

NORTHWEST TERRITORIES COMMUNITY WELLNESS INITIATIVES

Annual Report
2013–2014

Best Health | Best Care | A Better Future

Table of Contents

Executive Summary	V
Overview: Community Wellness Programming.....	VI
NWT Community Wellness Themes	IX
Aklavik (<i>Aklavik Indian Band</i>).....	1
Aklavik (<i>Inuvialuit Regional Corporation</i>)	2
Behchokò.....	3
Colville Lake	4
Déljné.....	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



Executive Summary

In the 2013-2014 fiscal year, over seven million dollars (\$7,199,411.00) was invested in the implementation of Northwest Territories (NWT) community wellness programs. This funding was provided by Health Canada's First Nation and Inuit Health Branch, administered by the Government of the North West 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 (HCYD)**

- programs and services that address maternal, infant, child and family health

■ **Mental Health and Addictions (MHA)**

- programs and services that address mental wellness and addiction issues

■ **Healthy Living and Disease Prevention (HLDP)**

- programs and services that address risks and health outcomes associated with diseases and injuries

32 communities, including 24 Aboriginal governments and organizations, were supported with the 2013-14 Community Wellness Initiative funding. Funding recipients had the opportunity to deliver a broad range of activities under each cluster. Under the Healthy Child and Youth Development cluster, funding was invested in nutrition and Fetal Alcohol Spectrum Disorder (FASD) initiatives. These funds also supported activities such as: prenatal/postnatal, youth after-school programming and FASD prevention, intervention and support. The Healthy Living and Disease Prevention cluster supported a variety of awareness, prevention and promotion activities on topics such as Diabetes, healthy lifestyles and active living. The Mental Health and Addictions cluster had a strong emphasis on youth programming and on-the-land activities connecting community members with traditional skills and knowledge.

Over the past two years, the Department of Health and Social Services (DHSS) has worked with Aboriginal governments and communities across the NWT to develop Community Wellness Plans. These plans form the basis for 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

Background

In the past, the GNWT Department of Health and Social Services (DHSS) had agreements with Health Canada for the administration, allocation and distribution of funding for programs in the NWT. This funding, often referred to as FNIHB (First Nation and Inuit Health Branch) Funding, or Health Portfolio Funding, was allocated at the beginning of the fiscal year to Aboriginal governments, Health and Social Services Authorities (HSSAs), Non-government Organizations (NGOs) and community-based organizations through an application or request for proposals process. At year end, any unspent funds had to be returned to the GNWT, who had one year to carry forward the unspent funding. After one year any remaining funding was returned to Health Canada; some years the amount of returned funding was in excess of \$1,000,000.

There were seven core programs: (1) Brighter Futures, (2) Canadian Prenatal Nutrition Program (CPNP), (3) Aboriginal Diabetes Initiative (ADI), (4) National Native Alcohol and Drug Abuse Program (NNADAP), (5) National Aboriginal Youth Suicide Prevention Strategy (NAYSPS), (6) Fetal Alcohol Spectrum Disorder (FASD), and (7) Injury Prevention. Several of these programs were targeted at the Aboriginal population and others were targeted at the entire population. Separate applications and reporting were required for each program annually. Often these programs were seen to be very prescriptive and program delivery staff reported that the required activities did not always align with the community needs or priorities.

In the 2011/12 fiscal year 89 funding agreements were administered but one-third of the communities (11 of 33) did not access the funding that they were eligible to apply for. This has been largely attributed to a lack of capacity for the application and administration process as well as in the program management and delivery areas. There was also a lack of coordination at the community level; in some communities there were organizations receiving funding without leadership having knowledge of the activities. This often resulted in confusion and disagreement on priority activities in the community.

Providing multi-year block funding for community-based social programming has been an ongoing goal for the GNWT since it was named a priority of the Social Agenda Conference in 2001. Both HSS 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.



Moving Forward

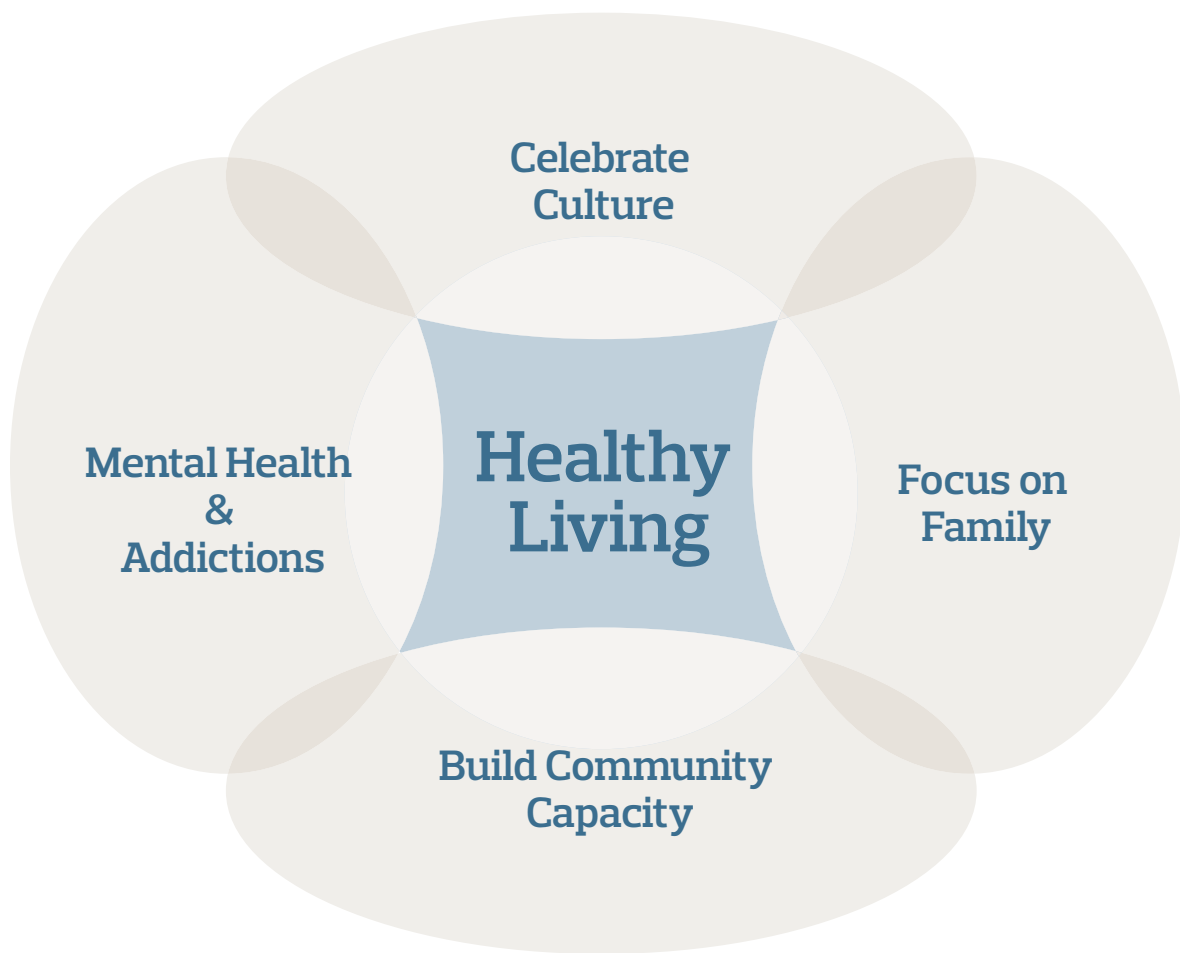
On April 1, 2013, a five-year agreement between the GNWT and Health Canada for the Health Portfolio Funding came into effect. This funding is now allocated to the GNWT in three cluster areas: (1) Healthy Child and Youth Development, (2) Mental Wellness and Addictions, and (3) Healthy Living and Disease Prevention. This is referred to as the Northern Wellness Approach.

To prepare for the new funding framework, in 2012/2013 HSS 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/social-services/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 incorporating three factors: (1) \$75,000 base/community, (2) NWT Bureau of Statistics Aboriginal Population, and (3) NWT Bureau of Statistics Consumer Price Index - Food Basket. Increases as per the new formula were incorporated in 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.

This new funding framework will result in reduced administrative burden and reporting will be streamlined 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 will be refreshed regularly and will 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 new Aboriginal Health and Community Wellness Division in HSS has created a decentralized team to support the ongoing regional and community work in this area – Community Development and Wellness Planners, hired in 2014, are located in the Beaufort Delta, Sahtu, Dehcho and North/South Slave Regions. Their primary role is to support communities to develop and implement community wellness plans and programs.





