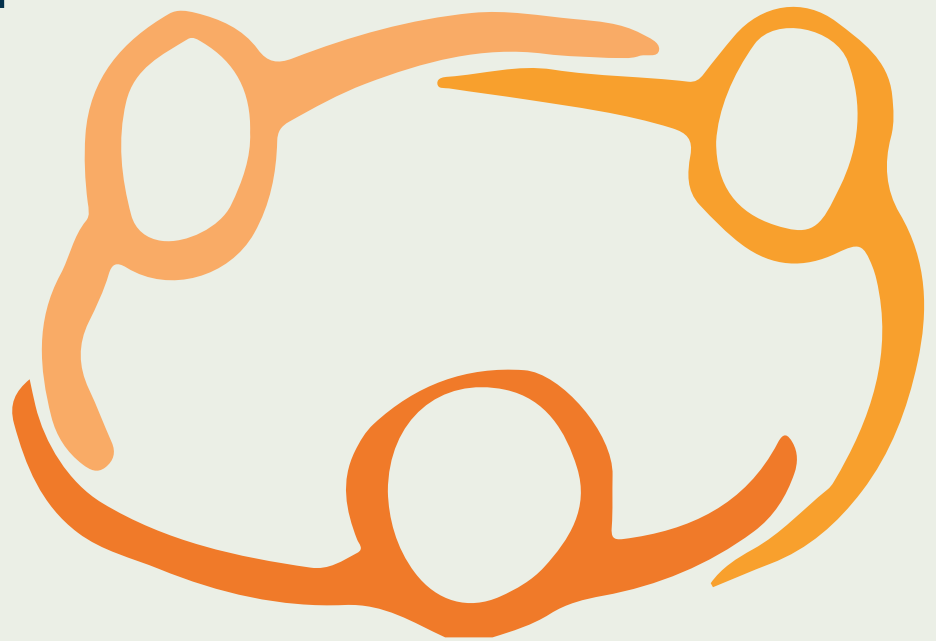


Government of Nunavut

Inuusivut Anninaqtuq
Action Plan 2017-2022

MIDTERM PROGRESS REPORT



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united for life



Inuusivut Anninaqtuq
unis pour la vie



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A message from the Partners

Suicide prevention remains crucial to our collective vision of strengthening the well-being of all Nunavummiut and helping individuals lead productive lives in self-reliant and healthy communities throughout the territory. As we continue to work together to prevent suicide, we are committed to fostering societal changes – where children and youth grow up in safer environments, families, communities; governments work together; and every person and organization plays a role in suicide prevention suicide through healthy communities.

In October 2016, we endorsed a five-year action plan that builds on the foundation of previous efforts. Inuusivut Anninaqtuq action plan 2017-2022 establishes a collaborative territorial approach for government and non-government organizations in the areas of health, education, family services, employment, housing, criminal justice, environment, culture, and heritage by outlining the targeted efforts over a five-year period.

We are pleased to present this midterm report which highlights our collective efforts and progress that took place between June 2017 through to December 2019. This report summarizes our work and demonstrates the dedication of many people who came together in 2017 and mobilized resources. We are fortunate to have dedicated staff working tirelessly throughout the territory to promote positive mental health by supporting those at risk of suicide. As a result of our collaborative efforts we have made good progress in all eight commitments identified in the action plan.

This report demonstrates that our programs and services are stronger as a result of newly integrated processes that directly address suicide prevention and support. We are all proud of our shared achievements to date and look forward to continuing to work cooperatively with each other and community members.

We remain focused despite the significant unforeseen challenges we are facing during the COVID-19 pandemic. Despite disruptions to our work we all remain committed to the action plan and continue to work in Partnership on these important activities to ensure we maintain the momentum we have achieved.

The Government of Nunavut

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For more information about this report or to get involved in suicide prevention in Nunavut, contact:

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Summary

Inuusivut Anninaqtuq (United for Life) represents Nunavut's third suicide prevention action plan based on the Nunavut Suicide Prevention Strategy. The action plan builds on the foundation established by previous efforts and describes a collaborative territorial approach over the period of 2017 to 2022.

Inuusivut Anninaqtuq is supported by eight targeted commitments that align with evidence-based activities.

These commitments are:

1. We will take a focused and active approach.
2. We will strengthen mental health services.
3. We will support youth resilience.
4. We will deliver intervention training.
5. We will support research, monitoring and evaluation.
6. We will communicate openly with Nunavummiut about prevention and our progress.
7. We will support early childhood development.
8. We will support community-led action.

Inuusivut Anninaqtuq includes actions that focus on achieving specific outcomes under each of the commitments, set the direction for change, and provide a foundation for longer-term system transformation.

This midterm report is a collaborative response of our collective work and represents the numerous achievements and progress made from the immediate implementation of the action plan in June 2017 through to December 2019. The publication of this report also specifically addresses Commitment 5-3 - ongoing monitoring and evaluation of the implementation of the Nunavut Suicide Prevention Strategy.

Information in this report is organized using the same eight shared commitments presented in the Nunavut Suicide Prevention Strategy. Each commitment section includes examples of completed milestones and descriptions of some of our work in progress. Several achievements are highlighted throughout the eight commitments to demonstrate progress made by collaborating, sharing resources, and working together towards common goals.

Although the period covered by this report precedes the pandemic, we are including a COVID-19 supplement to highlight its impact on the action plan. While many of the actions remain the same or similar in the remaining period of this action plan, some have been or may be revised after careful consideration because of unforeseen needs due to the COVID-19 pandemic. Suicide prevention remains a priority and the partners are committed to focusing on activities to best respond to the needs of Nunavummiut during this challenging time. This action plan and meeting the goals of the Nunavut Suicide Prevention Strategy remain a priority.

