



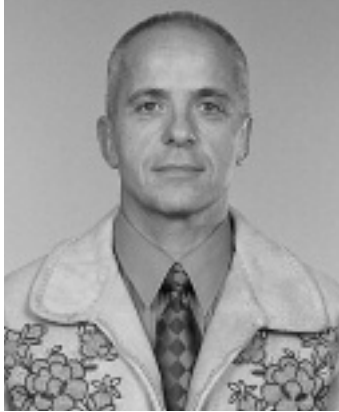
Northwest Territories  
Community Wellness in Action:  
2004-2005

Summary Report  
of  
Community Wellness Initiatives





## Message from the Minister



I am pleased to present *Community Wellness in Action 2004-2005: A Summary Report of Community Wellness Initiatives*. This document outlines community-based prevention and promotion initiatives implemented across the Northwest Territories during the past fiscal year.

Supporting communities in improving wellness is a key role of Government. In 2004-2005, the Government of the Northwest Territories and Health Canada provided more than 7.5 million dollars for community wellness programs. This funding was spent on a variety of wellness initiatives, particularly in the areas of early childhood development and community mental health.

I encourage communities to continue their journey on the path to wellness and take advantage of the many funding programs available to them.

A handwritten signature in dark ink, reading "J. Michael Miltenberger".

J. Michael Miltenberger

Minister of Health and Social Services



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## Introduction

The *Northwest Territories Community Wellness in Action Report* is published annually by the Department of Health and Social Services, Government of the Northwest Territories. The *2004–2005 Wellness in Action* report provides detailed information of twelve federal and territorial wellness programs implemented in 32 communities across the Northwest Territories between April 1, 2004 and March 31, 2005.

The following 12 wellness programs are included in the report:

- Brighter Futures
- Canada Prenatal Nutrition Program (First Nations and Inuit component)
- Aboriginal Diabetes Initiative (Prevention and Promotion component)
- Fetal Alcohol Spectrum Disorder (FASD) Program
- Health Promotion Fund
- Healthy Children Initiative
- Aboriginal Head Start
- AIDS Community Action Program
- Community Action Program for Children
- Hepatitis C Prevention, Support and Research Program
- Population Health Fund
- First Nations and Inuit Tobacco Strategy Funding

Ten of the 12 wellness programs supported initiatives in selected communities only, while three wellness programs – Brighter Futures, the Canada Prenatal Nutrition Program (First Nations and Inuit Component), and the Healthy Children Initiative – had budget allocations for every community in the Northwest Territories but not every community accessed it.

Eight of the 12 wellness programs targeted the general population while five wellness programs – Brighter Futures, Aboriginal Head Start, the Canada Prenatal Nutrition Program (First Nations and Inuit component), the Fetal Alcohol Spectrum Disorder (FASD) Program, and the Aboriginal Diabetes Initiative (prevention and promotion component)– provided funding targeted to First Nations and Inuvialuit.

This report lists wellness funding and wellness initiatives according to region. The information provided was derived from community reports. A chart outlining all wellness programs and their sponsoring agencies has also been provided.

## Description of Wellness Programs



### Brighter Futures<sup>1</sup>

Brighter Futures is designed to assist First Nations and Inuit communities in developing community-based approaches to health programs. The purpose is to improve the quality of, and access to, culturally sensitive wellness services in the community. These services will in turn help create healthy family and community environments, which support child development. While the program is intended specially for First Nations and Inuit children from ages 0 to 6, it is recognized that children's needs cannot be separated from those of their families and community. There are a number of components to Brighter Futures: mental health; child development; injury prevention; healthy babies, and parenting skills. The communities determine their priorities and allocate their resources accordingly.



### Canada Prenatal Nutrition Program (First Nations and Inuit component)<sup>1</sup>

CPNP is a universally accessible program that helps communities to develop or enhance comprehensive services for pregnant women who may be at risk for their own health and the development of their babies. Projects promote breastfeeding, both initiation and continuation; aim to improve the diets of pregnant and breastfeeding women; and attempt to help women feed their infants appropriately for their age. The program has a component for First Nations and Inuit women.

### Aboriginal Diabetes Initiative (ADI)<sup>2</sup>

The Aboriginal Diabetes Initiative (ADI) is one of four main components of the Canadian Diabetes Strategy (CDS) announced by the Government of Canada in 1999. The Aboriginal Diabetes Initiative is to raise awareness of diabetes, its risk factors, and the value of healthy lifestyle practices; to support the development of a culturally appropriate approach to care and treatment, diabetes prevention and health promotion programs, and lifestyle support programs; to build capacity, linkages and infrastructure for all components of the ADI in First Nations and Inuit communities; to promote effective self-management of diabetes; and to coordinate with other community-based programming, specifically the First Nations and Inuit Home and Community Care program.

### Fetal Alcohol Spectrum Disorder Program<sup>3</sup>

The FASD Program has two goals: To reduce the number of babies being born with FASD (prevention); and to help make life better for children and families with FASD (intervention). The FASD Program funds activities that:

- Help those who may be at risk of having a baby with FASD
- Will help support parents, families, or caregivers of children with FASD
- Will help to identify, assess, and diagnose children with FASD
- Will provide education and training about FASD

Funding is targeted to First Nations and Inuvialuit.



### Aboriginal Head Start (AHS)<sup>1</sup>

Aboriginal Head Start is an early intervention program for First Nations, Inuit and Métis children and their families. It is primarily a preschool program that prepares young Aboriginal children for school by meeting their spiritual, emotional, intellectual and physical needs.

<sup>1</sup> Government of Canada (2001) Federal/Provincial/Territorial Early Childhood Development Agreement: Report on Government of Canada Activities and Expenditures 2000-2001.

<sup>2</sup> Aboriginal Diabetes Initiative, *First Nations On-reserve and Inuit in Inuit Communities – Program Framework July 5, 2000* (Prevention and Promotion/Lifestyle Supports)

<sup>3</sup> Health Canada – First Nations and Inuit Health Branch (2004) Fetal Alcohol Spectrum Disorder (FASD) Program Guidelines and Application Forms. Program Expansion for 2004-2005.

<sup>4</sup> Department of Health and Social Services, Government of the Northwest Territories  
[http://www.hlthss.gov.nt.ca/Features/Programs\\_and\\_Services/progandserv.htm](http://www.hlthss.gov.nt.ca/Features/Programs_and_Services/progandserv.htm)



## Description of Wellness Programs



### AIDS Community Action Program (ACAP)<sup>4</sup>

ACAP is a component of the Canadian Strategy on HIV/AIDS, the federal government's framework to respond to AIDS in Canada. ACAP aims at (i) preventing the spread of HIV; (ii) ensuring treatment, care and support for people living with HIV and AIDS, their caregivers, families and friends; (iii) minimizing the adverse impact of HIV/AIDS on individuals and communities; and (vi) minimizing the impact of social and economic factors that increase individual and collective risk for HIV infection.



### Community Action Program for Children (CAPC)<sup>1</sup>

CAPC funds community-based coalitions to establish and deliver services to meet the developmental needs of children under age six living in conditions at risk. These children are living in low-income families; living in teenage-parent families; at risk of, or have, developmental delays, social, emotional or behavioral delays; and/or are neglected or abused.

### Hepatitis C Prevention, Support and Research Program<sup>5</sup>

The program has four goals: to contribute to the prevention of hepatitis C infection; to support persons infected with and affected by hepatitis C; to provide a stronger evidence base for hepatitis C policy and programming decisions and advance prevention, treatment and cure options by expanding the body of available research and research capacity; and to strengthen the response of the Canadian population to hepatitis C through increased awareness and capacity.

### Population Health Fund (PHF)<sup>1</sup>

The goal of the Population Health Fund is to increase community capacity for action on or across determinants of health. Through project funding, the Population Health Fund supports initiatives that facilitate coordinated action among voluntary organizations, service providers, governments and the private sector to improve population health.



### Healthy Children Initiative (HCI)<sup>6</sup>

This initiative supports the development of children from prenatal to age six. It focuses on prevention and health promotion and supports a wide range of programs and services from primary intervention to therapeutic services. The HCI is based on a more family-centered model. Earlier child-centered models were treatment driven – focusing on correcting and treating weaknesses and deficits. The family-centered approach places more emphasis on family needs and strengths.

### Health Promotion Fund<sup>7</sup>

The Health Promotion Fund (HPF) supports community-based projects that improve the health of prenatal women, infants, children and youth. The goal of the fund is to improve health and wellness through community development, the promotion of healthy lifestyles and the reduction of preventable diseases, with the current priorities being: tobacco harm reduction and cessation, healthy pregnancies, injury prevention, active living and healthy eating.

### First Nations and Inuit Tobacco Strategy Funding

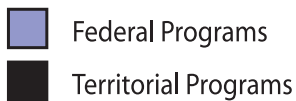
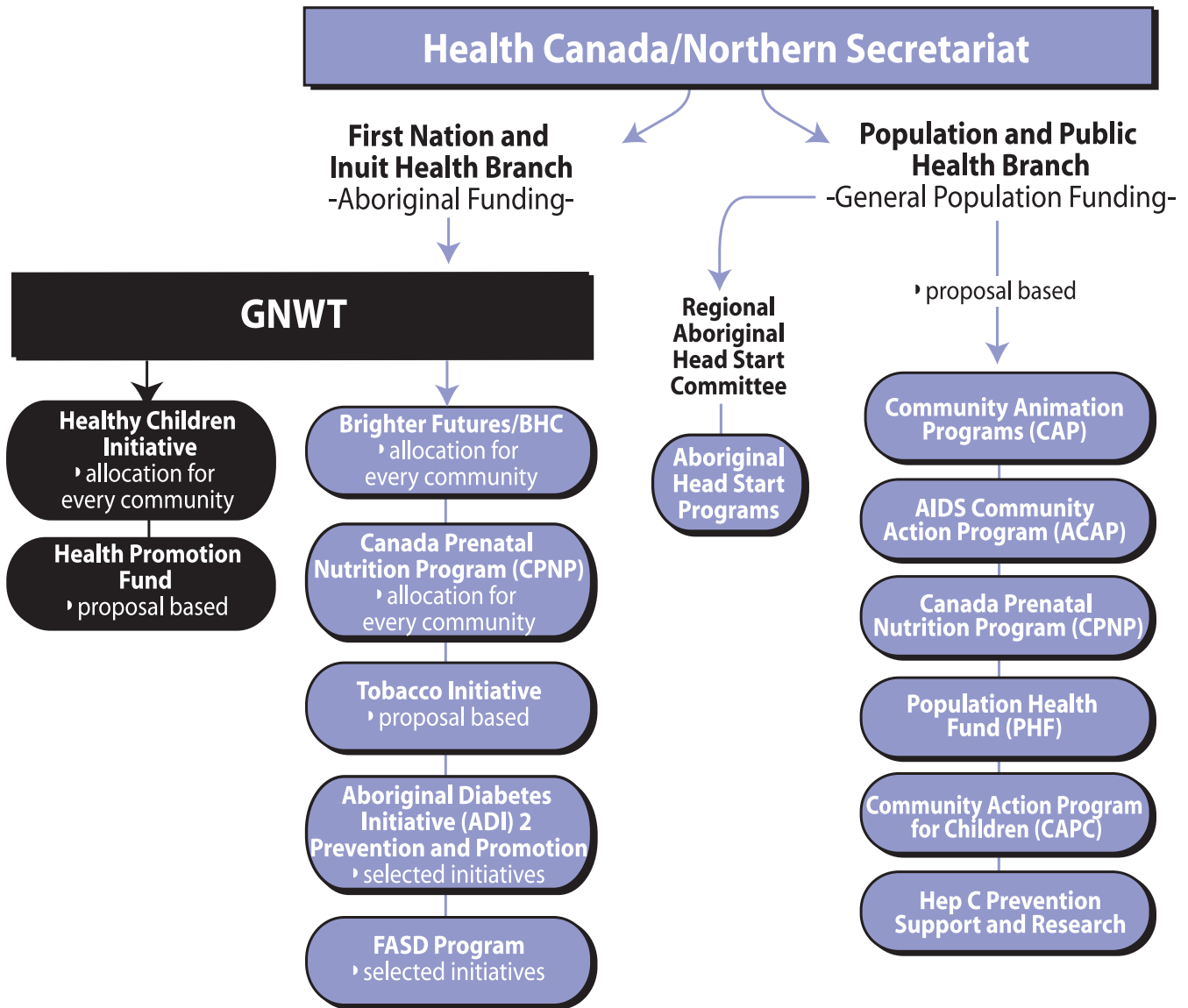
The purpose of this funding is to reduce smoking rates and ultimately tobacco related illness and death among First Nations and Inuit populations.

