



Northwest Territories
Community Wellness in Action:
1998-1999
Summary Report of Community Wellness Initiatives

March 2000

Executive Summary

Community wellness is a shared vision for healthier communities. It results in less dependence on government and greater involvement by communities.

Community wellness proposes new partnerships with communities based on a belief in, and a respect for, the inherent right and ability of communities to solve their own problems and stay healthy.

In 1998/99, northern communities identified mental health issues as the priority for their wellness funding. They identified the need to promote social cohesion by using funds to bring people together in celebration and recreation.

Communities provided opportunities for elders and youth to come together in a variety of settings which promote the passing of traditional knowledge. As in years past, reclaiming cultural identity to promote self-esteem was seen as an important issue for Aboriginal people.

Every region in the Northwest Territories and Nunavut identified the importance of active living in promoting healthy child development. Organized sports, recreation, and on-the-land programs remained popular. In addition, funds were used to enhance various aspects of the education system, including the employment of classroom assistants, providing unique educational opportunities outside the school, and offering meal or snack programs to promote students' attendance and productivity.

The Healthy Children's Initiative and Aboriginal Head Start Initiative, in combination with Brighter Futures funds, supported early child development in the north. Programs focused on prevention, health promotion, and primary intervention.

The Canada Prenatal Nutrition Program continued to lead the Northwest Territories and Nunavut toward improved maternal health and healthier babies. Projects provided 'at risk' pregnant women with food supplementation, nutrition counseling, support, education and referral on lifestyle issues.

In 1998/99, more than 13 million dollars were allocated towards healing and empowering communities in the NWT and Nunavut. Federal, territorial, and local programs provided the support for action towards community wellness.

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Introduction

The purpose of this report is to share information on community wellness initiatives with stakeholders, including communities and government, in order to celebrate accomplishments as well as promote collaboration and innovation. It also provides a window on wellness priorities identified by communities. In this regard, the information is provided directly from community reports, in the community's voice.

The information is presented by region with funding information highlighted in chart form. Detailed information about Brighter Futures/Building Healthy Communities funding is represented in pie charts. Medical Services Branch (First Nations and Inuit) funding is representative of actual expenditures for the 1998/99 fiscal year. Health Promotion Programs Branch (Off-Reserve) funding is representative of dollars committed to projects in Contribution Agreements. Sometimes, multi-year commitments are made in Off-Reserve funded programs.

The Healthy Children's Initiative (HCI) funding is representative of dollars committed to projects in Contribution Agreements. This is a Government of the Northwest Territories fund administered by the Departments of Health & Social Services, and Education, Culture & Employment. HCI funds comprise 26% of total funding for western communities, and 29% of total funding for eastern communities. An overview of Wellness Funding by region is provided.

A description of community initiatives by region is included.

Description of Funding Programs

BRIGHTER FUTURES/BUILDING HEALTHY COMMUNITIES

**Source: Health Canada - Medical Services Branch (First Nations & Inuit Programs).*



Brighter futures supports community projects designed to improve the physical, mental and social well-being of aboriginal children, their families and the community. Almost half of the community wellness funding comes from Brighter Futures/Building Healthy Communities.

Projects must have community support and reflect one or more of the following program elements:

- **Community Mental Health Program**
Funding to support communities to establish and manage their own community mental health programs.

Introduction

- **Child Development Program**
Funds are used to promote child development in harmony with their families and community. The program assists in children's programs that are community driven and promotes good health and social development for infants, toddlers, and preschoolers.
- **Solvent Abuse**
Funding supports setting up youth intervention programs. The program encourages projects that address youth issues which may lead to solvent abuse.
- **Injury Prevention**
Funding encourages community action to reduce the risk of injury.
- **Healthy Babies**
Funding supports projects that promote the infant health.
- **Parenting Skills**
Funding supports projects that increase parental self-esteem and teach parenting skills.

This program is administered by the GNWT Department of Health and Social Services on behalf of Medical Services Branch, Health Canada. Community organizations and individuals access funds by proposal and funding decisions are made by local Band Councils, Community Corporations, or Health and Social Services Boards.

CANADA PRENATAL NUTRITION PROGRAM (CPNP)

**Source: Health Canada - Medical Services Branch (First Nations & Inuit Programs) and Health Promotion Programs Branch.*



The Canada Prenatal Nutrition Program (CPNP) targets women who are at risk of having unhealthy babies due to the poor health and malnutrition of the mother. The goal of CPNP is to provide pregnant women with food supplementation, nutrition counseling, support, education, and referral. Counseling around lifestyle choices, such as addictions, stress, or family violence, is available.

First Nations Inuit funds are administered by the GNWT Department of Health and Social Services on behalf of Medical Services Branch, Health Canada. Community organizations and individuals access funds by proposal, but funding decisions are made by local Band Councils, Community Corporations, or Health and Social Services Boards.

Health Promotion Programs Branch funds are administered from Alberta directly to community projects.

ABORIGINAL HEAD START INITIATIVE (AHS)

**Source: Health Canada - Health Promotion Programs Branch.*



This program is designed to support the development and implementation of community-driven and culturally appropriate programming designed to support healthy child development and school readiness.

AIDS COMMUNITY ACTION PROGRAM (ACAP)



**Source: Health Canada - Health Promotion Programs Branch.*

ACAP develops and strengthens the ability of community-based organizations to address their particular HIV/AIDS issues through targeted prevention, education, health promotion for people living with HIV/AIDS, and creating supportive environments.

COMMUNITY ACTION PROGRAM FOR CHILDREN (CAPC)



**Source: Health Canada - Health Promotion Programs Branch.*

This program helps community groups and organizations address the health, educational, and developmental needs of children at-risk aged 0-6 years, while strengthening and supporting their families.

COMMUNITY ANIMATION PROGRAM (CAP)

**Source: Health Canada - Health Promotion Programs Branch.*

The CAP program provides assistance to communities taking action on issues involving health and the environment.

POPULATION HEALTH FUND (PHF)

**Source: Health Canada - Health Promotion Programs Branch.*

PHF increases community capacity for action on, and across, the determinants of health by supporting initiatives that facilitate joint planning and coordinated action across sectors.

HEALTHY CHILDREN'S INITIATIVE (HCI)



**Source: GNWT - Department of Health & Social Services and Education, Culture, & Employment.*

This program supports the development of children from prenatal to age 6 years. It focuses on disease prevention and health promotion. The program provides a wide range of programs and services, including primary intervention and therapeutic services. HCI promotes cooperation between government and local agencies/organizations.

Overview of 1998/1999 Wellness Funding by Region

	(Actual Expenditures)		(Committed Amounts)						(Committed Amounts)	
	Federal - First Nations & Inuit Brighter Futures	CPNP	Federal - Health Promotion Programs Branch (Off-Reserve Funding) Head Start	CPNP	ACAP	CAPC	CAP	PHF	GNWT Healthy Children	Total
Deh Cho Region	371,526.00	47,406.78	249,487.00	85,480.00	0.00	303,765.00	0.00	0.00	185,409.00	1,243,073.78
Dogrib Treaty 11 Region	440,962.11	33,322.75	0.00	0.00	0.00	120,945.00	0.00	36,000.00	158,550.00	789,779.86
Gwich'in Region	383,236.00	36,199.88	115,500.00	0.00	0.00	0.00	0.00	0.00	110,940.00	645,875.88
Inuvialuit Region	747,318.16	91,463.60	115,500.00	40,000.00	75,000.00	0.00	0.00	28,000.00	679,581.00	1,776,862.76
Sahtu Region	359,114.00	39,442.00	0.00	0.00	0.00	0.00	0.00	0.00	107,199.00	505,755.00
Treaty 8 Region	276,422.00	33,963.00	110,500.00	106,020.00	0.00	128,234.00	0.00	0.00	263,158.00	918,297.00
Yellowknife Region	144,679.00	10,800.00	225,000.00	160,500.00	91,000.00	284,444.00	48,895.00	52,000.00	390,750.00	1,408,068.00
Total	2,723,257.27	292,598.01	815,987.00	392,000.00	166,000.00	837,388.00	48,895.00	116,000.00	1,895,587.00	7,287,712.28

Deh Cho

Community Wellness in Action 1998-99



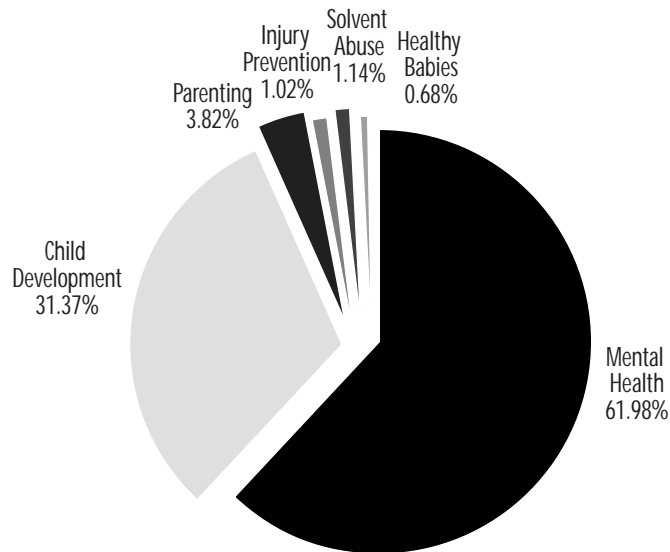
The region denoted on this map is for information purposes only and does not represent official land claim or treaty areas.

