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# Enterprise Community Wellness Plan



2024-2029

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In partnership with the Hamlet of Enterprise, NT and the Government of the Northwest Territories

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# 1. Introduction

Leading up to the creation of this Community Wellness Plan, the staff and residents of the Hamlet of Enterprise participated and shared their thoughts and ideas in the creation of a new and improved Community Wellness Plan to better serve the unique needs in our community.

Our community is made up of approximately 100 residents with the majority being children and Elders primarily made up of Indigenous northerners. The social, economic and sustainable goals we are focusing on connect interchangeably with much of the work that is already underway in our community. However our vision can help us to get to where we need to go with a dedicated process that we can follow into the future.



Since we are a small community, we will be focusing on seasonal cycles rather than demographics so as not to exclude or segregate anyone from participating in community activities throughout the year. With that being said we do offer programs specific to a wide range of children and youth as well as Elders and adults.

Given the complexity of each priority area and the multi-year timeframe, we expect that different delivery areas will have a different focus at any given time while also recognizing that priorities are based on local needs. Throughout this Community Wellness Plan our goals, priorities, list of programs, mission and values are set out in hopes of meeting the physical, emotional and spiritual needs of our community.

The rollout of this plan will form the foundation for local planning for priority projects and will involve the community. New priorities may emerge during the lifespan of this plan and will be considered as they arise. As we prioritize we will rely on resources as required seeking further feedback from the community on improvement to ensure that this wellness plan focuses on creating and maintaining stronger partnerships and effective communications. This includes both the development of a coordinated planning process as well as increased collaborative approaches to delivering services.

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## 2. Vision

- **To provide a safe, clean, environmentally friendly sustainable community with the ability thrive, socially and economically.**
  - **To provide access to quality education, health and social services through volunteers, partnerships and various organizations with a wellness mandate.**
  - **To provide a broad range of economic development including innovative opportunities that provide opportunity for local employment, training and quality services.**
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Over the past five years, Community Wellness funding supported Enterprise to actively implement our vision which has led to long lasting positive impacts in the community. Going forward, we will further benefit from continuation of this funding to improve programming for the benefit of our residents.

The community of Enterprise is open to collaborating with organizations that are willing and capable of supporting our vision and apply it in the community.

Wellness funding will be spent on supporting families and children, youth activities, on the land activities, supporting seniors/Elders programs, making room for safe spaces, implementing a healing camp, cultivating a community garden, and more. We have the dedication and determination, and will work collectively to achieve successful results for the betterment of our community.



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# 3. Mission

To maintain and enhance our quality of life both individually and collectively. To be open and transparent in our communications with one another in a healthy productive way that promotes the well being of our children and families while ensuring that we are free to live in a safe, secure and caring community.

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## Education & Employment

Literacy; Parenting Programs; Day Care; Cooking Classes; First Aid/CPR; Computer Skills; After School Programs; Employment Opportunities; Job Board; Resource Development; Mentorship; Creating Jobs; Green Technology; Learning Centre; Volunteering; Trades;

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## Health & Well Being

Sports; Fitness; Nutritional Awareness; Suicide Prevention; Home Care; Trauma Counsellor; Home Visits; Wrap Around Support Services; Diabetes Workshops; Addictions Awareness; AA Meetings; Sharing Circles; Life Skills; Community Participation; Self-Care; Balance; Helping Each Other

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## Culture

Art; Music; Creativity and Expression; Spirituality; Wellness Cabin; Trail Walks; Access to River; Community Feasts; Positive Signage; Traditional Language; Hunting; Fishing; Trapping; Sewing; Team Building Activities; Game Nights; Canoeing; Snowshoeing; Family Nights; Summer Camps; Sports Camps; Spring Carnival; Jamboree; Camping; Community Celebrations

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## Safety & Security

Injury Prevention; Accessible and Affordable Housing; Emergency Planning; Food Sovereignty; Sustainable Infrastructure; Community Garden; Community Hunts; Helmet Safety; Drivers License Courses; Advocacy; Assistance with Ambulance Fees; Shelter Support; Transportation; Communication; No Littering; No Vandalizing;

# Education & Employment

Our community has the capacity to exercise employment development in a wide range of economic sectors. Exploring potential job creation in the community by providing the tools necessary to build a robust and diverse skills set amongst our residents is necessary. Living in a small northern community does not have to mean that one is not able to participate in the economic industry unless they work away from home, in fact it can come as an advantage with the proper support in place.