Acronyms

CBT	Cognitive Behaviour Therapy	KIA	Kivalliq Inuit Association
CGS	Community and Government Services, Government of Nunavut	KILRP	Kivalliq Inuit Language Revitalization Program
CHR	Community Health Representative	KitIA	Kitikmeot Inuit Association
CSSW	Community Social Services Worker	KivIA	Kivalliq Inuit Association
DBT	Dialectical Behaviour Therapy	MHA	Mental Health and Addictions division, Department of Health
DEA	District Education Authority	MOU	Memorandum of Understanding
ECE	Early Childhood Education	NAC	Nunavut Arctic College
EIA	Executive and Intergovernmental Affairs, Government of Nunavut	NISPS	National Inuit Suicide Prevention Strategy
ELC	Embrace Life Council	NSPS	Nunavut Suicide Prevention Strategy
ETP	Environmental Technology Program	NTI	Nunavut Tunngavik Incorporated
GN	Government of Nunavut	QCAP	Qikiqtani Cultural Activities Program
ICC	Indigenous Cultural Competency	QIA	Qikiqtani Inuit Association
IISP	Interagency Information Sharing Protocol	QoL	Quality of Life Secretariat
IMHA	Inuusivut, Mental Health and Addictions	RIAs	Regional Inuit Associations
IQ	Inuit Qaujimagatuqangit	RCMP	Royal Canadian Mounted Police
ISV	Inuit Social Values	SSP	Somebody's Son Program
ITK	Inuit Tapiriit Kanatami	T4T	(safeTALK and ASIST) Training for Trainers
KAT	Kivalliq Art Camp	TIP	Trauma Informed Practices

¹ QoL underwent an organization structural change in 2020. For further details see in the Supplement section of this report.

Commitment 1

We will take a focused and active approach



Actions summary

- 1-1. Strengthened GN leadership, coordination and commitment to suicide prevention
- 1-2. Strengthened NTI staff capacity and collaboration on suicide prevention
- 1-3. Continued and strengthened collaboration between the NSPS Partners
- 1-4. Ensure involvement of RIAs in territorial suicide prevention planning and efforts
- 1-5. Strengthened collaboration between the Partners and Nunavummiut working at the community level
- 1.6. Enhanced application of Inuit Qaujimajatuqangit in planning and delivering suicide prevention and wellness initiatives

Milestones



The Partners continue to demonstrate a strong commitment to the strategy by building capacity and actively participating in committees and events that focus on community-led suicide prevention. These milestones represent some of the highlights of the work completed by the Partners which focuses on the mobilization of existing resources and the creation of new positions to fulfil commitments.



QoL created five new strategic positions to support the action plan



NTI and the RIAs hosted Regional Healing Gatherings in South Qikiqtani in fall 2017, in Kivalliq in winter 2019, in North Qikiqtani in summer 2019, and in Kitikmeot in fall 2019



NTI created and hired a Health Policy Analyst and Social and Social and Cultural Program Manager in 2018 with responsibilities that specifically address suicide prevention initiatives



Health, QoL, ELC developed the provision of Nunavut Wellness Agreements to fund and support community wellness plans



NSPS Partners hosted a territorial United for Life Summit in Baker Lake in fall 2018 - over 100 Nunavummiut came together to discuss best practices and develop next steps in community-led suicide prevention, intervention, and postvention work



QIA established a regional youth seat on the ELC Board of Directors and a seat on the National Inuit Youth Council where suicide remains a top priority - priorities are identified each year by youth from across the six Inuit regions of Inuvialuit, Kitikmeot, Kivalliq, Qikiqtani, Nunavik, and Nunatsiavut



IQ training is conducted bi-monthly for GN employees



EIA, Health Education, Culture and Heritage, and Family Services prioritized Indigenous Cultural Competency Training for staff



A Grants and Contributions Program funded seven programs that focus on enhancing Inuit Societal Values in Nunavut from Culture and Heritage



Inuit Qaujimajatuqangit Katimajit, an external Elder advisory committee, provided advice regarding legislation



Uqausivut 2 was updated and tabled to support language legislation



Suicide Prevention Initiatives Fund Grant-Writing Workshops were delivered in nine communities

Work continues



Our Partners are:

- continuing to actively pursue appropriate candidates to fill some vacant positions to support the strategy
- strengthening capacity and focusing on collaboration with RIAs on suicide prevention through discussion and planning with the Article 32 Working Group and Inuit Social and Cultural Development Advisory Committee supporting RIAs with planning of Regional Healing Gatherings
- inviting RIAs to participate in the United for Life Summit and Youth Pre-Event meeting with RIAs quarterly to remain focused on the action plan
- continuing to schedule and deliver Suicide Prevention Initiatives Fund Grant-Writing Workshops
- supporting additional project applications and additional funding - partners approved more than \$2.5 million in funding for 59 Projects in 2018/2019
- planning and developing the Nunavut Addictions and Trauma Treatment program based on the feasibility study which includes a strong on-the-land component, an Inuit employment plan, and the development of an Inuit recovery centre and treatment facility in Iqaluit



Our work

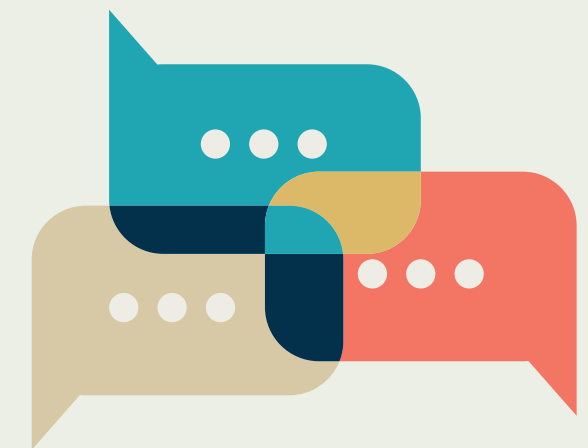


Our Partners continue to demonstrate their commitment to providing Inuit youth with a voice.

