

K'ASHO GOT'INE CHARTER COMMUNITY COUNCIL  
P.O. BOX 80  
FORT GOOD HOPE, NT X0E 0H0  
PHONE: (867) 598-2231



# COMMUNITY WELLNESS PLAN

---

PREPARED BY:

EDNA TOBAC

March 27, 2013

---

## 1. INTRODUCTION

---

The K'asho Got'ine Charter Community Council has received funding from the Department of Health and Social Services, GNWT to come up with a Community Wellness Plan to get answers from the community on the following questions;

1. Where are we now?
2. What do we have to work with?
3. Where do we want to be in the future?
4. How do we plan to get there?

Community input and engagement in the development of wellness programs is critical to success in addressing health and social issues in the community. Community Wellness Plans are an opportunity for communities to decide for themselves where wellness funding should be directed based on their Wellness Plan.

---

## 2. BACKGROUND

---

In the past the community has been funded from the Department of Health and Social Services, GNWT for various wellness programs based on single year funding. This intention of the Community Wellness Plan is to move away from single-year funding for specific wellness projects toward more flexible, multi-year arrangements in which funding can be directed toward community-specific wellness issues.

Communities will no longer apply for funding through 7 separate programs. Federal wellness funding will be allocated based on plans for use in 3 clusters;

1. Healthy Living and Disease Prevention,
2. Healthy Child and Youth Development, and
3. Mental Wellness and Addictions

The changes in the funding framework mean that multi-year block funding agreements will be in place; this will require less reporting and increased opportunity for long term planning activities.

The **Healthy Living and Disease Prevention Cluster**; the **Healthy Child and Youth Development Cluster**; and the **Mental Wellness and Addictions Cluster** funds and supports a suite of community-based objectives that addresses risks and health outcomes.

Eligible activities include:

- Healthy eating/nutrition education/food security
- Breastfeeding promotion
- Pre-conception and reproductive health promotion
- Early literacy and learning, early childhood development activities
- Oral health promotion and prevention
- Physical health/activity promotion
- Disease prevention, management and support
- Injury and prevention
- Capacity building/continuing education opportunities

- Public awareness education/outreach
- Changing behaviors and promoting healthy environments
- Promotion of Aboriginal culture and language
- Cultural and /or Elder support
- Mental wellness promotion
- Training in addressing issues of addictions/solvent abuse/suicide prevention
- Early intervention activities/support to prevent and reduce substance abuse

Funding also supports knowledge development and dissemination, monitoring and evaluation, public education and outreach, program coordination, consultation, communication, and other health promotion and disease prevention activities related to: Healthy Living and Disease Prevention, Children and Youth Programming and Mental Wellness and Addictions.

---

### **3. COMMUNITY WELLNESS PLAN**

---

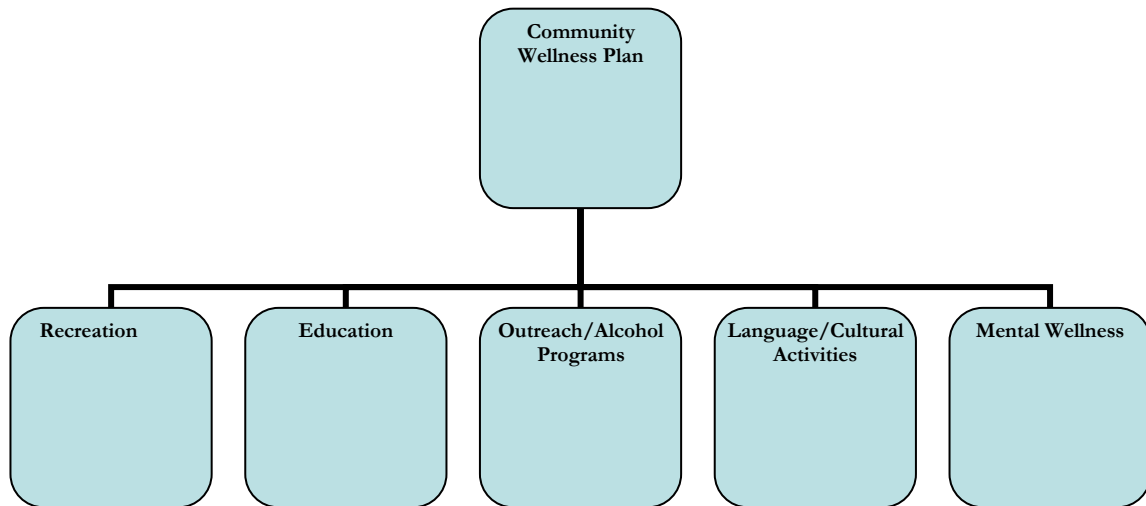
The K'asho Got'ine Charter Community Council has to come up with a Community Wellness Plan to serve the needs of various age groups in the community to promote Healthy Living. This has been accomplished by engaging the community to identify health and social issues in the community and asking where are we now? What do we have to work with? Where do we want to be and how do we get there?

