



Fort Smith Wellness Planning March 2013

**Forming Partnerships and Promoting Collaboration and
Communication**

Fort Smith

Located in the boreal forest along the banks of the Slave River, Fort Smith is a community with a population of approximately 2,500. It is the education capital of the NWT, and the gateway to Wood Buffalo National Park, the largest national park in Canada and a UNESCO World Heritage Site. Fort Smith has a proud Aboriginal history and a strong cultural presence in the community. About 60 per cent of the population is Aboriginal.



Fort Smith HSSA operates a modern health centre with acute care beds, offices and clinic examination rooms. It also supports a midwifery program that is the envy of the North. Acute cases are stabilized at the health centre and medivaced to Stanton Territorial Hospital in Yellowknife or directly to Edmonton depending on the emergency. For the size

of the community Fort Smith has an abundance of supports. The Fort Smith Health and Social Service Center, Northern Lights Special Care Home, Polar Crescent Group Home (Child welfare facility) and Sutherland House (family violence center). The town also is home to the Territorial Trailcross Treatment Center, Tapwe House and the Community Wellness Center that serves the town in the area of Mental Health and Addictions.

Population: 2,466 (NWT Bureau of Statistics, 2010)

Languages: Chipewyan, Cree, Michif, English

1. Community Wellness Consultation

Four separate wellness forums were held in Fort Smith to gather data and insights into the current wellness patterns in Fort Smith. The data gathered included a strengths based inventory; a review of what services we currently had, what services the community need to be added; and priorities for community consideration

Consultation included:

- Fort Smith Council and Mayor
 - Fort Smith Metis Association Members
 - Salt River First Nations and Chief
 - Fort Smith Interagency
 - Fort Smith Community Members
 - Fort Smith Elders
 - Fort Smith Youth
 - Fort Smith Stakeholders
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- list of participants see **appendix 1**
 - Outline of consultation process and agenda – **appendix 2**

According to the key stakeholders and those involved in the consultation process, all agreed that Fort Smith, as a community, is doing a good job in promoting population wellness. We have many programs and good infrastructure. However, there was consensus that the Town still has enormous potential to achieve significantly beyond its current levels of wellness; particularly in terms of improving communication and cooperation. This item of communication will be address later in this document as it was a clear priority in all focus groups in Fort Smith. It should be emphasized that this Community Wellness Strategy falls under the jurisdiction of all agencies and groups. No one agency is responsible for the success of this strategy. So the creation of *strong partnerships, open communication and collaborative programs*, all under the guidance of this framework, are essential for success.

The dialogue with the community explored 4 key questions:

1. Where are we now?
2. What do we have to work with?
3. Where do we want to be?
4. How do we get there?



2. Why Do We Need a Wellness Strategy?



While it is obvious that Fort Smith is dedicated to wellness and making their community a healthier place to live, many issues were identified by residents as areas of concern: ***rates of obesity, inactivity, unhealthy eating, stress, mental illness, and alcohol/ drug addiction.*** By working together, the community feels confident they can change attitudes and behaviors. Through a dedication to working together and promoting communication, more progress can be made to break down barriers to accessing services so that more members of the community can feel

empowered to make changes. The attitudes of community members who took part in the consultation were emotional and powerful, and it will be this group of dedicated people that will begin to have the biggest impact on change as the community moves forward.

A community wellness plan should help organizations to define their roles, responsibilities and actions required to improve wellness in the community. Wellness is important to all of us and is central to the success of many key agencies in Fort Smith including the leadership partners who developed this strategy in consultation with their community members.

Through consultation with community members it is clear that the community excels in many aspects of community wellness, and there are areas where improvements are required. It is important to coordinate efforts, build on our strengths, and identify and respond to our weaknesses. The Community Wellness Strategy should unify and support current community efforts with the desired outcomes of this strategy (as outlined in our priorities). The creation and maintenance of healthy communities are core public health functions. Societal and individual factors - where we live, what we do, how we live, how we connect, what we eat, how physically active we are - have far greater influence on population health and wellness than the traditional health care system. A community wellness strategy should therefore be of major interest to the residents of Fort Smith.

4. Wellness Clusters

The Department of Health and Social Services is engaged in working with Communities like Fort Smith leadership and residents in the development of community wellness plans:

- Community Wellness Plans are an opportunity for communities to decide for themselves where wellness funding should be directed.
- The intention is to move away from single-year funding for specific wellness projects toward more flexible, multi-year arrangements in which funding can be directed toward community-specific wellness issues.
- Communities will no longer apply for funding under 7 separate programs. Federal wellness funding will be allocated based on plans for use in 3 Clusters, 1. Health Living and Disease Prevention, 2. Healthy Child and Youth Development and 3. Mental Health and Addictions.
- The changes in the funding framework mean that multiyear block funding agreements will be in place; this will require less reporting and increased opportunity for long term planning activities.
- While the initial focus of community wellness plans will be built around federal wellness funding, in the longer term community wellness plans should incorporate as much community-based social program funding as possible.
- Community input and engagement in the development of wellness programs is critical to success in addressing health and social issues.
- The Department of Health and Social Services is committed to assisting communities in the development of their community wellness plans. Departmental assistance to communities will be provided in collaboration with regional Health and Social Service Authorities
- Communities are not asked to start from scratch to build their plans, it is anticipated that recent planning documents will be reviewed and the public engaged to answer the following questions: *Where are we now? What do we have to work with? Where do want to be in the future? How do we get there?*

In prior years the Federal Government identified clusters that were the priorities of wellness funding. The first of these clusters were the Healthy Living and Disease Prevention Cluster. This cluster is a suite of community based objectives that addressed the risks and health outcomes associated with diseases and injuries for individuals, families and communities.

The second focused area was Healthy Child and Youth Development Cluster that was formerly the Fetal Alcohol Spectrum Disorder funding and the Canadian Prenatal Nutrition Program that addressed risks and health outcomes associated with territorial maternal, infant, child and family health.

