



news release



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96-71

Launch of Aftercare Program to assist families overcoming alcohol and drug abuse to gain meaningful work

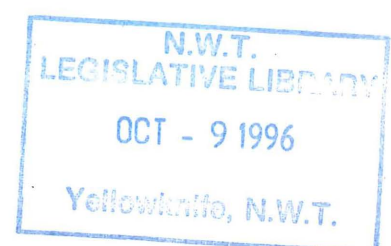
FORT McPHERSON, N.W.T. - The Honourable Ethel Blondin-Andrew, Secretary of State for Training and Youth, and Robert Alexie Jr., Chairman of the Tl'ondih Healing Society, today announced Government of Canada support for a project under Aboriginal Strategic Initiatives (ASI) designed to help families affected by alcohol and drug abuse re-enter their communities.

Known as the Aftercare Program, the three-year project will be managed by the Tl'ondih Healing Society, which was established in 1994 by the Gwich'in Tribal Council following settlement of their comprehensive land claim. The Society manages the Tl'ondih Healing Camp near Fort McPherson. Using an approach that balances holistic, traditional and modern therapeutic methods to treat the whole family, the Aftercare Program will support those who have completed treatment at the Healing Camp.

"I am confident the Aftercare Program will greatly assist the Gwich'in people in understanding the need for education and skills development to achieve success in today's labour market," said Mme Secretary. "We all feel much better about ourselves when we are self-reliant and able to support our families. That is what the Aftercare Program will focus on."

During the 22 months that a family is in the Aftercare Program, professional counsellors will work with individual family members to develop plans for careers. Program staff will assist with job searches, counselling for training and other aspects of career advancement. Modules will be developed to complement existing programs that focus on self-reliance and re-entry into the workforce. The Program will also have a youth transition component.

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TI'OONDIH HEALING SOCIETY: THE AFTERCARE PROGRAM

BACKGROUNDER

Overview

- ◆ The Aftercare Program was developed by the TI'oondih Healing Society (THS), in consultation with TI'oondih Healing Camp, the Aboriginal Network Consulting of Yellowknife and in partnership with Human Resources Development Canada (HRDC).
- ◆ The THS has adopted a unique approach to addiction and destructive behaviour. One of the unique aspects of programming is that it is directed at the family unit. It provides a balance of holistic, traditional and modern methods to deal with emotional and spiritual crisis. Participants in the Healing program are committed to a two year process, including six weeks of treatment and 22 months of Aftercare.
- ◆ On December 1, 1995, the Secretary of State (Training and Youth) approved developmental funding in the amount of \$30,000 to develop a proposal under the Aboriginal Strategic Initiative (ASI) program.
- ◆ The ASI developmental funding has been used to prepare an ASI proposal to demonstrate and test a 22-month aftercare program for families who have completed a course of treatment at the Healing Camp. The program will support the families as they re-enter their home communities and will provide the training and other supports necessary to facilitate a transition into education, skills development and/or the labour market for each family member, as appropriate.

KEY PROGRAM ELEMENTS

- ◆ With the assistance of professional counsellors, clients will develop career plans, discuss progress and resolve difficulties associated with the implementation of their career plans. Staff will support job searches, training counselling and other aspects of career development. The Healing Society has discussed pre-employment training programs with a number of employers in the N.W.T. The counsellors will assist the clients who need to improve their understanding of employer expectation with respect to attendance, punctuality, career development and other matters as identified by employers.
- ◆ Modules which complement existing programs that focus on self-reliance and re-entry into the labour force will be developed. In addition, the project will include a specialized youth transition program.

"An effective Aftercare Program will enable our people to move from dependence and hopelessness to health and harmony to learning, personal growth and employment," said Tl'oondih Healing Society Chairman Robert Alexie Jr. "I am pleased the federal government is supporting us in this endeavour. I believe it will prove to be a sound investment for all concerned."

The project will be delivered in partnership with Aurora College, the Government of the Northwest Territories and local employers.

Human Resources Development Canada will contribute up to \$1 million to the Tl'oondih Healing Society in support of the project. Over three years, the project will assist approximately 450 clients in four Gwich'in communities.

The Tl'oondih Healing Society initiative is the 13th project to be funded under Aboriginal Strategic Initiatives. ASI is a unique national program aimed at testing new and innovative approaches in employment and skills development, learning and education, and income support and services to assist in creating a more efficient and effective social security system. The ASI program budget is \$25 million over the period 1995-99.

Funding for this project was provided for in the March 1996 budget and is therefore built into the existing fiscal framework. This announcement is an example of how this government is prioritizing its spending so that it can better serve Canadians by making efficient use of their tax dollars.

For information:

Ann Kall
HRDC - Alberta/N.W.T. Region
(403) 920-8480

Robert Alexie Jr.
Tl'oondih Healing Society
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Office of the Secretary of State (Training and Youth)
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- ◆ The program will focus on three main areas:
 1. Work experience will help clients gain confidence and knowledge of work ethics and standards.
 2. Literacy and academic development will enhance basic skills required to enter employment and training programs.
 3. Skill development programs will address specific growth needs associated with employment.
- ◆ THS will deliver programs in areas such as job training, employment programs, life skills, career planning, safety training, literacy and tutoring and internships. These programs will be delivered in collaboration and in partnership with Aurora College, the Department of Economic Development and Tourism (GNWT), the Building and Learning Strategy (GNWT), the Gwich'in communities involved in the program and the private sector.
- ◆ The project is being implemented at a pivotal time in the history of the Gwich'in Nation, when employment opportunities have been generated by significant Gwich'in investment.

