









Guiding principles were set up to guide the activities of the office:

- a. Embracing life – (not just preventing death) – Asking people what they think it means to embrace life
- b. Inuit history driving the programming – instilling Inuit Pride
- c. Collective solutions from the community
- d. Communities identify their own solutions, recognizing that every community is unique
- e. Families being central to life – focus on parenting skills, kinship, teamwork
- f. Protecting, being aware and guided by the environment.

These priorities and guiding principles have formed the basis for decision making in determining the activities that the Embrace Life Council staff have undertaken this year.

## Reports from the Members



Sheila Levy – Kamatsiaqtut Helpline

### Projects

Training on communication skills, active listening, risk assessment, how to do deal with many different issues, as well as suicide prevention. Values, attitudes, knowledge and skill development is also covered.

### Conferences Attended

- ❖ CASP (Canadian Association for Suicide Prevention) October 2006.
- ❖ Communities in Crisis Symposium – Vancouver, February, 2007.

### List Strategies

Interested youth (16 and over) are allowed to take the training to become volunteers. The training helps them in all aspects of their lives, not only when they are on the line. All volunteers take extensive training. On going training occurs periodically as well, focusing on one or two issues.

### List Training Provided to staff

Motive and Expectation	Goals of Training
Active Listening	Assessment of Risk
Referrals	Helping Styles
Role of Feelings	Reflecting Responses
Open-Ended Questions	Road-Blocks to Communication
The Listening Model	Role Playing
Guidelines for Handling Specific Types of Calls	Parenting skills
Suicide: Assessing Risk, intervention techniques, contracts, stages in constricted thinking	
Sexual Health issues; HIV, AIDS, STD's etc.	

## Charlotte Borg – Nunavut Teachers Association

### **DESCRIPTION OF SERVICES/ADVOCACY OR PROGRAM:**

The Nunavut Teachers Association has a Collective Agreement between the Federation of Nunavut Teachers AND Minister responsible for the Public Service Act (Nunavut). Its role is to maintain and improve harmonious relations and to settle conditions of employment among the Employer, employees, and the Nunavut Teachers' Association; To recognize the mutual value of joint discussion and negotiations. The parties want to effectively serve the citizens of Nunavut by:

- Improving the quality of education in Nunavut
- Efficiently serving the students of Nunavut
- Improving professional standards
- Producing the highest quality of instructional service
- Promoting the well-being of all Nunavut teachers, and
- Establishing within the framework provided by law, an effective working relationship at all levels of the Nunavut Public Service.

### **CONFERENCES ATTENDED BY THE MEMBER:**

- October 2006: Represented ELC at CASP's annual national conference through participation and session presentation.
- January 2007: Represented ELC at the Qikiqtani Student Support Teacher Conference in Iqaluit and facilitated training on Anger Management for Teens.
- March 2007: Represented ELC at the Qikiqtani School Community Counsellors' Conference in Iqaluit and co-facilitated training on (1) Anger Management for Teens and (2) Suicide Prevention in Schools.

### **TRAINING PROVIDED:**

- To Grade 6 teachers in Iqaluit – how to co-teach made-in-Nunavut suicide prevention and bullying prevention programs to pre-teens. (September 06-March 07)
- To Qikiqtani Student Support Teachers – how to facilitate anger management programs with groups of pre-teens. (January 07)
- To Qikiqtani School Community Counsellors – how to facilitate anger management programs and suicide prevention programs with groups of pre-teens. (March 07)
- To Iqaluit educators, social workers, mental health workers, community members and volunteers – how to build positive communities through positive group processes (five days in February 2007).

## Becky Kilabuk – Qikiqtani Inuit Association

QIA's mandate is to Protect and Promot Inuit Rights and Values. It represents the interests of the Inuit of the Baffin Region, the High Arctic and the Belcher Islands.

### **CONFERENCES ATTENDED BY THE MEMBER:**

- National Inuit Elders & Youth Summit (Baker Lake, NU) March 12-16, 2007
- Youth Leadership Conference (Toronto, Ontario) June 11-15, 2007













## **In-Kind Contributions**

The Council is very grateful to the Government of Nunavut for its generous in-kind contributions. Of these include the salary and time of the Executive Director, Lori Idlout and the Wellness, Training and Development Coordinator, Kane Tologanak who is stationed in Cambridge Bay.

The council would also like to acknowledge the support and office space it received from the RCMP "V" Division, Department of Justice, the Department of Community and Government Services and the Department of Executive and Intergovernmental Affairs.

## **Donations and Fundraising**

In 2006 and 2007 we received a total of \$7430. in donations from individuals and corporations. During our fund raising initiative last fall, we were able to raise \$13,527. This year, most of our contribution agreement obligations went over budget slightly and all of these donations and fundraising dollars became very useful as they were used to balance our accounts. Further to this we received a GST rebate in the amount of \$5370.

## **Ben Williams Fund**

During this fiscal year there was no distribution from the Ben Williams Fund. As such the fund remains at \$7895.

## **Projects by Contribution**

**Source: Department of Health and Social Services Amount: \$125, 00.00**

The funds from this source were used mainly for operational costs. These Costs include, telephone, internet, office supplies and interpreting and translation of documents. We were also fortunate to attain Annie Quirke as the Training Facilitator, whose salary was paid with this fund.

A major part of this fund was also used to coordinate the first ever Nunavut Embrace Life Day. This included working with communities and developing and distributing resources such as the

- Embracing Life Resources Toolkit
- Kamatsiaqtut Helpline poster with an image of Jordan Tootoo as made possible my Nunasi Corporation and NorTerra
- Embrace Life wristbands; And the Embrace Life Flag

**Source: Health Canada Amount: \$50,000.**

This fund came out of Health Canada's Indian Residential Schools Mental Health Support Program. The expenses for this fund were used to employ Gela Pitsiulak as the Resolution Health Support Worker. Gela's position is another positive example of partnership. The Council works with NTI and their steering committee that oversee's the Qauma Mobile Treatment Program, which is funded by the Aboriginal Healing Foundation.













