

Annual Report
Isaksimagit Inuusirmi Katujjiqatigiit
Embrace Life Council

2004-2005

*Our Mission is to Support and Encourage
Nunavummiut to Value Life*

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Message from the President

When I attended the founding meeting of the Nunavut Suicide Prevention Council in January 2004, I did not realize, I would end up being the President of the this council that would come to be known as the Isaksimagit Inuusirmi Katujjiqatigiit Embrace Life Council. I have had the joy and privilege of working with the Directors and staff of this council that means so much to me. It was fitting that the Directors selected an Inuk who represents the communities, in my capacity as the Vice-President of the Nunavut Association of Municipalities.

Since our operations began, we have received so much support from Nunavummiut; it has been overwhelming at times. We

always chose to communicate and share our knowledge with a philosophy to celebrate life. In our efforts to improve the lives of Nunavummiut, we must do it with a positive message. We must work with people in the spirit of teamwork and supporting each other. I am pleased to state that, the Isaksimagit Inuusirmi Katujjiqatigiit Embrace Life Council has been about just that.

It was an honour for me to chair our first Conference held in Kugaaruk. The communities' hospitality, warmth and kindness were felt by all the delegates, of which every community was represented. Kugaaruk served as a positive example of what a community can do to support each other. *The Conference of Helping One Another*, will truly serve as a benchmark of our future activities with other communities.

President
Lottie Toomasie

Introduction

The Council (IIKELC) was created through the efforts of many partners. It is an example of teamwork and collaboration - an example of peoples' commitment to ensuring the wellbeing of Nunavummiut. The founding meeting occurred in January 2004. The momentum was such that the Council became incorporated on June 30, 2004. The council consists of 11 Board members. These members represent and are selected by their organizations. The members are:

Lottie Toomasie, Nunavut Association of Municipalities - President

John Henderson – Royal Canadian Mounted Police – Vice-President
Sheila Levy – Kamatsiaqtut Helpline – Treasurer
Charlotte Borg – Federation of Nunavut Teachers – Secretary
Nadia Sammurtok – Kivalliq Inuit Association – youth
representative – Member at Large
vacant – Nunavut Tunngavik Inc.
Wayne Moore – Community of Faith
Andrew Tagak Sr. – Government of Nunavut
Mary Ann Tattuinee – Inuit Qaujimajatuqangit Katimajit
Becky Kilabuk – Qikiqtani Inuit Association – youth representative
Theresa Kakkianiun – Kitikmeot Inuit Association – Interim youth
representative

The Council aims to:

Contribute to the mental, emotional and physical health and
community wellness of Nunavut residents by providing
education, research and statistical analysis, a clearing house,
training and a coordinated holistic approach to suicide
prevention activities;

Recruit, co-ordinate and provide on going training to volunteers
in order to give them the expertise to deliver suicide
prevention and community wellness services;

Educate the public on the issues of suicide, mental health,
community health and related issues;

Acquire sufficient resources in cash or in kind to support the
objectives of the Council and communities throughout Nunavut.

Staff

Lori Idlout is serving a three year term on secondment from the
Department of Health and Social Services as the Executive
Director

Christa Kunuk is the Training and Development Coordinator.

Board Meetings and Executive Meetings

Since our creation, the Council has had two board meetings and
seventeen Executive Committee meetings. One board meeting
occurred in Qikiqtarjuaq, which was sponsored by the RCMP.

Achievement/milestones

The creation of a critical mass to focus energy to reduce suicide in
Nunavut has been initiated. The IIKELC has now been
incorporated, has its own bank account and is using office space
donated by the RCMP. Since its inception, there have been major
advances. The partnerships between all eleven organizations are
being solidified and new ones being forged. Staff and members of
the Council have made various presentations to various venues

both inside and outside of Nunavut. The Council has been responding to community crisis and resulted in being our commitment to maintain this as an important part of our mandate.

Partnerships and Affiliations

Council members and staff have been involved in the Senior Officials Healthy Lifestyle committee which consists of Deputy Ministers from various Government of Nunavut Departments. During our involvement we have participated in telehealth sessions with the communities of Pangnirtung and Cape Dorset.