IMPLEMENTATION

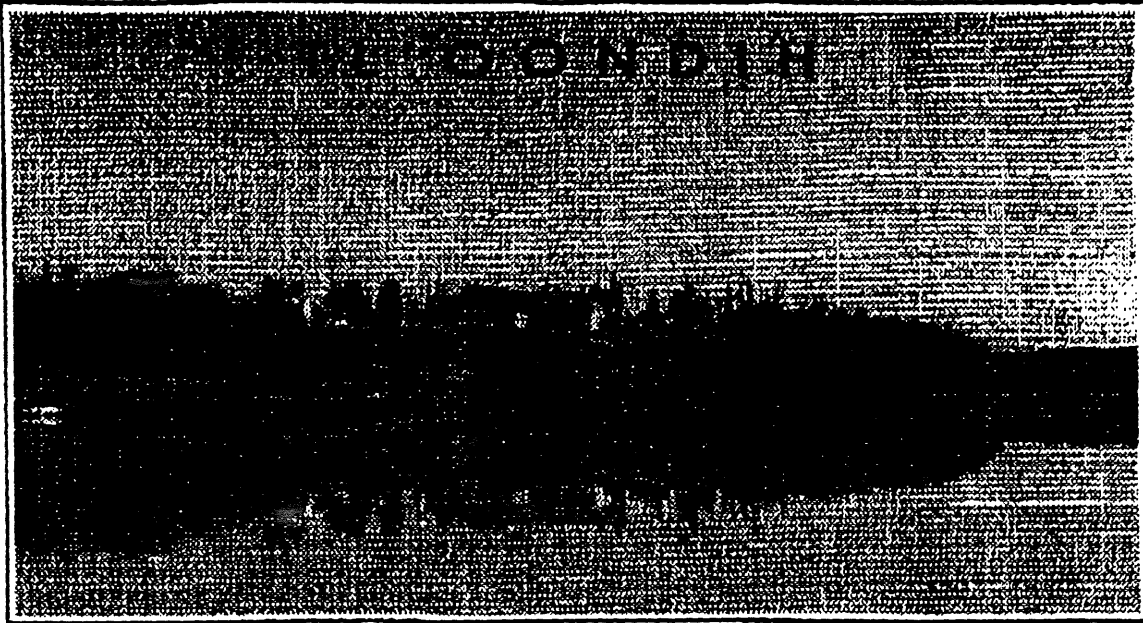
- ◆ The Gwich'in Tribal Council has made a significant investment in the healing of individuals and families facing problems of violence, drug and alcohol abuse. A team of highly qualified and experienced professionals delivers the programs at the Tl'oondih Healing Camp. They will be involved in the development and implementation of the Aftercare Program as well as in the training of the staff hired for the project. The objective is to involve Gwich'in in the operation to ensure that the program design and delivery is culturally appropriate and effective.
- ◆ THS will hire a program director, an administrator and four counsellors. When their training period is completed, the counsellors will begin the implementation of the Aftercare Program. With an enrollment as high as 300, the average caseload per counsellor will amount to 75.
- ◆ HRDC will finance the project up to a maximum of \$1 million over a three year period. In the weeks following the announcement, a contract will be signed between the partners outlining their roles as well as their financial responsibilities.

EVALUATION

- ◆ The project will be subject to ongoing evaluation to facilitate program adjustments and to ensure continued and full participation of the clients in the program. In addition, an extensive and independent evaluation will be conducted at the end of the project.

MANAGEMENT AND KEY PARTNERS

- ◆ The TI'oondih Healing Society will provide overall coordination of the project. A program director and an administrator will manage the project activities with the support of the counsellors.
- ◆ The Aftercare Program will initiate significant alliances with employers in the NWT such as mining companies, the NWT Power Corporation, Northern Stores LTD, departments of the Federal and Territorial Governments and the NWT Housing Corporation. These alliances will provide for career planning and training of clients of the Aftercare Program. These activities will be coordinated by the Education and Training Committee of the Gwich'in Tribal Council.



**GWICH'IN HEALING SOCIETY
 BOX 30 FORT MCPHERSON NT X0E 0J0
 PH 403 952 2025/2644
 FX 403 952 2212**

The Gwich'in Healing Society was established in 1994 by the Gwich'in Tribal Council with the mandate to develop, implement and administer a healing program at the Tl'oodih Healing-Camp.

The Society is a registered charitable organization located in Fort McPherson in the Northwest Territories.

Tl'oodih ("Grassy Hill" in Gwich'in) is located 28 kilometers south of Fort McPherson on the east shore of the Peel River in the foothills of the Richardson Mountains.

The camp consists of a main lodge constructed by Terlit Zeh Construction Ltd. of locally harvested logs and nine client cabins and two staff cabins. In addition there is a fully functional kitchen/dining facility and a generator shed and a "solar electrical system" which runs the camp for up to 20 hours in the spring time.