Deh Cho Region

Total Funding 1998/1999

	(Actual Expenditures)		(Committed Amounts)						(Committed Amounts)	
	Federal - First Nations & Inuit Brighter Futures	CPNP	Federal - Health Promotion Programs Branch (Off-Reserve Funding) Head Start	CPNP	ACAP	CAPC	CAP	PHF	Healthy Children	GNWT Total
Fort Liard	74,180.00								28,138.00	102,318.00
Fort Providence	116,332.00	10,889.78	133,987.00						36,711.00	297,919.78
Hay River Reserve	48,487.00	12,017.00	115,500.00			179,370.00			14,696.00	370,070.00
Jean Marie River	3,712.00								14,204.00	17,916.00
Kakisa	10,175.00								10,752.00	20,927.00
Fort Simpson	144,507.00	24,500.00		85,480.00		124,395.00			39,864.00	418,746.00
Nahanni Butte	15,748.00								11,900.00	27,648.00
Trout Lake	14,155.00								13,356.00	27,511.00
Wrigley	74,230.00								15,788.00	90,018.00
Total	501,526.00	47,406.78	249,487.00	85,480.00	0.00	303,765.00	0.00	0.00	185,409.00	1,373,073.78

Deh Cho Brighter Futures Funding 1998/99 Priorities



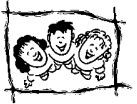
Fort Liard

BRIGHTER FUTURES



- *Early Childhood Intervention* – this program helped ECE students get a better understanding of children
- *Radio Programs* – topics included parenting, nutrition, child behaviour, fetal alcohol syndrome
- *Part-time Program Coordinator*

HEALTHY CHILDREN'S INITIATIVE



- *Acho Dene Koe*
 - Preschool program
 - Traditional materials
 - Travel assistance

Fort Providence

BRIGHTER FUTURES



- *Grieving Workshop* – The theme was residential school issues.
- *Traditional Gathering* – Elders, leaders and youth attended the Deh Cho Assembly.
- *Training and Skill Development* – Local youth attended a hockey camp. The Chief and Counsellors attended meetings on self-government in British Columbia.
- *Healing* – A drug and alcohol "roundup" was held on the Hay River Reserve and a workshop on forgiveness was held.
- *Cultural Development*
- *Preschool Graduation* – An annual celebration was held.
- *Family Resource Centre* – Learning about culture and tradition took place at the local healing camp.
- *Solvent Abuse* – Pamphlets were distributed to households to increase awareness.
- *Injury Prevention Program* – The local fire department taught about safety.
- *Healthy Babies Program* – Contributions were made to local initiatives that promoted healthy babies.
- *Parenting Skills* – The program provided a three-day workshop on High Risk Kids.
- *Program Coordinator*

CANADA PRENATAL NUTRITION PROGRAM (FNIC)



- *Positive Beginnings* – Twenty weekly cooking classes were offered with approximately four women attending each class. Seventeen weekly educational sessions/activities were held with approximately five women attending each session. Childcare, transportation, and food supplements were provided. As well, sewing circles and a traditional excursion (healing lodge) were organized.

ABORIGINAL HEAD START INITIATIVE



- *Dezoah Undaa Etleh Koke* – A program of holistic learning based on Dene culture and values.

HEALTHY CHILDREN'S INITIATIVE



- *Zhahti Koe Friendship Centre*
 - Parenting workshop
 - Pre/post natal program
- *Deh Gah Got'ie Dene Council*
 - Travel assistance
 - Special needs assistant

Hay River Reserve

BRIGHTER FUTURES



- *Healing Program*
- *Health & Social Counselling*
- *Educational Assessment*
- *Wellness Workshop*
- *Women's Group*
- *Cultural Workshop*
- *Men's Group*
- *Youth Group*
- *On the Land Program*

CANADA PRENATAL NUTRITION PROGRAM (FNIC)



- *K'atl'odeeche* – The program was sponsored by the Hay River Dene Band and facilitated by the program coordinator, an assistant, and the CHR. A total of five weekly cooking classes were offered with approximately four women attending each class. Childcare, transportation, and food supplements were provided and home visits conducted.

ABORIGINAL HEAD START INITIATIVE



- *Hay River Dene Reserve Head Start* – The program provided a safe, nurturing environment for 16 pre-school children, aged three to five. It featured parental involvement, language and culture taught by community members, immunization clinics and a nutritious lunch program emphasizing country food.

COMMUNITY ACTION PROGRAM FOR CHILDREN



- *Dene Cultural Institute* – promoting healthy children through family well-being

HEALTHY CHILDREN'S INITIATIVE



- *Bussing* – Bussing was provided for school students.

Jean Marie River



BRIGHTER FUTURES

- *Workshops and Training* – Healing and Medicine Man workshops were held.



HEALTHY CHILDREN'S INITIATIVE

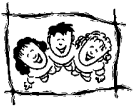
- *Jean Marie River First Nation*
 - Preschool program
 - Renovations for preschool

BRIGHTER FUTURES



- *Northern Women and Wellness Conference* – Seven people attended the conference in High Level.
- *Parenting Skills Workshop*
- *Personal Power Workshop*

HEALTHY CHILDREN'S INITIATIVE



- *Ka'agee Tu First Nation*
 - Playground
 - Assistant
 - Parenting
 - Snack
 - Special needs materials

Fort Simpson

BRIGHTER FUTURES



- *Self Awareness Seminar*
- *Self Empowerment Workshop*
- *Youth Career Symposium*
- *Community Drumming Program*
- *National Addictions Awareness Week Activities*
- *Alcohol Free Community Dance*
- *Youth Games*
- *Kelly Lake Class Trip*
- *Dreamcatchers Conference*
- *Slavey Camp*
- *Dechinta Summer Youth Camp*
- *School Breakfast Program*
- *Traditional Tanning Instruction*
- *Mad Science of Montreal Program*
- *Bush Skills*
- *Young Mothers' Group*
- *Young Moms' Leadership Workshop*
- *Social Program Manager*

CANADA PRENATAL NUTRITION PROGRAM (FNIC/HPPB)



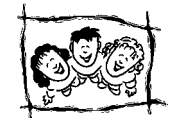
- *Liidlii Kuie First Nation Sa Naeah Prenatal* – The program includes nutrition and lifestyle counselling, referrals to other agencies, and cooking/educational sessions with an emphasis on nutritional foods. Well baby days, guest speakers from the Public Health Clinic, support, information, snacks at weekly prenatal clinics and food supplements were also offered.

COMMUNITY ACTION PROGRAM FOR CHILDREN



- *Open Doors* – The Open Door Society offers a community based early intervention program for preschool children.

HEALTHY CHILDREN'S INITIATIVE



- *Family Support Group* – Program is offered by the Open Door Society. It is an early intervention program for preschool children.
- *Special Needs Teacher* – Position is with Melaw Community Child-care.

Nahanni Butte

BRIGHTER FUTURES



- *Dream Catchers Conference*
- *Work Experience for Students* – Students helped the teacher by working with kindergarten children.
- *Cultural Program*

HEALTHY CHILDREN'S INITIATIVE



- *Nahanni Butte Dene Band*
 - Snack
 - Drop-in
 - Baby kits
 - Playground
 - Prenatal

*"Participants wrote reports on their experiences."
(Dreamcatchers/
Brighter Futures)*

Trout Lake



BRIGHTER FUTURES

- *Injury Prevention Program*
- *Summer Traditional Camp*



HEALTHY CHILDREN'S INITIATIVE

- *Parental Workshop* – The workshop was offered by the Samba K'e Dene Band.

BRIGHTER FUTURES



- *Traditional Knowledge Workshop* – The workshop focussed on traditional healing. A feast and drum dance was held.
- *Youth Culture Camp* – Youth learned bush skills and cultural pursuits.
- *Traditional Medicine* – A facilitator instructed on the relevance and value of traditional medicine.
- *Grieving Workshop*
- *Youth Conference* – Three youth and two chaperones attended the "Welfare to Work" conference in Yellowknife.
- *Youth Centre*

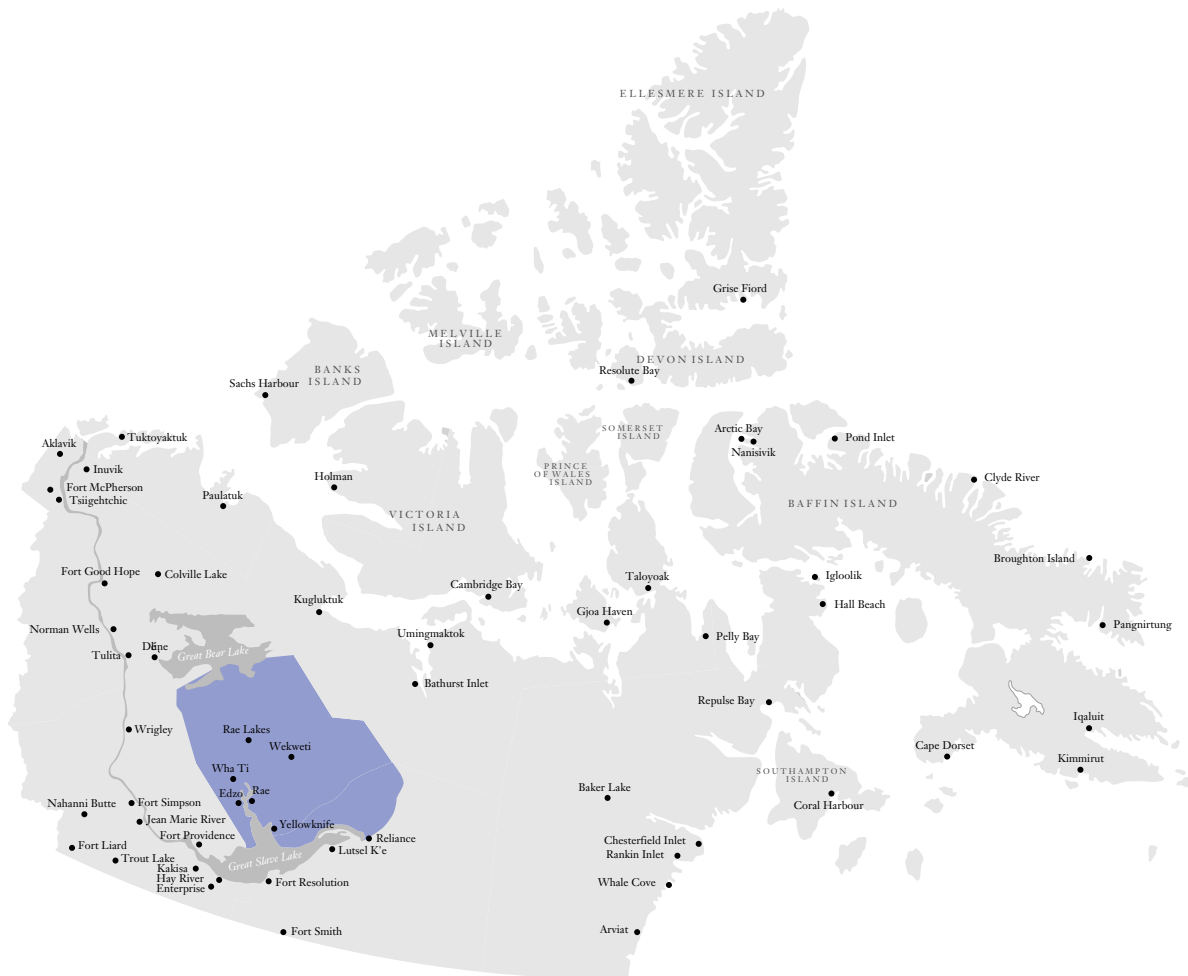
HEALTHY CHILDREN'S INITIATIVE



- *Pehdzeh Ki First Nation*
 - Renovations for day care

Dogriik Treaty II

Community Wellness in Action 1998-99



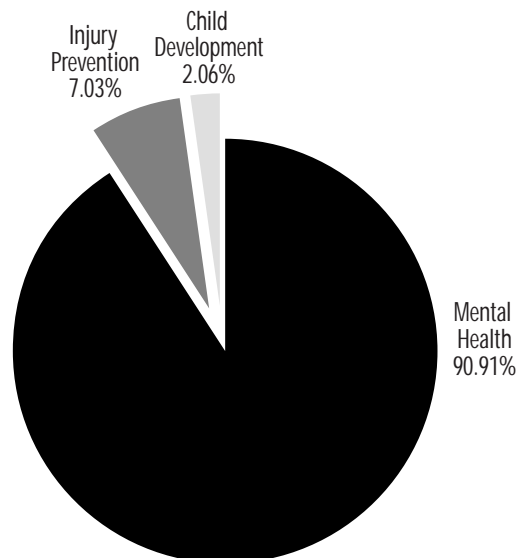
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Dogrib Treaty II

