



K'atlodeeche Community  
Wellness Planning  
February 2013



# 1. Demographics

Hay River Reserve is governed by the K'atlodeeche First Nation or Hay River Dene. It is the only area with reservation status in the Northwest Territories. The reserve has a population of about 329 people. The main languages spoken on the reserve are South Slavey, Chipewyan and English.



## Living in Katlodeeche

There are many resources within the K'atlodeeche First Nation Reserve. The Nats'ejee K'eh Treatment Centre and elders' center are administered by the Dehcho Health and Social Services Authority. The K'atlodeeche Reserve is serviced by the Town of Hay River for all medical, police or fire emergencies.

The K'atlodeeche First Nations Children's Centre has a day care and family support programming, parenting classes and early childhood training. The Chief Sunrise Education Centre is for children on the reserve from pre-school to Grade 12. It has about 70 students and emphasizes literacy and traditional skills and culture programming. The Aboriginal Head Start program is also located at the Chief Sunrise Education Center. A newly built community college has also opened and is located beside the band office.

The K'atlodeeche First Nation's municipal department takes care of plowing and grading roads, hauling materials for foundation pads of housing units. It also clears driveways, removes trash and organizes a spring cleanup. During the Hay River breakup municipal workers are on stand-by in case of flooding.



## Culture

In the past, Dene people would camp on the shores of Buffalo Lake, which is still used as traditional hunting land, and used the land around the mouth of the Hay River as a fishing site during the summer. This area was made into a settlement when Chief

Chiatlo led a group to the site in the 1890s. Since the original site was located right at the mouth of the river it was prone to flooding. The settlement was moved to a different area on the south shore of the Hay River, still near the mouth of Great Slave Lake. The Hay River Dene resided there for many years and in 1974 Chief Daniel Sonfrere negotiated a settlement with the Government of Canada to form the first reserve in the NWT.

Today the Hay River Dene are determined to promote their culture and healing. Elders remain a very important link to past traditions and the reserve has a unique seniors' care facility. Elders requiring occasional assistance can live in one of the five cabins that surround the facility. For those requiring more care there are intensive care apartments. The Hay River Reserve has the Nats'ejee K'eh Treatment Centre, which incorporates traditional Dene healing practices in its treatment of clients. The Dene Cultural Institute focuses on the collection and advancement of Dene traditional knowledge, development of research projects appropriate to Dene culture, education of both Dene and non-Dene, interpretation of Dene values, and the general support and promotion of all it means to be Dene

## 2. Community Wellness Consultation

Four separate wellness forums were held on the K'atlodeeche First Nations Reserve to gather data and insights into the current wellness patterns. The data gathered included a Community Assets Database (**see appendix 3**); a review of what services we currently had, what services the community would like to see added; and future priority focus planning.

Consultation included:

- K'atlodeeche Chief Roy Fabien and Council
  - K'atlodeeche Staff and Partners
  - K'atlodeeche Elders
  - K'atlodeeche Community Consultation
  - K'atlodeeche Youth Forum
- 
- 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 Reserve, as a community, is doing a good job in promoting population wellness. We have many programs and good infrastructure. However it was repeated many times that a

stronger cultural presence, focus on Dene Values and on the land activities needed to be a focus for future planning.

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 K'atlodeeche including the Chief and Council.

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 all on the reserve and is an increasingly important determinant to its success.

We know that our 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.

Consultations began with the leadership group of K'atlodeeche on February 18<sup>th</sup>, 2013. Groups represented at the workshop included Chief Roy Fabian and his council and staff from various departments with the K'atlodeeche First Nation.

On February 19<sup>th</sup> a community member's forum and the Elders forum met to provide their input. On February 20<sup>th</sup> a youth forum was held at Chief Sunrise Education Center to get the insights and feedback from our community's youth. In all over 50 community members participated in the consultation phase of the Community Wellness Plan.



## 4. Starting With Our Strengths

### a. Assets

It is very obvious that the main strength of the K'atlodeeche First Nation lies in its people. In order to proceed with a proper wellness plan for K'atlodeeche, the working group felt that the first step to this project had to be to identify our current resources and programs. 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 Band Office web site and that this information is made accessible to the community as a new

communication and access to services 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.

A plan to disseminate the asset data base to members of the community on an annual basis may also be a consideration.





Many strengths were identified by members during the consultation.  
These strengths included:

- Sober leadership
- Strong administration staff at KFN
- Large sober membership
- Excellent School and staff
- Excellent Community Hall and kitchen facilities
- Homecare and CHR
- Group home
- Day Care
- Recreation Director
- Adult learning Center
- Youth Center
- Youth Justice Committee
- Prenatal Support
- Victim Services and Outreach
- Community Wellness Worker
- Prohibition
- Sandy Creek
- Reserve Status
- Top Notch Operators
- Treatment Center
- Dene Drummers
- Strong elder presence
- DCI
- Local Store
- Strong Culture
- Private Business
- Sewing Group
- Judith Fabian Home
- Treaty and Aboriginal Rights
- Excellent “Crisis” response in time of need
- Strong Traditional Values
- Traditional Land



## 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. K'atlodeeche Wellness Vision



*A holistic approach that focuses on the spiritual, physical, mental and emotional aspects of our people. By working together with open communication and dialogue, we can build healthier lifestyles based on traditional values.*

