

FORT SMITH MÉTIS COUNCIL

2024-2029



COMMUNITY WELLNESS PLAN

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INTRODUCTION

Leading up to the creation of the revised Community Wellness Plan, the Fort Smith Métis Council staff and membership participated in a series of workshops to share their thoughts and ideas to form the creation of an updated Community Wellness Plan for 2024–2029 to better serve the unique needs of our membership. With the support of the Government of the Northwest Territories we are able to provide wrap around supports to our members through various programming.

Our membership is made up of approximately 1292 beneficiaries, 454 of whom reside in Fort Smith (Thebaca). We are the largest community of ancestral Métis in the NWT out of the three Council's that represent the broader Northwest Territories Métis Nation. The social, economic and sustainable goals we are focused on connect interchangeably. Many of the activities listed within this wellness plan are already well underway in our community. Our goals, priorities, programs, mission and values are set out in hopes of meeting the physical, emotional and spiritual needs of our membership. The rollout of this plan will form the foundation for local planning and prioritizing programs that involve the community.

New priorities may emerge during the lifespan of this plan and will be considered as they arise. As we continue to deliver programming we will rely on resources as required seeking further feedback from the community on improvement to ensure that this wellness plan focuses on creating and maintaining stronger partnerships and effective communications. This includes both the development of a coordinated planning process as well as increased collaborative approaches to delivering services.



VISION

To live in harmony with nature and respect the land. To live in friendship, peace and harmony in accordance with the Great Law that was given to use by the Creator. We as Métis people, have a distinct history, culture and way of life and we honour our ancestors and relations. Our guiding principle is that future generations benefit from our actions therefore we have the responsibility of continuing to practice our beliefs systems, values, traditions, customs and laws to ensure the knowledge of our identity, nationhood, place based teachings and rights are passed on for generations to come. We are an accountable, progressive and responsive Métis government.



***"To Improve
the health,
well-being
and quality of
life for
community
members"***

MISSION

To create opportunities for growth for the Métis of Fort Smith and the surrounding area. To maintain and enhance our quality of life both individually and collectively. To be open and transparent in our communications with one another in a healthy productive way that promotes the well being of our beneficiaries, especially our youth and Elders to ensure that we can continue to thrive in our community.

Health & Well Being

To inspire hope for our beneficiaries who may be struggling with health related concerns and to contribute to their well being through providing the best navigational guidance for access to the integrated support services they require with a dedicated team who are caring and compassionate.

Partnership

We are dedicated to building inclusion in our community that embraces the potential of every individual through inter agency wellness focusing on common goals towards maintaining healthy working relations with our existing partners and building new connections cooperatively.

Culture

Through language, sewing/beading, music (i.e., drumming), dance (i.e., jigging), traditional recreation (i.e., harvesting) the community strives for cultural connection to our Métis heritage creating a community where members feel they belong.

GOALS

Goals that were highlighted by our community members are the importance of working to ensure the health of our members through the provision of programs that offer guidance on wellness initiatives in line with the priorities of wellness in the home, the workplace and on the land.

Key Indicator	Activity / Project	Data / Outcome
Healthy Families	Family oriented gatherings throughout the year; Healing Programs (Addiction Treatment); Parenting Programs; Early Childhood Education; Storytelling; After School Programs; Healthy Babies Program	Decrease in criminal activity, mental health disorders, substance abuse and improved overall well being for through family activities that build healthy relationships.
Healthy Workplace	Lateral Violence Awareness; Benefits; Transparent Communication; Partnership with other Organizations; Wilderness First Aid; Work Readiness Programs (Training)	A healthy, supportive and peaceful workspace where employees can be themselves and work together towards positive operational management practices conducive to a work life balance schedule.
Healthy Community	Healing programs; Community Feasts; Homelessness Food Hampers; Food Allowance; Elder Supports; Physical Education; Emergency Responsiveness; Workshops; Medical Travel; Language; Education; Volunteering; On the Land Programs; Leadership Programs; Bereavement Support	Safety and security, feeling of connection and belonging, healthy homes, strong support systems. Advocating for one another to overcome any issues that may arise in our day to day lives.