Total Funding 1998/1999

	(Actual Expenditures)		(Committed Amounts)						(Committed Amounts)	
	Federal - First Nations & Inuit Brighter Futures	CPNP	Federal - Health Promotion Programs Branch (Off-Reserve Funding) Head Start	CPNP	ACAP	CAPC	CAP	PHF	Healthy Children	GNWT Total
Rae-Edzo	303,450.00	23,155.41				120,945.00		36,000.00		483,550.41
Rae Lakes (Gameti)	37,395.00									37,395.00
Wekweti	21,518.00									21,518.00
Wha Ti	78,599.11	10,167.34								88,766.45
Regional Allocation									158,550.00	158,550.00
Total	440,962.11	33,322.75	0.00	0.00	0.00	120,945.00	0.00	36,000.00	158,550.00	789,779.8

Dogrib Brighter Futures Funding 1998/99 Priorities



Rae Edzo

BRIGHTER FUTURES



- *Youth Culture Camps* – Youth were offered an opportunity to experience traditional foods and learn the Dogrib language, basic survival and other traditional life skills.
- *Children's Christmas* – A Christmas gathering was held.
- *Cultural Exchange* – The exchange supported students' travel to Europe.
- *Sobriety Gathering*
- *Summer Recreation* – Daily and weekly activities were scheduled for youth.
- *Youth Canoe Trip*
- *Feast, Youth Support*
- *Rae Lakes Gathering*
- *Sh Naji Kwe Workshop*
- *Grief and Loss Ceremony*
- *On the Land Healing*
- *Aboriginal Day Celebrations*
- *Wha Ti Gathering*
- *Marion Lake Retreat*
- *Spiritual Gathering in October*
- *Spiritual Gathering in December*
- *Spiritual Gathering in Snare Lake*
- *Search & Rescue*
- *Solution Exchange* – The band leadership visited and studied communities which had implemented social wellness strategies.
- *Healing and Planning Workshops* – A series of workshops were held.
- *Social Development Coordinator*
- *Disability Committee Support*
- *Justice Workshop*
- *Alcohol and Drug Prevention Week*
- *Alternative Measures Court*
- *Traditional Activities*
- *Traditional Workshop*
- *Dogrib Bible Development*

Rae Edzo

CANADA PRENATAL NUTRITION PROGRAM (FNIC)



- During the 1998-1999 fiscal year, the Rae Edzo Prenatal Nutrition Program was sponsored by the Dogrib Rae Band and facilitated by a program coordinator, a cooking instructor/cook, health centre staff, a nutritionist/dietician, a dental therapist and a breastfeeding specialist. Thirteen weekly cooking classes were offered beginning June 1, 1998 with approximately four women attending each class. Childcare, transportation, food supplements and food vouchers were provided. As well, drop-ins were offered and home visits conducted.

COMMUNITY ACTION PROGRAM FOR CHILDREN



- *Dogrib Divisional Board of Education*
- Early intervention program

POPULATION HEALTH FUND

- *Community Addictions Strategy* – A strategy was developed by the Rae Edzo Friendship Centre.

Rae Lakes

BRIGHTER FUTURES



- *Drug & Alcohol Workshop* – A regional workshop was held focussing on addictions, anger and depression.
- *Grieving Workshop*
- *Security Program* – Security assisted in enforcing curfews for kids.
- *Grieving Workshop* – Traditional grieving ceremonies were held following the death of the first Chief.
- *Healing Support* – A number of families visited medicine men.
- *Family Day* – A traditional feast and drum dance was held to celebrate the fall hunt.
- *Lac St. Anne Pilgrimage*
- *Children's Day* – There was a science display presented by Mad Science of Montreal.

*"On the average there were 150 -200 participants each day, ranging from children to adults."
(Drug and Alcohol Workshop / Brighter Futures)*

Wekweti

BRIGHTER FUTURES



- *Attention Deficit Disorder Workshop* – Child care workers were sent to a workshop in Hay River.
- *Recreation Activities and Supplies* – Support was given to the NWT Soccer Association, NWT Ski Division and the Mackenzie Regional Games. A Halloween party was held.
- *Dream Catchers* – One delegate attended the conference in Edmonton.
- *Working with Children Conference* – The Child Care Worker attended this regional conference.
- *Spiritual Gathering* – Wekweti hosted the event for all Dogrib communities. Issues such as depression, substance abuse and forgiveness were dealt with.

BRIGHTER FUTURES



- *Security Program* – A security program was set up by the community to enforce the children's curfew.
- *Trappers Lake Retreats* – Community members who were interested in wellness were funded to attend.
- *Cultural Foreman* – A cultural foreman helped organize the cultural components of local events.
- *Lac St. Anne Pilgrimage* – Support for travel expenses was provided.
- *First Nations Meetings* – Delegates traveled to Fort McMurray to meet with other First Nations to compare community programs
- *Bible Camp* – Youth attended a Bible camp at Lac La Biche.
- *Support for Community Groups* – Financial support was provided to the Girl Guides, Boy Scouts, and the local hockey team.
- *Community Events* – Various community events were funded, including Canada Day, Spring Carnival, and a fishing derby.
- *Cultural Programs* – Drums were purchased for community use, to be used at feasts and children's programs. A cultural house was rented and maintained for community use.
- *Public Meetings*
- *Community Feasts* – Feasts were held on special occasions.
- *Drug and Alcohol Prevention Week* – Activities included a sharing circle and information session.
- *Donations to local Churches*
- *Grieving Sessions*
- *Healing Support* – Families received support when seeking spiritual healing and traditional medicine services.
- *Spiritual Gatherings Outside the Community* – A spiritual healer facilitated spiritual gatherings in each Dogrib community.
- *Wha Ti Spiritual Gathering* – Spiritual healers came to perform healing and administer traditional medicine.
- *Counsellor* – A Social Program Coordinator was hired. The job included counselling for substance abuse and addictions.
- *Daycare Workshop* – An eleven-day workshop was held for Daycare workers.

"The attendance at public meetings has increased." (Brighter Futures)

W̱ha Ti

CANADA PRENATAL NUTRITION PROGRAM (FNIC)



- During the 1998-1999 fiscal year, the W̱ha Ti Prenatal Nutrition Program was sponsored by the W̱ha Ti First Nation and facilitated by a program coordinator, a program assistant, a cook's assistant and a childcare worker. Two four-session cooking classes were held at the school during March 1999. Approximately four women attended each session. As well, childcare and food vouchers were provided and a prenatal resource centre established in collaboration with health centre staff.

Gwich'in

Community Wellness in Action 1998 - 99



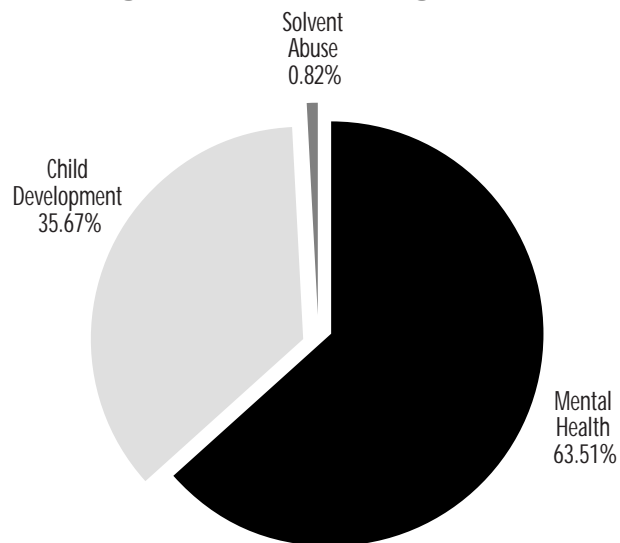
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Gwich'in Region

Total Funding 1998/1999

	(Actual Expenditures)		(Committed Amounts)						(Committed Amounts)	
	Federal - First Nations & Inuit Brighter Futures	CPNP	Federal - Health Promotion Programs Branch (Off-Reserve Funding) Head Start	CPNP	ACAP	CAPC	CAP	PHF	Healthy Children	GNWT Total
Aklavik	72,603.00								see Inuvialuit	72,603.00
Fort McPherson	196,894.00	17,299.88	115,500.00						93,304.00	422,997.88
Inuvik	50,924.00	6,300.00		see Inuvialuit					see Inuvialuit	57,224.00
Tsiigehtchic	62,815.00	12,600.00							17,636.00	93,051.00
Total	383,236.00	36,199.88	115,500.00	0.00	0.00	0.00	0.00	0.00	110,940.00	645,875.88

Gwich'in Brighter Futures Funding 1998/99 Priorities



BRIGHTER FUTURES



- *Youth Recreation Coordinator* – One full-time worker and two assistants were hired to co-ordinate evening activities.
- *Youth Advisor* – Two people were hired to assist children with behavioral management problems at the school.
- *Residential School Workshop* – Blue Raven Consulting conducted a ten day workshop for caregivers and other interested people.
- *Youth Hockey* – Two coaches and young boys participated in the program.
- *School Snack Program* – Parents of the grade one class and the teacher piloted a program.
- *Science Fair* – Snacks and prizes were supplied.
- *Sports Program* – Youth participated in a hockey tournament in Whitehorse.
- *Canoe Program* – A contribution was made to assist two teams to attend an event in Fort McPherson.

