

The background of the entire page is a solid light brown color. Overlaid on this are several large, overlapping, curved bands in shades of white and light brown, creating a sense of movement and depth. At the bottom of the page, there is a silhouette of a mountain range with several peaks. In the foreground, there are silhouettes of evergreen trees. On the left side, a white circle contains a black silhouette of a bear walking.

Government of
Northwest Territories

NORTHWEST TERRITORIES COMMUNITY WELLNESS INITIATIVES

Annual Report 2014-2015

April 2016



Table of Contents

Executive Summary	iii
Overview: Community Wellness Programming.....	iv
NWT Community Wellness Themes	vii
Aklavik (<i>Aklavik Indian Band</i>).....	1
Aklavik (<i>Inuvialuit Regional Corporation</i>)	2
Behchokò	3
Colville Lake	4
Déline.....	5
Dettah and Ndilo.....	6
Enterprise	7
Fort Good Hope	8
Fort Liard	9
Fort Providence	11
Fort Resolution	12
Fort Smith	13
Fort Simpson.....	14
Gamètì	15
Hay River.....	16
Hay River Reserve	17
Inuvik (<i>Inuvik Native Band</i>).....	18
Inuvik (<i>Inuvialuit Regional Corporation</i>).....	19
Jean Marie River	20
Kakisa.....	21
Łutsel K'e.....	22
Nahanni Butte.....	23
Norman Wells	24
Paulatuk.....	25
Sachs Harbour.....	26
Tsiigehtchic	27
Trout Lake	28
Tuktoyaktuk	29
Tulita	30
Ulukhaktok.....	31
Wekweètì.....	32
Whatì	33
Wrigley.....	34
Yellowknife.....	35
Health and Social Services Authorities.....	36

Cree

Cree

Chipewyan

English

Français

Gwich'in

Inuinnaqtun

Inuktitut

Inuvialuktun

North Slavey

South Slavey

Tłicho

ii



Executive Summary

In the 2014-2015 fiscal year, nearly 6 million dollars (\$5,749,750.00) was invested in the implementation of Northwest Territories (NWT) community wellness programs. This funding was provided by Health Canada's First Nations and Inuit Health Branch (FNIHB), administered by the Government of the Northwest Territories (GNWT), and allocated directly to community and Aboriginal governments, Health and Social Services Authorities (HSSAs), and Non-Government Organizations (NGOs). Activities were completed under three thematic program clusters:

● **Healthy Child and Youth Development**

- Programs and services that address maternal, infant and child and family health.

● **Mental Health and Addictions**

- Programs and services that address mental wellness and addiction issues.

● **Healthy Living and Disease Prevention**

- Programs and services that address risk and health outcomes associated with diseases and injuries.

Thirty-three communities, including 26 Aboriginal governments and organizations, were supported with 2014-2015 Community Wellness Initiatives funding. Funding recipients had the opportunity to deliver a broad range of activities under each cluster. Under the Healthy Child and Youth Development program cluster, funding was invested in supporting healthy pregnancy and new parents, youth after-school programming, and Fetal Alcohol Spectrum Disorder (FASD) initiatives. The Healthy Living and Disease Prevention program cluster supported a variety of awareness, prevention and promotion activities on topics such as diabetes, healthy eating and active living. The Mental Health and Addictions program cluster had a strong emphasis on youth programming, cultural identity and traditional values to support mental wellness and address addictions issues among individuals, families and communities in the NWT.

Over the past three years, the Department of Health and Social Services (DHSS) has worked with Aboriginal governments and communities across the NWT to develop Community Wellness Plans. The plans form the basis of eligibility for Community Wellness Initiatives funding. This report summarizes the community wellness priorities identified by each community within their Community Wellness Plan, and details the wellness activities that were implemented. Success stories and challenges documented by communities are highlighted. This report also includes the five NWT community wellness themes that emerged from Community Wellness Plan priorities: Celebrate Culture, Focus on Family, Healthy Living, Mental Health and Addictions and Building Community Capacity.



Overview: Community Wellness Programming

Providing multi-year block funding for community-based social programming has been an ongoing goal for the GNWT since it was named as a priority during the Social Agenda Conference in 2001. Both DHSS and Health Canada officials recognized that the funding framework for wellness initiatives had to be re-designed in order for the funding to be allocated fairly and distributed to all 33 communities.

In 2011-2012 fiscal year, 89 funding agreements were administered; however, one third of the communities (11 of 33) did not access the funding that they were eligible to apply for. The application or request for proposals process had burdensome reporting and administration requirements, and did not allow flexibility to run programs and to carry over funds year to year. In addition, the required activities did not always align with community needs or priorities.

On April 1, 2013, a five-year agreement between the GNWT and Health Canada for the Health Portfolio Funding came into effect. This funding, referred to as the Northern Wellness Approach, is now allocated to the GNWT in three clusters:

- Healthy Child and Youth Development,
- Mental Wellness and Addictions and
- Healthy Living and Disease Prevention.

To prepare for the new framework, in 2012-2013 DHSS worked with community members and leadership to develop Community Wellness Plans. These plans form the basis for eligibility for the Community Wellness Initiatives Funding. Community Wellness Plans can be accessed online at: <http://www.hss.gov.nt.ca/publications/community-wellness/community-wellness-plans>


The 2013-14 fiscal year was the first year of phasing to multi-year block funding. A distribution formula was developed based on three factors:

1. A \$75,000.00 base per community;
2. The Aboriginal population of the community according to the NWT Bureau of Statistics and
3. Consumer Price Index- Food Basket according to the NWT Bureau of Statistics.

Increases as per the new formula were incorporated into the 2013-14 agreements and decreases were implemented in the 2014-15 fiscal year. In cases of large reductions, a gradual decrease is being implemented over the length of the agreement.

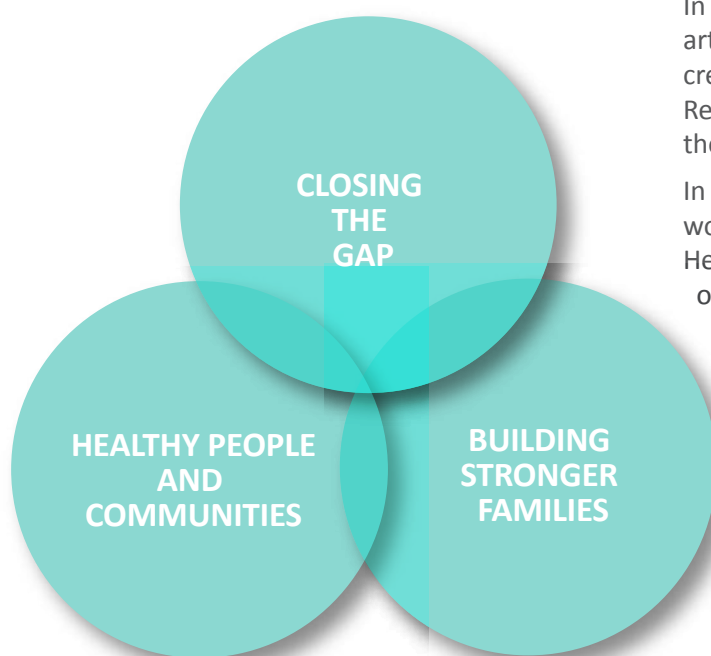
This new funding framework has resulted in reduced administrative burden and has streamlined reporting significantly. The ability for recipients to carry-over funding from one year to the next, up to the end of the five-year agreement, is a welcomed flexibility.

Community Wellness Plans are refreshed regularly and form the basis for Wellness Work Plans that are developed at the local level. It is hoped that Aboriginal and community governments owning their Community Wellness Plans and focusing on local and regional priorities will lead to better health outcomes. The Aboriginal Health and Community Wellness Division in DHSS has created a decentralized team to support the ongoing regional and community work in this area. Community Development and Wellness Planners in the Sahtu, Dehcho and North/South Slave regions were established in 2014. Their primary role is to support communities to develop and implement Community Wellness Plans and associated programs.



Weaving our Wisdom, a Territorial Wellness Gathering, was held in Yellowknife March 3-5, 2015, and was attended by representatives from all 33 communities of the NWT. The event was organized by the DHSS, with logistical support from the Northwest Territories Association of Communities (NWTAC) to jointly coordinate the Gathering. The Gathering focused on three themes: Closing the Gap; Healthy People and Communities; and Building Stronger Families.