NWT Community Wellness Themes

The following five themes emerged from 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
- Get Active
- Opportunities for Recreation
- Sexual Health and Healthy Relationships
- Preventing Disease and Injury

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

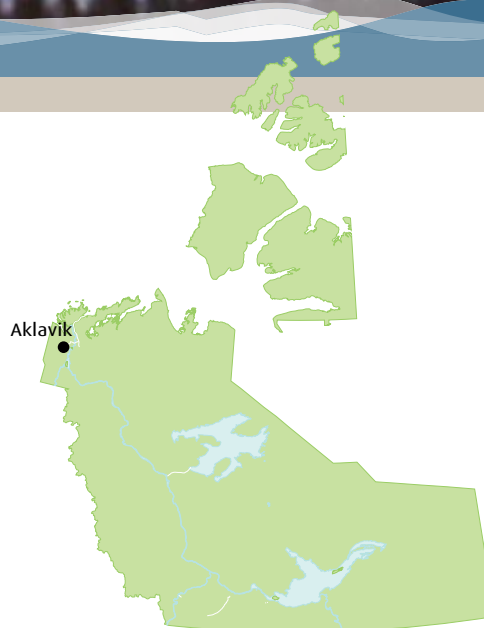
Aklavik

Organization: Aklavik Indian Band

Population: 660

Community Wellness Plan Priorities

- Healthy community with healthy choices for residents
- Improve social and economic factors in program delivery (housing, community gardens)
- Positive self-esteem and pride in the community
- Expand on existing facilities to allow for culturally relevant activities
- Build capacity to ensure effective program delivery
- Increase access to traditional food through organized community hunts and harvesting
- Increase local people in leadership and Government positions
- Socially and economically sustainable community
- Deliver effective treatment and after-care programs (grieving, health)
- Ensure spirituality needs of residents are met
- Raise independent, clean, healthy, educated, and responsible youth who can give back to the community
- Year round access to Willow River and eventually the Dempster Highway



Wellness Programming

- Traditional activities
- Nutritional support
- Physical activity
- Language programs
- Diabetes workshops and nutritional sessions

Success Stories

- Programs appreciated and well received by participants

Challenges and Opportunities for Improvement

- Additional resources and professionals to visit community to provide hands-on workshops would be appreciated

Aklavik

Organization: Inuvialuit Regional Corporation

Population: 660

Community Wellness Plan Priorities

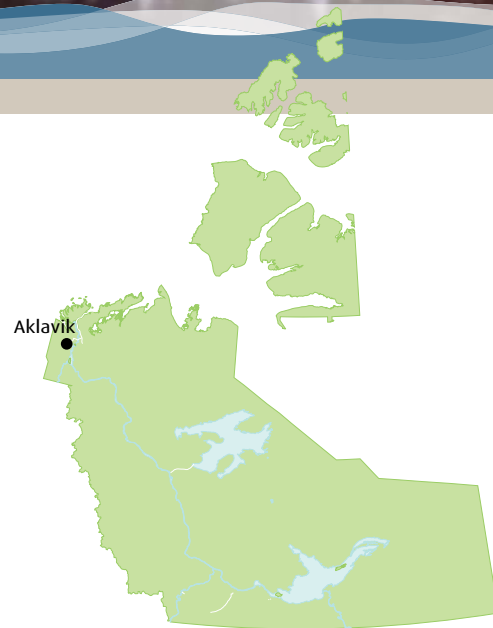
- Support initiatives for addiction prevention, intervention and mental health
- Deliver prevention, treatment and aftercare addictions programs to support healthy families
- Implement counseling program to address residential school trauma

Success Stories

- Staff are now better trained in food services

Challenges and Opportunities for Improvement

- Limited community resources



Wellness Programming

- Food safety
- Harvesting of traditional foods

Behchokò

Organization: Tlicho Government

Population: 2174

Community Wellness Plan Priorities

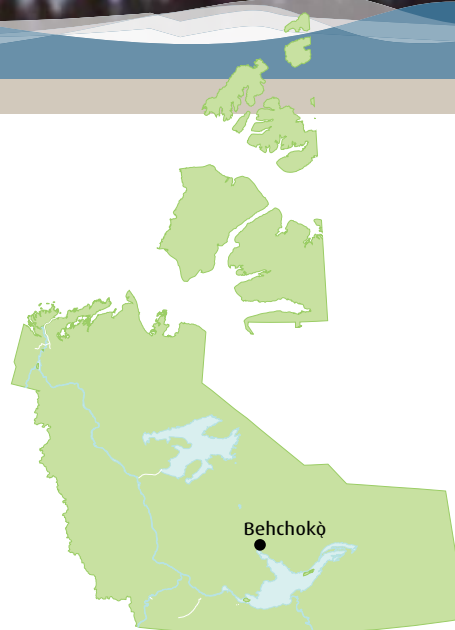
- Community Connectedness
 - » Interactive with others; supportive of one another; communicative; open minded; pro-active, sustainable programming
- Culture/Traditions
 - » More Tlicho being spoken; more craft activities; more festivals; more on the land trips; intergenerational activities; pride in our culture
- Healthy Living
 - » Promote physical activity; healthy eating; stress management; prevention and awareness; cleaner environment
- Wellness
 - » Long-term wellness programs – consistent to meet the needs of everyone

Success Stories

- Breaking the Silence video – the creation of a Tlicho-based film on violence against women – a very powerful story of a young teen that goes through a rough patch in her life, she tries to deal with her pain by abusing alcohol and drugs, her suicidal thoughts, and everything else that may come into her life along the way, but overcomes it
- Training and Workshops held in Behchokò helped create a network of people employed in various positions within the four Tlicho communities for mutual support to develop programs for healthy living and education

Challenges and Opportunities for Improvement

- Increasing focus on local/regional priorities



Wellness Programming

- Youth activity craft nights
- Youth games and activities
- Cooking class and education
- Weekly craft class and breastfeeding support
- Behchokò monthly newsletter
- Breaking the Silence Video production
- National Victims Awareness Week
- Children's winter celebration
- Behchokò youth banquet
- Back to School Youth Handgame Tournament
- Fall festival "Kids' Festivity"
- Personal Empowerment for Healthy Lifestyles workshop
- Basic Foot Care for Diabetes workshop
- Community Mobilization for Healthy Lifestyles and Diabetes Prevention
- Maternal Health Promotion program
- Annual Tlicho Youth Conference with educational workshops

Colville Lake

Organization: Behdzi Ahda First Nation

Population: 156

Community Wellness Plan Priorities

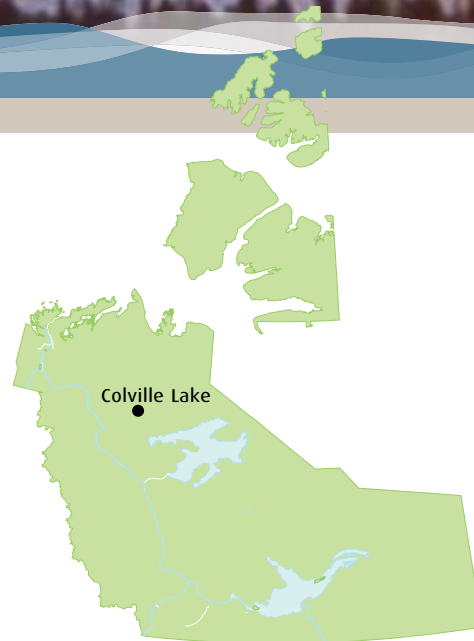
- Strengthening culture and tradition
- The Early Years
- Healthy Eating
- School Nutrition Program
- Healthy Living
- Youth
- Elders
- Mental Wellness
- Building economy on the communities strengths

Success Stories

- Bringing families out on the land together
- Passing on and teaching traditional knowledge and techniques in the modern world

Challenges and Opportunities for Improvement

- Finding ways to overcome freight costs for fresh food
- Making tools from scratch using traditional knowledge
- Building and maintaining interest in programs while competing with media, games, and TV



Wellness Programming

- Healthy breakfast program for school children
- Traditional moose and caribou tanning program with Elders and youth
- Hand games tournament in Fort Good Hope

Déline

Organization: Deline First Nation

Population: 477

Community Wellness Plan Priorities

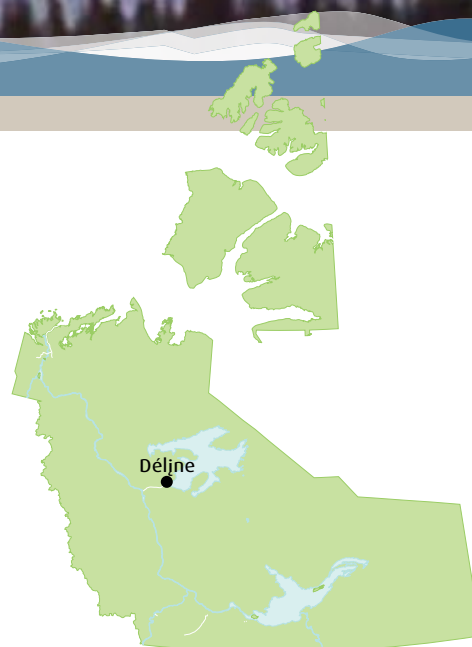
- Education and Outreach
- Cultural Activities and Traditional Knowledge
- Healthy Living and Nutrition Education
- Physical Activity and Recreation
- Community Wellness
- Mental Health and Addictions
- Prenatal and ages 0-5
- Youth
- Elders

Success Stories

- Positive feedback from participants and people coming together for events
- Communicating and presenting using own language and culture
- National family week and addictions week brought everyone together, celebrating, socializing, and the sharing of a lot of information

Challenges and Opportunities for Improvement

- Reduced participation and ability to pass on information when sensitive topics discussed, such as chronic diseases, mental health and addictions
- Medical terms are a bit intimidating and it can be hard for people to address their issues
- Getting everyone to come out and participate can be a challenge but changing things up – having different activities and changing the approach could help



Wellness Programming

- Cookouts, nature walk, ski-hill parties, cultural activities
- Elder's day
- National suicide day
- National addictions awareness week
- Healing workshop focusing on reviving language, culture, and spirituality
- Family week – nature walk, sport night, family breakfast, family fun night
- Literacy day for parents and children
- Nutritional game night
- National non-smoking day