Fort McPherson

BRIGHTER FUTURES



- *Summer Youth Advisors* – Two youth advisors assisted children having behavioral problems.
- *Community Grieving Workshop* – The topics of discussion were working with youth, dealing with effects of residential schools and sharing circles.
- *Youth Retreat* – An outdoor camp retreat was held for two groups of boys and girls.
- *Men & Youth Retreat* – Men, elders and a group of young boys set out on a rugged excursion of Black Mountain.
- *Women Wellness Committee Conference* – Three women attended a conference on Wellness in Saskatoon.
- *Dreamcatchers* – Youth attended the Dreamcatchers Conference in Edmonton.
- *Traditional Counselling* – A traditional healer provided counselling to individuals and groups.
- *National Addictions Awareness Week Activities*
- *Summer Tutors*
- *Wellness Coordinator*
- *Arts & Crafts* – An after school program was held for girls aged nine to fourteen.
- *Youth Coordinator* – One staff person was hired to coordinate evening activities for youth.
- *Community Newsletter*
- *Youth On the Land* – Twenty four youth aged 10 -14 and 18 youth aged 12-15 participated in this ten day program.

"The youth who attended [Dreamcatchers] shared their experiences with other youth in the community."
(Brighter Futures)

CANADA PRENATAL NUTRITION PROGRAM (FNIC)



- During the 1998-1999 fiscal year, the Fort McPherson Prenatal Nutrition Program was sponsored by the Tl'oondih Healing Society and facilitated by a program coordinator, assistant and program nutritionist. Fifteen cooking classes began September 1998 and ended March 31, 1999 with approximately six women attending each class. The first of six education sessions began February 14, 1999, with approximately six women attending each session. A sewing circle and support group were organized and parenting counseling and awareness activities offered. Childcare, transportation and food supplements were also provided. Nutrition assessment/counseling was carried out on an occasional basis by the program nutritionist.

Fort McPherson

ABORIGINAL HEAD START INITIATIVE



- *Tetlit Zeh Child Centre (Tl'oondih Healing Society)* – The program provides a Gwich'in language, arts and crafts and traditional skill program for pre-school children and their families. Healthy snacks emphasizing country food were provided.

HEALTHY CHILDREN'S INITIATIVE



- *Speech/Language Therapy*
- *Traditional Parenting Workshop*
- *Classroom Assistant*

BRIGHTER FUTURES



- *Rachel Reindeer Camp* – Wilderness and cultural training were provided.
- *Traditional Gathering* – Youth and elders participated in cultural activities.
- *Dreamcatchers* – One youth attended the annual event in Edmonton.
- *Youth Hockey Program* – Youth participated in a regional tournament.
- *Program Support* – Community people, including elders and youth were brought together for various program development sessions throughout the year.
- *Youth Cultural Program* – Ingamo Hall sponsored a cultural program.
- *On the Land Program* – The Inuvik Youth Centre developed an On the Land Program. Several community groups and agencies supported it.
- *Youth Community Appreciation* – Youth at-risk participated in a community project to introduce them to hands-on hobbies including gardening.

CANADA PRENATAL NUTRITION PROGRAM (FNIC/HPPB)



- During the 1998-1999 fiscal year, Healthy Babies was jointly sponsored by the Inuvialuit Regional Corporation (cooking classes), the Gwich'in Tribal Council (family drop-in) and by the Ingamo Hall Friendship Centre. The overall program was designed to improve the health of at-risk pregnant women, teens and their babies. The program was facilitated by a program coordinator, an assistant and childcare workers. Renewed program activities began in late November, 1998 upon the hiring of a new coordinator. Two cooking classes were held each week beginning February 16, 1999. Ten classes were held prior to March 31, 1999 with approximately 13 women attending each class. As well, an education session/activity was held twice weekly beginning January 12, 1999. Program components included education on food buying, budgeting, breastfeeding and infant care. Childcare and transportation were provided and a sewing circle and craft group organized.

Tsiigehchtchic

BRIGHTER FUTURES



- *Sewing Project* – Sewing classes for youth were held weekly.
- *Family Camps* – Youth returned to the land to experience traditional culture, language and working together.
- *Mini University* – Four young people from the community participated in the program. Youth attended "mini university" with over 200 youth in Calgary.
- *Deline Gathering* – A healing gathering was held.
- *Learning to Read Literacy Program* – Reading circles and related activities were held.
- *Youth Empowerment* – Youth attended a workshop conducted by Yunethe Training Group.
- *Community Wellness Programs* – As directed by the community council, a review of community wellness programming was conducted.

CANADA PRENATAL NUTRITION PROGRAM (FNIC)



- During the 1998-1999 fiscal year, the Gwichya Gwich'in Prenatal and Postnatal Program was sponsored by the Gwichya Gwich'in Band Council and facilitated by a program coordinator, the CHR, health centre staff and a nutritionist/dietician. Biweekly cooking classes were offered beginning October 3, 1998. A total of seven classes were offered, with approximately three to five women attending each class. Twelve education sessions/activities were held during the cooking classes beginning October 15, 1998. Approximately two to four women attended each session. Childcare, food supplements and vouchers were provided and home visits conducted. Nutrition assessment/counselling was carried out on an occasional basis by the CHR and the project nutritionist/dietician.

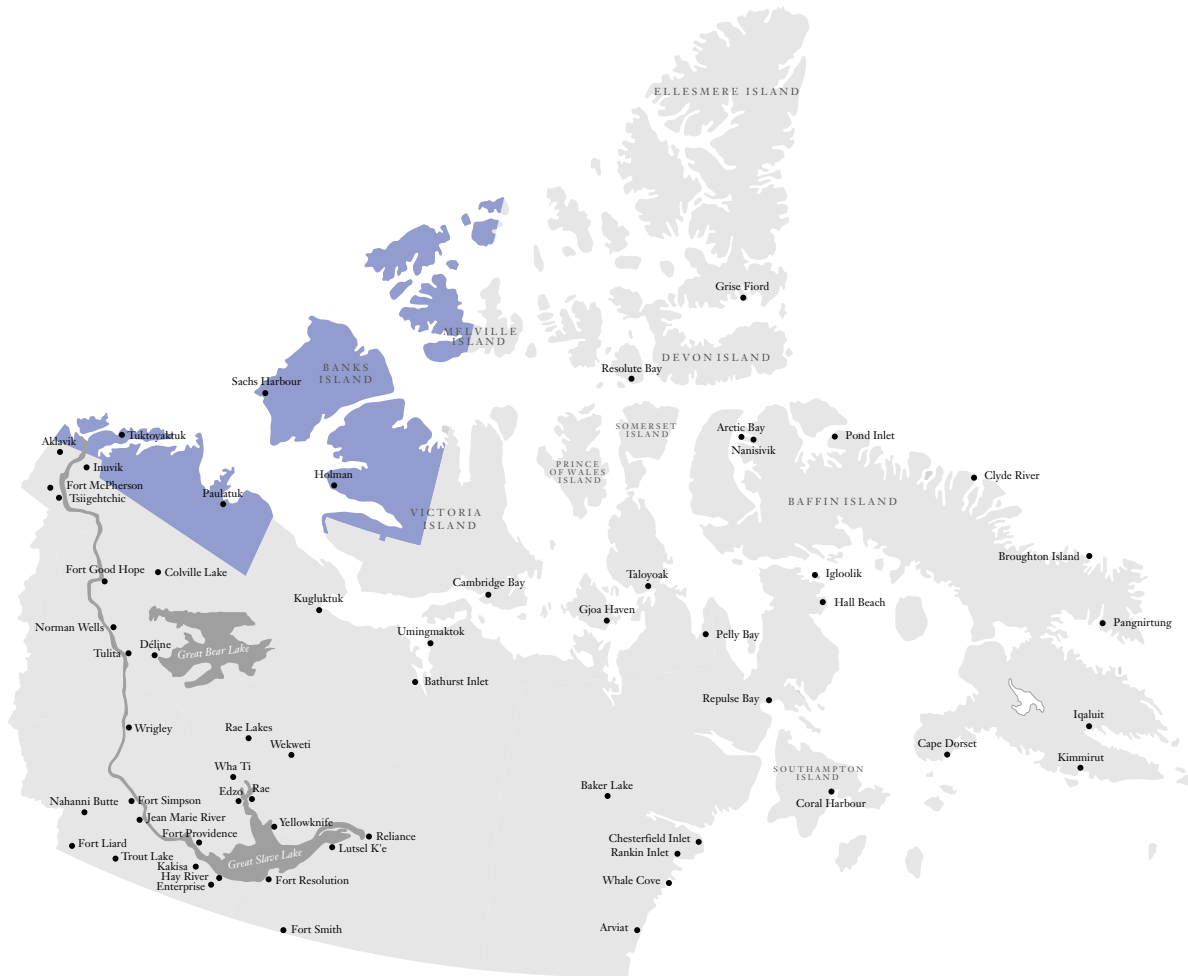
HEALTHY CHILDREN'S INITIATIVE



- *The Gwichya Gwich'in Prenatal and Postnatal Program* – This program was facilitated by a program coordinator, the CHR, health centre staff, and a nutritionist/dietitian. Bi-weekly cooking classes were offered. Twelve educational sessions/activities were held during the cooking classes. Approximately two to four women attended each session. Childcare, food supplements, and vouchers were provided and home visits conducted. The CHR, project nutritionist and dietitian carried out nutrition assessment and counselling on an occasional basis.

Inuvialuit

Community Wellness in Action 1998-99



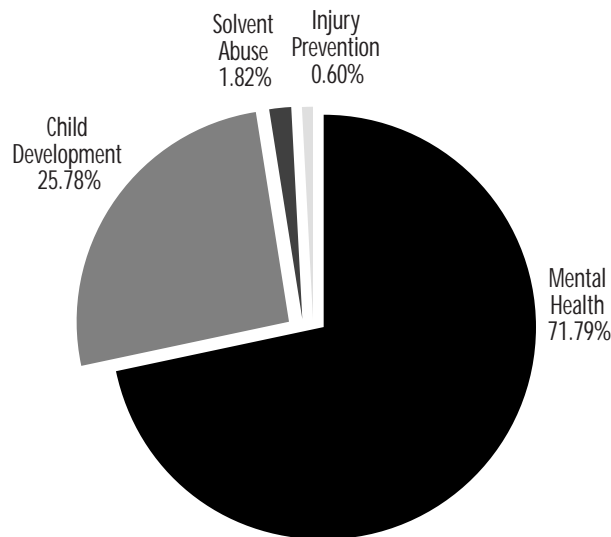
The region denoted on this map is for information purposes only and does not represent official land claim or treaty areas.

