

WELLNESS PLAN

WELLNESS

TRAINING, RELAXATION, CARE, MAINTENANCE, FITNESS, MIND, DIET, EXERCISE, DIETING, GYM, HEALTHCARE, MENTAL, SELF-CARE, FIT, HAPPY, INFORMATION, HEALTHY, MUSCLE, WELLNESS, ENJOYMENT, SCIENCE, NUTRITION, HYGIENE, MEDICINE, CARE, HEALTHCARE, MENTAL, SPORT, LIFESTYLE, ENVIRONMENT



WHAT IS COMMUNITY WELLNESS

Community wellness is important to all of us and is central to the success of many key agencies in Hay River. While Hay River excels in many aspects of community wellness, there are areas where improvements are required. It is important to coordinate efforts, build on our strengths, and identify and respond to our weaknesses. We all have a stake in achieving this. We all want Hay River to be an appealing, livable and well-managed community where community wellness is at the heart of our community vision, and so Hay River efforts need to be coordinated toward this end. The creation and maintenance of healthy communities are core public health functions. Societal and individual factors - where we live, what we do, how we live, how we connect, what we eat, how physically active we are - have far greater influence on population health and wellness than the traditional health care system. A community wellness plan is therefore of major interest to Hay River and is an increasingly important determinant to its success. Children and youth who have opportunities to develop their interests, get recognition and make meaningful contributions in their homes, schools, and communities are much less likely to engage in the risk behaviours that are associated with chronic disease later in life. We know that we need to change the physical and social environments in our homes, workplaces, schools and community so that healthy choices are the easy choices to make. This plan lays a foundation to reach those goals.

A person with long dark hair, seen from behind, is looking through a telescope. The background is a blurred landscape of rolling hills under a sunset sky with warm orange and blue tones. The word "VISION" is overlaid in white text on the left side of the image.

VISION

Community driven action that takes a holistic approach to wellness and promotes strong partnerships, open communication and collaborative programs. The approach will be rooted with the teachings of our people and will promote healthy lifestyles, active leaders and positive community members.

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1. Improved approaches to community well being, which are integrated, holistic, sustainable, and proactive
 2. Increased community ownership over our health and wellness
 3. More people making healthy choices
 4. More children are being raised to be healthy community members
 5. Increased connection to the teachings our people
 6. Promotion and advertising of current programs and services
 7. Promote culture of equality, respect, and dignity
 8. Provide ongoing training for people to have an approach of acceptance, empathy, and understanding including using our own healthy role models in the community
 9. Provide people with information and opportunities to develop the skills needed to make healthier choices,
 10. Provide people with information and opportunities for developing sustainable food sources, including access to traditional foods for themselves and their families.

HAY RIVER WELLNESS GOALS

GETTING THERE

“Strong partnerships, open communication and collaborative programs”

Hay River Vision

ELDERS' TEACHINGS

The Teachings of our People will be accomplished through the integration of Elders into programs. Elders are consulted to ensure that Teachings of our People are incorporated into programs.

COMMUNITY OWNERSHIP

Community Ownership will be promoted and achieved through the involvement of community members, health workers, and local leadership

WELLNESS CLUSTERS

MENTAL HEALTH AND ADDICTIONS

1. Consider impact of family violence on wellness
2. Promote wellness in all settings in Hay River; Workplace, schools, neighborhoods, businesses and homes.
3. Establish a cultural learning center to offer cultural activities such as hunting, trapping, drymeat making, fish harvesting, story-telling and traditional healing.
- 4.4. Provide access to workshops and training that improve ones skills and and abilities that encourage self reliance, such as pre-employment skills, home maintenance, vehicle maintenance,

CHILD AND YOUTH DEVELOPMENT

1. Encourage and promote family activities.
2. Engage our youth to learn about our traditions and culture through the delivery of cultural activities such as hunting, trapping, sewing, and dance
3. Extra support in schools such as tutoring and mentoring
4. Lunch time intramural program to promote physical activity, enhance positive competition, develop positive character and teach self-regulation techniques
5. After school program for youth ages 10 to 13 range of cultural and recreational activities
6. Getting youth involved in maintaining the community garden.
7. Workshops such as nutrition, diabetes awareness, youth development, drug and alcohol, etc.
8. Workshops and training that promote a wide variety of life skills from personal hygiene to vehicle maintenance.

COMMUNITY HEALTH AND DISEASE PREVENTION

1. Programs and activities that bring Elders together to promote healthy lifestyles
2. Increase access to healthy foods such as fish, wild game, fruits, vegetables, dairy products, etc by way of on the land activities, community gardens, freezers and pantries, food hampers and gift cards
3. Provide workshops and activities that promotes sustainable food sources such as gardening, and preserving food, including wild meat and vegetables.
4. Information, skills and environments that support healthy living: offer awareness workshops on topics such as nutrition, diabetes, drug and alcohol, trauma, depression, etc.

MENTAL HEALTH & ADDICTIONS

EDUCATION

- Counselling/Support
- Integrated Facilitator
- Family Violence Workshops
- Trauma and Grief Workshops
- Mental Health
- First Aid Training
- School Presentations
- Elder's Teachings

PHYSICAL
ACTIVITY

- Lights On
- Sober Dances
- Family Nights
- Increased Recreation Opportunities
- PHAB
- Sports

AT RISK
TARGETED

- Outreach Counselling
- Matrix Program
- Youth Treatment
- Sober Living Home
- Homeless Shelter
- AA, Alanon, Alateen
- On the Land Activities
- Summer Employment

HEALTH
PROMOTION

- Community Wellness Workshops: FASD; Family Violence; Alcohol and Drugs, Parenting Skills
- Mentorship; Healthy Role Models
- After Care and Relapse Support
- More Sober Events

CHILD & YOUTH DEVELOPMENT

EDUCATION

- Anti Smoking Campaign
- School Counsellor
- Tutor/Mentorship
- Evening Cooking Classes
- Summer School
- Increase Mentorship
- In School Diabetes Support
- Life Skills

PHYSICAL ACTIVITY

- Active After School Programs
- Support For Summer Heat
- BMX Park, Soccer Pitch and Improve Hockey Rink
- Community Garden
- Increase Sign Out Of Recreation Equipment

AT RISK TARGETED

- Evening Cooking Classes for All Ages
- Soup Kitchen Support
- Healthy Breakfast and Lunches at Schools
- Family Nights
- Fire Prevention, Safety on the Job

HEALTH PROMOTION

- Cultural Activities on the Land
- Target Obesity
- Homeless Shelter
- Family Center
- Youth Center Upgrade
- Youth Treatment and Aftercare

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EDUCATION

- Active After School Programs
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**PHYSICAL
ACTIVITY**

COMMUNITY HEALTH & DISEASE PREVENTION

- Evening Cooking Classes for All Ages
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**AT RISK
TARGETED**

**HEALTH
PROMOTION**

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CONCLUSION

Achieving wellness for all will take the combined efforts of everyone working together. Individuals, governments and all sectors, including businesses, non-profit groups, service clubs, and faith communities, all play a part in promoting the well-being of children and families. When we begin to consider our community and our community needs in light of a holistic approach that must consider all four pillars, we will find stronger results and a brighter future

We Care About Our Community's Wellness - Physical, Mental, Emotional & Spiritual Health