In its efforts to implement its mandate, the council has two formal partnerships with researchers. Dr. Michael Kral is a well-known researcher in the area of suicide prevention and Inuit well-being. We have partnered with him in his follow-up research on following up on 2 main findings: youth spoke a lot about romantic relationships; the other was on when communities come together to address suicide, they appear to disappear for years at a time. What are the contributing factors to this?

The other is a research team lead by Dr. Lawrence Kirmeyer and Dr. Gustavo Turecki, with coordination through Jack Hicks. The research project is called The Follow-back study. This project is expected to take five years, where the IKELC will provide an advisory and support role during this project. The main method of collection will be to interview family members, and other people a person who has completed a suicide was close to. This will allow the team to develop a portrayal of the individuals' life prior to completion.

We have partnered with the Inuit Circumpolar Youth Council as a representative in the Memorandum of Understanding working group member between Health Canada and the US Indian Health Services. Currently, the main focus of the calls has been to plan for an Indigenous Suicide Prevention Summit to be held in Albuquerque, New Mexico. This partnership also resulted in our participation in the ICYC's Language summit that was held in Iqaluit August 2005.

We have maintained a partnership with the National Inuit Youth Council. This has proven to be positive, as we have shared much information and worked together, in both our organizations maturation. Our affiliations currently are with the Canadian Association for Suicide Prevention. We have been involved in the planning committee for the next annual suicide prevention

conference to be held in Ottawa in October 2005.

Projects Completed

Thanks to the donation of office space by the RCMP, the staff has been setting up the office located at the Igluvut Building in Iqaluit, Nunavut. There is space for two staff. In addition to the office setup and completion of projects, the Council members and staff have made various presentations to various venues.

Workshop Report of the Dreamcatcher visit to Iqaluit, April 2004
International Congress on Innovative Practices for Suicide Prevention –May 2004,
Territorial Recreation Leadership Conference Meetings, May 2004.
Social indicators on well-being committee October 2004
National Framework for Action on Substance Use and Abuse, October 2004
Canadian Association for Suicide Prevention Conference – October 2004
Inuksuk Career Explorations 2004, November 2004
National aboriginal Health organization November 2004
Linking Communities and Research First Nations and Inuit Suicide Prevention March 2005
Social Determinants of Health in Nunavut Workshop 2005
Presentation to QIA's social committee April 2005
"New Perspectives on Understanding and Preventing Suicide among Circumpolar Peoples." University of Anchorage Alaska 2005
National Substance Abuse Framework consultations, June 2005

World Suicide Prevention Day - September 10, 2004

This was our successful introduction into the communities as it was our first activity with them. There was a lot of positive media coverage of the events. Most of the communities participated. A commitment of funding \$200.00 per community was made. Out of the twenty five communities, eleven communities submitted invoices. Recreation coordinators and wellness workers were requested to coordinate the events.

The objective of was to create awareness of suicide as an issue; to encourage teamwork within communities, where each community was requested to do a walk and to hold hands in a similar manner as our logo. It was a media campaign for youth to realize not to give up by sending the lyrics of Sapliqtailigit (Don't Give Up) and encouraged to sing it.

Awareness Sessions with Community Recreational Coordinators

The telehealth and teleconference sessions were our first “training” sessions. We gained experience in providing suicide awareness to a group that works closely with youth. There was positive feedback and challenging questions during the sessions. The participants showed that much work still needs to be done in the area of suicide awareness.

Telehealth sessions were planned to occur with 3 communities, with Iqaluit being the hub. There were too many technical difficulties and it resulted in 2 teleconference calls. Nine (9) recreation coordinators participated in the Sessions. The objective of this activity was to give the recreation coordinators awareness of what youth may go through. To inform them that they are a part of a larger team of people that can help reduce suicides in the communities.

The Recreational Coordinators were very concerned about the youth in their communities and they understood the important role recreation plays in the area of prevention. Further training for the recreation coordinators was discussed. They wanted more information on the warning signs for youth at risk. They also requested information on who they should send youth to, people who have received intervention training. A facilitator was hired to deliver the sessions with the IIKELC Training and Development Coordinator. The Telehealth sessions were provided in-Kind by the Department of Health and Social Services.

