

2007-2008

Directions for Wellness

A Summary of First Nations and Inuit Health Branch Programs in the Northwest Territories



English

French

Cree

Tłchq

Chipewyan

South Slavey

North Slavey

Gwich'in

Inuvialuktun

Inuktitut

Inuinnaqtun

1-867-920-3367



Message from the Minister

It is my pleasure to present the report, *Directions for Wellness 2007-2008: A Summary of First Nations & Inuit Health Branch Programs in the Northwest Territories*.

The *Directions for Wellness* report focuses on community based wellness programs that are designed by or in collaboration with the Northwest Territories' Aboriginal groups. Information has been compiled about six federal First Nations and Inuit Wellness Programs implemented in 32 communities in the Northwest Territories between April 1, 2007 and March 31, 2008.

This report highlights the ways in which Government and communities work together to achieve wellness goals and community priorities. It identifies the excellent work that is being done in the area of wellness and enables communities to learn from one another's wellness activities and experiences.

I encourage all communities to continue to take advantage of the various funding programs available to them as a means of achieving their wellness goals and priorities.

A handwritten signature in black ink that reads "Sandy Lee".

Honourable Sandy Lee
Minister of Health and Social Services

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Introduction

The Northwest Territories Directions for Wellness Report is published annually by the Department of Health and Social Services, Government of the Northwest Territories. The 2007-2008 Directions for Wellness Report provides detailed Information on six Federal First Nations and Inuit Wellness Programs implemented in 32 communities across the Northwest Territories between April 1, 2007 and March 31, 2008.

The following six wellness programs are included in the report:

- Brighter Futures
- Canada Prenatal Nutrition Program (CPNP - First Nations & Inuit Component)
- Aboriginal Diabetes Initiative (ADI)
- Fetal Alcohol Spectrum Disorder (FASD)
- National Aboriginal Youth Suicide Prevention Strategy (NAYSPS)

These six wellness programs provide targeted funding to First Nations and Inuvialuit people in the Northwest Territories. All six programs are part of Health Canada's First Nations and Inuit Health Branch and are meant to specifically target First Nations and Inuit populations. The programs are meant to be for and run by First Nations and Inuit communities.

Two of the six programs (Brighter Futures and CPNP) have budget allocations for all communities in the Territory and almost all communities in the Territory accessed their allocations. The remaining four wellness programs are based on the submission of proposals and therefore, supported initiatives in selected communities only.

This report lists wellness funding and describes wellness initiatives by Region and community. The information provided is compiled using community reports. A chart outlining all wellness programs and their sponsoring agencies has also been provided.

Description of Wellness Programs



Brighter Futures¹

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 (CPNP) (First Nations and Inuit component)¹

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 breast feeding, both initiation and continuation; aim to improve the diets of pregnant and breast feeding 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)²

ADI is one of four main components of the Canadian Diabetes Strategy (CDS) announced by the Government of Canada in 1999. The overall goal of the program is to improve the health status of First Nations, Inuit and Métis individuals, families and communities. This is done through actions aimed at reducing the prevalence (rate) and incidence (reported cases) of diabetes and its risk factors. The general program objectives are to: increase awareness of diabetes, its risk factors, and ways to prevent diabetes and diabetes complications among all Aboriginal people; increase the practice of healthy eating and active living behaviours among First Nations, Inuit and Métis; increase the early detection of diabetes in First Nations and Inuit communities; improve the practice of diabetes self management; and increase ownership of diabetes programs and capacity to combat diabetes in First Nations and Inuit communities.

Fetal Alcohol Spectrum Disorder Program³ (FASD)

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 Inuit.

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

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

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

Description of Wellness Programs

National Aboriginal Youth Suicide Prevention Strategy (NAYSPS)

NAYSPS addresses the high rates of youth suicide and its risk factors among Aboriginal youth by increasing protective factors while reducing known risk factors. The program provides First Nations and Inuit communities with opportunities to design, develop and participate in projects to reduce suicide within their communities.

Featured Stories

Brighter Futures

Blazing Trails Summer Day Camp

Sponsoring Agency: Liidlil Kue First Nation



The Liidlil Kue First Nation in Fort Simpson utilized a portion of its Brighter Futures funding to offer the *Blazing Trails Summer Day Camp*, which had an Arts and Science Theme. The goal of the Camp was to encourage youth to make healthier

choices, take greater responsibility for themselves, and increase their desire to participate in education and career experiences that are relevant to First Nations children. The Camp was composed of two separate sections: an Arts camp and a Science camp.

The Arts Camp ran from July 16-20, 2007 with twenty-five youth participating. The youth were involved in arts and crafts, cultural arts, performing arts, video creation and music, as well as preparing snacks, games, sports, nature activities, and a final exhibit on the last day where parents could attend. Guest instructors from the community facilitated the camp sessions by sharing their skills and talents.

The Science Camp ran from July 23-27, 2007 also with approximately twenty-five youth attending. This portion of the Camp was run by the *Canadian Aboriginal Youth Science Initiative - Elephant Thoughts*. Participating youth were exposed to areas of science ranging from ecology and engineering to chemistry and physics. The activities included learning about Aboriginal scientists in various careers, star mapping in a presentation with a giant, inflatable solar system, and the existence of dinosaurs as well as a community event where the rest of the community could view different science projects. In addition, there was a land component where youth were involved in activities that promoted personal growth and reinforced cultural identity.

