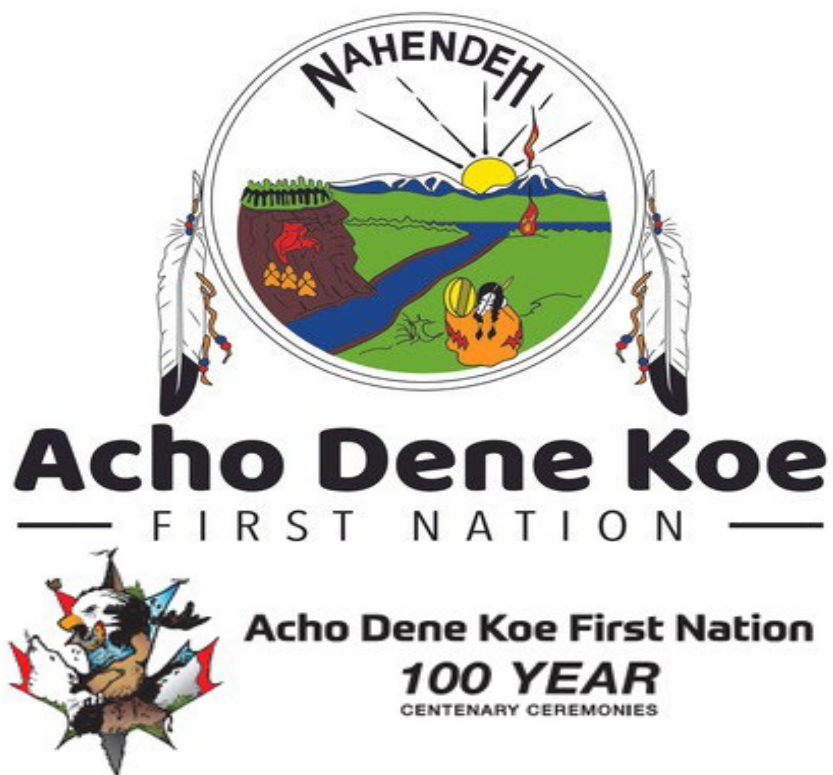
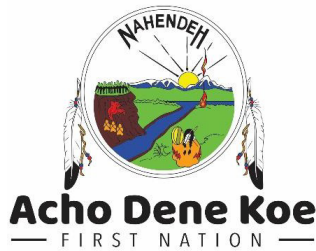


COMMUNITY WELLNESS PLAN

DATE: JUNE 11, 2024



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INTRODUCTION – HISTORY

The Traditional Territory and Waters of Acho Dene Koe First Nation span three authorities: British Columbia, the Yukon Territory, and the Northwest Territories.

Europeans began arriving in 1576, when Martin Frobisher explored the area, seeking a Northwest Passage from Europe to Asia.

The Hudson's Bay Company and the Northwest Company explored the territory in the 1770s and 1780s and established fur trade posts. The Hudson's Bay Company merged with the Northwest Company in 1821.

The Northwest Territories entered Confederation after Canada's purchase of the Rupert's Land and the North-Western Territory from the financially struggling Hudson's Bay Company in 1870. These vast areas extended west to British Columbia and north to the Arctic Ocean. They included the land that would become Saskatchewan, Alberta, Yukon, and Nunavut, as well as the northern extents of Ontario and Québec.

The smaller territory now known as the Northwest Territories remains after the creation of several other provinces and territories out of the original 1870 lands.

About 150,000 Aboriginal people lived here in the late 1800s, along with a small European population based in fur trade posts. The whole area was governed directly by the federal government in Ottawa. In 1869, the federal government created a provisional territorial government under an appointed lieutenant-governor and council in Winnipeg. In 1875, the *North-West Territories Act* formally established the North-West Territories with its own government institutions. The capital was moved to Battleford and later Regina. In 1880, Britain transferred the Arctic islands to Canada, which added them to the Northwest Territories' enormous land base. In 1895, Canada divided the Northwest Territories into four administrative districts: Yukon, Mackenzie, Franklin, and Ungava. Three years later, Canada passed the *Yukon Act*, creating Yukon as a separate territory.

Local resistance to federal control of the West by distant Ottawa led to the North-West Resistance in 1885. During the five-month insurgency, the Canadian government fought Métis and Aboriginal militants in what is today Alberta and Saskatchewan. Hundreds of people died before the federal government pacified the territory.

In 1905, provincial status was given to Alberta and Saskatchewan.