Inuvialuit Region

Total Funding 1998/1999

	(Actual Expenditures)		(Committed Amounts)						(Committed Amounts)	
	Federal - First Nations & Inuit Brighter Futures	CPNP	Federal - Health Promotion Programs Branch (Off-Reserve Funding) Head Start	CPNP	ACAP	CAPC	CAP	PHF	Healthy Children	GNWT Total
Aklavik	101,498.16								39,178.00	140,676.16
Holman	71,902.00	11,158.00							32,768.00	115,828.00
Inuvik	227,618.00			40,000.00	75,000.00			28,000.00	370,618.00	741,236.00
Paulatuk	54,765.00		115,500.00						170,265.00	340,530.00
Sachs Harbour	22,575.00								16,249.00	38,824.00
Tuktoyaktuk	194,976.00								50,503.00	245,479.00
Regional Allocation	73,984.00	80,305.60								154,289.60
Total	747,318.16	91,463.60	115,500.00	40,000.00	75,000.00	0.00	0.00	28,000.00	679,581.00	1,776,862.76

Inuvialuit Brighter Futures Funding 1998/99 Priorities



BRIGHTER FUTURES



- *Ikayuqti* – The Community Helper administered the wellness programs.
- *Aboriginal Language* – The instructor taught Inuvialuktun to the school students.
- *Regional Drum Dance Workshop* – Funds supported participation in a workshop in Alaska.
- *Monthly Elder Gatherings* – A sing-along and activities were held.
- *Youth Coordinators* – Coordinators organized regular games nights for youth.
- *On the Land Program* – Youth traveled to Shingle Point and learned traditional values and the ways of the land.
- *Northern Games* – Funds were used to take participants to the games in Tuktoyaktuk.
- *Youth-Resource Plan Field Course* – The course included traditional activities, conservation and a short course on gun safety.
- *Billy Archie Resource Centre* – Two students worked with a biologist to conduct a survey at the Big Fish River Sanctuary.
- *Minor Hockey Program*
- *Winter Regional Games* – Thirty youth attended the winter games in Inuvik.
- *School Photography* – The program was an extra-curricular art activity.
- *Hockey Clinic* – An instructor from the Canada North Hockey School worked with the youth.
- *School Assistants* – The program helped academically challenged students.
- *Bantam Hockey Tournament* – Youth participated in a tournament in Yellowknife.
- *Christmas Activities*

"Community coaches reached out and integrated troubled youth."
(Brighter Futures)

CANADA PRENATAL NUTRITION PROGRAM (FNIC)



- *During the 1998-1999 fiscal year, Healthy Babies of the Future was sponsored by the Inuvialuit Regional Corporation and facilitated by a program coordinator. The Regional Nutritionist provided ongoing support. Cooking classes were offered twice weekly beginning January 22, 1999. A total of 18 classes were offered prior to March 21, 1999 with approximately three to five women attending each class. Childcare, transportation and food supplements were provided.*

HEALTHY CHILDREN'S INITIATIVE



- *Speech Aide*

Holman

After April 1, 1999, Holman is a community in the Inuvialuit Region of the Northwest Territories.

BRIGHTER FUTURES

- *Drum Dance Program* – The Holman Drummers and Dancers traveled to Kugluktuk to practice and learn.
- *Student Cultural Exchange* – Students traveled to Winnipeg to be introduced to a southern community and university.
- *Elders and Youth Summer Camp* – Held at Kuukyoak (Minto Inlet), participants went muskox hunting, set fish nets, hunted seals, hiked and listened to Elders talk about the past.
- *Northern Games* – Holman representatives participated with other Inuvialuit groups in the Northern Games held in the Western Arctic.
- *Basketball Tournament* – Twenty-one youth participated in a tournament in Kugluktuk. Fund- raising was also completed.
- *Katrivik* – A regional drum dance workshop was held.
- *History Project* – The Elders were paid to tell their stories and histories to a writer, with the help of an interpreter, so they could be recorded.
- *Traditional Sewing Program* – The program runs three nights a week. Elders teach younger generations.
- *Drug Free School Program* – Youth were chosen as team leaders. A speaker came in to tell about his experiences with drugs in prison. A "drug free drop-in centre" was started.
- *Healing Workshops* – The Dene Cultural Institute delivered a workshop on personal empowerment and development and on grieving.
- *Babysitting* – The program provided students training in babysitting including first aid, fire safety and CPR.
- *Help Line* – Facilitators taught communication and crisis intervention skills. They provided information about suicide prevention and on setting up AA programs.
- *Crisis Centre Set-up* – A recently-opened transition house for women and children was stocked with essential supplies.
- *Elders and Youth Program* – A worker coordinated activities for elders and youth.
- *Youth Centre Internet*

CANADA PRENATAL NUTRITION PROGRAM (FNIC)



- Thirty cooking classes and educational sessions were held. Childcare, food vouchers and a community feast were provided.

HEALTHY CHILDREN'S INITIATIVE



- *Preschool Recreation* – The Hamlet sponsored the program.

BRIGHTER FUTURES



- *Traditional Song & Dance* – A book was researched and published on traditions in the region.
- *Grade Seven Intervention* – Students with very low grades were given support.
- *Summer Day Camp*
- *Peer Support Program* – Listening and facilitation skills were taught at a workshop.
- *In Home Support* – Workers provide encouragement, counselling and life skills training.
- *Elders & Youth Coordinator* – The coordinator advocated for Elders and youth. A birthday/ anniversary program and workshops were provided.
- *Katrivik – Gather in Unity* – A workshop revived the tradition of drum dancing and singing.
- *Cultural Development* – An aboriginal teacher's assistant was hired.
- *Junior Park Ranger Coordinator*
- *Drop-in Program* – Assistance was given to the cost of running the Youth Centre.
- *Peewee Fastball Championships*
- *Elders Host Program* – Two Elders accompanied the Junior Park Ranger Coordinator and four Junior Rangers to Hershel Island. The goal was to teach traditional and cultural values.
- *Northern Games Revival* – An individual was hired to assess the current situation and make recommendations.
- *School Author Program* – Authors came to discuss the writing and publishing process.
- *Dream Catcher's* – A contribution was made for six youth to attend a conference in Edmonton.
- *School Drum Dance* – The program offered students' instruction in drum dancing and the Inuvialuktun language.
- *Traditional Hunting & Butchering* – Elders, hunters and youth worked together on hunting and butchering skills.
- *Speed Skating Club* – Funds paid for equipment and ice time.

"Significant interest in the [Speed Skating Club/Brighter Futures]."

- *Aboriginal Business Seminar* – Two youth attended.
- *Minor Hockey* – Ice time was paid for.
- *Annual Safe House* – The program offered a safe place for families during the Christmas season.
- *Bantam Hockey Tournament* – A team from the region attended a hockey tournament in Yellowknife.
- *Senior Boys' Basketball Championships* – Five boys attended championships in Yellowknife.
- *Winter Games Team Sponsorship*
- *Square Dance Lessons* – The Elders Committee set up square dancing for youth.
- *Play Volleyball Europe* – A contribution was made for training, travel and play in the World Youth Games.
- *Muskrat Jamboree* – Funds were provided for games and community events.
- *Trapper Educational Camp* – Four elders accompanied six students on the land for one week.
- *Greenhouse Project* – The old arena was renovated into a greenhouse. Youth learned about gardening and how to grow vegetables.
- *Youth Bordenball Tournament*
- *Youth Centre Internet Services*
- *Ikayuqti: Funds were provided for a "community helper".*
- *Great Northern Arts Festival Support*
- *NWT Training Centre Support*

CANADA PRENATAL NUTRITION PROGRAM (FNIC/HPPB)



- *Healthy Babies* – Cooking classes and educational activities were held. A total of 27 sessions were held with approximately three to eight women attending each session. Program components include education on food buying, budgeting, breastfeeding and infant care. Childcare and transportation were provided and a sewing circle and craft group organized.

AIDS COMMUNITY ACTION PROGRAM

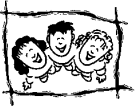


- *Ingamo Hall AIDS Awareness* – The project, which included a coalition of agencies, offered education to youth ages 12 to 14 to strengthen their capacity to make safer choices.

POPULATION HEALTH FUND

- *Ingamo Hall Nutrition* – The Ingamo Hall Friendship Centre piloted a community-based breakfast and nutrition educational program for 35 children from low-income families.

HEALTHY CHILDREN'S INITIATIVE



- *Day Camp* – The program is offered by the Recreation Department of the Town.
- *Early Intervention*
- *Child Care Advocate*
- *Toy Lending Library*
- *Preschool Staff Assistant*
- *Learning Assistants* – The assistants were at the school.

Paulatuk

BRIGHTER FUTURES



- *School Breakfast* – This was the third year for this program. It ran all year offering a healthy breakfast to all students.
- *Katrivik Drum Dance* – Participants traveled to Alaska for a workshop.
- *Delesse Lake Culture Camp* – Youth were taught cultural land skills and survival skills.
- *National Addictions Awareness Week Activities* – Workshops on addictions were held and a sobriety walk organized.
- *Elders' Feast* – An elder appreciation night and feast was organized. It was videotaped and Elders were photographed for an album in the Hamlet office.
- *Minor Hockey* – The program provided hockey coaching and ice time for children ages 10 to 17.
- *Winter Games* – Youth participated in sports and cultural activities.
- *Girls' Club* – Activities including cooking and sewing were offered.
- *Basketball Team Travel* – A team and coach traveled to Yellowknife for a tournament.
- *Ikayuqti* – A community wellness worker was hired.
- *Reunion* – A small contribution was made to support a family's journey to Cambridge Bay along traditional hunting routes.