Dettah and Ndilo

Organization: Yellowknives Dene First Nation

Population: 604

Community Wellness Plan Priorities

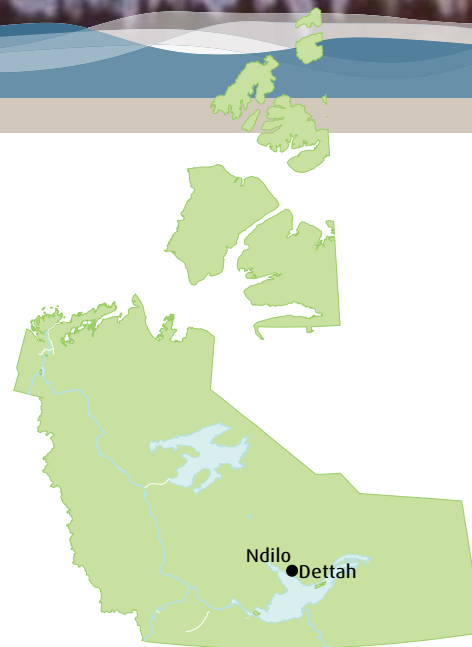
- Early childhood development (0-3 yrs)
- Aboriginal Head Start (3-5 yrs) Growing Together program
- Youth development
- Mental health and addictions
- Recreation
- Healthy living and disease prevention
- Physical activity and recreation
- Education awareness
- Healthy awareness
- Cultural activities

Success Stories

- When programs were targeted at adults and adults were actively participating that many of the youth and children would join in
- Typically the focus is on engaging children and youth, but there was more success when adults were involved, as the children and youth followed
- This provided opportunities for adults to act as role models and mentors, and for them to act in a responsible, respectful and sober manner during the activities
- Children and youth were pleased to be included and appreciated the interactions with adults in their community

Challenges and Opportunities for Improvement

- Disruptions in programs and employment as a result of inadequate funding. Re-starting and re-staffing programs often results in a drop of attendance and can result in difficulties with re-engaging community members
- More advance notice of the programming could help community members be better prepared to participate and/or better prepared when they start
- Improved counseling services, including out-of-community counselors and more clearly defined roles and responsibilities to direct people to other team members when a counselor is not required
- Communication and availability of programming at different times, including after school, evenings and school holidays



Wellness Programming

- Sakai summer program
- Elder support
- Elders luncheon
- Mama n Bebia program
- Parenting support group
- Family support
- Girls night
- Family nights
- Afterschool program
- High school tutoring sessions
- Hand games
- Lunch hour walks
- Soccer
- Gym program
- Dene games
- Letting Go Ceremony / New Beginning
- Community healing meeting
- Elders gathering with Charlie Neyelle
- Youth gathering with Charlie Neyelle
- National Addictions Awareness Week
- Men's sharing circle
- Family violence walk

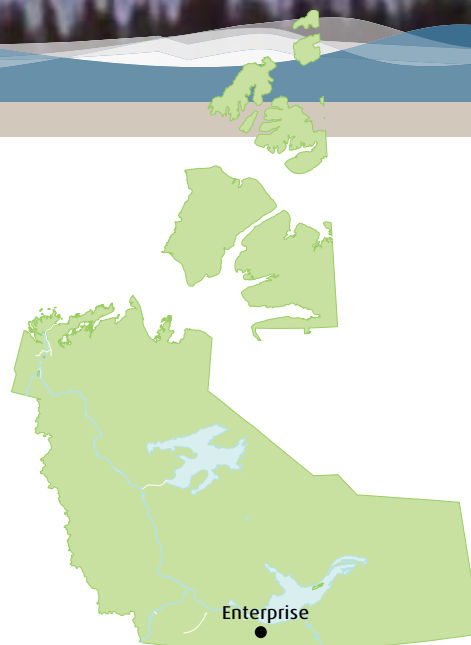
Enterprise

Organization: Hamlet of Enterprise

Population: 120

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

- No wellness programs were delivered in 2013-2014 with Community Wellness Initiative funds

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

Success Stories

- Positive outcomes including reduced stress, increased physical activity, healthy eating, and cultural learning
- Increased information and support for community members through sharing circles and workshops

Challenges and Opportunities for Improvement

- Transportation options for participants without a vehicle
- Time management and planning of programs so as to not overlap with community events
- Program funding, including traditional, recovery and restoration workshops
- Training more community members so knowledge stays within the community



Wellness Programming

- Cooking groups for pregnant / postnatal mothers and children
- Food voucher program
- Grocery tour with the dietician
- Sewing circles
- Grandmother Walk Project – picking and harvesting traditional medicine and berries, medicine sharing circle and on the land activities
- National addictions awareness week
- Diabetes workshop
- Breast cancer Sharing Circle

Fort Liard

Organization: Acho Dene Koe First Nation

Population: 568

Community Wellness Plan Priorities

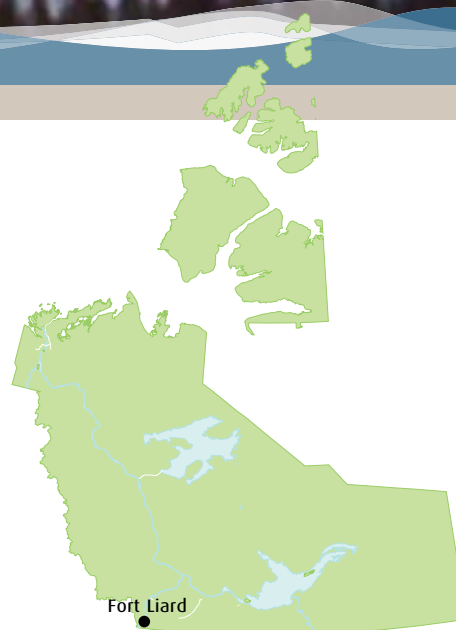
- Fitness Centre
- Youth Centre
- Parenting Programs
- Education awareness – Literacy programs, attendance, early childhood development, alternative teaching for adults, role model presentations
- Community Garden
- Dog Issues
- Community and Cultural Events
- Drug and Alcohol Prevention – School counselor, youth awareness/AA, youth/fitness centre, housing for singles
- Day Program for Elders
- Alternative Measures and Restorative Justice – community work programs, parenting programs, RCMP and community partnership

Success Stories

- Launching the programs was very satisfying as it demonstrated community members taking steps to help themselves with the support of the new tools and programs offered.
- The support of other agencies in the community, both in collaborating to identify needs and gaps in services, and in bridging these gaps to develop community services.

Challenges and Opportunities for Improvement

- Communicating the available services to members of the community and motivating individuals to come to workshops is a challenge. Possible solutions include advertising workshops within the community to generate improved awareness as well as working closely with interested participants to ensure that their needs are met so that they continue to attend and participate.



Wellness Programming

- Victim Services Program
- Anger Management Workshops
- Caring Connections Grief Workshops
- Healing Circle Medicine Wheel Workshop for Women
- Healing Circle Medicine Wheel Workshop for Men
- My Choice – Workbook for making changes alone or with support for addressing addictions
- Individual Counseling
- Suicide Awareness Brochure
- “Need to Talk?” Suicide Posters for Help
- “Bright Smile” Oral Care Program
- Local Drumming Group
- “Spirit of Community” Traditional Gathering Reviving Community and Culture
- Community Garden
- “Building Healthy Relationships” Addressing teen dating violence/sexual assault
- Aboriginal Languages – Poster Drawing Competition
- Better 2 Training – Chronic disease prevention and screening program
- Traditional Story Time Reading Club
- “Let’s Play” Toy Lending Library

Fort McPherson

Organization: T'loondih Healing Society

Population: 784

Community Wellness Plan Priorities

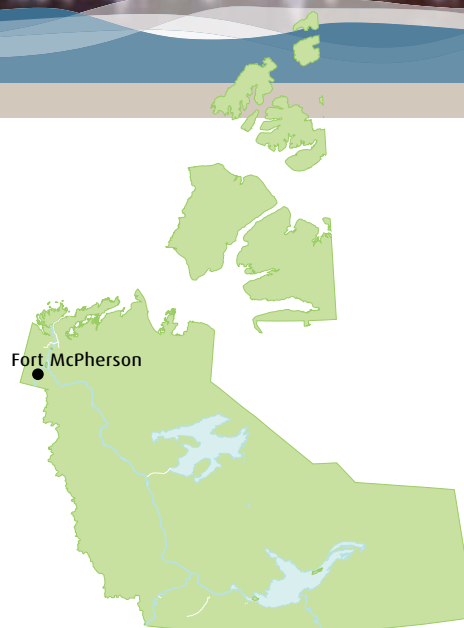
- Promote and support the health and well-being of community residents
- Encourage a healthy lifestyle with traditional values / beliefs-language, spirituality, economy, health and education
- Addressing risks and health outcomes for its at-risk target groups – pregnant women, children and youth

Success Stories

- More and continued participation in pre-natal activities, FASD information sessions, and cultural programming
- Renewed partnerships with community organizations

Challenges and Opportunities for Improvement

- Improved understanding of revised cluster funding system and less disruption in funding
- Improved communication with program partners and government agencies



Wellness Programming

- Traditional activities
- Nutritional support
- Physical activity
- Language programs
- Mental health and addictions training for staff
- Mental health and addictions service delivery
- Development of manuals and resources for mental health and addictions

Fort Providence

Organization: Deh Gah Got'ie Dene Council

Population: 788

Community Wellness Plan Priorities

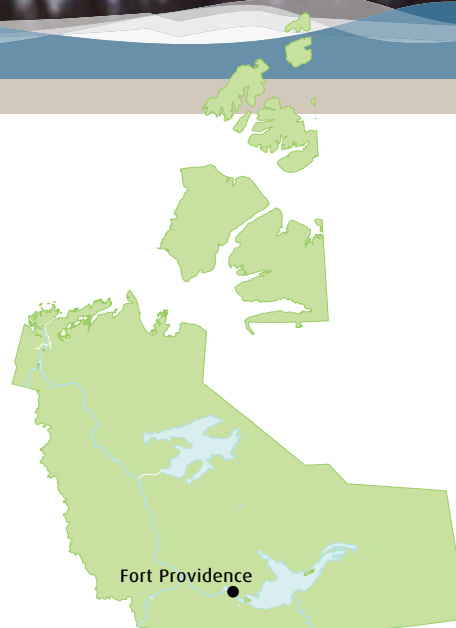
- Mental Wellness and Addiction
 - » Grieving Workshop
 - » Traditional Medicine and Healing
 - » National Aboriginal Youth Suicide Prevention Strategy
 - » Tobacco/Drugs/Alcohol Addictions
 - » Self-Esteem Workshop for youth – on the land
 - » Cultural Gatherings
- Healthy Child and Youth Development
 - » Workshops: Breast Feeding, Healthy Pregnancy,
 - » Safe Sleep
 - » Nutrition Education- Eating Well
 - » Growing Babies 0-6 years
 - » Baby Sitting Course / CPRB
 - » Cultural Activities - drum making, sewing, etc.
 - » Elders Traditional Teaching – storytelling
 - » First Night Festivities
- Healthy Living and Disease Prevention
 - » Aboriginal Diabetes Initiative
 - » Fetal Alcohol Spectrum Disorder
 - » Program budgeting
 - » Workshop Soup Kitchen/Meals on Wheels
 - » Nutritional cooking/Traditional foods
 - » Community Hunts