The final cluster focused on Mental Health and Addictions and was formerly the Brighter Futures funding, National Aboriginal Youth Suicide Prevention Funding and the National Native Alcohol and Drug Addiction Program. The Mental Wellness and Addictions cluster focused on community based objectives that looked at health outcomes associated with the mental wellness and addictions issues of individuals, families and our community.

In planning our sessions for consultations we shared this information with all the groups to focus on eligible activities and to give examples of focus areas.



5. Fort Smith Wellness Vision



To set a direction that embraces the healthy development of our pregnant mothers, children, youth, adults and seniors with a focus on family and healthy living. We want to celebrate diversity, promote resilience and be inclusive of all.

6. Fort Smith Wellness Goals

- 1) Remove stigma/stereotypes to those who are reaching out for help
- 2) Offer Inclusive services where people know who and how to access programs
- 3) Remove barriers to services and programs; all organizations in town to consider potential barriers to programs and strive for solutions
- 4) Support diversity and acceptance in all environments
- 5) Focus on healthy relationships/healthy families
- 6) Work towards motivating community members to get involved
- 7) Include holistic practices; traditional medicines working in conjunction with conventional medical practices
- 8) Overreaching GOAL has to be to communicate what is already happening, improve access to services, and ensure people know what is available and when it is happening
- 9) Celebrate our successes

7. Fort Smith Priorities Identification



- 1) Dietician - All focus groups talked about the importance of a dietician in town who could reach out and support the community around the issues of diabetes. Obesity and inactivity were mentioned as community concerns in all focus groups.
 - a. Strategy Suggestions:
 - i. Shopping tours
 - ii. Cooking classes for all ages
 - iii. Presentations to parents
 - iv. Contests – walk to work; walk to school
 - v. Outreach work
 - vi. Effective advertising of programs
 - vii. Presentations to youth
 - viii. Workplace Challenges
 - ix. Healthy food Café at PWK
 - x. Seniors – cooking healthy for one; food storage
 - xi. New moms – how to make our own baby food
 - xii. Work collaboratively with schools, young moms, seniors, places of employment to promote healthy eating, diet and exercise

- 2) More Physical Fitness Programs/Rec Programming
 - a. Strategy Suggestions:
 - i. More funding for recreation programmer
 - ii. Recreation sports league – basketball, volleyball, soccer, badminton rec leagues and in summer, outdoor soccer, baseball rec league, where High School Students can join with adults
 - iii. More physical fitness incentive programs to encourage wellness such as the “Get Fit Fort Smith”
 - iv. Work with schools and other organizations to open gyms at PWK and JBT on the weekends “Lights On” program.
 - v. More afterschool Activities (art, drama, music, cooking)
 - vi. Seniors “Get Fit” programs
 - vii. More Free equipment sign out programs: snow shoes, skis, basketballs, volleyballs, baseball bats and balls etc.

- viii. Aboriginal Games and Competitions
- ix. Encourage wellness in the workplace program, send out challenges each week to every business and offer incentives for participation
- x. Work with school to put Fitness Center in PWK for youth
- xi. Use Facebook to advertise youth events
- xii. Expand or build new skate board park
- xiii. Showcase people doing well; profiles in newspaper or posters featuring our youth, moms, elders doing fun things
- xiv. Moms and babies walks, family walks, promoting community walk programs
- xv. Contests for youth and families with incentives
- xvi. Youth want to know how to get in shape/personal trainer sessions; what should we eat, how should we exercise?
- xvii. Family activity nights – street dances, healthy BBQ's, Family fun nights, music nights, family board games night with snacks, family outdoor events like community bonfires, music jam nights



3) Support for School Councilor/Youth Education

a. Strategy Suggestions:

- i. Community support for full time school/youth councilor
- ii. More presentations on relationships/abuse for youth
- iii. More presentations on drugs and alcohol (use local people to come in and tell us their stories in the school)
- iv. More presentations from public health in school on safe sex
- v. Depression and anxiety were two areas the youth want more support with
- vi. More school contests to promote wellness
- vii. Have parent information nights on drugs and encourage parents to talk to us teenagers. Teens said they want to hear from their parents and they trust their parents more than anyone.
- viii. More support and information on safe sex, self-esteem
- ix. Bullying – cyber bullying, adult bullying
- x. Respect and social skill training in school
- xi. Leadership and Resiliency Training
- xii. Constant message in schools not just a few times year

4) Community Day Care

Although only mentioned at one of the consultation meetings, it scored as a high priority

- a. Strategy Suggestions:
 - i. Organize a community daycare board
 - ii. Begin discussions with ECE on funding
 - iii. Work to secure space
 - iv. Lobby community partners for support
 - v. Conduct needs assessment

5) Community Awareness Workshops

- a. Strategy Suggestions:
 - i. Focused workshops on self-esteem
 - ii. Parenting workshops – ongoing support and education
 - iii. Information on drugs for seniors
 - iv. Prescription drug abuse
 - v. Healthy Relationship Workshops
 - vi. Moms Maternal Health – stress and the fetus
 - vii. Family violence workshops – for victims, accused, seniors
 - viii. Child Neglect – types of neglect, what it does to a child
 - ix. Respect Education
 - x. Smoking Cessation Classes
 - xi. More STI information

6) Our Babies our Future

- a. Strategies Suggestions:
 - i. Encourage all moms to participate
 - ii. Examine barriers to why some moms don't attend; address barriers
 - iii. Excellent program and needs continued support
 - iv. Involve grandparents and seniors
 - v. Sessions for new moms on self-regulation and raising a healthy child
 - vi. More access to community facilities
 - vii. Prenatal moms swimming classes and fitness classes
 - viii. Moms and tots recreation programs



7) Start Youth “Lights On” program for Fort Smith

- a. Strategy Suggestions:
 - i. Open both school gyms on Friday Nights
 - ii. Open both schools on Saturday for board games, sewing, cooking, fun youth activities, Wii Fit, Just Dance, Ping Pong
 - iii. Find Community Partners to help set up program with Recreation Department
 - iv. Funding for activities
 - v. Keep it highly supervised and safe
 - vi. Challenge nights/Theme Nights



