

Annual Report
Isaksimagit Inuusirmi Katujjiqatigiit
Embrace Life Council

2005-2006



Our Mission is to Support and Encourage Nunavummiut to Value Life

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Message from the President



My participation in the creation of the Isaksimagit Inuusirmi Katujjiqatigiit Embrace Life Council has been consistent and strong over the years. I was on the committee organizing the council and have been on the Board since its inception. I have believed in this effort for many reasons including the passion and commitment we have in ensuring community involvement and ownership of health and wellbeing issues in Nunavut. When the Council selected me to take over the presidency upon Lootie Toomasie's termination, I was both proud and humbled by the support I have received and the faith the council demonstrated. Lootie, as our first President, provided strong leadership in advancing the mandate and the office of the council. He allowed the communities to see that they were important in the development and implementation of our work plan and goals. I thank him for his leadership, support and encouragement.

It is with great pleasure that I confirm that a smooth transition occurred from his term to mine. We also have had wonderful backing from the staff of the Council. Lori, as our competent executive director has been a moving force behind many of our initiatives and I commend her for her hard work and dedication to the cause. Since I became the president in September 2005, I have been extremely proud to represent the priorities and objectives of the Council. Among these are presentations at the 2005 Canadian Association for Suicide Prevention Annual Conference in Ottawa, an invitation to present to the Kirby Commissions Standing Committee on Social Affairs, Science and Technology in Ottawa and a presentation to the Nunavut Tunngavik Inc. at their Board meeting in Kimmirut.

This report will outline the many other activities the council has undertaken to meet our mission *"to Support and Encourage Nunavummiut to Value Life!"*

Sheila Levy
President

Introduction

The Council (IHKELC) 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:

- Sheila Levy – Kamatsiaqtut Helpline - President
- Paul Young – Royal Canadian Mounted Police – A/Vice-President
- Charlotte Borg – Federation of Nunavut Teachers – Secretary/Treasurer
- Nadia Sammurtok– Kivalliq Inuit Association– youth representative– Member at Large
- Elisapee Sheutiapik, Nunavut Association of Municipalities
- Virginia Qulaut Lloyd – Nunavut Tunngavik Inc.
- Garry Jones – Community of Faith
- Andrew Tagak Sr. – Government of Nunavut
- Mary Ann Tattuinee - Inuit Qaujimagatuqangit Katimajit
- Becky Kilabuk – Qikiqtani Inuit Association – youth representative
- Jenna Kamingoak - Kitikmeot Inuit Association – Interim youth representative
- Lootie Toomasie – Past President. (previously with Nunavut Association of Municipalities)

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

The council has adopted the following strategic direction and guiding principles.

To focus on the family and parenting to further develop self reliant communities and to focus the efforts on maintaining community relations and partnerships.

- a. Embracing life – not preventing death - Asking what you think it means to embrace life
- b. Inuit history driving the programming –instilling Inuit Pride
- c. Collective solutions from the community
- d. Community identify solutions, every community is unique
- e. Family is central, including parenting skills, kinship, teamwork
- f. Protecting, being aware and guided by the environment

Current and Previous Staff

- (current) Lori Idlout is serving a three year term on secondment from the Department of Health and Social Services as the Executive Director
- (current) Kane Tologanak is serving a two year term on secondment from the Department of Community Government and Services
- Christa Kunuk, Training and Wellness Coordinator
- Sarah Kerr, Summer Student, funded by the Department of Executive and Intergovernmental Affairs
- Megan Levy served on a casual basis as a training coordinator.

Board Meetings and Executive Meetings

Since the AGM in 2005, the Council had a board meeting and five Executive Committee meetings. With funding from Indian and Northern Affairs Canada and in-kind support from the Department of Justices, Margarete Hollis delivering the workshop, a capacity building/strategic directions workshop was held in February.

