Inuusittiaringniq

News from Nunavut's Wellness Community

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Summer 2017, Issue #4

Kugluktuk's Moving Forward Together – Hivumut Aulaniq Atauttimut Project

Moving Forward Together – Hivumut Aulaniq Atauttimut (MFT) - is a holistic crime prevention program. The main goal of the program is to reduce risk factors associated with criminal behaviour while increasing protective and resiliency factors. MFT addresses mental health and suicide prevention, addictions, skills building, physical activity, culture, and youth engagement. The program is currently in its fourth year of a five-year funding agreement through Public Safety Canada and administered under the Hamlet of Kugluktuk.

The program runs many activities, from land-based programs (including youth-elder land based documentaries), weekly Teen Boys and Teen Girls groups, substance abuse prevention/drug education programs, Inunnguiniq Parenting Program, community events, an annual community forum, individual support/counselling, and opportunities for community service. The primary target group is youth aged 12-25 years and young parents. Some activities are also geared towards children six to 11 years old. The program has had a total of 300 participants in four years.

A lot of collaboration occurs at the community level to help make the program a success. MFT staff meets weekly with RCMP, Mental Health Nurse, Wellness Department Staff, Resolution Health Support Worker, Drug and Alcohol Counsellor, Community Justice Outreach Worker and Youth Coordinator. MFT also supports the Youth Council, which meets every two weeks, and offers support and training to the Youth Centre staff.

Elders and youth working together on creative projects such as documentaries (Photo courtesy of MFT)

MFT partners with Kugluktuk High School (KHS) to offer school credit land-based programs and receive referrals from KHS for individual and follow-up support. MFT programming runs in many different buildings, from the community hall, to Youth Centre, to Elder Centre, to KHS, and on the land.

The MFT program adapts their activities seasonally, balancing regular programs, running special projects to engage new participants, and responding to issues in the community.

MFT participants enjoy the land excursion.

Moving Forward Together has two full-time staff (one coordinator and one counsellor), up to four part-time MFT trainees (one dedicated to every regular program), contract workers (guides, elders, facilitators, and interpreters), as well as volunteers and community partners. The MFT Coordinator, Jodi Alderson, provides more insight into MFT programming:

"One of the highlights of the MFT program is our Skills Group for youth ages 15 to 25. It is a good example of finding a program or approach to engage those youth who are hardest to reach. Once a week, 7:00 to10:00 p.m., during fall/winter and two times a week in the summer, we offer youth an opportunity to learn different cultural skills at the Elders' Centre. These are identified by youth themselves and include sewing, preparing furs/skins, ulu-making, kakivak making, drum-making, etc.

We hire local instructors and elders, and the materials are free. It's a relaxed environment. The youth and MFT trainee cook a meal together (country food as much as possible). We often have someone come in to talk about different topics before we eat together. The MFT coordinator does one-on-one check-ins and goal setting sessions throughout the evening in a private space. More experienced youth participants are then asked to recruit and mentor new participants. The MFT trainee works with the coordinator to do the planning, outreach/promotion, posters, budgeting and finances, and is taking on more responsibilities such as looking at future grants to support beyond MFT."

"Even though meaningful collaboration can be difficult and labour intensive at times, the benefits are exponential."
– Jodi Alderson

Moving Forward Together Program

Contact: Jodi Alderson
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Nunavut Lockbox Project

With the success of Kugluktuk's lockbox project, the Department of Health is working with eight more communities to deliver the lockbox project and encourage active participation in poison control efforts for solvent abuse prevention. The lockbox project involves hiring local community members to build wooden boxes with locks to store and reduce accessibility to jerry cans, camping fuel cans, propane tanks, ropes, nets, and other hazardous materials.

To find out more, contact Daman Dhillon at DDhillon@gov.nu.ca or call (867) 975-5746.

Embrace Life Council: Inuusivut Anninaqtuq Action Plan 2017-2022

Inuusivut Anninaqtuq (United for Life) is Nunavut's third suicide prevention action plan, and was launched June 26, 2017 with a focus on communities taking action. It presents actions that Nunavummiut have agreed to, and commit to, over the next five years: 2017 – 2022. The commitments within the plan are a reflection of the united voices of Nunavummiut.