The Healing Camp was established by the Gwich'in to begin the healing process in the communities and the region and the first program was started in April of 1995.

The society employs 22 people as Therapists, Psychologists, Cooks, Camp Maintainers, Youth Counsellors, Adult Counsellors and Administrators.

Tl'oodih is a family facility with different programs for the Adults, Youth and Children.

The program is based on holistic, traditional and modern therapeutic healing methods.

For further information or to make a tax deductible donation, please contact

**Robert A. Alexie
 Chair, Gwich'in Healing Society
 Box 30 Fort McPherson NT X0E 0J0 Canada
 PH 403 952 2330 FX 403 952 2212**



GWICHIN HEALING SOCIETY

BOX 30 FORT MCPHERSON NT XOE OJO
PH 403 952 2025/2644 FX 403 952 2212

June 14, 1996

Community Resource Personnel

The following is the Admission Process for the TI'oondih Healing Camp:

- 1) Please contact our offices in Fort McPherson, NT at 403 952-2025 with the names, addresses, and dates of birth, etc. regarding the clients.
- 2) Our staff will assist in filling in the Pre-Assessment Forms.
- 3) You must complete and submit the funding forms to your respective Alcohol and Drug Specialist.

The clients will be encouraged to visit your offices (or attend Counselling sessions) at least once a week to prepare them for the TI'oondih Program.

All clients must refrain from using at least one week before the start of the program.

Families are accepted into the programs conditional to providing all necessary data and information on the family to our office.

Attached is a client Information Package for your files and to distribute to potential clients.

If you need more information, please do not hesitate to call us at 403 952 2025

Thank You

A handwritten signature in cursive script, appearing to read 'D. Koe'.

Darlene Koe
Administration Officer
TI'oondih Healing Program

Pre-Assessment Form

TI'oondih Healing Camp

Confidential

INTAKE Date: _____ 1996 Call taken by: _____

Name: _____ Phone# Home _____ Work _____

Date of Birth _____ Health Care # _____ SIN# _____

Treaty # _____ Status Gwich'in----Inuit----Dene----Other

Spouse Name _____

Date of Birth _____ Health Care # _____ SIN # _____

Treaty # _____ Status Gwich'in----Inuit----Dene----Other

Family Members attending program:

- 1) _____ Age/DOB _____
HC# _____
- 2) _____ Age/DOB _____
HC# _____
- 3) _____ Age/DOB _____
HC # _____
- 4) _____ Age/DOB _____
HC # _____
- 5) _____ Age/DOB _____
HC # _____
- 6) _____ Age/DOB _____
HC # _____
- 7) _____ Age/DOB _____

Referral By: _____ Name _____

Contact: _____

Department _____

Community _____

Presenting Issue: _____

Availability: _____

Office Use Only

Assessment to be done/date _____

"Please enform your client, family Health Care, Treaty #'s etc, to have availhle for interview." thank-you

Date: _____ 1996
Month/Day

TI'oondih Team Sign _____

TL'OONDIH HEALING CAMP

CLIENT INFORMATION PACKAGE

Welcome to the Tl'oondih Healing Camp

The Tl'oondih Healing Camp was completed in the spring of 1985 by the Gwich'in Tribal Council upon the direction of the Annual Assembly and is operated by the Gwich'in Healing Society.

The camp is located 18 kilometers above the Peel River Ferry Crossing on the east shore of the Peel River in the foothills of the Richardson Mountains and is accessible only by boat in the summer and snowmobiles and light trucks in the winter.

The camp consists of main lodge, a kitchen and dining facility, nine (9) client cabins, two (2) staff cabins, a tool shed, a generator shed, a storage shed, a tent frame and a number of outhouses. All buildings are smoke free, if you are a smoker you will have to smoke outside, there are buckets to bud out!!!!!! Keep the grounds clean, use the buckets, Thank-you.

The average camp capacity is 25-30 persons or 8-9 families. If you share a cabin, please try to keep it as neat as possible. Keep your own cabins clean, put out your garbage in front of the Kitchen.

The Program

The program is based on the family as a whole. We have an adult and a youth program.

Parents are requested to refrain from intervening with the Youth Program during the day sessions. It may be difficult to do, but we would appreciate your understanding and cooperation.

We are here to help you with your needs during your stay at the camp, see members of the Tl'oondih Team.

Please do not hesitate to ask for assistance at any time during the program.

If you're happy, we're happy.

The Tl'oondih Team consists of the following:

Doug Smith	Executive Director/Lead Therapist
Lloyd MacDonald	Program Director/Therapist
Michael Hartmann	After Care Director and Therapist
Darlene Koe	Administration Officer/Intake
Jennifer Chalmers	Community Mental Health worker
Rebecca Francis	Adult Counsellor Trainee
Michelle Buczek	Youth Director/ Counsellor
Jeff Willis	Assistant Director
Donny Robert	Youth Counsellor Trainee
Debbie Jerome	Cook
Diane Peterson	Cook
Helen Stewart	Cook
Enna Francis	Cook
Karry Prince	DayCare Worker
Edua Aleale	DayCare Worker
Donna Koe	DayCare Worker
Ernest Vittuckwa	Transportation
Brain Francis	Camp Maintainer
Hugh Colln	Camp Maintainer
Richard Stewart	Camp Maintainer

What to bring...