Committee Involvement, Partnerships and Affiliations

The two formal partnerships with researchers are still going ahead. Dr. Michael Kral has completed his interviews and is currently undertaking the analysis. The research team lead by Dr. Lawrence Kirmeyer and Dr. Gustavo Turecki, with coordination occurring through Jack Hicks, is leading the Follow-back study. A reference group meeting occurred where the council participated in providing guidance on potential interview questions. Members from the study have now gone to two communities. The interviews have been well received. In this fiscal year we began having discussions with another researcher by the name of Jack Haggerty in the efforts to publish research he conducted on an Inuit community in the 1990's.

The council represents the Inuit Circumpolar Youth Council in the Memorandum of Understanding working group member between Health Canada and the US Indian Health Services. The involvement led to participation at the Indigenous Suicide Prevention Summit held in Albuquerque, New Mexico. The result of our presentation led to the shift from preventing suicides to discussions on embracing life and celebrating life.

We have maintained a partnership with National Inuit Youth Council. Information on the Council has been included in their website. Our affiliations currently are with the Canadian Association for Suicide Prevention.

- Sexual Health Network
- Mental Health Worker steering committee with the Nunavut Arctic College
- Inuit Graduate Studies Program Steering Group
- Territorial School Health team

Projects Completed

Thanks to the donation of office space by the RCMP, the staff was located at the Igluvut Building unit April. The Government of Nunavut's Department of Justice currently provides temporary office space at the Brown 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. These include:

1. Canadian Association for Suicide Prevention Conference
2. Inukshuk Career Explorations
3. Healers Conference in Iqaluit
4. Indigenous Suicide Prevention Conference in Albuquerque New Mexico
5. Presentation at Nunavut Tunngavik Inc. Board meeting in Kimmirut
6. Presentation at Qikiqtani Inuit Associations Youth Conference in Igloolik
7. Presentation at Nunavut Association of Municipalities in Cambridge Bay

World Suicide Prevention Day – September 10, 2005

A funding commitment was made for \$200.00 per community. Out of the twenty five communities, five communities submitted invoices. Wellness workers and volunteers partnered to coordinate the events. The objective of the event 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 not to give up by sending the lyrics of Sapliqtailigit (Don't Give Up) and encouraged to sing it.

Playback in Iqaluit

Erin Brubacher and David Jan Jurasek who have experience delivering Playback technique workshops, were flown in from Montreal. Playback is a form of improvisational theatre where actors on the stage hear stories from the audience than act them out on the spot. Overall, five different techniques were taught: Fluid sculptures; Rants; Doubles; Three-piece stories; STORIES.



Initially, 16 people signed up for the workshop. In the end there were 10 people who completed it. Performances by participants were held at the women's shelter, high school, Joamie School and mini-workshops at the Aqsarniit Middle school and Nakasuk School. At Nakasuk School this workshop was given with a co-operative learning model in mind and plans were made to have the 16 grade 4s and 5s who participated, teach their peers what they learned.

Anger Management Workshop

In partnership with the Iqaluit District Education Authority, David Rattray was flown in to deliver an Anger Management workshop for teachers and others who work with youth at risk. This collaboration was to design and pilot a program that aims to address the specific anger management needs of children who struggle to meet the expected norms of society. It is hoped that our community and our schools become safer and that the lives of Iqaluit children are relieved of the burden of unmanageable anger and rage.

Group Therapy Program for Children Bereaved by Suicide

Josee Lake and Virginie Hamel presented at the Rankin Inlet Conference. They also provide a session in Iqaluit. They have many years experience leading group therapy for children aged 6 to 12 years who have lost someone to suicide. The presentation and consultation was open to all those interested in learning more about helping children and youth who have lost someone significant to suicide.