8) Phoenix Program Support

- a. Strategy Suggestions:
 - i. Community support for Phoenix Program
 - ii. Help school to access more funding to expand
 - iii. Look at year round funding
 - iv. More life skills courses/connect and partner with college
 - v. Focus on wellness topics not just academics

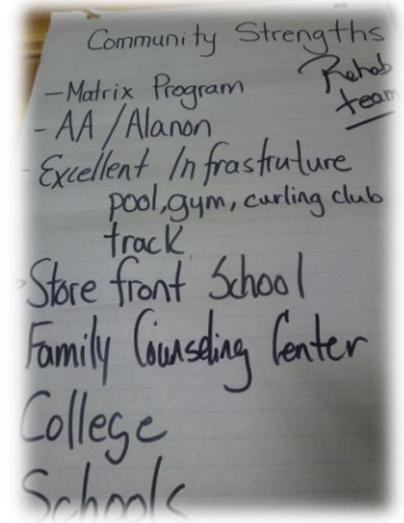
9) Midwives

- a. Strategy Suggestions:
 - i. Continue to support and promote excellent program
 - ii. Encourage active participation from moms
 - iii. Follow up and after care outreach
 - iv. Breastfeeding, diet and nutrition courses and support activities

10) Head Start

a. Strategy Suggestions:

- i. Support and promote program
- ii. Ensure funding and support / lobby government for continued programming dollars and awareness of importance of early childhood education
- iii. More parenting courses on how to help your child be healthy and happy
- iv. More awareness around benefits of programs
- v. Examine any barriers to at risk participation



11) Moms Maternal Health

a. Strategy Suggestions:

- i. Examine ways to lessen stress during pregnancy
- ii. Promote importance of nutrition and vitamins
- iii. Promote importance of exercise
- iv. Outreach for at-risk moms – support to stop FASD
- v. Community FASD campaign featuring our seniors with messages
- vi. FASD education in the High School

12) Support Groups - The need for community support groups like Alanon

a. Strategy Suggestions:

- i. Cancer Survivor Support Group
- ii. Raising a Teen Support Group
- iii. Sharing Circle for Seniors
- iv. Family Violence Support Group

13) Pre-Employment Training

a. Strategy Suggestions:

- i. People need jobs to feel good about themselves and some need training.
- ii. More community courses on First Aide/WHMIS
- iii. Drivers Ed or Driver's License support
- iv. Work with college – resume writing, interview skills, budgeting, and general life skills courses
- v. Work with Phoenix school to consider life skills courses (CTS)
- vi. Importance of sleep and diet

14) Our Environment

- a. Strategy Suggestions:
 - i. Make better use of our beautiful surrounds
 - ii. More Hiking Community tours
 - iii. Canoe making or kayak making sessions
 - iv. Canoe tours – weekend community camp outs
 - v. Promote excellent walking trails

15) Family Fun Nights

- a. Strategy Suggestions:
 - i. Family Dances
 - ii. Family Movie Nights
 - iii. Celebrate Sober Citizens Nights
 - iv. Pot Luck Dinners and Feasts
 - v. Old Time Dances



16) Celebrate Our Sober Community

- a. Strategy Suggestions:
 - i. Sober Cake Community Nights
 - ii. Welcome Sober People back from treatment
 - iii. Celebrate MATRIX grads, encourage grads to come into schools to talk to youth about their journey; the youth want to hear from them
 - iv. Mentorship for those completing MATRIX – follow up support
 - v. Poster series featuring sober role models with positive messaging
 - vi. Sober community invited into schools to speak to youth

17) Stigma

- a. Strategy Suggestions:
 - i. Campaign and pamphlet series published featuring Fort Smith Community members speaking out getting help
 - ii. Start a “ Getting Help is A Great Thing” Campaign

18) Domestic Abuse Campaign

a. Strategy Suggestions:

- i. Involve RCMP in community training sessions
- ii. Promote Victim Services
- iii. Train seniors on what is it and how to protect themselves
- iv. Have leaders speak out against abuse
- v. Train community members and outreach workers to recognize the signs of abuse and encourage reporting
- vi. “Support our Seniors” Campaign – aimed at encouraging family members to report abuse of a senior in their family
- vii. Domestic Abuse Talks in School – Educate and make youth aware
- viii. Abuse Support Group for women or children

19) Lateral Violence Community Training

a. Strategy Suggestions:

- i. How can adults heal and move forward
- ii. Communication skills
- iii. Training for all, that is facilitated by a professional
- iv. How to stop gossip and bullying by adults
- v. How to stop racism and people living in past with failure to move forward. Self-hatred and healing sessions



20) Partnerships With Housing

a. Strategy Suggestions:

- i. Lobby government for new housing legislation
- ii. Work with MLA on housing issues for vulnerable
- iii. Ensure incentive to own your own home is there. Lobby Territorial Government for rent-to-own programs
- iv. Set a new challenge of changing culture of entitlement around housing

- v. Work with local government and territorial government to look at new programs for housing
- vi. Encourage home ownership not dependency on public housing
- vii. Public housing “Take Pride in Property” incentives

Other Community Concerns to be considered

- 1) Support RCMP in efforts to find new technology to stop use of scanners. Educate public on use of scanners – invasion of property, encourages gossip, encourages enjoyment in seeing others in trouble, causes people not to report
- 2) Encourage the use of Crime Stoppers and getting citizens to report drug dealing and bootlegging. Work with RCMP on a campaign to encourage community participation and ownership in reporting crime.
- 3) Youth want a youth treatment center so their friends who are addicted to drugs can get the help they need. Also talked about an 8 week summer on the land treatment program for Fort Smith.
- 4) Concession Stand at Recreation center that sells healthy lunches. Work with schools to promote new concession to decrease students buying junk food at lunch.
- 5) Community Wide Mentorship program matching at risk youth with adults. New moms with experienced moms, adults or youth with lonely seniors.
- 6) Universal supports for new moms; understanding and education on the first 1000 days of a baby’s life and also the importance in development from fetus to five.
- 7) More Healthy Family Programs
- 8) Cultural Treatment Center on the Land, follow up to Residential Treatment or MATRIX program
- 9) Ongoing support for youth who are trying to quit drinking or using drugs
- 10) Support for Care Givers – Support groups or learning teams
- 11) Mental Health First Aide Training
- 12) Friendship Center Support and Partnerships
- 13) Aboriginal Shield Program – work with RCMP to bring this to Fort Smith
- 14) Youth want support with getting into colleges and programs; a tour for all grade ten students to the south to visit colleges, universities and other programs
- 15) Committee of Concerned Citizens formed

16) AA Roundup for Fort Smith

8. Communication Plan

It was noted during many of the consultation sessions that ideas were brought forward as new strategy items that already exist in Fort Smith. Many of the participants were not aware of many of the existing services available to them. It will be important moving forward that the Community of Fort Smith work together on a plan of action to articulate to the public the events and services already in progress. One form of communication may not be sufficient to reach all members of the community, so an action plan involving all stakeholders should be considered.

