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2007-2008 ANNUAL REPORT



(photo of Taloyoak horizon taken by Gela Pitseolak)



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## Background

The Isaksimagit Inuusirmi Katujjiqatigiit Embrace Life Council was established in January 2004 as a result of partnership efforts of many. Efforts to create the council began in 2003 with the recognition that there needed to be a coordinated initiative in addressing the high suicide rates in Nunavut. The Council will provide this coordination as well as provide training to volunteers, teachers, members of the RCMP, and many others to increase awareness of youth at risk. The Council's eleven member board has collaborated to provide leadership to its expanding team. This year the members representing its organizations were:

Sheila Levy – Kamatsiaqtut Helpline  
Marty Cheliak – Royal Canadian Mounted Police “V” Division  
Charlotte Borg – Nunavut Teachers Association  
Becky Kilabuk – Qikiqtani Inuit Association  
Sandy Oleekatalik – Kitikmeot Inuit Association  
Joclyn Ukutaq-Malla – Kivalliq Inuit Association  
Percy Kabloona – Nunavut Association of Municipalities  
James Brown - Community of Faith  
MaryAnne Tattuinnie – Inuit Qaujimajatuqangit Katimajit  
Madeleine Adams – Government of Nunavut  
Virginia Qulaut Lloyd – Nunavut Tunngavik Inc.

The Council is a non-profit organization who recently attained charitable status. According to our by-laws 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.

## Staff

Lori Idlout – Executive Director  
Kane Tologanak – Wellness, Training and Development Coordinator  
Annie Quirke – Training Facilitator  
Gela Pitsiulak – Resolution Health Support Worker  
Qajaaq Ellsworth – Inuusivut Coordinator





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**Source: Health Canada**

**Amount: \$181,768.00**

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 and Marie-Lucie Uviluq as the Resolution Health Support Workers. Their positions are 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.

**Source: National Aboriginal Youth Suicide Prevention Strategy**

**\$514,578.**

This fiscal year the council administered this fund on behalf of the Department of Health and Social Services. A team consisting of Embrace Life Council, Department of Health and Social Services, Nunavut Tunngavik Inc., National Inuit Youth Council with support from Health Canada reviewed proposals as they arrived. In total 20 community initiatives were funded.

The NAYSPS has four key elements: Primary Prevention (increasing resiliency and reducing risk), Secondary Prevention (supporting communities at risk), Tertiary Prevention (crisis response) and Knowledge Development (evaluation and research). A more detailed report is available upon request.

**Source: Health Canada-Inuusivut**

**\$69,000.**

Under Health Canada's - NAYSPS Aboriginal Youth Mental Health Promotion Program this fund is to help build capacity and produce new knowledge in the area of Mental Health Promotion in Inuit communities. The project focuses on protective factors against suicide - activities that take a strengths-based, positive approach and is focused on maximum and lasting impacts for youth.

Inuusivut, Our Way of Life, is youth driven and has the support of several key partners. This work builds on and complements existing mental health promotion activities and initiatives already underway in Inuit communities. The purpose of this project is to learn, document and share, through various means, how Inuit perceive, express and develop/foster/promote mental health. The project aims to develop capacity in Inuit communities by having youth directly explore issues related to mental health and to enable them to share their findings with their peers, families and communities. The Youth Media Team (YMT) includes a group of volunteers who are helping to improve communications for Inuit Youth. Youth across all Inuit regions have begun to receive training in photography, filmmaking and related media arts.

**Source: Rural Secretariat**

**\$15,000.**

Agriculture and Agri-Food Canada's Rural Secretariat provided funding in March in order for the council to implement direction provided under the Government of Nunavuts Annirusuktugut Suicide Prevention strategy. The objective of the fund was to hold a first official meeting of the territorial steering committee. This would allow the steering committee members to review existing material and resources, listen to presentations and discuss questions and answers with different community and governmental stakeholders. The main outcome aimed, was to increase the knowledge on the best approaches to addressing the impact of suicide and beginning the process in identifying long-term solutions by drafting a suicide prevention strategy.



## Getting to know the Staff



### **Lori Idlout - Executive Director**

This year was a time of personal growth. Between, my commitment to embrace life, volunteer work and love for playing hockey, I lost a sense of commitment to my family. I found that I had to realign my priorities and practice what I preach. Our families must be our foundation. That can mean going fishing on a beautiful summer day or asking what was the favorite part of your day was during dinner.

What has embracing life meant for me this year? It has been to remember that there is beauty in life; to remember during my own personal darkest moments that, I can still make a difference. Or that my children still look to me for answers and that I need to be there to do my best to answer them, even if I couldn't, right at that moment.