<sup>5</sup> Department of Health and Social Services, Government of the Northwest Territories  
[http://www.hlthss.gov.nt.ca/Features/Programs\\_and\\_Services/progandserv.htm](http://www.hlthss.gov.nt.ca/Features/Programs_and_Services/progandserv.htm)

<sup>6</sup> Department of Education, Culture and Employment, Government of the Northwest Territories  
<http://siksik.learnnet.nt.ca/EarlyChildhood/index.html>

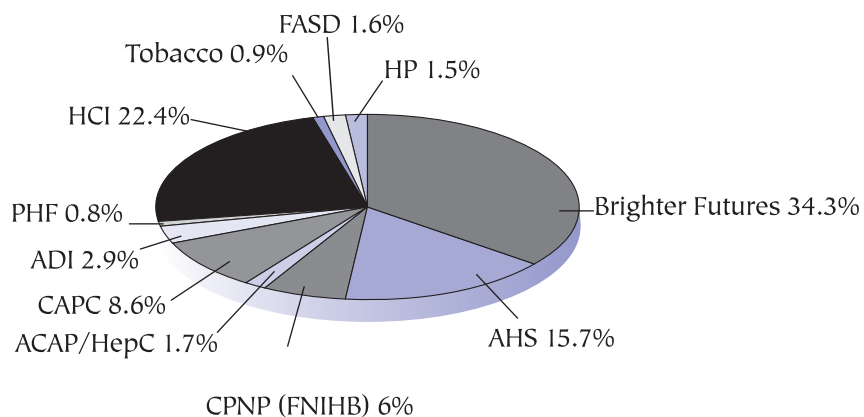
<sup>7</sup> Health Promotion Unit, Department of Health and Social Services, GNWT. For an information and/or an application form, go to [www.hlthss.gov.nt.ca](http://www.hlthss.gov.nt.ca) and click on "Application Forms". All information can be found under "Health Promotion Fund"

# Community Wellness in the NWT Programs and Funding Agencies



## Overview of Funding

### Wellness Initiatives 2004/2005 NWT Regional Projects



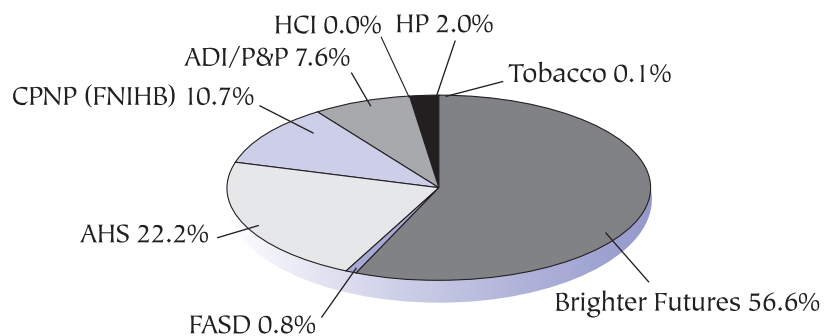
### Overview of 2004/2005 Wellness Funding by Region

	Brighter Futures	CPNP (FNIHB)	ADI/P&P	FASD	CPNP	CAPC	PHF	HCI	HP	Tobacco	HepC/ACAP	AHS	TOTAL
Beaufort Delta	972,340	183,564	130,329	13,367				432,870	28,888	3,296		381,624	2,146,278
Deh Cho	483,865	69,607				130,000		131,158	31,447	22,816		254,416	1,123,309
Dogrib Treaty 11	441,102	71,106		8,079		60,000		166,649	9,578	4,244		164,355	925,113
Sahtu Region	253,367	56,659						164,267	8,455	26,266			509,014
Treaty 8 Region	283,423	49,400				130,000		282,070	5,670	8,722		127,208	886,493
Yellowknife Region	145,388	18,469		99,606		325,200		512,167	12,172	2,940		254,605	1,370,547
NWT Regional	8,000	281,489	88,612				57,000		25,942		131,000		592,043
Total	2,587,485	730,294	218,941	121,052	0	645,200	57,000	1,689,181	122,152	68,284	131,000	1,182,208	7,552,797



## Beaufort Delta Region – 2004/2005 Funding

	Brighter Futures	CPNP (FNIHB)	ADI/P&P	FASD	CPNP	CAPC	PHF	HCI	HP	Tobacco	HepC/ACAP	AHS	Total
Aklavik	88,797	30,739	12,796					60,118	6,216	1,418			200,084
Fort McPherson	166,514	31,899						37,315				127,208	362,936
Holman	69,769	12,797	3,600					30,853		947			117,966
Inuvik	241,020	10,500	7,896					146,214	3,019			127,208	535,857
Paulatuk	38,055	12,602	7,696					43,344				127,208	228,905
Sachs Harbour	19,028	3,988	2,800					18,840		931			45,587
Tsiigehtchic	59,640	8,901						16,220	4,746				89,507
Tuktoyaktuk	177,594	27,594	2,000					57,933					265,121
Regional	111,923	44,544	93,541	13,367				22,033	14,907				300,315
Total	972,340	183,564	130,329	13,367	0	0	0	432,870	28,888	3,296	0	381,624	2,146,278





## Brighter Futures

### Aklavik Indian Band

- A Youth Coordinator was hired to coordinate activities for the youth in the community.

#### Community Mental Health

- Youth advisors assisted teachers by offering stability, assistance, advice and much-needed support to students.
- Youth assembly was held to provide traditional knowledge training and to also explain how social issues were dealt with in the past.
- Brighter Futures supported a GRRB Youth work experience. Youth participated in learning about their culture, traveling on-the-land, traditional skills and wildlife.
- The Moose Kerr School had four Beaver volunteers who assisted teachers, staff and tutored students.
- Six students and two chaperones traveled to Mumbai, India in February 2005. Students experienced first hand knowledge of how low-income people in a foreign country survive through volunteer community support.

#### Inuvialuit Regional Corporation

- A wellness worker coordinated all wellness programs in the community.

#### Community Mental Health

- An on-the-land program ran throughout the year and enabled youth to learn from experienced hunters and elders.
- An assistant recreation coordinator organized, coordinated, and planned activities for the youth.
- Youth advisors worked at the Moose Kerr school and provided academic and personal support to the students.

#### Child Development

- A nutritional snack was provided to the students in preschool to grade 2.



## Canada Prenatal Nutrition Program

### Inuvialuit Regional Corporation

- A total of 15 cooking groups were held. Nutrition was talked about as part of the program on a one-to-one and group basis as well as through games and quizzes. Three separate education sessions/activities were held. Approximately five prenatal, postnatal, and/or breastfeeding and five non-pregnant women of childbearing age attended each session/activity. Breastfeeding activities were offered. Other services offered included food vouchers, games, and prizes or incentives.



## Healthy Children Initiative

### Aklavik Child Development Centre

- Healthy Children Initiative supported an infant child worker, a development worker, country foods and administration.

## Aboriginal Diabetes Initiative

### Inuvialuit Regional Corporation

- Six healthy dinners were organized for diabetics that included information sessions on healthy eating and active lifestyles. Community elders facilitated thirteen diabetes education and healthy eating sessions in K-12 at Moose Kerr School.
- An elder participated in the National Aboriginal Health Organization Conference and Health Information Fair in Winnipeg, November 2004, to gain knowledge of Aboriginal health issues.

\*NWT Bureau of Statistics (July 2004).

(<http://www.stats.gov.ca/Statinfo/Demographics/population/proj-data/popproj.xls>)



## First Nations and Inuit Tobacco Strategy

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### Moose Kerr School

- The BLAST group coordinated the visit of anti tobacco advocate who gave presentations to all students at the school. They also ran an anti tobacco postercompetition for the school with prizes.

## Health Promotion Fund

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### Moose Kerr School

- *Healthy Living Project* – 100 students participated in a variety of activities that promoted active living, healthy eating and tobacco prevention. Activities included a Basketball Clinic, the Preparation of Healthy Snacks, and Anti-smoking BLAST group activities.

### Aklavik Child Development Centre

- *Getting Healthy and Nutritional/Traditional Foods* – This project, sponsored by the Inuvialuit Regional Corporation (see page 17), had 29 parents and their children/youth come together twice a month to learn about active living and healthy eating. Participants learned about food safety and how to cook and prepare healthy/traditional foods.



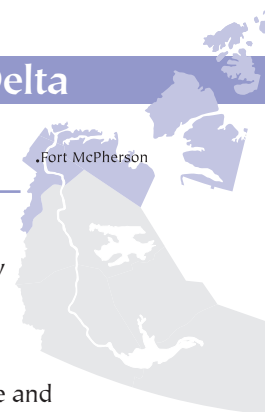
## Brighter Futures

### Tetlit Gwich'in Council

- A wellness coordinator provided ongoing support to community members, community partner groups and other wellness programs.

#### Community Mental Health

- A suicide and trauma prevention workshop was delivered at the Tl'oondih Lodge and provided training for individuals from the community. This took place in mid-January to February 2005.
- The Midway Lake Music festival was held in August of 2004 with good participation from the community and surrounding communities to emphasize sober family activities.
- Brighter Futures supported three student advisors for the children at Chief Julius School. The social skills program focused on providing the students with pro-social skills to encourage healthy development away from crime and substance abuse.
- On-the-land program took place from March 7-18 for students in grade 4,5 and 6. It provided traditional and cultural skills with academic learning in an "on-the-land" setting.
- Youth attended the annual Dreamcatchers Aboriginal Youth Conference in Edmonton during the month of October.
- Youth had an opportunity to travel to traditional harvesting areas and learned survival skills on-the-land.



## Canada Prenatal Nutrition Program

### Tetlit Gwich'in Council

- A total of 12 cooking groups were held. Nutrition was talked about as part of the program on a one-to-one and group basis as well as through home visits, games and quizzes, and information handouts. A total of 41 separate education sessions/activities were held. Breastfeeding activities were offered. Other services offered included food vouchers, food supplements/meal program, childcare, home visits, games, and prizes or incentives.



## Healthy Children Initiative

### Tl'oondih Healing Society Aboriginal Head Start

- Healthy Children Initiative supported a childcare worker and program materials.

### Fort McPherson Child Development Centre

- Healthy Children Initiative supported a childcare worker and the First Nations/Inuit Childcare Conference.



## Aboriginal Head Start

### Tetlit Zheh Child Centre

- Sixteen children between the ages of 3 and 5 attended the program three hours per day, five days a week. A team of local early childhood educators consulted with parents about the daily activities. A Gwich'in language teacher provided instruction to the children and the staff-team planned cultural activities throughout the monthly schedule. Emphasis in the last year has been on addressing the special needs of children and on building program links with Chief Julius School. A daily snack program meets nutritional standards while emphasizing traditional "country food." Parents are involved in a Parent advisory group and assisted where possible in daily program activities.



## Brighter Futures

### Inuvialuit Regional Corporation

- A wellness worker coordinated all wellness programs in the community.

#### Community Mental Health

- Breakfast was provided daily to children attending the local school.
- The Elder & Youth committee met monthly and assisted in cultural and language projects for the community (e.g., hunting/land skills, teaching traditional skills).
- Traditional sewing gave the community members the opportunity to make traditional clothes.
- Youth drop-in allowed elders and youth to meet on a regular basis.
- A local elder assisted the Inuinnaqtun language instructor at the community school with Inuinnaqtun language programs that were taught to the students.



## Canada Prenatal Nutrition Program

- A total of 5 cooking groups were held. Nutrition was talked about as part of the program on a group basis as well as through a grocery store tour. Breastfeeding activities were offered. Other services offered included food vouchers and games.



## Healthy Children Initiative

### Holman Child Development Centre

- Healthy Children Initiative supported a development support worker, a hot lunch program and administration.

## Aboriginal Diabetes Initiative

### Inuvialuit Regional Corporation

- Four to five elders taught five youth to fish for char and prepare it traditionally. Elders also taught the youth to hunt for muskox and to prepare the meat for distribution among the community elders.

## First Nations and Inuit Tobacco Strategy

### Helen Kalvak School

- Students prepared and did presentations on tobacco to all classes in their school and held an evening tobacco free event for the community that included tobacco education activities.

## Health Promotion Fund

### Holman Child Development Centre

- *Health Promotions Workshops* – 44 parents and children/youth attended monthly workshops, sponsored by the Inuvialuit Regional Corporation (see page 17) that promoted healthy lifestyles. Topics included: Introduction of the Four Food Groups, CPR & First Aid, physical activity ideas for children and families, and safety awareness of wildlife (i.e. muskox and bears).





## Brighter Futures

### Inuvik Native Band

#### Community Mental Health

- Two Gwich'in language instructors provided some basic language education to elementary school children at a Gwich'in Camp.
- The Rachel Reindeer camp exposed all elementary students at Sir Alexander School in Inuvik to various aspects of Gwich'in culture. Activities included traditional crafts and stories as well as on-the-land activities.
- Brighter Futures supported a sewing program held for 4-5 students each week.
- Thirteen youth attended the Annual Aboriginal Youth Conference that was held in Edmonton, AB.
- A support assistant was hired to assist in the Family Counseling Centre.
- Brighter Futures supported a breakfast program for students at the Samuel Hearne Secondary School.



### Inuvialuit Regional Corporation

- A wellness worker coordinated all wellness programs in the community.