- * at least six (6) sets of clothing appropriate for the time of year.
 Winter: snow boots, big winter mitts, snow suit or pants, toque, fur hat, neck warmers, etc.
 Summer: shorts, rain coat, mosquito coat, rubber boots, light jacket, trucker hat, etc.
- * a light sleeping bag in the summer and a heavier bag for the winter.
- * at least two (2) sets of bath towels, hand towels and face cloths for each of your family members.
- * toothbrush, toothpaste, shampoo, soap, razors, shaving cream, styling gel, brylcreem, deodorant, nail clippers, Q-tips and other men's and women's stuff and such.
- * paper, pencils, pens, etc, and what ever else you think you may need such as pampers, medicalous (Cough syrup, Tylenol, etc., rubber boots, for rainy season.

What not to bring... Pop, Clips, candy, gum, alcohol, drugs, guns, knives, etc...

The Rules...

- * No smoking in any of the buildings.
- * Everyone has to participate in doing daily chores.
- * The main lodge will be closed during the evenings and the Generator, storage and Tool sheds are off limits.
- * The Boat and snowmobiles are off limits to all clients.
- * There will be no visitors unless it is an emergency. Clients can go to town on the fourth weekend.
- * Medical emergencies will be transported to town. A nurse will make periodic trips to the camp to see the clients.
- * Messages to packages can be sent up with any member of the TI'ondih Team. Do not send for chips and pop as they will be eaten by the staff before it gets to camp. If you require any other goods (pampers, etc.), the staff will try to accommodate you. But please try to take everything you need.
- * Only the cooks are allowed in the kitchen area unless authorized and the kitchen will remain locked at times for health and safety reasons.
- * We shall try to offer you full nutritious and healthy meals and we shall try to offer country food whenever possible.
- *

Breakfast	7:30	am	8:30	am
Break	10:00	am	10:15	am
Lunch	11:30	am	1:00	pm
Break	3:00	pm	3:15	pm
Supper	5:00	pm	6:30	pm
Snack	8:00	pm	8:30	pm

* All medications will be given to the TI'oondih Team and will be locked away for safety reasons and will dispensed according to the directions.

Laundry Day at TI'oondih ...

No laundry to be done on Wednesdays.

There is one washer and one dryer and a schedule will be posted.

TI'oondih Camp is not responsible for lost or stolen articles. Please contact the team to have money, and valuables to be put in a safe place. Do not bring your valuables to camp.

Shower facilities are available, depending on water supply, please check with water tank, before you shower. Please try to limited your showers as much as possible.

Transportation

Transportation is provided by IRH, and arrangements are made before and after a program. If you have other arrangements please provide us with that information.

If you have any questions, please ask one of the team ...have a nice stay...

TI'oondih Office 403 952-2025 or 2644

TL'OONDIH AFTER CARE PROGRAM

Successful Healing can only be achieved by a commitment and dedication towards a long term follow-up program. Healing is a long term process, and a lot of emphasis is put on the importance and necessity of this two year after care program. The last week of the intensive stay at the Healing Camp is designed to implement and apply the new learning skills and insight into normal, every day life situations, and the after care program is set up in order to continue using these new skills as well as for providing support.

Any kind of change (as in creating a safe home environment, returning to school, changing or seeking employment, changes in relationships, etc.) is difficult and requires constant work, but it is absolutely necessary to maintain this new level of awareness. Past experience has shown that a lot of effort goes into the intensive part of the treatment, but when returning to the community the transition is not being made, and people are neglecting the after care work that is necessary to continue on with *Healing*. Therefore, certain services are being put into place in order to ensure that some kind of follow-up is being made.

First of all, for the out-of-town clients, we will set up conference calls with the after care workers in the community to set up the first follow-up appointment, and to establish a relationship with this after care worker. The client will be encouraged to share his / her treatment experiences during this call and to talk about ongoing and unresolved issues. The after care worker will also receive a summary of the client's therapy progress with recommendations from the Tl'oondih Team. We will be working further with the designated after care worker in other communities by regular follow-up calls.

Healing is a process of personal growth, and the more we discover about ourselves, the more life can become once again an exciting, rewarding and fulfilling

learning experience. To stay in touch with one's feelings, we recommend that the clients attend regular follow-up meetings with others who have had similar experiences, and are also working hard and honestly at changing their behaviours. In Fort McPherson these groups are being held twice a week, on Tuesday and Thursday evenings. The focus of these groups is to work on the daily struggles and difficulties that come up, and to further look at unresolved and ongoing issues. All of this is active relapse prevention with peer support, which is important and will help maintain higher self esteem / self worth. The same applies to the Youth, which will also have its own support group in the near future.

When people use alternate ways of resolving problems without drinking, violence, and other destructive behaviours, the risk of falling back into old behaviours will decrease. With the support of the bi-weekly meetings, one will learn to set priorities, identify unresolved difficulties, and establish better guidelines towards Health and Healing. For further support in this, and for maintaining the connection to Tl'oondih, we are also offering 1:1 counselling in addition to the group support. We are always available by phone for encouragement, and we will accept collect calls out of other communities for this reason.

