



# Hay River Wellness Planning

A Joint Venture in Community Collaboration

January 2013

# 1. Demographics

## Living in Hay River

Located on the southern shores of Great Slave Lake, Hay River, Northwest Territories, offers a wide variety of winter and summer sporting and cultural activities, including camping, fishing, golf, skiing, curling, tennis, movie theatres, a swimming pool, as well as a public beach, a library with an active cultural program, and many more amenities.



Our community offers a rich history, present and future in both commercial and recreational fishing opportunities. Whether summer or winter, there are a number of great spots to enjoy the many outdoor and indoor activities this small town has to offer.

Summer in the North offers a wide variety of great camping with our local campgrounds, picnic areas and day use areas. Traditionally our campgrounds are open from May 15th to September 15th each year.

Our waterfalls offer a spectacular sight though out the North. For travelers heading North to Hay River, the first set of falls you will reach are the Alexandra Falls, which are part of the Twin Falls Gorge Territorial Park. The second falls you will reach in the Park is Louise falls. At 34.7 meters tall, Alexandra Falls stands taller, but Louise falls offers a spiral staircase and a trail to take visitors down to water level.



There are a number of events and festivals held throughout the year, including our very popular Lobster Fest, Polar Pond Hockey, Recreation Tournaments and summer programs. Other events include our Canada Day parade, the Northwest Territories Track and Field Championships, the Fisherman's Wharf outdoor market, fishing derby, and K'amba Carnival hosted by the Hay River Dene Band on the K'atl'odeeche (Hay River Reserve).

The Hay River Golf Club, the only grass course North of 60, lies 10 kilometers south of Hay River. The nine-hole course with beautiful fairways and greens and a clubhouse facility, includes equipment rental or purchase, gloves, golf balls and a great place for a cool drink and a nice meal.

In addition to camping and golfing, there are a number of great summer activities at our ball diamonds, sports arena, parks and rivers. Hay River's trail system offers a wide variety of

opportunities for hikers and cyclists. Winters in Hay River give both residents and visitors a chance to enjoy a number of great activities from snowmobiling, dog sledding, cross country skiing, snowshoeing and hiking trails.

The Hay River Golf Club becomes the Hay River Nordic Ski Club over the winter months. Skiers can enjoy skiing anytime during the day and or evening, under our lighted trail system. The Ski Club also offers an opportunity for people to snowshoe on the groomed trails. For more of a challenge, people will snowshoe throughout the bush, trail system and on the frozen Hay River.

Snowmobiling is a great way to spend a sunny afternoon. Trail maps are available, but cut lines, wildlife trails and the frozen river are popular areas to navigate through.

**Quick Hay River facts:**

July average temperature: high 23.7 °C, low 10.8°C

January average temperature: high -21.0 °C, low -30.5°C

Average annual precipitation: 34.0 cm

Average annual rainfall: 18.4cm

Average annual snowfall: 165.0 cm

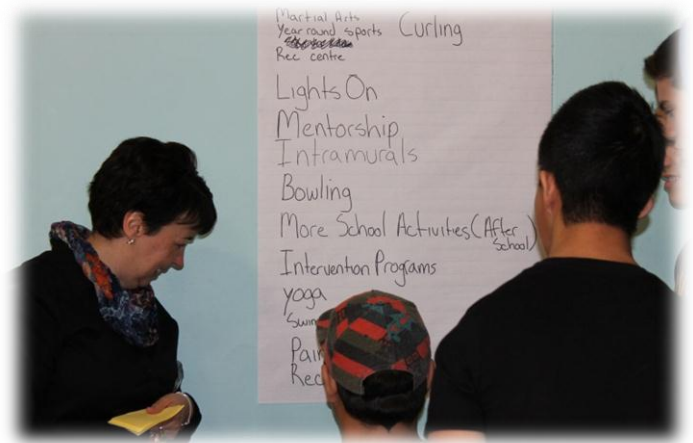


## 2. Community Wellness Consultation

Four separate wellness forums were held in Hay River to gather data and insights into the current wellness patterns in Hay River. The data gathered included an updated Community Assets Database (**see appendix 3**); a review of what services we currently had, what services the community need to be added; gaps in services; and finally the development of a work plan and budget.

Consultation included:

- Hay River Council and Mayor
  - Hay River Metis Association and President and
  - West Point First Nations Council and Chief.
  - Hay River MLA's
  - Hay River Interagency
  - Hay River Elders
  - Hay River Youth
  - Hay River Stakeholders
- 
- list of participants see **appendix 1**
  - Outline of consultation process and agenda – **appendix 2**



According to the key stakeholders and informants involved in the Consultation process, all agreed that Hay River, 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 community belongingness and involvement as a road to greater physical activity, health and wellness. 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.

### 3. Why Do We Need a Wellness Strategy?

Community wellness is important to all of us and is central to the success of many key agencies in Hay River including the three leadership partners who developed this strategy. While Hay River excels in many aspects of community wellness, there are areas where improvements are required. It is important to coordinate efforts, build on our strengths, and identify and respond to our weaknesses.

We all have a stake in achieving this. We all want Hay River to be an appealing, livable and well-managed community where community wellness is at the heart of our community vision, and so Hay River efforts need to be coordinated toward this end.

The Community Wellness Strategy should unify and support current community efforts with the desired outcomes of this strategy (as outlined in our priorities) and describe the benefits or results that will be experienced by individuals and the community through which the programs and services are provided.



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 is therefore of major interest to Hay River and is an increasingly important determinant to its success.

Hay River youth outcomes are optimized within a community that is healthy and well. Youth who are isolated, unsupported by family, peers, and the community at large, will find it very difficult to make healthy choices, to be ready to learn and contribute to society. Community structures which are unsupportive or dysfunctional are counterproductive to our efforts to help our children reach their full potential need to be re-examined and barriers removed.

Community Wellness strategies also help to reinforce and strengthen territorial health goals. In 2012 the Government of the NWT published a report on Healthy Behavior's of NWT youth with a goal of raising awareness for potential chronic disease prevention strategies focusing on common risk factors. Using current data and statistics will greatly improve the focus of the community wellness planning in future years.