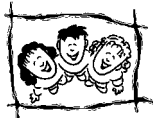
"Given that there are no regular programs for youth in the community, [Minor Hockey] is an important program."
(Brighter Futures)

ABORIGINAL HEAD START INITIATIVE



- *Inuvialuit Social Development Program*

HEALTHY CHILDREN'S INITIATIVE



- *Playground Equipment* – The equipment was purchased for the school.
- *Speech Aide*

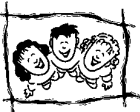
Sachs Harbour

BRIGHTER FUTURES



- *White Fox Jamboree* – This celebration, which occurs annually, involved traditional skills, feasts, talent shows and indoor and outdoor sports.
- *Youth Regional Swim Camp* – Youth attended the Inuvik Summer Swim Clinic.
- *Canada Day Children's Activities*
- *On the Land Program* – Youth went on day trips to participate in traditional activities.
- *Northern Games* – Fourteen athletes participated in Tuktoyaktuk.
- *Winter Regional Games* – Youth attended this event in Inuvik.
- *Recreation Special Events* – The recreation department organized special events. Included a National Child Day celebration, Christmas bake sales, craft night, movie night, New Year's celebration and games night. Sport events were also arranged.
- *Field Trip* – The recreation department held a spring festival at the beach. The whole community was invited.
- *Drug and Alcohol Awareness Event*
- *Easter Activities* – Crafts, Easter egg decorating, an Easter party, fishing derby, movie and religious activities took place.
- *Scavenger Hunt* – This community-wide event was also held at Easter.

HEALTHY CHILDREN'S INITIATIVE



- *Speech Aide* – The position was sponsored by the Inuvialuit Regional Corporation.

"Due to the size of the community, there are very few resource people to help plan the [Jamboree/Brighter Futures]."

Tuktoyaktuk

BRIGHTER FUTURES



- *Swim Meet* – Funds assisted the Youth Swim Team to participate in the Aklavik Swim Meet.
- *Northern Games* – Funds helped offset travel costs for participants.
- *Language Camp Video* – The Tuk Summer Language and Cultural Camp was recorded.
- *School Breakfast* – The program provided healthy breakfasts to younger students.
- *Youth Centre and Activities Coordinator*
- *Tuk Drummers and Dancers* – Youth were taught drumming, dancing and singing.
- *Akuillq Justice Committee* – The committee encouraged healthy decision-making with a focus on youth and crime prevention.
- *On the Land Program* – Elders and youth came together to teach and learn proper hunting techniques.
- *Elders Meetings* – Funds provided a per diem for participants to meet.
- *Drug Abuse Resistance Education* – An elementary school program equipped children with skills to resist pressure to experiment with tobacco, drugs and alcohol.
- *High Risk Kids Workshop*
- *Anger Management Workshop* – The group explored the cycle of anger and control motivations.
- *School Drama Club*
- *Regional Drum Dance Workshop* – Funds were used to assist travel to a workshop in Alaska.
- *Bantam Hockey Tournament* – Youth from the region attended a tournament in Yellowknife.
- *Writing Proposals Workshop*
- *Christmas Youth Activities*
- *Trapper Training* – A source of information was created to inform students, trappers, and the general public about the fur industry and provide some incentive for youth to trap.

"A lot of people of all ages participated. It was a real 'hit'."
(*Tuk Drummers and Dancers/Brighter Futures*)

Tuktoyaktuk

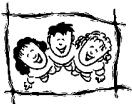
- *School Educational Trip*
- *Community Mobilization Program* – This program developed prevention programs to ensure the community is a safe place for young and old. Crime prevention was the focus.
- *Kiddie Carnival*
- *High Risk Kids Training* – A newly-hired drug and alcohol counselor took this training.
- *Volleyball Tournament*
- *Minor Hockey Tournament*
- *Leaps & Bounds Workshop*
- *Kids Activities*
- *Ikayuqti*
- *Winter Games*

CANADA PRENATAL NUTRITION PROGRAM (FNIC)



- *Tuktoyaktuk Prenatal Nutrition* – Six cooking classes were held with five women attending each class. An educational session was also held that focused on FAS/FAE. Childcare and food supplements were provided.

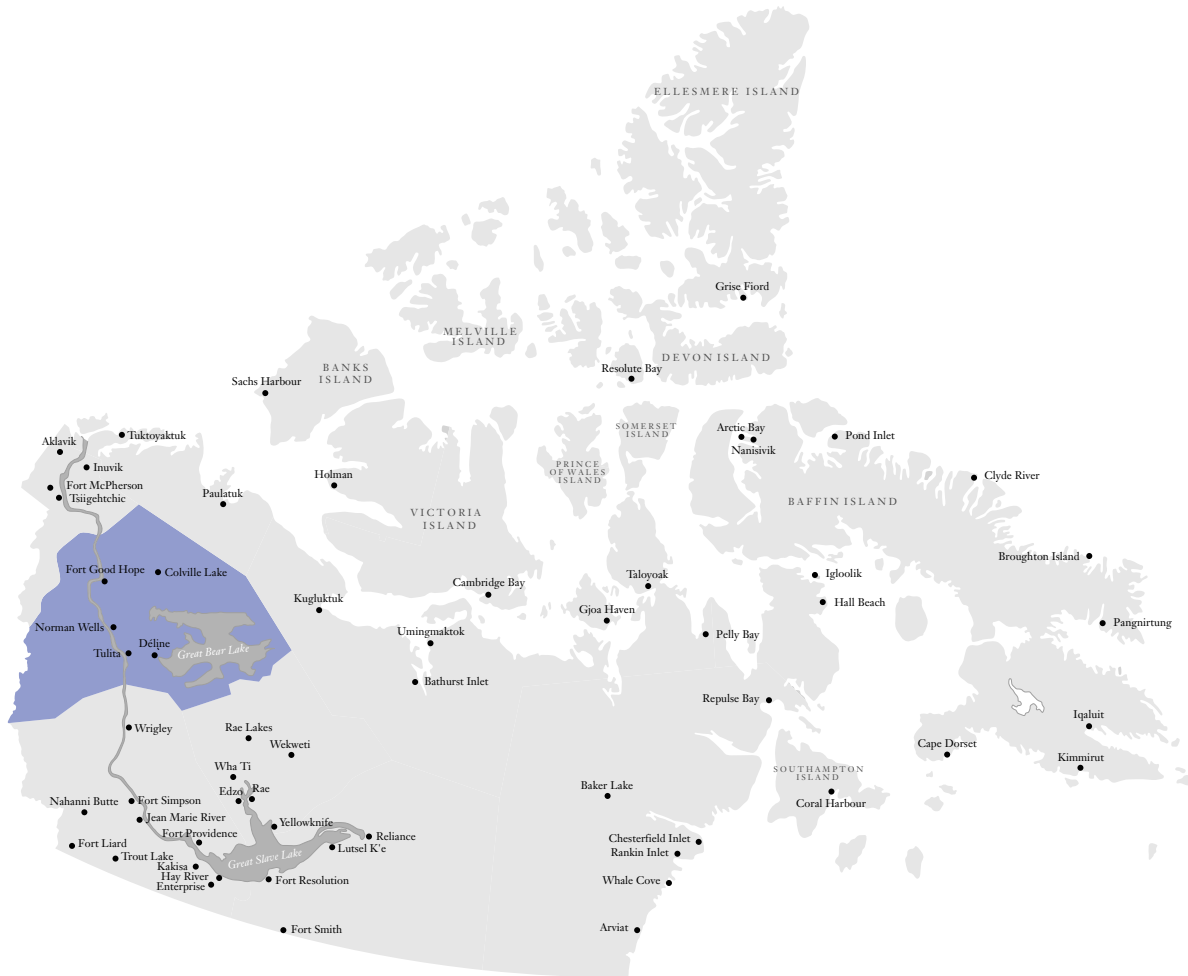
HEALTHY CHILDREN'S INITIATIVE



- *Childcare Advocate* – A person was employed at the Tuk Crisis Centre.
- *Family Ties Project*
- *Speech Aide*

Sahtu

Community Wellness in Action 1998-99



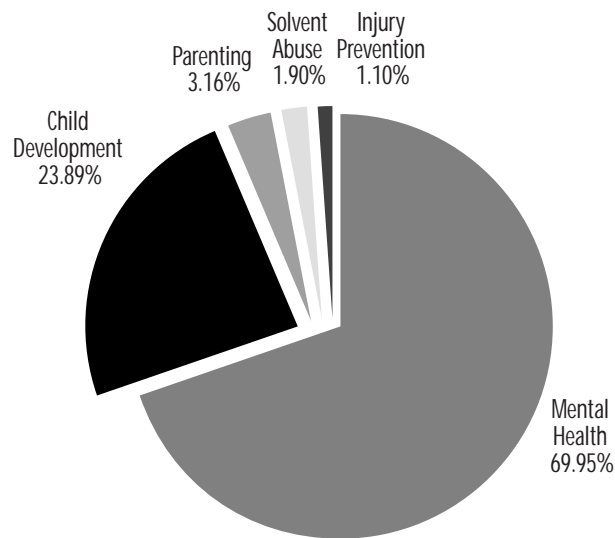
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Sahtu Region

Total Funding 1998/1999

	(Actual Expenditures)		(Committed Amounts)						(Committed Amounts)	
	Federal - First Nations & Inuit Brighter Futures	CPNP	Federal - Health Promotion Programs Branch (Off-Reserve Funding) Head Start	CPNP	ACAP	CAPC	CAP	PHF	Healthy Children	GNWT Total
Colville Lake	22,096.00								12,607.00	34,703.00
Déline	137,448.00	12,339.00							15,388.00	165,175.00
Fort Good Hope	122,758.00	17,549.00							39,323.00	179,630.00
Tulita	76,812.00	9,534.00							39,881.00	126,227.00
Total	359,114.00	39,422.00	0.00	0.00	0.00	0.00	0.00	0.00	107,199.00	505,735.00

Sahtu Brighter Futures Funding 1998/99 Priorities



Colville Lake

BRIGHTER FUTURES



- *Traditional Walk*
- *Traditional Gathering*
- *Halloween Awards*
- *Dream Catchers Conference*

HEALTHY CHILDREN'S INITIATIVE



- *Colville Lake Band*
- *Food hampers*
- *Snacks for kindergarten to grade one*
- *Parent gatherings*

"More involvement from the community would benefit the youth, i.e. finding chaperones with the time to assist and implement programs." (Brighter Futures)

Deline

BRIGHTER FUTURES



- *Program Coordinator*
- *Youth Worker* – A person was hired to oversee the well being of youth.
- *Cultural / Spirituality Workshop* – Deline hosted twenty youth in a workshop on land skills and traditional knowledge.
- *Drumming Workshop* – There were ten participants.
- *Community Events* – Assistance was provided to the Basic Awareness Program in the form of community feasts and events.
- *School Breakfast* – The program provided healthy breakfasts and promoted nutritional choices.
- *Traditional Religion Instruction* – A parish priest delivered religious instruction.
- *Caribou Harvest*

CANADA PRENATAL NUTRITION PROGRAM (FNIC)



- *Prenatal Nutrition* – The program was facilitated by a prenatal coordinator and a cooking instructor. Ten weekly cooking classes were held. Childcare, transportation, food supplements, and food vouchers were provided, home visits were offered, and a community feast was organized.