3 Themes of Weaving our Wisdom Gathering

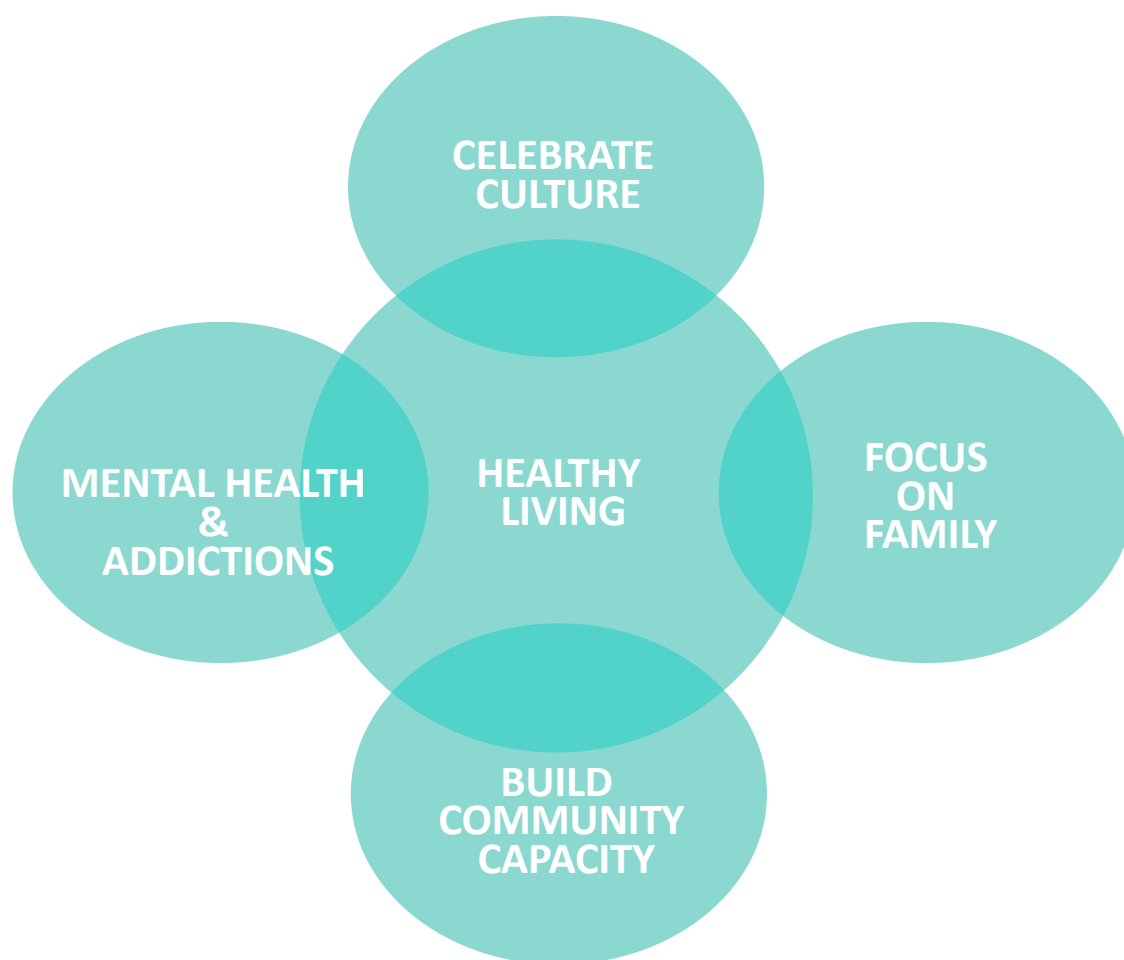


The Weaving Our Wisdom Wellness Gathering provided the opportunity for all communities of the NWT to come together to collectively develop solutions to issues and challenges that affect their communities, with the vision to have healthy children, healthy families and healthy communities. The last gathering of this kind was in 2001, at the Hay River Reserve, for the Social Agenda Conference.

The Gathering was webcast live and a number of the plenary sessions were broadcast on CKLB 101.9FM station to all communities of the NWT. In addition, throughout the Gathering, a graphic artist captured dialogue, key points and themes, creating a visual depiction of topics discussed. Refer to pages 9 and 10 for the graphic art from the Weaving our Wisdom Gathering.

In 2015-16, the DHSS and the NWTAC are working with communities to host Community Healthy Living Fairs across the NWT. The goal of the Community Healthy Living Fairs is to raise awareness of healthy living, focus on community wellness, and expand health networks. Planning is underway to have the first round of Fairs during the winter of 2015-16. The Fairs will build on existing community efforts and connect community members with resources from local, regional, and territorial programs and activities that support healthy living.

NWT Community Wellness Plan Priority Themes





NWT Community Wellness Themes

The following five themes have emerged as priorities outlined in Community Wellness Plans:

Celebrate Culture

- Traditional Knowledge and Skills
- Connection to the Land
- Language
- Intergenerational Programming

Focus on Family

- Healthy Youth
- Healthy Pregnancy and New Parents
- Early Childhood Development Programming
- Youth Programming
- Family Planning
- Parenting Skills
- Breastfeeding Support
- Supporting Elders
- Family Violence Prevention

Healthy Living

- Eat Good Food – Nutritious Store Bought and Traditional Foods
- Preventing Disease and Injury
- Opportunities for Recreation
- Sexual Health and Healthy Relationships

Mental Health & Addictions

- Healing
- Substance Abuse
- Addictions
- Counselling
- Self-esteem
- Bullying
- Self-care
- Connection to the Land
- Effective Prevention, Treatment, Aftercare and Reintegration Programming

Build Community Capacity

- Engaging and Educating Community
- Communicating and Collaborating Effectively
- Improving Program Delivery

Aklavik (Aklavik Indian Band)

Organization: Aklavik Indian Band

Population: 660

Aklavik

Community Wellness Plan Priorities

- Encourage and support healthy family lifestyles
- Deliver effective treatment and aftercare programs
- Improve social and economic factors in program delivery
- Support and maintain traditional values and knowledge

Wellness Programming

- Traditional sewing – mukluks, parkas, mitts and dancing costumes
- Making traditional moose hide tanning tools
- Portraits of our elders

Success Stories

- Good participation from community residents
- Elders sharing traditional knowledge with youth

Challenges and Opportunities for Improvement

- Tracking and reporting

Aklavik (Inuvialuit Regional Corporation)

Organization: Inuvialuit Regional Corporation

Population: 660

Community Wellness Plan Priorities

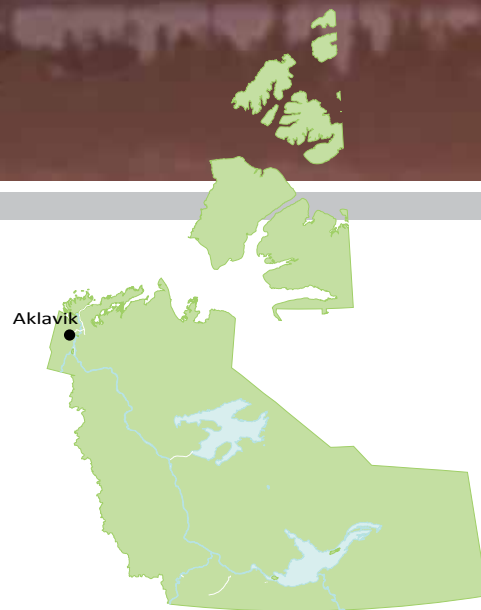
- Support initiatives for addiction prevention, intervention and mental health
- Deliver prevention, treatment and aftercare addictions programs to support healthy families
- Implement counseling program to address residential school trauma

Wellness Programming

- Cooking circles
- Healthy food hampers
- Health information sessions
- Sewing and breastfeeding group
- Northern games
- Berry picking
- Diabetes workshops
- Diabetes radio show
- Diabetes prevention in schools
- School breakfast program
- Applied Suicide Intervention Skills Training (ASIST)
- Injury prevention training
- Youth mental wellness engagement sessions

Success Stories

- Mothers were cooking healthy meals for their families and made healthier choices when food shopping
- Elders taught how to cook their traditional foods and discussed healthy living during cooking and sewing classes



- The food hampers encouraged healthy cooking with healthy ingredients
- Close collaboration with regional dietician to hold diabetes workshops and radio shows
- A number of students were offered ASIST

Challenges and Opportunities for Improvement

- Getting local traditional food from the land on a consistent basis
- Lack of food storage (i.e. freezers) to store traditional foods
- Limited funding and resources for programs
- Reporting
- Offer a workshop on proper reporting and procedures
- Offer training to staff on what is formerly known as Canada Prenatal Nutrition Program (CPNP)
- Offer staff training in first aid, Fetal Alcohol Spectrum Disorder (FASD) and early childhood development