Suicide related discussions are introduced and woven into all youth focused events, various venues, council gatherings, or committee meetings. Our Partners, as leaders, take every opportunity to provide positive influences and offer guiding direction to our youth in supportive ways.

During each of the National Inuit Youth Summits time is specifically dedicated to building capacity in our youth. Discussions focus on suicide-related issues and what types of support we need to continue to provide or introduce to help address the issue.

The national youth magazine - Nipiit - Canada's Inuit Youth Magazine - is a platform for young Inuit. This publication provides us with an opportunity to raise awareness, promote resilience and pride, and encourage idea sharing and expression.



Commitment 2

We will strengthen mental health service



Milestones

Recognizing that many Nunavummiut do not have adequate access to mental health services, action items related to Commitment 2 focus on improving the continuum of care. These milestones are examples of the collective work of the Partners and their teams.

Actions Summary

- 2-1. Strengthened information sharing and referrals to better support individuals at risk
- 2-2. Increased and enhanced mental health services
- 2-3. Strengthened mental health professional capacity, with a focus on Inuit employment in mental health work
- 2-4. Increased access to community-based, Inuit healing and wellness programs
- 2-5. Increased access to culturally and age-appropriate grief support for all Nunavummiut who would benefit from healing and support groups
- 2-6. Enhanced access to crisis line support
- 2-7. Enhanced preparedness to respond to crises, such as a cluster of suicides or high risk in a community
- 2-8. Reduced access to common means of suicide (Enhanced protocol and supports for means restriction)
- 2-9. Enhanced follow-up protocol and practices after an attempt or other signs of acute risk



RCMP and Health collaborated in door-to-door firearms safety by distributing 37,000+ trigger locks in 12 communities



MHA added local Inuit paraprofessionals - Outreach Workers - and developed an Orientation Handbook to support their role



NTI supported men's wellness through the delivery of the Reclaiming the Whole Man course which incorporates on land and floe edge activities



MHA completed the Community Psychiatric Nursing Standards and incorporated the standards in orientation to support clinicians in understanding community needs and expectations



GN, NTI, QoL, and additional Partners tabled the feasibility study for Nunavut-based Addictions and Trauma Treatment with the Legislative Assembly securing \$900,000 to support the on-the-land treatment programs and recovery centre capital planning



Family Services reviewed 34 funding proposals for initiatives to support men and boys initiatives - four proposals received funding for programming ranging from healing and wellness groups to traditional tool making and hunting



QoL and Culture and Heritage implemented a Grants and Contribution Program focused on ISV including enhancing the role of Elders in healing approaches, developing on-the-land programs that support healing, and culturally relevant counselling



ELC and QoL completed a pilot project in Iqaluit of a grief support model for healing with a plan to roll it out to communities - ELC also developed an accompanying print and video toolkit for survivors in the four official languages



Health led the new Mental Health Act legislative and Cabinet approval process to address wellness services in Nunavut communities



MHA developed an IISP training video and manual in the four official languages and conducted initial train-the-trainer sessions

Work continues



Our Partners are:

- continuing to fund the Kamatsiaqtut Helpline and are exploring improvements to crisis line support with Kids Help Phone to potentially include Inuktitut access
- developing an interagency crisis response protocol with various partners to address suicide clusters - partners include Cambridge Bay Wellness Centre, Ilisaqsivik, Pulaarvik Kablu Friendship Centre, QoL, Embrace Life Council, Department of Education, Department of Justice - Victim Services, and Indigenous Services Canada
- hiring local community members to build and install lockboxes to reduce access to jerry cans, camping fuel, propane tanks, ropes, fishing nets, and combustible hazardous materials - 15 communities are complete
- reviewing and updating the Crisis Response Guidelines and Safety in Schools manual
- developing mental health terminology brochures and posters to support Inuktitut and improving terms related to grief and suicidal behaviour
- exploring opportunities to offer programming for Mental Health outreach workers and Inuit counsellor-training programming with all Partners
- rolling out IISP workshops in communities to support participating departments - high risk communities are complete
- focusing on supporting individuals at risk by increasing training for clinicians in CBT, DBT, and motivational interviewing
- stabilizing and streamlining funding for Community Wellness Plans

Our work



Nunavut Arctic College and Family Services are focused on increasing Inuit employment in mental health and other wellness positions. Modifications to current programs and curriculum include:

- Expanding terminology related to the fields of wellness, helping, and suicide prevention
- Expanding the Interpreter Translator Program to include a medical module on mental health
- Enhancing Social Service Worker programming to help learners understand how to work with people with mental illness
- Adding programming to include Elders and trauma-informed practice
- Including information about the mental health referral process, services, and self-awareness
- Adding counselling within the nursing service program

Positive Space Training workshops, offered to health and wellness instructors and learners, celebrates the diversity of the college and their responsibility within the community of working towards being a safe and accepting inclusive environment.

Student Services at the college also offers culture-based activities including berry-picking, fish-harvesting, weekly country food feasts for students and families, qajaq excursions, dog-sledding, a qulliq-lighting workshop, and parka-making.



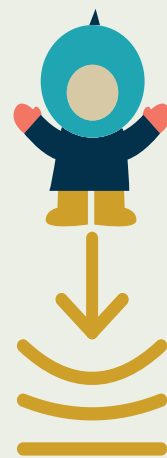
Commitment 3

We will support youth resilience



Actions Summary

- 3-1. Increased violence prevention skills and knowledge among youth (and adults who support youth)
- 3-2. Strengthen leadership skills and involvement in planning wellness-related initiatives for youth
- 3-3. Increased access to strength-based programs for youth that support the development and delivery of Inuit skills, knowledge and practices
- 3-4. Increased access by children and youth of social emotional learning content and substance abuse prevention programs
- 3-5. Enhanced infrastructure and access to healthy recreational opportunities, including sports and the arts
- 3-6. Increased participation and success in school among children and youth
- 3-7. Strengthened knowledge of promising practices in youth wellness programming



Milestones



Providing a stronger protective foundation for youth to realize their full potential and improve resiliency is an important suicide prevention strategy. These milestones represent some highlights of the work completed by the Partners to help youth foster emotional coping skills rooted in Inuit culture.