HEALTHY CHILDREN'S INITIATIVE



- *Deline Band*
- *Parents as partners*

"We are committed to conservation of the traditional lifestyle." (Brighter Futures)

Fort Good Hope

BRIGHTER FUTURES



- *Spring Trapper Training*
- *Drug & Alcohol Awareness*
- *RCMP Onside Program*
- *FAST*
- *First Communion Class Celebration*
- *Cadet Corps*
- *Dene Drummers*
- *Community Hunt Elders & Youth*
- *RCMP Drug & Alcohol Speaker*
- *Cam & Jean Rabisca Youth Program*
- *Park Sanders Adam Viske Pool*
- *Personal Power Parenting Workshop*
- *Minor Hockey Tournament Travel*
- *Chief T'selihy School Programs:*
 - *Winter Games*
 - *Basketball Tournament*
 - *Winter Regional Games*
 - *Edmonton Travel*
 - *Breakfast Program*
 - *Grad 98*
 - *Plato Program*

"There was good participation from youth." (Brighter Futures)

CANADA PRENATAL NUTRITION PROGRAM (FNIC)



- *Prenatal Nutrition* – The program was facilitated by a program coordinator and a cooking instructor/cook. Cooking classes were offered once every two weeks. Approximately eight to nine women attended each class. Childcare, transportation, food supplements and home visits were also offered.

HEALTHY CHILDREN'S INITIATIVE



- *Healthy Food Nutrition* – The program was sponsored by the Daycare.
- *Special Needs* – An assistant was hired by the Daycare.
- *Speech Aide* – The position was sponsored by the Fort Good Hope Dene Band.

Tulita

BRIGHTER FUTURES



- *Drum Making*
- *Dene National Assembly*
- *Assumption Cultural Gathering*
- *Deline Spiritual Gathering*
- *Recreation Program for Youth*
- *Elders and Youth Workshop*
- *Leadership Development*
- *Lac St. Anne Pilgrimage*
- *Tulita Wellness Agency Workshop*
- *Youth Musical Instruments*
- *School Bus Service*
- *Grieving*

CANADA PRENATAL NUTRITION PROGRAM (FNIC)



- *Tulita Prenatal Nutrition* – Guided by the Tulita Wellness Agency, eight cooking sessions and five educational sessions and activities were held weekly. Approximately three to five women attended each session. Childcare, transportation, and food supplements were provided and home visits conducted.

HEALTHY CHILDREN'S INITIATIVE

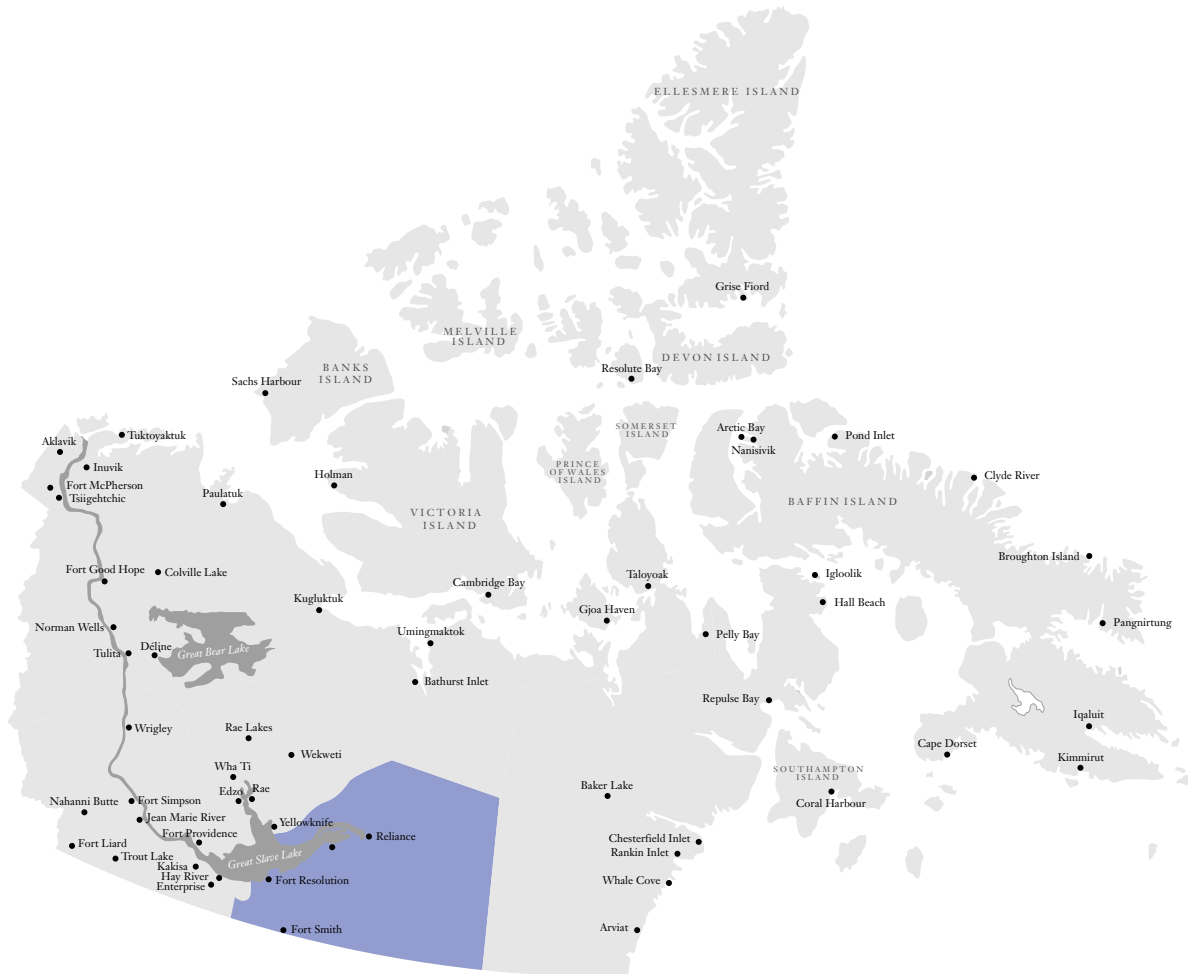


- *Tulita Wellness Agency*
 - Snacks
 - Cultural and reading program
- *District Education Authority*
 - Speech and language materials

"The goal of our programs was to bridge the gap between Elders and youth." (Brighter Futures)

Treaty 8

Community Wellness in Action 1998-99



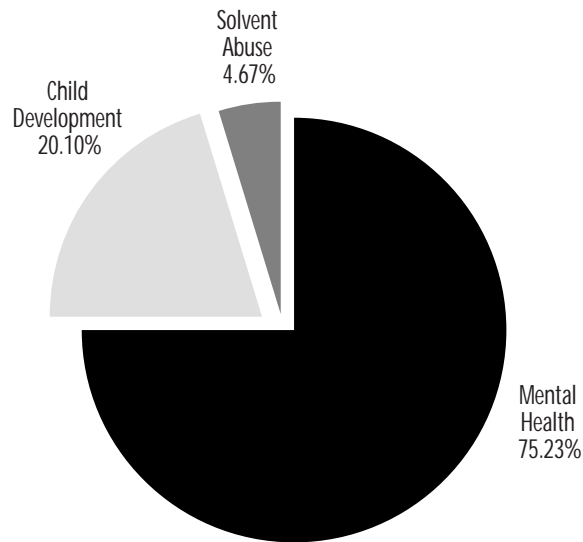
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Treaty 8 Region

Total Funding 1998/1999

	(Actual Expenditures)		(Committed Amounts)						(Committed Amounts)	
	Federal - First Nations & Inuit Brighter Futures	CPNP	Federal - Health Promotion Programs Branch (Off-Reserve Funding) Head Start	CPNP	ACAP	CAPC	CAP	PHF	Healthy Children	GNWT Total
Fort Resolution	51,635.00								39,325.00	90,960.00
Fort Smith	116,421.00	26,403.00	110,500.00	56,250.00					84,705.00	394,279.00
West Point/ Hay River	9,311.00	1,050.00		49,770.00		128,234.00			126,088.00	314,453.00
Lutsel K'e	99,055.00	6,510.00							13,040.00	118,605.00
Total	276,422.00	33,963.00	110,500.00	106,020.00	0.00	128,234.00	0.00	0.00	263,158.00	918,297.00

Treaty 8 Brighter Futures Funding 1998/99 Priorities



Fort Resolution

BRIGHTER FUTURES



- *Youth Relationships Workshop* – The program focussed on community awareness, problem solving and effective communications.
- *Alcohol and Drug Abuse Workshop* – Three major questions were discussed: What does addiction mean? What kinds of addiction are there? What is the cost to the community?
- *Empowerment Workshop* – This was provided at the request of the youth.
- *Much Music Alcohol and Drug-Free Party* – This musical road show helped youth celebrate the end of the school year.
- *Youth Cultural Trip on the Land* – Youth were taught survival skills, respect for the land and healthy lifestyles.
- *National Addictions Awareness Week Activities*
- *Family Mobile Treatment Individual Counselling* – Families received counselling out on the land.
- *Anger Management Workshop* – The workshop took place on the land.
- *Wellness Coordinator*

*"This program was used as a drop-off by parents who didn't have babysitting for their children."
(Much Music/
Brighter Futures)*

Fort Smith

BRIGHTER FUTURES



- *Program Coordinator* – The coordinator administers Brighter Futures programs and supports other community organizations (including Aboriginal Head Start).
- *Staff Training* – The Program Coordinator attended workshops in Edmonton and Fort Simpson.
- *Healing Workshop* – All staff from community-based programs attended a healing workshop. A Youth Empowerment workshop was also held.
- *Community Development* – Funding was provided to a northern events program run by the community of Fort Smith; a cultural exchange program for high school students; and an elementary school soccer tournament.
- *Star Quest* – The program in the school is for children with behavioral problems.
- *School Breakfast Program* – A snack is provided to all elementary school students.
- *Nihkanis* – This program provides 16 children, aged three to five years, with a culturally appropriate preschool program.

