



FIVE YEAR COMMUNITY WELLNESS PLAN

2019 - 2023

Introduction

Fort Resolution Metis Council objectives are to promote unity among Indigenous people in Fort Resolution and surrounding area, to promote and enhance aboriginal rights, to protect, promote and enhance hunting, trapping, fishing and harvesting rights. To promote and enhance education, economic development, social and cultural development and to ensure devolution of programs and services are encouraged, and promote a healthy lifestyle.

In the Fall of 2018, the FRMC identified and comprised a list of priorities that would benefit the community in terms of Wellness.

Our goal reflects our ongoing journey in the pursuit of excellence. Our goals reflects upon our past, solidifying and building upon the elements of our success to date; reflect upon our culture and uniqueness and what this has to offer those we serve and the broader health system, and signal our ongoing commitment to pursue excellence in programs and services and the operations that support their delivery.

On The Land/Traditional

- Community Hunts
- Moose hide Tanning
- Summer Youth Camps
- Fishing

Training & Workshop

- Attend Wellness Workshops
- Bully, Mental Abuse, Family Violence Workshops
- Positive Motivation
- Nutritional, Diabetes
- Drug and Alcohol

Elders & Youth

- Elder & Youth Cultural Camp
- Active Elders Group

- Have Elders connect with Youth via school (story Telling)
- Introduce Spiritual ceremonies
- Youth Support
- Promote recreational activities for Youth and Elders

Community Events

- Culture Camps
- Community Feasts (Traditional Food)
- Community Beautification
- Support Healthy Lifestyle Activities
- Maintain a community garden
- Spiritual/Healing Gatherings
- Create Green Space

Education

- Grade 12
- Introduce Traditional Lifestyle in school
- On The land School Trips
- Cultural Activities
- Training for Community Members
- Skills Development
- First Aid/CPR

Communication

- Encouraging Community members
- Expressing and practicing unity
- Motivation
- Supportive

Vision

The Fort Resolution Metis Council understands the need and desire to create a safe, healthy and friendly environment. FRMC will provide their assistance and support to the community in terms of encouraging education, healthy living, unity and economic growth. The FRMC supports the individuals and families to achieve and enjoy the highest level of health and wellness by working with them on their

health and wellness journeys; honouring traditions and cultures; championing health and wellness within the community.

Mandate

The FRMC intends to introduce, enhance and maintain a quality of life, promoting healthy growth amongst the community members and organizations. Encourage and support youth that have graduated secondary school to continue their education via university, college.

Values

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| - Transparency | - Integrity |
| - Responsibility | - Discipline |
| - Growth | - Fairness |
| - Respect | - Culture |
| - Commitment | - Healthy Environment |

Healthy Community

The FRMC realizes that culture is important, at present we have a full time Metis Cultural Institute Coordinator employed. Through this position we will introduce and act on programs for the Elders, Youth, Children and Adults.

On the land programs will be delivered to Youth, Elders and Adults. The FRMC presently has a Fish Camp located at Simpson Islands and the desire for another camp on the Slave River is presently being discussed. Traditional life will be acted on and delivered via these camps.

Programs that will deliver positive teachings in terms of self esteem, confidence, healing, healthy living, mental, emotional, physical and spiritual via workshops, etc.

Healthy Living

The FRMC will develop and support the community through a community gathering of a monthly feast of traditional foods from the land. Healthy eating, socializing, etc. A community garden is in the plan, and encouragement will be

given to the community members to assist in tending to these gardens, the produce from these gardens will be distributed throughout the community.

Healthy Choices

FRMC will encourage healthy choices, positive interactions/actions. Workshops will be planned and implemented to deal with areas of concern (Alcohol, Drug Addiction). Referral to the appropriate agencies for support. Follow up workshops will be scheduled as needed.

Self determination is a key component of health, and the FRMC remains committed to supporting sustainable and effective processes that enable community members to make their own decisions about their health and well-being. We will protect our interests and priorities as an Aboriginal organization throughout the health system and work as governance partners at multiple levels.

As an organization, we are committed to “living it” by serving as healthy and well being individuals. We support and make time for our individual health and wellness journeys and treat one another with kindness. Confidentiality is protected as it presents itself.

We put those we serve at the centre of our model of care and will continue to reposition our suggested programs and services to align with the community needs, knowledge, beliefs, values, practices, medicines and models of health and healing. We will seek greater value and efficiencies to maximize available resources for program and service enhancements and will develop new health strategies and approaches in priority areas.

Conclusion

This summary service plan, created through inputs and engagement from those we serve, articulates our hopes and dreams for the future and establishes a tactical approach to set these plans in motion. This is when the process becomes truly transformative, signalling that our vision is no longer merely an idea for what can occur, but a reality grounded in commitment and a carefully deliberated path forward.