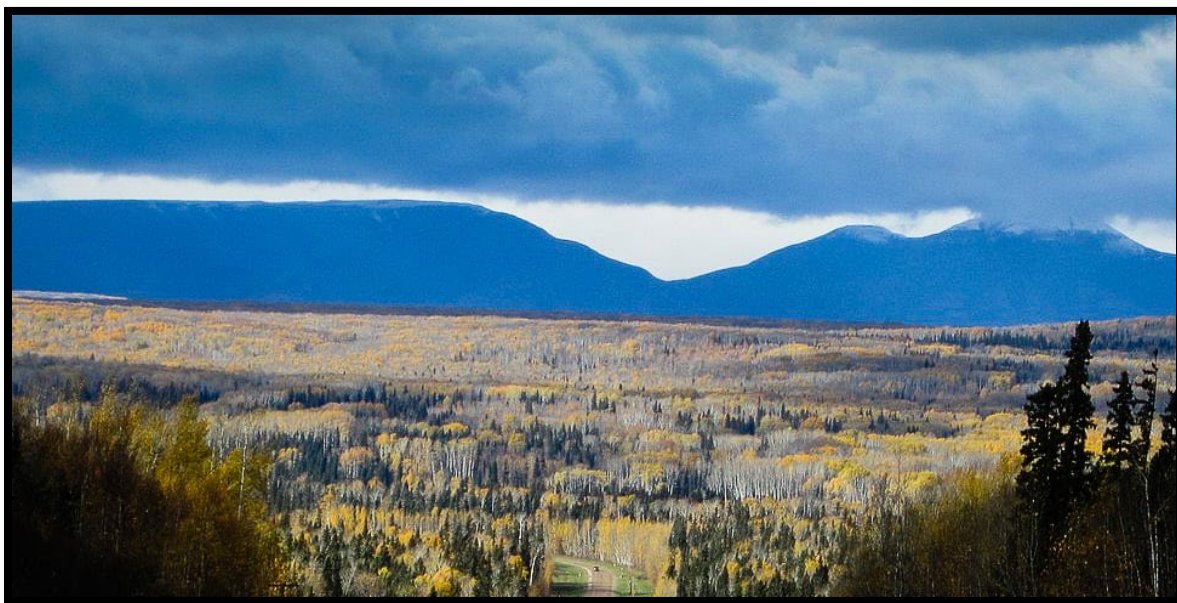
What remained of the territory was governed by an appointed commissioner and council, made up of Ottawa-based civil servants. This remained until 1950. In 1951 the Northwest Territories began to elect members to the council; by 1974, the council was a fully elected body, although still located in Ottawa. In 1953, Canada created the Department of Northern Affairs and National Resources, which took on more federal responsibility for the territory. In 1966, the federal government created federal electoral

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districts in the Northwest Territories, allowing residents there to elect members to the federal Parliament.

In 1967, Yellowknife was named the capital; the territory's elected council and other government institutions, including a small civil service, were located there. Finally, in 2014, the federal government passed the *Northwest Territories Devolution Act* to grant province-like powers to the Northwest Territories. Among other changes, the territory now controls its crown lands, resources, and keeps fifty (50) per cent of resource revenues and shares those with the Indigenous governments of the Northwest Territories.





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The Establishment of Acho Dene Koe & Fort Liard

In 1859, the Fort Liard Mission was founded by Father Zephirin Gascon, an oblate missionary of Mary Immaculate. The impact of missionaries and the Grey Nuns who inhabited the area lives on to this day; the original Mission building stood as part of Fort Liard's history, and the influence of the nuns on arts and crafts is reflected in popular contemporary patterns like flowers, birds, and animals.

In the past, the Acho Dene Koe have been referred to by various names, the most common name is Fort Liard, or the Fort Liard Band, in reference to the Hudson Bay Company fort located in the center of Acho Dene Koe territory.

The traditional or cultural name for Fort Liard is *Echaot'l Koe* which means in English "people from the land of the giants" or *Acho Dene Kue* is a hamlet in the Dehcho Region of the Northwest Territories, Canada. It is located 37 km (23 mi) north of the British Columbia border. It became accessible by road in 1984 with the completion of the Liard Highway (Northwest Territories Highway 7 and British Columbia Highway 77).

The hamlet of Fort Liard is the current centre of Acho Dene Koe First Nation's commerce, trade, and education. At present there two government's co-existing in the community – the municipal government (Hamlet of Fort Liard) and the First Nation (Acho Dene Koe First Nation) and each is providing of programs and services and serving under their mandates to deliver government services.

Discussions are on-going to amalgamate the two governments.

There presently two general merchandise stores and a gas station with restaurant. There is one school which is a K-12 community school, "Echo Dene School". It also has a community health centre, a Royal Canadian Mounted Police detachment, and a recreation centre, including a swimming pool, skating rink, youth centre and multi-court. There is also a traditional craft store which sells locally made craft items, gathering place for youth, and a first nation cultural arbour that hosts cultural significant events.