Consultations began with the leadership group of Hay River on January 19<sup>th</sup>, 2013. Groups represented at the workshop included the Town of Hay River Mayor and Council, the Hay River Metis President and Council and the West Point First Nations and representatives. Also invited to attend the first working session were the two MLA from Hay River.



The second consultation session was held on January 23<sup>rd</sup> with the Hay River Interagency Group, Elders from the Community and Interested community members. On January 30<sup>th</sup> a youth forum was held at DJSS to get the insights and feedback from our community's youth. In all over 250 community members participated in the consultation phase of the Community Wellness Plan.

The Leadership team was then asked to review the final plan and examine potential work plan submissions from the community. Final stage was the approval of projects and budget submission approval.

## 4. Starting With Our Strengths

### a. Asset Data Base

A community assets data base was established for Hay River in 2008 as part of the South Slave Healthy Community Partnerships. In order to proceed with a proper wellness plan for Hay River, the working group felt that the first step to this project had to be to update our community assets data base to identify our current resources and programs. A contractor was hired to gather the information and each new working group was asked to update the information and to add to the data base so that we did not have gaps in identification. It is the recommendation that the new data base be added to the current Hay River Interagency Group web site and that this information is made accessible to the community as a new communication and access to services and personnel tool. The new data base can be found in **appendix 3**.



The community asset data base is always a work in progress as new projects begin, new positions are lost or renewed, or priorities within departments change. It will be important for the group that this is taken into consideration and perhaps a plan to update the data base on a yearly basis is formed. Information on community assets can be valuable for many reasons and to keep the information current and relevant will be critical for future use of the interagency group in particular.



## 5. Wellness Clusters

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 exemplars of focus areas.

## 6. Hay River Wellness Vision



*Community driven action that takes a holistic approach to wellness and promotes **strong partnerships, open communication and collaborative programs**. Enhanced strategies to support awareness and education in a non-judgmental way to empower and engage our community to work together and focus on healthy and positive relationships.*

## 7. Hay River Wellness Goals

- a. *Support integrated service delivery model in Hay River*
- b. *Foster communication among agencies*
- c. *Work together to foster and grow prevention efforts*
- d. *Target high risk individuals*
- e. *Use research based practices and promising practices to guide our decisions while keeping traditional knowledge of what is most effective in Hay River.*
- f. *Foster and promote our strong culture*
- g. *Support strong evaluations and data based decisions*
- h. *Use the strength of our own people in Hay River to build capacity*
- i. *Promotion and advertising of current programs and services*
- j. *Celebrate successes*
- k. *Educate public in social umbrella issues*
- l. *Promote culture of equality, respect, and dignity*
- m. *Provide ongoing training for people to have an approach of acceptance, empathy, and understanding including using our own healthy role models in the community*

*“Strong partnerships, open communication and collaborative programs....”*

*Hay River Vision*



## 8. Hay River Priorities Identification

Each of the focus groups were asked to identify wellness priorities for them within the Town of Hay River and were then asked to prioritize these items. Each category was then tabulated to come up with a consensus to show to the Leadership group to help with the final decision making process for a submission of a wellness plan to the GNWT. For a summary of these group discussions you may refer to **appendix 4**

The top priorities for our leadership team's consideration were:

- Increase communication, access and outreach for community members in need of accessing services. A community wellness facilitator was identified as an immediate and top priority to help residence know what services are available, help clients to access services, and encourage cooperation among agencies to more efficiently deal with crisis and support situations.
- Increase active living and opportunities for youth and families to participate in drug/alcohol free activities – where residents have easy access to information on how and where they can be active and barriers are constantly considered and addressed. Supporting current practices such as “Summer Heat” and “Lights On” were identified.
- Help Children and Youth Build Healthy Habits – where children and youth are physically literate, make healthy food choices and are active in sport. Where youth have the information necessary regarding Diabetes, FASD/FAE, drugs and alcohol, smoking, suicide prevention and other wellness topics.
- Increase the use of local resources for service delivery that includes ongoing community education. Use visiting doctors, FASD clinic, Nutritionists, public health, Justice, education etc., to increase community wellness profile by offering constant training sessions. Family violence, and FASD were identified in all four focus groups as an immediate concern that would need intensive community ongoing education.
- Expand existing mentorship program to include community members willing to support at risk youth, at risk families, pregnant mothers or mothers who need mentoring support



for current situations, elders and persons with disabilities. This might also include a healthy role model campaign for the community.

- Reintegration support for offenders, addicts, at risk families and individuals by promoting interagency cooperation, case conferencing and asset data base deficiencies in this area. Topics such as Matrix outpatient program, sober living home, homeless shelter, detox center and youth treatment center were all identified as community crisis concerns that would need to be addressed.
- Support education in the delivery of services for at risk behavioral issues that youth are facing. Looking at causes such as trauma, stress and anxiety, youth depression and drugs and alcohol.
- The need to establish a 24 hour crisis line for community members to access regarding suicide, depression, alcohol and drug relapse, bullying, family violence.
- Reduce Barriers to Living a Health and Active Life for Populations – where programs are not cost-prohibitive and are accessible to all. Where all organizations consider potential barriers and work with other groups to remove obstacles to participation.
- Build a Connected and Activated Wellness Environment – where many residents volunteer, where people have a sense of belonging and participate in community programs and events, where our community members know what services are available and barriers to access are removed and final where our volunteers are recognized.
- Create an Environments that Support Wellness and Encourage education – topics such as family violence, suicide, drugs and alcohol and diabetes education were presented as community priorities. All focus groups talked about the need for hands on and holistic approaches to these topics. Parenting workshops on nutrition, budgeting, violence, communication, prenatal care and supporting parents with teenagers were seen as priority considerations.
- Expand existing recreation options for more family activities and activities for moms and tots.
- Increase outreach and awareness around STD's in the community, promote the Purple Door and increase interagency services and onsite support to youth at risk or youth reaching out for support
- Maximize information sharing and joint facility use among agencies to promote wellness

- Engage Ministerial and look for guidance from faith groups in promoting wellness
- Incorporate Community wellness strategies in HRHSSA Work plans
- Promote community wellness and Individually-Focused Health Care – where residents have a high level of health literacy, have ready access to health information and have support programs to help them achieve healthier lifestyles.
- Engage community in ongoing dialogue on wellness
- Increase availability and access to organized and non-organized sports and physical activities
- Continue to improve access to community facility and programs for low income families
- Target at risk individuals by examining current outreach target programs and lobbying for easier access to Drug and Alcohol treatment programs, a detox facility, youth treatment, homeless shelter and a sober living home.
- Consider impact of family violence on wellness
- Promote wellness in all settings in Hay River; Workplace, schools, neighborhoods, businesses and homes.
- Measure and Share our Success – where, through regular reporting and strong partnerships, Hay River can become a benchmark for other communities in the NWT to emulate in achieving wellness.