Success Stories

- Good community participation, especially elders, positive feedback and requests for more regular monthly programming

Challenges and Opportunities for Improvement

- Securing materials and resources for programs, as well as transportation to Yellowknife or Hay River to pick up supplies and materials



Wellness Programming

- Cultural Awareness Week
- Fish fry and dry fish making
- Christmas dinner
- Valentine's dinner and dance
- Breakfast club
- On the land life skills
- Men's group
- Lunch kitchen
- Family haircuts
- Family picnic
- Drum dances
- Slavey language class
- Elders day camp
- Bishop visit
- Parenting workshop
- Meals on Wheels
- NAAW
- Cooking Circle
- Youth Dance

Fort Resolution

Organization: Deninu Kue First Nation

Population: 497

Community Wellness Plan Priorities

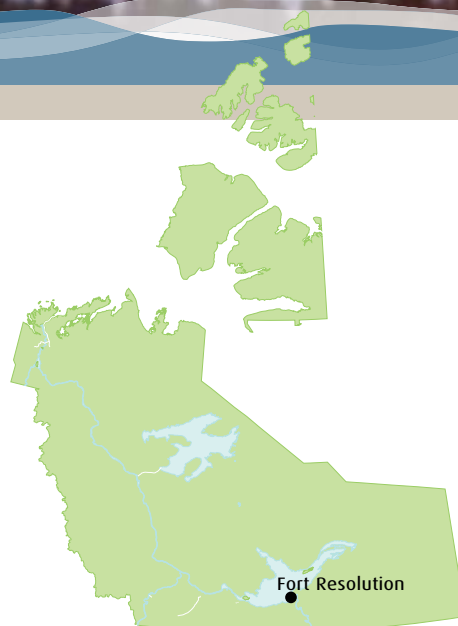
- Promote awareness of healthy nutrition, traditional diets, cultural identity, and traditional values
- Facilitate the rebuilding of traditional culture
- On-the-land cultural and wellness programs
- Strengthen the Dene Souline language
- Develop orientation courses for southern trained professionals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

Success Stories

- Excellent attendance at all cooking and nutrition programs
- Positive feedback received for mental health programs
- Sobriety among clients throughout the duration of programs

Challenges and Opportunities for Improvement

- None identified



Wellness Programming

- Weekly cooking and nutrition classes for prenatal, postnatal and breastfeeding mothers
- Monthly Nutrition Bingo
- Monthly Nutrition Family Feud
- National Addictions Awareness Week – sobriety walk, fun night, colouring contest, scavenger hunt, open house
- Traditional Challenge – biking, running, canoeing
- Culture Week – dry fish, bannock, dry meat, fish nets, story-telling, drumming, camping, canoeing
- Anger Management Workshop
- Mental Health Workshop
- Matrix Training Program

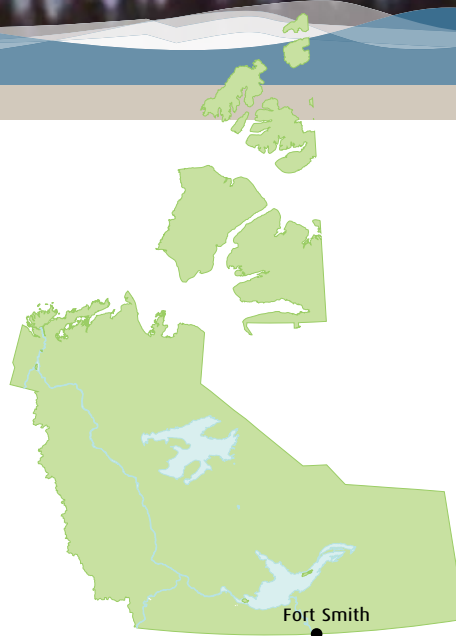
Fort Smith

Organization: Salt River First Nation

Population: 2,450

Community Wellness Plan Priorities

- A dietician in town who can reach out and support the community around the issues of diabetes
- More physical fitness programs/rec programming
- Support for School Councilor/youth education
- Community daycare
- Community awareness workshops
- Our Babies our Future programming and support
- Start Youth “Lights On” program for Fort Smith
- Phoenix Program support
- Midwives – continue to support and promote excellent program
- Head Start – support and promote program
- Moms Maternal Health – support and promote program
- Support groups – (i.e. Sharing Circle for Seniors and Family Violence Support Group)
- Pre-employment training
- Our Environment – (i.e. More hiking community tours, promote excellent walking trails, community tours)
- Family Fun Nights
- Celebrate Our Sober Community
- Stigma - Start a “ Getting Help is A Great Thing” Campaign
- Domestic Abuse campaign – programming and support
- Lateral Violence community training
- Partnerships with housing – work with local government and territorial government to look at new programs for housing



Wellness Programming

- Nihkanis Centre Aboriginal Health Start Program – a ten-month early childhood education program for children aged 3-5 to help prepare Aboriginal children for kindergarten
- Our Kids, Our Future – a drop-in program for parents and their children
- Our Babies, Our Future – a prenatal drop-in program to support and promote health

Success Stories

- Parents enjoy cooking circle, which, along with shopping circle, is a great way to help parents choose and prepare healthy foods for their children
- Play group has steadily increased participation, showing children and parents how to properly get along and socialize with others
- Students from the college read to the children from the Head Start during Literacy Week every year. Students from the Teacher Education Program visit the program in order to understand quality early childhood education

Challenges and Opportunities for Improvement

- None identified

Fort Simpson

Organization: Liidlii Kue First Nation

Population: 1,238

Community Wellness Plan Priorities

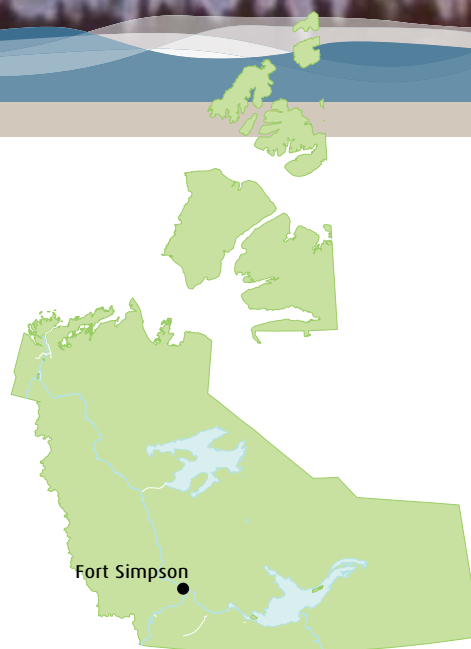
- Youth conferences and activities
- Programs that educate the community about drugs and alcohol
- On the land training and education
- Physical activities and related programs
- Cultural camps and on-the-land programs

Success Stories

- Increased participants in programs
- Providing information and services available for those seeking healthier alternatives in their lives

Challenges and Opportunities for Improvement

- Uncooperative weather sometimes hindered outdoor activities
- Providing additional information to front-line workers about transition in programming



Wellness Programming

- Breakfast program
- Judo
- Elephant Thoughts Science Day Camp
- Youth Fall Culture Camp
- National Aboriginal Addictions Awareness Week
- Family Violence Awareness Week
- Don't be a Butt Head – stop smoking workshops
- Bike Rodeo

Gamèti

Organization: Tlìcho Government

Population: 320

Community Wellness Plan Priorities

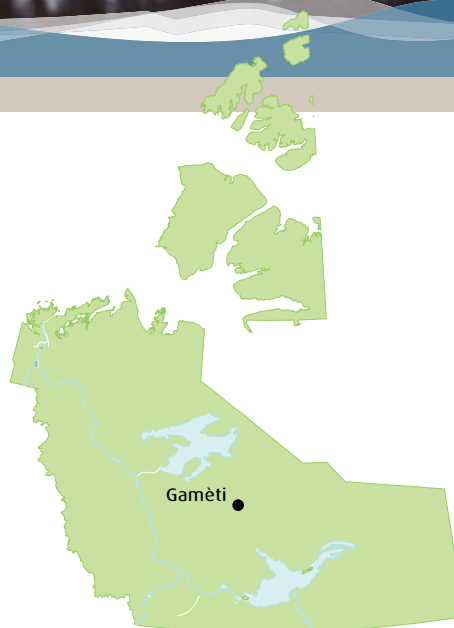
- Community Connectedness
 - » Interactive with others; supportive of one another; communicative; open minded; proactive, sustainable programming
- Culture/Traditions
 - » More Tlìcho being spoken; more craft activities; more festivals; more on the land trips; intergenerational activities; pride in our culture
- Healthy Living
 - » Promote physical activity; healthy eating; stress management; prevention and awareness; cleaner environment
- Wellness
 - » Long-term wellness programs – consistent to meet the needs of everyone

