic and action-oriented response to the fundamental issues of health and well-being that people face every day.

EXECUTIVE SUMMARY

Our first wellness for 2013-2018 was a milestone for Deh Gah Got'ie First Nation (DGGFN). The success of that plan was that it helped us establish a strong basis of collaboration and communication between DGGFN and local organizations. The Deh Gah Got'ie Wellness Plan 2024-2029 seeks to establish an integrated and coordinated approach to improving the well-being of people, understanding the culture, and the diversity of needs of the community. The plan provides a holistic and action-oriented response to the fundamental issues of health and well-being that people face every day. It addresses a range of interrelated concerns including child and youth development, mental health and addictions, elders care, and communicable illness.

This undated plan is Deh Gah Got'ie First Nation's step in taking a direct role with other community members and other organizations involved in the delivery of wellness and healthy living services. This includes the development of a coordinated planning process as well as more collaborative approaches to delivering services.

This plan acknowledges priorities for 2024-2029

Child and Youth Development

Mental Health and Addictions

Healthy Living and Illness Prevention

Given the complexity of each priority area and the multi-year timeframe, we expect that different Delivery Areas have different areas of focus at any given time, with the recognition that priorities are to be based on local needs

1. INTRODUCTION

The Deh Gah Got'ie wellness Plan for 2024- 2029 seeks to establish an integrated and conditioned approach to improving the well-being of people and understanding the culture and diversity of needs of the community. The plan provides a holistic and action-oriented to the fundamental issues of health and well-being that people face every day. It addresses a range of interrelated concerns including child and youth development, mental health and addictions, elders care social and emotional well-being, injury and illness prevention, and home and community care.

2. BACKGROUND

A list of priority issues was addressed at the community member's level, and the goals and strategies were done to attempt how to best address them, Key Questions we asked ourselves were:

Where are we now?

Deh Gah Got'ie First Nation Wellness Programs continue in the ongoing effort to promote healthy lifestyles. We are addressing well-being through various forms of programs and workshops. We have also continued to facilitate the programs to best meets the needs of the community in healthy living.

What do we have to work with?

The wellness program's resources include a building that provides a safe, friendly environment for all. We also have many partnerships with other organizations and programs such as; Deh Gah School, Friendship Centre just to name a few. We also collaborate with Deh Gah Got'ie's other programs like Language Programs, Resource Management Board, and the Aboriginal Head Start. All out-land camps programming- is deemed to be the most successful.

What do we want for the future?

Deh Gah Got'ie Wellness Plan would like to support, promote, and actively encourage family-centered, culturally based, and inclusive in all frameworks and action plans within Healthy living areas. Also, including:

- encourage volunteerism
- more workshops and training
- lasting partnerships
- build capacity for self-well-being
- youth support
- quality services
- support activities aimed at healthy lifestyles

What worked in the past?

The most successful programming would be on-the-land programs aimed at healthy, positive, safe, and friendly living in the outdoors. We've Collaborated with programs and hosted traditional names workshops, culture camp in the spring, full and fish harvesting, and language workshops to name a few. We could like to continue programs such as this because it gives the feeling of community, and responsibility, and enhances the well-being of both physical and mental health.

How can we support you better?

A number of goals, strategies, and objectives were developed to address these issues over the five-year planning period. Some of these goals included:

- Support the youth to develop skills to earn a living and give back to the community
- Provide youth with high-quality, culturally appropriate, and holistic-centered care that is sustainable.
- Improve access to programming information
- Maximize the successful well-being and services

The wellness work plan for 2024-2029 is detailing how to best achieve each of the goals and objectives. Our initial focus has been to build a strong foundation of partnerships, training and workshop, and communication.

How can we tell your story of success?

Deh Gah Got'ie Wellness Plan hopes to better document success stories through reports, pictures, and social media. Our five-year plan will focus on the positive areas of the program and make it a priority for transparency and accountability in this area:

How to move forward? By creating the following:

Deh Gah Got'ie Wellness Plan

Vision

Our vision is to improve the well-being and health of the community of Fort Providence through positive wellness initiatives.

Mission

To promote respectful, trusting, responsible wellness development programs to support the healthy growth of our children, families, and community.

Values

Accountability, accessibility, commitment, connection, equity, family, honesty, inclusion, opportunity, renewal, respect, and unity.

STRATEGIC PRIORITIES FOR 2024-2029

To update the 2024-2029 Wellness Plan to reflect the current and changing needs of people, we embarked upon the last plan and identified priorities and established objectives which could be achieved at the local level. As the process progressed and we listened to the views of the community, we pinpointed key areas of concern and issues that need to be brought forth, necessary to ensure the well-being of the community of Fort Providence.

Strategic Priorities

Through the preliminary process, a consistent vision emerged regarding the direction and priorities, and the strategy it should take to lead the provision of living well. These priorities are outlined below. Given the range and complexity of each priority area and the timeframe of 2024-2029, we expect that different Delivery Areas will have different areas of focus at any given time. This flexibility will ensure a more effective and community-based response to these key issues and will help to ensure a successful outcome.

Mental Health & Addictions
Child and Youth Development
Illness & Injury Prevention

Strategic priorities evolve over time to address the local and regional need

Top Priority Areas

1. Mental Health and Addictions: Enhance and coordinate wellness services and workshops to assist those battling mental health and addictions.
2. Youth & Child Development: Develop healthy communities through the promotion of culture and tradition by focusing on child and youth development.
3. Illness & Injury Prevention: Connect programs and services that address communicable illness as a major risk factor for youth and young adults.

Assist in Elder care in the community and involve, encourage, and support them more in healthy living.

Other Areas that Need to be Addressed

The Wellness Plan will be an ongoing effort to address healthy living including the need for “community healing” to create families and healthy communities, as it is a fundamental starting point to many of the other more specific priorities for action.

The need to recognize scarcity is a major health determinant that must be considered.

The need to provide effective communications to ensure goals are focused and achievable.

Next Steps

Once this plan is approved by all, we will begin immediately with implementation. The plan will be a basis for local planning for priority projects and will involve the community.

Some of the priority projects from the plan will continue until completion. Due to our need to focus the plan on top-priority issues, not all of these are reflected in the new plan. The work, however, will continue.

New priorities may emerge during the 2024-2029 plan. These issues will have to be considered as they arise, compared to other priorities, and resourced as appropriate. Moreover, each priority area will be expected to seek feedback from the communities about improvement.

There is no intention through this plan to duplicate existing processes. As we work through the plan for each priority area, we will ensure that it focuses on creating and maintaining stronger partnerships and effective communications.

This includes both the development of a coordinator planning process as well as more collaborative approaches to delivering services.

The Deg Gah Got'ie Wellness Plan will continue to evolve. We will ensure through consultation and collaboration that we engage with all participants in our best efforts to improve the health of all people living in our community.

Mahsi Cho