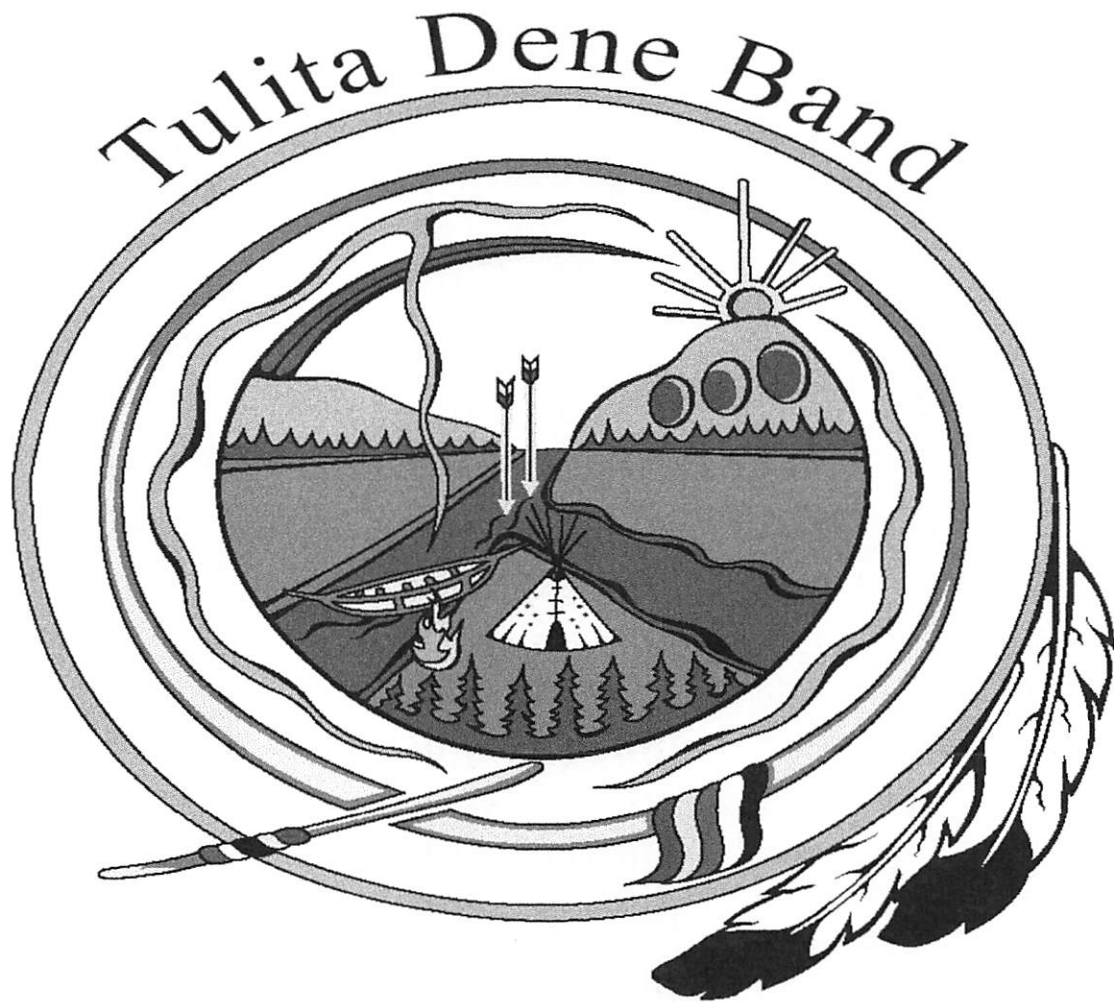


TULITA

Community Wellness Plan



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INTRODUCTION:

Tulita, means "*where the two rivers meet*" in our Dene Language which is located in the Sahtu Region. The Government of the NWT statistics shows its population of 525 for 2016. Tulita fluent languages are North Slavey and English, it's main population consists of young adults with young family. Within the last four years Tulita lost many of its elders, who were the community guides to living a healthy lifestyle. We continue to utilize our active elders for advice.

Tulita is an isolated community that uses two main airlines from Norman Wells and Yellowknife all year-round and is connected to the Mackenzie Highway by winter road during the winter season. Bulk items such as supplies, materials and food are barged in during summer season, Tulita received bulk supplies twice a year, one by winter road and one by summer barge season.