Teleconference Calls with Communities

Quarterly conference calls with volunteers, wellness councilors or addictions specialists were held with Nunavut communities. The Funding for these teleconference calls were provided through Health Canada's Population Health Fund. These teleconference calls occurred in a series to ease the flow of discussions, allowing more input from communities. The main objectives of these calls were to allow communities to share ideas and methods of implementation with the funding provided to them for committee establishment, youth involvement and opportunities to celebrate life. In addition funding was provided to seventeen communities for committee establishment. The council now has formal relationships with thirteen communities who either have a new embracing life committee, or had a prior existing committee.

Conference in Rankin Inlet

The conference in Rankin Inlet had representatives from most Nunavut communities. The participants included youth, elders, volunteers and front line workers. There were two underlying objectives of the conference. The first was to inform communities about projects shown to be effective and to share techniques to involve youth. The second was to provide information on the NAYSPS and the IIKELC. The Council felt it important to inform the communities of these two important resources as a means to improve the health and wellbeing of Nunavummiut, specifically the youth. During the conference, there were roughly 60 participants. Unfortunately, Sanikiluaq, Clyde River, Pangnirtung and Pond Inlet were not able to attend due to complications.



Community Visits

There were visits to Cape Dorset, Kimmirut, Rankin Inlet, Pond Inlet and various facilities in Iqaluit. All of these visits had one theme in common: to strengthen community pride and instill ownership for solutions at the community level. They also included presentation on identifying coping skills and stress management. Workshops with youth on identifying copings skills, what embracing life means and learning to use their voice.

Ben Williams Fund

With discussions and agreement with Rebecca and Glen Williams and Virginia Qulaut Lloyd, \$500.00 was provided to Christa Kunuk as a student of the newly created Mental Health Worker training Program delivered by the Nunavut Arctic College.

Resource Materials Generated

Stickers to promote the IIKELC were reprinted. The stickers geared toward youth that includes a life affirming message "Your Life Is Special" have been distributed several times to all communities. Four brochures were developed:

- "What can I do-if I suspect someone I know is thinking about suicide?" The information was gathered from the Canadian Association for Suicide Preventions website. In-kind support was received from the Department of Health and Social Services, and the Department of Executive and Intergovernmental Affairs.
- "Positive Parenting"; "Youth Involvement" and "Coping Skills". In addition, an Embracing Life Toolkit was created, which will be geared toward community individuals or groups to promote and increase participation for wellbeing and social development.

Final Reports of the Conference Report, Population Health Fund and INAC are available upon request.

Plans for 2006-2007

- 1.Support communities in accessing the National Aboriginal Youth Suicide Prevention Strategy
- 2.Hire a Training Facilitator
- 3.Complete move to permanent office space location
- 4.Response to Community Crisis as required as well as Community Support
- 5.Community visits to Kimmirut; Gjoa Haven; Sanikiluaq; Arviat and Grise Fiord
- 6.Completion of Communications Strategy including
 - a. Complete website
 - b. Airing of Life Affirming Messages
- 7.Coordination of World Suicide Prevention Day 2006
- 8.Develop clearinghouse, including electronic references to be included in website
- 9.Participate in Research
 - a. Follow-back study
 - b. Michael Kral and Jack Haggerty
10. Creation of Community Profiles
 - a. Through questionnaire
 - b. Updating trained individuals database
11. Strengthen partnership with member organizations to ensure training needs are met and suicide prevention and wellness initiatives are met.

Financial Information

In total, \$308,000 was received through contribution agreements from the Government of Nunavut's Department of Health and Social Services; Health Canada's Population Health Fund; Health Canada's National Aboriginal Youth Suicide Prevention Strategy; Department of Indian and Northern Affairs Canada

A total of \$7895 was received as donations, with major donations from, Aqsarniit Middle School; First Air; the Royal Canadian Mounted Police; and Nunavut Tunngavik Inc. Further, a total of \$8467.00 was received through fundraising efforts.

See enclosure 2005-2006 Annual Audited Statements, which provides revenue and expenditure statements.