## 7. Wellness Goals

- 1) Maintain a nurturing, safe and active community with people living a healthy lifestyle*
- 2) Establish, promote and support cultural activities*
- 3) Build capacity to provide health and wellness prevention services*
- 4) Focus on Mental Health and Addiction education with our youth*
- 5) Support strong communication and dialogue in community*
- 6) Focus on the Future in a positive and proactive manner*
- 7) Celebrate our successes*



## 8. Priorities Identification

Each of the focus groups was asked to identify wellness priorities for them within the K'atloodchee First Nation Reserve and was 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:



- 1) Support For Youth - Workshops for youth, youth counseling and support were a major theme from all focus groups. Many topics were discussed that need more focus and should be addressed from this strategy. i.e. teen pregnancy, sexually transmitted diseases, traditional teachings for women's body, health classes, safe sex, drug/alcohol workshops, relationships, social skills and respect, bullying and how to protect yourself and be safe
- Hold ongoing prevention workshops for youth :
    - o Drugs and Alcohol
    - o Body Image
    - o Healthy Relationships
    - o Sexual Awareness
    - o Family Violence
    - o Smoking
    - o FASD
    - o Empathy, social skills and respect
    - o Leadership Skills and Resiliency Skills
    - o Ongoing Social Skills Training
    - o Teenage Pregnancy
    - o Traditional Women's body
    - o Health classes
    - o Safe sex
  - Hold workshops for Elders
    - o New Drugs
    - o Healthy Cooking Classes

- Elder Abuse

#### Parenting Workshops

- How to discipline your child with dignity
- Healthy Cooking
- Abuse and Neglect
- Drugs and Alcohol
- FASD
- Raising a Healthy Child
- Importance of School
- Video Gaming and Dangers
- Respect and your child



- Community Workshops
  - Gambling
  - Alcoholism
  - Drug Dependency
  - Grief and Loss
  - Respect
  - Anger Management/Family Violence

2) Self-Care Sessions for Whole Community – training and engaging sessions and support groups on how to take better care of ourselves and lessen anxiety and anger. We need to offer more Community events where people can meet and gather in a healthy way and discuss self-care. Community support groups were mentioned many times. Even the elders said they would like the opportunity to meet more and support each other.

3) Need Laws/Rules; we want more accountability on the reserve. This statement was a priority from the Leadership, Community Consultation and the Youth. The youth also mentioned that they wanted less people stumbling around drunk and people driving impaired. They also spoke of illegal gambling houses and drug dealing. They want more rules to keep them safe and they feel the Chief and council should also take a stand against family violence and elder abuse.

4) Child Neglect – This topic came up in most consultations. What is it? What does it look like? The elders mentioned parenting skills, community accountability; changing community norms for what is acceptable treatment of our kids. Where do we go for support? How can we educate and work with our families in crisis?

- 5) More Positive Activities – Community gatherings where we celebrate our wellness and celebrate our role models who are healthy. Include humor, fun, and positivity, hand games, family fun events, sliding parties and family feasts. Feature posters with local sober people, elders and youth being active, messages against gambling and abuse. We have a lot of people living a good life and we need to celebrate these families.
  
- 6) Retreats – Family Counseling, Couples Support, On the Land Counseling  
More on the Land Camps was a common theme in all focus groups – Community Camp at Sandy Lake. Two or three major trips a year, focus also on nutrition, living healthy lives, being active, and respect. Youth mentioned a caution that only sober and clean people should be hired to run these camps. Council should be cautious of drug and alcohol use on culture camps.
  
- 7) Parenting Skills- Disciplining children in a respectful way, healthy food, healthy activities, keeping youth busy, family games nights where parents learn how to have better and stronger relationships with their kids. Lots of prenatal supports needed to stop FASD on the reserve and also to stop drug use during pregnancy.
  
- 8) Elder Violence/Abuse – Teaching elders how to protect themselves from violence and threatening family members; education and awareness sessions for community members who are abusing elders. Elder’s poster series voicing their concerns around family violence and focusing on Dene Laws of Respect. Chief and Council to encourage family members to report violence and to not be afraid of reporting abuse.
  
- 9) FASD – Young Adults; Support - We have a lot of people in the community with the effects of Fetal Alcohol or drug damage and we need to find ways to support them. Some of these community members are now having their own children and continuing the destructive pattern of drinking or using drugs while pregnant. We need a full community program with Chief and Council support to deal with this issue. As soon as a mom becomes pregnant she needs community support to not use drugs and alcohol. Maybe need to follow Hay River work with Council of Persons With Disabilities to get some advice and support to help people on the reserve with disabilities to lead healthy and productive lives.



10) Anger Management – workshops, healing. It was pointed out by every focus group that this was a major area of concern. Anger can lead to family violence but it also leads to an unhealthy community. The elders say there is jealousy on the reserve and some people judge others too much. The elders want community members to learn to get along, stop calling each other names, and to start to work together. Most focus groups felt that the Chief and Council needed to model this behavior and encourage others not to call people names and put others down. The elders and youth felt that a community healing gathering might help to reinforce the idea that we have to treat everyone with respect no matter what their age, gender or ethnic background.

