

**Aklavik Community Wellness Plan
2018 - 2023 Refresh**

Aklavik Indian Band

Aklavik Indian Band - Community Wellness Plan 2018 - 2023

Introduction

In December 2012 community members and representatives of the Department of Health and Social Services met to discuss and develop a Community Wellness Plan. This plan was to be the foundation for the implementation the new initiative focused on Community Wellness.

This meeting and subsequent community sessions created the original Aklavik Community Wellness Plan which the Aklavik Indian Band adopted. Through the intervening years the Aklavik Indian Band based their funding proposals and work-plans for the Community Wellness Initiative on this original document.

The following document is a review and refresh of the original plan. By reviewing past activities, matched to the scope of work-plans; this document will discuss thoughts on potential new projects, in addition to addressing issues and possible adjustments to long running programs.

Community Profile

The Hamlet of Aklavik is located on the Peel Channel of the Mackenzie River Delta, 113 km south of the Arctic Coast. Once known as the Muskrat capital of the world, Aklavik has a strong history centered on the trapping industry. The population is made up of individuals of Gwich'in, Inuvialuit, and Non-aboriginal descent,

Aklavik is in a unique position where four main governmental bodies provide services to the community. The Aklavik Indian Band for status members of Treaty 11, The Aklavik Community Corporation for beneficiaries of the Inuvialuit Settlement Agreement, the Ehdiitat Gwich'in Council for participants of the Gwich'in Comprehensive Land Claim, and finally the Hamlet of Aklavik for the residents of Aklavik.

With seasonal Ice Road Access, supplemented by air services and water services at set times of year Aklavik is generally isolated. This results in a community that is forced to be mainly self reliant.

Unemployment, over crowded housing, and substance abuse issues are prevalent, even though crime rates for the most part are decreasing.

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Where are we now?

Currently Aklavik with its multiple organizations accessing and competing for the source is in a wholly unique position. Aklavik has over funded yet under funded programs. Duplication is not only fracturing the focus of these projects but hampering the attendance but making these projects also less than cost effective.

With multiple instances of prenatal programs, elder activities, and "On the Land" projects centered on traditional harvesting activities Aklavik has a massive potential to meet and possibly exceed the needs of our community.

There is need in the community for Grief, Parenting, Diabetes, Cancer, Palliative Care, Life Skills, Peer, Bullying, Substance Abuse workshops and programs. The information and guidance that can be provided by such programs is needed, but so is the communication to the general public on what programs are available and when.

Aklavik is moving forward, with a general feeling throughout that needs are being addressed, yet there is still so much more that we need to address.

What do we have?

Aklavik has multiple organizations and facilities that can provide the needed support to run many programs. With a core of devoted professional and volunteer individuals willing to put in the time needed to make projects a success. With a newly renovated Elder's Facility, Arena and Fitness Center, not mention access to multiple spaces for meetings and workshops.

Supporting the above items Aklavik has a strong sense of community, and tradition. With both Gwich'in and Inuvialuit cultures represented, combined with interest in more modern methods, such as the use of Social Networking, and Online services.

Where do we want to be?

Aklavik wants to be a culturally inclusive community where everyone can access required and requested services as and when needed.

These services can range from hot and healthy meals for elders, a safe place for youth, shelters for individuals or families trying to get distance from bad relationships. Not to forget information and supports for new mothers, grieving community members, and at risk individuals seeking assistance for any number of issues, including but not limited to substance abuse, bullying, mental health, and violence in the home.

In speaking with individuals, and groups the Aklavik Indian Band sees a need to not only pursue cultural activities, but also make a focused effort to provide more supports and access to in community based projects.

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How do we get there?

First and for most Aklavik needs to continue to access funding like that provided by the Community Wellness Initiative. It is this funding that is the base for having any programs with in the community.

Secondly the Aklavik Indian Band needs to reach out to the other organizations with in the Hamlet of Aklavik, such as the Hamlet, Moose Kerr School, the Aklavik Community Corporation, and local interest groups. Collaboration on the emergency needs of the community to prevent duplication of projects, and to share resources for essential services.