**ISAKSIMAGIT INUUSIRMI KATUJJIQATIGIT
EMBRACE LIFE COUNCIL
FINANCIAL STATEMENTS
MARCH 31, 2006**

ISAKSIMAGIT INUUSIRMI KATUJJIQATIGIIT EMBRACE LIFE COUNCIL
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ISAKSIMAGIT INUUSIRMI KATUJJIQATIGIIT EMBRACE LIFE COUNCIL
STATEMENT OF OPERATIONS
 FOR THE YEAR ENDED MARCH 31, 2006

	<u>2006</u>	<u>2005</u>
CONTRIBUTIONS AND DONATIONS		
GN - NAYSPS	\$ 115,000	\$ 0
GN - Building Healthy Communities	0	50,000
GN - Health & Social Services	100,000	100,000
GN - Culture, Language, Elders & Youth	0	2,000
Health Canada - Population Health Fund	54,188	0
Health Canada - Brighter Futures	0	50,000
INAC Contribution	25,000	0
Donations and fundraising	<u>16,362</u>	<u>46,100</u>
	<u>310,550</u>	<u>248,100</u>
EXPENSES		
Accommodations	29,453	29,885
Advertising and promotion	52,959	7,748
Air travel	77,009	112,687
Computer hardware and software	0	3,870
Conferences	12,817	9,815
Ground travel	0	1,412
Interest and bank charges	284	315
Internet	1,189	878
Meals - Programs	2,701	1,987
Memberships and licences	150	120
Office	21,613	1,399
Professional fees	27,089	1,500
Per Diem	15,984	25,709
Programs	26,682	10,000
Salaries and wages	22,561	11,663
Telecommunications	6,073	4,902
Translation	<u>6,224</u>	<u>6,710</u>
	<u>302,788</u>	<u>230,600</u>
EXCESS REVENUES	<u>\$ 7,762</u>	<u>\$ 17,500</u>

ISAKSIMAGIT INUUSIRMI KATUJJIQATIGIIT EMBRACE LIFE COUNCIL
STATEMENT OF CHANGES IN FUND BALANCES
 FOR THE YEAR ENDED MARCH 31, 2006

	<u>2006</u>	<u>2005</u>
BALANCE, OPENING	\$ 17,500	\$ 0
Excess revenues	<u>7,762</u>	<u>17,500</u>
BALANCE, CLOSING	<u>\$ 25,262</u>	<u>\$ 17,500</u>

ISAKSIMAGIT INUUSIRMI KATUJJIQATIGIIT EMBRACE LIFE COUNCIL
STATEMENT OF FINANCIAL POSITION
AS AT MARCH 31, 2006

	<u>2006</u>	<u>2005</u>
<u>ASSETS</u>		
CURRENT		
Cash	\$ 27,227	\$ 24,768
Accounts receivable	13,528	5,536
Prepaid expenses	<u>200</u>	<u>200</u>
	<u>\$ 40,955</u>	<u>30,504</u>
<u>LIABILITIES</u>		
CURRENT		
Accounts payable and accrued liabilities	\$ 15,693	\$ 13,004
<u>NET ASSETS</u>		
GENERAL FUND	<u>25,262</u>	<u>17,500</u>
	<u>\$ 40,955</u>	<u>\$ 30,504</u>

APPROVED BY THE BOARD:

_____ Director

_____ Director

ISAKSIMAGIT INUUSIRMI KATUJJIQATIGIIT EMBRACE LIFE COUNCIL
STATEMENT OF CASH FLOWS
 FOR THE YEAR ENDED MARCH 31, 2006

	<u>2006</u>	<u>2005</u>
OPERATING ACTIVITIES		
Excess revenues	\$ 7,762	\$ 17,500
Cash provided by (used for) changes in non-cash working capital:		
Accounts receivable	(7,992)	(5,536)
Prepaid expenses	0	(200)
Accounts payable and accrued liabilities	<u>2,689</u>	<u>13,004</u>
	<u>2,459</u>	<u>24,768</u>
INCREASE IN CASH	2,459	24,768
CASH, OPENING	<u>24,768</u>	<u>0</u>
CASH, CLOSING	<u>\$ 27,227</u>	<u>\$ 24,768</u>