# Mental Health and Addictions



# Children and Youth



# Community Health and Disease Prevention



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**

### **Hay River Leadership**

Wally Schuman- Hay River Metis Government Council  
Myles Dolphin –The HUB  
Karen Lafferty – Hay River Metis Government Council  
Tanner Frolich -Hay River Metis Government Council  
Roger Candow-Hay River Town Council  
Brad Mapes –Hay River Town Council  
Andrew Cassidy- Hay River Town Council  
Keith Dohey – Hay River Town Council  
Jane Groenewegen -MLA  
Rhonda Plamondon- Hay River Metis Government Council  
Heather-Jones-Habert- Hay River Metis Government Council  
Trevor Beck- Hay River Metis Government Council  
Jacquie Carriere- Hay River Metis Government Council

### **Hay River Interagency and Partner stakeholders**

Pravina Bartlett – HRCPD  
Margaret Jerome – Justice  
Bobbi Hamilton – Justice  
Chad Orr – RCMP  
Wes Dyck – Ministerial  
Mario Geraldi - Ministerial  
John Brockway – Senior  
Marion Smith – Senior  
Irene Batt - Senior  
Shirley Hancock  
Marilyn Barnes – Literacy Council  
Carol Heron Colosomo – HRHSSA  
Sheryl Courtorielle – HRHSSA  
Mary Davies – HRHSSA  
Jennifer Touesnard – HRHSSA  
Judy Steele – HRHSSA  
Francis Aylward – HRHSSA  
Shannon Carton - HRHSSA  
Rebecca Bruser – HRHSSA  
Debbie Sutton – HRHSSA  
Kaylynne Parkes - HRHSSA



Shirley Lamalice – Dehcho HSSA  
Lynn Beck – DJSS  
Chris Philpotts – Principal Harry Camsell & PA  
Heather Padjse – Principal DJSS  
Ken Latour – Aurora College  
Brenda Hall – Growing Together

## **Youth Consultation**

Daniel Cook, Elizabeth Sperry, Sydney Bailey, Kjel Crook, Mike Osted, Jared Smith, Michelle Buckley, Jessica Conroy, Ryan Dragon, Dendra Mckay, Kyla Milne, Levon Schuman, Andrew Lirette, Elycia Nimigeers, Aaron Moises, Harley Beaulieu, Joel Demarke, Broooke Schaefer, Zachery Bonnerage, Andrea Walker, Abhinay Annavarapu, Daniel Huang, Jack Jensen, Paige Kruger, Keencia Lafferty, Katrina Browning, Nathan Scheper, Clell Crook, Patrick Smith, Scott Burrows, Kathleen Lundbak, Stephen Mackay, Joe Leblanc, Alicia Cook, Kim Girandy, Walker Norwegian, Chad Plamandon, Lyndon Yee, Andrea Schmitz, Shylow Warrington, Drake Roberts, Andre Leblanc, Ashley Rowe, Jeffrey Groendhyde, Cole Martel, Deanna Buckley, Brendon Bonnetrouge, Bailey Voght, Dominique Tremblay, Nocolas Cockney, Kanti Regmi, Trieva Plammondon, Killian Schofield, Angel Beggair, Samara Mckay, Jeremy Farrell, Tanner Manderville, Reanna Cross, Coltan Glacair, Kelsey Hiebert, Maxx Hyde, Kristen Morin, Luke Daigneault, Daxton Buchanan, Jessicia Martel, Andrea Chabot, Sherisse Bouchard, William Frise, Christina Girard, Alexandra King, Cassidy King, Angela Roy, Kateryna Slaszink, Nadia Wood, Sara Gibbons, Jaymar Marzan, Larissa Nekurak, Meghan Loutit, Kaed Blake, Scott Belanger, Danna Webster, Alex Huang, Jared Leblanc, Grace Osted, Ana Anthony, Nicholas Buth, Novie Bordey, Rachel harder, Bret Allinott, Tristan Cross, Non Wilson, Gabe pangborn, Haleigh Auger, Arry Bertrand, Jerome Bruha, Ashley Felker, Tamara Graham, Christian Loubouran, Amber Lamalice, Dillon Balsillie, Darwin Lawrence, Daniel Melanson, Elliot Pinto, Kara Schaefer, Will Tonka, Wade Moore, Jeana Mackie, Jenna Furlong, Colton Charlton, Jared Buggins, Bryan Seaten

## Appendix Two – Consultation Process



## **Appendix Two – Consultation Process Continued – Sample Agenda**

### Agenda

Community Wellness Planning Forum

Hay River Leadership– January 19<sup>th</sup> @ 12:00

Hay River Metis Office

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 Hay River?

3:00 – Break

3:15 How are we going to get there?