#### Other Priorities:

- Incentive Program to encourage kids to go to school
- Establish culture based recreation programs
  - o Establish youth committee to guide youth recreation activities
  - o Increase youth volunteers for fundraising, coaching and helping out
- Promote wellness in all settings; Workplace, School, Band Council, businesses and homes.
- Practice Dene Values, Language and Culture
- Put funding aside to fix sports field for baseball and soccer and put funding aside to floor and maintain an outdoor skating rink.
- Establish partnerships with CSEC, preschool and adult education to promote culture based learning
- Conduct a yearly youth needs assessment to find out what the youth want to stay healthy.
- Promote and encourage Dene Language and usage with a focus on home usage
- Develop a variety of language materials including elders stories, traditional healing etc. and capture these stories in print and video



- Provide basic life skills and job readiness training
- Promote use of traditional foods and healthy cooking habits; teach cooking classes to youth, young parents, adults and elders. Produce a local healthy cooking cookbook using our language.
- Injury prevention work around safe driving; cars, quads and boating ( not drinking and driving, safe speeds and distracted driving)
- Celebrate our community Successes and feature our own **ROLE MODELS** on a community poster series around the **DENE LAWS**, Healthy Promotion and our sober members
- Community Anger/healing workshop to change culture of “Blame”
- Youth Center Support
- More fun family activities; crib tournaments and other activities for small children; community sledding parties; community BBQs; community feasts; every month have a different group host a family sober event.
- Laws and Rules on the reserve to make people accountable for actions and to set the tone for what is and is not acceptable.
- Counseling Retreats – on the land, ( males only, female only, families only, elders only, youth only)
- Couples Support Groups
- More Positive Activities – Sober Old Time Dances, Movie Nights, Comedian, Hand Games. ( with snacks and food); keep it positive and fun
- Change what is acceptable in the community
  - Family violence
  - Drugs and alcohol
  - Blaming and anger towards others
  - Bullying ( especially adults)
  - Work vs. EI/income support



- Lots of work around Child Neglect, elders to teach community what it is, why it is not acceptable
- FASD Support for Individuals with brain damage
- FASD parent/grandparent support group
- Teach Traditional Values in all settings; home, school, work and community events
- Deal with drug dealers, elders and council to visit known drug dealers and bootleggers for a community justice circle of support.
- Elder Violence Workshops; produce local posters with our elders and messages against abuse. Release one new poster each month.
- Consistency from band and transparency. Get rid of nepotism. Only allow sober people to be hired for on the land culture camps and other jobs.
- Chief and council to be more flexible in job creation. We want jobs on the reserve and not constant road blocks put up to stop progress.
- The elders strongly recommended more culture camps and a focus on language use across the community including the home, businesses and schools.
- Elders also wanted a puberty camp for boys and one for girls
- School trip to the South for those who model good behavior ( i.e.: Vancouver or Edmonton biking trip)
- Elders also want to see more sporting and outdoor activities for the youth

- Outdoor ice rink
- Outdoor field for soccer, baseball and running
- Free equipment available for youth and families to sign out:
  - Basketball, baseballs, bats, soccer balls, sleds, skis, snowshoes, volleyballs, etc.
- Establish an elders group for cooking, sewing, drumming
  - Can teach young children but also meet as a group to support each other and learn from each other
- Community Alanon group for kids who come from families where alcohol or drugs are issues





# Mental Health and Addictions

- Free equipment sign out
- Family Recreation Opportunities
- Activities for Seniors
- More Sports for youth
- More Family Activities
- Fitness Room
- Youth Center Support

Physical Activity and Recreation

- Continue counselling and support for youth
  - Matrix program
- Workshops on drugs and alcohol, living sober, bullying, depression, Family Violence, Abuse, and Bullying
- Community Wellness Worker to offer more workshops ;
- relationships, communication skills, getting along as community
  - Mentorship programs

Education Awareness

- Elders Poster Series on Health Living themes
- Community Sober Posters
- More Workshops for youth; have older youth teach younger youth; have elders teach young moms
- Grief and Loss Information and workshops

Health Promotion

- On the land camps
- Promote language in home
  - Youth performing drumming group
- More drummers/elders in School
- Community Camp at Sandy Lake
- Laws for bush camps/sober and clean

Culture

# Children and Youth

- Afterschool Recreation Programs
- More Sports
- Maintain Sports Field
- Winter Outdoor Rink
- Free Sign out of Equipment
- Ask youth what they want

Physical Activity and Recreation

- Drivers Safety – Drivers Education
- CPR/First Aid Training
- Fire Arm Safety
- Job Prep - resumes
- Youth Positive Messages(posters,vidoes)
- Elders Poster Series
- School Trips/ attendance, showing respect