ISAKSIMAGIT INUUSIRMI KATUJJIQATIGIIT EMBRACE LIFE COUNCIL
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED MARCH 31, 2006

1. NATURE OF THE ORGANIZATION

The Isaksimagit Inuusirmi Katujjiqatigiit Embrace Life Council is incorporated under the *Societies Act* of Nunavut. The purpose of the Council is to contribute to the mental, emotional, and physical health and community wellness of Nunavut residents by providing education, research and statistical analysis, training and a coordinated holistic approach to suicide prevention activities.

The Council is a not-for-profit organization and is exempt from income tax under Sec. 149(1)(l) of the *Income Tax Act* (Canada).

2. SIGNIFICANT ACCOUNTING POLICIES

The financial statements have been prepared by management in accordance with Canadian generally accepted accounting principles. The precise determination of many assets and liabilities is dependent on future events. As a result, the preparation of financial statements for the year involves the use of estimates and approximations that have been made using careful judgement. Actual results could differ from those estimates and approximations. The financial statements have, in management's opinion, been properly prepared within reasonable limits of materiality and within the framework of the accounting policies summarized below:

(a) Fund Accounting

The General Fund accounts for the Society's general operating and administrative activities.

(b) Revenue Recognition

Government contributions are recognized as revenue in the period in which they are received or receivable if the amount can be reasonably estimated and collection is reasonably assured. Donations are recorded as revenue when received.

(c) Financial Instruments

The Society's financial instruments consist of cash, accounts receivable, and accounts payable and accrued liabilities. It is management's opinion that the Society is not exposed to significant interest, currency or credit risks arising from these financial instruments. Unless otherwise noted, the fair value of these financial instruments approximate their carrying values.

**ISAKSIMAGIT INUUSIRMI KATUJJIQATIGIT EMBRACE LIFE COUNCIL
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED MARCH 31, 2006**

3. ECONOMIC DEPENDENCE

The Council receives the majority of its funding from the Government of Nunavut. Without the continuing support of the Government, it is unlikely that the Council could continue operations.

ISAKSIMAGIT INUUSIRMI KATUJJQATIGIT EMBRACE LIFE COUNCIL
SCHEDULE OF OPERATIONS BY PROJECT
FOR THE YEAR ENDED MARCH 31, 2006

	Health Canada	H&SS NAYSPTS	INAC GCAP	Health & Soc. Ser.	Donations & Fundraising	Total 2006
Revenues						
Contributions	\$ 54,188	\$ 115,000	\$ 25,000	\$ 100,000	\$ 16,362	\$ 310,550
Expenditures						
Accommodations	0	15,392	3,457	10,604	0	29,453
Advertising and promotion	35,098	0	3,000	14,861	0	52,959
Air travel	0	50,487	10,472	14,907	1,143	77,009
Conferences	0	7,768	0	5,049	0	12,817
Ground travel	0	0	0	0	0	0
Interest and bank charges	0	0	0	284	0	284
Internet	0	0	0	1,189	0	1,189
Meals - Programs	0	0	0	2,701	0	2,701
Memberships and licences	0	0	0	150	0	150
Office	464	550	365	8,205	4,246	13,830
Professional fees	0	25,536	0	1,553	0	27,089
Per Diem	0	10,189	963	4,832	0	15,984
Programs	17,000	0	0	9,182	500	26,682
Salaries and wages	0	0	0	22,561	0	22,561
Telecommunications	1,626	0	0	4,447	0	6,073
Training	0	0	4,178	3,604	0	7,782
Translation	0	3,142	3,082	0	0	6,224
	54,188	113,064	25,517	104,129	5,889	302,788
Excess revenue (expenditure)	\$ 0	\$ 1,936	\$ (517)	\$ (4,129)	\$ 10,473	\$ 7,762