### **Annie Ekho Quirke – Training Facilitator**

A year has gone by so quickly and it's with mixed emotions I am leaving Embrace Life Council. I am not going far as I will still work in Iqaluit. An employment opportunity came that I couldn't pass upon. Nunavummi Disabilities Makinnasuaqtiit Society had job opening for their Executive Director. I applied and was successful candidate.



Working for Embrace Life Council has helped me to build my confidence. It helped me to realize that I have good education background and I need to challenge myself more. Embrace Life Council has a dynamic board and staff. The board members all have full time careers and yet have time to commit themselves to serve on the board. They are caring and committed group of people working tirelessly for the council and for people of Nunavut.

Lori's patience, understanding and encouragement inspired me to challenge myself, to believe in my abilities and skills. She inspired me to work independently without always having to seek approval from her (my boss/supervisor).

The other rewarding part of my work with was connecting with the communities in Nunavut and witnessing communities working together, networking and learning from each other. As I said before, I will always support the work of Embrace Life Council. I will do what I can in my community to promote healthy life style.

### **Kane Tologanak – Wellness, Training & Development Co – ordinator**

What does Embracing Life mean granted and all too often reliant and no rewards or compensation people are criticized rather than make! We have many examples, from a trip or upducted forcibly anyway they can to come to a have all sorts of volunteers and



to me? Volunteerism. It is taken for on it. Volunteerism is on one's self is expected. More often than not given credited for the efforts they for instance, when a person is overdue people immediately volunteer to help conclusion one way or the other. You from all walks of life, even some you



least expect to volunteer. Coaches, officials scorekeepers, statisticians for local events, sports, and games. You may have seen the commercial for Canadian Coast Guard Auxiliary Program where the only reward volunteers get is satisfaction! Yep, there is also there is some that are territorial, national and international organizations, did you know that one time or rather everyone in this room did some volunteering, knowing about it and or didn't even know about it.

Residential School Former Students groups have gone from aggressive movements to supporting and healing modes. Still very much active and visible within their communities and seem to be more in a volunteer to help their community events and programs as if they are more confident and self esteems have given them resurgence to take "back the nightmares" they had experienced brought out to the surface rather then keeping it all inside!

**Marie-Lucie Uviluq – Resolution Health Support Worker**

Marie-Lucie works out of Cambridge Bay. Her support and commitment is invaluable. She brings with her, a strong foundation towards communities taking ownership and has been a wonderful resource for supporting former residential school students. Marie-Lucie is originally from Igloolik where she raised her four daughters and one son.

**Qajaaq Ellsworth – Inuusivut Coordinator**

Qajaaq coordinates the Inuusivut project, helping youth to learn technical and creative aspects of photography and film production. Embracing Life is a lot about taking responsibility and initiative for the things we care about. Rather than relying on governments or other organizations to resolve our issues for us, we must come together and put our solutions into action. This is a dream job for me, working with youth in Inuit communities across Canada's north and working together on cool projects. Sharing laughter is an important part of the equation in the work that we do.

I am a proud parent to Mister Lee (now 11 years old) and Nala Joss (8 months). I would love to spend some more time out on the beautiful land we are surrounded by and share meat and country foods with friends and family. Whether big or small, we must all do things to help each other and show that we care. If anyone has any ideas or questions to share on ways we can work together to help our communities, I am more than willing to help out!

**Gela Pitsiulak – Resolution Health Support Worker**

Gela ended her employment with the embrace life council to be with her daughter in British Columbia. Her knowledge and spirituality has been missed. Gela now works and lives in Rankin Inlet with the Pulaarvik Centre.





## Financial Report

<b>Revenue</b>	Health Canada Inuusivut	NAYSPS	Health Canada - IRS	GN DHSS	Agr.Can Rural Sec.	Donations and Fundraising
Amounts	\$69000	\$514578	\$181,768	\$135,000	\$15,000	\$18577
<b>Expenditures</b>						
Accommodations	855	15,849		7360	2293	
Advertising and Promotion		0	9379	14,642		
Air Travel	2,092	15,494	13,028	17,740	2,284	
Camera and Computer	32,520	50560				
Conferences		27,652				
Insurance				852		
Interest and Bank Charges	0	341		431		
Internet		2159				
Meals-Programs		3560				
Office	15058		1712	637	1032	
Professional Fees	4000	18670	600	2500	1500	
Per Diem		1648	1266	10517	690	
Programs		312325		4675		
Rent		300		75		
Salaries and Benefits	14478	3545	152056	73869		
Telecommunicati ons		13585	3675			
Translations		2110	52	1702	7205	
Totals	69,003	514,578	181,768	135,000	15,004	
Excess revenue (expenditure)	-3	0	0	0	-4	

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