Behchokò

Organization: Tłıchō Government

Population: 2,025

Community Wellness Plan Priorities

- Regain community involvement and participation
- Build stronger communication between communities
- Network with organizations to pursue similar goals and objectives
- Bridge intergenerational gap between elders and youth
- Foster Tłıchq culture by incorporating Tłıchq practices in programs and services
- Build capacity by utilizing local resources
- Work together to build a healthier community
- Seek additional funding sources for specific programming
- Create awareness programs on mental health
- Support and encourage on-the-land programs with focuses on healing, enhancing culture and traditions and spirituality/respect

Wellness Programming

- Tłıchq Annual Youth Conference hosted in Behchokò
- “Breaking the Silence”: a Tłıchq based film on violence against women
- Prenatal/postnatal education and cooking class
- Craft class
- Traditional parenting
- Breastfeeding support
- Monthly community newsletters
- Diabetes Survey implementation
- Maternal health program in Behchokò
- Annual Early Year’s Conference in Vancouver



Success Stories

- 18 community-based researchers (staff and community members) were trained to implement a Diabetes Survey across the Tłıchq region
- Through peer-to-peer education, participants of the Diabetes Survey have become more aware and inclined to talk about diabetes, the signs and symptoms, personal care (i.e. nutrition and exercise), and have requested for more educational sessions throughout the Tłıchq region
- Youth learned about Anti-Bullying during the Tłıchq Annual Youth Conference and learned that they need to work together instead of tearing each other down
- Youth learned about FASD and held group discussions about ways to assist in educating the community and their friends and family
- Prenatal, postnatal and breastfeeding mothers learned how to cook and prepare healthy meals, sewing and the positive benefits of breastfeeding, while supporting one another through the learning process

Challenges and Opportunities for Improvement

- Provide diabetes education to Tłıchq residents to create awareness and prevention programming in Tłıchq communities
- Educate Tłıchq residents living with diabetes or diagnosed with diabetes on how to manage their blood sugar levels

Colville Lake

Organization:	Behdzi Ahda First Nation
Population:	156

Community Wellness Plan Priorities

- Strengthening culture and tradition
- The early years
- Healthy eating
- School nutrition program
- Healthy living
- Youth
- Elders
- Mental wellness
- Building economy on the communities strengths

Wellness Programming

- Traditional survival skills for youth during the spring, including camping, hunting and trapping
- Elders and youth working together to build a camp
- Youth hand games
- Spiritual practices
- Horton Lake fall hunt

Success Stories

- More people were made aware of the Wellness Plan and what its potential could be for the community, resulting in more support from community members to provide wellness programs
- Improved relationship with the Department of Justice to make a safer community
- Offered healthy activities on the land
- Passed on traditional knowledge, skills and cultural practices
- Youth learned hand games and have a better understanding of their role in the community



Challenges and Opportunities for Improvement

- Inadequate facilities to provide services and programs
- Limited support personnel and staff at the school to deliver programs and report on activities
- Meaningfully engaging youth and encouraging youth participation in activities
- High school students dropping out of school and screen time among youth are barriers to youth participation in activities
- Scheduling and getting people together to participate in wellness programs
- Getting the word out early enough so people can participate in community events and activities
- Changes and cutbacks in government funding

Déline

Organization: Deline First Nation

Population: 477

Community Wellness Plan Priorities

- Prenatal and ages 0-5
- Youth
- Elders
- Community wellness
- Mental health and addictions

Wellness Programming

- Soup Kitchen twice a month
- Sunday lunch
- Child Abuse and Neglect Month
- Sudden Infant Death Syndrome (SIDS) Awareness
- World Breastfeeding Week
- National Addictions Awareness Week
- National Family Week
- World Food Day providing healthy lunch for the school and the community
- Diabetes Month
- National Child Day/Universal Children's Day
- Movie nights
- Hand game lessons
- Nutrition bingo
- Spa night for pregnant women, mothers and caregivers
- Arts and crafts at the Public Library
- Food vouchers and hampers
- Wellness fair
- Elder storytelling



Success Stories

- National Addictions Awareness Week was well-attended and a huge success with family fun night, community feast, feeding the fire and games for children
- Positive feedback from participants
- Partnering with other organizations
- Spa nights and nutritional bingo were successful at bringing people together to relax, socialize and share healthy living information, followed by snacks and door prizes after each session

Challenges and Opportunities for Improvement

- Finding an adequate space
- Hiring a coordinator to run programs

Dettah and Ndilo

Organization: Yellowknives Dene First Nation

Population: 591

Community Wellness Plan Priorities

- Early childhood development (0-3 yrs)
- Aboriginal Head Start (3-5 yrs) Growing Together program
- Youth development
- Mental health and addictions
- Recreation
- Healthy living and disease prevention
- Physical activity and recreation
- Education awareness
- Health awareness
- Cultural activities

Wellness Programming

- Referrals to counselling programs and services
- Tak'aa Group for girls
- Elder support: home visits, transportation, fuel subsidy, elder abuse, elder's lunch, elders in motion, elders' gathering and elders' senate meeting
- Community initiatives: Ndilo and Dettah gardens, fall harvest fair and RCMP visit
- Sakaii Summer program: scraping a moose hide, community gardening, community outings, arts and crafts and active games
- Community newsletter
- Summer student orientation
- High Five Training
- Elders in Motion training
- Outdoor Leadership through the Department of Municipal and Community Affairs (MACA)
- Counselling services
- Community acupuncture clinics
- Matrix Outpatient Program



- Women's sharing circle/women's retreat
- Indian Residential School Personal Credits Assistance
- Indian Residential School Redemption Forms Assistance
- Residential School Personal Credits Programs- Education and Culture Program
- On-the-land Healing Camps : all/winter men's camp, couples' retreat, spring family camp
- Wiiliideh language camp
- Grief and loss workshop
- Men's gathering
- Stress management workshop for women
- Spring carnival
- Afterschool Chekoa Program
- Gym program
- Family night
- Clara Hughes Big Ride presentation
- Mother's Day celebration
- Career fair
- Father's Day celebration
- National Aboriginal Day celebration
- Youth summer on-the-land culture camp
- Summer programs
- Summer community beautification
- Volunteer appreciation
- Christmas program
- Jennejohn young men's hunting culture camp

Success Stories

- Assisted residential school survivors with Education credits. Assisted 115 eligible applicants in accessing their credits to build cabins and purchase materials to practice their traditional way of life
- Counselling and referrals to treatment was a huge success with high attendance. Numerous clients were referred and sent to the appropriate treatment programs
- Acupuncture clinics in the community was a success with numerous community members of all ages attending

Challenges and Opportunities for Improvement

- Work plan was heavy, especially with the additional support for Indian Residential School Personal Credits.
- Only one position for the family wellness program was funded. More efficient funding would allow for the program to be expanded to better meet the needs of the community



Enterprise

Organization:	Hamlet of Enterprise
Population:	117

Community Wellness Plan Priorities

- Build on existing moms and tots program to include a holistic family approach
- Build on existing programming to include more multicultural and physical activities
- Provide activities that will promote healthy lifestyle choices and early disease prevention
- Provide programs and activities that will promote and support wellness

Wellness Programming

- Early Childhood Program
- After School Program
- Community garden

Success Stories

- The community garden was well maintained and enjoyed by many in the community
- The produce grown from the garden was shared in the community

Challenges and Opportunities for Improvement

- Staff changes
- Hiring a community wellness worker

Fort Good Hope

Organization: K'asho Got'ine Charter Community Council

Population: 531

Community Wellness Plan Priorities

- Recreation
- Outreach programs (addictions/alcohol)
- Education
- Language and cultural activities
- Mental Wellness

Wellness Programming

- Cooking group for families
- Sewing circle
- Grandmother Walk – picking and harvesting traditional medicine and berries
- We Cook, You Cook – cooking healthy food for the community once a week
- Youth Wellness Program – Girls' spa night, boy's night, Halloween dance, youth wellness radio show, youth fitness group
- Community exercising group
- Ladies' spa nights
- Men's support circles
- Grief and loss support healing circles
- Community Cancer Goba Group and Cancer Access Group with University of Alberta
- National Addictions Awareness Week
- National Non-Smoking week
- Family Violence Week

Success Stories

- Programs received positive feedback and were well attended

Challenges and Opportunities for Improvement

- Transportation options for participants without a vehicle
- More healing workshops on the land and support groups to address addictions
- Educate youth and raise awareness about addictions
- Address anti-bullying among the youth



Fort Liard

Organization: Acho Dene Koe First Nation

Population: 576

Community Wellness Plan Priorities

- Cultural activities
- Cultural after school programs
- Traditional medicine

Wellness Programming

- Due to internal priorities and staffing retention issues, Acho Dene Koe First Nation did not implement their community wellness plan in 2014-2015.
- Moving forward, the community wellness funding was transferred to the Hamlet of Fort Liard for 2015-2016.