#### Community Mental Health

- The Muskrat Jamboree was an annual event with activities such as muskrat skinning, tea boiling, jigging contest for all ages, drum and fiddle dances and a talent show for all ages.
- The SHSS breakfast cart program promoted health and nutrition among the students.
- The Inuvik summer day camp allowed children to participate in arts, crafts, and sports.
- Brighter Futures supported youth who speed skate to train throughout the year for the Arctic Winter Games Team.
- Approximately 55 students attended the SAMS breakfast program daily.
- The 8-day Winnies camp taught children about camp maintenance, checking fish nets and arts & crafts.
- Five to seven youth participated in a sewing class and made traditional clothing such as parkas and mukluks. The youth were also taught the Inuvialuktun language.
- Students who are 12 and under from the SAMS school program traveled to Yellowknife for sports tournaments.
- Elders taught the children and the community members about traditional Inuvialuit Drum Dancing.
- A home support worker provided outreach services through the Family Counseling Centre that included support within the clients' homes, counseling and life skills training.
- Brighter Futures supported the Ingamo Christmas events program.
- The trapper training and land skills program allowed the children to go out on-the-land and participate in the seasonal muskrat hunt at a spring camp.
- Brighter Futures supported the annual winter traditional hunting & butchering techniques program.
- The shelter program provided women and children with safety, shelter, and food.
- The aboriginal language assistant provided support for the students at the SAMS school.

#### Child Development

- Kindergartens received healthy snacks that enabled the children to keep focused on their school work throughout out the school day.
- The preschool children received a nutritional snack in the mornings.
- Healthy snacks were given to students at the Sir Alexander McKenzie school throughout the year.

## Canada Prenatal Nutrition Program



### Ingamo Hall Friendship Centre

- A total of 5 cooking groups were held. Nutrition was talked about as part of the program on a one-to-one and group basis as well as through games and quizzes. Nutrition assessments were conducted occasionally by the program coordinator and regional CPNP nutritionist. Thirty-three separate education sessions/activities were held. Approximately three prenatal, postnatal, and/or breastfeeding women and two non-pregnant women of childbearing age attended each session/activity. Breastfeeding activities were offered. Other services offered included food supplements/meal bag program, childcare, transportation, games, and prizes or incentives.



## Healthy Children Initiative

### Inuvik Preschool

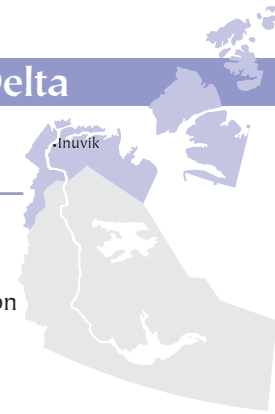
- Healthy Children Initiative supported an assistant teacher, a French project and early childhood education courses through distance learning and teleconferences with Yukon College instructors.

### Inuvik Child Development Centre

- Healthy Children Initiative supported a child support teacher.

### Family Councelling

- Healthy Children Initiative supported an early intervention worker, an in-home support worker, and workers to attend an early childhood conference held in Vancouver.



## Aboriginal Diabetes Initiative

### Inuvialuit Regional Corporation

- Aboriginal Diabetes Initiative supported the Inuvik Elders Fitness program and a healthy lunch program.
- An elder participated in the National Aboriginal Health Organization Conference in Winnipeg in November 2004, to gain knowledge of Aboriginal health issues.



## Aboriginal Head Start

### Little Bear Society AHS

- The Core program was an early intervention program for 3-5 year olds, offered in half-day sessions to maximize the number of spaces for children to access. Support and education was offered to children and their families around the core components of education, health and nutrition, with a strong focus on community organizations to ensure a variety of social support that empowers families. The traditional languages and cultures of the community were implemented into the daily program using the knowledge and stories of aboriginal families and their elders.

## Health Promotion Fund

### Aurora College Campus of Arctic College

- *Living the Sweet Life* – This pilot project promoted active living and healthy eating for 10 Aurora College students who took part in 6 cooking classes and 10 physical activity classes. The cooking classes, presented by the Beaufort-Delta Regional Nutritionist, included information about food groups, portion sizes, shopping and cooking such foods as stir-fries. The students also took part in physical activities such as aerobics, hiking, and walking.



## Brighter Futures

### Inuvialuit Regional Corporation

- A wellness worker coordinated all wellness programs in the community.

#### Community Mental Health

- Children and youth were taken out on-the-land during the spring and summer to learn survival traditional navigational skills, hunting, fishing, and trapping.
- The moonlight drummers and dancers was a year round program that enabled children to learn how to drum dance.
- Children who attended the local school were served breakfast every morning.
- Brighter Futures supported the student awards program.



## Canada Prenatal Nutrition Program

### Inuvialuit Regional Corporation

- A total of 5 cooking groups were held. Nutrition was discussed as part of the program on a one-to-one basis. A total of 5 separate education sessions/activities were held. Nutrition assessments were conducted on a regular, ongoing basis by the program coordinator, regional CPNP nutritionist, nurse/health centre staff, and program assistant/trainee. Breastfeeding activities were offered. Other services offered included food supplements/meal bag program, childcare, games, and prizes or incentives.



## Healthy Children Initiative

### Paulatuk Aboriginal Headstart

- Healthy Children Initiative supported a development support worker, food hampers and administration.



## Aboriginal Diabetes Initiative

### Inuvialuit Regional Corporation

- Traditional cooking sessions were held monthly. Youth and young adults were taught how to prepare and store traditional food, and Elders took part in 6 healthy food and active living picnics.
- A project leader participated in the National Aboriginal Health Organization Conference in Winnipeg in November 2004, to gain knowledge of Aboriginal health issues.

## Aboriginal Head Start

### Mikiyuayaat Aboriginal Head Start

- Twelve children between the ages of three and four attended a half-day early childhood preschool program that ran for five days per week based on the Inuvialuit language, culture and spirituality. Elders, parents and extended families are involved in the program activities. A daily meal program as well as other family food activities provided nutrition for the children and their families. A monthly nutrition bingo helped support and educate families in the community. Materials and sewing space was available for parents and elders that supported the traditional sewing and helped ensure children had adequate clothing for harsh winter. A community computer was set up which families utilize for everything from resumes to eulogies.

## Health Promotion Fund

### Paulatuk Aboriginal Headstart (Isaqsaktuak Paulatumi Mikiyaayut)

- *Inuvialuit Nutaarayut Paulatumi* – 45 parents and their children/youth attended weekly sessions, sponsored by the Inuvialuit Regional Corporation (see page 17) that helped participants become involved in healthy traditional life choices. There were smoking cessation, healthy tooth care, and healthy habits (hand washing) presentations, as well as group activities such as walking trips.



## Brighter Futures

### Inuvialuit Regional Corporation

- A wellness worker coordinated all wellness programs in the community.

#### Community Mental Health

- Brighter Futures supported a school lunch program.
- A fall festival was held for community members to participate in various games.
- The annual Easter festivity included Easter craft sessions, parents and tots Easter party, a children's Easter egg hunt, and a variety of games.
- A spring and summer day camp was held for children to participate in various activities such as arts, theatre, and sports camps.
- Various activities for children were offered on Halloween.
- The national child day celebration was held to recognize all children in the community.
- A variety of Christmas activities were held for the community.



## Canada Prenatal Nutrition Program

### Inuvialuit Regional Corporation

- Nutrition assessments were conducted occasionally by the regional CPNP nutritionist. Two education activities were held. Other services offered included food supplements/meal bag program and prizes or incentives.



## Healthy Children Initiative

### Recreation Department Parents & Tots

- Healthy Children Initiative supported caregiver salary, healthy snacks, a theme party, arena safety equipment, program supplies and nutritional bingo.

## Aboriginal Diabetes Initiative

### Inuvialuit Regional Corporation

- Aboriginal Diabetes Initiative supported a School Awareness Program. Ten students participated in cooking sessions which was held twice a month and students from K-9 received daily healthy snacks throughout the year.

## First Nations and Inuit Tobacco Strategy

### Inualthuyak School

- The BLAST group organized a poster contest for the school, wrote items for the school newsletter, provided education to peers in class, held an education evening for the community and developed their own stop smoking game.



## Brighter Futures

### Gwichya Gwich'in Council

#### Community Mental Health

- A Grade 5 and 6 class along with two chaperones went on a Spring Field Trip to Whitehorse, YK. The students took part in educational activities, as well as some recreational activities.
- A Grade 7 and 9 class went on a Youth Excursion Trip to Whitehorse, YK. The students experienced a fun and educational trip.
- Brighter Futures supported a STARS Reward Program. Students who had demonstrated positive behaviors in the areas of work ethic, overall behavior, attendance, respect, and punctuality earned points to receive prizes.
- Students who had perfect attendance for a month, citizens of the month, birthdays and any other achievements received certificates and prizes.
- Youth and adults took part in the sewing program and completed winter mukluks lined with duffle, quilt blankets, hats, mitts, neck warmers, fur mitts, small parkas, and bunting bags.
- Brighter Futures supported a boat trip to Fort Good Hope for youth during the month of July.



## Canada Prenatal Nutrition Program

### Gwichya Gwich'in Band

- A total of 4 cooking groups were held. Nutrition was talked about as part of the program on a one-to-one and group basis as well as through home visits, games and quizzes. A total of 1 separate education sessions/activities were held, and breastfeeding activities were offered. Other services offered included food supplements/meal bag program, childcare, home visits, transportation, games, and prizes or incentives.



## Healthy Children Initiative

### Chief Paul Niditchie School

- Healthy Children Initiative supported a healthy snack program for Kindergarten.

#### Daycare

- Healthy Children Initiative supported a casual worker and food for the daycare.

#### Community Action Plan

- Healthy Children Initiative supported family literacy kits and family literacy nights.

## Health Promotion Fund

### Tsiigehtchic Charter Community

- *Tsiigehtchic Active Living Project* - This project was added to the Tsiigehtchic Community Action Plan (TCAP) in September 2005. The goals of this project were to: promote active living and healthy eating practices, encourage a long-term commitment to active living and healthy eating practices among families in Tsiigehtchic, and promote the importance of family and community participation and involvement. These goals were accomplished through 6 healthy eating and cooking classes, a family active living evening at the community gym, health education sessions at Chief Paul Niditchie School, and a personal development workshop series.



## Brighter Futures

### Inuvialuit Regional Corporation

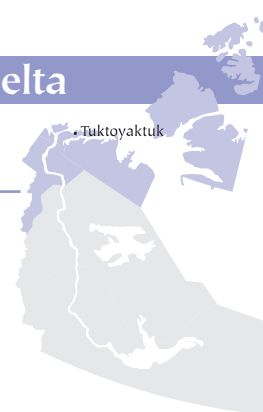
- A program coordinator was hired to coordinate all wellness programs, including Brighter Futures. The coordinator also helped community members with proposal writing to apply for funding.

#### Community Mental Health

- The Sevoliq Justice Committee dealt with community members who came into conflict with the law for the first time or for minor issues.
- Sewing workshops were held once a week and taught young mothers how to make parkas and baby bunting bags.
- Daily breakfast was served to students who attended the local school.
- The youth activities assistant assisted in the delivery of programs at the Jason Jacobson Youth Centre.
- A 12 week program ran by the Tuk Drummers and Dancers.
- Brighter Futures supported the operations of the Tuk Women and Children's Shelter.
- Children participated in the Hunting and Trapping program.

#### Child Development

- Brighter Futures supported the operations of the Tuk Child Development Centre.



## Canada Prenatal Nutrition Program

### Inuvialuit Regional Corporation

- A total of 13 cooking groups were held. Nutrition was talked about as part of the program on a one-to-one and group basis as well as through games and quizzes. One separate education session/activity was held. Breastfeeding activities were offered. Other services offered included food supplements/meal bag program and prizes or incentives.



## Healthy Children Initiative

### Tuk Child Development Centre

- Healthy Children Initiative supported an infant careworker and a developmental support worker.

### Tuk Women and Children's Shelter

- Healthy Children Initiative supported a child advocate/coordinator position.

## Aboriginal Diabetes Initiative

### Inuvialuit Regional Corporation

- A healthy living feast was held for the community; information was given out on healthy eating and active living, and healthy foods was promoted.

## Health Promotion Fund

### Tuktoyaktuk Child Development Centre

- *Healthy Family Promotion Night* – 47 parents and their children/youth participated in activity nights that were held twice a month. Sponsored by the Inuvialuit Regional Corporation (*see page 17*), these activity nights promoted healthy living. The twice a month activity nights gave parents and children/youth an opportunity to get involved and learn about such topics as: healthy nutrition for children, fire safety, and general health and active living information.

## Regional Projects



### Brighter Futures

- *Inuvialuit Regional Corporation* – Funds supported a regional coordinator and other costs related to the implementation of Brighter Futures such as regional workshops, travel, etc.



### Canada Prenatal Nutrition Program

- *Inuvialuit Regional Corporation* – Funds were used for regional coordination of CPNP.



### Healthy Children Initiative

- *NWT Literacy Staff* – Literacy Council completed two sets of training. Two early childhood and one community wellness staff attended the training session held in November and in February. Staff from different communities attended the second training.