Action Plan Priorities

4:30 Round Table and closing

### Appendix Three – Community Asset Data Base

<b>HAY RIVER WELLNESS COMMUNITY RESOURCES</b>			
<b>EMERGENCY NUMBERS</b>			
Ambulance	874.9333		
Fire	874.2222		
RCMP (Police)	874.1111		
Crisis Line	874.6626		
Social Services (After Hrs)	874.2696		
Kids Help Phone	1.800.668.6868		
Help Line	1.800.661.0844		
Family Support Centre	874.3311		
<b>HEALTH &amp; SOCIAL SERVICES AUTHORITY</b>			
Health & Social Servies Authority	874.7115		
HH Williams Memorial Hospital	874.7100		
Medical Clinic	874.7190		
Assisted Living	874.3003	Terry Rideout	<a href="mailto:terry_rideout@gov.nt.ca">terry_rideout@gov.nt.ca</a>
Community Health Services	874.7201	Judy Steele	<a href="mailto:judy_steele@gov.nt.ca">judy_steele@gov.nt.ca</a>
Community Counseling	874.2446	Rebecca Bruser	<a href="mailto:rebecca_bruser@gov.nt.ca">rebecca_bruser@gov.nt.ca</a>
Occupational Therapist/Physiotherapist	874.7166	Tracy Pope	
Speech and Language		Jacque Carriere	
Woodland Manor	874.7226	Lori Snow	<a href="mailto:lori_snow@gov.nt.ca">lori_snow@gov.nt.ca</a>
<b>HEALTH SERVICES</b>			
Environmental Health	874.7261	To Be Hired	
Family Support Centre	874.3311	Michelle Schmidt	
Fitness For Life (2008)	874.3392	Curtis Rowe	<a href="mailto:manager@ptarmigan.com">manager@ptarmigan.com</a>
Hay River Dental Clinic	874.6663	Lesli Ward - Manager	

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Healthy Families Program	874.2009	Angela Jacobs	<a href="mailto:angela_jacobs@gov.nt.ca">angela_jacobs@gov.nt.ca</a>
Victim Assistance Program	876.2020	Jamie Forsey	
Free Spirit Energies (Massage)	875.7890	Sheila Haire	<a href="mailto:freespiritenergies@yahoo.ca">freespiritenergies@yahoo.ca</a>
Freedom of Motion Massage	874.3044	Angela Carter	<a href="mailto:fommassagetherapy@hotmail.com">fommassagetherapy@hotmail.com</a>
L'eskal (Massage)	874.2863	Diane Bellefeuille	
Registered Massage Therapy Clinic	875.2923	Roxanne Doucette	

<b>GOVERNMENT AGENCIES</b>	<b>Education, Culture &amp; Employment</b>		
Aurora College	874.6455	Ken Latour	
Career Development Centre	874.5052	Karen Cooper - Manager	
Library - Centennial Library	874.3834	Christine Gyapay	
Public Library Services	874.6531	Brian Dawson	
District Education Authority	874.2225	Cindy Ranger - Secretary	
Diamond Jenness Secondary School (8-12)	874.6538	Heather Pedjase	<a href="mailto:hpedjase@ssdec.nt.ca">hpedjase@ssdec.nt.ca</a>
Ecole Boreal (K-12)	874.6972	Stephane Millet	
Hary Camsell (K-3)	874.2389	Chris Philpotts	<a href="mailto:cphilpotts@ssdec.nt.ca">cphilpotts@ssdec.nt.ca</a>
Princess Alexandra School (4-7)	874.6388	Chris Philpotts	<a href="mailto:cphilpotts@ssdec.nt.ca">cphilpotts@ssdec.nt.ca</a>

<b>Justice</b>			
Court Services	874.6509	Sheila Hachey	
Probation Services	874.6284	Cindy Caudron - Supervisor	
Youth Justice	874.6550	Bobbi Hamilton Tom Hamilton -	
South Mackenzie Correctional Centre	874.2798	Warden	<a href="mailto:tom_hamilton@gov.nt.ca">tom_hamilton@gov.nt.ca</a>

<b>NWT Housing Corporation</b>			
District Director	874.7600		

<b>Politicians</b>			
MP Western Arctic	867.872.4307	Dennis Bevington	
MLA Hay River South	874.6141	Jane Groenewegen	<a href="mailto:janegroenewegen04@yahoo.ca">janegroenewegen04@yahoo.ca</a>
MLA Hay River North	874.6301	Robert Bouchard	

Mayor of Hay River	874.6500	Andrew Cassidy	<a href="mailto:mayor@hayriver.com">mayor@hayriver.com</a>
Metis President	874.4470	Wally Schumann	<a href="mailto:Hrmcpresident@northwest.net">Hrmcpresident@northwest.net</a>

<b>MINISTERIAL</b>			
St. Andrew's Anglican/Grace United Church	874.6364	Rev. Georgina Bassett	<a href="mailto:gbassett@bassettcompanies.com">gbassett@bassettcompanies.com</a>
Assumption Roman Catholic Church	874.6508	Father Don Flumerfelt	<a href="mailto:olahr@northwestel.net">olahr@northwestel.net</a>
Baptist Church	874.2354	Paster Mario Giraldi	
Breakpoint Church	875.7119	Randy Lee	<a href="mailto:breakpointchurch@yahoo.ca">breakpointchurch@yahoo.ca</a>
Catholic Women's League	874.2772	Marilyn Carroll	
Hay River Ministerial Association	874.6508	Father Don Flumerfelt	<a href="mailto:olahr@northwestel.net">olahr@northwestel.net</a>
Jehovah's Witnessess	874.2139	Harold Kauhausen	
Pentecostal Chapel	874.6410	Pastor Wees Dyck	
Wired Youth Ministries Inc.	874.6969	Glenn Davies	<a href="mailto:hardaftergod_100@hotmail.com">hardaftergod_100@hotmail.com</a>

<b>SERVICE GROUPS</b>			
Hay River Elks Club	874.6353	Gary Hoffman	<a href="mailto:garyh@northwestel.net">garyh@northwestel.net</a>
Hay River Lions Club	874.6660	Pat Burnstad	
Hay River Rotary Club	874.2207	Chris Robinson	
Royal Canadian Ladies Auxiliary	874.3691	Mae Eyford	
Royal Canadian Legion Branch 250	874.6355	Chris Jeché	

<b>SENIORS</b>			
Friendship Force of Hay River	874.6458	Nancy Makepeace	<a href="mailto:nancymake@northwestel.net">nancymake@northwestel.net</a>
Hay River Seniors Society	874.2783	John Brockway	
Whispering Willows Housing	874.7600	NWT Housing Corporation; District Director	