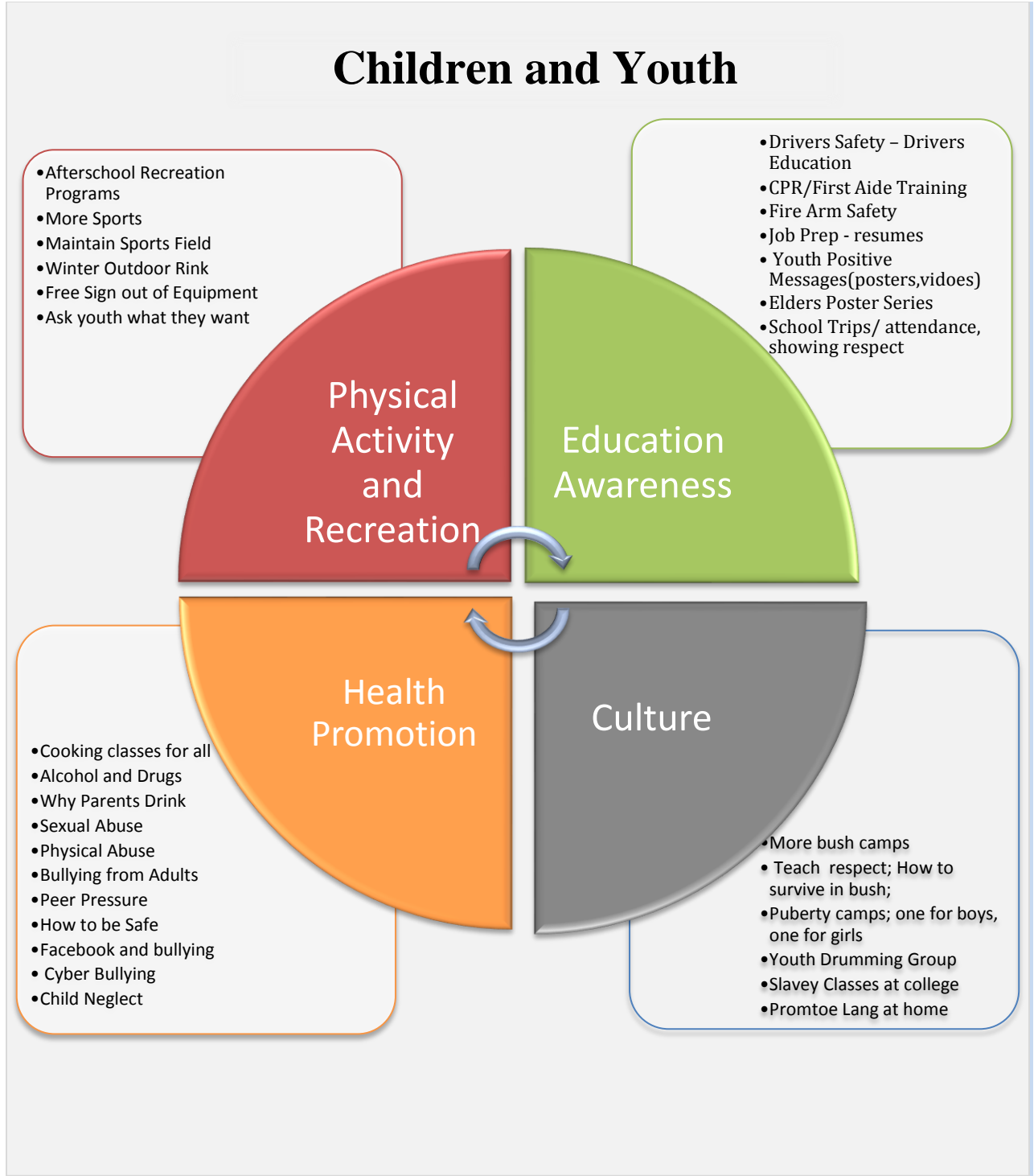
Education Awareness

- Cooking classes for all
- Alcohol and Drugs
- Why Parents Drink
- Sexual Abuse
- Physical Abuse
- Bullying from Adults
- Peer Pressure
- How to be Safe
- Facebook and bullying
- Cyber Bullying
- Child Neglect

Health Promotion

Culture

- More bush camps
- Teach respect; How to survive in bush;
- Puberty camps; one for boys, one for girls
- Youth Drumming Group
- Slavey Classes at college
- Promtoe Lang at home



# Disease Prevention

- Walking and running clubs
- Sober functions
- family rec clubs
- Fitness Room in School
- Outdoor winter Rink
- Summer Sports Field
- More Family Events

Physical  
Activity  
and  
Recreation

- Nutrition Awareness
- Prenatal education/ support
- FASD and drugs while pregnant
- Smoking
- Heart Disease Information
- Posters featuring local members living healthy
- Drug Information for Elders

Education  
Awareness

- Disease Prevention workshops
- Diabetes awareness
- Anti smoking programs
- Diabetes family Outreach
- Prenatal mom support
- Parenting Support
- Community Cooking Classes
- Prescription drug Abuse

Health  
Promotion

- Traditional Foods
- Traditional Medicines
- Culture Camps - work ethic
- Traditional Games
- Summer Culture Camps
- Youth hand game nights
- More Family Fun Nights
- Sewing Classes

Culture



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**

Roy Fabien – Chief  
Jennifer Norwegian  
Henry Tambour  
Lyle Fabian  
Jaimie Forsey  
Elaine Rene Tambour  
Mabel Fabian  
Alexa Tsetso  
Amos Cardinal  
Scotty Edgerton  
Vivian lafleur  
Sharon Pekok  
Allison Minoza  
Shirley Lamalice  
Misty Pynten  
Kaylynne Parkes  
Elizabeth Minoza  
Clara Lafferty  
Jeanna Graham  
Doug Lamalice  
Philip Fabian  
Ian Patterson  
Edie Goadale  
Rosa Sabourin  
Angie Sabourin  
Salomon Smallgeese  
George Sibbisen  
Alex Tambour  
Clara Lafferty  
Philip Fabian  
Celine Bughhins  
Bella Bughhins  
Fred Tambour  
Keegan Tambour  
Sheena Yakinneh-Sabourin  
Faith Martel  
Edmond Bughhins  
Alice Jensen  
Liz Pope