## Aboriginal Diabetes Initiative

### Inuvialuit Regional Corporation

- Aboriginal Diabetes Initiative hired a full time and half time community diabetes coordinator, and provided for other expenses such as, supplies, resource materials and office rent.
- Aboriginal Diabetes Initiative supported local active living and/or diabetes prevention events.
- Aboriginal Diabetes Initiative supported a healthy living Christmas celebration.
- *Inuvik Regional Health and Social Services Authority* – Funds supported a full-time diabetes educator position, health day presentations, a presentation for the elders program, a diabetes education workshop and a general information workshop and a CHR conference.

## Fetal Alcohol Spectrum Disorder

### Inuvialuit Regional Corporation

- Fetal Alcohol Spectrum Disorder supported a coordinator who coordinated FASD activities within the Beaufort Delta region and was primarily involved in three workshops. The three workshops that took place were FASD Resource Training, FASD Training Workshop and an Asset Mapping Workshop.

## Health Promotion Fund

### Inuvialuit Regional Corporation

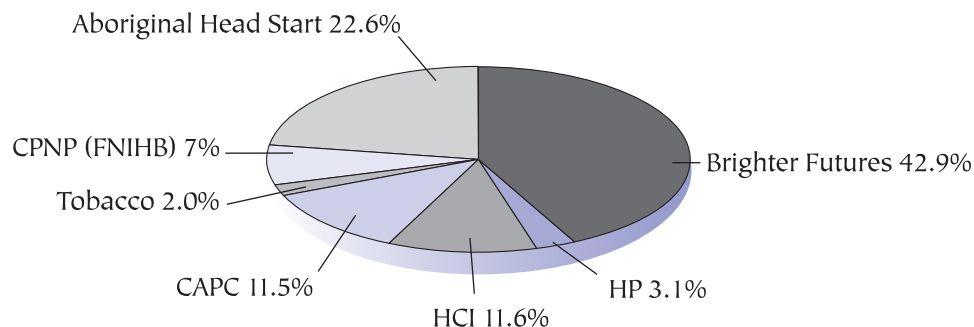
- *Early Childhood Program Active Living and Healthy Eating Projects in Four Communities* – 4 Early Childhood Development (ECD) communities in the Inuvialuit region were provided with Health Promotion Funding for nutrition and active living projects. Community resource people in Holman, Paulatuk, Tuktoyaktuk and Aklavik purchased healthy eating/active living resources to supplement the community ECD centres.





## Deh Cho Region – 2004/2005 Funding

	Brighter Futures	CPNP (FNIHB)	ADI/P&P	FASD	CPNP	CAPC	PHF	HCI	HP	Tobacco	HepC/ACAP	AHS	Total
Fort Liard	70,837	13,268						36,147	12,137				132,389
Fort Providence	114,989	23,602						46,963	6,000	11,174		127,208	329,936
Fort Simpson	143,564	17,682				130,000		22,442	8,526				322,214
Hay River Reserve	63,000	8,664						12,452	4,784	11,642		127,208	227,750
Jean Marie River	13,901												13,901
Kakisa	4,965							7,330					12,295
Nahanni Butte	14,820												14,820
Trout Lake	13,476												13,476
Wrigley	44,313	6,391						5,824					56,528
Regional													0
<b>Total</b>	<b>483,865</b>	<b>69,607</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>130,000</b>	<b>0</b>	<b>131,158</b>	<b>31,447</b>	<b>22,816</b>	<b>0</b>	<b>254,416</b>	<b>1,123,309</b>







## Brighter Futures

### Acho Dene Koe First Nation

- A youth program coordinator coordinated the traditional parenting workshop and the self-esteem workshop.

#### Community Mental Health

- A breakfast program was provided to students from Kindergarten to grade 5.
- An Outreach program offered counseling, youth AA & NA meetings, sports and recreational activities, homework club, lunch club, moms & tots program and a program that enabled elders to teach the youth traditional teachings.
- Brighter Futures provided different activities such as weekly popcorn and video nights as a crime prevention measure, weekly sewing/Slavey classes, drumming classes three times a week, a two day workshop for youth to learn how to break dance, and a program where coordinators have assisted youth who have probation hours.
- A Take Back the Night march took place around the community to promote anti-violence against women.
- Youth and community members participated in different activities during Family Violence Awareness Week.
- Twelve youth and seven adults participated in a 5-day self-esteem camp that took place at Muskeg Youth Camp.
- A traditional parenting workshop took place to provide parenting skills on responsibility of a parent, improved family structure and the health of children.



## Canada Prenatal Nutrition Program

### Acho Dene Koe First Nation

- A total of 34 cooking groups were held. Nutrition was talked about as part of the program on a group basis as well as through home visits. A total of 4 separate education sessions/activities were held and breastfeeding activities were offered. Other services offered included food vouchers, food supplements/meal program, childcare, home visits, games, and prizes or incentives.



## Healthy Children Initiative

### Acho Dene Koe

- Healthy Children Initiative supported the preschool program.
- Computers were provided for preschool use.

## Health Promotion Fund

### Echo Dene School

- *Fort Liard Cookbook* – Six Grade 12 students, along with several elders, researched and developed a traditional cookbook for the community called *Our Favorite Recipes*; 100 copies of this cookbook were distributed among the community. Cooking and Food Safety training was also provided to the students.

### Fort Liard Health Centre

- *Active Living* – Twice a month, the community hall held playtime activities for parents and children, such as crafts, nature walks, hikes, dancing, and reading circles. Youth could participate in the Community Game Nights and join in ongoing sports and other group activities.

### Acho Dene Koe First Nation Band

- *Breakdancing in Fort Liard* – This project was funded to introduce 36 children and youth to the art of Breakdancing as a means of active living.



## Brighter Futures

### Deh Gah Got'ie Dene Council



#### Community Mental Health

- Two grieving workshops were held. A community member attended a grieving workshop in Yellowknife for four days and 9 community members attended a grieving workshop within the community for one week.
- A spring culture camp was held for one week and the children participated in various activities that provided more awareness of the importance of Dene culture.
- The moose hide tanning program took place during the summer and fall outside of the community at a camp.
- Eight young men took part in a traditional hand games tournament in Meander River, Alberta.
- Ten community members attended a traditional gathering and participated in various activities such as sharing circles, story telling on Dene values and principles, cleaning and cutting fish, ducks & geese, and learning different methods of preparing, cooking, and picking wild herbs and plants.
- Seventy-five children, six elders, and two cooks attended a summer camp on a two-week rotation.
- Youth attended a Deh Cho Assembly in Kakisa and the Dene National Assembly in Yellowknife with community leaders.
- The Deh Gah School ran a breakfast program for all children. Parents and community members got involved by preparing the snacks in the school.
- Ten community members attended a healing workshop in Yellowknife.
- The Brighter Futures coordinator attended a 3-day health conference in Winnipeg, Manitoba.
- Fourteen participants took part in a slipper making program 3 times a week.
- 100 community members participated in various activities during National Addictions Awareness Week.
- The Brighter Futures coordinator with another community member attended a 2-day Tobacco workshop held in Yellowknife and a Sexual Abuse Conference in Edmonton, Alberta.
- Eighteen boys & girls attended a drumming workshop with five elders.
- Fourteen participants attended a healing workshop held for one week.
- A community hunt took place from March 1-6th and March 21-25th, 2005.
- Brighter Futures supported a substance abuse & awareness program. Community members can borrow materials that have to do with safety and solvent abuse.

#### Child Development

- A summer day program was held in July and August. Children learned colours, numbers, some Slavey words, story telling, nature walks, colouring and painting. Snacks were also provided on a daily basis.
- Pre-school children attended a traditional & cultural learning camp and participated in various activities to create more awareness of the importance of Dene culture.
- Brighter Futures supported the pre-school graduation where children were recognized for their accomplishments and successes in the program.

#### Parenting Skills

- A parenting workshop taught basic parenting skills and communication between parents and children.



## Canada Prenatal Nutrition Program

### Zhahti Koe Friendship Centre

- A total of 33 cooking groups were held. Nutrition was talked about as part of the program on a group basis as well as through games and quizzes, home visits, and a grocery store tour. Nutrition assessments were conducted on a regular, ongoing basis by the program coordinator. A total of 28 separate education sessions/activities were held and breastfeeding activities were offered. Other services offered included food vouchers, food supplements/meal bag program, home visits, games, and prizes or incentives.



## First Nations and Inuit Tobacco Strategy

### Deh Gah Got'ie Dene Band

- A community tobacco worker was hired to do 15 hours of work a week for 24 weeks. The coordinator initiated a community and school tobacco essay contest and developed tobacco information packages for all the organizations in the community. Work was also done on the local community radio station by an elder who spoke in Slavey and featured stories from elders on tobacco use.



## Healthy Children Initiative

### Zhahti Koe Friendship Centre

- Healthy Children Initiative assisted with programming for parents and children.

### Fort Providence D.E.A

- Healthy Children Initiative supported the early literacy programming such as reading projects, groups, etc.
- Two Aurora College students along with two members outside of Yellowknife attended the NWT Literacy training in Yellowknife.
- Books were purchased for early literacy for children ages 0-6.



## Aboriginal Head Start

### Deh Gah Got'ie Dene Council

- A maximum of sixteen 3 year olds and sixteen 4 year olds were enrolled throughout the preschool year. Preschool children learned basic academic skills as well as the Dene culture and values through an integrated educational philosophy of holistic learning. Parents, caregivers, extended family and community members are the key people who make this program a success.

## Health Promotion Fund

### Zhahti Koe Friendship Centre

- *Learning Traditional Dance* – This project promoted active living and positive self-esteem for children aged 8 – 13. Healthy and fun activities also included tobacco awareness messages, such as “you need your lungs to dance”.

### Deh Gah Got'ie First Nations Dene Band Council

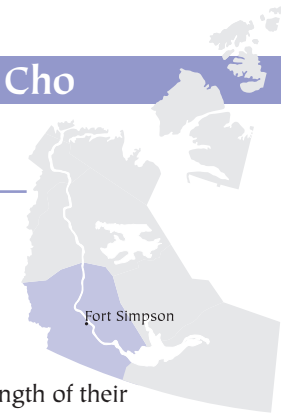
- *Active Living and Healthy Eating* – 8 Mom and Child cooking classes were provided to increase cooking skills for 20 moms and children, using a variety of traditional and store bought healthy foods. A family workshop was held to learn how to prepare healthy foods. The recipes used were compiled into a community cookbook.



## Brighter Futures

### Liidlíi Ko First Nation

- Funds supported a Brighter Futures coordinator, a youth activities supervisor, and a cultural coordinator.



### Community Mental Health

- A traditional healing workshop helped community members rediscover the strength of their culture and explore their own traditional healing mechanisms for mental health.
- There were 15 participants who attended the “Building Healthy Relationships” workshop that was held from January 3st to February 4th, 2005.
- Brighter Futures supported community members to attend two health conferences: one on sexual abuse and one focused on First Nations approaches to addictions and wellness issues.
- “Choice Making for Teens” workshop taught 14 youth how their values affect their choices and opened new doors to self-awareness.
- Bridging Employment Skills Development Program focused on developing individualized employment skills, training for young adults who face barriers to employment, and integrating them into the community workforce.
- Brighter Futures supported a youth centre where youth took part in different activities.
- Spring and fall camps increased students, school staff, and parents culture and language skills.
- Youth learned traditional dance techniques and performed in two community events.
- Three youth volunteered at a festival held in Inuvik from July 16th–26th. They also took part in a variety of art workshops, presentations and performances all featuring northern art and artists.
- Youth took part in an Annual Regional First Nations Leadership meeting and cultural gathering. Leaders and families discussed what will affect their future and also took part in cultural celebrations.
- Two local male artists took part in learning the skills of carving soapstone between July 1st–16th.
- One female youth took part in an intense 11 day summer theatre program targeting Aboriginal youth.
- Ten First Nations youth took part in a cadet trip to Wainwright, Alberta.
- Two band members, nine youth, and two chaperones attended a DreamCatchers conference held from October 15th–19th in Edmonton, Alberta.
- An afternoon program was held for elementary school boys and girls who needed some hands-on learning; graduated students assisted the elementary students with their homework after school.
- Parents and teens took part in an art course held at the high school at noon twice a week.
- Seven youth traveled to Wrigley and took part in a Spiritual Gathering from July 29th to August 1st, 2004.
- Community members took part in several events during Canada and Aboriginal Day.
- “Building Connected Community” workshop was delivered on February 28th to March 3rd.
- A Drumming Workshop took place on July 4th, 2004.
- Family events took place in mid-March for the Spring Carnival.
- Brighter Futures supported a teen anti-workshop called “Respect Yourself Respect Others”.
- Various activities took place during National Addictions Awareness Week including a workshop called “Choice Making for Teens”.
- Brighter Futures supported Program materials and supplies to assist the Youth Centre Coordinator.
- A research team conducted a survey with band members aged 15 and up about community social needs and personal wellness.
- Brighter Futures supported a Preventative Health Practices workshop.
- A youth addictions training course took place to better equip the Youth Centre Coordinator in meeting client needs.

