

Salt River First Nation

Community Wellness Plan

2024-2029

Introduction:

Salt River First Nation (SRFN) is a thriving community of _____. We strive to facilitate growth, acceptance, enhanced quality of life and healthy connections. Our Community Wellness Department offers a variety of programs aimed at ensuring that we together we create a positive environment for each and every member of our community.

Mission:

To advance comprehensive community wellness initiatives and continue to implement equitable programs that address the health and social needs of our community members.

Vision:

We are committed to fostering an open dialogue with community members to determine what community wellness means to them so that we can best support our valued membership by diligently advocating for a healthy community.

Goals & Objectives:

Responses received from our comprehensive survey have indicated the following areas that are most important to community members to include in the Community Wellness Plan:

Mental Wellness:

Physical, spiritual and emotional well being. A balanced lifestyle. Healthy connections to others in community. Eating well, sleeping well, and staying active. Creating safe spaces to speak out and share about how one is feeling inside.

Family Support:

Relatives helping one another through bonding activities surrounded by a community based support system. Breaking intergenerational cycles of violence. Meeting essential needs such as food sovereignty, housing and childcare.

Cultural Knowledge & Skills:

On the land educational programs. Culturally relevant healing programs. Harvesting activities. Supporting traditional arts and crafts. Language immersion.

Building Community Capacity:

Additional funds for hiring and retaining staff to offer year round inclusive programming for all demographics. Training wellness staff in trauma informed teaching and other useful tools for working in community. Volunteer appreciation and recruitment incentives.

Healthy Living:

Safe communities free of addictions. Communicating openly, honestly and listening without judgment. Respecting one another. Holistic, wrap around supports and outreach to build a strong community identity that is critical to the betterment of individual and collective well being.

Values:

- We value adaptable, collaborative decision making and will ensure we are addressing the emerging needs of the community as they arise.
- We value shared Leadership and believe that integrity and transparency is vital for providing quality service.
- We believe that we are stronger together, and value cooperation and partnerships to enable us to improve activities offered to our membership.
- We value knowledge and will seek input from communities members to learn from and act on diverse ways of knowing and lived experience.
- We value sovereignty and believe that our community has the right to make informed decisions about our integral health and wellbeing.
- We value communication and will work towards improving program advertising.
- We value participation and will work towards providing additional supports for community members to attend our programs such as transportation.
- We value safety and will continue to work towards ensuring that our residents are safe both within their homes and the community.
- We value healing and will rely on ceremonial cultural practices that can support our community members in their wellness journey.
- We value connection and will do our best to provide programs that allow us to work together, visit and help one another as often as possible.

Programs:

Focusing on Culture and Education through the lens of wellness, SRFN will continue to incorporate new programming based on community values.

We coordinate year round programming tailored to the seasons such as the Summer Student Work Program, the "Our Kids Our Future" Outdoor Education program and the STEM Camp Program. We encourage literacy and Indigenous language programming as funding permits.

The cultural healing garden, arts and crafts programs, wellness camps and talking circles are all offered on the land for an immersive experience tailored towards cultural revitalization.

Education is a fundamental instrument for wellness as it provides an opportunity to rise out of prevalent socio-economic barriers to success. Starting at preschool level we offer early childhood education programs such as Nih'Kanis Aboriginal Head Start, "Our Babies, Our Future" and "Our Kids, Our Future". For youth and adults SFRN administers the Indigenous Skills Training (ISET) program, the Post Secondary Student Support Program.

Program Evaluation:

We meet individuals where they are at and help support them in the next step to a healthier tomorrow.

Throughout the span of this Community Wellness Plan our department will work to oversee and evaluate program effectiveness. To successfully rollout our vision, we will rely on the inspiration of our membership to let us know if our goals and objectives are being met. Monitor deliverables will allow us to mitigate issues that might arise such as poor participation rates or cancellations. The timeline will centre the vision and mission of Salt River First Nation to identify what activities, responsibilities and accountabilities are required for a successful Community Wellness Plan.

We will conduct evaluation activities that explore both success and performance indicators to measure the progress of the 2024-2029 Community Wellness Plan accordingly.

Conclusion:

We support individuals, families and the community as a whole on their healing journey, meeting them where they are at.

We would especially like to thank our beneficiaries, local and partner organizations for your contributions and continued support in our efforts to develop the first Salt River First Nation Community Wellness Plan. Extended thanks to Salt River First Nation Leadership, staff, volunteers and community members for ensuring that the Community Wellness Department strive to build opportunities for wellness in our community. Many of the initiatives set out in this wellness plan are currently taking shape and we will do our best to adjust the interactive program design as needed.