



# WELLNESS PLAN

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West Point First Nation 2023-2028

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# INTRODUCTION



Ts'ueh Nda community (West Point First Nation) is situated within the Town of Hay River. Ts'ueh Nda community is made up of families of Dehcho Dene that have lived here since time immemorial. This is our ancestral homeland. West Point First Nation members are Dehcho people with roots mainly in Kakisa, Tathlina Lake, and Fort Providence. Historically West Point First Nation were fishermen and land users mostly from the West Channel of the Hay River to the mouth of the Mackenzie and Kakisa Rivers. Today, many of the West Point members live in the West Channel or nearby. Before 1993, most West Point First Nation members were members of the K'atlodeeche First nation, Deh Gah Gotie First Nation, or Ka'agee Tue First Nation. Because West Point people were not living close to the First Nation where they had membership, their voices and concerns were not always heard. Volunteers formed the West Point Dene Band Society mainly to raise funds for children and youth activities. The West Point First Nation grew out of this Society and so did the need to address land and housing issues. West Point was recognized as a distinct First Nation in 1993.

## **VISION**

West Point First Nation protects the Treaty and Aboriginal Rights of its members as well as the environment and traditional culture for the sustainability of future generations.

## **MISSION**

We are committed to providing responsible and accountable political leadership. We will continue to be the guardians of our traditional lands, environment and resources. The West Point First Nation is dedicated to providing quality, equitable and accessible support to meet the social, economic, cultural, educational, spiritual and political needs of our membership. We will work together to build a united and healthy community.

## **CORE VALUES**

We have identified these core values to use in carrying out our operations:

- Respect
- Equality
- Commitment
- Strength
- Communication

- Our Unity brings us Strength
- Zero Tolerance of abuse toward council
- Respect and Care for Elders
- Transparency
- Encourage our Youth
- Traditional Values members and staff

# WELLNESS GOALS

## WHAT DOES WELLNESS MEAN FOR WEST POINT?



# OBJECTIVES

## WHAT CAN WE DO TO REACH OUR WELLNESS GOALS?



**PROMOTE LIVING A HEALTHY LIFESTYLE**

**ENCOURAGE PHYSICAL HEALTH**

**SUPPORT SOBRIETY**

**EMBRACE POVERTY PREVENTION**

# WHAT KIND OF ACTIVITIES WOULD ENCOURAGE WELLNESS AND HELP US REACH OUR OBJECTIVES?



# WHAT WOULD THESE ACTIVITIES LOOK LIKE?

## PROMOTE LIVING A HEALTHY LIFESTYLE

### COMMUNITY PARTICIPATION

Community Meetings

Volunteering

### CULTURAL ACTIVITIES

Community Gatherings

Traditions

Sewing/Crafts

### ON THE LAND PROGRAMS

Harvesting

On the land camps

### FAMILY ACTIVITIES

Alcohol & drug free events

### LEADERSHIP SUPPORT

Advocacy

### NUTRITION

Gardening

Food Preparation

## ENCOURAGE PHYSICAL HEALTH

### YOUTH ACTIVITIES

Life Skills

Culture

Sports

### ADULT ACTIVITIES

Trauma

Nutrition

Wellness Workshop



## SUPPORT SOBRIETY

### HEALING

Education

### PARTICIPATE IN ALCOHOL & DRUG FREE ACTIVITIES

Community events

Cultural activities

On the land programs

Family Activities

Nutrition



## EMBRACE POVERTY PREVENTION

### SECURE LIVING INITIATIVES

Food Security

Secure Living

Winter Needs

Wellness being the new sexy

Prosperity

Self-Governance

Working as a community

Housing for youth and families



# WHAT WILL WE DO TO ENCOURAGE COMMUNITY PARTICIPATION IN ACTIVITIES?

## PROMOTE LIVING A HEALTHY LIFESTYLE:

### COMMUNITY PARTICIPATION

#### COMMUNITY MEETINGS

Encourage attendance  
Encourage participation  
(voicing opinions & concerns,  
sharing ideas)



#### VOLUNTEERING

Encourage involvement in  
community via volunteering

# WHAT WILL WE DO TO ENCOURAGE COMMUNITY PARTICIPATION IN ACTIVITIES?

## PROMOTE LIVING A HEALTHY LIFESTYLE:

### CULTURAL ACTIVITIES



### TRADITIONS

Sharing; Working together  
Seeking advice from Elders  
Healing circles; Dog teams