NTI, QoL, and ELC coordinated the youth pre-event at the United for Life Summit held in Baker Lake in the fall of 2018.



QIA, under the Benefits Fund Program, launched a new funding program to focus on land, sewing, and cultural activities.



ELC revamped and piloted the Peer Leader Mental Health Training Program through Arctic Children and Youth Foundation



Environment developed a two-hour hunter course (English and Inuktitut) and published it online with public access



KIA hosted Pijunnaqsiniq Cultural Camp which featured intergenerational learning opportunities for youth in a positive, healing, on-the-land environment



CGS supported training in Iqaluit for 10 youth from six Nunavut communities to prepare them for home community volunteering and accreditation to volunteer at the Canada Winter Games



NAC and the Piqqusilirivvik division incorporated land-based learning in Pre-Nursing, Social Services, and ETP - cultural courses and Inuit studies include small tools, clothing design, promoting youth resilience, and delivering Inuktitut language training



Education trained all Grade 4 teachers and to deliver the BeSafe! personal safety program and integrated the content into the Grade 4 curriculum to support resiliency, bullying prevention, and healthy relationships



MindMasters, a mental health promotion program for elementary school children, was adapted for Nunavut schools



Education developed, published, and trained to deliver the Northern Zones self-regulation program for program for small groups of K-8 students



ELC revamped and piloted the Peer Leader Mental Health Training Program through Arctic Children and Youth Foundation

Work continues



Our Partners are:

- running at least one on-the-land youth-specific program through their Community Wellness Plan
- advocating for increased resources for Young Hunter Mentorship Programs
- continuing to deliver holistic programs rooted in Inuit culture that are fully or partially targeted at youth in Kivalliq including KILRP, KAT, and SSP
- calling for proposals and funding cultural activities through QCAP
- supporting the Youth Ambassador Program to foster young Nunavummiut leaders through positive messages about community engagement, healthy choices, and participation in suicide prevention training
- developing learning materials to support school aged youth with K-6 Inuktitut Language Arts curriculum including social-emotional learning, communication skills, knowing when and how to ask for help, and substance use
- promoting physical activity and health through transfer funding from Health to CGS
- collaborating to improve student attendance through a family engagement website and the DEA Inuuqatigiitsiarniq Policy
- continuing to advocate for suicide prevention and wellness through youth resilience summits and by supporting a youth story telling video documentary series

Our work

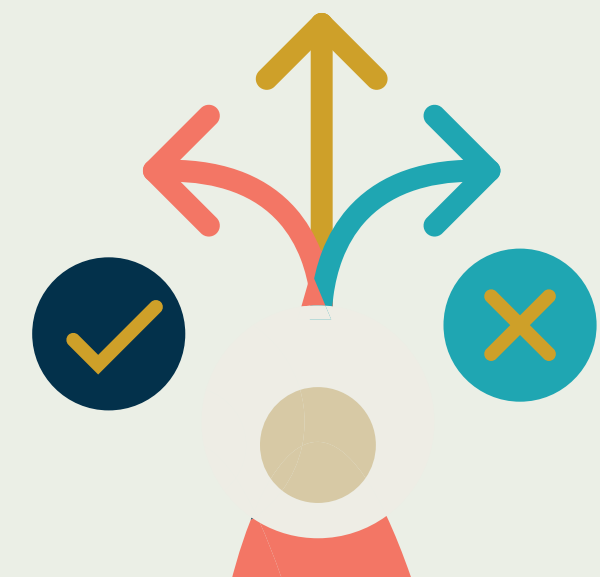


As part of Public Health's commitment to youth wellness, a series of targeted campaigns focused on substance use reduction to help young people recognize the dangers of alcohol, cannabis, and tobacco.

Alcohol lesson plans were developed and distributed to CHRs, mental health professionals, and wellness counsellors with follow-up training.

A cannabis card was also developed and distributed with follow-up training. Further cannabis education came in the form of four radio scripts in Nunavut's official languages. The scripts addressed cannabis in Nunavut including legislation and regulations, cannabis health risks, cannabis and youth, and cannabis and pregnancy.

A Quitting Sounds Good To Me tobacco reduction program targeting youth was also developed and distributed with a poster series titled Face It and Poisons.



Commitment 4

We will deliver intervention training



Actions Summary

- 4-1. Increased access to applied suicide intervention training by frontline workers and all interested community members
- 4-2. Increased access to trauma-informed practices training
- 4-3. Increased access to cultural competency training by staff teams of service delivery organizations
- 4-4. Increased access by community groups to various intervention skills development programs



Milestones



The Nunavut Suicide Prevention Strategy recognizes that intervention training and ensuring that knowledge and skills are transferred to learners continues to be a critical component of suicide prevention. Learning programs specifically tailored for the participants and facilitators, including trauma-informed practices and cultural safety training, ensures that everyone is better equipped to support people at risk. The following milestones are examples of our collective training efforts.

