Inuusittiaringniq
News from Nunavut's Wellness Community
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Fall 2018, Issue #8

The Representative for Children and Youth

The Representative for Children and Youth's Office (RCYO) makes sure the Government of Nunavut is doing the best they can to take care of children and youth by supporting their rights. There are many parts to the RCYO's work, one of which is to work one-on-one with children, youth, and their families by:

- Giving them information on children and youth rights;
- Answering questions about government programs and services;
- Helping them find services and/or programs they need;
- Coaching children and youth in how to explain to others what they need;
- Making sure children and youth can be a part of the decisions being made about them,
- Attending meetings with them and a health worker, social worker, community corrections officer, or other government worker to provide support.

The RCYO works with young people who are 18 years old or younger, but there are situations that allow them to work with 19 to 25 year olds, as well.

Below are some Frequently Asked Questions about the organization and the RCYO's responses.

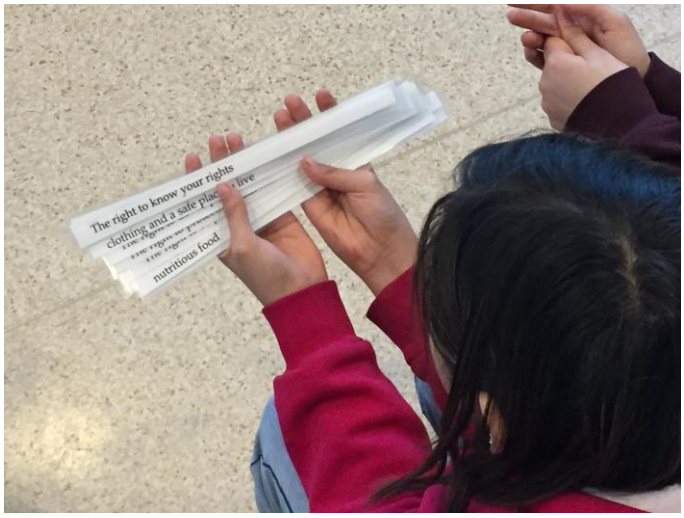
What are child rights?

Child rights are things all children and youth should have or be able to do so they can live life to their full potential.

As a child or youth, some of the rights you have are:

- A safe home, food to eat, and clean drinking water;
- Your own culture, traditions, religion, and language;
- To be protected from abuse and neglect;
- To be heard by adults and to have your opinion considered in decisions being made about your life; and
- To know your rights!

Children around the world are entitled to these rights, regardless of their gender, gender identity, gender expression, race, ethnicity, religion, or sexual orientation.



Who can contact your office?

Anyone who has a concern about a child or youth should contact our office. This includes parents, service providers (teachers, nurses, and social workers, etc.) and all community members including adults, youth, and children.

What are some reasons I would contact the Representative for Children and Youth's Office?

There are many reasons why you may want to contact our office, such as:

- You need help getting a doctor's appointment,
- You are concerned about something that happened at school,

- You are in foster care and want help speaking with your social worker about your placement.

If you don't know if we can help you, contact us anyway. If we can't help you, we will find you someone who can.

I'd like to contact your office, but I am having difficulty finding a private space to do so. What should I do?

You have the right to contact our office in private. The person in charge at your school, health centre, group home, or any other government facility is required to help you find a private space to call or email us.

Can you still help me if I am not in Nunavut?

If you are a Nunavut resident receiving Government of Nunavut services outside of the territory, call us. Even when you are outside of Nunavut, there are ways our office can help and support you.

Is what I tell someone at your office confidential?

Yes. We respect your privacy. We will not share information you give us without your permission. However, if it becomes clear to our staff that someone's safety or well-being may be at risk, we are required to report this to someone who can help. If you are under 12 years old and we feel it is best for you to tell your parent(s) or guardian(s) about your concern, we will work with you on how to do this.

The Representative for Children and Youth

Phone: (867) 975-5090 or toll-free (no charge) from anywhere in Canada at 1-855-449-8118,

Email: contact@rcynu.ca

Website: www.rcynu.ca

Whale Cove TB Prevention Screening Clinic

Starting October 22, 2018, the Department of Health held a community-wide Tuberculosis (TB) screening clinic in Whale Cove. The clinic was an opportunity to bring all the equipment and medicine to the community for diagnosis and treatment. With the support of the federal government, the Hamlet of Whale Cove and Nunavut's Department of CGS, a temporary clinic was set up in the Whale Cove Youth Center. This clinic has the capability of diagnosing active and latent TB. The knowledge gained from Whale Cove will support the work to eliminate TB across the territory.

Households were contacted and encouraged to schedule an appointment to be seen by clinic staff to help eliminate TB in Whale Cove. Health worked with the Hamlet of Whale Cove, the local school and Co-op to host weekly events for community members, contests and games with prizes and food, and hosted a 'trick or treat' at the clinic on Halloween.