### Child Development

- Brighter Futures supported the Literacy and Resource Development for 3–5 year olds in the Day Care.

### Parenting Skills

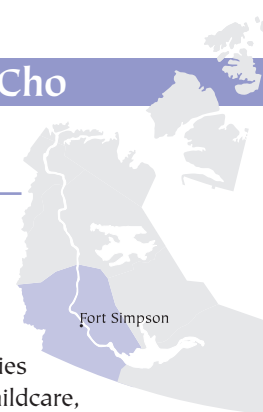
- Brighter Futures supported two parenting workshops. Seven mothers attended the first workshop “Empowerment For Parents”, and eight parents attended the second workshop “Restoring Traditional Parenting”.



## Canada Prenatal Nutrition Program

### Liidli Koe First Nation

- A total of 25 cooking groups were held. Nutrition was talked about as part of the program on a one-to-one and group basis as well as through games and quizzes. Nutrition assessments were conducted occasionally by the regional CPNP nutritionist. A total of 25 separate education sessions/activities were held and breastfeeding activities were offered. Other services offered included food supplements/meal bag program, childcare, transportation, games, and prizes or incentives.



## Community Action Program for Children

### Open Door Society Family Resource Centre

- The early intervention/preschool program provided ongoing preventative activity-based intervention for children with medical histories that place them at-risk for developmental delays or potential learning disabilities. The program enhanced the intellectual, social and physical development of children, while strengthening and supporting the whole family. Project staff also worked with parents to extend the program to homes and provide assistance on parenting issues.



## Healthy Children Initiative

### Open Door Society

- Healthy Children Initiative assisted with the preschool program, a staff member to attend a training workshop in Hay River on guiding behaviour, a staff member to attend the NWT Literacy training session in Yellowknife and hosted an early childhood conference on Kids...Gotta Love Them.

## Health Promotion Fund

### Thomas Simpson School

- *Mission Impossible: Healthy Living Promotion* – This project, developed by the Thomas School teachers, promoted healthy lifestyles, a sense of belonging and working together among 150 youth. Project activities included: nutrition information (by using the NWT Food Guide; focusing on fruits and vegetables by challenging students to eat 5 – 10 servings a day), tobacco prevention and cessation and participation in the Butthead Campaign. Other sessions included: yoga, stress management, 'healthy minds' promotion, healthy pregnancies and parenthood.

### Village of Fort Simpson

- *Bike Rodeo and Safety Promotion* – The Fort Simpson Recreation Department and the local RCMP held a bike rodeo where each class from Bompas Elementary School was able to attend the rodeo and learn about bike safety.



## Brighter Futures

### K'atlodeeche First Nation

- A Brighter Futures Coordinator was hired to coordinate many programs concerning wellness activities and culture.

#### Community Mental Health

- A home/school counselor was hired to support and work with the youth and provide counseling.
- On-the-land trips were held throughout the year for youth. Participants learned traditional skills such as hunting and setting traps and fish nets.
- Thirty children attended the Aboriginal Head Start program and participated in various activities. The children received education in the Slavey and English languages on culture and traditional values.
- A summer day camp was held for youth ages 7-15. Activities included field trips, camping and swimming.
- Youth, elders, drummers and chaperones attended the Dene Elder/Youth Gathering workshop held in Calgary.
- Community members attended the regional culture and spiritual gathering and participated in various workshops.



## Canada Prenatal Nutrition Program

### K'atlodeeche First Nation

- A total of 15 cooking groups were held. Nutrition was talked about as part of the program on a group basis as well as through home visits. A total of 9 separate education sessions/activities were held and breastfeeding activities were offered. Other services offered included fruit baskets, transportation, home visits, games, and prizes or incentives.

## First Nation and Inuit Tobacco Strategy

### Katlodeeche First Nation

- A community tobacco coordinator was hired to do work on a part-time basis. The coordinator worked closely with the Community Health Representative and implemented the tobacco curriculum in the school along with the Don't Be a Butthead Campaign. Tobacco information displays were put up around town and at certain community events. A community support group for adults who wanted to quit smoking was initiated.



## Healthy Children Initiative

### Kalodeeche First Nation

- Healthy Children Initiative assisted with preschool day camp for children ages 3-5.



## Aboriginal Head Start

### Hay River Dene Reserve District Education Authority

- This program provided a safe, nurturing and multifaceted environment for 34-40 children aged 3-5. Students were transported to and from the program. The program is not only culturally based but educational as well. Elders are involved in the cultural and traditional activities, and parents participated by assisting in the classroom, sending in snacks, supervising children on field trips, and were invited to special events. The children were taught the South Slavey language throughout the day.

## Health Promotion Fund

### Katlodeeche First Nations

- *Active Living and Wellness Promotion* – During National Addictions Awareness Week, several organizations provided family-oriented healthy living activities. Everyone from prenatal women to Elders were active participants in the activities. High school students were able to learn about a Smoking Cessation Program presented by Alfred Moses, First Nations and Inuit Tobacco Coordinator, Department of Health and Social Services, GNWT.
- *Youth Fitness Initiative* – Active living and healthy eating were promoted for children and youth through a variety of fitness and yoga classes. Aboriginal and Yellowknife fitness instructors served as role models for children, youth, and elders.





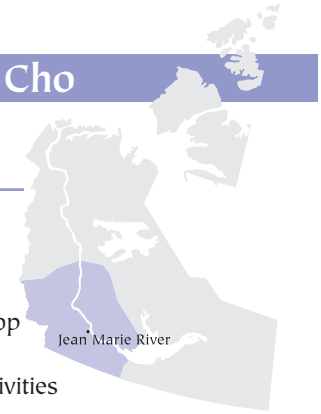


## Brighter Futures

### Jean Marie River First Nation

#### Community Mental Health

- An Inner Child Workshop was held from February 9th-11th, 2005. This workshop focused on healing from childhood abuse, forgiveness and self-acceptance.
- Brighter Futures supported a Family Reunion that held traditional & cultural activities for the whole community.







## Brighter Futures

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### Ka'agee Tue First Nation

#### Community Mental Health

- Two students and one chaperone attended the Dreamcatcher's Conference held in Edmonton from October 15th-17th, 2004.



## Healthy Children Initiative

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### K'aagee Tu First Nation

- Healthy Children Initiative assisted with travel for 4 year olds to attend HR Playschool in Hay River twice a week.



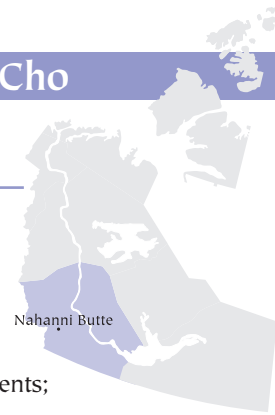
### Brighter Futures

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#### Nahanni Butte Band

##### Community Mental Health

- Two facilitators traveled from Calgary to Nahanni Butte from March 6th–10th to address concerns on the overall mental health and wellness within the Nahanni Butte community. They conducted group sessions with children, youth, and parents; presented a movie called Honour of All; and made time to meet with the community members during their intervention, feasts, sessions at the band office and sessions during the evening.





## Brighter Futures

### Sambaa 'Ke Dene Band

#### Community Mental Health

- A Conscious Healing and Sacred Space workshop was held from November 15-19, 2004.
- A spring camp for approximately 19 elders, adults, youth, children and infants focused on traditional on-the-land activities.





## Brighter Futures

### Pehdzeh Ki First Nations

- A coordinator organized, implemented and coordinated the wellness programs in the community.

#### Community Mental Health

- Five youth participated at the Fiddle Teacher's Workshop held in Fort Providence during the last week of January 2005.
- Funds supported a sewing program to be taught to the community members.
- Three youth participated at the Fiddle camp held in Fort Smith from March 21-27 2005.
- A Youth Winter Camp was held at Fish Lake for a week in March 2005.



## Canada Prenatal Nutrition Program

### Pehdzeh Ki First Nation

- A total of two cooking groups were held with approximately two prenatal, postnatal, and/or breastfeeding women and one non-pregnant woman of childbearing age attending each session. Nutrition was talked about as part of the program through games, quizzes and home visits. A total of eight separate education sessions/activities were held with approximately three prenatal, postnatal, and/or breastfeeding women and six or more women of childbearing age in attendance. Breastfeeding activities were offered. Other services offered included food supplements/meal bag program, games, and prizes or incentives.



## Healthy Children Initiative

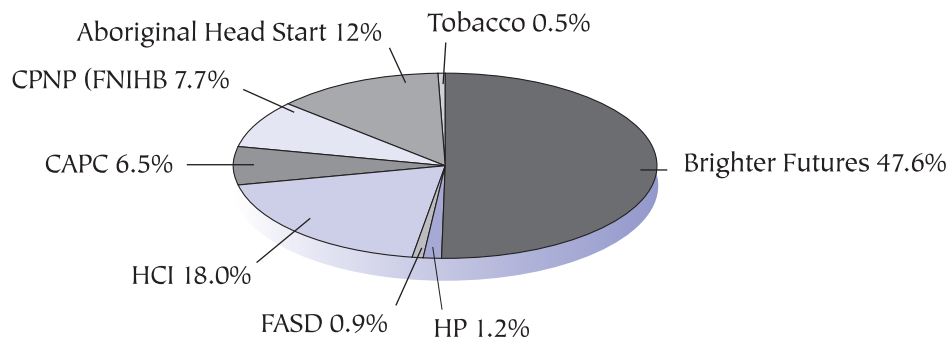
### Pehdzeh Ki First Nation

- Healthy Children Initiative assisted two people to attend an NWT Literacy Training workshop in Yellowknife.



## Dogrib Treaty 11– 2004/2005 Funding

	Brighter Futures	CPNP (FNIHB)	ADI/P&P	FASD	CPNP	CAPC	PHF	HCI	HP	Tobacco	HepC/ACAP	AHS	Total
Rae Lakes	43,150							22,431					65,581
Rae Edzo	301,935	51,280				60,000		96,077	4,036			164,355	677,683
Wekweti	20,783	3,977						16,185	1,136	4,244			46,325
Wha Ti	75,234	15,849						31,956	4,406				127,445
Regional				8,079									8,079
Total	441,102	71,106	0	8,079	0	60,000	0	166,649	9,578	4,244	0	164,355	925,113



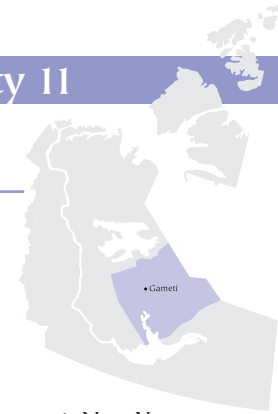


## **Brighter Futures**

### **Gameti First Nation**

#### **Community Mental Health**

- A Community Workshop was delivered on November 22nd – 26th, 2004 on Aboriginal Diabetes Awareness and the harmful affects from alcohol. Entertainment and traditional events were also provided to the community.
- Community members took part in family day programs such as a Christmas day event, New Years Celebration, Spring Carnival, and Faber Lake Day Camp.
- Ten youth, seven helpers and two elders worked on a traditional trail project on February 4th-13th, 2005. Elders set a path towards teaching youth the traditional knowledge and developing a relationship with the land during their journey.
- Ten youth, two elders and six local hunters went on a youth community hunt that took place on March 1-5, 2005. Traditional survival skills and teachings provided the youth with basic survival skills, geographic hunting area knowledge, stories and legends of the land.



## **Healthy Children Initiative**

### **Dogrib Community Service Board**

- Healthy Children Initiative supported Johnny Arrowmaker Day Care Centre and the Early Intervention Program.



## Brighter Futures

- A social development coordinator assisted with community health and social needs.

### Community Mental Health

- Recovery Foundation presented Building a Bridge for Change. The workshop was designed to help participants develop communication skills that will improve youth and adult relationships.
- Community members participated in celebrating indigenous culture on Aboriginal Day. Activities included canoe races, hand games, and a drum dance.
- About 12-15 youth participated in the after school program that ran for 8 months. Indoor activities were organized as well as on-the-land field trips and trips to Yellowknife.
- Brighter Futures supported a Christmas event and Easter celebration for the community members.
- About 20-30 youth participated in the culture camp program. Youth learned a variety of traditional skills on-the-land and water.
- Brighter Futures supported a disability program that provided pre-vocational training for young mentally challenged adults.
- A prenatal nutrition program coordinator, a disability support worker, a local parent and her developmentally challenged child attended the Annual Families The Heart of Community Conference in Edmonton, Alberta on March 18-20, 2005.
- During the Christmas holiday and Palm Sunday, Elder's received traditional food, such as dry meat, stew, bannock and pemmican.
- Brighter Futures supported guest speakers who attended the Rae Culture Centre from March 11th-13th. Workshops, a family dance, talent show, and sharing circles for open discussion and healing were held.
- The community took part in an eventful National Addictions Awareness Week that included a sobriety walk, presentations, sharing circles, refreshments and entertainment within a substance free environment.
- Brighter Futures supported the Recreation Team for youth to participate in several activities as well as going to competitions. Activities included Tae Kwon Do, volleyball, hand games, soccer, and snowmobile races.
- Brighter Futures supported the Dogrib region to travel to the community of Gameti for the Annual General Assembly held in August 2004. Several communities also attended the Spiritual Gathering in Deline.
- Thirty to forty students received a healthy breakfast through the snack program.
- Brighter Futures supported an Elementary Drum Kit to facilitate Family Drum Circles. The kit was used during Early Childhood Play groups that promoted family oriented play and activity for children of all ages.
- Community members attended healing retreats such as the Couple's Retreat at Trappers Lake.
- Brighter Futures supported community members suffering from mental and physical ailments to visit well-respected traditional healers.
- Brighter Futures supported a local Traditional Skills program that involved youth drumming and hand game lessons.