- ELC collaborated with QoL to secure funding and resources to improve content and lead ASIST / Uqaqatigiiluk T4T training in Inuktitut and English
- ELC trained 10 new facilitators in a Nunavut-specific version of safeTALK and developed a trauma-informed practices facilitator training available on request
- GN approved public service leave for employees who attend ASIST / Uqaqatigiiluk and cultural competency training
- NAC incorporated ASIST / Uqaqatigiiluk training into the SSW Program, security guard training, and student and staff training
- Health collaborated with ELC to deliver a four-hour TIP training workshop that focused on safe spaces
- RCMP conducted specialized and tailored Inuit cultural training to support new staff in their work
- ELC secured funding to support intervention skills training for community groups through Contribution Agreements
- Family Services incorporated mandatory child sexual abuse training to the CSSW professional curriculum

Work continues



Our Partners are:

- developing a multi-year plan to support the implementation, monitoring, and evaluation of continuous suicide intervention training for facilitators
- incorporating trauma-informed practices in the general curriculum for educators and scheduling the delivery of the new TIP facilitator and participant manuals
- continuing to offer a variety of trainings, free of charge to participants, by request or on a regular schedule - examples include:
 - ASIST / Uqaqatigiiluk
 - Mental Health First Aid for Inuit
 - safeTALK!
 - Indigenous Cultural Competence
 - Trauma-informed Practices
 - Interagency Information Sharing Protocol
 - Makimautiksat
- supporting communities by inviting applications for grants for other training programs that support suicide prevention and wellness

Our work



EIA, Health, Education, Culture and Heritage, and Family Services committed to suicide intervention and prevention training by incorporating Indigenous Cultural Competence training into their organizations through facilitators and orientation.

These organizations include ICC as part of their orientation program to ensure that all staff increase their understanding of First Nations and Metis cultures culture and are skilled and knowledgeable in their support of Nunavummiut.

To provide additional support, EIA also trained a member of their staff who is available to travel throughout the territory to assist in the delivery of the program for other GN department's employees.

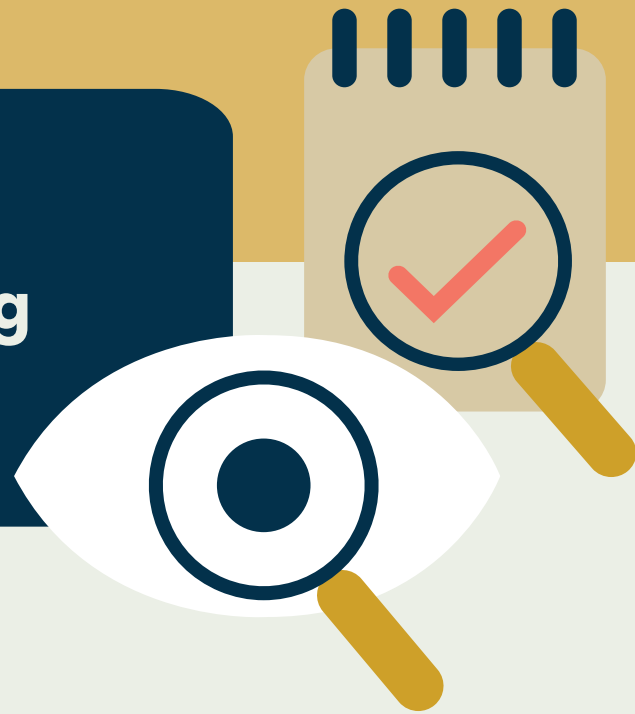
Family Services' training for CSSWs incorporates mandatory cultural competency training.

There are 19 facilitators in Nunavut available to deliver ICC training across Nunavut. Iqaluit offers regularly scheduled monthly ICC training for GN employees and other organizations or individuals interested in the program.



Commitment 5

We will support research, monitoring and evaluation



Actions Summary

- 5-1. Strengthened understanding of Inuit-specific promising practices in suicide prevention
- 5-2. Improved data collection and data sharing by RCMP, GN, NTI and Nunavut Coroner
- 5-3. Ongoing monitoring and evaluation of the implementation of the NSPS



Milestones

Inuit knowledge about resilience and suicide prevention is a cornerstone of understanding the principles and practices that prove effective. Through research, monitoring, and evaluation we collectively strengthen our understanding of suicidal behaviour. We collect and consolidate data from all sources to better mobilize knowledge to allow us to make informed decisions and correct our course as needed. These examples represent some of the work we have completed to measure our progress.

- NTI, QoL, and ITK hosted measurement, evaluation, learning, and knowledge sharing workshop in Clyde River to gather meaningful suicide prevention data
- QoL increased capacity by adding an Evaluation and Monitoring Analyst to their staff to support the collection of data
- QoL contracted an external consulting firm to conduct research and lab testing of fermented foods in Nunavut
- QoL developed the monitoring and tracking sheets to support Inuusivut Anninaqtuq
- ITK and NTI collaborated to collect and share Inuit Nunangat suicide-related data based on their involvement with NISPS
- NTI participated in the RISING-SUN project to improve Inuit-specific promising practices in suicide prevention
- NSPS Partners gather in territorial and regional summits with a focus on improving access to information and reporting to evaluate the impact of Inuusivut Anninaqtuq
- ELC and Health published nine issues of Inuusittiarngniq, the community wellness newsletter, to share promising practices as part of the community presentations

Work continues



Our Partners are:

- developing program evaluation training to support the evaluation of Inuit-specific suicide prevention community-based programs
- conducting research to support fermented foods in communities throughout Nunavut
- promoting the research results of Inuit-specific promising practices through the community wellness newsletter Inuusittiariniq
- continuing to work with the Inuit Circumpolar Council after completion of RISING-SUN to explore future projects to promote mental wellness and suicide prevention
- contributing to an Inuit regional community of practice in suicide prevention through Nunavut-based workshops and knowledge sharing
- actively participating in the National Inuit Suicide Prevention Strategy working group
- increasing capacity within the Population Health Information Unit by hiring a Mental Health Epidemiologist to develop baseline suicide surveillance models
- meeting monthly to discuss the action items and progress
- tracking activities from various Partners and stakeholder to maintain current action item status updates

Our work



The Population Health Information Unit contracted an epidemiologist to begin foundational work in the Mental Health Epidemiology portfolio. Their work focuses on delivering a baseline report on surveillance models for mental health, identifying data acquisition methods, and establishing data sharing agreements to develop a sample data system for eventual use by the Mental Health Epidemiologist. A full-time Mental Health Epidemiologist joined the health team staff to support ongoing work to support the NSPS.