<b>CHILD AND YOUTH SERVICES</b>			
Aboriginal Head Start	874.6444	Chief Sunrise Education Centre	
Growing Together	874.4545	Brenda Hall	<a href="mailto:together@northwestel.net">together@northwestel.net</a>
Hay River Community Youth Centre	874.3953	Jocelyn Grant	
Hay River Playschool	874.2508	Norma Shaw	<a href="mailto:hrplaysc@ssimicro.com">hrplaysc@ssimicro.com</a>
Light's On	874.2194	Jill Taylor	<a href="mailto:jtaylor@ssdec.nt.ca">jtaylor@ssdec.nt.ca</a>

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Phab Girls	874.6500	Emma Harper	<a href="mailto:programming@hayriver.com">programming@hayriver.com</a>
The Treehouse	874.2103	Genevieve Clarke	<a href="mailto:treehouse@northwestel.net">treehouse@northwestel.net</a>

<b>CONSULTANTS</b>			
C.A.S. Consulting	874.3095	Claire-Ann Bouchard	<a href="mailto:cason@northwestel.net">cason@northwestel.net</a>
P & C Professionals	875.8155	Peter & Carol Grimm	<a href="mailto:petercarolgrimm@gmail.com">petercarolgrimm@gmail.com</a>

<b>COMMUNITY ORGANIZATIONS</b>	<b>Community Services</b>		
AA	874.4787		
Al-Anon			
Army Cadets	874.6196	Poul Osted	<a href="mailto:osted@northwestel.net">osted@northwestel.net</a>
Canadian Ranger Patrol Group	874.4039	R/Sgt. Anthony Beck	
Community Garden		Rebecca Bruser	<a href="mailto:rebecca_bruser@gov.nt.ca">rebecca_bruser@gov.nt.ca</a>
Cultural Designs	876.0777	Doug Lamalice	<a href="mailto:Lamalice2009@hotmail.com">Lamalice2009@hotmail.com</a>
Fisherman's Wharf			
Gambler's Anonymous	875.8613		
Handi-van	875.4448		
Hay River Chamber of Commerce	874.2565	Chamber Office	
Hay River Committee for Person w/ Disabilities	874.4448		
Hay River Community Service Society	874.2632	Gary Hoffman	<a href="mailto:garyh@northwestel.net">garyh@northwestel.net</a>
Hay River Drug Strategy	874.2194	Jill Taylor	<a href="mailto:jtaylor@ssdec.nt.ca">jtaylor@ssdec.nt.ca</a>
Hay River Girl Guide Council	874.2350	Erin Griffiths	
Hay River Fire Department (Volunteers)	874.6522	Ross Potter	
Hay River Interagency	874.2194	Jill Taylor	<a href="mailto:jtaylor@ssdec.nt.ca">jtaylor@ssdec.nt.ca</a>
Hay River Thrift Shop	874.6331		
Health Mart	874.6337	Julita Bordey	<a href="mailto:riellabordey_18@yahoo.com">riellabordey_18@yahoo.com</a>
Healthy Family Program	874.3009	Angela Jacobs	
Meals on Wheels	874.7201	Marcy Cowger	
Narcotics Anonymous	876.0570	Barb	
	874.2885		
Soup Kitchen	/874.2892	Laura Rose	
Sqawk Communications	875.2855	Diana Smith	

The Hub	874.6577	Myles Dolphin	<a href="mailto:reporter@hayriverhub.com">reporter@hayriverhub.com</a>
Winter Market	874.3617	Franziska Ulbricht	<a href="mailto:f_ulbricht@yahoo.com">f_ulbricht@yahoo.com</a>

<b>Recreation</b>			
Aerobics (Free)		Lesli Ward	
Biathlon Club	874.4986	Chuck Lirette	<a href="mailto:clirette@northwestel.net">clirette@northwestel.net</a>
Canoe North	874.4242	Doug Swallow	<a href="mailto:info@canoenorth.ca">info@canoenorth.ca</a>
Elite Athlete Assistance Fund	874.2681	Pat Bobinski	
Free Equipment Lending Program	874.6500	Emma Harper Brian/Paulette	<a href="mailto:programming@hayriver.com">programming@hayriver.com</a>
Hay River Bowling Lanes	874.6664	Lefebvre	<a href="mailto:blefevre@power123.com">blefevre@power123.com</a>
Hay River Curling Club	874.2130	Roman Moizis	<a href="mailto:rmoizis@northwestel.net">rmoizis@northwestel.net</a>
Hay River Figure Skating Club		Sheryl Courtoreille	<a href="mailto:hrfsc1@gmail.com">hrfsc1@gmail.com</a>
Hay River Gymnastics Club	874.4359	Nikki Ashton	<a href="mailto:haley_nickki@hotmail.com">haley_nickki@hotmail.com</a>
Hay River Men's Fastball Association	874.2990	Glenn Smith	<a href="mailto:glennsmith@ntpc.com">glennsmith@ntpc.com</a>
Hay River Senior Men's Hockey League	874.2009	Mike Gravel	<a href="mailto:mikegravel24@gmail.com">mikegravel24@gmail.com</a>
Hay River Minor Hockey	874.3242	Vince McKay	<a href="mailto:westech@northwestel.net">westech@northwestel.net</a>
Hay River Mixed Broomball		Bailey Mackie	
Hay River Recreation Hockey	874.6775	Steven Rosendahl	<a href="mailto:srosendahl@astonca.com">srosendahl@astonca.com</a>
Hay River Rollerderby	875.7336	Heather Tybring Ralph Colwell - Sec/Treas.	<a href="mailto:hayriverrollergirls@hotmail.com">hayriverrollergirls@hotmail.com</a>  <a href="mailto:ralphcolwell@northeastel.com">ralphcolwell@northeastel.com</a>
Hay River Shooting Club	874.6206	Cindy Wilgosh	
Hay River Softball Association	874.4327	Harry Scheper	<a href="mailto:hrrspeedskating@gmail.com">hrrspeedskating@gmail.com</a>
Hay River Speed Skating Club	874.3411	Rachel Yee	<a href="mailto:ryee@hayriver.com">ryee@hayriver.com</a>
Hay River Swim Club	874.2145	Glenn Smith	<a href="mailto:glennsmith@ntpc.com">glennsmith@ntpc.com</a>
Hay River Volleyball Club	874.2990	Melanie King	<a href="mailto:m.king.22@hotmail.com">m.king.22@hotmail.com</a>
Jassercise Hay River	875.2901	Alex Pinto	
Karate Club	874.6667	Tim Borchuk	<a href="mailto:tborchuk@ssdec.nt.ca">tborchuk@ssdec.nt.ca</a>
NWT Track and Field Championships	874.6538	Peter Maher	
Oldtimers Hockey	874.3603	Jill Morse	
Polar Lake Recreation Committee	874.3549	Curtis Rowe	<a href="mailto:polarpondhockey@gmail.com">polarpondhockey@gmail.com</a>
Polar Pond Hockey	874.3392	Michelle Schaub	-
Riverview Cineplex	874.2492		