Prior to the establishment of the current community. The peoples of Acho Dene Koe do however have oral evidence that supports that the primary community was moved at least three times prior to it settling in the present location in what is now Northwest Territories.

History shows that with each movement it occurred due to the impact of infectious diseases being spread by European settlers.

Acho Dene Koe peoples experience is not unlike other First Nations peoples in Canada.

For the Indigenous Peoples of North America, historical trauma, the roots of government distrust, and centuries of catastrophic losses due to infectious diseases all stem from systematic European colonisation. The steady arrival of colonisers precipitated waves of infectious disease epidemics among the Indigenous Peoples of North America. Atrocities such as the distribution of smallpox-infected blankets by colonisers

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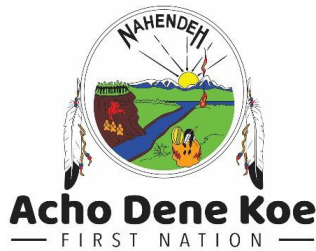
(ie, biological warfare), medical experimentation, and forced sterilisation are well documented and contribute to ongoing mistrust, intergenerational trauma, and historical trauma. Acho Dene Koe people were not exempt.

In addition to infectious diseases, Acho Dene Koe peoples were emotional, cultural, and physically impacted by Indian residential and board schools. These impacts are continuing to impact First Nation communities and individuals today.

But for the most part the peoples of Acho Dene Koe have been resilient. Following the last move and the establishment of the Fort Liard Mission, the Acho Dene Koe traditional economy continued to involve the hunting of moose and caribou, trapping of smaller animals, fishing and gathering plant goods for barter and trade. While often referred to as “traditional practices” these activities continue to be performed by contemporary members and efforts are being made not to lose this connection to history.

In recent times, the history of the Acho Dene Koe community parallels the changes brought to northern Canada after the signing of Treaty 11 and the arrival of resource seekers including traders, miners, and more recently, oil and gas developers. Today Acho Dene Koe First Nation leadership is committed to preserving our history, culture and the traditional practices of our people in response to increased industrial development in the territory - our members continue to use and occupy our Traditional Territory as a whole. As our ancestors did, we continue to hunt, trap, fish, and gather for food, social, cultural, and trading purposes.





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TREATY AND ABORIGINAL RIGHTS

We adhered to Treaty 11, and as such, we have treaty-protected hunting rights. Additionally, we assert Aboriginal rights, including title, throughout our Traditional Territory.

In 1922, our ancestors adhered to Treaty 11, and these rights are constitutionally protected pursuant to s. 35(1) of the *Constitution Act, 1982*. Among other things, Treaty 11 protects our right to pursue our usual vocations of hunting, trapping, and fishing. When signing Treaty 11, our ancestors were assured that this liberty would not be taken away or curtailed. Any erosion of our ability to hunt, trap, and fish would be a serious infringement of our Treaty rights.

The courts have cast serious doubt on whether Treaty 11 extinguished Aboriginal title to the land. In *Re: Paulette's Application*, the trial judge found that "notwithstanding the language of the two treaties there is sufficient doubt on the facts that Aboriginal title was extinguished."¹

More recently, the Federal Court recognized that the Federal Government's failure to set aside reserves was a fundamental breach of Treaty 11, and so Acho Dene Koe and other First Nation's in the Northwest Territories continue to have a strong *prima facie* case for Aboriginal title, which elevated the Crown's duty to consult. Accordingly, in our view, our Aboriginal rights, including Aboriginal title, have never been ceded, abandoned, or extinguished in any part of our Traditional Territory.

Aboriginal rights, which include title, are constitutionally protected legal rights, pursuant to s. 35(1) of the *Constitution Act, 1982*. Aboriginal rights include a priority right to use resources (e.g. fish, wildlife, trees, traditional medicines, and foods). Aboriginal title confers on the rights-holding group the exclusive right to decide how the land is used and the right to benefit from those uses, subject to the restriction that the uses must be consistent with the collective nature of the interest and the enjoyment of the land by future generations.²

Acho Dene Koe First Nation holds constitutionally protected Treaty rights, asserts strong Aboriginal rights within our Traditional Territory, and takes seriously any infringement of our rights.

The protection of these rights is aligned to United Nations Declaration of the Rights of Indigenous Peoples. The United Nations passed the *Declaration on the Rights of Indigenous Peoples* in 2007 but only recently the Government of Northwest Territories enacted with the support of the Indigenous government's its own Act to undertake the fulfill the declaration – that including cultural, land and economic rights.