The primary goals of Inuusivut Anninaqtuq are to:

1. Express that suicide is preventable and we are determined to make a difference in Nunavut;
2. Improve social equity, as it is key to primary prevention, including access to adequate housing, poverty reduction, and crime reduction;
3. Make a difference in a very short period of time, as research and lived experience has demonstrated is possible; and
4. Demonstrate that every person and organization in Nunavut can have a role in preventing suicide and in building a healthy community.

The Nunavut Suicide Prevention Strategy Partners include the Government of Nunavut, Nunavut Tunngavik Incorporated, the RCMP V-Division and the Embrace Life Council. Together, they have put forth an action plan with a community-led focus. Communities will be empowered to take ownership of, and implement community programs that support suicide prevention.

The Quality of Life Secretariat has sent out a call for proposals to community non-profit organizations and governments to submit proposals for community-led programs focused on suicide prevention, intervention and post- intervention. The new action plan will help community governments, community health and wellness committees, and non-profit organizations make the most of existing resources by helping with grant applications and planning for multi-year funding so programs have stability and continuity.

Community governments and non-profit organizations wishing to apply can email inuusivutanninaqtuq@gov.nu.ca to receive an application package.

Community walks together in Iqaluit to celebrate the launch of Inuusivut Anninaqtuq

Embrace Life Council

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The website includes many resources for individuals, community groups, and frontline workers.

New Multi-year Community Wellness Plans

As of spring 2017, all 25 Nunavut communities have new, multi-year Community Wellness Plans in place. Congratulations to all!

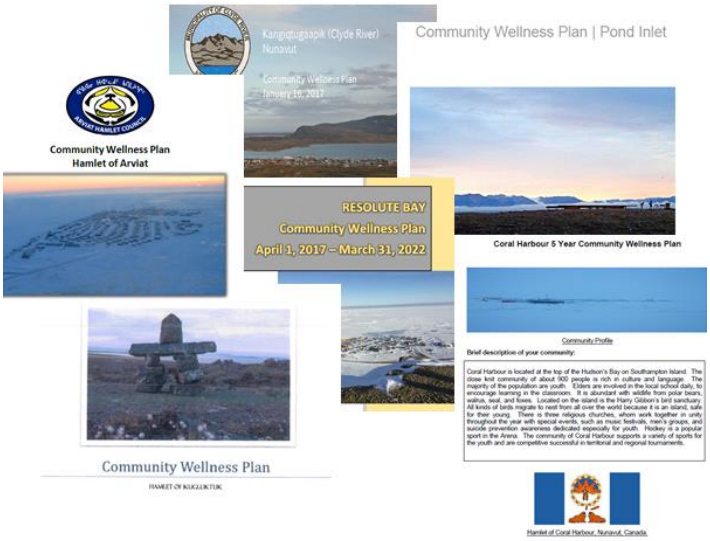
The Department of Health (Health) facilitated communities to design their own two to five-year Community Wellness Plan (CWP). Written by the community, for the community, the CWP identifies unique and individual community priorities for health and wellness, and the programs that address them.

Community Wellness Programs support community-based initiatives that aim to improve the health and wellness of individuals, families, and communities. Through Community Wellness Programs, communities demonstrate programming in various health promotion areas, such as mental health, nutrition, maternal and child health, physical activity, injury prevention, sexual health, tobacco reduction, and addictions.

These programs emphasize the development of knowledge and skills to provide Nunavummiut with opportunities to design, develop and participate in health and wellness projects, promote awareness and understanding of health issues, and improve the quality of, and access to, culturally appropriate wellness information and services in the community.

"Knowledge & experience comes from our Elders, determination comes from within and is shared with others. Health, wellness, education, safety, raising a child, and protecting our Elders requires a community effort, and the Community Wellness Plans are proof that our communities are reaching for the stars!"
– Pelagie Sharp

Workshops were held in each of the three regions in fall 2016. During the workshops, community representatives were provided with resources to help coordinate and facilitate consultations in their own community and to begin the CWP development process. Furthermore, the workshops provided communities with the opportunity to establish new relationships and opportunities in health and wellness.



Examples of the unique, community-authored CWPs

Community Wellness Programs

Government of Nunavut, Department of Health
Email: wellness@gov.nu.ca

About this Newsletter

Inuusittiaringniq means "living well together." This newsletter presents stories about community wellness work across Nunavut and other information for community-based wellness leaders. Each issue profiles successful projects and new initiatives. We focus on practical details about what is working well so we can learn from each other's experiences.

To suggest a story, please email us at *embracelife@inuusiq.com*.

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