Christina Steen  
Delores Fabian  
Shawna Sabourin  
Jake Smallgeese  
Trinity Cayen  
Nick Smallgeese  
Jeremy Yakineah  
Timonthy Pierre  
Kaitlin Salopree  
Brooke Martel  
Talia Martel  
Brooklyn Cayen  
Kristen Martel  
Keegan Tambour  
Sheena Yakinneh Sabourin  
Faith Martel  
Edmond Bughins  
Alice Jensen  
Shawna Sabourin  
Jake Smallgeese  
Trinity Cayen  
Nick Smallgeese

# Appendix Two – Consultation Process





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

### Agenda

#### Community Wellness Planning Forum

#### KFN Building

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?

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

### K'ATLODEECHE FIRST NATIONS WELLNESS COMMUNITY RESOURCES

#### EMERGENCY NUMBERS

Ambulance	874.9333
Fire	874.2222
RCMP (Police)	874.1111
Crisis Line	874.6626
Social Services (After Hrs.)	874.2696
Family Support Centre	874.3311

#### HEALTH & SOCIAL SERVICES AUTHORITY

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>
Woodland Manor	874.7226	Lori Snow	<a href="mailto:lori_snow@gov.nt.ca">lori_snow@gov.nt.ca</a>

#### K'ATLODEECHE FIRST NATION

Chief Executive Officer	874.6701	Scotty Edgerton
Land Claims Manager	874.6701	Lyle Fabian
Victim Services	876.2020	Jaimie Forsey
Finance Manager	874.6701	Shirley King
Reception	874.6701	Michelle LaFleur
Executive Assistant	874.6701	Vivian Lafleur
Municipal Foreman	874.6701	Fred Martel
Medical Coordinator	874.2557	Edith Norn Jennifer
Director of Health	874.6701	Norwegian
CJ Cord/V.S.O.R.W	876.2121	Sharon Pekok
Home Care Coordinator	874.3138	Rita Plunkett
Community Health Rep	874.6701	Clara Sabourin
Finance Clerk	874.6701	Diana Sonfrere
Lands and Res. Manager	874.6701	Victoria St. Jean
IT Technician	874.6701	Henry Tambour

#### EDUCATION

Chief Sunrise Education Center	874.6444	Ian Patterson
Chief Daniel Learning Complex	874.3107	Yvonne Hopkins

#### POLITICIANS

Chief	874.6701	Roy Fabian
Pat Martel	874.6701	Sub Chief/Councilor

Robert lamalice	874.6701	Councilor
Peter Sabourin	874.6701	Councilor
Raymond Sonfrere	874.8480	Councilor

### MINISTERIAL

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>

### SERVICE GROUPS

### ELDERS

### CHILD AND YOUTH SERVICES

Aporiginal Head Start	874.5648	Renie Squirrel
Day Care Center	874.2639	Elaine Tambour

### COMMUNITY ORGANIZATIONS

AA	874.4787	
A-Anon		
Gambler's Anonymous	875.8613	
Judith Fabian Group Home	874.3844	Mabel Fabian
Narcotics Anonymous	876.0570	Barb
	874.2885	
Soup Kitchen	/874.2892	Laura Rose

### RECREATION

Recreation Coordinator	874.5707	AlexaTsetso
Recreation Assistant	874.2628	Allison Minoza

### TREATMENT

		Kristine
Natsejee K'eh center	874.6699	Vanebousuwala
Wellness Center CWW	874.2838	Shirley Lamalice

### CULTURE PROGRAMS

Language Program	874.4185	Dorothy Buckley
Dene Cultural Institute	874.8480	Raymond Sonfrere

### OTHERS

## Appendix Four – Consultation Summary Notes

Hay River Community Wellness Planning  
Session Meeting Minutes  
Location: Katlodeeche First Nation  
KFN Band Office

Monday, February 18, 2013 ~ 1:00 PM – 4:00 PM  
KFN Leadership and Staff

Meeting Chair: Jill Taylor

Meeting commenced at 1:24 PM

1. Opening Blessing ~ Chief Roy Fabian
2. Opening Remarks by ~ Jill Taylor

Historical event WELCOME

In Attendance:

Chief Roy Fabian  
Vivian Lafleur  
Elaine Tambour  
Jaimie Forsey  
Allison Minoza  
Sharon Pekok  
Amos Cardinal  
Lyle Fabian  
Mabel Fabian  
Alexa Tstetso  
Henry Tambour  
Scotty Edgerton  
Jennifer Norwegian

3. Goals for Leadership Today

Discussion points:

- Understanding federal funding priorities



- Define vision of community wellness for K'atlodeeche
- Confirm partnerships
- Confirm community goals and objectives
- Confirm the vision
- Plans to continue to work together to improve the wellness of KFN

#### 4. 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 KFN

#### 5. 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
- FAS/FAE programming
- Maternal Health
- Head start programming on Reserve

Roy Fabian shared traditional teachings where a woman needs to be ready in a physical, mental, emotional and spiritual way before she gives birth.