### Child Development

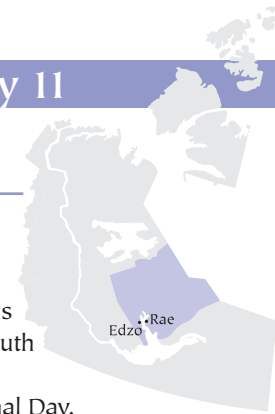
- Brighter Futures supported a program designed for special needs children. The program included a support worker that provided one-on-one attention to developmentally challenged children and supplies that fostered literacy, gross motor skills coordination, nutrition, family oriented play, and interaction with school children.

### Parenting Skills

- A parenting workshop provided parents and teachers with additional information about coping with their children.

### Healthy Babies

- Brighter Futures contributed to the operation of the Canada Prenatal Nutrition Program.





## Canada Prenatal Nutrition Program

### Dogrib Rae Band

- A total of 48 cooking groups were held with approximately seven to eight prenatal, postnatal, and/or breastfeeding women and one to two non-pregnant women of childbearing age attending each session. Nutrition was talked about as part of the program on a one-to-one and group basis as well as through games, quizzes and home visits. Nutrition assessments were conducted occasionally by the program coordinator, and program assistant/trainee. A total of 48 separate education sessions/activities were held. Approximately seven to eight prenatal, postnatal, and/or breastfeeding women and one to two non-pregnant women of childbearing age attended each session/activity. Breastfeeding activities were offered. Other services offered included food vouchers, food supplements/meal bag program, childcare, transportation, home visits, games, and prizes or incentives.



## Community Action Program for Children

### Dogrib Community Service Board

- The Gameti Band provided a licensed child centre for three- to four-year-old community children as a way to promote knowledge and skill development for both children and their parents. The Centre also provided student teacher training, and its programming was both developmentally and culturally appropriate. All of these elements helped ensure the child's social, emotional, verbal, intellectual and physical readiness for kindergarten.



## Healthy Children Initiative

- Healthy Children Initiative supported Chief Jimmy Burneau School Child Development Centre and the Tli Cho Day Care Centre.



## Aboriginal Head Start

### Dogrib Community Service Board

- Approximately forty children were served annually. The program provided an environment that promoted a social, emotional, verbal, intellectual and physical well-being to the children in developmentally and culturally appropriate activities and strengthened their readiness for kindergarten. Children learned about nutrition and had weekly opportunities to bake and prepare traditional food such as dry meat, bannock, rabbit stew, and dry fish. Children had opportunities to participate in field trips on-the-land where they learned about plants, animals, trap-lines, fishing and life in the bush. Dogrib language was spoken regularly in the classroom and children were encouraged to speak their Aboriginal language.

## Health Promotion Fund

### Chief Jimmy Bruneau Regional High School (CJBHS)

- *Healthy Lifestyles Conference* – CJBHS held a health conference (Sept 7-8, 2004) for about 350 students. Presenters from the Tlicho and Yellowknife provided information to students on such topics as nutrition, sex education, healthy eating, active living, smoking cessation, and injury prevention.





## Brighter Futures

### Dechi Laot'i First Nation

#### Community Mental Health

- Youth took part in a Culture program and participated in activities such as hand games, drum making, and trips on-the-land.
- Many community members took part in the Lac St. Anne Pilgrimage, a spiritual gathering in Alberta.
- Community members participated in local treatment sessions.
- A self-esteem workshop, hockey clinic and various family nights were held in the community.



## Canada Prenatal Nutrition Program

### Dechi Laot'i First Nation

- A total of ten cooking groups were held with approximately one prenatal, postnatal, and/or breastfeeding woman and three non-pregnant women of childbearing age attending each session. Nutrition was talked about as part of the program on a group basis as well as through games and quizzes. Breastfeeding activities were offered. Other services offered included games, and prizes or incentives.

## First Nations and Inuit Tobacco Strategy

### Dechi Laot'i First Nation

- A community tobacco coordinator was hired part time for 20 hours per month. The coordinator conducted awareness presentations at the school and the adult learning center and also coordinated a 2-day workshop on tobacco for the community. During National Non-Smoking Week, a community feast was held celebrating and recognizing those who were smoke-free in the community.



## Healthy Children Initiative

### Dogrib Community Service Board

- Healthy Children Initiative supported the Wekweti Preschool Program.

## Health Promotion Fund

### Alexis Arrowmaker School

- *Healthy Food for Learning* – Six cooking classes were held, such as making healthier cookies, assorted healthy dips, and a healthy breakfast. Two projects were also organized: snack making for primary classes (grade 1-3) and a Cultural camp food preparation lessons for the older students.

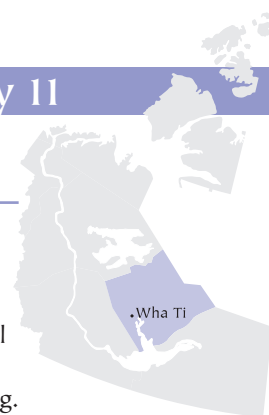


## Brighter Futures

### Wha Ti First Nation

#### Community Mental Health

- Fifty-six community members traveled to Lac St. Anne to participate in a spiritual gathering. Spiritual gatherings were held in both Wha Ti and Rae.
- Brighter Futures supported men and women's group to improve social well-being.
- Grieving sessions were held in Gameti, Rae, Deline, and Hay River. Family and friends assembled together to work through their grieving process traditionally.
- A sixteen-week program was taught by a local RCMP officer to students in grades 6,7, and 8 about drug & alcohol awareness.
- Youth matters program was held every Friday evening for youth to drop in. Youth were able to participate in a variety of activities, sports, games and crafts.
- Family days were held to celebrate special occasions.
- Brighter Futures supported a Treatment Support program that improved mental health and social well-being.
- Kids club was held every Wednesday and organized events and activities including traditional crafts and physical exercise.
- Tom Jackson performed a concert and gave a workshop on suicide prevention.
- Brighter Futures supported members to attend a Dreamcatcher's conference held in Yellowknife.
- Youth and one community member participated at the bible camp held in Lac La Biche, Alberta.



#### Child Development

- Brighter Futures supported a breakfast program for students.
- Brighter Futures supported a children's computer lab.



## Canada Prenatal Nutrition Program

### Wha Ti First Nation

- A total of 8 cooking groups were held. Nutrition was talked about as part of the program on a one-to one and group basis as well as through games and quizzes. Nutrition assessments were conducted occasionally by the nurse/health centre staff. A total of 46 separate education sessions/activities were held and breastfeeding activities were offered. Other services offered included food vouchers, food supplements/ meal bag program, games, and prizes or incentives.



## Healthy Children Initiative

### Dogrib Community Service Board

- Healthy Children Initiative supported the Wha Ti Day Care Centre.

## Health Promotion Fund

### Wha Ti First Nation

- *Wha Ti Kids Club* – This Boys and Girls Club, ran for 1 hour per week for children 8 – 10 years of age by community volunteers, provided a safe environment for children to exercise, play games, learn new sports and have a healthy snack. Boys and girls from the existing Rainbow Club joined with this group once a month. Health Centre staff covered topics such as hygiene, dental health, sleep, exercise, and more.



## Fetal Alcohol Spectrum Disorder

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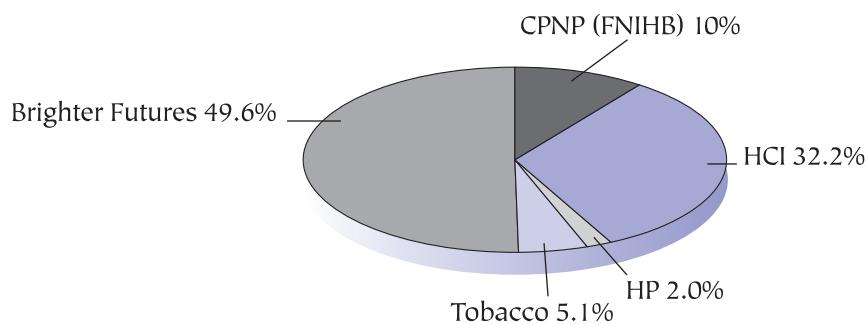
### Dogrib Community Services Board

- Four early childhood workers participated in a three-day workshop offered by the NWT Council of Persons with Disabilities on March 9th-11th, 2005. The workshop provided information and opportunities to practice hands on strategies that early childhood educators could use to support children that may be affected by FASD. It gave participants the opportunity to share ideas of how to adapt the strategies to fit Dogrib language and culture.



## Sahtu Region – 2004/2005 Funding

	Brighter Futures	CPNP (FNIHB)	ADI/P&P	FASD	CPNP	CAPC	PHF	HCI	HP	Tobacco	HepC/ACAP	AHS	Total
Colville Lake	26,756							14,760					41,516
Deline	135,023	20,969						26,582		23,496			206,070
Fort Good Hope		21,289						36,340	2,424				60,053
Norman Wells								46,579	582	2,392			49,553
Tulita	91,588	14,401						40,006	5,449	378			151,822
Total	253,367	56,659	0	0	0	0	0	164,267	8,455	26,266	0	0	509,014



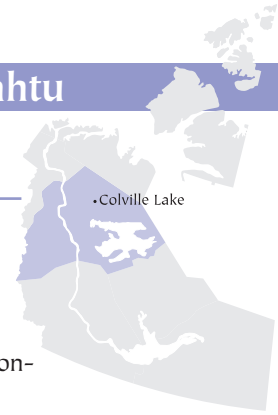


## Brighter Futures

### Behdzi Ahda First Nation

#### Community Mental Health

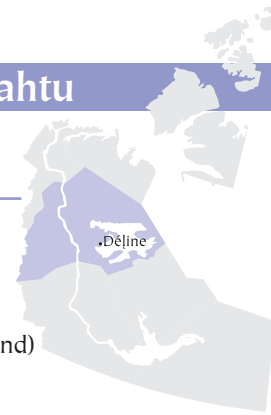
- A snack program was held at the Colville Lake school.
- A Culture program taught youth beading, making dreamcatchers, survival skills on-the-land, working on caribou hide and preparing fresh meat.



## Healthy Children Initiative

### Colville Lake School

- Healthy Children Initiative supported a Healthy Children Initiative worker, a playschool teacher, and a snack program.



## Brighter Futures

### Deline Dene Band

- A program coordinator ensured that all programs were implemented and running efficiently and effectively.
- A cultural coordinator planned and developed recreational, traditional (e.g., on-the-land) and cultural programs for the community.

#### Community Mental Health

- A back on-the-land program gave students experience on how to survive on-the-land. Students were also taught how to make dry meat and dry fish.
- Brighter Futures supported a spiritual gathering that took place within the community.
- A family gathering took place out at Broken Plate Creek for a week.
- Brighter Futures supported recreation activities organized for the youth and community members.



## Canada Prenatal Nutrition Program

### Deline Dene Band

- A total of 32 cooking groups were held. Nutrition was talked about as part of the program on a group basis as well as through home visits and a grocery store tour. A total of 2 separate education sessions/activities were held and breastfeeding activities were offered. Other services offered included food vouchers, transportation, childcare, and games.



## Healthy Children Initiative

### Deline Preschool

- Healthy Children Initiative supported a healthy snack program.

### ?Eht'seo Ayha School

- Healthy Children Initiative supported a Healthy Children Initiative Coordinator and a healthy snack program.

## First Nations and Inuit Tobacco Strategy

### Deline First Nation

- A full time community tobacco coordinator was hired for 22 weeks. The tobacco coordinator promoted the Don't Be a Butthead Campaign and the Smoke Screening project in the schools along with presentations to classes and essay/coloring contests. A record was also kept of the tobacco sales and numerous activities were offered during National Non-Smoking Week. The coordinator initiated tobacco awareness work with the prenatal group once a month and aired tobacco education videos on the local television station twice a month. Tobacco information was created for the local radio station and was aired on a regular basis until the radio station went off air.



## Canada Prenatal Nutrition Program

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### K'asho Got'ine Dene Community Council

- A total of 24 cooking groups were held. Nutrition was talked about as part of the program on a group basis as well as through games and quizzes. A total of 12 separate education sessions/activities was held. Other services offered included food vouchers, transportation, games, and prizes or incentives.



