

# 2018 LKDFN Community Wellness Plan Update

The 2013 Lutsel K'e Community Wellness Plan included a lot of detail as to what activities/ programs the community would like to engage in in order to have a healthy community. The objective and corresponding activities laid out in the plan were arrived at through an extensive process of community consultation, asking the questions: Where are we now; Where do we want to be and How do we get there.

In reviewing the plan with various groups in 2018, it was determined that the priorities established in the 2013 plan are still valid today:

- Work towards regaining independence/ self-determination over all aspects of life
- Strengthen self-esteem, self-worth, self-reliance by strengthening language, culture & traditions
- Deal with effects of trauma
- Focus on children & youth

We went through a process of reviewing the activities proposed in the 2013 Community Wellness Plan and found that many of these activities/ programs had taken place. The consensus was not to take anything out of the plan, but to keep on working on our goals.

The barriers the community faced in delivering the identified programs, was a lack of resource people working at the First Nation's office. It was often difficult to work with GNWT staff in delivering the Wellness Programs and there was a lack of qualified wellness workers at the Band level. The Chief & Council have decided to address this issue by requesting that two staff positions be transferred from NTHSSA – YK Region to the First Nation. This will allow the First Nation to establish their own Community Wellness Department, which would be headed by a Manager, Community Wellness and have the following position working within that department: Wellness Worker, Youth Worker, Recreation Coordinator, Justice Coordinator and Aboriginal Language & Culture Coordinator. This will allow us to take a wholistic approach to delivering wellness programming in the community, with a number of resource people working together to achieve a common goal.

Establishing a Wellness Committee, comprised of resource people from the First Nation, Health & Social Services, School and other interested community members is another priority going forward. This committee would give direction to the newly established Community Wellness Department and ensure that we are working together at an Interagency level as well.

In our review, it was also noted that programs geared at Elders need to be reinstated. At the present time, we don't have any Elders Meals and/ or Home Care programs in place. With an aging population, these issues will need to be addressed in the coming years.

❖ *Work towards regaining independence/ self-determination over all aspects of life.*

Activity	Objective	Responsibility	Update – Spring 2018
Hire Local Economic Dev't Officer	To foster business opportunities in the community contributing to a sustainable local economy	Denesoline Dev't Corporation	<i>Denesoline Corp focusing on Mining contracts, not local economic dev't opportunities</i>
Realize sustainable business opportunities	Achieve a certain measure of independence and self-determination through sustainable business initiatives	<ul style="list-style-type: none"> <li>Thaidene Nene Economic Development Officer</li> </ul>	<i>Currently have a number of local outfitters being trained for aboriginal tourism ventures</i>
Self-Government Initiatives	To reclaim authority over First Nation's people, land and resources	LKDFN Chief & Council	<i>ongoing</i>
Workshop on "Dene Law"	To investigate and create awareness for the traditional laws governing the Denesoline people	LKDFN Chief & Council	<i>In planning stages</i>
Enact/Enforce own By-laws	To assert authority over own affairs	LKDFN Chief & Council	<i>NO</i>
Practice & teach skills necessary to survive on the land	To ensure that future generations will retain the skills necessary to live off the land and be self-reliant	Elders, Parents, Grandparents Skilled Community Members	<i>ongoing</i>
Investigate alternative Energy Sources	To get away from the dependency on fossil fuels as a power source and switch to renewable energy forms	LKDFN	<i>Solar farm operational. Feeding into the grid/ plans to increase panels</i>
Investigate alternative Housing options	To find innovative ways to solve the housing crises in the community	Chief & Council	<i>Currently in the process of purchasing a sawmill in town. Establish training program to</i>

			<i>have people harvest trees, cut planks, build homes under the supervision/ training of a journeyman carpenter</i>
Support Community Garden Initiatives	To support a sustainable source of healthy foods that can contribute to independence and address food security issues in the community	Community Volunteers	<i>Small group of volunteers working in garden. Secured summer student funding for past two years. People have their own gardens by their homes. School involvement ongoing.</i>
Encourage sustainable hunting practices	To ensure healthy herds and an ongoing supply of country foods. Importance of traditional diet.	Chief & Council/ Hunters	