Fort McPherson

Organization: Tetlit Gwich'in Council

Population: 784

Community Wellness Plan Priorities

- Promote and support health and well-being of community residents
- Encourage a healthy lifestyle through traditional values/beliefs, language, spirituality, economy, health and education
- Address risks and health outcomes for “at-risk” target groups: pregnant women, children and youth

Wellness Programming

- Prenatal/postnatal program for women and their families: evidence-based programming support in food security, healthy eating, injury prevention, pregnancy support for young/at-risk mothers, family support and support for teen mothers
- FASD/Mother/Crisis support: emergency and crisis support for complex pregnancy/health cases for prenatal/postnatal women and their families
- Social skills program for children under 12 with Chief Julius School with a focus on culture and traditional ways
- On-the-land program for children and youth that support traditional skills, knowledge and mental health in partnership with community agencies
- Alcohol/ drug free community activities
- Social skills training
- On-the-land staff orientation



Success Stories

- Confidential and private support for young pregnant women, including assisting them to access health services and family support
- Partnering with other community agencies
- Educating non-health promotion agencies and leadership of the importance of prenatal programs and services
- Mental health support for children and youth
- Integration of mental health prevention programs using local role models
- Year- round mental health programming available for at-risk children and youth

Challenges and Opportunities for Improvement

- Priority setting and funding
- Competing community needs with limited wellness funding
- Improve communication with program partners and government agencies
- Improve understanding of wellness and cluster funding
- Ensure that at-risk pregnant mothers and youth remain a priority for programming
- Lack of injury prevention programming
- Limited mental health and addictions funding available for staffing and core integrated services

Fort Providence

Organization: Deh Gah Got'ie Dene Council

Population: 787

Community Wellness Plan Priorities

- Mental wellness and addictions
- Traditional medicine and healing
- Healthy cooking and traditional foods
- Healthy child and youth development workshops
- Cultural activities

Wellness Programming

- Addictions display
- National Addictions Awareness Week
- National Mental Health Week
- Autism awareness
- Traditional medicine
- Men's evening circle
- Women's evening circle
- Men's group
- Breakfast club
- Lunch kitchen
- Track and field
- Youth baking and sewing
- Youth traditional circle
- Adult baking circle
- Evening craft
- First night celebration
- Fall fish camp
- Elders' Meals on Wheels
- Elders' visit to Legislative Assembly
- Christmas feast

Success Stories

- Healthy Cooking and Eating Programs provided access to healthy and nutritious foods, while providing nutrition information for pregnant women, new mothers, their children and families
- Programs promoted cultural awareness and early literacy skills
- Participation in Community Wellness programs was excellent
- Programs promoted and supported physical activity, healthy eating and brought awareness of chronic diseases



Fort Resolution

Organization: Deninu Kue First Nation

Population: 497

Community Wellness Plan Priorities

- Promote awareness of healthy nutrition, traditional diets, cultural identity and traditional values
- Facilitate the rebuilding of traditional culture
- On-the-land cultural and wellness programs
- Strengthen the Dene Souline language
- Develop orientation courses for southern trained professionals
- Strengthen assets within the community
- Re-evaluate and revisit previous programs to ensure efficient use of available resources
- Provide educational needs unique to the community

Wellness Programming

- Weekly cooking and nutrition classes for prenatal, postnatal and breastfeeding mothers
- Sewing classes
- Skill building for fathers
- National Addictions Awareness Week – sobriety walk, scavenger hunt and contests
- Traditional challenge – biking, running and canoe races
- Culture week – dry fish, bannock, dry meat, fishnets, storytelling, drumming, camping and canoeing



Success Stories

- Full participation in all activities

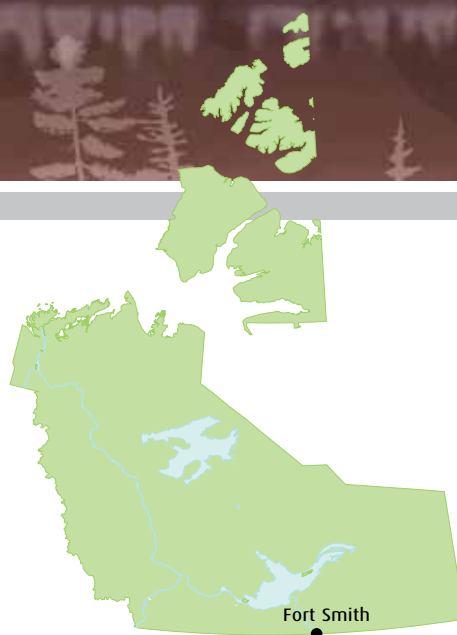
Challenges and Opportunities for Improvement

- Utilize hamlet bus to provide rides for elders
- Lack of visual resources

Fort Smith (Fort Smith Métis Council)

Organization: Fort Smith Métis Council

Population: 2,538



Community Wellness Plan Priorities

- Supporting youth
- Intergenerational and cultural activities
- Good food for elders
- Supporting young parents to build skills
- Community supports for mental wellness
- Community gardening

Wellness Programming

- Bikes for Kids – Partnered with River Ridge Men's Correctional Facility to supply youth in the community with bikes
- Assisted members with expenses to travel to medical appointments and treatment centre
- Supplied elders and Northern Lights Special Care Home with wild meat and fish once a week
- Donated to Santa Float and Paul William Kaeser High School Graduation
- Assisted members to attend an Autism Conference
- Funded students to travel

Success Stories

- Improved diet for elders in the community and for people residing at Northern Lights Special Care Home

Challenges and Opportunities for Improvement

- Ongoing funding



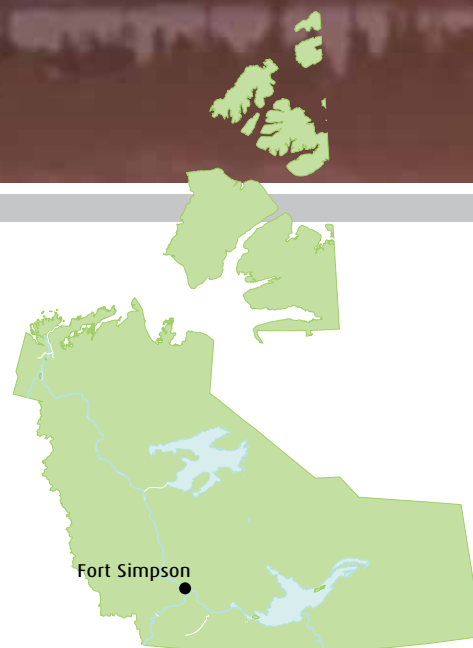
Fort Simpson

Organization: Liidlii Kue First Nation

Population: 1,216

Community Wellness Plan Priorities

- Youth conferences and activities
- Programs that educate the community about drugs and alcohol
- On the land training and education



Wellness Programming

- Judo club
- Elephant Thoughts Science Camp
- Special needs school program
- Breakfast program
- Community feasts
- Drumming workshop

Success Stories

- Programs encourage community members to get together and be active
- The cultural camp at 6 mile is near to completion and will become a traditional place for cultural activities
- The feasts, drumming workshops and breakfast programs were well attended

Gamètì

Organization: Tłicho Government

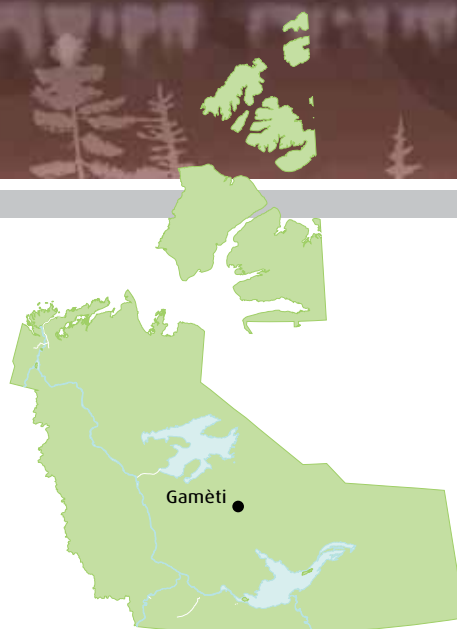
Population: 284

Community Wellness Plan Priorities

- Regain community involvement and participation
- Build stronger communication between communities
- Network with organizations to pursue similar goals and objectives
- Bridge intergenerational gap between elders and youth
- Foster Tłìchq̓ culture by incorporating Tłìchq̓ practices in programs and services
- Build capacity by utilizing local resources
- Work together to build a healthier community
- Seek additional funding sources for specific programming
- Create awareness programs on mental health
- Support and encourage on-the-land programs with focuses on healing, enhancing culture and traditions and spirituality/respect