Hay River Wellness Plan 2013

Summer Heat	874.6500	Emma Harper	<a href="mailto:programming@hayriver.com">programming@hayriver.com</a>
Women's Hockey (Hazards)	874.4291	Debbie Malmoff	<a href="mailto:hazardhockey@gmail.com">hazardhockey@gmail.com</a>
Yoga	874.6638	Carla Newman	-
Youth Bowling	874.6664	Paulette West	-
Zumba	874.2625	Trisha Rymhs	<a href="mailto:lring@northwestel.net">lring@northwestel.net</a>

<b>School Programs</b>			
After School Activities - DJSS (Fitness Centre)	874.6538	Joe Leblanc	<a href="mailto:jleblanc@ssdec.nt.ca">jleblanc@ssdec.nt.ca</a>
Breakfast/Lunch Program - DJSS	874.6538	Jan McNeely	<a href="mailto:jmcneely@ssdec.nt.ca">jmcneely@ssdec.nt.ca</a>
Career - DJSS	874.6538	Kim King	<a href="mailto:kking@ssdec.nt.ca">kking@ssdec.nt.ca</a>
DJSS Parent Action Committee	874.6538	Jan McNeely	<a href="mailto:jmcneely@ssdec.nt.ca">jmcneely@ssdec.nt.ca</a>
Guidance - DJSS	874.6538	Lynne Beck	<a href="mailto:lbeck@ssdec.nt.ca">lbeck@ssdec.nt.ca</a>
Harry Camsell Parent Action Committee	874.3549	Jill Morse	
Leadership & Resiliency Program (LRP) - DJSS	874.6538	Jessie Carriere	<a href="mailto:jcarriere@ssdec.nt.ca">jcarriere@ssdec.nt.ca</a>
Mentorship - DJSS	874.6538	Jacque Richards	<a href="mailto:jrichards@ssdec.nt.ca">jrichards@ssdec.nt.ca</a>
Princess Alexandra Parent Action Committee	874.3549	Jill Morse	
Store Front - DJSS	874.6538	Lenny Hill	<a href="mailto:lhill@ssdec.nt.ca">lhill@ssdec.nt.ca</a>
Take A Kid Trapping Program - DJSS	874.6538	Anne Cunningham	<a href="mailto:acunningham@ssdec.nt.ca">acunningham@ssdec.nt.ca</a>

<b>Recreation Facilities - Free</b>			
Baseball Fields	874.6500	Kim Tybring - Facility Man.	<a href="mailto:ktybring@hayriver.com">ktybring@hayriver.com</a>
Paintball Park	874.6500	Kim Tybring - Facility Man.	<a href="mailto:ktybring@hayriver.com">ktybring@hayriver.com</a>
Playgrounds (Four)	874.6500	Kim Tybring - Facility Man.	<a href="mailto:ktybring@hayriver.com">ktybring@hayriver.com</a>
School Fields		DPW	
Skateboard Park		Town of Hay River	
Soccer Field		DPW	
Track -	874.6538	Tim Borchuk	<a href="mailto:tborchuk@ssdec.nt.ca">tborchuk@ssdec.nt.ca</a>

<b>FACILITIES</b>				
Don Stewart Recreation Centre	874.6500	Lyle Hannan	<a href="mailto:lhannan@hayriver.com">lhannan@hayriver.com</a>	
Hay River Aquatic Centre	874.6500	Heather Tybring (Acting)	<a href="mailto:aquatics@hayriver.com">aquatics@hayriver.com</a>	
Hay River Community Youth Centre	874.3953	Jocelyn Grant	-	
Soaring Eagle Friendship Centre	876.2922	Ron Auger		

## **Appendix Four Consultation Notes**

Hay River Community Wellness Planning  
Session Meeting Minutes  
Hay River LEADERSHIP  
Location: Hay River Metis Government Council  
10 Industrial Drive, Hay River  
X0E 0R6

Saturday, January 19, 2013 – 12:08 PM – 4:38 PM

Meeting Chair: Jill Taylor

Meeting commenced at 12:08 p.m.

1. Opening Blessing Jane Groenewegen
2. Opening Remarks by... Wally Schumann

Historical event WELCOME

In Attendance:

3. Introductions by Jill Taylor

Wally Schuman- Hay River Metis Government Council

Myles Dolphin –The HUB

Karen Lafferty – Hay River Metis Government Council

Tanner Frolich -Hay River Metis Government Council

Roger Candow-Hay River Town Council

Brad Mapes –Hay River Town Council

Andrew Cassidy- Hay River Town Council

Keith Dohey – Hay River Town Council

Jane Groenewegen -MLA

Rhonda Plamondon- Hay River Metis Government Council

Heather-Jones-Habert- Hay River Metis Government Council

Trevor Beck- Hay River Metis Government Council

Jacque Carriere- Hay River Metis Government Council

Regrets:

Connie Belanger

Kandice Jameson

Vince McKay

4. Goals for Leadership Today

Discussion points:

- Understanding federal funding priorities
- Define vision of community wellness for Hay River
- Confirm partnerships
- Set community goals and objectives
- Begin to define work plan
- Plans to continue to work together to improve the wellness of Hay River

5. 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

6. 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
- 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

TASK ONE

1. With a partner review the current assets data base and add in anything missing; organizations, groups, individuals, businesses that support the wellness of Hay river and fill in any missing information
  