***Strengthen self-esteem, self-worth, and self-reliance by strengthening language, culture & traditions***

Activity	Objective	Responsibility	Update – Spring 2018
Denesoline Language revival initiatives	<ul style="list-style-type: none"> <li>Teach the language to non-speakers in order to stay connected to one's cultural identity and facilitate communication between the generations</li> <li>Establish a Language Steering Committee</li> </ul>	<ul style="list-style-type: none"> <li>Language Speakers (Elders, parents)</li> <li>Language Coordinator</li> <li>School</li> </ul>	<p><i>Language classes have been offered to public.</i></p> <p><i>Concrete Language Revitalization program to be established.</i></p> <p><i>Language Com to be established.</i></p>
Women's Group	<ul style="list-style-type: none"> <li>Get together to support each other while engaging in healthy activities</li> <li>Work together on traditional, cultural projects to foster a sense of connectivity &amp; strength amongst the women within their culture</li> </ul>	<ul style="list-style-type: none"> <li>Volunteers</li> </ul>	<p><i>Weekly sewing circles running from October – May each year (in its 6<sup>th</sup> year)</i></p> <p><i>Annual hide tanning camp (past 5 years) at beginning of June</i></p>
Elders' Storytelling sessions	Pass teachings on to next generations to retain the connection to cultural teachings	<ul style="list-style-type: none"> <li>Community Wellness Dept</li> <li>Elders Committee</li> </ul>	<i>Happened a couple of times only.</i>
Community/ Family Hunts	Practice on-the-land survival skills and pass them on to the next generations	<ul style="list-style-type: none"> <li>Families/ Local Hunters</li> <li>Wildlife Committee</li> <li>School</li> </ul>	<p><i>No community hunts in last couple of years due to decline in caribou.</i></p> <p><i>Hunting for moose/ muskox/ small mammals ongoing.</i></p> <p><i>Wildlife Committee is supporting hunters with gas.</i></p>
Desnedhe Che Spiritual Gathering	Continue to support this gathering to give people the	Lutsel K'e Dene First Nation	<i>Ongoing – 27<sup>th</sup> year</i>

Activity	Objective	Responsibility	Update – Spring 2018
	opportunity to reconnect with their ancestral lands and spirituality		
Ceremonies <ul style="list-style-type: none"> <li>• Continue practicing fire ceremonies</li> <li>• Teach proper protocols</li> <li>• Revive “Coming-of-Age”, rites of passage ceremonies</li> </ul>	To promote cultural ways and pass on traditional teachings to families, adults and youths	<ul style="list-style-type: none"> <li>• Elders</li> <li>• School</li> <li>• Community Wellness Dept</li> </ul>	<i>Ongoing</i>  <i>Young boys involved in drumming at fire ceremonies.</i>
Chipewyan Hymn Singing	To revive Chipewyan Hymn singing	Language Committee ( to be established) Elders	<i>Chipewyan hymn singers attended Desnedhe Che gathering in 2015</i>
Hold feasts/ potlucks/ hand games/ dances to bring people together	<ul style="list-style-type: none"> <li>• To strengthen community bonds, resulting in a sense of identity and belonging in the community;</li> <li>• To take the opportunity to recognize positive events and achievements in the community.</li> </ul>	<ul style="list-style-type: none"> <li>• Community Wellness Dept</li> <li>• Interagency Committee</li> </ul>	<i>ongoing</i>
Practice fundamentals of Dene Law, such as	<ul style="list-style-type: none"> <li>• To take responsibility for one’s own health &amp;</li> </ul>	Every Individual	<i>ongoing</i>