We are looking forwards to working together on the ongoing process of Healing.

MAHSI CHO

THE GWICH'IN HEALING PROGRAM

"INVESTING IN PEOPLE"

MISSION STATEMENT

"To encourage and support individuals to initiate and continue the healing process that will enable them to regain their power and take control of their own lives."

PHILOSOPHY

Addiction and destructive behaviours develop and emerge as a result of the loss of traditional values and customs and are manifestations of a deeper spiritual crisis within an individual, family, community and/or cultural system from which the individual comes.

We will do our best to encourage and support individuals, families and the community to initiate and continue the healing process by confronting their emotional or spiritual crisis and assisting them to move through it and heal from it; spiritually, emotionally, physically and mentally in the natural surroundings of the land.

(January 1995)

THE GWICH'IN

The Gwich'in ("people") are the northern most American Indians whose traditional territory encompasses a 250,000 square mile area in Alaska, the Yukon and the Northwest Territories.

The Gwich'in have used and occupied this land for over 50,000 years; successfully surviving in one of the harshest environments on earth as an extended family unit.

THE GWICH'IN OF THE NORTHWEST TERRITORIES

The **Gwich'in** of the NWT live in the communities of **Fort McPherson, Aklavik, Inuvik and Tsiigehtchic** in the Mackenzie Delta Region.

In 1789, **Alexander Mackenzie** became the first European to enter Gwich'in territory in an unsuccessful attempt to find an overland route to the Pacific Ocean.

In the early 1800's, **fur traders and missionaries** began arriving and were well entrenched in the area by the latter part of the 1800's.

In the early 1900's, the Gwich'in began attending **Mission School**; first in Hay River and later in Aklavik and then Inuvik.

In July of 1921, the Gwich'in were signatories to **Treaty 11** which formed the basis for the Gwich'in Comprehensive Land Claims Agreement 70 years later.

From the time of European contact until the 1970's the majority of Gwich'in still lived on the land and made a comfortable living hunting, fishing and trapping.

The **wage economy** began emerging as a viable alternative to this traditional way of life in the 1970's as business and employment opportunities became more readily available.

The decades of the 1970's and 80's saw a mini-boom in the regional economy caused by oil exploration that further created conditions of high employment and high wages that disappeared by the late 1980's and left the region with one of the highest rates of unemployment in Canada.

This alternative lifestyle, coupled with the decreasing value of furs created by a lack of demand prompted by the anti-fur movement have given the people very little incentive to return to their traditional livelihood.

THE GWICH'IN TRIBAL COUNCIL

The Gwich'in Tribal Council is located in Fort McPherson and is the political organization that represents the 1,700 Gwich'in in the Northwest Territories.

The Tribal Council was established in the early 1980's to represent the Gwich'in of the region in the Dene Metis land claims process.

From the early 1980's until about 1990, the objective of the Gwich'in Tribal Council was to obtain a land claims agreement for the Gwich'in within the Dene Metis process.

Political differences within the Dene and Metis Nations saw the demise of the land claims negotiations process in July of 1990.

The Gwich'in proceeded on with their own and on July 13, 1991, the Gwich'in and Canada initialled the Gwich'in Comprehensive Land Claims Agreement in Ottawa.

This was later ratified by the Gwich'in during the week of September 16-20, 1991.

THE GWICH'IN AGREEMENT

On April 22, 1992, the **Gwich'in Comprehensive Land Claim Agreement** was signed by the Gwich'in Tribal Council and the Governments of the Northwest Territories and Canada.

The agreement provides the Gwich'in with specific rights, interests and benefits to land, compensation, harvesting and management rights and the right to negotiate self government agreements with Canada.

The Gwich'in have utilized this agreement to become one of the more aggressive and progressive aboriginal organizations in Canada in the areas of politics and business.

Self Government, business, employment, training and education are all high on the agenda of the Tribal Council.

By providing people with alternative opportunities, it is anticipated that individuals will become more self-sufficient and independent from external support services.

ACCULTURATION

Creating and providing alternative opportunities cannot begin to resolve the numerous problems caused by **acculturation** [def: the modification (usually negative) of one culture as a direct result of contact with another].

The Gwich'in and the rest of the aboriginal community in Canada have been deeply effected by the **generational abuse of alcohol** which is a direct result of acculturation.

This abuse has led to a **breakdown in the traditional family unit** which has also been impacted by the **multi-generational trauma of cultural and spiritual genocide** over the past few hundred years.

Until now, we have chosen to treat only the identified active addict in 28 day programs that has proven to have questionable results.

We now know that **alcohol and drug abuse is merely a symptom of deeper emotional and/or spiritual crisis** that are not adequately addressed by the individual, the family and the community.

These individuals seek other **addictions and/or destructive behaviours** such as alcohol, drugs, violence and anger to escape these crisis.

The most devastating of these escapes is **suicide**.

This crisis is deeply affecting the social fabric of the communities and is a direct financial burden on the justice system, social services, the health department and all companies that do business in the Territories.

ADDICTION AND DESTRUCTIVE BEHAVIOURS

Addiction and other **destructive behaviours** develop and emerge as a result of the loss of **traditional values and customs**, and are the result of deeper **emotional or spiritual crisis** within an individual that affects the entire family and community.