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. List what we currently have to offer in Katlodeeche

- Strong Sober Leadership
- Strong Admin. Staff
- Community Members
  - Dene Elders
  - Dene Drummers
  - Clean and Sober People
  - Traditional Values
  - Will always be there for our people regardless of issues; i.e.: addictions
  - Excellent Crisis Response
- Infrastructure
  - Community Hall
  - Equipment
  - Top notch operators
  - Day Care
  - Adult Learning Centre
  - Youth Centre
  - Treatment Center
  - Ehdah Cho Store
  - Dene Cultural Institute
  - The Arbor
  - Judith Fabian Centre
- Programs:
  - Home care
  - Recreation

- Aboriginal Head Start
- Prenatal
- CHR
- Youth Justice
- Community Wellness Worker
- Sewing Circle
- Land Location:
  - Strong Culture?
  - Traditional Land
  - Reserve
  - Treaty & Aboriginal rights
  - Sandy Creek
  - Buffalo Lake
- Other
  - Business (Private)
  - Kamba Carnival
  - Prohibition

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

“We need a holistic approach for our community that focuses on not just mental solutions but spiritual, physical, mental and emotional aspects of our people. We need to move forward with our youth and children with honest and open communication.”

~Chief Roy Fabian

## MISSION

Working together to build Healthy Lifestyles based on Traditional Values.

Ideas shared:

Amos Cardinal - Move forward with our youth and children with honesty. We need to communicate.

We need to create a dialogue with the young people.

Roy Fabian – Defined Integrity. Dene Integrity. The individual to look within to see what needs to be changed to live a better lifestyle and improve their personal integrity.

## GOALS

1. Maintain nurturing, safe and active community with people living a healthy lifestyle.
2. Establish, promote and support cultural activities.
3. Use the strength of our own people K'atlodeeche to build capacity.
4. Promote and advertise current programs and services.
5. Promote, encourage and support health and wellness promotion services.
6. Build capacity to provide health and wellness promotion services.
7. Develop and implement initiatives relation to diabetes, smoking, nutrition and physical fitness.
8. Celebrate successes.
9. We need to move forward with our youth and children with honest and open communication.

## PRIORITIES

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

Funding needed for Wellness Workshops, Ie: Gambling, Grief & Loss, Parenting Skills.

On the Land Programs/Activities.

Employment

Education (courses, crafts, skills)

Mobility (having a driver's license).

Post-Partum Support

On the Land Activities

Parenting

Education – encourage children to go to school.

Youth Centre Support

Mentoring

More adult/children's programs - Crib tournaments, children activities. Make a skating rink.

Empathy (Social Skills Training).

Discipline.

Youth needs assessment.

Need Laws/Rules "Reserve owes us – Chief & Council Owe us" Workshops

Youth

Education

Be honest with our communications.

Move forward and get involved with the community.



Lead by example - mentorship.  
Build communication and have transparency, be honest and this builds trust amongst people.  
Leadership/Resiliency Skills for Youth.  
Teach the kids about Respect.  
Injury Prevention i.e.: skidoos, quads.  
Be positive – Celebrate Successes.  
Importance of Choices.  
Celebrate Role Models.  
Youth Conferences ~recent one was called “Choices”.  
Resources need to work with Youth.  
Stronger Partnerships.  
Youth Prevention.  
Career Creation Program.  
Self-Employment Training  
Self-Care  
Anger Management – workshops, healing.  
Change Culture of Blame.  
Life Skills. Traditional Skills – Medicines, Building Fire, On the Land Skills. Physical Abuse, Sexual Abuse, Family Violence – anger, no pride.  
Retreats – Family Counseling. Couples Support. On the Land. Positive Activities – humor, fun, be happy, positive. Hand games.  
Youth Council and Elder’s Council.  
Change what is acceptable. Look at the Community Norms. I.e.: Family Violence. EI, Income Support, Bullying.  
Family Planning and Traditional Parenting.  
Teaching people feelings, explicit teaching.  
Consistency – so people will know what to expect. Transparency. Remember the little ones – 0-10 priority. More activities for that age range.  
Youth and Wellness.  
Young Mothers Drinking – FASD Awareness.  
Workshops for Youth. Ie: Teen pregnancy, Traditional Teachings for women body, Health Classes, Safe Sex.  
Youth – drug/alcohol workshops.  
Justice – consequences of crime.  
Constitution – Finance, Job, Postings.  
Mother Respite – day care supported.  
Cultural Awareness  
Day Care – Dene Culture Awareness  
Education – Dene Culture

Teach Traditional Values  
Drug Dealing  
Elder Violence/Abuse  
Child Neglect  
FAS – Young Adults, Support,

D.) TASK TWO

What should be our KFN Priorities for Wellness? The top 10 taken from the brainstorming exercise.

#1. Workshops for Youth. ie: Teen pregnancy, Traditional Teachings for women body, Health Classes, Safe Sex, drug/alcohol workshops.

7-R 1-Y 0-G

Youth workshops

2-R 0-Y 0-G

Youth Conferences ~recent one was called “Choices”. Importance of Choices.