As this plan is prepared, it is done so under these principles and written in recognition that UNDRIP is a pivotal opportunity that will not be upheld or enacted on its own. It is expected that Acho Dene Koe First Nation, and other First Nation groups, will utilize the Declaration principles and articles in a progressive, outward-focuses way, so other governments, such as the Government of Northwest Territories, and community stakeholders can be more accountable partners in reconciliation. By working

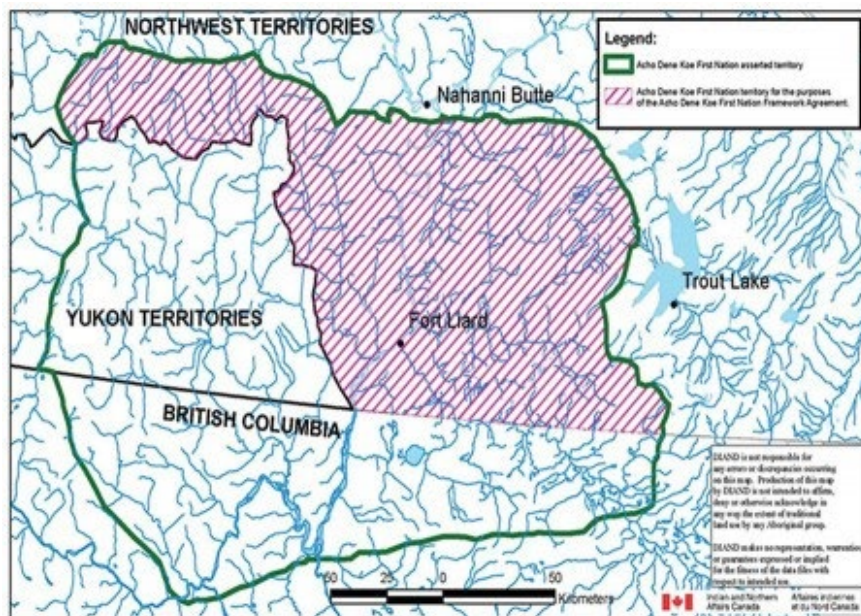
¹ *Re: Paulette's Application*, [1973] 6 W.W.R. 97 (N.W.T.) [*Re: Paulette's Application*].

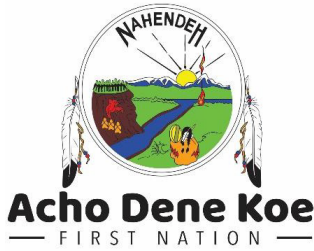
² *R. v. Sparrow*, [1990] 1 S.C.R. 1075 and *Delgamuukw v. B.C.*, [1997] 3 S.C.R. 1010; *Tsilhqot'in Nation v. British Columbia*, 2014 SCC 44.

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with others, Acho Dene Koe First Nation can create a future where its distinct culture, language, and traditions are celebrated and respected, and its rights to self-determination, land, and resources are full acknowledged.





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The Impact of Self-Government, Land Claim & Reconciliation Negotiations on the Current Status of Acho Dene Koe First Nation and community of Fort Liard

The hamlet of Fort Liard is a riverfront community nestled into the tall trees of the foothills of the Mackenzie Mountains in the Dehcho Region of the Northwest Territories. The community is located near the junction of the South Nahanni and Liard Rivers, with the majority of the approximately 568 residents of Fort Liard being Indigenous to the region.

Acho Dene Koe First Nation currently represents the Indigenous residents of the community and administers services alongside the Hamlet of Fort Liard, which acts as the municipal government.

Originally Acho Dene Koe First Nation was a part of the Dehcho Process Land Claim and Self-government negotiations.

The Dehcho Process began in 1999, with negotiations on both a Framework Agreement and an Interim Measures Agreement. In 2001, the parties signed the Interim Measures Agreement (" *the objective of this Agreement is to foster resource development in the Deh Cho territory and to accrue benefits to the Deh Cho First Nations from Canada in the interim of a Deh Cho Final Agreement* ") and the Framework Agreement, which set out the subjects for negotiations to conclude a Lands and Resources Agreement-in-Principle and a Final Agreement.

At the July 2019 Dehcho Annual General Assembly, the Dehcho leadership received direction to pursue a modular approach to negotiations that would set aside lands and resources negotiations for the time being and focus negotiations on self-government only.

Experiencing frustration with the status of the Dehcho Process negotiations, the leaders for Acho Dene Koe sought and received in 2014 for Acho Dene Koe First Nation to separate from the Dehcho Process negotiations and signed an Agreement-in-Principle with the Governments of Canada and Northwest Territories for the settlement land claim and self-government.