TB is 100% curable with treatment, and we encourage everyone to get screened for TB at their local Health Centre.

Embrace Life Council: Canadian Firearms Safety Course

The Canadian Firearms Safety Course (CSFC) is an 8 hour, 1-2 day course that covers a wide variety of topics, such as:

- the evolution of firearms, major parts, types and actions;
- basic firearms safety practices;
- ammunition;
- operating firearm actions;
- safe handling and carry procedures;
- firing techniques and procedures;
- care of non-restricted firearms;
- responsibilities of the firearms owner/user;
- safe storage, display, transportation and handling of non-restricted firearms.

CFSC Training in Hall Beach

The CFSC was developed in partnership with provinces and territories, national organizations with an ongoing interest in firearms safety, and many firearms and hunter education course instructors from across Canada. The content of this course is controlled and approved by the RCMP Canadian Firearms Program and was developed to meet the mandatory requirements of section 7 of the *Firearms Act.*

The course is run by certified instructors provided by the RCMP and will take place in available community spaces such as the schools, hamlet offices, community halls, etc. From January to March 2018, ELC has delivered 26 successful CFSC trainings in 9 different communities, with a total of 226 participants.

To be eligible to apply for a Possession and Acquisition License, classroom participation in the full CFSC is mandatory for first-time license applicants. Once the course is completed, individuals will then have to pass the test.

Embrace Life Council

Phone: (867) 975-3233
Toll-free: 1-866-804-2782
Email:embracelife@inuusiq.com
Web: inuusiq.com

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

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*.

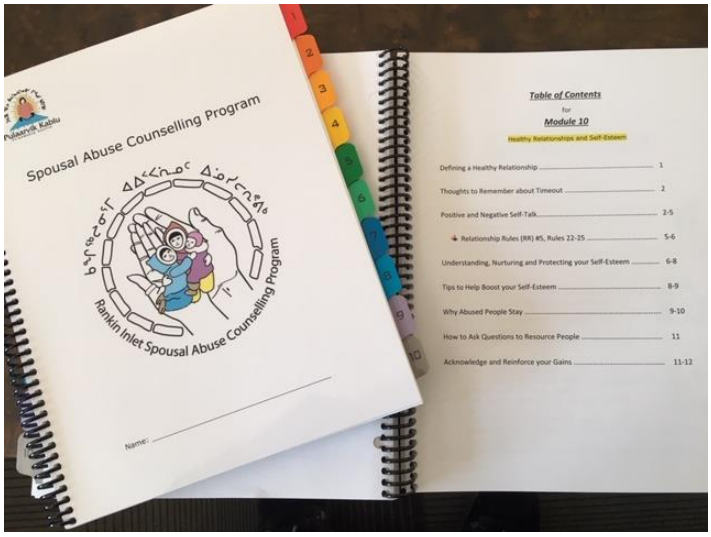
SUBSCRIBE

Subscribe to *Inuusittiaringniq*, email us: *embracelife@inuusiq.com*.

Rankin Inlet Spousal Abuse Counselling Program

In 2002, several members of the Nunavut Court system were concerned about the high number of common assaults in Rankin Inlet and looked into funding for a pilot project called the Spousal Abuse Counselling Program (SAP). Pulaarvik Kablu Friendship Center agreed to take on the task of administrating the program.

Program participants have usually been charged or will be charged with common assault. Referrals from probations, mental health, social services, RCMP and occasionally self-referrals are also received.



Manual that is provided to participants of the Spousal Abuse Counselling Program

There is a complementary program for victims of abuse and family violence. Some are partners of program participants who may need support and help through a difficult time in their lives. Others may join programs offered specifically for women.

SAP includes talk therapy, viewing relevant educational videos about healthy relationships, creative art exercises, practicing deep breathing, and grounding exercises. A user-friendly manual has been developed that every participant who completes the program receives to share with their family. The facilitator's manual can be accessed online by anyone.

The educational portion of SAP has been offered at the Rankin Inlet Healing Facility. This portion complements the individual counselling and cultural programs already being offered at the facility. The high school grade 10 classes have also received presentations to talk about Healthy Relationships and a summer activity this past August was facilitated with girls 8-12 years old called *Girls Expressing Through Art*. During this program, they talked about what creates healthy relationships with friends and family. They are currently collaborating with the community safe shelter by hosting a Women's Support Group every Tuesday and Thursday afternoon.

Resources from the *Girls Expressing through Art* activity

Last year, SAP had almost 80 people go through the office. Twenty-five were identified as victims, 43 were identified as Abusers, 6 unidentified walk-ins, and 3 that requested couple's counselling, with a total of 869 contact hours with participants.

After participating in the program, many men and women say that they had not realized that some of the behaviors they were doing with each other was abusive. Many participants fully embrace the counselling and education part, never return to court, and have reported that their relationships improved.

Rankin Inlet Spousal Abuse Counselling Program

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