Perhaps using the Interagency group as a starting point, in consultation with Fort Smith Health and Social Services, The Town of Fort Smith and your current aboriginal groups, a comprehensive plan of communication can be developed that would clearly let the population know what services are available and contact information. Perhaps one community calendar, updated monthly and circulated through Canada Post would serve as a starting point for improved communication of current events.

There are many different Medias available to advertise and promote services and a comprehensive and clearly articulated and easily accessible method to promote and access this information will be critical to move forward. A communication plan should also have the added benefit of increasing the development of partnerships and collaboration; and reduce duplication of services.



9. Promotion, Prevention and Determinants

Wellness has been defined as a state of emotional, mental, physical, social and spiritual well-being that enables people to reach and maintain their personal potential in their communities. The five aspects of well-being are each important, but more importantly they need to be balanced to enable individuals to move towards improved wellness. Three other concepts are essential to understanding how to take action to improve wellness in Fort Smith. These are:

- health promotion,
- prevention, and
- The determinants of health (or factors that influence our health).

Health promotion is about encouraging individuals and communities to make healthy lifestyle choices. The World Health Organization defines health promotion as “the process of enabling people to increase control over, and to improve their health.” The concept of having “control over” or being “empowered” to improve health is especially important.

Prevention is about preventing disease and injury. In terms of wellness, the Committee’s focus is on primary prevention, which Health Canada defines as “activities aimed at reducing factors leading to health problems, disease and injury.”

A growing body of evidence tells us that there are a number of interrelated factors that influence our health. These factors, called the determinants of health, include: income and social status; social support networks; education, employment/working conditions; social environments; physical environments; personal health practices and coping skills; healthy child development; biology and genetic endowment; health services; gender and culture. The determinants of health are the foundation of a healthy society.

Wellness is about more than the health care system. It is important to realize that the health services provided by the health care system are only one factor that influences our health. In fact, the other determinants of health have a larger influence on our health. In keeping these

definitions in mind, the following are a list of summary recommendations for the community of Fort Smith to consider.

10. Recommendations

1. Ensure wellness activities have an impact on the reduction of obesity and overweight in children, youth and all community members.
2. Define wellness from a holistic point of view that reflects its interdependence on the determinants of health.
3. Continue to work through settings such as schools, community organizations (including local governments and community groups) and workplaces to ensure environments support and promote wellness.
4. Create alliances and partnerships to promote action that will improve mental fitness and resiliency in adults, children and youth.
5. Make workplace wellness a priority as a means to improve economic prosperity in Fort Smith.
6. Address barriers to wellness across all organizations and programs.
7. Invest in programs to educate parents on their responsibilities as wellness role models for their children. Ensure the engagement of parents to identify how to best promote the role of parents and other family members (e.g. grandparents) as important influencers on children, particularly in early childhood.
8. Promote partnerships amongst stakeholders to align priorities, avoid duplication of work and combine resources to address determinants of health that impact on the residents of Fort Smith.
9. Review existing social policies in consideration of the role that poverty and inequities play in wellness. Ensure that those who are

working with low income families or individuals are effectively communicating programs available to assist them.

10. Explore alternate methods to increase physical activity opportunities for children and youth within the school/community setting.
11. Consider new communication opportunities to support networking and the sharing of ideas between organizations, stakeholders and government.
12. Enhance the availability of existing and new resources on wellness for parents, stakeholders and community members.
13. Explore a mechanism to meaningfully consult and engage youth and seniors in projects and decision-making processes around wellness.
14. Enhance community understanding of the concept of mental fitness and resiliency as a determinant of health, and its impact on individual and community wellness.
15. Ensure early childhood development efforts include actions and environments that promote wellness.
16. Ensure that efforts to invest in the wellness of children and youth remain a priority and that this concept is broadened to engage those who are key influencers of children and youth, including parents and seniors.

A Cultural Approach to Wellness should include all aspects of Maslow’s Hierarchy of Needs. When we begin to consider our community and our community needs in light of a holistic approach that must consider all four pillars, we will find stronger results and a brighter future.



Appendix One – Community Consultation Members

Connie Benwell – Salt River First Nations
Judith Gale – SRFN
Brad Brake – Town of Fort Smith
Rob Tordiff – FSHSSA
Kalina Hadziev – FSHSSA
Joline Beaver – SRFN
Dan Kearley – PWK
Tanya Sanderson – PWK
Larissa Doyle – FSHSSA
Sheila Kindred – SSDEC
Murray Scott
Lynette Blesse
Trinity Emile
John Carter - SRFN
Jim Kipling- SRFN
Louise Fraser – Metis Council
Linda Mabbit – Society with Persons with Disabilities
David Poitras
David Lehmann – St Johns Anglican Church
Craig Walsh – JBT School
Faye Heron – Aurora College
Lisa Fryer – ECE GNWT
Sylvie Tordiff – ECE GNWT
Natalie Campbell – FSHSSA
Gabriel Mabry – SFRN Youth Counselor
Kiana Macdonald
Jeremy Bourke
Julia Coleman
Megan Walsh
Alex Marie
Chelsea Brady

Fort Smith Wellness Plan 2013

Destiny Mercredi

Emily Sturgeon

Howie Benwell

Jayda Jackson

Alexa Funk

Jara Watts

Kayla Tulugarjuk

Atinkin Hehn

Logan Tourangeau

Bret Moore

Appendix Two – Consultation Process



Appendix Two – Consultation Process Continued – Sample Agenda

Agenda

Community Wellness Planning Forum

12:00 – Opening Blessing

12:05 – Review of the days agenda and goals

12:10 – Introductions

12:15 – Lunch

12:45 – Strengths Review – “SWOT”

Where are we now?