Success Stories

- Increased awareness and knowledge of cooking, nutrition, sewing, breastfeeding, FASD, diabetes, the importance of Early Childhood Development, stress management, physical activity, foot care etc. among program participants

Challenges and Opportunities for Improvement

- Increasing focus on local/regional priorities



Wellness Programming

- Gamèti Monthly CPNP newsletter
- Cooking class, breastfeeding support and education
- Craft class (cancelled due to vacant position)
- Annual Tlìcho Youth Conference with educational sessions
- National Victims of Crime Awareness Week
- Back to School Youth Handgame Tournament
- Breaking the Silence video production
- Personal Empowerment for Healthy Lifestyles
- Basic Foot Care for Diabetes
- Community Mobilization for Healthy Lifestyles and Diabetes Prevention
- Annual Tlìcho Youth Conference with educational sessions

Hay River

Organization: Hay River Métis First Nation

Population: 3,606

Community Wellness Plan Priorities

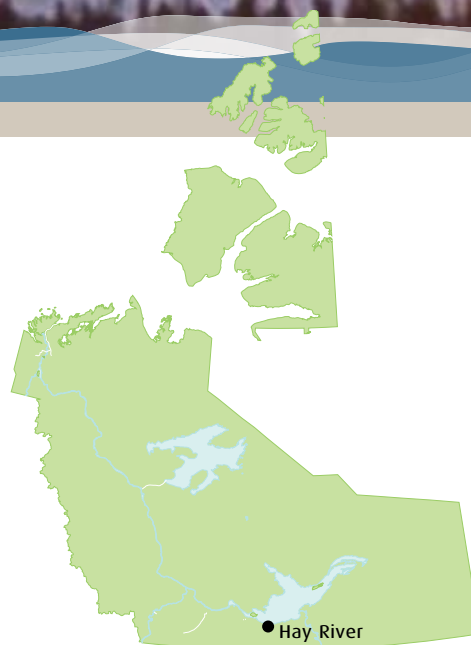
- Hire a Community Wellness Worker
- Opportunities for youth and families to participate in drug/alcohol free activities
- Increase the use of local resources for service delivery that includes ongoing community education
- Expand existing mentorship programs to support at risk youth, at risk families,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

Success Stories

- Many improvements in knowledge and awareness around healthy living among participants of program noted
- Good turnout for Lights On program and great community support
- Positive feedback on prenatal classes

Challenges and Opportunities for Improvement

- Additional support for teenagers in making good choices
- Additional time to resource, develop class content, prepare facility and source funding for On the Go program
- Additional funds and receipt of funds earlier for additional programming



Wellness Programming

- Prenatal Classes
- Car Seat Safety and Installation
- Healthy living classes for grades 8 - 10
- Art and Nutrition Club
- Baseball, Volleyball and Soccer coaching
- Mentoring and Counseling Support after school / weekend program
- Youth At Risk program
- School healthy living activities
- Career Trip to Vocational College for students
- Supporting Healthy Lifestyle in the community – curling swimming and snowshoeing for students
- Lights-on program for youth
- On the Go program for those with disabilities and their caregivers
- Motivational Speakers on Fetal Alcohol Spectrum Disorder and Addiction Awareness
- Living in Balance recovery from addiction program
- Sober Dances
- Make it “Sew fun” program for youth

Hay River Reserve

Organization: Katlodeeche First Nation

Population: 329

Community Wellness Plan Priorities

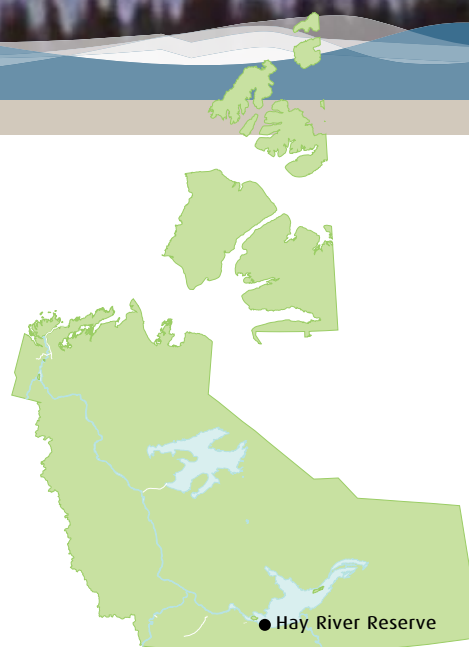
- Community workshops that focus on healing, respect, alcoholism, abuse, etc.
- Maintain a nurturing, safe and active community with people living a healthy lifestyle
- Establish, promote and support cultural activities
- Build capacity to provide health and wellness prevention services
- Focus on mental health and addiction education with our youth
- Support strong communication and dialogue in community
- Focus on the future in a positive and proactive manner
- Self-care sessions for the whole community
- Retreats on the land
- Practice Dene values, language, and culture
- Cultural camps
- Injury prevention
- Education on child neglect, elder abuse, FASD

Success Stories

- Drum workshops with participation from surrounding communities
- Mothers learning to prepare healthier meals
- The importance of Breastfeeding

Challenges and Opportunities for Improvement

- A coordinator is needed to carry out programming and help improve community participation



Wellness Programming

- Home school counselor
- Feast and drum dance ceremony
- Daycare program
- Drumming workshop
- Cooking circle
- Sewing groups, scrapbooking
- Walking Rally
- Breastfeeding information sessions

Inuvik

Organization: Inuvik Native Band

Population: 3355

Community Wellness Plan Priorities

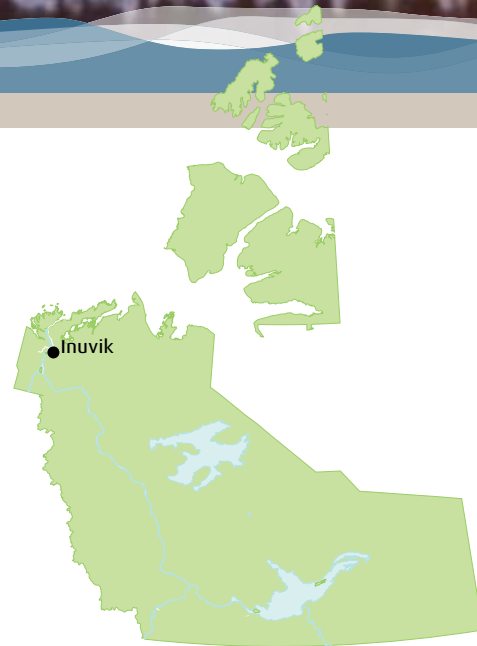
- Encourage and support healthy family lifestyles for residents
- Alcohol and Drug Abuse programs
- Programs for elders – Elders in Motion and ending elder abuse
- Stop Bullying
- Parenting support programs – budgeting, positive lifestyles, traditional parenting skills and knowledge, cooking and homemaking skills, navigating social services system
- Restore traditional values of kindness, respect and helping, and share culture and history with youth
- Support a linguistic and spiritual revitalization to live a positive life
- Programs for youth – Cadets and Rangers
- Sewing classes for community
- Improve patient experience in the hospital and social service system – Patient navigator and Ombudsman available to help patients understand plan of care and communicate with medical and social services personnel

Success Stories

- Youth and Elder programming well attended
- Information on alcohol and drug abuse well received by Elders and youth
- Nutrition and diabetes food program well received by participants

Challenges and Opportunities for Improvement

- More resources and professionals could visit communities to conduct hands-on workshops
- Facility problems prevented on-the-land programming from taking place in 2013/14



Wellness Programming

- Traditional activities
- Nutrition support
- Physical activity
- Diabetes workshops
- Nutritional sessions
- Diabetes workshops
- Mental Health and Addictions Information workshop

Inuvik

Organization: Inuvialuit Regional Corporation

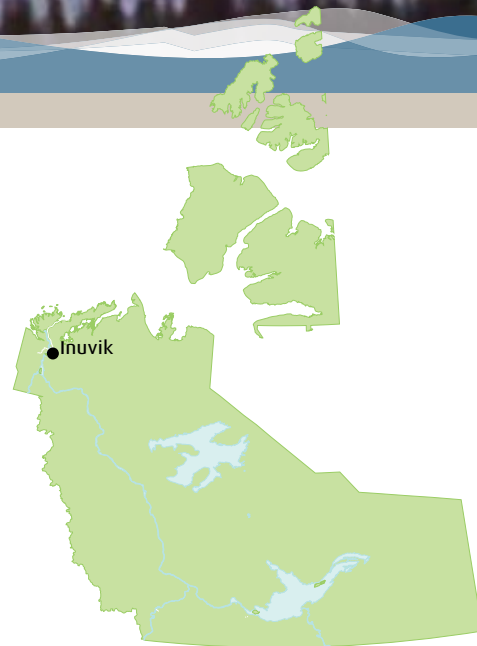
Population: 3355

Community Wellness Plan Priorities

- Enhance health care services access and quality of services to remote communities.
- Deliver prevention, treatment and aftercare programs to parents and expectant mothers to prevent substance abuse issues.
- Support initiatives for addictions and intervention programs.
- Support mental health initiatives

Success Stories

- Better trained staff in food services



Wellness Programming

- Providing healthy food supplies
- Nutrition information
- Healthy living activities
- Food safety
- Harvesting of traditional foods

Challenges and Opportunities for Improvement

- Limited resources within the community

Jean Marie River

Organization: Jean Marie River First Nation

Population: 71

Community Wellness Plan Priorities

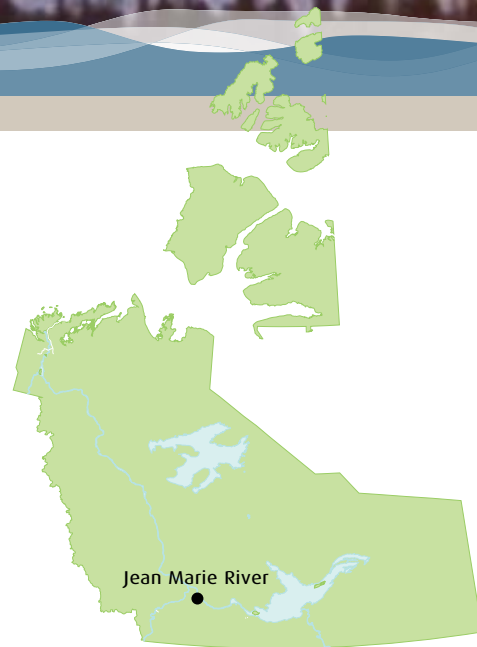
- On-The-Land Treatment Centre
- Promote and support healthy, strong families
- Promote and support education and training
- Maintain and use traditional knowledge and skills
- Traditional knowledge research and training

Success Stories

- Bringing youth, elders, children together to create new culinary ideas and share healthy meals promotes healthy eating habits, keeping people from relying so much on processed foods and more on healthy foods.