Wellness Programming

- Tłìchq̓ Annual Youth Conference hosted in Behchok̓
- “Breaking the Silence”: a Tłìchq̓ based film on violence against women
- Prenatal/postnatal education and cooking classes
- Craft class
- Traditional parenting
- Breastfeeding support
- Monthly community newsletters
- Diabetes Survey Implementation
- Annual Early Year’s Conference in Vancouver



Success Stories

- 18 community-based researchers (staff and community members) were trained to implement a Diabetes Survey across the Tłìchq̓ region
- Through peer-to-peer education, participants of the Diabetes Survey have become more aware and inclined to talk about diabetes, the signs and symptoms, personal care (i.e. nutrition and exercise), and have requested for more educational sessions throughout the Tłìchq̓ region
- Youth learned about Anti-Bullying during the Tłìchq̓ Annual Youth Conference and learned that they need to work together instead of tearing each other down
- Youth learned about FASD and held group discussions about ways to assist in educating the community and their friends and family
- Prenatal, postnatal and breastfeeding mothers learned how to cook and prepare healthy meals, sewing and the positive benefits of breastfeeding, while supporting one another through the learning process

Challenges and Opportunities for Improvement

- Provide diabetes education to Tłìchq̓ residents to create awareness and prevention programming in Tłìchq̓ communities
- Educate Tłìchq̓ residents living with diabetes or diagnosed with diabetes on how to manage their blood sugar levels

Hay River

Organization: Hay River Métis Government Council

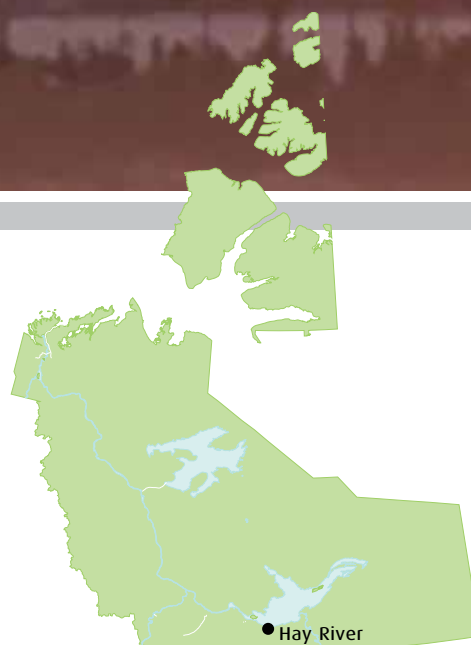
Population: 3,761

Community Wellness Plan Priorities

- Hire a Community Wellness Worker
- Increase communication, access and outreach of community services
- Opportunities for youth and families to participate in drug/alcohol free activities
- Increase the use of local resources for service delivery that includes ongoing community education
- Expand existing mentorship programs to support at risk youth, families, pregnant mothers or mothers who need mentoring support
- Establish a 24 hour crisis line for community members
- Expand existing recreation options for more family activities and activities for moms and toddlers
- Increase outreach and awareness around sexually transmitted infections (STIs)
- Promote wellness in all settings in Hay River: workplace, schools, neighborhoods, businesses and homes
- Continue to improve access to community facilities and programs for low income families
- Create environments that support wellness and encourage education

Wellness Programming

- Hay River District Education Authority: healthy eating/cooking classes, daily physical activity, parent nights focusing on healthy lifestyles for children and parents
- Hay River Public Health program: prenatal program and sexual health promotion
- Growing Together: basic life skills, cooking and sewing classes
- Hay River Literacy Society: resources for women in crisis



- West Point First Nation: Christmas feast, food hampers and sewing classes
- Hay River Committee for Persons with Disabilities: weekly addiction support group
- Hay River Youth Center: Lights On after school program
- Soaring Eagle Friendship Center: after school activities for youth
- Non Violent Crisis Intervention Training
- Screening and brief intervention referral training
- Suicide prevention
- Youth leadership workshop

Success Stories

- Hay River Métis Government Council was able to work with several community organizations to offer a wide range of services and programs to community members
- More support and activities for elders and youth and mentoring programs
- Agencies and organizations working well together to support each other

Challenges and Opportunities for Improvement

- Further partnership and collaboration with DHSS
- Lack of counselling services and resources available for youth and families
- Lack of outreach services, education and prevention in regards to drugs and alcohol in the community
- Limited staff availability and lack of volunteers to run programs

- There is a need for a Mental Health and Addictions Centre in Hay River that can provide support, resources and qualified staff
- Resources and training for front line staff with regards to Mental Health and Addictions and factors leading up to these issues
- More teamwork and pooling together resources is needed to address factors that lead to mental health and addictions issues, such as poverty, family violence, residential school impacts and health issues
- Additional funds and receipt of funds earlier for additional programming

Hay River Reserve

Organization: Katlodeeche First Nation

Population: 309

Community Wellness Plan Priorities

- Community workshops that focus on healing, respect, alcoholism, abuse, etc.
- Maintain a nurturing, safe and active community with people living a healthy lifestyle
- Establish, promote and support cultural activities

Wellness Programming

- Aboriginal child guidance workshop
- Family games nights
- Respect and manners workshop for children
- Dene drumming workshop
- Summer day camp program
- Youth leadership wellness
- Cooking classes for pregnant women and new mothers
- Breastfeeding awareness workshop
- Feast and drum dance ceremony
- Meeting the challenge- An aboriginal perspective training
- Healing workshop
- On-the-land gathering
- Treatment centre workshop
- Wellness workshop held during National Addictions Awareness Week



- Counselling sessions for at-risk parents
- Counselling services for children and youth who were in crisis
- Community gathering to honor the life of an elder
- Healthy eating for elders
- Injury prevention for elders
- Public education workshop on community services
- Cooking classes for families
- Food safety certification

Success Stories

- Community members were actively involved and participated in events
- Various programs worked well together to plan and carry out a successful community event
- Youth became more involved in leadership roles
- New moms were involved in weekly activities and community events
- Community members became more aware of programs and services available to them on reserve
- Elders were encouraged to eat traditional foods
- Families gained new skills in preparing healthy meals and cooking for their families using fresh food

Challenges and Opportunities for Improvement

- Staff turnover made it difficult to organize activities
- Finding ways to break down barriers and to encourage community members to participate (one-on-one home visiting, personal invitations to programs, non-threatening approaches)

Inuvik (Ingamo Hall Friendship Centre)

Organization: Ingamo Hall Friendship Centre

Population: 3,355

Community Wellness Plan Priorities

- Hire full-time senior and youth workers
- Provide professional training and development
- Bridge the gap between family members, elders and youth
- Provide safe and healthy environments for all generations

Wellness Programming

- Healthy babies program
- Cooking classes, nutrition and food preparation
- Sewing classes
- Recreational activities
- Youth and elder dances
- Spa days for youth and elders
- Curling
- Hockey
- Workshop on substance abuse and self-care
- Substance abuse presentations at the school and youth centre
- Lunches with topics on healthy living
- Feast



Success Stories

- New mothers learned new skills that built their self-confidence and promoted bonding with their babies
- The healthy babies program gave parents of young children a place to go
- Lots of participation from the community members

Challenges and Opportunities for Improvement

- Lack of affordable housing and daycare for families
- A gap in services or programs supporting youth and elders
- Continuing to increase awareness of substance abuse in the community
- Addressing mental health concerns in the community (i.e. substance abuse, depression, suicide)
- Received funds late in the year

Inuvik (Inuvialuit Regional Corporation)

Organization: Inuvialuit Regional Corporation

Population: 3,355

Community Wellness Plan Priorities

- Support initiatives for addiction prevention, intervention and mental health
- Deliver prevention, treatment and aftercare addictions programs to support healthy families
- Implement counselling program to address residential school trauma

Wellness Programming

- Cooking circles
- Healthy food hampers
- Health information sessions
- Sewing classes and breastfeeding group
- Northern games
- Berry picking
- Diabetes workshops
- Diabetes radio show
- Diabetes prevention in schools
- School breakfast program
- ASIST
- Injury prevention training
- Youth Mental Wellness Engagement Sessions