What do we have to offer?

1:15 – Where do we want to be in the future?

What is our vision?

Goals and Objectives for Fort Smith?

3:00 – Break

3:15 How are we going to get there?

Action Plan Priorities

4:30 Round Table and closing

Appendix Three – Community Assets

EMERGENCY NUMBERS	
Ambulance	872.3111
Fire	872.2222
RCMP (Police)	872.1111
Crime Stoppers	1.800.222.8477
Crisis Line	872.4133
Social Services (After Hrs) Emergency	872.6200
Kids Help Phone	1.800.668.6868
Help Line	1.800.661.0844
Family Support Centre	872.3311
Emergency Child Protection Line	872.6200
HEALTH & SOCIAL SERVICES	
Fort Smith Health Center	872.6200
Medical Clinic	872.6205
Dental Therapist	872.2131
Public Health	872.6203
Social Services	872.6300
Home Care	872.6204
Mental Health and Addictions	872.6310
MATRIX Program	872.6310
Medical Travel	872.5626
Occupational Therapy	872.6287
Physical Therapy	872.8090
Speech and Language Pathology	872.7166
Kobaisy Dental Clinic	872.2887
Community	
Anglican Church	872.3438
Arena	872.2019
Aurora College	872.7000
Catholic Church	872.2052
Community Justice/Victim Services	872.3520
Court Workers Inquires	872.6568
Fort Smith Corrections – male	872.6550
Fort Smith Corrections – female	872.6565
Community Wellness Programs	872.6310
ECE	872.7426
ECE – Child Care Subsidy	872.7425

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ECE – Programs	872.7434
Extended Hand	872.4541
Family Health Programs	872.4355
Fine Options/Community Justice	872.3510
Fort Smith Nursery School	872.4029
Fort Smith Curling	872.2066
Fort Smith DEA	872.2011
Golf Club	872.4653
Housing Association	872.2646
Head Start Program	872.5051
JBT School	872.4528
Joan’s Health and Fitness	872.2582
Kings Addition Baptist Mission	872.2418
Long Term Care	872.6200
Legal Aide Court Worker	872.6568
MACA	872.6528
Mary Kaeser library	872.2296
Metis Council	872.2643
NWT Metis Nation	872.2770
Museum – Northern Lights	872.2859
Northern Lights Special Care Home	872.5403
Our Babies Our Future	872.3321
Pentecostal Church	872.2257
Probation and Parole	872.6570
POOL	872.4732
PWK High School	872.4795
Recreation Center	872.4732
Salt River First Nations	872.2986
SRFN Shelter	872.4100
SRFN youth and Ed Foundation	872.2494
Senior Citizens Home	872.3711
Seniors Citizens Society	872.5876
South Slave Divisional Ed Council	872.5701
Sutherland House	872.5925
Town of Fort Smith	872.8400
Trail Cross Treatment Center	872.2552
Uncle Gabe’s Friendship Center	872.3004
Uncle Gabe’s Youth Center	872.5810

Our Strengths

Appendix 4

- Matrix Program
- Public Health Services
- AA/Alanon
- Infrastructure: pool, gym, curling club, track
- Store Front School
- Family Counseling Center
- College
- Schools
- Museum
- Rehab Team
- Golf Club
- Ski Club
- Shooting Range
- Sports Teams
- Our Strong Culture
- Our Partnerships
- Hockey
- Skating
- Our Environment – River, land
- Walking Trails
- Our Babies/Our Future
- Our kids/Our future
- Head start
- Dietician
- Diabetic Group – Medical visits
- Midwives
- Health Café
- Health Center (staff)
- Radio Station
- Rec Center
- Festivals: Wood Buffalo Frolics, Friendship Festival
- Grocery Stores
- Circle of Friends
- Protective Services (Fire, ambulance)
- Churches and Ministerial
- Seniors Group
- Quilters
- Francophone Association

- Playschool/French Preschool
- Libraries
- Community Spirit – Relay for Life; Lawrie Hobart Volleyball
- Skidoo Trails
- Running Track
- Active Public Health Office
- Homeless Shelter
- Women’s Shelter
- Lunch Program – Uncle Gabe’s
- Food Bank
- Community Garden
- Long Term Care
- Victim Services
- Community Justice
- School Councilor
- Dental Therapist
- Extended Hand
- ASIST - training
- Mental Health First Aide Training
- Verbal Judo Training
- Doctors X 2
- Welcoming Spirit
- Recreation – Free equipment sign out
- Fellowship bus
- Seniors bus
- Handi-Van
- Museum and ACC
- Free Aboriginal and French language classes
- Sutherland House Support Groups
- Circle of Friends
- Wednesday night community hand games
- PWK/JBT Winter and Cultural Camps
- Walking trails and track
- Library Preschool Reading Mornings
- Interagency
- Friday and Saturday free movies at Rec Center
- Community Choir
- Ft Smith Legion and its support for community events and individuals

- Men's and Women's emergency shelter
- Healthy Family Program
- Society for Persons with Disabilities
- Our schools
- Our teachers
- Our sober community
- Speech and Language Department
- Occupational Therapy
- Palliative Care Workers
- Home Care Workers
- Diabetes Cooking Classes
- Caring Community

Appendix Five Consultation Notes

Fort Smith Community Wellness Planning Session Meeting Minutes Location: Fort Smith Museum

Monday, March 4th, 2013

Meeting Chair: Jill Taylor
Meeting commenced at 12:08 p.m.