0-R 0-Y 1-G

The #1 was listed twice and the conference was included as it was directed toward youth, so the numbers are actually 9-R 1-Y 1-G

#2. Self Care

5-R 0-Y 1-G

#3. Need Laws/Rules “Reserve owes us – Chief & Council Owe us” Workshops

5-R 0-Y 0-G

#4. Child Neglect

4-R 0-Y 1-G

The following 3 ideas had equal scoring.

#5. Funding needed for Wellness Workshops, I.e.: Gambling, Grief & Loss,

4-R 0-Y 0-G

#5. Retreats – Family Counseling. Couples Support. On the Land.

4-R 0-Y 0-G

#5. Positive Activities – humor, fun, be happy, positive. Hand games.

4-R 0-Y 0-G

#6. Youth needs assessment.

3-R 1-Y 0-G

#7. Parenting Skills/Disciplining children.

3-R 0-Y 2-G

The following 3 ideas had equal scoring.

#8. Elder Violence/Abuse

3-R 0-Y 0-G

#8. FAS – Young Adults, Support,

3-R 0-Y 0-G

#8. Anger Management – workshops, healing.

3-R 0-Y 0-G

#9. Parenting/ Education – encourage children to go to school.

2-R 0-Y 4-G

#10. Change what is acceptable. Look at the Community Norms. Ie: Family Violence. EI, Income Support, Bullying.

1-R 5-Y 0-G

The following are listed in order based on scoring, although may be closely connected to others that scored in the top 10.

Be honest with our communications.

2-R 0-Y 0-G

Teach Traditional Values

2-R 0-Y 0-G

Celebrate Role Models.

1-R 3-Y 1-G

Life Skills. Traditional Skills – Medicines, Building Fire, On the Land Skills.

1-R 2-Y 0-G

Remember the little ones – 0-10 priority. More activities for that age range.

1-R 2-Y 0-G

On the Land Programs/Activities.

1-R 1-Y 0-G

Constitution – Finance, Job, Postings.

1-R 0-Y 3-G

Justice – consequences of crime.

1-R 0-Y 3-G

Teaching people feelings, explicit teaching.

1-R 0-Y 1-G

Hand games

1-R 0-Y 1-G

Cultural Awareness

1-R 0-Y 0-G

Drug Dealing

1-R 0-Y 0-G

Career Creation Program.

1-R 0-Y 0-G

Employment/ Education (courses, crafts, skills)/ Mobility (having a driver's license).

0-R 3-Y 0-G

Day Care – Dene Culture Awareness

0-R 3-Y 0-G

Youth Council

0-R 3-Y 0-G

Elders Coucil

0-R 3-Y 0-G

Empathy (Social Skills Training).

0-R 2-Y 2-G

Family Planning and Traditional Parenting.

0-R 2-Y 1-G

Physical Abuse, Sexual Abuse, Family Violence – anger, no pride.

0-R 2-Y 0-G

Self-Employment Training

0-R 1-Y 0-G

Youth Centre Support/Mentoring

0-R 1-Y 0-G

Young Mothers Drinking – FASD Awareness.

0-R 1-Y 0-G

Teach the kids about Respect.

0-R 1-Y 0-G

Education – Dene Culture

0-R 1-Y 0-G

More adult/children's programs - Crib tournaments, children activities.

0-R 1-Y 0-G

FAS Parent Support

0-R 1-Y 0-G

Lead by example - mentorship.

0-R 1-Y 0-G

Build communication and have transparency, be honest and this builds trust amongst people.

0-R 0-Y 4-G

Make a skating rink.

0-R 0-Y 3-G

Post-Partum Support

0-R 0-Y 1-G

Be positive – Celebrate Successes.

0-R 0-Y 1-G

The remaining items were not scored, although are closely connected to other items in the list.

Move forward and get involved with the community.

Leadership/Resiliency Skills for Youth.

Injury Prevention i.e.: skidoos, quads.

Resources need to work with Youth.

Stronger Partnerships.

Youth Prevention.

Change Culture of Blame.

Consistency – so people will know what to expect. Transparency.

Youth and Wellness.

Mother Respite – day care supported.

## **Priorities from Youth**

### Education Awareness:

- Workshops
  - o Alcohol and Drugs
  - o Why Parents Drink
  - o Sexual Abuse
  - o Physical Abuse
  - o Bullying from Adults
  - o Peer Pressure
  - o How to be Safe
  - o Facebook and bullying – proper use
  - o Cyber Bullying
  
- Courses
  - o Drivers Safety – Drivers Education
  - o CPR/First Aide Training
  - o Fire Arm Safety
  - o Job Prep - resumes

### Cultural Activities:

- Youth Drumming Group – learn to drum and travel and perform
- More Cultural Camps – only sober people and people who don't use drugs should be allowed to come and supervise.
- Summer Culture Camps
- More Youth hand game nights
- More Family Fun Nights
- Sewing classes with elders
- Learn how to make old fashion tools with elders
- Learn about what plants are safe and what plants can help you
- More afterschool culture activities: beading, tan hides, sewing, cooking

### Health Awareness

- Training on Healthy Cooking; many did not know what diabetes was
- Cooking classes with other Adults and Elders not just youth
- Show new moms what happens to babies when they drink or use drugs
- Show adults how it hurts us when they are drunk, violent or fight