Through Education Awareness, Cultural Activities, Health Awareness, Physical Activity and Recreation we can address Healthy Living and Disease Prevention, Healthy Child and Youth Development and the Mental Wellness and Addictions. The target groups are 0-5 years, youth, mothers, fathers, elders and families.

The community has expressed through numerous meetings and public forums their concerns and the ten (10) common concerns that keep coming up are listed below. Through these concerns and issues the community has identified their priorities to work towards a Community Wellness Plan.

1. Water
2. Recreation
3. Bootlegging
4. No jobs/no training
5. Alcohol problems
6. No support for caregivers and escorts
7. No nutritional education programs
8. Education-low graduation and attendance rates
9. After care/relapse support
10. Violence/abuse in community (no supporting programs)

1. Recreation, 2. Education/Support, 3. Outreach/Alcohol Programs, 4. Language/Cultural/Family Activities, 5. Mental Wellness Programs. The Goal is to build on existing programs, create new programs, and include more cultural and physical activities to promote Healthy Living.



The community identified **Recreation** as their number one (1) priority to enhance, promote, support and to create more educational programs for the community as a whole. This can be accomplished by having better facilities to support the youth, who do not have any recreational centre to go to for information, educational programs, support, cultural and recreational activities so that they can be physically active.

*Consultation on Recreational Issues*

- lack of facilities (arena in disrepair, no youth centre, shared gym is not always accessible)
- open gym, bingo, and special events (volleyball tournament, youth handgame tournament, spring carnival, dances for special events) are the only consistent programs
- Recreation Coordinator: Recreation committee and limited volunteers are available to run programs
- Youth want access to better coaching, more organized team sports, opportunities to travel for sports events (for example Super Soccer in Yellowknife, Track and Field in Hay River, hockey tournaments)
- Need a multiplex and youth centre
- Need *consistent* delivery of recreation programs for all age groups, including elders, youth, children, parents and tots, and adults; as well as better coordination and cooperation between community organizations serving these populations
- More art and music programs needed (or more diverse recreational programming needed)

Through consultation the community said that **Outreach Programs** are needed for Adults as well as Youth in the community. They said that Alcohol Abuse is a problem in the community for both adults and youth and that they do not have anywhere to turn for help. There is one Mental Health Worker in the community who is not always available to them. There is no Outreach Centre or any aftercare programs for people with a high risk of relapse. They identified that it would be more beneficial for the community to have a facility where people could turn to. The Outreach Centre can

meet their needs by having Alcohol and Drug Counselors, Youth Wellness and Mental Health Workers.

They would like to see educational programs geared towards healthier lifestyles for the community. They have also been saying that on the land programs would benefit them by promoting healthier lifestyles without drugs and alcohol.