In February 2021, with the support of members, Acho Dene Koe First Nation negotiators notified the territorial and federal governments of its intention to instead pursue a comprehensive claim, including lands, resources, and self-government agreements with the intent to negotiate a public/inclusive partnership Indigenous government representing all residents of Fort Liard and all Acho Dene Koe First Nation members.

These negotiations continue to this day with Canada and Northwest Territories and negotiations with the Province of British Columbia and the Government of Yukon are in the early stages of discussions and establishing mandates.

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METHODOLOGY

This report is intended to be a living document, providing support to both leadership and staff as they work to further the best interests of Acho Dene Koe First Nation, its members, and partners.

The information and ideas contained in this report come from Acho Dene Koe First Nation. As a result, this report belongs to all Members and is intended to be practical, relevant, and provide a roadmap for reaching realistic goals, actions, and milestones.

The report is also connected to the First Nation's Community Comprehensive Planning Report. A report that is scheduled to be reviewed and updated in 2025 and can be found on pg. 11.

The Acho Dene Koe First Nation Community Wellness Planning process was a community initiative conducted in-person with leadership, staff, and Members.

A community feast, public meeting and a drum dance was organized by leadership of Acho Dene Koe First Nation for the evening of February 19th, 2024, in Fort Liard with the intent to collect feedback for this plan.

A consultation with band leadership and staff that afternoon contributed to the engagement strategy for the community meeting. A professional facilitator led the community engagement meeting and was supported by the Government of Northwest Territories' staff person and a consultant working on behalf of Acho Dene Koe First Nation to record community input.

A graphic facilitation approach was used for the community meeting with an adapted historical scan and strategic visioning discussion generating feedback. Using a visual aid depicting a journey with a halfway point indicating where we are today.



Graphic 1: Questions of the Attendees

What has been working (in advancing community wellness)?

What would we like to see more of moving forward?

Many points of data were gathered, collated and analyzed by the facilitator.

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The results of the historical scan and strategic priorities discussions produced many data points describing successful wellness promotion activities, programs and ideas that have taken root over the last many years in the community, and possibilities for the future.

Feedback for each question was condensed into several main ideas, detailed below.

Graphic 2: What has been working (in advancing wellness)?

1. Community-focused Programming
2. Traditional Wellness Activities
3. Healthy Environments
4. Healthy Food Systems

Graphic 3: What would you like to see more of?

1. Public-facing Health and Wellness Education and Training
2. Traditional Wellness Practices and History
3. Men's Wellness Work
4. Passing Teachings to Our Youth
5. Community Safety
6. Grief and Loss Circles

The results of the historical scan and strategic priorities discussions were combined with the priorities from the consultation with staff to elaborate on the community's overall wellness priorities. Seven main themes surfaced, describing potential directions for wellness staff to consider in building and supporting existing wellness programming available to residents of Fort Liard.

Graphic 4: What are the community's wellness priorities?

1. Looking to our land, language, history and traditions for wellness
2. Engaging our community with wellness education and training opportunities
3. Planning community events and including our community members
4. Develop collaborative approaches to advancing wellness in our community
5. Ensuring a healthy environment for our community to enjoy
6. Gathering around healthy food systems
7. Supporting men's wellness in our community
8. Facilitating grief and loss circles

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Info-Graphic: 2020-2025 Community Comprehensive Plan

Who Cares? WE DO! Building our Future TOGETHER

ACHO DENE KOE FIRST NATION: SELF-GOVERNMENT

GOAL: TO FORM SELF-GOVERNMENT AND FINALIZE TREATY LAND CLAIMS TO ENSURE INHERENT AND ABORIGINAL RIGHTS.

PEOPLE AND
CULTURE

HEALTH AND
WELLBEING

EDUCATION,
EMPLOYMENT
AND TRAINING

COMPREHENSIVE AND
EFFECTIVE GOVERNMENT

ECONOMIC DEVELOPMENT
AND COMMUNITY
INFRASTRUCTURE
INVESTMENT

LAND AND
RESOURCES



GOAL

Deepen the knowledge and understanding of our Dene language and culture and foster greater support towards harmony and care for one another.



GOAL

Collaborate and advocate to access programs and support that offer healing for a healthier and happy way of life.



GOAL

Coordinated education and training that removes barriers and provide access to opportunities for stability through employment. Increase mentorship/training to build community run departments/programs.



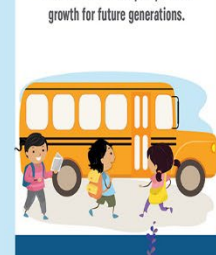
GOAL

Focus on building government to government relationships, enhance industry partnerships, and foster effective current First Nation governance as a foundation for a self-reliant community and seamless transformation to Self-Government.