## Healthy Children Initiative

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### Fort Good Hope Daycare

- Healthy Children Initiative supported healthy snacks, a language teacher and a child advocate, and three participants to attend a conference at Grant McEwan College.

## Health Promotion Fund

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### K'asho Got'ine Chartered Community Council

- *Health Fair* – A health fair was held on February 16th, 2005 that provided the community with presentations on health topics such as diabetes, dental health, alcohol and drugs, active living, healthy eating, and tobacco cessation.



### Healthy Children Initiative

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#### Norman Wells Preschool

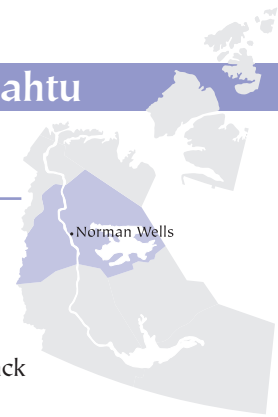
- Healthy Children Initiative supported a preschool teacher.

#### Mountain McKenzie School

- Healthy Children Initiative supported a Healthy Children Initiative worker, healthy snack program and supplies.

#### NWT Literacy Council

- A staff member from each community in the Sahtu region attended a training session in Yellowknife held by the literacy council in February 2005.



### First Nation and Inuit Tobacco Strategy

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#### Mackenzie Mountain School

- The school hosted its own mini BLAST conference for 40 students during a weekend in March 2005.

### Health Promotion Fund

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#### Town of Norman Wells

- *Water Safety Days* – Water safety promotion and activities were held to increase the community's awareness of the dangers of an aquatic environment, educational sessions to prevent drowning and awareness of other aquatic related injuries.



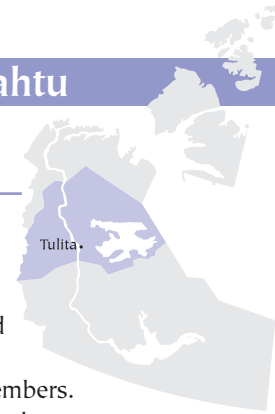


## Brighter Futures

### Tulita Dene Band

#### Community Mental Health

- A school counselor attended a High Risk Workshop in Edmonton which focused on high risk youth and their families.
- A Healing Workshop took place in May and August to work with community members.
- Brighter Futures supported a breakfast program held at Chief Albert Wright School.
- The family support program offered a variety of activities for community members of all ages, particularly children and youth. These included children's and family reading, children's and family scavenger hunts, youth cooking circles, youth berry picking, toy lending/library, moose hide/caribou hide tufting & fish scaling, etc



## Canada Prenatal Nutrition Program

### Tulita Dene Band

- A total of 11 cooking groups were held. Nutrition was talked about as part of the program on a one-to-one and group basis as well as through games and quizzes, home visits, and a grocery store tour. Nutrition assessments were conducted occasionally by the regional CPNP nutritionist. A total of seven separate education sessions/activities were held. Other services offered included food supplements/meal bag program, childcare, home visits, transportation, games, and prizes or incentives. As well, sewing circles and instruction on preparing traditional meats were offered.



## Healthy Children Initiative

### Sister Celeste Child Development Centre

- Healthy Children Initiative supported two special needs teachers and a cultural resource teacher.

## First Nations and Inuit Tobacco Strategy

### Chief Albert Wright School

- The BLAST group held an anti-smoking poster challenge and engaged prominent community leaders to judge the winners. All entries were displayed in the school during parent teacher interviews.

## Health Promotion Fund

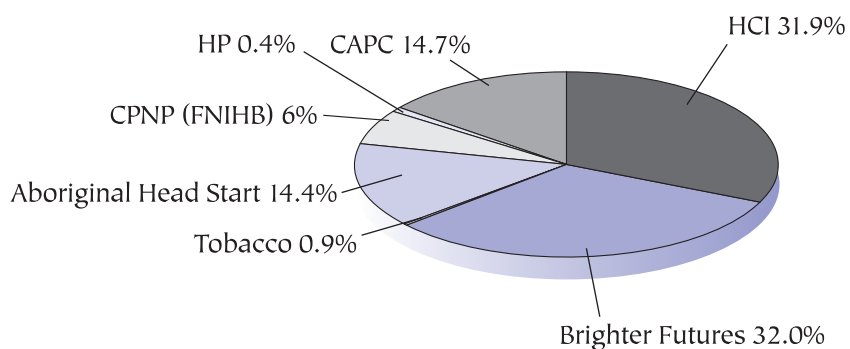
### Tulita Dene Band

- *Family Support Program* – This integrated program coordinates several community programs. Health Promotion Funding was used to augment the following existing activities: Cooking classes and a Breakfast Program at Chief Albert Wright School; breastfeeding and baby food making, smoking cessation and traditional food (taught by elders) workshops. A walking club and a sliding party were also organized to promote active living.



### Treaty 8 Region – 2004/2005 Funding

	Brighter Futures	CPNP (FNIHB)	ADI/P&P	FASD	CPNP	CAPC	PHF	HCI	HP	Tobacco	HepC/ACAP	AHS	Total
Enterprise													0
Fort Resolution	92,855	13,725											106,580
Fort Smith	92,836	15,723						110,148				127,208	345,915
Hay River/West Point	8,973	4,974				130,000		144,922	5,670				294,539
Lutselk'e	88,759	14,978						27,000		8,722			139,459
Total	283,423	49,400	0	0	0	130,000	0	282,070	5,670	8,722	0	127,208	886,493





## Brighter Futures

### Deninu K'ue First Nation

- A coordinator provided counseling services, referrals, education & awareness programs, support, lectures and presentations to all age groups in the community.

#### Community Mental Health

- Community members traveled by boats and chartered planes to their annual spiritual gathering at Perry Falls (Lady of the Falls).
- Much Music video dance was held in the community to celebrate the end of a successful school year.
- Youth were able to participate at a Dream Catchers Youth Conference held at Grant MacEwan College in Edmonton, Alberta.
- Brighter Futures supported Family Violence Awareness Week.
- Activities took place during National Addictions Awareness Week to prevent drug and alcohol abuse.
- Brighter Futures supported a “Take Back the Night” celebration to inform individuals to be more aware of violence and know where to go for help when needed.
- Brighter Futures supported Women's Day which recognized the hard work women have done in the community.
- Northern Highways Productions from Kikino, Alberta, were brought up to teach youth how to jig, square dance, two-step and poka.
- Brighter Futures supported a White Ribbon Campaign to inform individuals to be aware of violence.
- International Day of Families was held where the community members participated in different activities.



## Canada Prenatal Nutrition Program

### Deninu Kue First Nation

- A total of ten cooking groups were held. Nutrition was talked about as part of the program on a one-to-one and group basis as well as through games and quizzes. Nutrition assessments were conducted occasionally by the program coordinator. A total of 77 separate education sessions/activities were held and breastfeeding activities were offered. Other services offered included food supplements/meal bag program, childcare, home visits, transportation, games, and prizes or incentives.



## Brighter Futures

### Salt River First Nation

- A resource assistant provided help within the Aboriginal Head Start program.

#### Child Development

- “Our Kids, Our Future” serviced parents and their children from 0–6 years of age. The program offered parenting classes, nutrition classes, cooking circles, child development activities, a resource library, toy lending, mothers’ circles, drop in times and craft time.
- Brighter Futures supported the Joseph Burr Tyrell elementary school’s snack program.
- Brighter Futures supported a training session for staff on child safety, first aid, report writing, improving communication skills, and program planning.



## Canada Prenatal Nutrition Program

### Salt River First Nation

- A total of 35 cooking groups were held. Nutrition was talked about as part of the program on a one-to-one and group basis as well as through games and quizzes. Nutrition assessments were conducted occasionally by the program coordinator. A total of 37 separate education sessions/activities were held and breastfeeding activities were offered. Other services offered included food supplements/meal bag program, childcare, home visits, transportation, games, and prizes or incentives.



## Healthy Children Initiative

### Salt River First Nation: OKOF

- Healthy Children Initiative supported a part time coordinator and a cook, a resource mother, employee benefits and food for the resource library program with parents & children.

### Salt River First Nation: OBOF

- Healthy Children Initiative supported a part time cook and a child care worker for the cooking program with moms and babies up to 12 months.

### Fort Smith Coop. Nursery School

- Healthy Children Initiative supported a teacher and assistant salary along with materials for the nursery school program.

### Fort Smith: Playgroup

- Healthy Children Initiative assisted with upgrading equipment for playgroup and wages.

### Fort Smith: Preschool, Gymnastics Club

- Healthy Children Initiative assisted in purchasing new materials for preschool and toddler gymnastics for the health and safety of the children.



## Aboriginal Head Start

### Salt River First Nation

This Aboriginal Head Start Program provided 36 children aged 3–5 years with opportunities to enroll in a pre-school program that operated from September to June. Parents and elders are involved in cultural events, arts and crafts and outings on-the-land. The snack program meets nutritional standards, while emphasizing traditional “country” food. Parents actively volunteer in the program and have opportunities to participate in workshops.



## Brighter Futures

### West Point First Nation

#### Community Mental Health

- A Christmas celebration was held for community members to come together to share stories and enjoy a traditional Christmas celebration.
- A youth drop in center was held every week that included activities such as cooking, reading, sewing, story telling and educational movies.



## Canada Prenatal Nutrition Program

### West Point First Nation

- A total of 18 cooking groups were held. Nutrition was talked about as part of the program on a group basis as well as through games and quizzes and a grocery store tour. A total of 2 separate education sessions/activities were held and breastfeeding activities were offered. Other services offered included food vouchers, food supplements/meal bag program, childcare, games, and prizes or incentives.



## Community Action Program for Children

### Family Support Centre/Safe Home Network

- This project seeks to offer quality programs and services to children in the community at large, by increasing the availability of child care advocate workers. As well as providing counselling services to children staying at the shelter, the advocates offer continuous follow-up and support to children and parents in the school environment. Educational programs focussing on parenting skills constitute a core element of the services provided.



## Healthy Children Initiative

### Hay River Playschool

- Healthy Children Initiative assisted with high-risk spaces, materials, transportation, wages and administration.

### Growing Together

- Healthy Children Initiative supported programming with parents & tots on various topics and activities.

### NWT Centennial Library

- Healthy Children Initiative supported the preschool early literacy projects.

## Health Promotion Fund

### Soaring Eagle Friendship Centre

- *Summer Cultural Camp* – This camp promoted traditional culture and healthy lifestyles for youth, such as camp, water, fire, canoe safety, first aid, on-the-land survival techniques, cultural activities, and healthy food preparation skills.

### West Point First Nation

- *Community Garden* – 23 women and children/youth participated in a garden project that promoted healthy lifestyles. Participants grew and managed a community garden, while learning about the importance of nutrition and traditional foods.



## Brighter Futures

### Lutsel K'e Dene Band

- A cultural program coordinator organized the cultural activities for families in the community.

#### Community Mental Health

- Adults and youth went on a canoe trip from Lutsel K'e to Fort Reliance.
- Sharing circle gathering was held for the community.
- An annual spiritual family gathering was held at Fort Reliance.
- Fifteen community members canoed from Lutsel K'e to Artillery Lake.
- A one-week family camp took place from October 15th–20th, 2005. Families participated in various activities on-the-land.
- Youth took part on a one-week camping trip in July and learned traditional crafts & games, setting nets, and making dry fish.
- A spring hunt took place out on-the-land for families and elders. Two workshops were also provided for the families on communication, healthy families, addictions and family violence.



## Canada Prenatal Nutrition Program

### Lutsel K'e Dene Band

- A total of 52 cooking groups were held. Nutrition was talked about as part of the program on a group basis as well as through games and quizzes, home visits, and a grocery store tour.

## First Nations and Inuit Tobacco Strategy

### Lutsel K'e Dene Band

- A community tobacco coordinator was hired part time for 20 hours per week from November to February. The coordinator completed education within the school using the tobacco curriculum and coordinated workshops for the community.



## Healthy Children Initiative

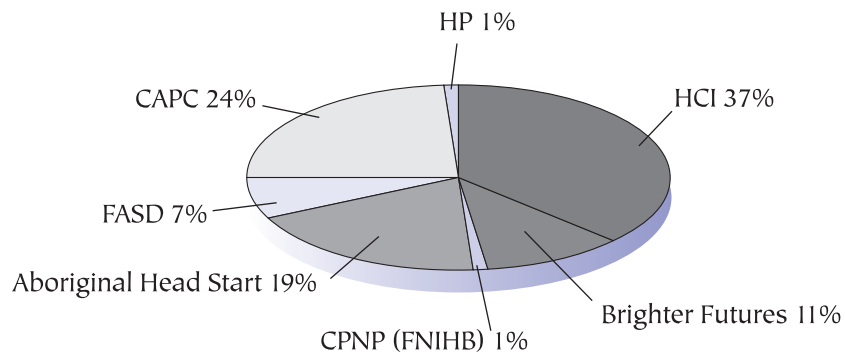
### Tinkering Tots child care

Healthy Children Initiative assisted with the cooks' wages to feed children three nutritious meals daily.