"The Personal Power workshop was excellent." (Brighter Futures)

CANADA PRENATAL NUTRITION PROGRAM (FNIC/HPPB)



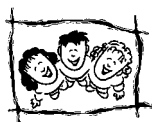
- *Our Babies, Our Future* – The program was jointly sponsored by the Salt River First Nation and the Fort Smith Health Centre. The program is designed to improve the health of mothers and infants by promoting good nutrition and breastfeeding. It was facilitated by a program co-ordinator, an assistant, a cooking instructor/cook, the Community Health Representative, health centre staff, a nutritionist/dietician, and a pharmacist. Cooking and educational classes were held. Childcare, transportation, and food supplements (Good Food Box) were provided. Sewing circles were organized and home visits were conducted.

ABORIGINAL HEAD START INITIATIVE



- *Nihkanis*
 - Preschool program for 16 children

HEALTHY CHILDREN'S INITIATIVE



- *Our Kids/Our Future* – This program was sponsored by the Salt River First Nation.
- *Nihkanis* – This program was run by Salt River First Nations and was a cultural-based preschool program.

Hay River

BRIGHTER FUTURES



- *Medicine Healer – Community Healing*
- *Vision to Total Wellness Workshop* – The workshop dealt with awareness of personal issues and gaining an understanding of wellness.

CANADA PRENATAL NUTRITION PROGRAM (FNIC/HPPB)



- During the 1998-1999 fiscal year, *Our Babies, Our Future* was jointly sponsored by the Salt River First Nation and the Fort Smith Health Centre. The program was designed to improve the health of mothers and infants by promoting good nutrition and breastfeeding. It was facilitated by a program coordinator, an assistant, a cooking instructor/cook, the Community Health Representative (CHR), health centre staff, a nutritionist/dietician and a pharmacist. A Steering Committee was established. Thirty three weekly cooking classes were offered beginning April 2, 1998 with approximately three to four women attending each class. Weekly education sessions/activities were also held beginning April 7, 1998. A total of 19 sessions were held with approximately two to five women attending each session. Childcare, transportation and food supplements (Good Food Box) were provided. Sewing circles were organized and home visits were conducted.

COMMUNITY ACTION PROGRAM FOR CHILDREN



- *Women's Resource Centre*
- Child care advocate workers

HEALTHY CHILDREN'S INITIATIVE



- *Early Childhood Development Program*
- *Prenatal Nutrition*
- *Special Needs Assistant*
- *Cultural Enhancement Project*
- *ECE Workshops*
- *Mother Goose Program*
- *Speech-Language Pathologist*
- *Dental Clinic Education Program*

*"More healers came to our community than expected."
(Brighter Futures)*

Lutsel K'e

BRIGHTER FUTURES



- *On the Land Program* – Workshops and camps provided opportunities for people to become involved in personal and family healing.
- *Youth-In-Care Forum* – A youth in foster care was sent to a conference in Nova Scotia.
- *Youth Workers in the School* – Three youth workers were hired to work with children with serious behavioral problems.
- *Community Workshops* – Two workshops were held on suicide prevention.
- *Desnethe Spiritual Gathering* – A cultural celebration was held that focussed on healthy living.
- *Chipewyan Unity Gathering* – People gathered from all over Canada to celebrate.
- *Leaps & Bounds Workshop*

CANADA PRENATAL NUTRITION PROGRAM (FNIC)



- *Lutsel K'e Prenatal Nutrition* – A total of 12 cooking classes/educational sessions were offered with approximately three women attending each class. Childcare and food supplements were provided.

HEALTHY CHILDREN'S INITIATIVE



- *Health and Social Services Board*
 - Prenatal nutrition
- *Lutsel K'e Dene Band*
 - Travel assistance for ECE workshop and FAS/E workshop

"The youth workers enabled the youth to have a voice in the community."
(Brighter Futures)

Yellowknife

Community Wellness in Action 1998-99



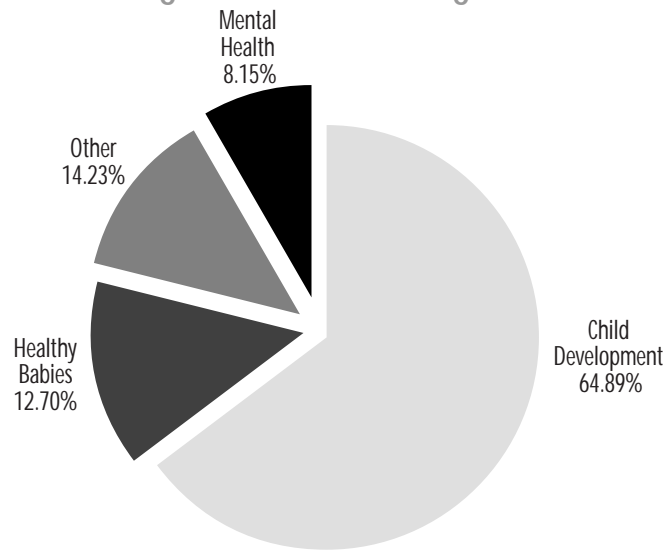
The region denoted on this map is for information purposes only and does not represent official land claim or treaty areas.

Yellowknife Region

Total Funding 1998/1999

	(Actual Expenditures)		(Committed Amounts)						(Committed Amounts)	
	Federal - First Nations & Inuit Brighter Futures	CPNP	Federal - Health Promotion Programs Branch (Off-Reserve Funding) Head Start	CPNP	ACAP	CAPC	CAP	PHF	GNWT Healthy Children	Total
Yellowknife	144,679	10,800	225,000	160,500	91,000	284,444	48,895	52,000	390,750	1,408,068
Total	144,679	10,800	225,000	160,500	91,000	284,444	48,895	52,000	390,750	1,408,068

Yellowknife Brighter Futures Funding 1998/99 Priorities



BRIGHTER FUTURES



- *Health and Social Development* – Support was given to a program that included a traditional healing camp, healing workshops, a community needs assessment, and other ongoing events.

CANADA PRENATAL NUTRITION PROGRAM (FNIC/HPPB)



- *The Healthy Baby Club* – This program addresses the nutritional needs of high-risk pregnant women. Clients were involved in knowledge and skill development in the areas of food budgeting, shopping, menu planning and meal preparation, as well as pre/post natal care, labour and delivery, breastfeeding and nutrition. Program offers food supplement component.
- *Feeding Our Dreams (N'Dilo/Dettah)*
 - A seven session breastfeeding and peer counselor training course was offered. Three half-day health fairs were held.

ABORIGINAL HEAD START INITIATIVE



- *Dene Necha-lia Gha Enit'e Ko (N'dilo)*
 - Preschool Program

AIDS COMMUNITY ACTION PROGRAM



- A project coordinator was employed to coordinate and implement prevention initiatives. A key activity was the development and delivery of "train-the-trainer" modules to produce qualified facilitators in HIV/AIDS prevention.

COMMUNITY ACTION PROGRAM FOR CHILDREN



- *Toy Lending Library* – Children were given the opportunity to play with others and to play with educational toys, and parents were able to see how they could participate in their child's development. Caregivers could identify children at-risk and make special needs toys and books accessible to parents. Workshops for parents were offered.
- *Support for FAS Children and Their Families* – The program promotes the health and social/intellectual development of children with developmental disabilities associated with Fetal Alcohol Syndrome and Fetal Alcohol Effect. Audio-visual materials and other resources were developed.

COMMUNITY ANIMATION PROGRAM

- *Yellowknife Tobacco Awareness Blitz -(Tobacco Action Yellowknife)* –The project promoted smoke-free restaurants and businesses in Yellowknife.

"The long-term goals are taking shape. More staff is needed. Positive feedback from Elders and other community members." (Health and Social Development/ Brighter Futures)"

Yellowknife

- *Ecology North* – A weekend workshop was held on participatory community education for sustainable living. Representatives from the eastern and western NWT were invited.
- *Weledeh Catholic School Community Kitchen for Kids* – The program provided information about basic nutrition, good consumer choices and cost effective meal preparation. A manual was developed to assist other schools to initiate a community kitchen for students.
- *Yellowknife Catholic Schools Recycling Initiative (Arctic Energy Alliance)*
- *Build the Capacity of Health & Environmental Agencies in Yellowknife through Organization Training and Development (Storefront for Voluntary Agencies)*

POPULATION HEALTH FUND

- *Cancer Information Project* – A Cancer Information Workshop was held for participants from small communities in the NWT. Participants will implement projects in their communities.

HEALTHY CHILDREN'S INITIATIVE



- *Focus - YWCA*
- *Family Support Program at the Women's Centre*
- *Four Plus at the Toy Library and Play Centre*

Appendix A

Community Wellness in Action 1998-99



For more information see the following websites:

HEALTH CANADA

Health Promotion and Programs Branch

www.hc-sc.gc.ca/healthpromotion

Medical Services Branch

www.hc-sc.gc.ca/msb

DEPARTMENT OF HEALTH AND SOCIAL SERVICES, GOVERNMENT OF THE NORTHWEST TERRITORIES

www.hlthss.gov.nt.ca

DEPARTMENT OF EDUCATION, CULTURE AND EMPLOYMENT, GOVERNMENT OF THE NORTHWEST TERRITORIES

www.siksik.learnnet.nt.ca/

Search "Healthy Children Initiative"

Appendix B

Community Wellness in Action 1998-99



EVALUATION FORM

We would like to ask for your feedback on this report. This will help shape future editions so that they can meet your needs. Please answer the following questions and add your own comments.

1. How useful is this report as a resource tool? (Circle one)

1	2	3	4	5
(not useful)			(very useful)	

2. How would you describe the layout and overall appearance of the report?

1	2	3	4	5
(not useful)			(very useful)	

3. Are the sections easy to understand? (Check Yes or No for each section)

Introduction Yes No

Comments: _____

Financial Charts Yes No

Comments: _____

Community information Yes No

Comments: _____

4. How could we improve the report in the future?

5. How do you prefer to receive the report in the future? (Check all that apply)

Hard copy Diskette Email

Thank you for taking the time to complete the evaluation. Please fax or mail to:

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Health and Social Services
Government of the NWT

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Yellowknife, NT X1A 2L9
Tel: (867) 873-7037
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