Challenges and Opportunities for Improvement

- Coming up with new innovative ideas to help bring these various groups of people together has been a challenge, due to the small size of the community and limited resources for programming.



Wellness Programming

- Healthy Mothers and Babies
- Youth activities

Kakisa

Organization: Ka'a'gee Tu First Nation

Population: 45

Community Wellness Plan Priorities

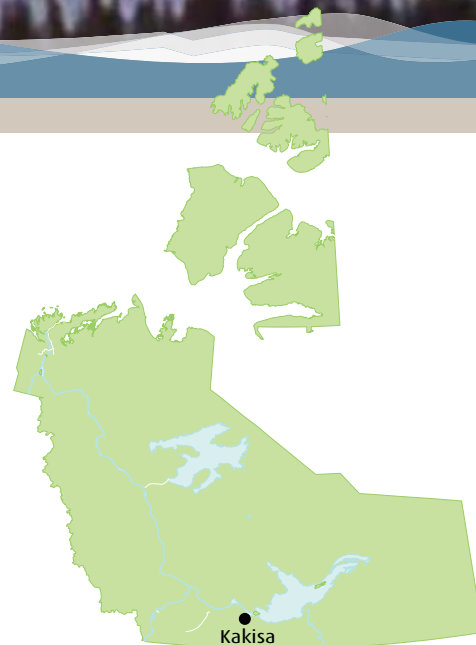
- Encouraging access and use of traditional foods and plants
- Community gatherings
- More community involvement in school activities
- Workshops and training for everyone
- Preservation of our language and culture
- Being an environmentally-friendly community
- Working to develop our economic opportunities
- Focus on cultural awareness for our youth

Success Stories

- Money was spent efficiently

Challenges and Opportunities for Improvement

- Scheduling so that programs do not have to be cancelled due to conflicting schedules of community members and therefore low participation



Wellness Programming

- Health Promotion and Awareness Activities - Wellness Conference in Yellowknife
- Healing Touch Level 1 training

Lutsel K'e

Organization: Lutsel K'e First Nation

Population: 298

Community Wellness Plan Priorities

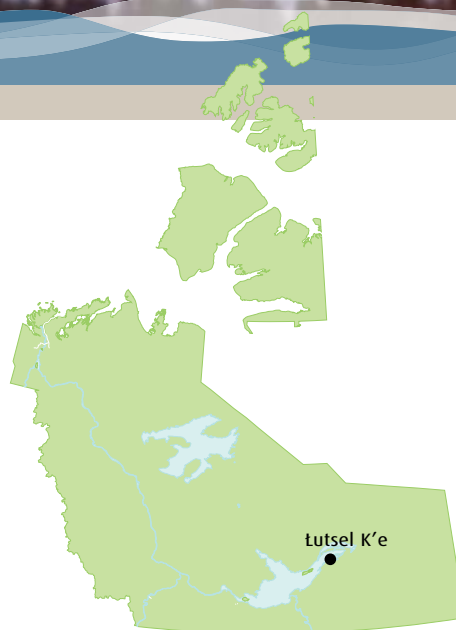
- Work towards regaining independence/self-determination over all aspects of life.
- Strengthen self-esteem, self-worth, self-reliance by strengthening language, culture and traditions
- Deal with effects of trauma
- Focus on children and youth

Success Stories

- Girls group attendance and participation increased as the year progressed and was well-received
- Positive feedback and evaluation of healing program, group therapy participation increased, women meet regularly to learn traditional skills, youth enjoyed on-the-land camps and canoe trip
- Enough interest in Kids in the Kitchen program to warrant two groups per month; older students are taking the initiative to become involved in choosing and planning recipes

Challenges and Opportunities for Improvement

- Programming and an Early Childhood Education Centre for children ages 0-4 would be beneficial as there is no daycare in place
- Multiyear funding should help ensure programs can start earlier and continue to run
- Mental Health and Addictions Counselor vacancy – a Yellowknife counselor will help out short-term
- Outpatient Treatment Program challenges included attendance fluctuations and participants using during program
- Improved communication with school for Kids in the Kitchen program could minimize scheduling conflicts with school events.



Wellness Programming

- Weekly Pre/Postnatal Program
- After-school program
- Weekly hand game practice
- Summer camp
- Healing program
- DuHamel lake camp
- Weekly women's group
- Winter camp
- Kids in the Kitchen program
- Developed information sheet on healthy eating, healthy relationships and healthy sexuality to raise awareness for girls up to 18 years.
- Created a video documentary by school students on community members who are living free of addiction

Nahanni Butte

Organization: Nahanni Butte First Nation

Population: 104

Community Wellness Plan Priorities

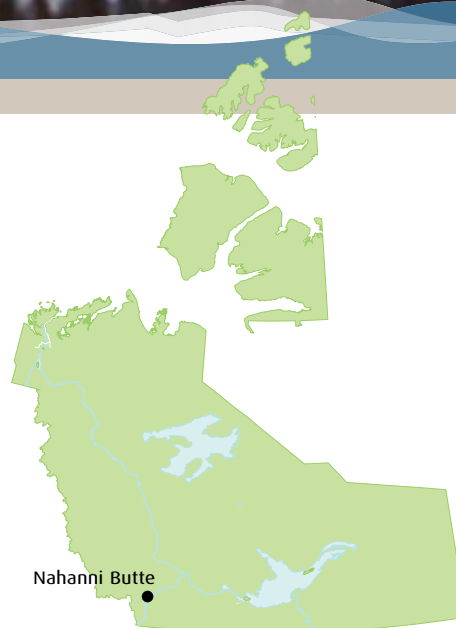
- Traditional cultural teaching and healing out on the land
- The community wants its traditional culture to be a bigger and stronger part of its identity
- Seasonal cultural camps
- Education: mentors, improved library services, career days, science workshops, youth conferences, and student exchanges
- On-the-land treatment centre

Success Stories

- Healer's experiences and speeches were well received by all members of the community. The first aid training and advanced emergency medical responders training prepared the community to deal with real life issues without hesitation

Challenges and Opportunities for Improvement

- Applying for funding earlier in the fiscal year will allow more time to plan and deliver programs and training



Wellness Programming

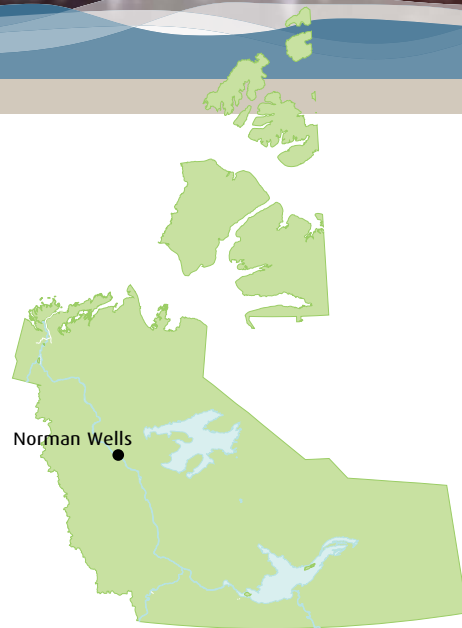
- Dene Healer Experience
- Arctic Response training – basic first aid training
- Arctic Response training – medical responders advanced medical training readiness for emergencies
- Arctic Response training – fall protection

Norman Wells

Population: 763

Community Wellness Plan Priorities

- 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
- Collaboration between GNWT departments and local organizations
- Providing traditional, on-the-land activities
- Provide quality early childcare
- Programs for new parents, including prenatal care and physical activity for younger youth
- Build partnerships between various departments and local organizations to develop and implement social programs



Wellness Programming

- No wellness programs were delivered in 2013-2014 with Community Wellness Initiative Funds
- Health And Social Services is seeking an organization to provide wellness programming in Norman Wells

Paulatuk

Organization: Inuvialuit Regional Corporation

Population: 314

Community Wellness Plan Priorities

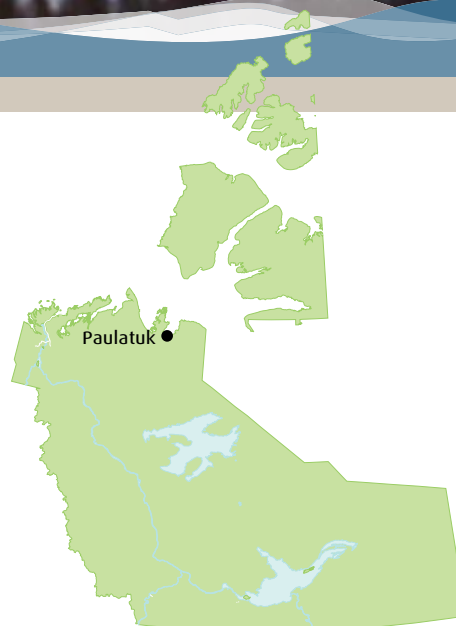
- Implement a strategy for recruiting and maintaining health care professionals to live and work in the community
- Enhance access to health care services and improve quality of services
- Deliver prevention, treatment and aftercare programs to parents and expectant mothers to prevent substance abuse issues
- Implement counseling programs to address residential school trauma
- Promote harvesting and use of traditional foods for healthy eating habits
- Support initiatives for addictions and intervention programs
- Support mental health initiatives