Success Stories

- Mothers were cooking healthy meals for their families and made healthier choices when food shopping
- Elders taught how to cook their traditional foods and discussed healthy living, during cooking and sewing classes
- The food hampers encouraged healthy cooking with healthy ingredients
- Close collaboration with regional dietician to hold diabetes workshops and radio shows
- Offered ASIST to a number students



Challenges and Opportunities for Improvement

- Getting local traditional food from the land on a consistent basis
- Lack of food storage (i.e. freezers) to store traditional foods
- Limited funding and resources
- Reporting
- Offer a workshop on proper reporting and procedures
- Offer training to staff on what is formerly known as Canada Prenatal Nutrition Program (CPNP)
- Offer staff training in first aid, Fetal Alcohol Spectrum Disorder (FASD) and early childhood development

Jean Marie River

Organization: Jean Marie River First Nation

Population: 66

Community Wellness Plan Priorities

- On-the-land treatment centre
- Promote and support healthy, strong families
- Promote and support education and training
- Maintain and use traditional knowledge and skills
- Traditional knowledge research and training

Wellness Programming

- Various activity nights: healthy cooking, traditional games, board games, sewing and beading
- Proposal writing training

Success Stories

- Activities brought people of all ages together in a positive way
- The children enjoyed the healthy cooking, craft night, games night and slumber overnights
- Participants have improved their cooking skills



Challenges and Opportunities for Improvement

- The Band is seeking a full-time Wellness Worker to oversee the program

Kakisa

Organization: Ka'a'gee Tu First Nation

Population: 45

Community Wellness Plan Priorities

- Encouraging access and use of traditional foods and plants
- Community gatherings
- More community involvement in school activities

Wellness Programming

- Land-based cultural camp

Success Stories

- The cultural camp promoted our traditions and culture
- Received funding and support from other organizations

Challenges and Opportunities for Improvement

- Ka'a'gee Tu First Nation is seeking a full-time Wellness Worker to oversee the Community Wellness Program



Łutsel K'e

Organization:	Łutsel K'e First Nation
Population:	298

Community Wellness Plan Priorities

- Work towards regaining independence/self-determination over all aspects of life
- Strengthen self-esteem, self-worth and self-reliance by strengthening language, culture and traditions
- Deal with the effects of trauma
- Focus on children and youth
- Hire a Community Wellness Coordinator and programmer

Wellness Programming

- Prenatal and postnatal program
- Girls group
- After-school program
- On-the-land camps
- Wellness and theater arts workshops
- Sauna program
- Wellness Committee
- DuHamel Lake camp and canoe trip
- Kids in Kitchen program

Success Stories

- Youth volunteering at prenatal and postnatal program
- Successful prenatal and postnatal loaner program, which included baby items, breast care, clothing, toys, cribs, baby safe locks and other care items
- Kids in the Kitchen was a huge success and continues to grow
- Girls group attendance and participation increased as the year progressed and was well-received



- Great wellness workshops, including successfully introducing theater arts as a method to healing and moving forward for youth
- A large group of women met regularly to learn traditional skills
- Youth enjoyed on-the-land camps, canoe trip and setting traps

Challenges and Opportunities for Improvement

- Limited programming space to accommodate growing numbers
- Staff or volunteers needed to help run Kids in the Kitchen as the program continues to grow
- The Mental Health and Addictions Counsellor is available one or two days a month
- There is a gap in services in the community for children ages 0-4, as there is no daycare
- High staff turnover makes it difficult run programs

Nahanni Butte

Organization: Nahanni Butte First Nation

Population: 99

Community Wellness Plan Priorities

- Traditional cultural teachings and healing out on the land
- Making traditional culture a bigger and stronger part of the community's identity
- Seasonal cultural camps
- Education: mentors, improved library services, career days, science workshops, youth conferences and student exchanges

Wellness Programming

- Healthy cooking program
- Community feast
- Elder support
- Annual Spring Carnival: drum dancing, hand games, dene traditional games
- Drumming and traditional hand game practice
- Youth survival skills
- Indigenous Circumpolar Women's Gathering in Yellowknife

Success Stories

- Youth enjoyed learning the cultural teachings of drumming and being out on the land with elders, learning everything from trapping to winter survival skills
- Elders shared traditional knowledge, legends and stories of past history
- The healthy cooking program was very successful
- The community enjoyed regular gatherings in the local language, Dene Zhatie, and having access to traditional foods
- Traditional food was donated from various people from the community



Challenges and Opportunities for Improvement

- Lack of a full-time Mental Health Worker in the community
- Identifying cooks on a regular basis during the winter months and establishing a list of those seeking casual employment with contact information
- Community isolation

Norman Wells

Organization: Sahtu Health and Social Services Authority

Population: 774

Community Wellness Plan Priorities

- Offer traditional cultural teaching and on-the-land activities
- Enhance afterschool programs and activities
- Healthy gathering spaces for older youth like cinema and coffee shop
- Establish a permanent youth-oriented recreation centre
- Establish hiking and hiking trails
- Youth engagement
- Provide quality early childcare
- Programs for new parents, including prenatal care and physical activity for younger youth
- Collaboration between various departments and local organizations to develop and implement social programs

Wellness Programming

- Nutrition counselling and grocery store tours
- Diabetes community bingo event where healthy snacks were provided and healthy ingredients, kitchen supplies and cookbooks were offered as prizes
- Self-management diabetes workshop
- Cooking class
- Dietician school visit



Success Stories

- Community feedback was excellent

Challenges and Opportunities for Improvement

- Support from a trained Diabetes Nurse Educator
- Availability of healthy food options in our stores
- Additional resources to distribute to school and incentives to engage community members for participation (e.g. bingo prizes, grocery store coupons)

Paulatuk

Organization: Inuvialuit Regional Corporation

Population: 314

Community Wellness Plan Priorities

- Support initiatives for addiction prevention, intervention and mental health
- Deliver prevention, treatment and aftercare addictions programs to support healthy families
- Implement counselling program to address residential school trauma

Wellness Programming

- Cooking circles
- Healthy food hampers
- Health information sessions
- Sewing classes and breastfeeding group
- Northern games
- Berry picking
- Diabetes workshops
- Diabetes radio show
- Diabetes prevention in schools
- School breakfast program
- ASIST
- Injury prevention training
- Youth mental wellness engagement sessions

Success Stories

- Mothers were cooking healthy meals for their families and made healthier choices when food shopping
- Elders taught how to cook their traditional foods and discussed healthy living, during cooking and sewing classes
- The food hampers encouraged healthy cooking with healthy ingredients
- Close collaboration with regional dietician to hold diabetes workshops and radio shows
- A number of students were offered ASIST

Challenges and Opportunities for Improvement

- Getting local traditional food from the land on a consistent basis
- Lack of food storage (i.e. freezers) to store traditional foods
- Limited funding and resources
- Reporting
- Offer a workshop on proper reporting and procedures
- Offer training to staff on what is formerly known as Canada Prenatal Nutrition Program (CPNP)
- Offer staff training in first aid, Fetal Alcohol Spectrum Disorder (FASD) and early childhood development



Sachs Harbour

Organization: Inuvialuit Regional Corporation

Population: 120

Community Wellness Plan Priorities

- Support initiatives for addiction prevention, intervention and mental health
- Deliver prevention, treatment and aftercare addictions programs to support healthy families
- Implement counselling program to address residential school trauma

Wellness Programming

- Cooking circles
- Healthy food hampers
- Health information sessions
- Sewing classes and breastfeeding group
- Northern games
- Berry picking
- Diabetes workshops
- Diabetes radio show
- Diabetes prevention in schools
- School breakfast program
- ASIST
- Injury prevention training
- Youth mental wellness engagement sessions

Success Stories

- Mothers were cooking healthy meals for their families and made healthier choices when food shopping
- Elders taught how to cook their traditional foods and discussed healthy living, during cooking and sewing classes



- The food hampers encouraged healthy cooking with healthy ingredients
- Close collaboration with regional dietician to hold diabetes workshops and radio shows
- A number of students were offered ASIST

Challenges and Opportunities for Improvement

- Getting local traditional food from the land on a consistent basis
- Lack of food storage (i.e. freezers) to store traditional foods
- Limited funding and resources
- Reporting
- Offer a workshop on proper reporting and procedures
- Offer training to staff on what is formerly known as Canada Prenatal Nutrition Program (CPNP)
- Offer staff training in first aid, Fetal Alcohol Spectrum Disorder (FASD) and early childhood development

Trout Lake

Organization: Sambaa K'e Dene Band

Population: 98

Community Wellness Plan Priorities

- Healing from residential school impacts
- Willingness of members to engage in community life
- Maintain and use traditional knowledge and skills