Conference of Helping One Another

This was our first conference, where we gathered individuals who had received training since the 1980’s. The Conference was held on February 18-19, 2005, in Kugaaruk, Nunavut. The purpose of the conference was to gather 2-3 people from each community to Kugaaruk. Overall there were 58 delegates and 12 support staff/conference organizers. Participants discussed enhancing networking and partnership developing skills. Discussions included ways of delivering the promotion of productive lifestyle choices; parenting skills and coping skills. Communities shared activities they have done in the area of suicide prevention and community wellness. A final report is available upon request. During the conference, many of the delegates committed to establishing embrace life committees to develop a network of individuals that can work as a team to assist in improving the lives of Nunavummiut.

Resource Materials Generated

A poster showing the Kamatsiaqtut Helpline, our logo and a life affirming message (Your Life is Special) was printed. We developed stickers that can be posted on people's vehicles to promote the IIKELC. We also used the same sticker to be posted on windows of people's homes. These posters are meant to be placed where families are showing their homes are open to youth who need to talk to someone in times of distress.

Plans for 2005-2006

Coordination of World Suicide Prevention Day 2005
Response to Community Crisis as required as well as
Community Support:
Coral Harbour Youth Celebration
Baker Lake - Rifle Cabinets Initiative
Gjoa Haven Youth Committee Development
Establishment of other committees in Nunavut.
Pangnirtung initiative in partnership with Arctic Children and
Youth Foundation.
Completion of Communications Strategy including
Public Service Announcements
Materials such as sweaters, pens and gifts
website development
Develop of Clearinghouse, including electronic references to be
included in website
Participate in Research
Follow-back study
Michael Kral and Qajaaq Ellsworth
Creation of Community Profiles
Through questionnaire
Updating trained individuals database
Fundraising Reception which will also announce recipient of
award from IIKELC.
Strengthen partnership with member organizations to ensure
training needs are met and suicide prevention and wellness
initiatives are met.
Report on accomplishments of summer student Sarah Kerr,
which was appreciatively sponsored by the Department of
Executive and Intergovernmental Affairs.

Financial Information

In total, \$200,000 was received through contribution agreements between the Government of Nunavut's Department of Health and Social Services and Health Canada. A total of \$60,485 was received as donations. With major donations from:
The Royal Canadian Legion
Aqsarniit Middle School
First Air; and
The Royal Canadian Mounted Police

The Overall Project Costs

Budget Developed in Proposal

Item

2004/05

Training and Development

\$75,000.00

Program Working

\$25,000.00

Media Products

\$25,000.00

Business Travel

\$70,000.00

Total

\$195,000.00

Amounts Received

Incoming

Donations

Contributions

Total

Legion

\$ 20,000.00

Aqsarniit Middle School

\$ 1,500.00

RCMP

\$ 3,500.00

GNDHSS

\$ 50,000.00

GNDHSS

\$ 50,000.00

First Air

\$ 21,000.00

GNDHSS

\$ 50,000.00

Health Canada

\$ 50,000.00

Personal Donation

\$ 100.00

Kamatsiaqtut

\$ 10,000.00

(loan)

GN CLEY

\$ 2,000.00

Total

\$ 58,100.00

\$ 200,000.00

\$258,100.00

Expenditures

Cost

Office Administration

Computer Hardware and Software

\$ 3,870.00

Conferences

\$ 9,815.00

Ground Travel

\$ 1,411.00

Interest and Bank charges

\$ 315.00

Internet

\$ 878.00

Membership and licenses

\$ 120.00

Office

\$ 1,399.00

Per Diem

\$ 2,100.00

Telecommunications

\$ 4,902.00

Staff and Professional Fees

Professional Fees

\$ 1,500.00

Salaries and Wages

\$ 11,663.00

Translation

\$ 6,710.00

Programs (Kamatsiaqtut)

\$ 10,000.00

Conference of Helping One Another

Accommodations

\$ 29,886.00

Air Travel

\$ 112,687.00

Meals -Programs

\$ 1,987.00

Per Diem

\$ 23,609.00

Resource Material Generated

Advertising and Promotion

\$ 7,748.00

Total

\$ 230,600.00

Budget remaining

\$ 17,500.00