2. a.) In the large group discuss Existing Vision Statements.  
*Meeting communities' needs through quality care and education – HRHSS*  
  
*Supporting Community efforts towards wellness in a collaborative, proactive, solutions based model that focuses on families, youth and prevention \_CIA (Community Inter-Agency)*
  
- 2 . b) *Brainstorm group key ideas from vision statement*
  - Community driven wellness plan that focuses on the whole family and supports awareness and education in a no- judgmental way
  - Empowers and is informal; engages as many as possible
    - Road blocks: little sharing of data, lack of buy in, stereo –typing /stigma
  - Community driven
  - Case conference now available in Hay River where there is a collaboration of agencies working together
  - Healing
  - Access to healing
  - Programs relatable to Hay River
  - Focus on youth/adults/whole families
  - Action plan supports awareness on education and support

GOALS

1. Support integrated service delivery model in Hay River
2. Foster communication among agencies
3. Work together to foster and grow prevention efforts
4. Target high risk individuals
5. Research based practice and promising practices guide our decisions. Ensure all are accountable and evaluative
6. Foster and promote our strong culture
7. Support strong evaluations and data based decisions
8. Use the strength of our own people in Hay River to build capacity

9. Promotion and advertising of current programs and services
10. Celebrate success
11. Follow up care and after care for individuals ie mental health, addictions, parenting
12. Educate public in social umbrella issues
13. Promote culture of equality, respect, and dignity
14. Provide ongoing training for people to have an approach of acceptance, empathy, and understanding including using our own healthy role models in the community

#### PRIORITIES

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

#### FOCUS AREAS

- Education
- Physical Activity and Recreation
- Health Promotion and Support
- At Risk Targeted

#### WISH LIST Brain Storming 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**
  
- Integrated Facilitator ( Community Wellness Coordinator) for service delivery (Wellness Worker) **13 red**
  - Coordinate case conferences
  - Lead interagency
  - Coordinate wellness plan
  - One stop shopping coordinator
  - Organize wellness workshops from prenatal to elders
  
- Support Lights On **13 red**
  
- Support summer heat; **13 red 7 yellow**
  - help fund positions
  
- Community wellness Workshops **13 red 1 yellow**
  - Using visiting doctors
  - Support staff from Stanton

- FAS/FAE clinic workshops
- Using our own NWT experts to put on workshops
  
- Reintegration and support for 11 red
  - Offenders
  - Addicts
  - At risk people
  - Sober or safe living house
  
- Youth treatment locally 10 red
  - could include ninety day treatment; promising practices
  
- LRP/Councillor – offering Family violence awareness and education; youth awareness, FAS, Safe sex etc workshops, youth mental health support; family violence, dating, drugs and alcohol; include self esteem workshops on site at schools  
9 red 1 yellow  
1 green
  
- More recreation activities ; 8 red 17 yellow
  - more free equipment to sign out
  - Free non user free sports
  
- Healthy Role models campaign and accessed in community 8 red
  
- Support Non-profit recreational activities for youth and seniors that are user free 7 red
  
- Crisis line (support and phone operator) 7 red
  - Maybe out of hospital
  
- Business outreach and support 6 red 1 yellow
  - build partnerships (second chance for offenders)
  
- Mentorship; 5 red
  - create mentee/mentor relationships for workers
  - big brother
  - big sister
  - new moms
  - kids in crisis
  
- Parenting workshops; 5 red

- support
- nutrition
- budgeting
- youth and elders
- prenatal (FAS/FAE)
- supporting parents with teenagers
  
- Homeless shelter support 5 red 1 yellow
  
- Youth AA/Alanon 4 red
  
- Educate school age children about healthy choices 4 red
  
- School wellness support ;
  - Lions quest,
  - classroom support 4 red 1 yellow
  
- Advertising of services; 4 red
  - Hay River directory of Community wellness
  
- Video Games, other addictions; failure to Launch 4 red 2 green
  
- Case manager for wellness 3 red 1 yellow
  
- Young and adult support holistic approach 3 red 1 yellow
  
- Curfew enforcer 2 green
  
- Summer sports program for teens 2 red
  
- Educational assistants- school support staff 1 yellow
  
- Single parent support 1 yellow
  
- STD's support information awareness education 1 red
  
- Community "Know it All"; 1 green
  - Identify local people who are able to point individuals asking questions in the right direction



Group Discussion Summary Notes Second Consultation

Hay River Community Wellness Planning  
Interagency and Seniors  
Session Meeting Minutes

Location: Hay River Metis Government Council  
10 Industrial Drive, Hay River  
X0E 0R6

Wednesday, January 23rd 2013 – 12:00 PM – 3:30 PM

Meeting Chair: Jill Taylor

Opening Blessing

Opening Remarks by... Wally Schumann

Background

Mandate of FNIHB

- Children and Youth clusters to think about
- Chronic Disease Prevention Children and Youth
- Mental Health and Addictions

TASK ONE (Additions to first asset data list)

Golf Club, Ski Club, Hay River Play School, Speed, Skating, Figure Skating Club, Girl Guides of Canada, Treatment Center, Hay River Commons Winter Market, Fishermen's Wharf, Diabetes Education Family Support Center, Arts & Culture Society

Service Clubs

- Elk's, Rotary, Lion's, Seniors Society

3. a.) In the large group discuss Existing Vision Statements.

Community driven wellness plan that focuses on the whole family and supports awareness and education in a non-judgmental way that empowers our people.

Suggestions for changes or additions were:

- Whole family – a suggestion to eliminate family in order to include those who are here without family.
- It begins with the individual and ends with the community
- Remove the word plan

## GOALS Reviewed Leadership Goals

## PRIORITIES

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

## TASK TWO

What should be our Hay River Priorities for Wellness?