The community said in a consultation at the Cancer Awareness Workshop that they want education and aftercare programs for patients and escorts. They said that family members are the ones dealing with patients and are not educated and trained to take care of them so they would like to see more educational programs for them. Often when patients return home to the community from medical treatment there is no aftercare program for them and they do not know what to expect and what they are going through. They said that it is very stressful for them and they deal with a lot of emotional problems and there are no supporting programs in the community. They also said that nutritional programs would benefit them as they have to follow a proper diet to remain healthy.

*Consultation on Outreach Programs (Addictions/ Alcohol)*

- support for youth struggling with alcohol misuse/abuse is urgently needed
  - o prevention activities/education
  - o follow-up for youth returning from treatment
  - o better training for teachers and other frontline youth workers to help youth deal with substance abuse issues and succeed in school and community life
- improved education and empowerment programs needed to help young people stay away from smoking, drugs and gambling and other unhealthy habits
- an alcohol and drug counselor dedicated to working with youth (perhaps based in the school) would be very valuable

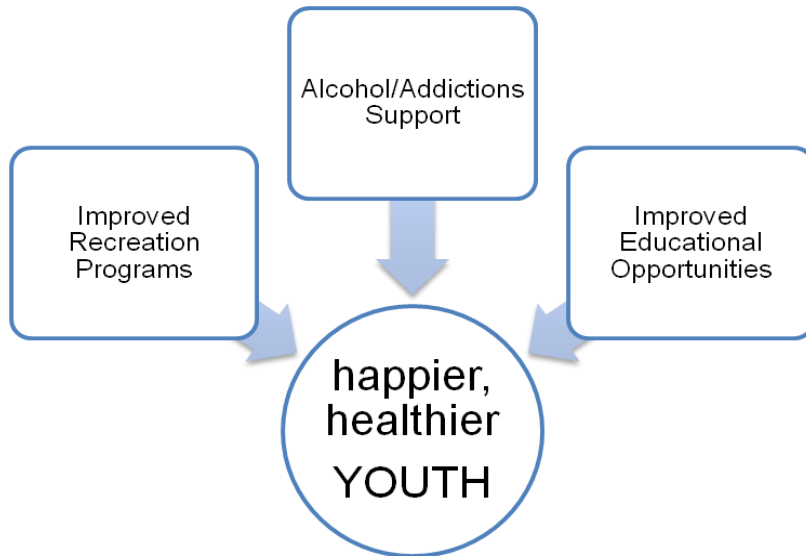
The community also said that **Education** is a priority for them. At present there are no educational programs taking place in the community except established facilities like the School, Adult Education and the Day Care Centre. They identified that there is a low graduation rate, high drop out rate and a high dissatisfaction with the school system. They would like to see more educational support for their young people who are preparing to leave the community for post secondary education. At present because of their dissatisfaction with the education system in the community some of the young people with their families support have chosen to leave the community to continue their education.

The community needs education to continue through various programs to teach and promote healthier lifestyles to the community. The community identified that because of the high cost of living in the community that they are not always able to afford healthy food and would benefit from more nutritional programs. They have said that traditional teachings from Elders for young people on how to prepare traditional foods would help the young people have a healthier diet. They would like to also see more Parenting Skills workshops for young families who are having children at a young age. In order to promote healthier living for people living with Diabetes and Cancer we need more Nutritional Programs taking place.

*Consultation on Education*

- low achievement, low graduation rate, high drop out rate and high rate of student dissatisfaction

- better course offerings that reflect students skills and interests (for example: music, industrial arts) as well as more K’asho Got’ine history and education on land claims and local political organization
- regional centre for trades training
- more involvement from parents and leadership in improving quality of education and encouraging and supporting students
- low literacy levels hold everyone back: need a focus on early literacy from school, community and families




---

#### 4. CONCLUSION

---

The community members have said that they want more control on programs that are delivered in the community as they know best the issues that they are dealing with. They have said that too many times the Government delivers programs and sets criteria to programs that do not meet the community’s needs. They would like to work with the Government to create a Community Wellness Plan that would meet the community’s needs. Through this report the community has identified issues that they are dealing with and look forward in the coming future to work towards a Community Wellness WorkPlan.