Success Stories

- Better trained food services staff

Challenges and Opportunities for Improvement

- Limited resources within the community



Wellness Programming

- Food safety
- Harvesting traditional foods

Sachs Harbour

Organization: Inuvialuit Regional Corporation

Population: 120

Community Wellness Plan Priorities

- Provide for an on-site clinical counselor, well trained in the treatment of trauma and recovery
- Enhance access to health care services and improve quality of specialized services within the community
- Deliver prevention, treatment and aftercare programs to parents and expectant mothers to support healthy lifestyles
- Implement counseling programs to address residential school trauma
- Promote harvesting and use of traditional foods for healthy eating habits
- Provide a link to access after-care initiatives for addictions and intervention programs
- Provide culturally appropriate healing services relevant to cultural and traditional practices
- Provide a family health and fitness strategy

Success Stories

- Better trained food services staff

Challenges and Opportunities for Improvement

- Limited resources within the community



Wellness Programming

- Food safety
- Harvesting traditional foods

Tsiigehtchic

Organization: Gwichya Gwich'in Band

Population: <200

Community Wellness Plan Priorities

- Improve communication with local authorities and organizations
- Deliver effective positive motivational programming
- Bridge the youth/elder gap
- Support and maintain traditional values and knowledge through schools and recreation programs

Success Stories

- Programs resulted in positive outcomes such as: improved awareness of the importance of good health and healthier food choices, healthier habits (eating, sleeping, physical activity), better access to nutrition information and healthy foods for children and families, an increase in number of non-smokers in the community, improved oral health of children, improved participation in physical activity among youth and adults
- More people taking advantage of programs offered
- Participation in the after school homework program and children able to see drama and singing in a formal setting for the first time
- Formation of groups like quitters corner and cooking circle



Wellness Programming

- Traditional activities
- Nutrition support
- Physical activity
- Language programs
- Diabetes workshops
- Nutrition sessions
- Support from the health centre for Mental Health and Addictions

Challenges and Opportunities for Improvement

- Hire a coordinator for the program
- Have more promotional activities
- Community Wellness Representatives address the community every quarter to stimulate more interest (community members are more eager to listen to an outsider than someone that they see and hear almost daily)
- Finding people willing to deliver programs can be challenging
- Excess workload on the Band Manager
- Need a designated building/location to deliver programs

Trout Lake

Organization: Smbaa K'e Dene Band

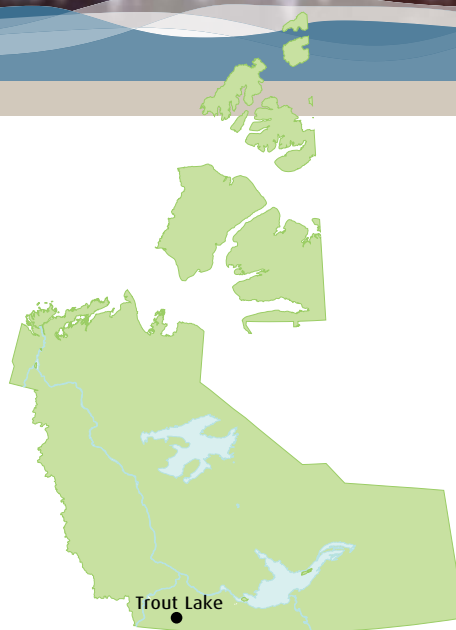
Population: 100

Community Wellness Plan Priorities

- Healing from residential school impacts
- Willingness of members to engage in community life
- Communications
- Nutrition
- On-the-land workshops
- Community gatherings
- Respect and protect traditional lands and waters
- Maintain and use traditional knowledge and skills
- Promote and support healthy and strongly committed families
- Establish a constructive community dynamic
- Promote and support education and training

Success Stories

- Family Well-Being workshop was very successful and more families are visibly active and developing healthy lifestyles
- Positive changes to health and wellbeing following visit from Traditional Healer
- Promotion of Dene culture through hand games and drumming
- Families who lost loved ones benefitted from the grieving workshop that incorporated Dene laws, how to deal with death in Dene culture
- The Meander River Drummers were invited into the community to perform a drum dance, hand-games, and a tea dance for the participants who completed the acceptance and death workshop. The participants celebrated by dancing at drum dance and a community feast.



Wellness Programming

- Preparing Healthy Meals training
- Grocery Store Tour
- Family Well-being Workshop
- Traditional Healer Visit
- Family Activities
- Wilderness First Aid Course
- Cultural Camp – Fall Hunt
- Grieving Workshop
- Alcohol and Drug Workshop

Challenges and Opportunities for Improvement

- There is a need for a full-time community coordinator as there are too many tasks for the staff at the SKDB Administration and Recreation departments.

Tuktoyaktuk

Organization: Inuvialuit Regional Corporation

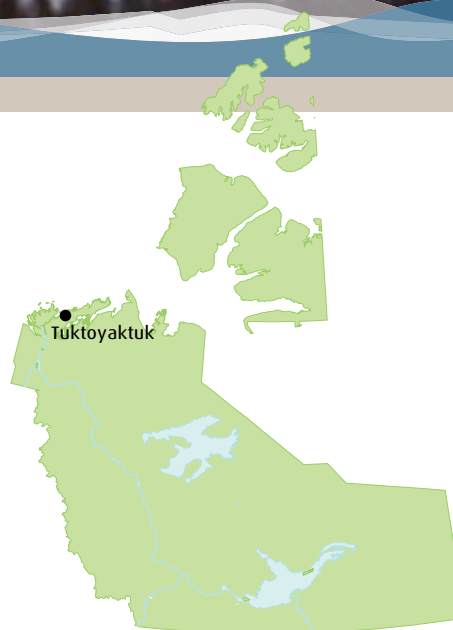
Population: 880

Community Wellness Plan Priorities

- Enhance programs to support local people being trained in health care professions
- Deliver prevention, treatment and aftercare addictions programs to support healthy families
- Provide life skills programming
- Provide a family health and fitness strategy

Success Stories

- Better trained food services staff



Wellness Programming

- Food safety
- Harvesting traditional foods

Challenges and Opportunities for Improvement

- Limited resources within the community

Tulita

Organization: Tulita Dene Band

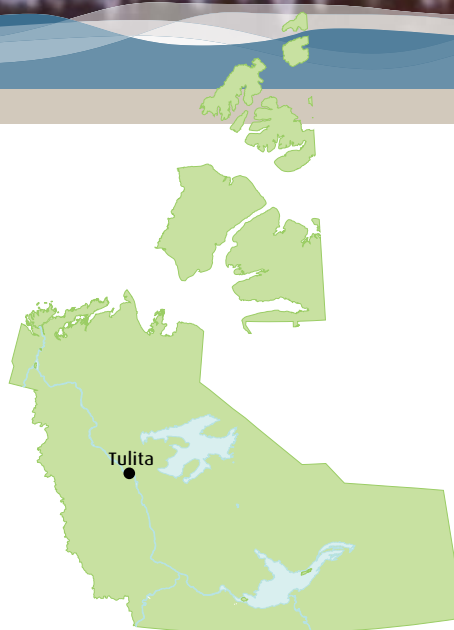
Population: 505

Community Wellness Plan Priorities

- Engage our community youth to learn about our traditions and culture
- Continue support for early childhood and kindergarten programs
- Increased stay-in school initiatives
- Build a playground
- Promote and improve healthy cooking skills for everyone in the community as a preventative measures against diabetes, obesity, heart attacks as well as improve the oral health of all our residents
- Promote and support smoke-free living and tobacco cessation
- Work in partnership with other agencies to increase access to nutritious foods and nutrition information for pregnant women, new mothers, children and families
- Tulita Wellness Agency is staffed and trained to deliver counseling programs and provide facilitation sessions for community residents and also works in partnership with other agencies
- Develop culturally appropriate and relevant programming including Headstart Program to operate out of the community Early Childhood Development Program
- Connect with the Health Centre to encourage prenatal and postnatal women to come to healthy child and youth development programming in our community to get help for women in need
- Plan and implement cooking classes for prenatal and postnatal women using traditional foods for the healthy child and youth development programming

Success Stories

- Youth enjoy more healthy food
- Young mothers cook healthier meals for their families and can sew better



Wellness Programming

- Literacy activities after school for youth, children, and families
- Sewing classes – learn how to sew with the help of an Elder
- Weekly Healthy Food Display Program
- Mothers cooking Circle
- Children/youth lunch every Monday and Wednesday
- Mom and child drop-in program – parent and child play, literacy activities and information

Challenges and Opportunities for Improvement

- Scheduling so programming does not conflict with other community events
- Using canned or frozen foods as access to fresh fruits and vegetables is a challenge
- Securing enough wild meat for cooking circles