The group brainstormed ideas which were added to Leadership List. It was prioritized as follows;

Brain Storming on Priorities

## 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**

- LRP/ School Counselor  
25-Red 5-Yellow
- Comprehensive Diabetes Prevention  
25-Red 5-Yellow
- Support Lights On – Keeping kids active in a positive way  
22-Red
- Community/Interagency Wellness Coordinator  
21-Red 2-Yellow
- Homeless Shelter Support – teens, men  
19-Red 11-Yellow 1-Green
- Health Promotion  
18-Red 2-Yellow 1-Green
- Outreach Person for Mental Health  
17-Red 2-Yellow
- Parenting Workshop  
16-Red 2-Yellow 2-Green
- Youth Cooking Circles/life skills  
16-Red 5-Yellow
- Presentors

## Hay River Wellness Plan 2013

- 16-Red 1-Yellow
- School Wellness Support – Beavers (4) HC/PA/DJSS  
15-Red 3-yellow 1-Green
- Prenatal Childbirth Educator  
12-Red
- Pre-school Supports  
10-Red 1-Yellow 1-Green
- School Counselor
- 10-Red 2-Yellow
- SAFE - Shelter & Food Emergency  
10-Red 2-Yellow
- Life Skills/Employment  
10-Red 1-Yellow
- Mental Health First Aide training & Youth training - crisis line connection  
9-Red
- Healthy Families  
8-Red 2-Yellow 2-green
- Communication/PR Promotional Items  
8-Red 2-Yellow
- Mentorship  
7-Red 5-Yellow
- Programs – Anger management, grieving, Bullying  
7-Red
- Literacy all ages  
6-Red 4-Yellow 1-Green
- Youth Treatment Center/Detox Facility  
6-Red 4-Yellow
- School Attendance  
6-Red 3-Yellow 2-Green
- Crisis Line  
6-Red 3-Yellow
- Free Rec. Opportunities  
5-Red 6-Yellow 6-Green
- Supporting Existing Youth Center  
5-Red 3-Yellow
- Transportation - Handi Van  
5-Red 2-Yellow 1-Green
- Community Wellness Workshops & Training  
3-Red 5-Yellow
- Reintegration Supports  
3-Red 1-Green
- Support Summer Heat  
2-Red 1-Yellow

## Hay River Wellness Plan 2013

- Single Parent Support  
2-Red 1-Yellow
- Take a kid trapping  
2-Red 3-Yellow
- Safe Party Program  
1-Red 3-Yellow
- Community “Know it All”  
1-Red
- Advertisement of current programs  
4-Yellow
- Healthy Role Models Campaign  
2-Yellow 1-Green
- Alanon/Alateen for youth  
2-Yellow
- Sober functions  
2-Yellow
- Curfew Enforcer  
5-Green
- Spirituality - cultural activities, message, acupuncture  
1-Green 3-Yellow
- Business Outreach
- STD Information awareness

### Third Consultation – Youth

#### **Priorities Identified \*\*\*\* Tally below is by group not individuals**

*Healthy Breakfast and lunch programs – 9 groups*

*Keep and Enhance Lights On – 9 groups*

*Community Indoor Soccer Pitch – 8 groups*

*Councilor – Education on drugs, safe sex, family violence, healthy eating, diet, FAS – 8 groups*

*BMX Park – 7 groups*

*Upgrade rink – 7 groups*

*Alanon or youth support group – 7 groups*

*Fitness Room Accessibility – 6 groups*

*Family Violence Workshops – 6 groups*

## Hay River Wellness Plan 2013

*Mentorship – 6 groups*

*Better Youth Center – 6 groups*

*Drama and Art Clubs – 6 groups*

*More Sports – 6 groups*

*Keep LRP – 5 groups*

*Keep Beavers for support – 5 groups*

*Youth Yoga – 5 groups*

*Health Cooking Programs – 5 groups*

*More camping and fishing – 5 groups*

*Access to Purple Door – 4 groups*

*Mixed Martial Arts or boxing Club – 4 groups*

*Indoor Walking Track, Home work Clubs, Dance Classes, Summer School, Rehab for youth, New Arena, Gymnastics, More Paintball, jazzercise and zumba for youth, more track and field, girls and boys wrestling, soup kitchen, hockey academy, x country skiing, expand nature trails, more dances, free youth swimming, School Store, Year Round Sports, rugby, x block classes, more curling, Driving Workshops, Canoe and paddling courses*

*Youth Leadership Consultations*

### ***Suicide and Alcohol and Drug Prevention***

*Lights On*

*Mentorship*

*Student Support – beavers ( homework, sports, help)*

*Youth Support Groups – Drugs and Alcohol, family violence, bullying, self-esteem, cutting issues, depression and anxiety*

*Drama*

*MMA*

*Family Violence Workshops and Self Defense*

*Youth Center upgrade*

*More presenters on drugs and alcohol, mental illness, motivational, sports stars,*

*Summer school*

*Rehab for youth*

### **Diabetes Prevention**

*Healthy Breakfast and Lunch Programs*

*Education Programs because we don't know much about Diabetes*

*Obesity awareness*

*Cooking classes with family and elders – make cookbooks for community*

*First Aid for diabetes shock*

*Fitness Room Access*

*More Sports even for kids who can't afford it*

*Awareness in every sporting program in town about good diet, exercise ( cardio importance) and obesity wellness issues*

### **Prenatal/ Nutrition/FAS/FAE**

*School Councilor to set up workshops and education in these areas as we don't really get much now: parenting workshops, effects of drugs and alcohol of fetus, importance of good diet, what is a good diet, dating violence, violence in our homes. Make it a community event of learning, communication skills, how do we talk to adults to get the information and support we need*

### Appendix Five – Work Plan Submissions

<b>Project Title:</b>	
<b>Name of Organization:</b>	
<b>Contact Name/Title:</b>	
<b>Mailing Address:</b>	
<b>Phone:</b>	<b>Fax:</b>
<b>Email:</b>	
<b>Project Dates:</b>	
<b>Project Summary:</b>	
<b>Project Target Group:</b>	
<b>Project Goals:</b>	

**Evaluation:**

BUDGET - Community Wellness Planning Project	Anticipated Project Costs	In Kind Donations Or support
<b>A. Materials and Supplies:</b>		
<b>B. Salary:</b>		
<b>C. Other Costs:</b>		
<b>D. Subtotal (A+B+C)</b>		
<b>E. Administration (5% of D)</b>		
<b>Total Anticipated Project Costs (D+E):</b>		

**Signature of Applicant:** \_\_\_\_\_ **Date:** \_\_\_\_\_