In order to have a healthy economy and create employment opportunities, we must first ensure residents have access to a wide array of educational opportunities that cater to their interest. The Community Wellness Plan will continue supporting early childhood education programs and keep on schedule with the organization of parenting programs. For high school students, the community will keep promoting trade and technology as avenues for success, including pre-apprenticeship programs. Increasing stay-in-school initiatives, career counselling and other additional supports for students at risk of dropping out of high school is paramount. In hopes of increasing availability of summer work placements for youth and decreasing turnover rates for staff in community, we must provide frequent training opportunities and other incentive such as employee recognition programs to keep employee retention rates at their highest.

Focusing on education, through the Community Wellness fund, Enterprise will work to deliver academic programs that increases literacy for all ages, identify appropriate education avenues and tailor learning by determining aptitude and interests of learners.

A healthy economy and quality education equals a healthy community, one where residents can prosper with a sense of purpose and pride in their accomplishments.

# Health & Well Being

Supporting access to health care services in the community improves the overall quality of services for residents. Enterprise's Community Wellness Plan will leverage treatment and aftercare programs with youth, parents and expectant mothers. We are also in support of initiatives for addictions and mental health, support the community in advocating for an NWT addictions treatment facility or series of facilities across the north supporting various initiatives for addictions aftercare and counselling. Enhancing mental health counselling in our community is a priority, as such we will continue to support health promotion initiatives. Implementing strategies for recruiting and maintaining health care professionals to live and work in the region for extended periods of time is being explored specifically to residents with residential school traumas.

Promoting recreation to increase physical fitness is ongoing. This includes traditional harvesting which help facilitate healthy eating habits. Focusing on developing endurance, strength, balance, and flexibility to participate in local and national events can be something to work towards with perseverance and inspiration.

Appropriate access to health care both physically and mentally is of the utmost value to our residents. A framework for determining the wellness of a community is when a community's resources are mobilized in a continuous cycle to improve the health of the community as a whole. Community health improvement processes that include performance monitoring can be an effective tool for developing a shared vision and supporting a planned and integrated approach to improving community wellness. Based on recommendations this category of wellness will be consistently evaluated and developed for further improvement.

# Culture

Regardless of one's customs, religion, language, beliefs and traditions our community inclusively welcomes a diversity of cultures. Culture is presented through a celebration of customs, laws, dress and arts for community wellness to occur. Reflecting on important holidays, foods, and games allows for a healthy culture where a community can thrive. Practicing a culture of wellness in our community can help residents to feel connected, creative, more productive, healthier and safe.

A community that is vibrant in many different cultures starts with a well designed wellness plan that demonstrates a freedom of expression. Strategic resident engagement will help to identify which programs work well and which programs require further development for the most effective outcome.

A healthy community requires adequate resources, fair management, effective communications, and dedicated volunteers. Human resources are essential for a strategic plan to become successful for ensuring a culturally rich community that recognizes the importance of acknowledging land based teachings, place based histories and Indigenous ways of knowing being. This includes the provision of culturally based learning modules in schools and in the workplace.

Some of the ways we can practice cultural activities in our community is by creating a space for music, creativity, expression and spirituality. Hosting community feasts, supporting traditional language lessons, providing incentive to hunt, fishing and trap. Host sewing nights. Participate in land based activities like canoeing in summer and snowshoeing in winter. Dedicated a set aside time for cultural practices during summer camps. Lastly, the Spring Carnival and jamboree are excellent venues for showcasing cultural pride.

