

# DEH GAH GOT'IE WELLNESS PLAN 2018

The Deh Gah Got'ie Wellness Plan provides a holistic and action-oriented response to the fundamental issues of health and well-being that people face everyday.

## EXECUTIVE SUMMARY

Our first Wellness Plan for 2013-2018 was a milestone for Deh Gah Gotie First Nation (DGGFN). The success of that plan was that it helped us establish a strong basis of collaboration and communication between DGGFN and local organizations. The Deh Gah Gotie Wellness Plan 2018-2023 seeks to establish an integrated and coordinated approach to improving the well-being of people, understanding the culture and the diversity of needs of the community. The plan provides a holistic and action-oriented response to the fundamental issues of health and well-being that people face everyday. It addresses a range of inter-related concerns including: child and youth development, mental health and addictions, elder care, and communicable illness.

This updated plan is Deh Gah Gotie First Nation's step in taking a direction role with other organizations involved in the delivery of Wellness and Healthy living services. This includes the development of a coordinated planning process as well as more collaborative approaches to delivering services.

This plan acknowledges priorities for 2018-2023:

Child and Youth Development

Mental Health and Addictions

Healthy Living and Illness Prevention

Given the complexity of each priority area and the multi-year timeframe, we expect that different Delivery Areas will have different areas of focus at any given time, with the recognition that priorities are to be based on local needs.

## Deh Gah Gotie Wellness Plan: 2018-2023

### 1. INTRODUCTION

The Deh Gah Gotie Wellness Plan for 2018-2023 seeks to establish an integrated and coordinated approach to improving the well-being of people, understanding the culture and diversity of needs of the community. The plan provides a holistic and action-oriented response to the fundamental issues of health and well-being that people face everyday. It addresses a range of interrelated concerns including: child and youth development, mental health and addictions, elder care, social and emotional well-being, injury and illness prevention, home and community care.

### 2. BACKGROUND

A list of priority issues was addressed, and the goals and strategies were done to attempt how to best address them. Key questions we asked ourselves were:

Where are we now?

Deh Gah Gotie First Nation Wellness Program continues in the ongoing effort to promote healthy lifestyles. We are addressing well-being through various forms of activities and workshops. We have also continued to facilitate the programs to best meet the needs of the community in healthy living.

What do we have to work with?

The Wellness program's resources include a building which provides a safe, friendly environment for all. We also have many partnerships with other organizations and programs such as; the Hamlet, Deh Gah School, and Friendship Centre just to name a few. We also collaborate with Deh Gah Gotie's other programs like the language program, resource management board and the Aboriginal Head start. The Band also owns a camp where we host most of our on the land programming – it is deemed to be the most successful.

## What do we want for the future?

Deh Gah Gotie Wellness Plan would like to support, promote and actively encourage family centered, cultural based, inclusive in all frameworks and action plans within Healthy living areas. Also including:

- encourage volunteerism
- more workshops and training
- lasting partnerships
- build capacity for self well-being
- youth support
- quality services
- enhance self sufficiency
- support activities aimed at healthy lifestyles

## What worked in the past?

The most successful programming would be the on-the-land programs aimed at healthy, positive, safe, friendly living in the outdoors. We've collaborated with other programs and hosted a traditional names workshop, language workshop, fish camp, elders and youth membership workshop to name a few. We would like to continue programs such as this because it gives the feeling of community, responsibility, and enhances the well-being of both physical and mental health.

## How can we support better?

A number of goals, strategies and objectives were developed to address these issues over the five-year planning period. Some of these goals included:

- Support youth to develop skills to earn a living and give back to the community.
- Provide youth with high quality, culturally appropriate and holistic centred care that is sustainable.
- Improve access to programming information.
- Maximize the successful well-being programs and services

The Wellness workplan for 2018-2023 is detailing how to best achieve each of the goals and objectives. Our initial focus has been to build a strong foundation of partnerships, training and workshops, and communication.

How can we tell your story of success?

Deh Gah Gotie Wellness Plan hopes to better document success stories through reports, pictures, and social media. Our five-year plan will focus on the positive areas of the program and make it a priority for transparency and accountability in this area.

How to move forward? By creating the following:

## Deh Gah Gotie Wellness Plan

### Vision

Our vision is to improve the well-being and health of the community of Fort Providence through positive wellness initiatives.

### Mission

To promote respectful, trusting, responsible wellness development programs to support the healthy growth of our children, families and community.

### Values

Accountability, accessibility, commitment, connection, equity, family, honesty, inclusion, opportunity, renewal, respect, unity.

## STRATEGIC PRIORITIES FOR THE 2018-2023 PLAN

To update the 2018-2023 Wellness Plan to reflect the current and changing needs of people, we embarked upon the last plan and identified priorities and established objectives which could be achieved at the local level. As the process progressed and we listened to the views of the community, we pinpointed key areas of concerns and issues that need to be brought forth, necessary to ensure Well-being for the community of Fort Providence.

### Strategic Priorities

Through the preliminary process, a consistent vision emerged regarding the direction and priorities, and the strategy it should take to lead the provision of living well. These priorities are outlined below.

Given the range and complexity of each priority area and the timeframe of 2018-2023, we expect that different Delivery Areas will have different areas of focus at any given time. This flexibility will ensure a more effective and community-based response to these key issues and will help to ensure successful outcomes

#### Strategic priorities

- Child and Youth Development
- Mental Health & Addictions
- Illness & Injury Prevention

Strategic priorities evolve over time to address local and regional needs

### Top Priority Areas

1. Youth & Child Development: Develop healthy communities through the promotion of culture and tradition by focusing on child and youth development.
2. Mental Health and Addictions: Enhance and coordinate wellness services and workshops to assist those battling mental health and addictions.
3. Illness & Injury Prevention: Connect programs and services that address communicable illness as a major risk factor for youth and young adults. Assist in Elder care in the community and involve, encourage and support them more in healthy living.

### Other Areas that need to be Addressed

The Wellness Plan will be an ongoing effort to address all areas of healthy living including the need for “community healing” to create healthy families and healthy communities, as it is a fundamental starting point to many of the other more specific priorities for action.

The need to recognize scarcity is a major health determinant that must be considered.

The need to provide effective communications to ensure goals are focused and achievable.

## Next Steps

Once this plan is approved by all, we will begin immediately with implementation. The plan will be a basis for local planning for priority projects and will involve the community.

Some of the priority projects from the plan will continue until completion. Due to us need to focus the plan on top priority issues, not all of these are reflected in the new plan. The work, however, will continue.

New priorities may emerge during the 2018-2023 plan. These issues will have to be considered as they arise, compared to other priorities and resourced as appropriate. Moreover, each priority area will be expected to seek feedback from the communities about improvement.

There is no intention through this plan to duplicate existing processes. As we work through the Plan for each priority area, we will ensure that it focuses on creating and maintaining stronger partnerships and effective communications.

This includes both the development of a coordinated planning process as well as more collaborative approaches to delivering services.

The Deh Gah Gotie Wellness Plan will continue to evolve. We will ensure through consultation and collaboration that we engage with all participants in our best efforts to improve the health of all people living in our community. Mahsi Cho.