



**FORT RESOLUTION METIS GOVERNMENT**

**FIVE YEAR COMMUNITY WELLNESS PLAN**

**2024 – 2029**

## **INTRODUCTION**

The Fort Resolution Metis Government objectives are to promote unity among indigenous people in the Hamlet of Fort Resolution and surrounding areas. To promote and enhance aboriginal rights, to protect, promote and enhance hunting, trapping, fishing and harvesting rights. To promote education, economic development, social and cultural developments and to ensure devolution of programs and services are encouraged, and promote a healthy lifestyle.

The Fort Resolution Metis Government identified and comprised a list of priorities that would benefit the community in terms of wellness.

Our goal reflects our ongoing journey in the pursuit of excellence. Our goals reflects upon our past, solidifying and building upon the elements of our success to date, reflect upon our culture and uniqueness and what this has to offer those we serve and the broader health system, and signal our ongoing commitment to pursue excellence in programs and services and the operations that support their delivery.

### **On The Land/Traditional**

- Summer Youth Camps
- Community Hunts
- Mens Wilderness Healing Camps
- Womens Wilderness Healing Camps

### **Training & Workshop**

- Mental Abuse, Family Violence Workshops
- Nutritional, Diabetes
- Drug & Alcohol
- Motivational

### **Elders & Youth**

- Elder & Youth Cultural Camp
- Elders Group
- Elders connecting with Youth

### **Community Events**

- Traditional Community Feasts
- Spiritual/Healing Gatherings
- Support Healthy Lifestyle Activities
- Traditional Camps

### Education

- Introduce Traditional Lifestyle in school
- On The Land School Trips
- Cultural Activities
- Training for Community Members
- Skills Development

### Communication

- Motivation
- Supportive
- Expressing & Practicing Unity
- Encouraging Community Members

### Vision

The Fort Resolution Metis Government understands the need and desire to create a safe, healthy and friendly environment. FRMG will provide their assistance and support to the community in terms of encouraging education, healthy living, unity and economic growth. The FRMG supports the individuals and families to achieve and enjoy the highest level of health and wellness by working with them on their health and wellness journeys; honouring traditions and cultures; championing health and wellness within the community.

### Mandate

The FRMG intends to introduce, enhance and maintain a quality of life, promoting healthy growth amongst the community members and organizations. Encourage and support youth that have graduated secondary school to continue their education via university/College.

### Values

- Integrity	- Discipline
- Fairness	- Culture
- Transparency	- Healthy Environment
- Respect	- Commitment
- Growth	- Responsibility

### Healthy Community

The FRMG realizes that culture is important, at present we have a full time Metis Cultural Institute Coordinator employed, and through this position we introduce and act on programs for the elders, youth, children and adults.

On the Land programs will be delivered to the youth, elders and adults. The FRMG presently has a Fish Camp located at Simpson Islands and the desire for a summer camp for our youth is presently becoming a planning stage. Traditional life will be acted on and delivered via these camps.

Programs delivered will teach positive results in terms of self esteem, confidence, healing, healthy living, mental, emotional, physical and spiritual, thus through workshops.

### Healthy Living

The Fort Resolution Metis Government will develop and support the community through their continuous effort in providing traditional foods from the land to the community. Healthy eating and socializing, via community feasts/gatherings.

### Healthy Choices

The Fort Resolution Metis Government encourages healthy choices, positive interactions/actions. Referral to the appropriate agencies for support, follow up workshops will be scheduled as needed.

Self determination is a key component of health, and the FRMG remains committed to supporting sustainable and effective processes that enable community members to make their own decisions about their health and well-being. We will protect our interests and priorities as an aboriginal organization throughout the health system and work as governance partners at multiple levels.

As an organization, we are committed to “Living It” by serving as healthy and well being individuals. We support and make time for our individual health and wellness journeys and treat one another with kindness and respect. Confidentiality is protected as it presents itself.

We put those we serve at the centre of our model of care and will continue to reposition our suggested programs and services to align with the community needs, knowledge, beliefs, values and efficiencies to maximize available resources for program and services enhancements and will develop new health strategies and approaches in priority areas.

### Conclusion

This summary plan, created through input and engagement from those we serve, articulates our hopes and dreams for the future and establishes a tactical approach to set these plans in motion. This is when the process becomes truly transformative, signalling that our vision is no longer merely an idea for what can occur, but a reality grounded in commitment and a carefully deliberated path forward.