### SEWING/CRAFTS

Making fish nets  
Making snares  
Making traditional crafts

### COMMUNITY GATHERINGS

Drumming  
Drum Dances  
Feeding the fire  
Leadership skills  
Culture Camps  
Community Feasts  
Sun Dances

# WHAT WILL WE DO TO ENCOURAGE COMMUNITY PARTICIPATION IN ACTIVITIES?

## PROMOTE LIVING A HEALTHY LIFESTYLE:

### ON THE LAND PROGRAMS

#### HARVESTING

Hunting & Hunting Skills  
Trapping & Trapping Skills  
Making & setting snares  
Calling animals  
Supporting each other



### ON THE LAND CAMPS

In traditional areas  
Elders teaching Youth  
Encouraging members to build new cabins

# WHAT WILL WE DO TO ENCOURAGE COMMUNITY PARTICIPATION IN ACTIVITIES?

## PROMOTE LIVING A HEALTHY LIFESTYLE:

**FAMILY ACTIVITIES  
and  
LEADERSHIP SUPPORT**

**ALCOHOL & DRUG FREE  
ACTIVITIES**  
Games night  
Movie night  
Karaoke night  
Dances



**ADVOCACY**  
Seek/fight for additional funding sources  
Fight for additional land  
Relocating community out of the flood zone

# WHAT WILL WE DO TO ENCOURAGE COMMUNITY PARTICIPATION IN ACTIVITIES?

## PROMOTE LIVING A HEALTHY LIFESTYLE:

### FAMILY ACTIVITIES

#### GARDENING

Planting  
Harvesting  
Preserving

#### FOOD PREPARATION

Cooking  
Preserving (drying meat, fish, herbs, berries, medicine)



# WHAT WILL WE DO TO ENCOURAGE COMMUNITY PARTICIPATION IN ACTIVITIES?

## ENCOURAGE PHYSICAL HEALTH

### YOUTH ACTIVITIES

**LIFE SKILLS**  
Sobriety (Drug & Alcohol Prevention: effects of drugs and alcohol)  
Nutrition  
On the land programs  
Family activities

**CULTURE**  
Language  
Traditional Knowledge  
Community gatherings  
On the land programs  
Traditional food  
Leadership Skills  
Community meetings

**SPORTS**  
Snowshoeing  
Skating  
Hockey  
Basketball  
Swimming

# WHAT WILL WE DO TO ENCOURAGE COMMUNITY PARTICIPATION IN ACTIVITIES?

## ENCOURAGE PHYSICAL HEALTH

### ADULT ACTIVITIES

#### TRAUMA

Residential school  
Spiritual gatherings  
Visiting Lac St Ann  
Healing workshops

#### NUTRITION

Gardening  
Food Preparation

#### WELLNESS WORKSHOPS

Women's Wellness



# WHAT WILL WE DO TO ENCOURAGE COMMUNITY PARTICIPATION IN ACTIVITIES?

## SUPPORT SOBRIETY

### PARTICIPATING IN ALCOHOL & DRUG FREE ACTIVITIES

#### TRAUMA

Residential school  
Spiritual gatherings  
Visiting Lac St Ann  
Healing workshops



#### NUTRITION

Gardening  
Food Preparation

#### WELLNESS WORKSHOPS

Women's Wellness

“Wellness is the complete integration of body, mind, and spirit – the realization that everything we do, think, feel, and believe has an effect on our state of well-being.”

-- Greg Anderson



# CONCLUSION

The principle that a whole village should contribute to raising a child has many advantages. Firstly, it is psychologically proven that a child benefits from having multiple role models. Also, with family, friends, and neighbor's looking after them, the child is able to thrive in a secure and loving environment. The safety net provided by the community enables them to explore and learn without coming to harm.

Secondly, pressure is taken off the parents. Mothers and fathers have one of the most difficult jobs in the world. They work 24 hours a day, 7 days a week, 365 days a year, and nobody pays them for it. If the entire community takes part in raising their child, then the parents will feel less isolated, less stressed, and therefore happier. If the parent is happy, then so is the child.

Thirdly, this philosophy brings the whole community together, building trust between its members. It teaches us that we need each other, and so we must learn to get along, forgiving each other if we make mistakes. The child also learns to love his community, and look out for his family, friends and neighbors'.



# THANK YOU

West Point First Nation Chief, Council  
Staff & Community Members