Ulukhaktok

Organization: Inuvialuit Regional Corporation

Population: 415

Community Wellness Plan Priorities

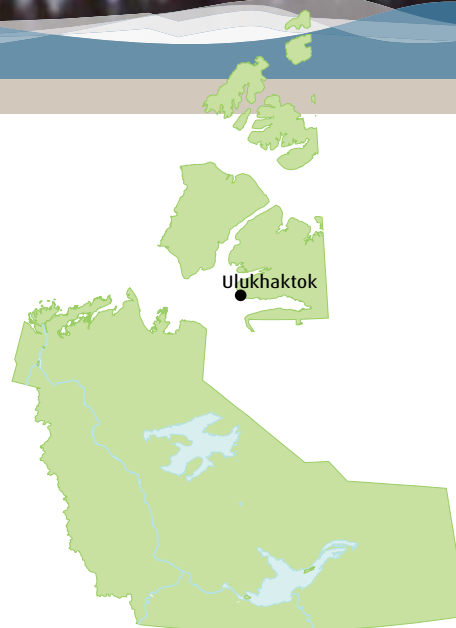
- Enhance access to health care services and improve quality of specialized services within the community
- Deliver prevention, treatment and aftercare programs to parents and expectant mothers to support healthy lifestyles
- Promote harvesting and use of traditional foods for healthy eating habits
- Provide after-care initiatives for addictions and intervention programs
- Provide culturally appropriate healing services relevant to cultural and traditional practices
- Provide a family health and fitness strategy

Success Stories

- Better trained food services staff

Challenges and Opportunities for Improvement

- Limited resources within the community



Wellness Programming

- Food safety
- Harvesting traditional foods

Wekweètì

Organization: Tlìcho Government

Population: 141

Community Wellness Plan Priorities

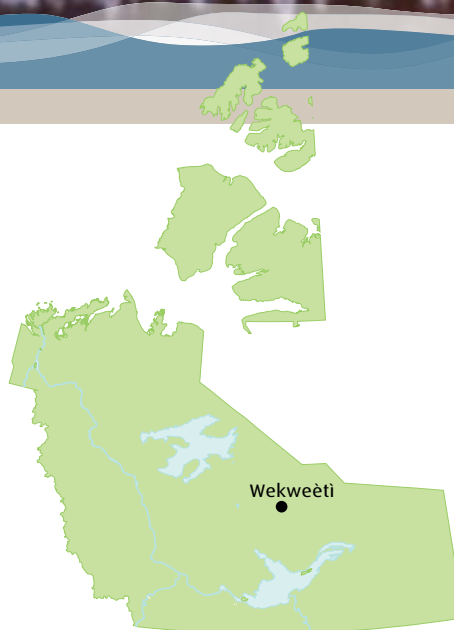
- Community Connectedness
 - » Interactive with others; supportive of one another; communicative; open minded; pro-active, sustainable programming
- Culture/Traditions
 - » More Tlìcho being spoken; more craft activities; more festivals; more on the land trips; intergenerational activities; pride in our culture
- Healthy Living
 - » Promote physical activity; healthy eating; stress management; prevention and awareness; cleaner environment
- Wellness
 - » Long-term wellness programs – consistent to meet the needs of everyone

Success Stories

- Increased awareness and knowledge of cooking, nutrition, sewing, breastfeeding, FASD, diabetes, the importance of Early Childhood Development, stress management, physical activity, foot care etc. among program participants

Challenges and Opportunities for Improvement

- Increasing focus on local/regional priorities



Wellness Programming

- Wekweètì monthly newsletter
- Cooking class, breastfeeding support and education
- National Victims of Crime Awareness Week
- Back to School Youth Handgame Tournament
- T'se Whii T'se Daa Camp
- Youth Activity/Craft
- Youth Activities
- Youth craft class
- Breaking the Silence video production
- Personal Empowerment for Healthy Lifestyles
- Basic Foot Care for Diabetes
- Community Mobilization for Healthy Lifestyles and Diabetes Prevention
- Annual Tlìcho Youth Conference with educational workshop

Whatì

Organization: Tlìcho Government

Population: 519

Community Wellness Plan Priorities

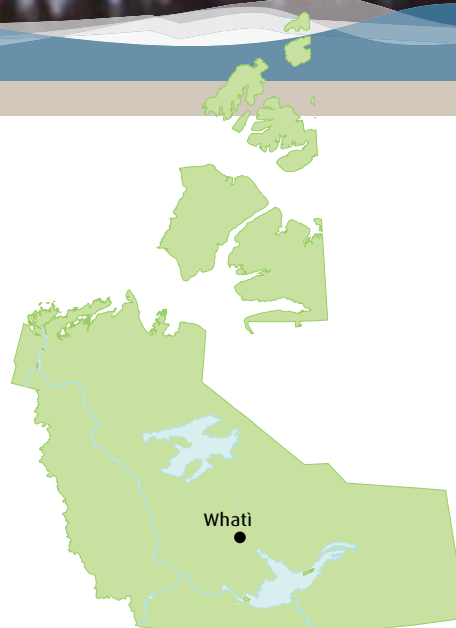
- Community Connectedness
 - » Interactive with others; supportive of one another; communicative; open minded; proactive, sustainable programming
- Culture/Traditions
 - » More Tlìcho being spoken; more craft activities; more festivals; more on the land trips; intergenerational activities; pride in our culture
- Healthy Living
 - » Promote physical activity; healthy eating; stress management; prevention and awareness; cleaner environment
- Wellness
 - » Long-term wellness programs – consistent to meet the needs of everyone

Success Stories

- Increased awareness and knowledge of cooking, nutrition, sewing, breastfeeding, FASD, diabetes, the importance of Early Childhood Development, stress management, physical activity, foot care etc. among program participants

Challenges and Opportunities for Improvement

- Increasing focus on local/regional priorities



Wellness Programming

- Prenatal cooking class, breastfeeding support and education
- Prenatal craft class, traditional parenting support and education
- Whatì Monthly CPNP newsletter
- Annual Tlìcho Youth Conference with educational sessions
- National Victims of Crime Awareness Week
- Back to School Youth Handgame Tournament
- Mother's Day celebration
- Father's Day celebration
- On-Land Program
- Tanning caribou hides
- Children's Winter Party
- Breaking the Silence video production
- Personal Empowerment for Healthy Lifestyles
- Basic Foot Care for Diabetes
- Community Mobilization for Healthy Lifestyles and Diabetes Prevention

Wrigley

Organization: Pehdzeh Ki First Nation

Population: 152

Community Wellness Plan Priorities

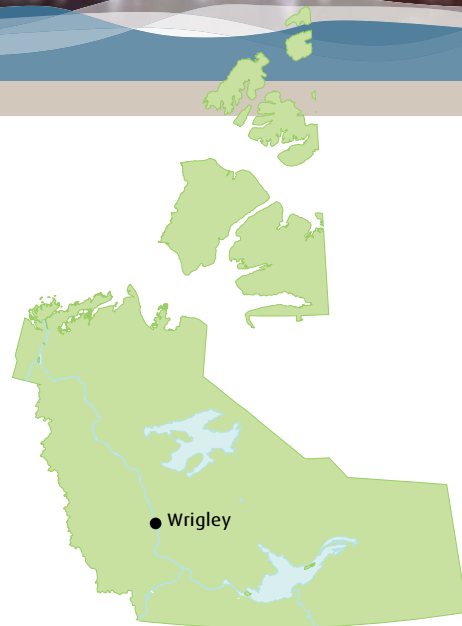
- Treatment programs for addictions and residential school
- On-the-land treatment centre
- Family violence and addictions counseling programs
- Community social gatherings focused on culture, teaching, and wellness
- Cultural centres and cultural programs
- Youth programming that focuses on and supports culture, recreation, sports, education, and personal aspirations

Success Stories

- Improved listening skills and healthy living
- Meeting new people and creating new partnerships; working collaboratively as a community

Challenges and Opportunities for Improvement

- None listed



Wellness Programming

- Dream catcher conference
- Youth trades conference
- Healthy eating project
- Free breakfast program

Yellowknife

Organizations: Yellowknife Association
for Community Living

The Foster Family Coalition of the NWT

Northern Youth Leadership Society

Population: 19,936

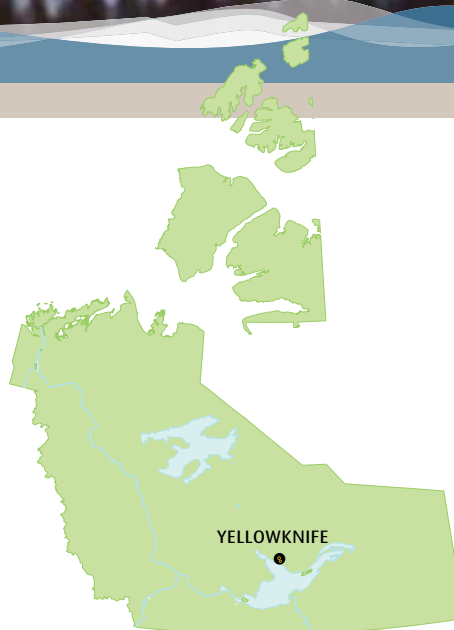
Wellness Programming

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

- Daily living skills like cooking, baking, sewing, cleaning, self-care, decision making, dental care and budgeting
- Social activities like swimming, bowling, theater, field trips, outdoor games, Zumba fitness, crafts, and Folk on the Rocks
- Elders and other community resources

The Foster Family Coalition of the NWT offered staff training and on-the-land culture camps were offered throughout the summer for youth aged 7-18 from across the NWT:

- Three-week Youth Camp (ages 7-11)
- One-week Youth Camp (12-14)
- Young women's camp for females aged 15-18
- Canoe trip for young men aged 15-18



Northern Youth Leadership Society offered trips and camps that focused on outdoor survival skills, canoeing and camping, traditional and contemporary ways of healing, traditional skills such as fishing trapping and snaring, leadership development, communication and creative expression, and environmental stewardship.

- Peel River Cultural Camp for teenage females (6 days)
- Canoe adventure trip from Inuvik to the Beaufort Sea for teenage females (11 days)
- Two Canoe trips from Powder point to Yellowknife (5 days each)
- Inuvik winter cultural camp (6 days)
- Two Great Slave Lake Fish Camps (2 days each)

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)