The economy is based on hunting, trapping and tourism with selling traditional supplies made by our local residency for survival of income. Tulita has various administration who employ community residence and various out-door labor employment.

COMMUNITY SESSION:

The community residents participated in community meeting to review and discuss the community wellness needs of the community. The main discussion was to get answers from the community on the following questions:

1. How do we work together to improve the community wellness?

2. How do we work with tools we have?
3. How do we see the community fit for the future?
4. How do we achieve the community goal for wellness?

The community participated in the meeting to assist utilizing a wellness plan. Addressing living a healthy lifestyle is critical for community such as health and social issues, the development of the community wellness plans is an opportunity given to the community to determine how the funds for wellness program be spent. A resident translated in North Slavey for the elders during the consultation sessions.

The participants in the consultation session is to give a "*IMAGE*" view of how the community wellness is presently being delivered and how to promote more wellness for the wellbeing of the community. The participants in attendance reviewed the programs that is presently in place to help meet the needs of community wellness. When reviewing the present program being offered the participants determined whether the current programs were effective in meeting the needs of all community residents in the areas of education, training, health, wellness, language and traditional culture. The participants then focused on the major areas they felt as priority to implement a community wellness plan that would meet the needs of all community residents.

COMMUNITY STRATEGY:

The participants discuss the following:

HOW DO WE WORK TOGETHER TO IMPROVE THE COMMUNITY WELLNESS PLAN?

The community of Tulita has been promoting living a healthy lifestyle since 2013; with the assistance of funding received. Since the program began, the community held quarterly wellness inter agency meeting with groups of different organization to discuss various issues surrounding the community wellness. The participants continue to have these quarterly meetings to initiate the community wellness plan.

HOW DO WE WORK WITH TOOLS WE HAVE?

The community of Tulita has the following agency, corporations, administrations and local residence to help promote living a healthy lifestyle:

- Tulita Wellness Agency recognized in the community to continue with a focus on Community Mental Health;
- Community residence have experience in delivering community wellness programs to meet the needs of community through training;
- Created a community counseling program for addiction held on weekly bases;
- Introduced traditional sewing programs for all community residence;
- Create a program for Elders are who are active to re-introduce traditional way of living for our youth;
- Children and youth participate in all sports to be more active;
- Traditional handgames introduced to children who do not know how to play;
- Created youth wellness programs to promote active healthy living by choosing healthy activities and eating healthy foods;

- Tulita youth center assist with community youth to promote youth programs, to become self-sufficient and co-operate with other youth;
- Tulita uses recreational department to help community residency to be more active;
- Tulita residence started its own AA meetings, need to be more advertise to have community residence involved;
- Community residence involved with daily activities with our local school to help educate the children, youth and young adults;
- Created reading night for children and youth, to help their ability to become better readers and listeners;
- Tulita has various support to deliver community wellness programs for all the community residency;
- Continue to support Healing Circle created by local residence;
- Work with local organization to improve and promote Tulita to live a healthy life-style.

HOW DO WE SEE THE COMMUNITY FIT FOR THE FUTURE?

Tulita Dene Band meets monthly with community residence to discuss implementing healthy living: discuss in areas where the community needs leadership to advocate limiting unhealthy issues of the community.

Healthy Child and Youth Development:

- Support early childhood programs and kindergarten programs by introducing letters, numbers, colors, sounds of letters, etc.;

- Promote youth to learn about traditional culture, by introducing dene language, basic traditional learning of making traditional foods;
- Promote stay in school program, introduce tutor for youth who have trouble with school work;
- Promote healthy friendship with child and youth, introduce sports activities to keep fit and sharing sports equipment;
- Continue Reading night for parents and child(ren) and start book club, lending books;
- Promote healthy eating for youth and child to have clear minds when attending school;
- Promote accurate sleeping for child and youth, based on Health Canada statistics, children don't get enough sleep;

Healthy Living and Disease Prevention Cluster:

- The local elders enjoy participating in promoting healthy living by being active and promote basic exercise to use at home;
- Local parents show interest of how to provide to their child(ren) to participant with daily sports activities;
- Promote Nutrition foods and information for expecting mothers, new mothers, single fathers, single mothers, and families;
- Continue to promote healthy eating;
- Promote oral health of new born babies and toddlers;
- Continue to seek Tulita's goal to promote and improve healthy cooking skills to prevent obesity, heart attacks, diabetes, oral health for all community residence;
- Continue to promote and support living smoke-free life style;

- Continue to promote with Hamlet of Tulita recreational department to have healthy active activities in sports;
- Tulita Dene Band will continue to partnership with regional agencies to increase traditional food, starting garden in summer, promote healthier traditional foods; for all residency in region;
- Community residence continue to support programs and awareness of our heritage.