Parents who do not address their personal crisis may transfer their addictions or destructive behaviours to their **children** and the cycle starts over.

The limitation of many existing treatment programs is that they replicate the **painful, closed system** from which the individual comes and do not provide adequate After Care services or programs.

People who return from treatment and who have not dealt with their personal crisis will either relapse, turn to other addictions or carry their grief and anger with them and take it out on family members or others.

What is needed is a **healthy, open system** that encourages and supports the individual to confront their emotional or spiritual crisis and assist them to move through it and heal from it.

This is called the **whole-open system of recovery** and the Healing Committee will assist individuals and families to begin walking this path.

THE TI'OONDIH HEALING CAMP

In the spring of 1993, the Gwich'in Tribal Council embarked on the long road to healing by starting the construction phase of a **Healing Camp at Ti'oondih.**

Ti'oondih is located 28 kilometers (18 miles) south of Fort McPherson on the east shore of the Peel River in the foothills of the Richardson Mountains.

The camp consists of a 2,000 square foot **lodge**, a **kitchen facility** and nine (9) **staff and client cabins** which will be completed on February 24, 1995, with the first program debuting on April 03, 1995.

This is the first time in Canada that an aboriginal organization has taken an independent approach to the healing process by starting construction of a facility and developing of a program using their own resources:

THE GWICH'IN HEALING COMMITTEE

The Gwich'in Healing Committee was established in August 1994, with the objective of developing, implementing and administering the Gwich'in Healing Program, including the Ti'oondih Healing Camp and future programs and facilities.

The Committee is comprised of concerned and dedicated individuals who have a faith and confidence in seeing the program succeed.

THE TL'OODI'N PHILOSOPHY

The Gwich'in Healing Committee firmly believes the **whole family must heal as a unit in a safe environment using non-destructive techniques.**

The Committee will accept the **complete family unit into treatment and assist the family members to initiate and continue the healing process.**

This is the first program in Canada that will use this innovative approach.

The program will also be open to accept and assist **individuals** since they will learn a great deal from being in treatment with other families.

The program will also have the flexibility to treat **adolescents** on the condition that they enter into the program with their parents and/or other family members.

The Healing Committee will further assist individuals and families to develop **Coping Skills** for re-entry into their community and to follow-up with proper **After Care services and programs** specifically designed for their needs and circumstances.

The Healing Committee will also work with other **Care Givers** in communities from which the individuals come.

Without the proper **Coping Skills** and **After Care services**; the individual and entire family is more prone to relapse.

The Gwich'in Healing Committee realizes that other concerns and issues in the family unit such as violence, gambling, child abuse, neglect and abandonment must be addressed.

THE TI'OONDIH PROGRAM

Ti'oondih is a two (2) year program.

The first six (6) weeks will take place at the Ti'oondih Camp with the first week set aside for orientation and the final week dedicated to Coping Skills.

This will be followed by a 22 month After Care program that may include such things as AA Meetings, Counselling Services, Mini Programs, etc.

The program is a balance of holistic, traditional and modern therapeutic healing methods.

The Gwich'in Healing Program is open to any person who wishes to lead a clean and sober life and begin the healing process.

THE TL'OONDIH TEAM

Tl'oondih is being developed and implemented by the following professionals:

Executive Director - Doug Smith is a psychotherapist with extensive training in Psychodrama and Family Dynamics and has worked in this field for 15 years. Doug previously developed programs in New Mexico, Toronto, and Montreal.

Program Director - Lloyd MacDonald has his honours degree in Human Resources and has worked in the field of addiction and family dynamics. Lloyd also worked as a Counsellor with adolescents and is a certified Life Skills trainer.

Assistant Program Director - Michael Hartmann is an MSW who has worked in the field of family therapy and addictions and has extensive experience with elders.

Counsellors - Counsellors will be hired with the long term goal of training them to take over the program.

FUNDING

The Gwich'in Healing Program is currently being funded by the Gwich'in Tribal Council through long term loans.

The goal of the Committee is to be **financially independent** to carry out it's Mission Statement free from any obligations with the ability to accept individuals into the program regardless of their financial status.

The **Gwich'in Healing Program** is a registered charitable organization and all **donations and contributions** are tax deductible and will be greatly appreciated.

For further information on the program, please contact:

**ROBERT A. ALEXIE, CHAIR, OR
DOUG SMITH, EXECUTIVE DIRECTOR**

**THE GWICH'IN HEALING PROGRAM
BOX 30 FORT MCPHERSON NT X0E 0J0
PHONE 403 952 2330 FACSIMILE 403 952 2212**

To make a donation or contribution, please make cheque or money order payable to the **The Gwich'in Healing Program** and mail or deliver to the above address.

**REGISTERED CANADIAN CHARITABLE ORGANIZATION
INCOME TAX DEPARTMENT NUMBER**

ADDICTION AND DESTRUCTIVE BEHAVIOURS

Addiction and Destructive Behaviours can be characterized as;

"a recurring relationship with any mood altering event, process, experience, person or substance that causes major Life Problems".

The recurring relationship is a process of decreasing choice, as consequences of the use increases, and the decline of the ability to make healthy choices.

