



WELLNESS PLAN

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 WELLNES 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