## Yellowknife Region - 2004/2005 Funding

	Brighter Futures	CPNP (FNIHB)	ADI/P&P	FASD	CPNP	CAPC	PHF	HCI	HP	Tobacco	HepC/ACAP	AHS	Total
Yellowknife, N'dilo, Dettah	145,388	18,469		99,606		325,200		512,167	12,172	2,940		254,605	1,370,547





## Brighter Futures

### Yellowknives Dene First Nation

- A full-time wellness coordinator was hired to manage all Brighter Futures activities and provide a range of support services to the community.

#### Community Mental Health

- Six to eight girls attended a girls group and participated in various activities such as cooking, beading, viewing educational videos, and counseling.
- Brighter Futures supported home visits made to various families.
- Traditional food was brought to clients in the hospital and transportation was provided for individuals to attend their medical appointments.
- Youth attended the on-the-land program and learned bush skills, survival, and respect for the land.
- A carnival was held for youth to participate in various activities such as wood chopping, snowshoe racing, bean bag throwing, etc.
- Brighter Futures supported a Mothers Day luncheon and a Fathers Day BBQ.
- Fifteen youth attended the Dreamcatcher's conference held in Edmonton, Alberta. They participated in workshops on drugs & alcohol, peer pressure and other related issues.
- Brighter Futures supported a Christmas event held for the community.



### Nats'eju'Dahk'e

- The Sacred Circle Project was held for women weekly to utilize numerous vehicles for healing in traditional teachings. During five Sunday afternoons, a Drum Circle was held in the Talking Circle. In September, Sewing Circles were held every other Wednesday. Story telling was also included in the Talking Circle. Each year, Nat's eju Dahk'e takes a group of people out on-the-land for a spiritual retreat. It is an important ritual for healing and spiritual growth as well as a "life changing" experience.



## Canada Prenatal Nutrition Program

### Yellowknives Dene First Nation

- A total of 39 cooking groups were held. Nutrition was talked about as part of the program on a group basis as well as through home visits. The program coordinator occasionally conducted nutrition assessments. A total of 11 separate education sessions/activities were held. Other services offered included food vouchers, food supplements/meal bag program, home visits, hospital visits, and prizes or incentives.

## Community Action Program for Children

### Yellowknife Catholic Schools

- The objective of the toy lending library was to provide young children with the opportunity to play with others and to have exposure to educational toys, while increasing parental awareness of how they could participate in their child's development. It also provided opportunities for caregivers to identify children at risk and to make special needs toys and books accessible to parents who otherwise would be unable to afford them. Workshops for parents were offered on a variety of topics.

### Yellowknife Association for Community Living

- This project promoted the health and social/intellectual development of children with developmental disabilities associated with Fetal Alcohol Spectrum Disorder. The intent was to promote understanding, education and community action for the prevention of FASD/FAE and to facilitate the development of an effective community-based support system. Audio-visual materials and other resources were developed to promote the prevention of FAS/FAE and to support families who were dealing with this issue.





#### N.W.T. Council of Persons with Disabilities

- This is an early childhood intervention program that assisted 14 per-school children with disabilities and their families. Child Intervention workers assisted children with their development in community early childhood programs and/or in their home environment.

### Fetal Alcohol Spectrum Disorder

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#### Stanton Territorial Health Authority

- A workshop on diagnosis and screening of FASD directed at health care workers, NGO's and persons working with clients affected by FASD was held in Yellowknife November 29th, 2004.

#### Outcrop Communications Ltd

- Outcrop was supported for the development of a Congenital Anomalies Surveillance System for the Northwest Territories.

#### NWT Council of Persons with Disabilities

- A three-day workshop was held on behavioral interventions for territorial early learning and child care workers with children who have FASD.

### First Nations and Inuit Tobacco Strategy

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#### Mildred Hall School

- The BLAST group did a survey on tobacco use among students in their school, and hosted daily activities to educate students about tobacco during National Non Smoking week. The group also held an anti-smoking fair with guest speakers and fun tobacco education activities.

#### Range Lake North School

- In March 2005 the BLAST group held a weekend conference on tobacco for 40 of the schools' students in grades 5-8.



### Healthy Children Initiative

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#### Yellowknives Dene First Nation

- Healthy Children Initiative supported the Parent/Child Resource.

#### Yellowknife Catholic School

- Healthy Children Initiative assisted with operational costs associated with the Four Plus program, a fully integrated early intervention program for children 4-6 years of age.

#### Yellowknife Women's Centre

- The Family Support Program provided families with children from 0 – 6 years of age with in-home support (home management, parenting and life skills development), respite, group parenting sessions, literacy programs, crisis management, and referral services.

#### NWT Council of Person's with Disabilities

- The Early Intervention program provided support to children under the age of six to access early childhood programs. Each child received one-to-one assistance for minimum of five hours per week, attending a community based early childhood program or a private family day home. The children were able to integrate with their peers while working on their developmental goals in the areas of fine and gross motor, cognitive development, speech and language, social and life skills, and behavioral strategies.



### YWCA of Yellowknife

- Healthy Children Initiative supported the Families First Parenting Program.

### Aboriginal Head Start

- *Yellowknife Aboriginal Head Start* – The Yellowknives Dene First Nation Aboriginal Head Start Program is an early intervention preschool program for First Nation, Metis, and Inuit children and their families. This project provided thirty-two children with a morning and afternoon preschool program. Program components included: Weledeh language and culture, education, health promotions and nutrition, and parent and family involvement. Parents participated in monthly Parent Advisory Circle meetings thus participating in their child's education. The program had a strong cultural component, which gave the children a strong sense of who they are as Aboriginal people.

## Health Promotion Fund

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### Caribou Carnival

- *Healthy Living Through Arctic Sports* – During Caribou Carnival, a team of 4 Arctic Sports demonstrators (who are also role models from Inuvik) encouraged healthy choices, specifically not smoking or drinking. The team also promoted the NWT Get Active Community Challenge ([www.getactivenwt.ca](http://www.getactivenwt.ca)).

### Yellowknife Dene First Nations (K'alemi Dene School)

- *Ts'eko Circle for Girls* – 22 – 30 girls (ages 2 –18) participated in a variety of activities promoting healthy living, such as active living (traditional and non-traditional activities), nutrition, FASD Awareness, not smoking, first aid and babysitting were covered during the weekly workshops held throughout the year.

### Yellowknife Association for Community Living

- *FASD Week* – The Association augmented their usual prevention by distributing “Living and Learning FASD” brochures and “Promise to My Unborn Child” bookmarks.

### The Centre for Northern Families

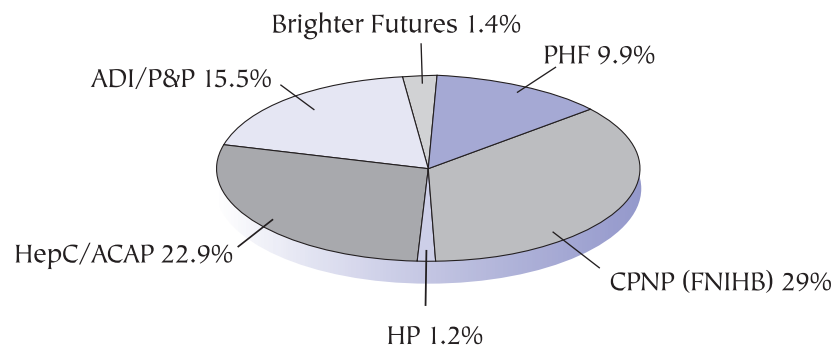
- *Toddler's Club* – The Toddler's Club, which runs twice a week, targets 21–23 high-need families with children aged 1 to 6 who do not have access to other services offered in the community. The club encourages families to have active, healthy, and satisfying lifestyles by teaching parents about nutrition, providing families with healthy snacks and meals, increasing parenting skills and healthy life choices through education sessions and guest speakers.

## NWT Regional Projects



## NWT Regional Projects - 2004/2005 Funding

	Brighter Futures	CPNP (FNIHB)	ADI/P&P	FASD	CPNP	CAPC	PHF	HCI	HP	Tobacco	HepC/ACAP	AHS	Total
Foster Family Coalition of the NWT									3,379				3,379
Status of Women Council of the NWT	8,000												8,000
Yellowknife Health and Social Services Authority		144,786							12,563				157,349
Alzheimer Society of Alberta/NWT							25,000						25,000
Inkit- Traditional CDs		3,350											3,350
NWT Recreation and Parks Association							32,000						32,000
Native Women's Association of the NWT			88,612								131,000		219,612
Inuvik Regional Health and Social Services Authority		133,353											133,353
Sport North									10,000				10,000
<b>TOTAL</b>	<b>8,000</b>	<b>281,489</b>	<b>88,612</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>57,000</b>	<b>0</b>	<b>25,942</b>	<b>0</b>	<b>131,000</b>	<b>0</b>	<b>592,043</b>



## NWT Regional Projects



### Brighter Futures

#### Status of Women Council

- The Supporting Community Prevention and Response to Family Violence project began February 1st, 2005 and continued to June 30th. This project aims to reduce family violence, by supporting communities in identifying priority actions to prevent and respond to it, through community planning workshops.



### Canada Prenatal Nutrition Program

#### Inuvik Regional Health & Social Services Authority

- CPNP Nutrition Support Project provided nutrition screening, education, counseling, nutritional support systems such as high quality foods for prenatal, postnatal, and breastfeeding women, and also developed the knowledge, skills and attitudes of CPNP program workers in nutrition and core program competencies.

#### Yellowknife Health & Social Services Authority

- CPNP Nutrition Support Project provided nutrition screening, education, counseling, nutritional support systems such as high quality foods for prenatal, postnatal, and breastfeeding for women, and also developed the knowledge, skills and attitudes of CPNP program workers in nutrition and core program competencies.

### Population Health Fund

#### NWT Recreation and Parks Association

- Teams of recreation coordinators and community health representative/community wellness workers from 5 communities participated in a workshop to further develop their skills and knowledge in the areas of healthy living, positive choices and active living. Regional Health Promotion Consultants and Recreation Development Officers attended to build support for these community teams. Other mini-workshops and training at a variety of forums followed up on the initial meeting.

#### Alzheimer Society of Alberta/NWT

- The Northwest Territories Alzheimer Development Project's goal was to increase the level of service, support and inclusion for people affected by Alzheimer Disease in the NWT. This three-part initiative improved the ability of members of the community to make informed choices and developed new skills for coping with Alzheimer Disease. The Outreach Team traveled to the NWT to determine the best way to develop a support system within the Territory and designed a community specific plan. This team listened to the needs of the community, offered educational seminars and disseminated information. They promoted health care network, the northern library system, support groups, families and caregivers in order to sustain people with Alzheimer Disease.

### Aboriginal Diabetes Initiative

#### Native Women's Association of the NWT

- The Native Women's Association of the NWT hosted 3 diabetes workshops in Fort Smith, Fort Simpson and Yellowknife. The theme of the workshops was "Caring for Yourself – Caring for Others". Workshops engaged Aboriginal women living with type 2 diabetes and another female member of their immediate family at risk of developing diabetes. Workshops were designed to relieve the stress, burden and pain of diabetes, minimize the negative impacts of diabetes to loved ones and stop the cycle of type 2 diabetes in the family.

## NWT Regional Projects



### AIDS Community Action Program/Hepatitis C/HIV

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#### Native Women's Association of the NWT

This project sponsored a joint community/federal/territorial initiative implemented in September 2000. The model includes a Funding and Support Team (FAST) responsible for the development, implementation and monitoring of the fund that promotes and administers HIV/Hepatitis C prevention and awareness projects in NWT communities.



### Health Promotion Fund

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#### Yellowknife Health and Social Services Authority

- *7 Lesson Plan Fact Sheets* – Lesson plans for healthy eating, reading food labels, preventing diabetes through active living, safety around the house, handwashing, sexual health, tobacco awareness, and outdoor safety were developed for distribution at the community level.

#### Yellowknife Health & Social Services Authority

- *Best Beginnings Plain Language Editing* – All women who give birth at Stanton Territorial Hospital receive a *Best Beginnings* booklet. This booklet contains information about the newborn, breastfeeding, breast care, nutrition, and more. Funds from health promotion were used to apply plain language principles to the booklet in order to make the document clearer, more consistent, and more user friendly.

#### Foster Family Coalition of the NWT

- *Camp Connections 2004* – This summer residential culture camp for children and youth in foster homes offered one-week sessions 6 times throughout the summer. The camp provided educational sessions on land-based survival skills, traditional ways, swimming, canoeing and skill building through working with role models.

#### Sport North Federation

- *Get Your Groove On!* – Funds were provided to help support the construction of a website and chat forum ([www.getyourgrooveon.ca](http://www.getyourgrooveon.ca)) for the successful *Get Your Groove On!* workshops that educate and empower teenage women throughout the NWT to make healthy lifestyle decisions.