What is Mental Health Epidemiology?

It is the study and investigation of the causes and consequences of psychiatric disorders. Through research, data analysis, and knowledge, mental health epidemiologists develop more effective population-wide and clinical interventions.

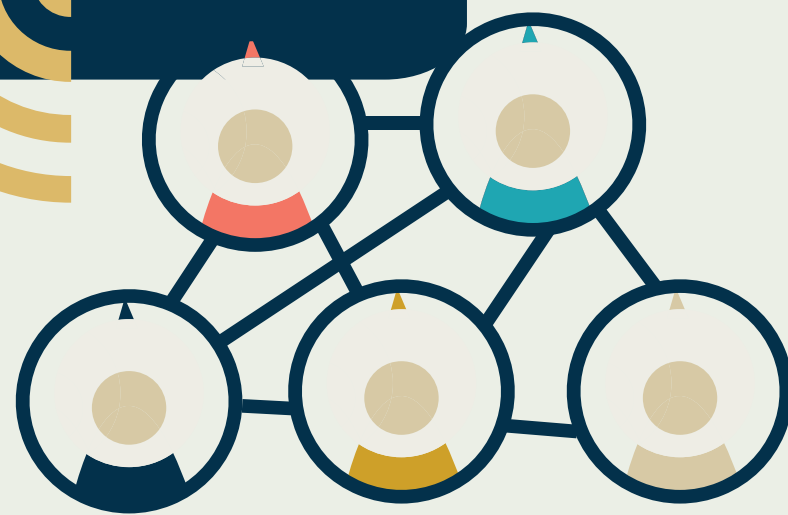
It can include a wide range of areas like stress and adversity, neurodevelopmental science and developmental psychopathology, stigma, genetic epidemiology, global mental health, and mental health services research.

Mental health epidemiologists often work on determining the distribution and risk factors of mental disorders, measuring the mortality and disability from mental disorders, modeling and evaluating service system interventions for mental disorders, developing measures of service performance, and analyzing and informing mental health policies.



Commitment 6

We will communicate openly with Nunavummiut about prevention and our progress



Actions Summary

- 6-1. Increased access to information on implementation activities and progress
- 6-2. Increased awareness about suicide prevention, including how to support mental wellness and what services are available
- 6-3. Safer communications about suicide prevention in the media and in public discourse
- 6-4. Increased use of consistent, accurate Inuktitut terms related to suicide prevention

Milestones



The NSPS Partners recognize the importance of the two primary roles of communication – sharing general information about mental health and best practices in suicide prevention and sharing information about our implementation progress of Inuusivut Anninaqtuq. Publishing this midterm report represents transparency and assurance to Nunavummiut that the Partners are accountable to each other, the action plan, and ongoing coordination between organizations. We remain collectively committed to collaboration with all groups and individuals that express an interest in contributing to our suicide prevention efforts and encourage public engagement in all related activities. These milestones represent some of our collective work.



NSPS Partners published the findings and plans based on the Baker Lake summit



NTI and ITK attended the United for Life Summits to knowledge share with members of NISPS



ELC and Health published and distributed nine quarterly issues of a community wellness newsletter as a form of sharing practices throughout Nunavut



Health launched a healthy living website to promote wellness and to support mental health in our four official languages - livehealthy.gov.nu.ca



Education delivered training to support grief support circles



NSPS Partners released, distributed, and promoted media guidelines for reporting on suicide



NSPS Partners published brochures and posters to support mental health terminology and enable improved communication for Nunavummiut seeking help



Health developed and distributed a radio script to CHRs in the communities to advise Nunavummiut about medicine overdoses and acetaminophen

Work continues



Our Partners are:

- promoting improved communication for Nunavummiut through the standardization of mental health Inuktitut terminology
- continuing to develop and design content for the ELC website to act as a
- conducting ELC website user surveys to capture important feedback which will inform the development of future content
- continuing to develop additional health promotion messaging about the safe use of medicine
- exploring and developing Social Emergencies Training in conjunction with Red Cross to improve communication among care providers and the public



Our work



The Department of Health developed and continues to publish a dedicated website to promote positive and important messaging about wellness and suicide prevention through Inuusittiarngniq living well together.

The site features health topics, healthy eating, mental wellness, community wellness programs, and resources. Users can navigate through a variety of topics to learn more or they can contact the department directly for additional information.

Culturally inspired images depict hopefulness and the beauty of Nunavut. Primary messaging is targeted at communicating important information to users to learn about positive mental health and living tobacco free.

A significant library of tailored resources is available. Resource categories include:

- Active living
- Alcohol
- Cancer
- Cannabis
- Chronic diseases
- Community wellness programs
- Healthy eating
- Infectious diseases
- Injuries
- Mental wellness
- Oral health
- Pregnancy and babies
- Sexual and reproductive health
- Tobacco
- Vaccines



Commitment 7

We will support early childhood development



Actions Summary

- 7-1. Increased access to early intervention supports for parents, including skills development programs rooted in Inuit culture
- 7-2. Increased availability of a range of supports for early childhood education, rooted in Inuit culture
- 7-3. Strengthened school-based support for social emotional learning
- 7-4. Strengthened human resources capacity in early childhood learning and development fields
- 7-5. Enhanced healthy development of babies
- 7-6. Strengthened policies, programs and resources to protect young children from abuse

Protecting our children and laying the foundation for healthy early childhood development through access to quality daycare and nutrition supports our strategy of breaking the historical cycle of trauma and increasing protective factors for children. Nurturing healthy children and developing programming rooted in Inuktitut and Inuit culture strengthens our fight against suicide. The following milestones represent samples of our early childhood development work.