Wellness Programming

- Path of Grief workshop at the Old Trout Lake base camp
- One-on-one counselling
- Travel assistance to seek traditional medicine and traditional healer visit
- Traditional drum dance ceremonies
- National Addictions Awareness Week
- Traditional moose hide tanning
- Healthy living workshop

Success Stories

- Workshops were well attended by the community and one-on-one counselling was successful
- Alcohol/drug free activities and events were held for all families in the community
- Promoted Dene Law and Principles of Dene ways of healthy living
- Passed down Dene Laws and Traditional Knowledge from elders to youth
- Youth were inspired by Dene Tha Drummers and participated in traditional drum dance ceremonies



Challenges and Opportunities for Improvement

- Encouraging participation in traditional moose hide tanning
- Having a trained, full-time Community Wellness Coordinator
- Increase effective communication and work closely with Social Worker and the Mental Health Counsellor

Tsiigehtchic

Organization: Gwichya Gwich'in Band

Population: 163

Community Wellness Plan Priorities

- Improve communication with local authorities and organizations
- Deliver effective positive motivational programming
- Bridge the youth and elder gap
- Support and maintain traditional values and knowledge through schools and recreation programs
- Pre and post natal and parenting programming
- Healthy living sessions with seniors
- Diabetes testing and general health information sessions
- Healthy eating and traditional food preparation and storage
- Workshops on grieving, residential schools, mental health first aid, ASIST, elder abuse and substance-free living
- Physical activity programs for families and seniors
- On-the-land programming with seniors, youth, women, men and couples
- Promote and support community supports programs
- Use of traditional foods and medicines



Wellness Programming

- Drumming and hand games
- Elders' program and spiritual healing
- Traditional culture program

Success Stories

- Promoting cultural awareness among youth and providing support and traditional food to elders in the community

Challenges and Opportunities for Improvement

- Additional support in delivering community wellness programming is needed
- Programs started late in the year
- Limited availability and access to services and support
- Gaps in services and coordination
- Unable to find a coordinator to deliver the community wellness program
- Lack of facilities or adequate space to deliver program activities

Tuktoyaktuk

Organization: Inuvialuit Regional Corporation

Population: 880

Community Wellness Plan Priorities

- Support initiatives for addiction prevention, intervention and mental health
- Deliver prevention, treatment and aftercare addictions programs to support healthy families
- Implement counselling program to address residential school trauma

Wellness Programming

- Cooking circles
- Healthy food hampers
- Health information sessions
- Sewing classes and breastfeeding group
- Northern games
- Berry picking
- Diabetes workshops
- Diabetes radio show
- Diabetes prevention in schools
- School breakfast program
- ASIST
- Injury prevention training
- Youth mental wellness engagement sessions



Success Stories

- Mothers were cooking healthy meals for their families and made healthier choices when food shopping
- Elders taught how to cook their traditional foods and discussed healthy living, during cooking and sewing classes
- The food hampers encouraged healthy cooking with healthy ingredients
- Close collaboration with regional dietician to hold diabetes workshops and radio shows
- A number of students were offered ASIST

Challenges and Opportunities for Improvement

- Getting local traditional food from the land on a consistent basis
- Lack of food storage (i.e. freezers) to store traditional foods
- Limited funding and resources
- Reporting
- Offer a workshop on proper reporting and procedures
- Offer training to staff on what is formerly known as Canada Prenatal Nutrition Program (CPNP)
- Offer staff training in first aid, Fetal Alcohol Spectrum Disorder (FASD) and early childhood development

Tulita

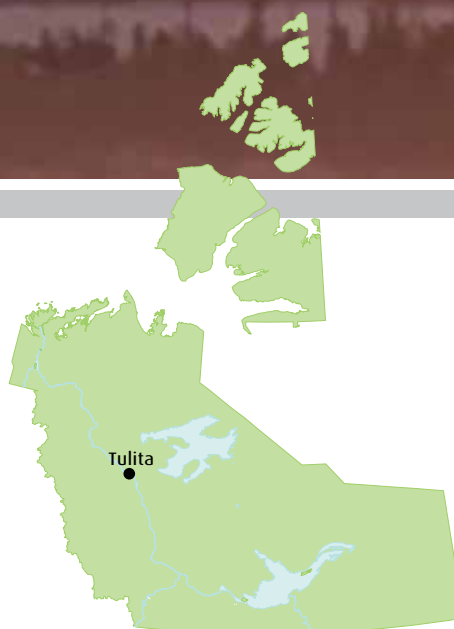
Organization:	Tulita Dene Band
Population:	505

Community Wellness Plan Priorities

- Engage our community youth to learn about •
Healthy child and youth development:
 - » Early childhood development
 - » Support for youth
- Healthy living and disease prevention:
 - » Walking trail to 4 Mile Creek
 - » Elders lunch program
 - » Traditional pursuits program
- Mental health and disease prevention:
 - » Activities and awareness sessions on alcohol and drug use and the impacts on youth development will be delivered in our community
 - » Tobacco education and support activities will be delivered for youth to learn how to live a smoke-free life
 - » Activities on the importance of healthy pregnancies, drinking and drug use during and after pregnancy will be implemented for prenatal and postnatal women

Wellness Programming

- Healthy food display
- Sewing classes
- Youth baking and cooking
- Mothers' cooking
- Literacy activities
- Elders' day once a week with a healthy meal and exercise
- Children and youth lunches
- Food hampers



Success Stories

- Youth started eating more fruits and vegetables
- Youth and children ate a healthy lunch twice a week
- Elders ate a healthy meal once a week and were able to exercise and visit with one another
- New mothers and pregnant women learned how to cook, eat healthy and the benefits breastfeeding
- Community members had access to a healthy meal once a week

Challenges and Opportunities for Improvement

- It is cheaper to buy processed food than healthy foods
- Accessibility to healthy foods (i.e. fresh produce, dairy products) is limited
- Find more ways or recipes to cook with healthy frozen or canned foods
- Scheduling programs and activities

Ulukhaktok

Organization: Inuvialuit Regional Corporation

Population: 415

Community Wellness Plan Priorities

- Support initiatives for addiction prevention, intervention and mental health
- Deliver prevention, treatment and aftercare addictions programs to support healthy families
- Implement counselling program to address residential school trauma

Wellness Programming

- Cooking circles
- Healthy food hampers
- Health information sessions
- Sewing classes and breastfeeding group
- Northern games
- Berry picking
- Diabetes workshops
- Diabetes radio show
- Diabetes prevention in schools
- School breakfast program
- ASIST
- Injury prevention training
- Youth mental wellness engagement sessions

Success Stories

- Mothers were cooking healthy meals for their families and made healthier choices when food shopping
- Elders taught how to cook their traditional foods and discussed healthy living, during cooking and sewing classes
- The food hampers encouraged healthy cooking with healthy ingredients
- Close collaboration with regional dietician to hold diabetes workshops and radio shows
- A number of students were offered ASIST

Challenges and Opportunities for Improvement

- Getting local traditional food from the land on a consistent basis
- Lack of food storage (i.e. freezers) to store traditional foods
- Limited funding and resources
- Reporting
- Offer a workshop on proper reporting and procedures
- Offer training to staff on what is formerly known as Canada Prenatal Nutrition Program (CPNP)
- Offer staff training in first aid, Fetal Alcohol Spectrum Disorder (FASD) and early childhood development



Wekweètì

Organization: Tłıcho Government

Population: 143

Community Wellness Plan Priorities

- Regain community involvement and participation
- Build stronger communication between communities
- Network with organizations to pursue similar goals and objectives
- Bridge intergenerational gap between elders and youth
- Foster Tłıchq culture by incorporating Tłıchq practices in programs and services
- Build capacity by utilizing local resources
- Work together to build a healthier community
- Seek additional funding sources for specific programming
- Create awareness programs on mental health
- Support and encourage on-the-land programs with focuses on healing, enhancing culture and traditions and spirituality/respect

Wellness Programming

- Tłıchq Annual Youth Conference hosted in Behchokq
- “Breaking the Silence”: a Tłıchq based film on violence against women
- Prenatal/postnatal education and cooking class
- Craft class
- Traditional parenting
- Breastfeeding support
- Monthly community newsletters
- Diabetes Survey implementation
- Annual Early Year’s Conference in Vancouver