Mental Health and Disease Prevention Cluster:

- Tulita Dene Band has trained staff to promote and display eating healthy foods to prevent diabetes, obesities, heart attacks, etc.;
- Tulita Dene Band has trained staff who have First Aid, Medic Certificate, if an emergency occurs during program session;
- Tulita Dene Band has trained staffed with Community Health and Wellness Counselors who can deliver counseling programs and provide facilitation sessions on bullying, communication and interpersonal relationships, grief and loss workshops when needed;
- Tulita Dene Band works with Tulita Wellness Agency to deliver a Mental Health and Addictions Counseling Service for all community residents;
- Tulita Dene Band works in partnership with other local agencies who are responsible and promoting for community health and wellness such as the RCMP, Health and Social Services, Justice Committee, Regional Nutritionists, Recreation staff, Churches, Hamlet of Tulita, Community Health Rep. (CHR);

- Tulita Dene Band offers Counseling Service to Residential School Survivors; Offers Education sessions to teach the youth about the impacts of drugs and alcohol;
- Tulita Dene Band will continue to promote traditional healthy living, by introducing basic eating of traditional foods;
- Tulita Dene Band works with Health Centre should an epidemic arise in the community of any types of diseases;
- Tulita Dene Band promotes living in a “smoke free” lifestyle;
- Tulita Dene Band will establish a working relationship with Public Works, Labour Workers, Casual Outdoor Workers, to promote injury on outdoor labour work, etc.;

HOW DO WE ACHIEVE THE COMMUNITY GOAL FOR WELLNESS?

Early Childhood Development:

- Establish a working relationship with local health center to promote early childhood programs, such as eating healthy while pregnant;
- Establish a working relationship with single fathers to promote healthy eating with their child(ren);
- Establish a cooking class for prenatal and postnatal women using traditional foods to create healthy meals for their families;
- Establish a working relationship with local preschool for toddlers;
- Implement and plan parenting class as support to parents and children;
- Continue to work with the local Hunter and Trappers for donations of traditional foods for the healthy child and youth development programming;

- Continue to work in partnership with the NWT Literacy to access book bags for new parents to begin reading with their babies;
- Continue to increase the physical activity of children and youth in our community to learn how to play safe;
- Continue to promote and support healthy child development through the provision of literacy programs for families, grandparents and children;
- Continue to delivery of oral health activities for moms and babies;
- Continue implementation of activities that promote breastfeeding for new mothers;
- Provide information and awareness for women of the importance of healthy pregnancies, drinking and drug use during pregnancies can harm the unborn child;
- Improve oral health of infants and toddlers by providing the parents with hands on experience on how to care for the oral health of their infant baby, toddler, child and youth.
- Provide healthy cooking circles to teach cooking, shopping and food budgeting skills, food vouchers and hampers to prenatal and postnatal women;
- Children and youth at high risk for unhealthy lifestyles will receive support through programs by focusing on cooking healthy meals, alcohol/drug awareness, counseling, mentoring; recreational programs, family events to promote socialization, parent/child relationships and traditional culture camps, etc.;

- Create a program on healthy and nutritious meals by preparation created and delivered by the youth for their families;
- Create family night reading program, to promote the importance of literacy skills at early age of child development
- Create an education activity of the harm from smoking tobacco and living a smoke free lifestyle;
- Approach local organizations to work together as a community to implement these actions plans;

Support for Youth:

- Create a program to offer youth who choose to attend post-secondary school such as assisting with research of which post-secondary the youth would like to attend;
- Assist with Career Fair hosted by Government of the Northwest Territory – Education Department, by having a booth held by a youth, to promote future leadership, a youth can be the chief of the community of the generations;
- Create a program for Tutors, to help youth achieve their goal in obtaining a high average mark to attend post-secondary;
- Create a program to advocate the importance of “education today”, education is highly recommended in any job site;
- Create a program for youth who need counselling, in a private sector, most youth do not talk about their feelings;
- Tulita Dene Band will be leaders to help community youth establish it’s first “YOUTH COUNCIL”;
- Tulita Dene Band will assist with local organization to promote youth to be active;

- Create a program for healthy eating for local youth, most youth choose to eat junk food, most youth are not aware of the effects of eating junk food;
- Create a program of introduction to cooking; most youth do not know how to be independent and cook for themselves;
- Create a program for youth about the harmfulness of smoking tobacco; use of illicit drugs and use of alcohol;
- Tulita Dene Band to introduce "traditional culture" to our youth, most of youth don't have the opportunity of experiencing traditional lifestyle;
- Tulita Dene Band will create a program for youth to learn the basics of our North Slavey language;
- Tulita Dene Band will promote youth to work with an elder as guidance;

Healthy Living and Disease Prevention Cluster:

Elders Program:

- Continue with Elder's healthy Lunch Program once a week;
- Create a program for elders to tell story to community residence;
- Create a program for elders to be taught basic exercising, such as using chair, movement of arms, simple exercise;
- Create reading day for elders; read a book to elders;
- Create a culture camp for elders to teach community residence how to make dry meat, dry fish, etc.;
- Continue to work with local hunters to distribute traditional foods to elders;
- Tulita Dene Band will continue to be advocates for our elders;

Traditional Program:

- Tulita Dene Band is a strong believer in implementing and re-introducing "Traditional Culture", the program will assist by continuing:
 - Sewing to new joiners,
 - Introduction of making dry meat,
 - Introduction of making dry fish,
 - Introduction of making traditional bannock,
- Tulita Dene Band will start a new program for traditional culture to young boys by:
 - Introducing cutting big game,
 - Introducing making fire, it is known certain wood is used to start fire based on our elders,
 - Introducing snow shoe making
 - Introducing our ancestor trapping areas,
 - Introducing trapping,
- Tulita Dene Band would offer a program for all community residence on engaging the skill of hunting and trapping for traditional foods as well as creating income for their families;

Mental Health and Addictions Clusters:

Tulita Dene Band will continue the working relationship with Tulita Wellness Agency for the community well-being. Tulita Wellness Agency continues to provide mental health, addictions counseling, sessions on bullying, communication, interpersonal relationships, grief and loss workshops, programs for residential school survivors, and other sessions needed to create a healthy community;

- Create Activities for awareness sessions on effects of alcohol and drug use and the impacts on youth developments;
- Create a program for young adults who are suffering anxiety and other mental health issues;
- Create a program for all community residence to live a smoke free life style;
- Create a program for residential school survivors, of how it effects the generations of family who attended residential school;

The Community:

The Community of Tulita, consist of adults who are turning 55 plus and some adults who are in their mid-40's, mid-50's, don't get the opportunity for activities held for their ages: This program will help create activities for middle aged by:

- Introducing Self-Care for both men and women at separate activity day;
- Introducing Self Care for men who are sensitive about their well-being;
- Introducing Active activity such as daily excising;
- Introducing eating a healthy balance meal;
- Introducing Reading Night for Adults;
- Introducing healthy cooking, most adults don't know the Canadian meal consumptions;
- Tulita Dene Band goal is to have activities for all adults;

Conclusion:

Tulita Dene Band is eager to continue the implementation of the wellness program for all community residence with the opportunity of receiving the long-term funding from Health Canada. This funding assists the community by meeting our goal of having the community live in a healthy lifestyle.

Our goal is to live in a community where everyone is engaging in positive activities that promote and support the mental health and well-being of our people.

Our children and youth engage in activities with their parents and elders where they will have opportunities to consume healthy foods, engage in physical activity to develop healthy bodies, participate in positive educational programs where they learn about our culture and traditions to become strong, confident and self-sufficient members of our society.

Tulita Dene Band mission is

"To help Tulita Dene Band membership and all residence to develop and enhance our lives to become self-sufficient by:

- Strengthening our relationships
- Provide excellent program and services

In a manner that is consistent with our culture, language and traditional values and our self-government aspirations."

On behalf of Tulita Dene Band we submit our Community Wellness Plan.