In Attendance:

Connie Benwell – Salt River First Nations
Judith Gale – SRFN
Brad Brake – Town of Fort Smith
Rob Tordiff – FSHSSA
Kalina Hadziev – FSHSSA
Joline Beaver – SRFN

1. Introductions

2. Goals for Leadership Today
Discussion points:
 - Understanding federal funding priorities
 - Define vision of community wellness for Fort Smith
 - Confirm partnerships
 - Set community goals and objectives
 - Begin to define work plan
 - Plans to continue to work together to improve the wellness of Fort Smith

3. Background
 - Old funding formula cumbersome:

- FNIHB (First Nations and Inuit Health Branch) one year funding only
 - 7 application-based programs
 - Sometimes difficult and time consuming to access and report funds
 - New Funding Framework:
 - Multi-year Block Funding (2-5 years)
 - One application per community (you are the elected bodies to apply for this)
 - 3 Clusters Health Canada wants the focus on
 - Mental Health & Addictions,
 - Children & Youth
 - Healthy Living & Disease Prevention
 - Community owned and Community driven
 - what are our priorities specific to Hay River
4. Mandate of FNIHB
- Funding community-based programs focused on providing:
- Children with a health start in life (prenatal...)
 - Community mental wellness
 - Youth suicide prevention
 - Addictions prevention and treatment programming
 - Healthy nutrition and activity promotion and programming
 - Disease/injury risk factor prevention programming
- A) Children and Youth clusters to think about
- Prenatal nutrition
 - Head start programming on Reserves (does not pertain to us)
 - FAS/FAE programming
 - Maternal Health
- B) Chronic Disease Prevention Children and Youth
- Prevent Diabetes initiative
 - Injury Prevention
 - Nutrition
 - Chronic Disease Prevention
- C) Mental Health and Addictions
- Building Healthy Communities
 - Alcohol, drug and solvent abuse
 - Tobacco control
 - Suicide Prevention
 - Crisis Management and healing strategies

D) TASK ONE

1. Discuss the strengths of Fort Smith, record results with large group

- **Matrix Program**
- **AA/Alanon**
- **Excellent Infrastructure: pool, gym, curling club, track**
- **Store Front School**
- **Family Counseling Center**
- **College**
- **Schools**
- **Museum**
- **Rehab Team**
- **Golf Club**
- **Ski Club**
- **Shooting Range**
- **Hockey**
- **Skating**
- **Paddle Fest**
- **Our Environment – River**
- **Walking Trails**
- **Our Babies/Our Future**
- **Our kids/Our future**
- **Head start**
- **Dietician**
- **Diabetic Group – Medical visits**
- **Midwives**
- **Health Café**
- **Health Center (staff)**
- **Radio Station**
- **Rec Center**
- **Festivals**
 - **Wood buffalo**
 - **Frolics**
 - **Friendship festival**
- **Grocery Stores**
- **Circle of Friends**
- **Protective Services (Fire, ambulance)**
- **Churches and Ministerial**
- **Seniors Group**
- **Skiing**

- **Quilters**
- **Francophone Association**
- **Playschool/French Preschool**
- **Libraries**
- **Community Spirit – relay for life; lawrie Hobart Volleyball**
- **Skidoo Trails**
- **Running Track**
- **Active Public Health Office**
- **Homeless Shelter**
- **Women’s Shelter**
- **Lunch Program – Uncle Gabe’s**
- **Food Bank**
- **Community Garden**
- **Long Term Care**
- **Victim Services**
- **Community Justice**
- **School Councilor**
- **Dental Therapist**
- **Extended hand**
- **ASIST - training**
- **Mental Health First Aide Training**
- **Verbal Judo Training**
- **Doctors X 2**
- **Welcoming Spirit**
- **Recreation – Free equipment sign out**
- **Fellowship bus**
- **Seniors bus**
- **Handi Van**
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2. a.) In the large group discuss Vision Statements.

To set a direction for our future the embraces the healthy development of our pregnant mothers, children, youth, adults and seniors with a focus on family and healthy living. We wish for a community that celebrates diversity, promotes perseverance and is inclusive of all. We strive for an environment that encourages everyone to reach out for support in times of need without fear of stigma or

stereotyping and that when our people reach out for support they are able to access the services they need to live healthier and happier lives.

2. B) *Brainstorm group key ideas from vision statement*

GOALS:

- 1) ***Remove stigma/stereotypes to those who are reaching out for help***
- 2) ***Inclusive services for all; where people know who and how to access services***
 - 10) ***Remove barriers to programs, access to services***
 - 11) ***Supporting diversity and acceptance***
 - 12) ***Focus on Healthy Relationships***
 - 13) ***Improve communication; types of programs, central information sessions, access to most venerable***
- 7) **Celebrate our successes**

Improve communication
Improve collaboration
Remove barriers

PRIORITIES

- Mental Health and Addictions
- Children and Youth
- Healthy Living and Disease Prevention

FOCUS AREAS

- Education
- Physical Activity and Recreation
- Health Promotion and Support

WISH LIST Brain Storming (what do we want to support)

GROUP IDENTIFICATION

- **RED- priority now must be supported**
- **YELLOW- somewhat important consideration**
- **GREEN- Not a priority at this time but can still be supported in other ways**

4 stars – Dietician

3 stars

- **School Councilor**

- Youth Worker – After School Support
- Safe Sex Worker/family planning (with a focus on self-esteem)
- Community Focused Workshops on Self Esteem and image
- Our Babies/Our Future/Our kids our future
- Phoenix program
- Midwives
- Head start
- Moms material healthy – lessen stress/Mental health issues
- 2 stars** - Drug Awareness Workshops (Elders, parents and youth)
- Parenting Workshops
- Healthy Relationship Workshops
- Family Violence Sessions
- Palliative Care Support
- Cancer Survivor Support Groups
- Multi-cultural events
- Aboriginal Language Immersion
- Mentorship
- Referral system improved for addictions
- Breaking family violence cycles
- 1 star**
- Child Neglect – what is it, what does it look like, what can we do
- Respect Education
- More STI information
- Helping people who are illiterate to access services
- Sharing Circles for Elders
- Midwives to help with breastfeeding

Other Priorities in YELLOW not to be forgotten

- First Aide Courses for New Mom
- Adopt and Elder Program – Support for new moms
- Detox Center
- Language Focus
- Summer Language Camps
- Theatre/Drama Workshops

- **More continuing education**

Meeting adjourned at 3:38 p.m.