Milestones

- Health developed, published, and distributed a Mother's Mental Health resource to support new mothers and promoted the resources through community health staff
- Family Services funded the delivery of Inunguiniq Parenting facilitator training to the Aqqumavik Society, the hamlet of Naujaat, and the Tasiuqtigiit Society
- NTI and Health Canada drafted an analysis report of Nunavut Early Childhood Education
- Education provided start-up funding for four new licensed childcare facilities
- NSPS Partners and other multi-agency participants distributed culturally relevant early childhood learning materials to daycares and elementary schools in all official languages
- Territorial and regional training sessions to support skill development and promising practices for daycare workers were held and are available in communities upon request
- RCMP conducted specialized and tailored Inuit cultural training to support new staff in their work
- The NSPS Partners established an interagency working group to collaborate and coordinate resources to respond to and prevent child sexual abuse
- Education developed and delivered Be Safe! personal safety training kits geared towards preventing child abuse to support Grade 4 teachers and Ilinniavimmi Inuusilirijit
- ELC, Health, and Family Services developed and delivered a Nunavut-specific child abuse training program to caregivers and adults who work with high-risk groups
- The NSPS Partners developed and distributed "How to Talk with Your Children About Sexuality" through community health centres and schools which included information about promoting sexual health through a dedicated website - irespectmyself.ca
- NTI and the RIAs submitted the Inuit component to the National Indigenous Early Learning and Childcare Framework
- The Arctic Children and Youth Foundation opened in fall 2019 the Umingmak Centre in Iqaluit to address the needs of children or youth who have experienced abuse
- Arctic Children and Youth Foundation officially opened the Umingmak Centre in Iqaluit in Fall 2019 and MOUs are signed

Work continues



Our Partners are:

- enhancing the CPNP by developing a manual, conducting monthly Telehealth sessions, and providing one-on-one mentoring
- continuing to focus on supporting and promoting a range of Inuit-specific programs and resources for children through a steering committee specifically established to support Inuit early childhood development
- collaborating to develop resources with multiple Partners to enhance Early Learning and Child Care
- developing a strategy to support public health, food security, and maternal and newborn health
- continuing to operate the Nunavut Food Security Coalition Secretariat and providing funding for the annual coalition workplan
- revising the K-6 Inuktitut Language Arts curriculum to include social-emotional learning and vocabulary to help children express concerns and report issues
- creating a series of book guides for all K-6 Nunavut schools to support social-emotional literacy
- conducting a pilot of Zippy's Friends, an evidence-based mental health promotion program for five- seven-year-old children, to determine the appropriateness of a Nunavut-wide implementation
- coordinating men's focused Inunnguiniq Parenting trainer workshops in Kitikmeot and exploring expansion into Kivalliq and Qikiqtani

Our work



QIA's work related to daycares and early childhood learning are gaining traction.

The Ipitiki Program funded by Makigiaqta and a family literacy package was delivered to every child entering kindergarten in the fall of 2018. The package included activities that enhance Inuktitut language, reading, and writing. The Benefits Fund Program funded new resources for daycares including culturally-themed puppets, books, puzzles, and ECE pre-phonics programming.

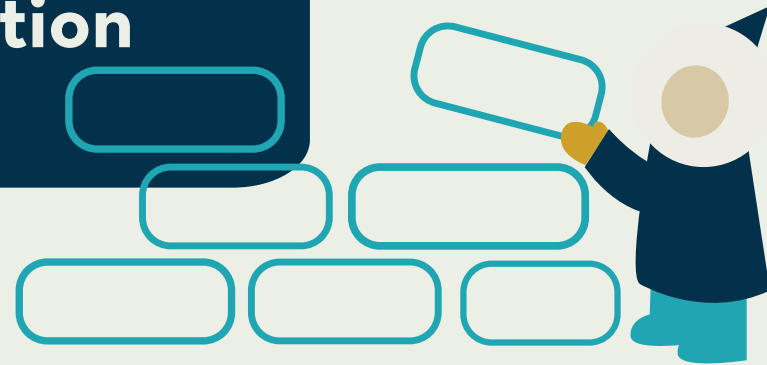
Through the Inuutsiarniq Literacy Program, the Department of Health developed culturally relevant and age-appropriate literacy resources for all Nunavut elementary schools. These resources can be used in the Canadian Pre-Natal Program or other programming to support Inuit in other jurisdictions.

The resources included in the program and distributed to schools incorporates theme-based activity books, manipulatives, a children's music CD, vocabulary label stickers in the four official languages, and a Nunavut activity-based play rug.



Commitment 8

We will support community-led action



Actions Summary

- 8-1. Increased and improved financial support for community-led initiatives in suicide prevention
- 8-2. Enhanced practical support for community-led suicide prevention
- 8-3. Increased access to training and knowledge sharing opportunities by community members
- 8-4. Increased local conversations and action planning about suicide prevention, violence prevention and wellness promotion



Milestones



The NSPS Partners recognize the central role that communities play in building healthier individuals and families throughout Nunavut. The action plan has numerous initiatives and activities geared towards supporting community-led suicide prevention. The primary role of the NSPS is to increase practical support, train community members, develop and distribute resources, and continue to focus on community-led action to strengthen collective resilience. These milestones represent some of the work our teams completed to support community-led action.