GOAL

Financial stability through investment in economic development and additional community structure that deliver safe standards of living and services and help to promote growth for future generations.



GOAL

Self-directed and sustainable Lands and Resources Department that generates revenue and grows capacity within the community.



Who Cares? WE DO!
BUILDING OUR FUTURE TOGETHER
ACHO DENE KOE FIRST NATION





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VISION, MISSION AND VALUES

The Vision, Mission and Core Values of Acho Dene Koe are essential to the planning process as the “north star” that helps guide our way.

VISION

A vision statement is a statement of what a company or an organization would like to achieve in the future.

It describes the goals, purpose, and desired outcomes of the organization. It also reflects the values and beliefs of the organization. A vision statement serves as the guiding principle that helps guide the planning and execution. It is usually succinct and long-term.

Acho Dene Koe are a vibrant, healthy, self-sufficient, self-determined people that enjoy the highest quality of life, founded in traditions, customs, and their association to Mother Earth and practice good governance.

MISSION STATEMENT

A mission is the identity of the organization, what it does and who it is. It is a simple and brief description that encompasses the purpose and defines the organization’s culture, goals, and values.

Acho Dene Koe First Nation the practices of the Dene by engaging, understanding, inspiring, and empowering our people, revitalizing our roots and cultural systems, integrating traditional knowledge with knowledge of today through building of capacity and resources, celebrating our successes, and adapting to meet the needs and interests of our people, and future generations.

CORE VALUES

Acho Dene Koe First Nation is motivated by its core values which includes:

- *Providing safe space for people to live, work, be with family, and practice our culture.*
- *Caring for our members through tradition, kinship, feasts, and a healthy culture.*
- *Providing quality services and programs to our members to support collective well-being and self-sustainable.*
- *Promoting healing, cultural identity, and economic advance for our community and Nation.*
- *Be responsible stewards of our Territory and resources.*

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CONNECTING WITH LAND, LANGUAGE AND TRADITIONS

VISION

There is an active pursuit of wellness through connection to history, land, language, and traditions. Traditional knowledge is being learned from Elders and land users, and the community has successfully brought traditional values back into daily life.

PRIORITY GOALS

- ❖ Develop a traditional knowledge table in the community to consult on cultural affairs and community history. This group ensures the continuance of traditional beliefs by contributing to educational opportunities and projects connecting residents to their lands, family histories, and language.
- ❖ Strengthen traditional knowledge and land-based skills by connecting community members to their culture and language on the land.
- ❖ Ensure the collection of community stories and Traditional Knowledge for future generations.
- ❖ Continue promoting Arctic Sports, Dene Games, Hand Games and Drum Dances as a means of advancing wellness.

Successes & Achievements

1. A priority will be to convene an advisory group of community Elders, land-users, language speakers, and traditional knowledge keepers to identify goals and develop strategies to advance the community's wellness vision for culture and language learning.
2. Finding supplementary funding sources and in-kind support for this work will be an additional priority for the Community Wellness worker position.
3. Facilitating Elder & Youth gatherings to learn community history and traditional skills such as sewing, hide tanning, and tool making.
4. Connecting young people with Elders to learn about traditional medicines, stories, games, ceremonies, and spirituality to ensure traditional knowledge is passed on.
5. Summer and winter camps of traditional ways – Muskeg Camps are available all year round

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6. Gathering community histories.
 - This can be done through community arts projects, using digital media workshops such as video production or podcasting trainings. Partnering with NWT-based arts organizations will also support these types of projects.
7. Traditional crafts, birch bark basket making, moose tanning, and drum making courses.
8. Support local harvesters and trappers via funding opportunities to purchase supplies and receive support from the band level. Have trappers share their harvest with those in need within the community.
9. Increase the number of land-based traditional skills camps and learning opportunities with an emphasis on intergenerational transfer of traditional knowledge.
 - This includes identifying traditional skills practitioners to invite into projects as instructors and guest speakers, and possibly hosting a community gardening meetup for beginners.





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ENGAGING OUR COMMUNITY WITH WELLNESS EDUCATION AND TRAINING OPPORTUNITIES

VISION

Access exists to updated wellness education, mental health resources and training opportunities.

Opportunities exist where people can contribute to capacity building and there is community development occurring that fosters a range of programs and services advancing wellness and healing.

PRIORITY GOALS

- ❖ Plan skills training opportunities.
 - Including mental health first aid, wilderness first aid and supporting well-being training including addictions awareness and prevention programming for the membership.
- ❖ Work with community partners to continue providing workshops and training that address community needs and areas of interest.
 - Including lateral kindness, art and music therapy, family dynamics, and grief and loss.