**Fort Smith Community Wellness Planning
Session Meeting Minutes
Location: Fort Smith**

Tuesday, March 5th, 2013

Meeting Chair: Jill Taylor

Meeting commenced at 2:10 p.m.

In Attendance:

Dan Kearley – PWK

Tanya Sanderson – PWK

Larissa Doyle – FSHSSA

Brad Brake – Town of Fort Smith

Sheila Kindred – SSDEC

Murray Scott

Lynette Blesse

Trinity Emile

Judith Gale - SRFN

John Carter - SRFN

Jim Kipling- SRFN

Louise Fraser – Metis Council

Linda Mabbit – Society with Persons with Disabilities

David Portras

David Lehmann – St Johns Anglican Church

Craig Walsh – JBT School

Faye heron – Aurora College

Lisa Fryer – ECE

Sylvie Tordiff – ECE GNWT

Natalie Campbell – FSHSSA

Gabriel Mabry – SFRN Youth Counselor

5. Introductions

6. Goals for Leadership Today

Discussion points:

- Understanding federal funding priorities
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- Confirm partnerships
- Set community goals and objectives
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7. Background

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- Community owned and Community driven
 - what are our priorities specific to Hay River

8. Mandate of FNIHB

Funding community-based programs focused on providing:

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- Community mental wellness
- Youth suicide prevention
- Addictions prevention and treatment programming
- Healthy nutrition and activity promotion and programming
- Disease/injury risk factor prevention programming

E) Children and Youth clusters to think about

- Prenatal nutrition
- Head start programming on Reserves (does not pertain to us)
- FAS/FAE programming

- Maternal Health
- F) Chronic Disease Prevention Children and Youth
 - Prevent Diabetes initiative
 - Injury Prevention
 - Nutrition
 - Chronic Disease Prevention
- G) Mental Health and Addictions
 - Building Healthy Communities
 - Alcohol, drug and solvent abuse
 - Tobacco control
 - Suicide Prevention
 - Crisis Management and healing strategies
 -
- H) TASK ONE
 3. Discuss the strengths of Fort Smith, what is missing from the leadership list

- **Museum and ACC**
- **Churches**
- **Free aboriginal and French language classes**
- **Sutherland House Mon night women's Support Groups**
- **Circle of Friends**
- **Wednesday night Community Hand games at college**
- **PWK/JBT Winter and Cultural Camps**
- **Walking Trails and track**
- **Library Preschool Reading Mornings**
- **Interagency**
- **Friday and Saturday free movies at Rec Center**
- **Community Choir**
- **Ft Smith Legion and its support for community events and individuals**
- **Men's and Women's emergency shelter available**
- **Healthy Family Program**
- **Society for Persons with Disabilities**

4. a.) In the large group discuss Vision Statements.

To set a direction for our future the embraces the healthy development of our pregnant mothers, children, youth, adults and seniors with a focus on family and healthy living. We

wish for a community that celebrates diversity, promotes perseverance and is inclusive of all. We strive for an environment that encourages everyone to reach out for support in times of need without fear of stigma or stereotyping and that when our people reach out for support they are able to access the services they need to live healthier and happier lives.

- **Need to add empowerment**
- **Need to add resiliency instead of perseverance**
- **Mental Health should be included in statement**
- **Nurturing environments**
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2. B) *Brainstorm group key ideas from vision statement*

GOALS:

- 1) *Remove stigma/stereotypes to those who are reaching out for help*
- 2) *Inclusive services for all; where people know who and how to access services*
 - 14) *Remove barriers to programs, access to services*
 - 15) *Supporting diversity and acceptance*
 - 16) *Focus on Healthy Relationships*
 - 17) *Improve communication; types of programs, central information sessions, access to most vulnerable*
 - 18) *Celebrate our successes*

ADD: Motivating Community Members to get involved

Include holistic practices; traditional Medicines working in conjunction with Conventional medical practices

Overreaching GOAL has to be to communicate what is already happening, improve access to services, and ensure people know what is available and when it is happening

Improve communication

Improve collaboration

Remove barriers

PRIORITIES

- Mental Health and Addictions
- Children and Youth
- Healthy living and Disease Prevention

FOCUS AREAS

- Education
- Physical Activity and Recreation
- Health Promotion and Support

WISH LIST Brain Storming (what do we want to support)

GROUP IDENTIFICATION

- **RED- priority now must be supported**
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In order of Priority

16 – Day Care

11- More Prevention Activities around:

- Addictions
- Spiritual Wellness
- Youth and Children
- Get the message out to our kids (outreach)
- Constant messages in schools not just a few times a year

11 - Communication is the key; there is so much going on in town but still people say they never heard of many events or organizations. leadership can brainstorm ways to get messages out consistently; more electronic signage in town but all with the same message; controlled from town office; make it known and easy on how to get a message on community electronic bulletin boards. Use Facebook and other Medias. Don't rely on one way to communicate.

11 – More Physical Fitness Programs to encourage wellness such as the “Get Fit Fort Smith”; “Walk to School; Walk to Work”

10 – Healthy Family Activities; street dances, family fun nights, dances, drummers, BBQ's, music nights

7- Funding for School Councilor to provide onsite support to youth

6 – Lights On Program for Youth – open schools on Friday and Saturday night, community work together to bring activities like movie nights, sports, cooking, sewing. Gives youth a safe place to go rather than party.

More outreach from our community counseling, dietician and public health. Go to where the people are that need the help the most.