Thirdly the community needs to communicate. Issues that each organization are tackling individually need to be exposed and opened so the community as a whole understands the objective and process behind each program.

By espousing the need for communication, accountability, honesty, respect, and empowerment our projects need to stand above and exceed the minimum expectations of not only the community but funders as well.

What will be our focus?

While reviewing the original document, the Aklavik Indian Band has come to the conclusion that the general feeling of the original needs to be more defined. This focus has been echoed by conversations over the years with funding partners, community leaders and community members.

With multiple organizations mandated with cultural awareness and revitalization such as the Aklavik Community Corporation, and the Ehdiiat Gwich'in Council; a more community centered approach is needed. A concerted effort to address the duplication of programs through collaboration, plus outreach to not only the community but also organizations outside of the Mackenzie Delta and possibly the north to provide the supports needed to start, setup and provide long time assistance to health initiatives addressing shortfalls with in our community.

Possible initiatives to be pursued, include but are not limited to;

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| <input type="checkbox"/> Cancer Survival Journeys | <input type="checkbox"/> Palliative Care Workshops |
| <input type="checkbox"/> Life Skills Workshops (Ie Budgeting) | <input type="checkbox"/> Parenting Classes |
| <input type="checkbox"/> Walking Groups | <input type="checkbox"/> Supports for Fitness Center |
| <input type="checkbox"/> Youth Drop In Center Support | <input type="checkbox"/> Grief Workshops |
| <input type="checkbox"/> AA & Al-Anon Meeting Spaces | <input type="checkbox"/> Women Support Groups |
| <input type="checkbox"/> Men Support Groups | <input type="checkbox"/> Alternate Activities (Ie Darts Vs Bingo) |
| <input type="checkbox"/> Youth Sports Initiatives | <input type="checkbox"/> Young Adult Sport Initiatives |

While this is not an exhaustive list, and the Aklavik Indian Band is also dedicated to continued support of our current programs and projects, such as Prenatal, the Elder's Group, and our "Brighter Futures" Community proposal system.

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Conclusion

With a five year mandate attached to the Community Wellness Funding, the Aklavik Indian Band is dedicated to not only increase communication and cooperation with in Aklavik, but also to pursue sustainable and viable programs to provide support to our community.

**Aklavik Community Wellness Plan Refresh
Community Consultation
March 27th, 2018 @ 5:30pm
Mary Kendi Board Room**

Attendance:

Public:

Rennie Stewart	Elizabeth Semple	Neil Heron	Annie Buckle
Mildred Edwards	Allan Saunders	Corrine Dillon	Lisa Norris

Staff:

Jeremy Mosher	Karlyn Blake	Robert Buckle
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Delegation:

Edna Tobac

The meeting opened at 5:30 pm.

Edna gave a quick intro into the Community Wellness Initiative program and the general purpose for this community meeting. Within that information she also explained how the funding is allocated, what her position is and the assistance she is available to provide.

Jeremy then gave a quick synopsis of the revised plan, and how it came about.

Comments/Concerns:

Concerns about the involvement or lack thereof from council in developing this plan.

Response was that council was given the plan to review and had no issues with as it is now.

Concern about Jeremy taking the lead on re-writing the plan, and that it was done with little assistance from council or other local community organizations.

Response was that the plan needed to be done. Other organizations were contacted but declined due to various reasons to take part.

A question about if this plan was for the community or just the Aklavik Indian Band.

Response was that this plan was written for the Aklavik Indian Band with references to the original community wellness plan. However the Revised plan can and will be shared with other community organizations so that partnerships and joint ventures could be created to achieve the goals of the original and this revised plan.

Suggestion was made to develop an interagency committee or ad-hoc group to help guide, revise and implement the community wellness plan. The suggestion as to have at least one representative from each community group in addition to a member at large with a focus on getting more youth involved.

Another suggestion was made to adjust/revise the plan to include the creation of this inter-agency committee.

With no more concerns, suggestions or question the meeting was adjourned at 7pm.