Successes & Achievements

<ol style="list-style-type: none">1. Organize employable skills and first aid training.<ul style="list-style-type: none">• This may include organizing health and wellness fairs, engaging western and traditional medicine practitioners to produce workshops, presentations, and trainings, developing educational resources for residents, and providing access to contemporary information on health issues.2. Workshops: self-esteem, bullying, cooking, babysitting courses, Healthy eating (cooking classes) and others as requested3. Promotion of education – needed for self-governance in the future4. Workshops on self-esteem, parenting, career, health, relationships, budgeting, victims, empowerment, domestic violence, addictions and so forth.5. Offer continued opportunities for community members to learn about substance abuse prevention, healthy relationships, early childhood development, lateral kindness, and Elder's health.	
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HOSTING COMMUNITY EVENTS THAT INCLUDE OUR COMMUNITY MEMBERS

VISION

Opportunities exist for community members to gather and have fun throughout the year.

Technology is accessible and utilized due to expanded knowledge.

Sports, competitions, derbies and traditional activities exist that promote the coming together and celebrating of one another's achievements and preservation of culture and language.

PRIORITY GOALS

- ❖ Establish a new community wellness events calendar that residents can access to learn about what's happening in the community.
- ❖ Partner with community members and organizations to produce radio programming that promotes language learning and radio operator skills training.
- ❖ Support existing community events and partner with related agencies to offer health and wellness resources for residents of Fort Liard.

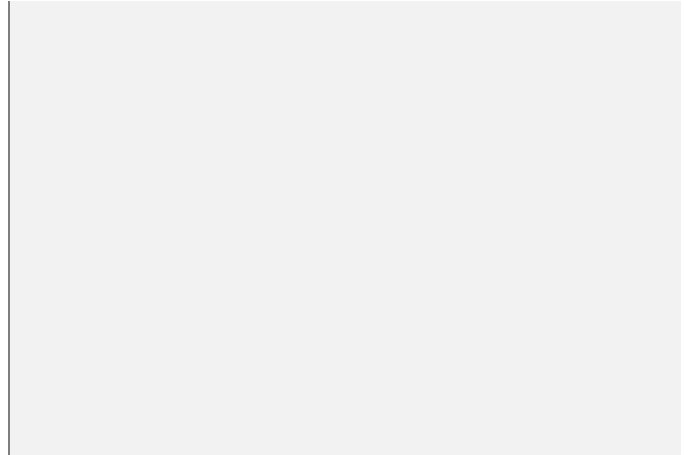
Successes & Achievements

1. Access to a safe place (Adolescent Recreation Program is already running out of the Gathering Place (Formally the Treaty House) and has been in place since October 2017. This is targeted for youth from the ages of 14 – 25 years of age.
2. Cultural After School Programs
3. Create annual community events.
 - Have a planning calendar which guides the staff of Acho Dene Koe First Nation as they develop and produce projects throughout the year.
4. Identify funding opportunities and in-kind donations to finance ongoing projects and planning.
5. Convene a radio arts and broadcasting group comprised of technologists and language speakers interested in producing regular community radio programming on topics such as traditional knowledge, community history, health and wellness, and language revitalization.

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6. Use community events and gatherings as opportunities to distribute information and resources focused on health and wellness.
7. Celebrate the achievements of community members,
8. Promote community competitions in snowshoeing, baseball tournaments, crib tournaments, growing the biggest sunflower, sand sculptures, snow sculptures, drum dances, hand games, fishing derby's and so forth.
9. Feature guest speakers that can address a range of topics related to health and wellness.



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DEVELOP COLLABORATIVE APPROACHES TO ADVANCING COMMUNITY WELLNESS

VISION

A positive restorative approach is being taken to matters of justice, causing healing, and the repairing of the family infrastructure and intergenerational impacts.

PRIORITY GOALS

- ❖ Create a collaborative, inter-agency strategy to address community wellness matters.
- ❖ Identify mental health mentorship and training opportunities.
- ❖ Engage students in Echo Dene school in their own wellness programming.

Successes & Achievements

1. Establish an inter-agency committee that meets monthly or quarterly to address matters relating to community wellness.
 - The committee includes the RCMP, the Health Centre, Echo Dene School, First Nation leadership and community wellness workers.
2. Undertake a review of staffing priorities to ensure that positions are covering organizing recreation, wellness, and mental health programming, planning for community events, coordinating partnerships, collaborating on projects, creating education and training opportunities, supporting volunteerism, and seeking additional funding for programming.
 - Action planning is needed to determine the scope of work and priority areas.
 - This planning could include the participation of potential partner organizations and communities.
3. Establish Oral care – Smile Bright Program in Echo Dene School
4. Develop on-going financial literacy including banking, credit development, estate and will planning.
5. Continue to support and expand Alcoholic Anonymous, Al-a-Teen, Al-anon.