## Physical Activities and Recreation

- Fix field so we can play baseball, soccer ( cross country skiing track in winter) and other sports; fence it in to keep the quads off if so they don't ruin it
- Flood outdoor rink in winter for us
- Fitness Center in School
- Race Track for bikes
- Schedule of Recreation events and start on time
- Free Equipment so we can do stuff after school
  - o Hockey equipment
  - o Baseball equipment
  - o Soccer balls
  - o Free paintball sign out
  - o Basketball court and basketballs
  - o Summer toys for beach
  
- Would like their own outdoor pool
- Youth Dances
- Just Dance and Wii Fit at youth center and after school

## Other Comments

- Kids want to make videos on how to be healthy to share with parents and band members
- They don't like waiting for events that are supposed to start at a certain time and workers do not show up on time
- They want a schedule of events for recreation, where someone asks them what they want to do.
- They want the community cleaner and someone to pick up garbage and catch loose dogs
- They want the reserve safer with less drunks walking around or driving drunk
- They also want youth jobs, a few said the chief and council are always stopping people from setting up businesses on reserve and they want the chief and council to stop living in the past and to look to the future and allow people to invest in our area so we can get jobs.
- A big thing for the youth is summer culture camps to get out of town and be healthy. Not a week long camp but a longer camp.

## **Priorities from Elders**

### Education

- Workshop on drugs for seniors
- Prescriptions Drug Abuse Workshops
- More Slavey Classes at College
- Teach Respect to youth and community members
- School trips for youth who are respectful and go to school
- Workshops on Video Games and Harm
- More drummers/Elders in school
- Matrix Treatment Program for Youth and family members
- Videotape and record Elder Stories; publish more stories

### Cultural Activities

- More bush camps
  - o Teach youth respect
  - o How to survive in bush
  - o Drinking and drugs
  - o Puberty camp ( one for boys, one for girls)
- Elders want to teach cooking, sewing, storytelling, drumming, beading
- Find more ways to promote language; especially in homes
- Advertise Elders with positive healthy messages; sobriety, FASD, speaking language, dene laws, and elder abuse
- Set up a full time camp at Sandy Lake to be used year round
- More Cultural Gatherings
- More Elder Gatherings like today

### Healthy Awareness

- Pregnant mom supports
- Curfew Laws, Driving Laws, Safety Laws
- Elders to teach young moms parenting skills
- More Workshops on
  - o Relationships
  - o Communication skills
  - o Life skills
  - o Drugs and alcohol
- More Support Groups
  - o New moms
  - o Men's support group – family violence

- Youth Support Group
- Women's Support Group
- Elders Support Group
- More Emphasis on Traditional Healing

#### Physical Activity and Recreation

- More Sports for youth, family and elders
- Get a sports field for youth and families to play baseball and other sports
- More Free Equipment so youth and families can play and be active
- Teach sports like baseball, soccer
- Get the kids a hockey rink outdoors so they can play
- More events at community hall for youth and families to get together and be active and healthy

#### Community Members

##### Hay River Community Wellness Planning

##### Session Meeting Minutes

Location: Katlodeeche First Nation

KFN Band Office

Monday, February 19, 2013 ~ 1:00 PM – 4:00 PM

Community Members - Interagency

The following were added by the Community members

- Safe SEX promotion
- Maternal Health – 9 mos. Healthy pregnancy & 0-3 focus.
- Supporting New Moms.
- Aboriginal Language – Early Speaking – Elders & Daycare + Language = success.
- Need to work together – Elder, Band, Health, Infrastructure/homes; holistic approach. Everything needs to be integrated.
- Mental Health & Addictions – effects of alcohol on fetus
- Stress – effects on the body
- Promoting/ Awareness/Education of issues – start young
- Investigate Aboriginal Shield
- MATRIC outpatient
- Elders – storybooks
- Leadership must Model behavior ie; eating, sleeping, lifestyle, family contact
- Need to stop “fighting” on reserve! This family against that family, this person talks about others. Jealousy

- Focus on volunteers – Don't criticize.
- Community Awareness around – women & their rights/respect
- Gambling Addiction – OKO, Bingo, On line, Casino  
Financial issues, lies, family problems
- Education on Pregnancy, relationships and Sex
- Deal with Anger – be proud of who we are
- What can we do to replace the drinking and drugs
- Drug Free Zone
- Substitute to A&D use
  - More Feasts
  - More Drum Dances
- Identify resources, Know What's available
- How to get the word out there to keep community informed
- Workshops – Sandy Creek
- Business – promote cultural businesses, tourism
- Training-cooking traditional foods
- Diabetes
  - Healthy moms
  - Elders
  - Hunters/fishermen
  - Cooking programs
- Incorporate an Integrated approach with culture at the center
- Focus on what we're good at and go from there
  - tourist center
- Strength based Approach
- TGIF event that used to take place is missed. Good to start it up again
- Safe home – new moms; teach them traditional skills, teach life skills
- Buffalo Lake – Youth Offenders Centre
- Chronic Disease
  - Elders
    - heart disease
    - kidney damage
    - obesity/diabetes
    - cancer
    - less pills and more prevention
- Address Liquor Sales
- Shame/Guilt/Stress/Anxiety
- Bush medicine & Skills/Spring
- Linguistics