5 – Pre-employment Training – Work with College to start offering more courses for employment such as resume writing, life skills, interviews, budget, running a home, sleeping schedule, first aide, CPR, driver's license

5- Hiking Programs – use our beautiful environment to its potential; have daily hikes and weekend hikes

4 – Family Fun Nights

4- More community celebrations of sobriety

4 – Education around STIGMA; work with youth now so they know it is OK to reach out for help

4- Domestic Abuse Education; more support for people in abusive situations; support groups; remove barriers so people in domestic abuse situations can receive help

4 – Lateral Violence Sessions for community

- Stop gossip and community bullying and infighting; communication skills so people can learn to get along and cooperate**

3 – Get rid of scanners in town

3 – Language and Culture Instructor to help support schools to teach the language

3 – JBT/PWK to start teaching Leadership and Resiliency Skills to all youth

2- More presentations in schools from people in town who have quit drinking or using drugs; get the message out consistently

2 – Concession Stand at Recreation Center that only sells Healthy Food; money raised can support youth wellness activities

2 – Big Brother/Big Sister – Community Wide Mentorship Program

2 – More access to Dietician

2 – DARE Program

2 – First 1000 days from conception to three – Universal supports for pregnant moms, new moms and young children

2 – Healthy Family Programs

2- Cultural Treatment Program on the Land (Camp)

1 – Self Sustaining treatment programs for drugs and alcohol and mental illness

1- Ongoing support for youth who are trying to quit
a. Alanon and Alateen in the school

1 – Support for Care Givers – regular support, training, opportunities to gather and debrief

1 – Mental Health First Aide Training

1 – Bigger Community message board

1 – Friendship Center Support

Other Important items:

- **Cooking classes for whole community on how to cook healthy; youth, parents, elders**
- **Elders and youth activities (summer camp)**
- **Work with local RCMP on enforcement**
- **Aboriginal Shield Program – work with RCMP to bring this program to Fort Smith**
 - **Drug dealers, reporting, encouraging public to report, get rid of scanners**
- **Craft Workshops; sewing, building canoes etc.**
- **More access to pool programs like aqua fit and moms and tot swimming, teen swimming**
- **Committee of Concerned Citizens**
- **AA Roundup**
- **On the land scavenger hunts**
- **Bird Watching Group**

**Fort Smith Community Wellness Planning
Session Meeting Minutes
Youth Consultation
Location: PWK**

Tuesday, March 5th, 2013

Meeting Chair: Jill Taylor

Meeting commenced at 8:30 am.

Participants:

Kiana Macdonald

Jeremy Bourke

Julia Coleman

Megan Walsh

Alex Marie

Chelsea Brdy

Destiny Mercredi

Emily Sturgeon

Howie Benwell

Jayda Jackson

Alexa Funk

Jara Watts

Kayla Tulugarjuk

Atinkin Hehn

Logan Tourangeau

Bret Moore

- Mental Health & Addictions,
- Children & Youth
- Healthy Living & Disease Prevention

Children and Youth clusters to think about

- Prenatal nutrition
- Head start programming on Reserves (does not pertain to us)
- FAS/FAE programming
- Maternal Health

Chronic Disease Prevention Children and Youth

- Prevent Diabetes initiative
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- Nutrition
- Chronic Disease Prevention

Mental Health and Addictions

- Building Healthy Communities
- Alcohol, drug and solvent abuse
- Tobacco control
- Suicide Prevention
- Crisis Management and healing strategies

What would you like to see in Fort Smith to help you stay healthier? Look at each of the four clusters and decide what you would like to see more of, or what is working now to help you live a healthy life?

Physical Activity and Recreation

- **Add more sports on the weekends (recreation leagues) that are free**
- **Fitness Room at school with lots of access**
- **Start a LIGHTS ON program like Hay River**
- **More advertising of events (use Facebook for youth)**
- **Find ways to make sports accessible (find sponsors)**
- **Expand or build new skate board part**
- **More local tournaments**
- **More competition events**
- **Showcase people doing well**
- **Upgrade arena – add running track for winter months**
 - **(moms and babies, elder walks, family walks)**
- **Better equipment for volleyball, soccer, basketball**
- **Outdoor soccer nets; outdoor basketball court**
- **Have More alternatives to drinking and going to parties**

Education Awareness:

- **Support for Phoenix School; reopen it in the summer**
- **Youth Treatment (both residential long term and maybe on the land treatment camp**
- **Cooking classes for everyone not just new moms**
- **Nutrition Information; what foods are good, ways to shop healthy and eat healthy; evening cooking classes for youth, moms and dads etc.**
- **Sex Education; how to protect yourself**
- **Relationships – how to be treated with respect**
- **More community council ling in school so kids who need help start asking for it before it's too late**
- **More CTS courses and variety**
- **University and college tours; more information on colleges and how to get in and how to get scholarships**
- **Domestic abuse; family abuse support groups for youth but also for those being abused and for those who abuse others**
- **Parenting classes every week**
- **Parents Raising teens support groups**
- **Diabetes education- what is it and how can we prevent it**
- **Suicide (depression and anxiety) support group**
- **Educate parents on drugs and alcohol and encourage them to talk to their kids**
- **Information on staying fit – diet, exercise programs, how do we get in shape the best way**
- **Bullying workshops – what is it; different ways, adults should role model not bullying; cyber bullying**

Cultural Activities

- **More traditional activities in town**
- **Family dances**
- **More Traditional Sports**
- **Teach more aboriginal games and have competitions**
- **More Community Cultural camps**
- **Summer Camp with Language Immersion**
 - **Teach healthy life skills in camp**
 - **Teach healthy ways to eat**
 - **Teach about drugs and alcohol**
- **Hiking Days and Hiking Camps**
- **Kayaking Camps**
- **More Music Programs and Drama**
- **More things to do during the break and the summer months**

Promoting Wellness

- **Prevention Support Groups**
 - **Smoking Cessation Group**
 - **Cancer Survivor Groups**
- **Bring in local people to talk about drugs and alcohol and consequences**
- **Bring in RCMP and probation to talk about legal consequences**
- **Bring in more drug counselors to talk about how drugs affect the body and brain**
- **Have youth in PWK teach kids in JBT about drugs, alcohol and smoking**
- **Have more contests**
 - **Fort smith butt out; Fort Smith walk to school/walk to work; Fort Smith Drop the Pop; Fort Smith “ biggest loser”**
- **Local posters of people who don't drink**
- **Give more things to do rather than partying**

- **Healthy foods at school (cooking classes in evenings and weekends for youth, adults and elders) maybe start a Lights On Cooking Class at PWK**
- **Healthy Food cafeteria at PWK**
- **More people in to talk to us about their “own stories”**