Activity	Objective	Responsibility	Update – Spring 2018
sharing, caring, being respectful, being kind, passing on teachings, leading by example	<p>wellness through one's attitudes and actions;</p> <ul style="list-style-type: none"> <li>To foster healthy relationships;</li> <li>To enhance healthy interaction between people leading to better mental and emotional health.</li> </ul>		
Workshop on medicinal plants	To enable people to take on increased responsibility for their own health and well-being through increased knowledge about traditional healing plants & practices	<ul style="list-style-type: none"> <li>Community Wellness Dept</li> </ul>	<i>In planning stages</i>
Workshops on traditional activities for men and women (hide tanning, carving, tool-making etc)	To retain traditional skills resulting in increased self-esteem and feeling of self-worth	<ul style="list-style-type: none"> <li>Community Wellness Dept</li> <li>Women's Group</li> </ul>	<i>Annual Hide Tanning camp resulted in more crafts people making traditional bone tools again</i>
Lutsel K'e Dene Culture Centre	To have a central place to host & preserve items & activities related to Denesoline language, culture & traditions	Chief & Council	<i>Legacy Project</i>

***Deal with effects of trauma.***

Activity	Objective	Responsibility	Update – Spring 2018
Healing Program	To run healing programs in the community to assist and provide support to individuals wishing to make changes in their lives Work with clients in a setting where the physical, mental, emotional and spiritual health of a person can be addressed	Community Wellness Dept	<i>Ongoing talks regarding on-the-land healing programs/ facilities</i>
Counseling Services	To support people in their healing journeys To address social issues faced by individuals, families and groups	Mental Health & Addictions Counselor (Vacant)	<i>MH&amp;A Counsellor position still vacant after 5 years. Bi-weekly counsellor visits from Yellowknife</i>
Sauna Programs <ul style="list-style-type: none"> <li>Men/ Women</li> </ul>	To make use of saunas for the purpose of healing/ cleansing/ detoxing and personal growth	Social Services Worker (JC) Community Wellness Dept	<i>Men's sauna program taking place on a weekly basis Need to find a way to get Women's sauna offered as well</i>
Parenting Skills Workshop	Improve parenting skills and family dynamics that were negatively affected by multi-generational impacts of residential schools	Community Wellness Dept	<i>In planning stages</i>
Strengthen Spirituality	To achieve a holistic balance in one's life	Individuals	<i>ongoing</i>
Personal Development Workshops (such as Healthy	To address personal development and well-being; To create awareness regarding multi-generational trauma;	Community Wellness Dept	<i>Grieving Workshops can be available through YHSSA on request. Workshops and Counselling services accessible through Residential School</i>

Activity	Objective	Responsibility	Update – Spring 2018
Relationships, Bullying, Grief & Loss, Sexual Health, Traditional Teachings etc)	To foster harmonious community living		<i>Programs in past years</i>
Access to Traditional Healers	To support community members wishing to access Traditional Healing services as a way to improve their physical, mental & spiritual health	Community Wellness Dept	<i>Ongoing</i>



❖ **Focus on Children & Youth.**

Activity	Objective	Responsibility	Update Spring 2018
Sports Program	<ul style="list-style-type: none"> <li>Help youth to stay physically and mentally healthy through physical activity</li> <li>Promote healthy lifestyle</li> </ul>	<ul style="list-style-type: none"> <li>Recreation Coordinator</li> <li>Volunteer Coaches</li> <li>School Staff</li> <li>Parents (Volunteers)</li> </ul>	<p><i>Our youth are in general very athletic and enjoy sports programs.</i></p> <p><i>The school gym has been closed due to renovations for the past year, which has had a detrimental effect on our youth.</i></p> <p><i>The arena floor has been covered with asphalt, which resulted in poor ice conditions and a decline in hockey practices.</i></p>
Traditional Games Program	Help youth to stay healthy and connected to their cultural identity through traditional games	<ul style="list-style-type: none"> <li>Recreation Coordinator</li> </ul>	
Youth Centre Building	Provide a safe place for youths to gather and run programming out of	Community Wellness Dept	<i>The Youth Centre has recently been renovated and is providing a great gathering place for our youth.</i>
Early Childhood Education Program/ Facility	<ul style="list-style-type: none"> <li>To address the gap in services for children ages 1-4 years in the community;</li> <li>To provide a foundation for healthy growth &amp; development</li> </ul>	<p>Community Wellness Department</p> <p>School (Preschool Program)</p>	<p><i>The lack of early childhood programming has been an ongoing issue.</i></p> <p><i>We don't have any childcare facilities. Going forward the Community Wellness Dept can institute some Moms &amp; Tots programming.</i></p>
Prenatal Program (CPNP)	<ul style="list-style-type: none"> <li>To improve the health of mothers and infants</li> <li>To increase access to nutritious foods and nutrition information for</li> </ul>	Community Wellness Dept	<i>The pre/post-natal program has always been very important for the moms and babies in the community. In the past couple of years our CHR was pulled from the program, leaving the</i>