GN conducted Grants and Contributions Writing Workshops in 12 communities to train community staff in proposal submissions for community funding



QoL issued year three of a five-year special fund totaling \$1.3 million for community-led programming and supported applicants submitting proposals



QIA launched the QCAP and funded \$625,000+ in land, sewing, and other cultural activities or projects



KivIA and KitIA reviewed and approved cultural projects and activities to support suicide prevention



NSPS Partners made suicide prevention training workshops available at regional health summits to support knowledge sharing with community members



NSPS Partners established an annual community funding stream to facilitate various suicide prevention and wellness workshops like ASIST and safeTALK



KitIA hosted and rotated gatherings throughout Kitikmeot to focus on language revitalization



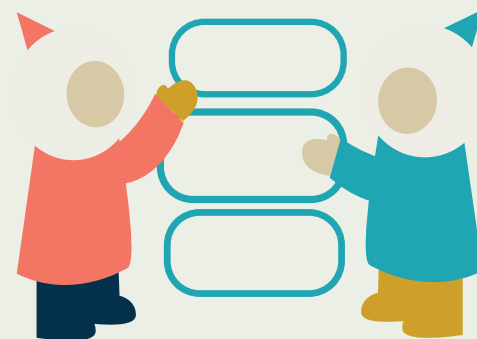
ELC developed and delivered Inuusiq Pimmariujuqs

Work continues



Our Partners are:

- conducting grants and contributions collaboration meetings with CGS to strategize and improve efficiency by centralizing the application process for suicide action plan and prevention funding
- exploring opportunities to develop an online portal to support community-led applications and projects
- meeting to facilitate a knowledge exchange to set the course for future suicide prevention action plans that are community focused
- continuing to support the Nunavut Wellness Agreement that addresses unique, self-identified health and wellness priorities for each community
- Community Health Development Coordinators work closely with Community Health and Wellness Committees to ensure resiliency and suicide prevention are embedded within programs of their multi-year plans and to support requests for funding
- developing additional suicide prevention and wellness workshops to support communities
- continuing to work with host communities during regional and territorial conferences by offering relevant pre- and post-conference suicide prevention and wellness training



Our work



On September 10, 2018, ELC marked a day of commemoration titled **United for Life** for individuals who died by suicide and to bring Nunavummiut together to promote healthy communities.

Each community received **United for Life** flags and were asked to fly the flag in a prominent location to promote suicide prevention. Community resource cards and pamphlets in the four official languages were distributed and posted that addressed suicide prevention, addictions, anger management, teen dating violence, family violence, child abuse, and bullying.

Reach Out posters were available encouraging Nunavummiut to reach out for help and to offer help to anyone seeking mental health support. A **Stop Bully Now** video and activity guide was developed and made available at www.inuusiq.com

A library of community learning and skill development training to promote suicide prevention and wellness was completed and is available. Titles include:

- Applied Suicide Intervention Skills Training (ASIST), Nunavut versions
- Uqaqatigiilluk! (Talk About It!)
- safeTALK (Suicide Alertness for Everyone)
- Youth Self-injury
- Trauma-informed Practice
- Inuit History
- Inuusiq Pimmarijuq
- Healing Support Group Facilitator Training
- Our Children, Our Responsibility Child Sexual Abuse Prevention Training



Supplement COVID-19 impact on suicide prevention

COVID-19

We are in unprecedented times with significant efforts being made by Public Health and the various Partners and organizations to curb the spread of COVID-19 in Nunavut. We are all navigating extraordinary activities, precautions, and processes to keep Nunavummiut safe and healthy.

Many of our Partners have limited resources which may result in unintended consequences to our action plan. Actions are underway to address the current social and economic risk factors that may impact our efforts, but many unknowns remain.

While some staff in our Partner organizations may have been redeployed to pandemic efforts, all the Partners are still working on activities that align with the eight commitments of the action plan. The examples below illustrate how the current pandemic is impacting some of our activities.

Impact on ongoing and future activities in suicide prevention

- Resources and staff are redeployed to support the out-of-territory hubs and health screening efforts
- Direct outreach and wellness checks are conducted to support people quarantined in the hubs in Ottawa, Edmonton, Winnipeg, and Yellowknife – additional support is provided post COVID-19 screening and mental health resource are deployed as required
- An additional contribution agreement with Kamatsiaqtut Helpline was established to provide support in southern hubs with an Inuit specialist supporting Inuktitut speaking services for travelers
- Senior management and leaders are actively engaged in COVID-19 national committees and working groups to report, secure, and procure supplies and vaccines
- Emergency response teams were created to support COVID-19 outbreaks in Nunavut communities and are deployed as required
- Several in person workshops and T4T for ASIST, Reach OUT, Our Children Our Responsibility, Healing Support Group Facilitator Training, and Firearms Safety were cancelled due to the COVID-19 Public Health restrictions



GN organizational structure change

- Adjustments to other training programs were made due to cancellation of workshops
 - workshop programming shifted to much smaller groups for health and safety and content shifted to address the impact of people feeling isolated during the pandemic
- Suicide prevention sweaters, caps, and stress balls were shipped to communities as prizes to support local radio bingo and other radio games to support stay-at-home orders from Public Health
- Some babysitting and firearms safety programming was offered outdoors to support youth
- Updates to the Crisis Response Guidelines and School Safety Manual are postponed and under review to allow for COVID-19 safety considerations
- In-person training delivery for educators transitioned to remote learning because of travel restrictions - the following programs were modified: RespectED, Psychological First Aid, School Based Mental Health Support Services, 21 Days of Hope, Anigrami Family Engagement website
- Additional resources were developed in response to COVID-19 and are available to support stress management, mindfulness, and self-care

Department of Health

On June 19, 2020, an organizational structure change occurred within Health. The Mental Health and Addictions division, including community, regional and territorial units, and the Quality of Life Secretariat, were amalgamated into a new division. The new Inuusivut, Mental Health and Addictions (IMHA) division is led by the IMHA Assistant Deputy Minister (ADM). The purpose of this organizational structure change is to improve care for Nunavummiut and create more streamlined suicide prevention and mental health and addiction services in our communities. The improvement also provides enhanced support for staff through better alignment of management functions.

Additionally, the newly formed IMHA division enables Health to standardize programs and integrate traditional Inuit approaches in mental health and addictions care with clinical services.