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6. Developing a survey and engage students at Echo Dene school in program planning and infrastructure needs for the community.
 - The students can provide valuable feedback for consideration when planning community wellness activities for young people in the community.





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Ensuring a Healthy Environment for Our Community

VISION

Prioritizing the importance of community safety, climate change adaptation, and wildfire mitigation exists with a purpose of knowledge and traditional practices.

PRIORITY GOALS

- ❖ Engaging community members with workshops, educational resources, online engagement and local radio programming.
- ❖ Walkability is monitored and addressed to ensure all residents can move about the community freely and safely by reducing contact with wildlife and those who might be affected with substance abuse.
- ❖ Facilitate and support opportunities to get outside and enjoy the benefits of nature.
- ❖ Create a platform from which to share public safety, climate change adaptation, and wildfire mitigation information that could potentially affect the community.
- ❖ strengthen relationships with neighboring communities in the region to coordinate mutual aid and crisis response plans.

Successes & Achievements

1. Engage community members with workshops, skills training and employment opportunities related to community safety, climate change adaptation, and wildfire mitigation.
2. Work with the Hamlet to expand their Community Safety Program to include a neighborhood watch program and construct a safe house project.
3. Continue to expand the education on pet ownership responsibilities (disease, spaying/neutering and legalities)
4. Coordinate with Community Wellness workers in neighboring communities to share resources and information, and to co-develop strategies that advance community wellness, resilience and adaptability.

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Gathering Around Healthy Food Systems

VISION

*Bringing people together through healthy food gatherings is occurring,
Sharing traditional harvesting methods and community harvests to ensure a healthy lifestyle exists.
An expansion of the community gardens occurs creating opportunities for education, language
learning, and skills training.
Exploration and the implementation of the cultivation of traditional medicines, so that community
members learn, and is thriving.*

PRIORITY GOALS

- ❖ Continue supporting existing food programs in the community.
- ❖ Engage traditional knowledge holders to develop opportunities for community members to learn about harvesting methods, country food, and the properties and uses for traditional medicines in the region.
- ❖ Continue supporting community feasts and dances with the goal of engaging all members of the community with health and wellness resources.
- ❖ Developing health and wellness gift bags or mental health first aid kits to distribute at community events or by engaging guest speakers to provide presentations.

Successes & Achievements

<ol style="list-style-type: none"> 1. Use community feasts and other gatherings as opportunities to address community dynamics and to celebrate the achievements of people in the community. <ul style="list-style-type: none"> • This could include celebrating births, weddings, birthdays, professional and personal achievements, and commemorating late relatives. 2. Continuing to expand the Meals Program for Elders and the vulnerable in the community. 3. Ensure that traditional knowledge holders working in ethnobotany, gardening and traditional harvesting have opportunities to share their experiences and knowledge about Dene food with community members during feasts and throughout the year in workshops or community discussions. 	
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Supporting Adult Wellness in our Community

VISION

Changing in the community's approaches to adult wellness, in particular men's wellness, as it is recognizing that men's mental health wellness is a critical component in the addressing of overall community wellness and healing.

PRIORITY GOALS

- ❖ Facilitated the development of a men's wellness group in Fort Liard.
- ❖ Re-connected men and boys in the community to their traditional roles as protectors and providers.

Successes & Achievements

<ol style="list-style-type: none"> 1. Support Groups for Men and Women of various degrees as they request: Men's healing circle, women's healing circle, anxiety workshops, anger management workshops and others as they request. 2. Convene a men's wellness group. <ul style="list-style-type: none"> • The group to meet regularly and to begin working together on issues affecting men's health. • This may involve supporting regular weekly meetings or monthly projects, providing meeting space for the group, identifying key priorities and opportunities to address, and supplying meeting materials as required. 2. Build men's traditional skills education into community wellness programming to create opportunities for men and boys to get together and reconnect with their traditional roles. <ul style="list-style-type: none"> • Activities include drumming, harvesting and providing peer support to one another. 3. Focus on building "dry" attendance for community celebrations particularly where connection to culture and the past occurs - especially drum dances and traditional games. <ul style="list-style-type: none"> • Emphasize drum dance culture and facilitate opportunities for people to learn the history and meaning of drum dance songs. Ensure that people know the dances and feel comfortable and proud dancing t 	
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