TYPES OF BEHAVIOURS

Types of addictions and destructive compulsive behaviours include, but are not exclusive to:

- alcoholism
- drugs (both legal and illegal)
- food addiction (compulsive overeating, bulimia nervosa, anorexia nervosa, chronic dieting)
- sexual addiction (prostitution, fantasy, pornography, multiple sex partners)
- relationship addiction
- gambling
- shopping
- work
- money and/or power
- violence

The recurring relationship with the above mentioned addictive behaviours emerges as a result of, and are manifestations of a deeper spiritual crisis within an individual, the family, community and/or cultural systems in which the individual comes from.

CLOSED AND OPEN SYSTEMS

Individuals who are addicted or act out destructive behaviours often come from painful, closed family, community and cultural systems which can be characterized as:

**painful/closed systems
that lower self worth**

1. no talk rule
2. internalized feelings
3. unspoken expectations
4. entangled relationships
5. manipulation and control
6. chaotic value systems
7. rigid attitudes
8. reverse past traditions
9. perfectionism
10. hierarchal
11. dependent relationships
12. jealousy and suspicion

**healthy open systems
that build self worth**

1. communication is open
2. open expression of feelings
3. explicit rules
4. respect for individuality
5. freedom highly valued
6. consistent value systems
7. open-mindedness
8. creates new traditions
9. progress, not perfection
10. system flat, everyone equal
11. co-creative relationships that foster independence and growth
12. trust and love

WHOLE OPEN SYSTEMS

The shortcomings and downfall of many addiction treatment programs is that they replicate the painful, closed system in which the individual comes from.

What is needed is a healthy, open system that encourages and supports the individual to confront, move through and heal from their spiritual crisis.

We call this a **whole-open system of recovery**.

A whole-open system approach to recovery from addictions is best guided by the following principles:

- target a specific group of people with defined needs, experiences and world views.
- recognize that each and any individual within any specific group is a unique, whole person, with differing physical, psychological, spiritual and social experiences, needs and world views.
- respond to the shifting needs of the community that we are servicing.
- develop an assessment service such that the physical, psychological, spiritual and social needs of the individual are matched with the appropriate treatment.
- respond accordingly to the needs of the individuals by offering or referring the individual to one of the many levels of care and support. IE: self help groups, individual counselling, group therapy, day or evening programs, or residential programs.
- recognize that any level of care that is socially safe and supportive, is an essential part of the recovery system in order for the person to embrace their own transformational process.
- recognize that continuous care after the initial day or residential treatment period is an essential part of the recovery process and must be integrated with the other parts in order to sustain the recovery process during the period of renewed integration into the community.
- provide services for family and others close to the alcohol or chemically dependent individual who often support the dependent behaviours in the recovery process.
- operate a system that uses both traditional and transformational health

care technologies which best facilitate the process of recovery.

- engage people who are highly skilled in these health care technologies from within the community that they are servicing and who continue to undergo personal development while developing the system.
- consistently evaluate and upgrade the recovery system, stressing quality of care and more favourable outcomes.
- develop effective and efficient communication with the community and inform the community of the changing nature of our services.
- develop new treatment programs as non-profit community based organizations.
- develop an organizational structure that will ensure efficient and effective use of all assets (people, material, physical etc.), that will represent all stake holders; and that will provide strategy, leadership and operational capabilities.

OVERVIEW

The Gwich'in are the northern most American Indians whose traditional territory encompasses a 250,000 square mile area in Alaska, the Yukon and the NorthWest Territories.

The Gwich'in of the N.W.T live in the communities of Fort McPherson, Aklavik, Inuvik and Tsiigetcho. Currently there are over 2000 enrolled Gwich'in and over 10,000 status, metis and non-status people within the Mackenzie Delta Region of the N.W.T. Projections for future population growth are expected within the N.W.T, as the birth rate is almost twice the national average.

The Gwich'in Healing Society is a unique initiative of the Gwich'in Tribal Council. This is the first time in Canada that an aboriginal organization has initiated, designed and is now operating a family based healing facility and program. The Gwich'in have demonstrated their commitment to resolving social and family problems in a manner that is consistent with their beliefs, values and customs.

Gwich'in communities and others in the N.W.T are experiencing the generational abuse of alcohol and other substances that has led to the breakdown in the traditional family unit and communities. The change in the family unit has created a crisis that has led to destructive behaviours including addictions, family violence, sexual abuse and suicide.

In addition, the breakdown in the family unit has contributed to the dependence on government social security, chronic unemployment and low literacy. In turn a cycle of youth violence, poor school performance and health related problems such as FAS/FAE in addition to others have affected the children of several generations.

Following the 1991-1992 Gwich'in Comprehensive Land Claim Agreement with Canada and subsequent prioritizing of a Healing program in 1993, the non-profit Gwich'in Healing Society was established in 1994. Its mandate was outlined to develop, implement and administer the Gwich'in Healing Program.

THE GWICH'IN HEALING PROGRAM

This program accepts and encourages the complete family unit into all phases of its program. The phases include assessment and intake, a 5 week intervention program at the Ti'oonih Healing Camp and a 22 month community based aftercare and re-entry program.