Activity	Objective	Responsibility	Update Spring 2018
	<p>pregnant women, new mothers, their children and families</p> <ul style="list-style-type: none"> <li>To promote and support healthy child development</li> </ul>		<p><i>community without a qualified person to run the program. Currently the moms have come together and are meeting on a bi-weekly basis, with a volunteer organizing the gatherings.</i></p>
Cooking Classes (Kids in Kitchen Program)	<ul style="list-style-type: none"> <li>To decrease the risk of diabetes, obesity and other chronic disease by increasing knowledge and enjoyment of preparing and consuming healthy foods.</li> </ul>	<ul style="list-style-type: none"> <li>School staff</li> <li>Nutrition North Program</li> <li>Community Wellness Dept</li> </ul>	
After-School Program	<ul style="list-style-type: none"> <li>To provide a safe environment for children to engage in healthy activities</li> </ul>	<ul style="list-style-type: none"> <li>Recreation/ Youth Worker</li> <li>Community Wellness Dept</li> </ul>	<i>Ongoing at Youth Centre / Arena</i>
Arts/ Music Program	<ul style="list-style-type: none"> <li>To develop the artistic and creative talents amongst our youth</li> <li>To give youths an opportunity to express themselves in creative ways</li> </ul>	School	<i>To be worked on</i>
On-the-Land Programs/ Activities	<ul style="list-style-type: none"> <li>To give youths the opportunity to experience activities out on the land, that will strengthen the ties to their cultural</li> </ul>	<ul style="list-style-type: none"> <li>School</li> <li>Community Wellness Dept</li> <li>Parents/ Grandparents</li> </ul>	<i>ongoing</i>

Activity	Objective	Responsibility	Update Spring 2018
	identity and positive self-image		
Shop program (carpentry, carving, tool making)	To give youths the opportunity to be creative and productive by producing creative, useful and traditional items	<ul style="list-style-type: none"> <li>School</li> <li>LKDFN Training dept</li> </ul>	<i>Working on plans to get a carpentry shop/ training program established</i>
Junior Ranger Program	To strengthen remote and isolated Canadian communities through an altruistic, responsible and practical youth program that embraces culture and tradition, promotes healthy living and positive self-image, and reflects the proud military legacy of the Canadian Rangers.	Canadian Rangers	<i>ongoing</i>
Girls' Group	To allow girls to get together and engage in healthy activities aimed at strengthening their self-esteem and positive self-image	Community Wellness Dept	<i>ongoing</i>
Healing Programs (self-esteem/ self-efficacy, safety planning, futuristic thinking, anti-bullying etc)	To enable youth to become healthy and resilient individuals	Community Wellness Dept	<i>Needs more programming</i>
School-Community Counselor	<ul style="list-style-type: none"> <li>To provide support for students experiencing</li> </ul>	School	<i>New funding for School Community Counsellors was recently announced.</i>

Activity	Objective	Responsibility	Update Spring 2018
	<p>emotional/ social issues in school;</p> <ul style="list-style-type: none"> <li>• To provide small group support for healthy, respectful relationships</li> <li>• To promote the value of self-development and education</li> <li>• To work with parents on behaviour and attendance issues</li> </ul>		<p><i>Lutsel K'e does not qualify for this funding, since we are too small of a community.</i></p> <p><i>This seems to be a short-sighted decision, leaving our youth without the proper mental health support that they require.</i></p>