

# **Fort Simpson Community Wellness Plan**



**Submitted by:  
Liidlii Kue First Nation**

## **Introduction**

The Liidlil Kue First Nation has just begun its' journey is engaging the community of Fort Simpson in the building of a community wellness plan. We decided that, with our limited capacity, to start by engaging our youth, our future!

The input to answer the four questions for the Community Wellness Plan was gathered at the Thomas Simpson Secondary from two groups of students.

A small group of grade 10-12 were consulted first. Then a large group of grade 7-9 students were gathered to provide their perspective.

## **Process**

The grade 10-12 students (9 boys and 3 girls) gathered in the school library to address the questions.

A discussion was held to introduce the concept of the Wellness Plan and to get their perspective on the following four questions.

- Where are we now?
- What do we have to work with?
- Where do we want to be in the future?
- How are we going to get there?

The first part of getting their input was by getting the students to individually write down their responses to all four questions.

We gathered their writing and compiled and grouped their responses to each question.

After the individually responses were collected. We had a group session where we asked the each question and recorded their answers on a flip chart.

The grade 7-9 students (37 plus 2 teachers) were asked the same questions as a group.



Grade 10-12 students at Thomas Simpson Secondary

**Where are we now?** (Individual responses)

- The problems in the community are drugs and alcohol abuse.
- The big problem is alcoholism and drug use.
- Alcohol and drugs
- Alcohol and drugs
- Alcohol and drug abuse
- Drinking (parents and youth)
- Drinking and drugs
- Drinking and drugs
- Lots of alcohol abuse
- Kids start drinking at a young age.
- Not enough control on underage drinking.
- Alcohol and drugs in the community. Because of it more and more people are thrown in jail and losing our way.

- Not a lot of entertainment for youth.
- Need more activities to do in this town.
- Idle youth (nothing to do)
- Lots of people breaking into places because they have nothing to do
- Lack of programs
- Not enough programs for the children (on the land, in town teachings).
- Not enough traditional activities happening around the communities.
- Wilting of culture
- Lack of positive role models
- Unsafe sex
- Cigarettes

**Where are we now?** (Group setting)

- Addiction problems
- Weak culture
- Without slippers (moccasins)
- Low language skills
- Idle youth
- Not enough participation
- Bored from too much technology and culture not taught or not enforced
- Not enough variety of sports
- Mediocre mentors for sports

**What do we have to work with?** (Individual responses)

- Have more activities
- More activities and clubs.
- Activities like cadets and judo to avoid the drinking and drug use in town.
- Have more activities for youth so they don't feel like drugs and alcohol are the only fun things to do.
- More activities/programs for kids/teens

- We have programs that people are too nervous to attend.
- More programs for kids.
- Programs and camps getting the youth to speak up more so we can learn.
- Get more programs for kids to get into our culture and teaching on what drugs and alcohol can do to our body.
- Create culture based programs taking youth on the land away from alcohol and drugs.
- More and better on the land camps.
- More traditional things.
- 24 hour better work out gym.
- Have more people pick up trash.
- Stop polluting.

**What do we have to work with?** (Group setting)

- Experienced Elders
- The land
- A youth committee

**Where do we want to be?** (Individual responses)

- Have more programs.
- Start youth programs.
- Get more involved in the youth.
- Get a fitness group going.
- More activities - sports would be more busy.
- Soccer tournament.
- Basketball drop in.
- Speak to the local youth centre, recreational centre and band office to work together and look at what youths need.
- We could move toward being more cultural.
- Have lessons of cultural activities.
- More culture camps or other on the land programs.
- More cultural learning and less drugs and alcohol.
- Get rid of the liquor store.

- We should get rid of the liquor store (too many issues stem from that building).
- Set up counselling for addicts so they can get better.
- Make positive friends.
- Houses.

**Where do we want to be?** (Group setting)

- Further ahead by working on what has been talked about for years.
- Paintball stadium

**How do we plan to get there?** (Individual responses)

- Have positive goals.
- Positive goals.
- Make goals.
- Make sure you live in a healthy environment.
- Hang out with appropriate friends.
- Get volunteers.
- Have support for everyone so we can achieve our education and change our future.
- Get people to help support the programs.
- Talk to people.
- Talk to people around town and find out what they want.
- Put in the time to work at what we want.
- Work hard.
- Always try hard.
- By taking responsibility.
- Be collectively stronger so we can use that strength to be a more independent nation.
- We follow what we believe in and do what makes us happy.
- Courses to get better jobs.
- Every season there should be culture camp lasting two to four weeks.



## How do we plan to get there? (Group setting)

- Funding from every possible source including government and industry
- Communication
- Better education - more diverse
- Trades and professional education
- Traditional knowledge teaching
- Student exchange
- Career days
- Improved library



Grade 7-9 students at Thomas Simpson Secondary

### **Where are we now?**

- Lacking complete health care, present system deals with symptoms not causes - not enough services
- Alcohol and drugs and cigarettes are a problem, need treatment/awareness
- Stop abuses including bullying
- Abusive language
- Stop pollution
- Making better decisions

### **What do we have to work with?**

- Electronics
- Technology
- Sharing circles
- More community visits
- Training
- Options
- More traditional teaching for healing and medicine
- Focus
- On the land teachings from Elders for hunting, trapping, customs, culture, etc...
- Respect each other especially men treating women better

### **Where do we want to be?**

- At the top
- Dry community
- A healthy, loving, safe and respectful community
- On the land
- Lawyer
- An actor
- Photographer
- Author/Illustrator



## How do we plan to get there?

- Education
- Training
- On the land training
- Learn other cultures
- Enforce laws and regulations
- Healthy choices
- Workshops - science
- Youth conferences
- Funding



Grade 7-9 students at Thomas Simpson Secondary

The information gathered here can be used to state what the priorities are for Liidlii Kue First Nation on what steps are going to be taken to address the responses to the four questions.