Ideas for consideration are to establish a wellness committee that meets monthly and provides feedback to residents for their input and feedback.

# Safety & Security

Having a safe place to call home is vital to the health of a community. Non-Violent homes are safe havens where physical and emotional needs can be nurtured. The Community Wellness Plan will look at ways to improve relations with law enforcement and the legal system to mitigate and address in the most compassionate way possible unsafe living situations. Having a safe community watch system where residents can rely on one another to keep safe from harm and outside influence of unwanted drugs and alcohol in the community can be explored. In addition, educating residents, specifically youth, on the impacts that drugs and alcohol can have if they happen to come into the community can mitigate safety and security issues in our community. A safe and secure environment is one in which residents have the freedom to pursue daily activities without fear of violence or retribution, especially if a resident is compelled to complain of illegal activity, is important for the safety and security of the community as a whole. To have somewhere for residents to share in confidence their concerns. Possibly a confidential suggestion box would be beneficial.

Safety starts in the home. Ensuring that there are no safety hazards such as fire or health indicators that need to be addressed can be provided through the Community Wellness Plan. Safety threats can also appear in the form of natural disasters such as floods, or forest fires which is why it is important for the community to create a community emergency plan and communicate it to residents effectively. This can be done through the work of the Community Wellness Planning in partnership with qualified experts.

Some of the ways we can improve safety and security in our communities is by utilizing available funding to install improved lighting on sidewalks and roads and assist with small home repairs.

Our health is greatly impacted by the environment in which we live, work and play. Our homes, neighbourhoods, places of work, schools and community facilities should be kept clean and safe. A safe and secure environment can help to promote physical, social, and emotional health throughout our community.

# 4. Goals

To build upon existing programs and create new initiatives that meet our values and objectives while promoting and supporting health, safety, well-being, culture education and employment is an overall goal shared by many community residents. To ensure that the community government leadership is focused in addressing these goals in a responsible and accountable manner for the betterment of the community we will follow a set of short and long terms goals. We will know we have created a successful wellness plan when residents talk positively with and about one another, when they participate in community events and when they share, respect and enjoy each other's company. We are all responsible for the health and wellness of our community.



## SHORT TERM

Category	Activity / Project	Outcome/Results
Education & Employment	Hire and train more staff to fulfill various programs and initiatives, support educational goals and promote the economy	A community government that is fully capable to provide support services and maintain effective operations
Health & Well Being	Bring in a qualified trauma counsellor twice a month	Support community members who are struggling with addictions and unresolved trauma
Culture	Display positive signage/messages in the community on murals in the community created by youth with emphasis on incorporating Indigenous languages	Improving communications; youth engagement; community beautification; promote tourism
Safety & Security	Reach out to various organizations to provide additional support where capacity is limited and develop impactful initiatives for wellness	Partnership and collaboration ensures that our community is safe from all forms of violence and emergency disasters


Community members top wellness priorities are:

- Community Events
- Mental Health
- Education
- Fairness
- Sharing
- Working Together
- Respecting Each Other



## LONG TERM

Category	Activity / Project	Outcome/Results
Education & Employment	Promote energy efficiency by switching to sustainable resources, welcoming renewable energy alternatives and improving energy consumption to protect the environment	Cost savings on heating fuel; financial independence; innovative job creation that addresses climate change; educating residents on conserving energy
Health & Well Being	Identify where to situate a community wellness plan to strengthen existing wellness programs on the land	Creating a cultural safe place that can offer healing for residents in need of community support.
Culture	Establish a community wellness committee to engage residents in discussions around how to celebrate diversity in the community	Provides residents with an opportunity to provide feedback into what types of community events they would like to see take place
Safety & Security	Improving local food sovereignty and shelters for community members who are in need.	A community government that is continuously focused, responsible, accountable and adaptable to the communities needs