VALUES

We value our membership and highlight their success. We value strength and embrace our Métis rights. We value fairness and respect for all people as we continue to build our foundation for future generations. We value the need to work in unity and harmony as we encourage and support our community members to achieve their goals. We value and uphold honesty, integrity and professionalism at all times. We work to nurture a vibrant and healthy Metis Community building upon our strengths as we seek to better the lives of our Citizens.

ACCOUNTABILITY	We are accountable to our citizens. We are transparent. We seek accountability and transparency in others.
INNOVATION	We strive to continually improve and innovate. We will always drive ourselves to be adaptable and flexible.
RECONCILIATION	We work with federal territorial, provincial, and municipal governments to strengthen our government relationship. We expect others to recognize and respect our inherent right to government, our right to self determination and our sovereignty.
COLLABORATION	We seek out opportunities to collaborate whenever possible. We strive to strengthen and better the community of Fort Smith by collaborating with our Dene relations and non-Indigenous residents.
GOVERNANCE	We strive to be a responsive government. We seek to use modern technology and opportunities to create multiple channels of two-way communication. We are a government built upon universal suffrage and eternally rooted in democracy.

PROGRAMS

In conjunction with the Northwest Territory Métis Nation, we offer a wide variety of programs to our members who reside in the community from employment to cultural activities such as language learning, art and recreation.



1

Education

Supports such as scholarships, bursaries and skill building bring a sense of pride to community in highlighting beneficiary successes and accomplishments. Education creates a shared purpose and builds community role models where skills and knowledge are brought back into the community to address gaps in services.

2

Employment

Creating economic opportunities in the community through training and employment with adequate resources will empower members to be innovative and allow for a more viable transferable workforce for our community members.

3

Safety & Security

Reducing and preventing injury and crime in the community leads to a stronger more resilient community that is able to access responsive resources this includes the ability for members to feel they are living in an inclusive environment with pathways to well being.

PROGRAMS CONT'D



CHILDREN & YOUTH

AGE: 0 TO 1 - 4 (INFANT)
AGE: 2 TO 3 - 10 (PRE-SCHOOL)
AGE: 4 TO 12 - 71 (ELEMENTARY)
AGE: 13 TO 17 - 30 (HIGH SCHOOL)
AGE: 18 TO 30 - 87 (UNIVERSITY)

- Scholarships/Bursaries
- Lunch Programs
- Purchase of sporting equipment, fees and registration to help youth stay active
- After School Programs
- Summer Camps
- Work Readiness Program
- Leadership Program
- Dances

ADULTS

AGE: 31 TO 54 - 138 (CAREER)
AGE: 55 TO 59 - 21 (PRE-RETIREMENT)

- Home Repair Program
- Home Purchase Program
- Free Haircuts
- Cree & Chipewyan Language Programs
- On the Land Programs (i.e., Woman on the Land; Fish Camps)
- Harvesting Assistance
- Trauma Informed Services
- Parenting Programs

ELDERS/SENIORS

AGE: 60+ - 93 (RETIREMENT)

- Mobility Support
- Transportation
- Gatherings (i.e., Lac St. Anne Annual Pilgrimage)
- Community Feasts
- Meat Freezer

CONCLUSION

We would especially like to thank our beneficiaries, local and partner organizations and other contributors for your continued support in our efforts to develop the latest Fort Smith Métis Council Wellness Plan. We will continue to evaluate the successful delivery of our Community Wellness programs by examining participation to determine the effectiveness of our approach and whether the needs of our beneficiaries in the community are being met. This will be done through analyzing, collecting, actioning, measuring, identifying the need for improvement and prioritizing the data of the wellness programs we offer in the community so that effective engagement continues to be implemented now and into the future for generations to come.



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