2

The Ti'oondih Healing Camp is located 28km south of Fort McPherson on the east shore of the Peel river in the Foothills of the Richardson Mountains. The facilities include a 2000 square foot lodge, kitchen & washing facility, 9 family cabins and other support structures.

The assessment/intake phase addresses the different needs of family members and provides initial support and counselling to all members of the family unit. This includes parents, youth and preschool aged children. The intervention phase includes a residential program for families in need of treatment. A concurrent residential youth program for children aged 6-16 addresses the needs of the youth. The youth program is educational, therapeutic and includes a comprehensive recreational/leisure component. Children under age 6 are supervised in a babysitting format while their parents and siblings attend the adult and youth programs respectively. The emphasis of the Healing Camp is the family unit, and facilitating all of the members to achieve health in all aspects of their lives. The 22 month aftercare and community re-entry phase includes individual family support and counselling.

The staff of the Gwich'in Healing Society is dedicated to the Healing process within the family unit and consists of 3 clinical trainers and over 15 aboriginal staff, including youth, adult and elder representatives.

Currently, the assessment and intake and intervention phases are fully operational and the Ti'oondih Healing Camp has had over 180 participants aged 4 months to 65 in attendance. Program and resource development is ongoing with an emphasis on an early intervention program for children under age 6 and the 22 month aftercare and community program for youth and children who have attended the Healing Camp. In addition, the Healing Camp's is positioning itself to be a model for other programs within the N.W.T and Canada to participate in a family based Healing program.

The mission statement of the Gwich'in Healing Society is:

To encourage and support families to initiate and continue the healing process that will enable them to take control of their lives.

The objectives of the Gwich'in Healing Society are:

- * To address the problems created by poverty, addictions, abuse and violence by creating programs and facilities to encourage and support individuals to initiate and continue the healing process that will enable them to regain their power and take control of their lives.
- * To foster the healing process by creating, maintaining and operating the Ti'oondih Healing Camp, a non-profit retreat where families will be able to pursue their personal healing programs in an isolated natural setting with the support and guidance of trained counsellors and therapists.

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* To address the program needs of all members of the family unit, including young children, youth, adults and elders who participate in the Healing Program.

* To promote the healing process in communities in the Beaufort/Delta region of the N.W.T by assisting in the development and delivery of community groups to design and develop healing programs to meet the needs of the communities.

The Gwich'in Healing Society Philosophy is based on the view that addictions and destructive behaviours develop and emerge as a result of the loss of traditional values and customs and are manifestations of a deeper spiritual and emotional crisis within the individual. The Society is committed to encourage and support the healing process-spiritually, emotionally, physically and mentally in the natural surroundings of the land.



GWICH'IN HEALING SOCIETY
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INVESTING IN PEOPLE

TL'oondih Youth And Adolescent Program

The Youth and Adolescent Program at TL'oondih is designed to help the children reintegrate into their family system. Through communication workshops with their families and groups on their own, the children will learn more effective ways of understanding and expressing their emotions.

During their five week stay at TL'oondih, the youth will be involved in various different programming. The initial stage focuses on creating a safe and trusting environment where the youth can begin to express their feelings within a group setting. This stage allows for the youth to see that they're not alone with their emotions.

The second stage focuses on a series of activities that will enhance communication between the group and then is integrated into the family workshops. The youth will be involved in creation their own family systems on a mobil to help them in understanding how any issue will affect the whole family structure. At this stage in the programme, the youth begin to have an understanding of how one's behaviour has an affect on everyone around them.

The third and fourth stage of the programme helps the youth to begin expressing their individual needs within their family. Through one to one counselling and smaller group activities, it allows for the youth to begin exploring their roles in their family and communities.

The fifth and final stage of the programme focuses on integrating the youth back into their homes. It helps explore with the group some of the struggles they may face upon their return to their homes , and helps them to begin the separation process with their fellow group members.

Daily Structure Of Activities

9:00 - 9:00 - Meditation
9:15 - 10:15 - Group / Education
10:15 - 10:30 - Break
10:30 - 11:30 - Therapeutic Programme
11:30 - 1:00 - Lunch
1:00 - 1:30 - Family Activity
1:30 - 2:30 - Recreation / Art's and Crafts etc.
2:30 - 3:00 - Check-In
3:00 - 3:15 - Break
3:15 - 4:15 - Group
4:15 - 5:00 - Journal Writing

Adult Program

Activities:

Week 1:

The adult program will daily, from Monday to Friday within the group format. After hours sessions will be scheduled as needed, for individual work or for individual family sessions. The weekly schedule will be as follows:

Week 2:

Persona healing, psychodrama, role playing, dealing with trauma, dealing with grief, dealing with issues of post-traumatic stress... & individual client needs. Use of communication workshop with community and family members not attending the program.

Week 3:

Continuation of personal healing work, communication workshop 2x per week, family sessions, youth sessions. Some other issues that may be dealt with include adoption/abandonment issues, residential school issues, issues of spirituality, conflict resolution, anger management, impulse control, issues of sexuality... and others as the need arises.

Week 4:

Personal healing continuation, wall of defense, lifelines, community lifelines and introduction to aftercare, communication workshop.

Week 5:

Personal healing wrap up, transition to aftercare, community healing circle, closure, candlelighting ceremony and celebration.