During engagement for the new Community Wellness Plan, residents said they would like to see more:

STORYTELLING

BINGO

ACTIVITIES FOR TEENS

SPORTS

CARD NIGHTS

ART WORKSHOP

CARPENTRY WORKSHOPS

GOLFING

MOVIE NIGHTS

EVENING & WEEKEND HANGOUT SPACES

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# 5. Values

We value all of our community members and the unique qualities that each individual encompasses. Inclusion and diversity is vital. A kind and positive outlook helps our community thrive. We honour respectful and honest engagement with one another and are committed to providing an integral, trustworthy and caring contribution to our community so that we can continue to prosper equitably.

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*"Wellness is balance and peace of mind."*

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*"Our friends, family and future generations deserve a healthy community."*

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**Our values of enhancing efforts to improve overall education, health, and social determinants for a vibrant community is in alignment with the Truth and Reconciliation Calls to Action as well as the United Nations Declaration on the Rights of Indigenous Peoples.**

# 6. Programs

Regular programming is already well underway in the community with a yearly spring carnival, followed by summer camps, a well attended jamboree, weekly game nights, community feasts and the preparation of food and gift baskets. Mentorship programs take place among the youth and Elders. All year round there is a focus on the importance of fitness and in school field trips are organized along with our after school program that is well attended. Parenting and Elders programs are also available. and we are always looking for new members to join. All of this could not be possible without dedicated community volunteers.



## Education & Employment:

Parenting Programs; Day Care; Cooking Classes; First Aid/CPR; Computer Skills; After School Programs; Employment Opportunities; Job Board; Resource Development; Mentorship; Creating Jobs; Green Technology; Learning Centre; Volunteering; Trades; Literacy

## Culture:

Art; Music; Creativity and Expression; Spirituality; Wellness Cabin; Trail Walks; Access to River; Community Feasts; Positive Signage; Traditional Language; Hunting; Fishing; Trapping; Sewing; Team Building Activities; Game Nights; Canoeing; Snowshoeing; Family Nights; Summer Camps; Sports Camps; Spring Carnival; Jamboree; Camping; Community Celebrations

## Health & Well Being:

Sports; Fitness; Nutritional Awareness; Suicide Prevention; Home Care; Trauma Counsellor; Home Visits, Wrap Around Support Services; Diabetes Workshop; Addictions Awareness; AA Meetings; Sharing Circles; Life Skills; Community Participation; Self-Care; Balance; Helping Each Other

## Safety & Security:

Injury Prevention; Accessible and Affordable Housing; Emergency Planning; Food Sovereignty; Sustainable Infrastructure; Community Garden; Community Hunts; Helmet Safety; Drivers License Courses; Access to Transportation Advocacy; Assistance with Ambulance Fees; Shelter Support; Transportation; Communication; No Littering; No Vandalizing

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# 7. Conclusion

Many of the initiatives found within this wellness plan are interconnected and cross over into each category. As the analysis and examples in this report have demonstrated, a wide array of factors influence a community's wellness. Community wellness is a shared responsibility. For both individuals and populations, wellness not only depends on medical care but also on social and economic conditions. Alongside the residents of Enterprise, public and private entities influence the community's health. A tool for evaluating the successful delivery of community wellness is examining activity participation to determine the effectiveness of wellness programs and to determine whether the needs of all demographics of the community are being addressed. This will be completed overtime by analyzing, collecting, actioning, measuring, identifying the need for improvement and prioritizing the data of wellness programs offered in the community whereby an effective process can be constructed to devise, implement, and evaluate the impact of wellness strategies now and into the future.

A big thank you to everyone who has participated in the development of this new Community Wellness Plan, we look forward to working with you to make our community strong.

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*"Community wellness important because it helps us live healthy, strong and happy lives."*

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## Contact

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***Mahsi Cho!***  
***Thank you!***