Success Stories

- 18 community-based researchers (staff and community members) were trained to implement a Diabetes Survey across the Tłıchq region
- Through peer-to-peer education, participants of the Diabetes Survey have become more aware and inclined to talk about diabetes, the signs and symptoms, personal care (i.e. nutrition and exercise), and have requested for more educational sessions throughout the Tłıchq region
- Youth learned about Anti-Bullying during the Tłıchq Annual Youth Conference and learned that they need to work together instead of tearing each other down
- Youth learned about FASD and held group discussions about ways to assist in educating the community and their friends and family
- Prenatal, postnatal and breastfeeding mothers learned how to cook and prepare healthy meals, sewing and the positive benefits of breastfeeding, while supporting one another through the learning process

Challenges and Opportunities for Improvement

- Provide diabetes education to Tłıchq residents to create awareness and prevention programming in Tłıchq communities
- Educate Tłıchq residents living with diabetes or diagnosed with diabetes on how to manage their blood sugar levels

Whatì

Organization: Tłìcho Government

Population: 500

Community Wellness Plan Priorities

- Regain community involvement and participation
- Build stronger communication between communities
- Network with organizations to pursue similar goals and objectives
- Bridge intergenerational gap between elders and youth
- Foster Tłìchq̓ culture by incorporating Tłìchq̓ practices in programs and services
- Build capacity by utilizing local resources
- Work together to build a healthier community
- Seek additional funding sources for specific programming
- Create awareness programs on mental health
- Support and encourage on-the-land programs with focuses on healing, enhancing culture and traditions and spirituality/respect

Wellness Programming

- Tłìchq̓ Annual Youth Conference hosted in Behchok̓
- “Breaking the Silence”: a Tłìchq̓ based film on violence against women
- Prenatal/postnatal education and cooking class
- Craft class
- Traditional parenting
- Breastfeeding support
- Monthly community newsletters
- Diabetes Survey implementation
- Annual Early Year’s Conference in Vancouver



Success Stories

- 18 community-based researchers (staff and community members) were trained to implement a Diabetes Survey across the Tłìchq̓ region
- Through peer-to-peer education, participants of the Diabetes Survey have become more aware and inclined to talk about diabetes, the signs and symptoms, personal care (i.e. nutrition and exercise), and have requested for more educational sessions throughout the Tłìchq̓ region
- Youth learned about Anti-Bullying during the Tłìchq̓ Annual Youth Conference and learned that they need to work together instead of tearing each other down
- Youth learned about FASD and held group discussions about ways to assist in educating the community and their friends and family
- Prenatal, postnatal and breastfeeding mothers learned how to cook and prepare healthy meals, sewing and the positive benefits of breastfeeding, while supporting one another through the learning process

Challenges and Opportunities for Improvement

- Provide diabetes education to Tłìchq̓ residents to create awareness and prevention programming in Tłìchq̓ communities
- Educate Tłìchq̓ residents living with diabetes or diagnosed with diabetes on how to manage their blood sugar levels

Wrigley

Organization: Pehdzeh Ki First Nation

Population: 152

Community Wellness Plan Priorities

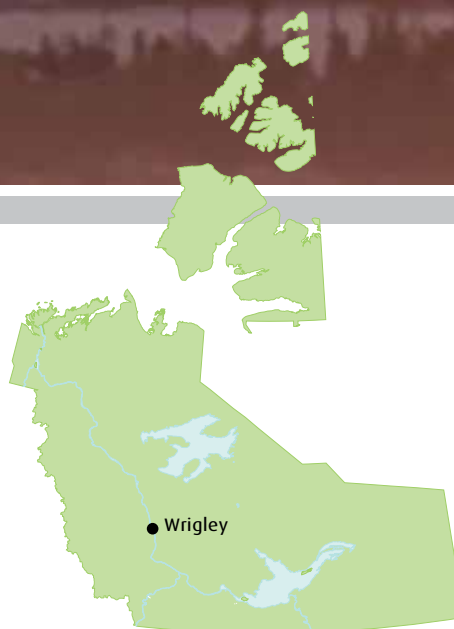
- Treatment programs for the impacts of residential school and addictions
- On-the-land treatment programs
- Family violence and addictions counselling programs

Wellness Programming

- Healthy eating and breakfast program
- Heart Month sessions
- Mental health bingo
- Addictions display
- 5-day cultural camp in Old Town, including hunting, trapping, snaring and snowshoeing

Success Stories

- Sharing information and knowledge between elders and youth
- Participants shared, educated and practiced healthy lifestyles that comes with living off the land
- Cultural activities had high levels of community participation
- Provided hampers for the homeless and introduced healthy eating and cooking in the community
- Positive family and social interaction at the healthy bingo events
- All events were alcohol/ drug free and information on substance abuse was shared
- There was a lot of community volunteers for the Wellness Programs



Challenges and Opportunities for Improvement

- Mental health and addiction issues of the community need to be a focus
- Changing habits and behavior, especially in regards to substance-free living and healthy eating
- Improving access to addictions counselors and services with a strong cultural on-the-land program
- Extend the on-the-land program to 10 days and invite guest speakers
- Staffing
- Hiring a part-time coordinator

Yellowknife

Organizations:	Foster Family Coalition of the NWT
	Northern Youth Leadership Society
	Stanton Territorial Health Authority

Population:	19,936
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Wellness Programming

The **Foster Family Coalition** of the NWT offered staff training and on-the-land culture camps throughout the summer for youth from across the NWT between the ages of 7-18 who are living in a foster home, have been adopted or have direct involvement with health and social services:

- Three-week youth camp (ages 7-11)
- One-week youth camp (ages 12-14)
- One-week young women's/men's camp (ages 15-18)

The **Northern Youth Leadership** offered three camps for youth that focused on outdoor survival skills, canoeing and camping, hiking, fishing, traditional skills, leadership activities and environmental stewardship:

- Gana River girls' camp (7 days)
- Boys' East Arm fishing camp (5 days)
- North Arm girls' canoe trip (9 days)

The **Stanton Territorial Health Authority** offered family and community support with children (ages 8-16) who have participated in the FASD Diagnostic Clinic. The FASD Diagnostic Team offered community-based support that included a combination of family, social workers, rehabilitation service providers and school staff identified by the parent or guardian.



The Yellowknife Association for Community Living held weekly peer support sessions for adolescents and adults affected by FASD, including:

- Daily living, like cooking, physical activity, budgeting and paying bills
- Communication skills and social activities
- Providing a safe learning environment and support for parents
- Understanding medical matters
- Identifying social and employment supports
- Elders and community resources

Health and Social Services Authorities

Health and Social Services Authority	Wellness Programming
Beaufort Delta Health and Social Services Authority	<ul style="list-style-type: none"> • Breastfeeding support and training • Nutrition support • Physical activity • Healthy diets • Physical activity • Nutrition sessions • Diabetes workshops
Fort Smith Health and Social Services Authority	<ul style="list-style-type: none"> • Diabetes Group medical appointments • Diabetes mini clinics
Hay River Health and Social Services Authority	<ul style="list-style-type: none"> • Diabetes workshops • Diabetes Awareness Fitness Nights • Cooking Circles <ul style="list-style-type: none"> - For the Love of Food - Soaring Eagle Friendship Center - Food for Fitness - Nutrition Month Community Kitchen • Nutrition for Learning <ul style="list-style-type: none"> - Kids in the Kitchen - School Snack program • Weight Management Classes • Walk and Talk <ul style="list-style-type: none"> - Breakfast Walk and Talk - Walk for Lunch • Health Fairs / Expos <ul style="list-style-type: none"> - Hay River Health Fair - World No Tobacco Day • DJSS Grade 9 Nutrition Unit • Aurora College Life Skills Course • Babysitting Course • DJSS Sustainable Food Retreat • Wellness Presentations <ul style="list-style-type: none"> - Oral Health - Hay River Committee for Persons with Disabilities Lifestyle - Type 1 Diabetes - How does Food Affect my Body - Diabetes Prevention
Sahtu Health and Social Services Authority	<ul style="list-style-type: none"> • Cooking Club / Circle • Grocery Store Tours • Diabetic Clinics • Diabetes awareness event • Healthy Eating and Instruction for pre-natal moms • School education events <ul style="list-style-type: none"> - Diabetes and risk factors - Healthy eating, drinking and weight management - Importance of exercise - Diabetes, stroke or heart attack recognition
Yellowknife Health and Social Services Authority	<ul style="list-style-type: none"> • Canadian Prenatal Nutrition Program (CPNP) worker training • Healthy Pregnancy Group nutrition module • Community Luncheon on diabetes prevention and management (Lutsel K'e) • Diabetes Clinics (Fort Resolution) • Diabetes Program (Yellowknife) • Diabetes Presentation to CPNP (Lutsel K'e)