Canada Prenatal Nutrition Program

Fort McPherson Prenatal Nutrition Program

Sponsoring Agency: T'loondih Healing Society



The T'loondih Healing Society sponsors the CPNP program in Fort McPherson which is run out of the local daycare. The fact that the CPNP program is partnered with the local day care means that it can operate on a full time basis. The program offers weekly sessions for pre and post natal women, including information sessions, games nights, sewing classes and cooking sessions.

Pregnant women and women with children under one year of age receive a food voucher for healthy foods every month, regardless of whether or not they attend the program. This helps ensure that women who have barriers to participating still receive the benefits of the program and have better maternal nourishment. This also helps encourage attendance in women who may not otherwise attend.

The Program Coordinator has an "open door" policy and is always available to take phone calls and visits from program participants in order to offer a wide range of support during pregnancy and infancy. The Coordinator also works to maintain a strong relationship with the Nurse in Charge at the Health Centre and often refers women to the Health Centre when the assistance they need is beyond what CPNP can offer.

The Coordinator will even act as a liaison for women who are not comfortable going to the Health Centre. In these cases, the Coordinator will talk to the nurse, gather the information the woman needs, and then relay it back to her in a straightforward easy to understand manner.

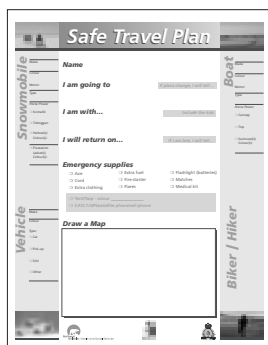
Overall, the CPNP Coordinator in Fort McPherson is a strong advocate for all pre and post natal women in her community. This leads to a CPNP program that facilitates healthy, happy pregnancies and best outcomes.

Featured Stories

Injury Prevention

Elder Safety

Sponsoring Agency: Department of Health and Social Services



The Department of Health and Social Services implemented a number of Elder safety initiatives during the 2007-2008 fiscal year. This resulted from statistics indicating that fall injuries caused 68% of injury hospitalizations for NWT Elders (aged 65+). In addition, environmental trauma caused 17% of injury deaths for NWT Elders (aged 65+).

The Department of Health and Social Services responded with a number of injury prevention initiatives to address fall-injury prevention and environmental trauma prevention. The actions taken have come from recommendations made by community elders and others working front line in the community.

Recommendations:

- “Leave information on where you are going and when you will be back. This makes search-and-rescue more effective and could save your life” Jack Kruger, NWT Search and Rescue Coordinator.
- “Seniors have injury-prevention ideas to share” Senior Safety Seminars 2006.

To address the first recommendation, the Department of Health and Social Services partnered with the RCMP, NWT Search and Rescue and other community partners to produce *Safe Travel Plans*. These simple cards are used by people going out on the land in order to share information about their planned route, planned return date and other relevant information. If anything were to go wrong in an on the land trip, the information in the safe travel plan would provide rescue officials with important information about where and when to start searching.

To address the second recommendation, the Department of Health and Social Services supported regional Health and Social Services Authorities to create Senior Safety Calendars in partnership with local elders. Calendars were produced and distributed in the Sahtu, Beaufort Delta, Dehcho and Yellowknife regions. Elders are featured in the calendar on their birthday and each senior provides their key tip for staying safe and harm-free.

If you would like more information on any of these initiatives, or if you would like to order copies of the safe travel plans, please visit www.hlthss.gov.nt.ca.

Aboriginal Diabetes Initiative

Strong Start: Aboriginal Childhood Health and Fitness Program

Sponsoring Agency: The Inuvik Youth Centre



The Inuvik Youth Centre applied for ADI funds to run the first year of the *Strong Start: Aboriginal Childhood Health and Fitness Program* which is a healthy eating and physical activity program targeted to high risk Aboriginal youth in the community of Inuvik.

The program makes use of a location where youth already get together, in order to provide education and practical skills around healthy living.

The Strong Start program consists of two components: Food Skills, Nutrition & Health Education, and Physical Activity.

The Food Skills, Nutrition & Health Education portion of the program ran once per week for 3 hours and involved youth in buying, preparing and sharing a healthy meal. The program partnered with the Regional Nutritionist at the Beaufort Delta Health and Social Services Authority who accompanied the group to the grocery store to provide teaching around purchasing healthy foods and reading labels. During food preparation, techniques on how to prepare it in healthy ways were discussed (i.e. using cooking spray rather than oil, etc.). Elders were also invited to discuss traditional foods and preparation.

The food skills sessions were offered in a series of 4 units focused around the 4 food groups. Education was offered at each session and was focused on foods from the food group being featured at that time.

The Physical Activity portion of the program involved providing supervised, organized sports for youth 3 hours per week. Sports offered included baseball, street hockey, tennis, aquafit and soccer. During the sessions, the facilitators provided education on the health benefits associated with regular physical exercise.

Over the course of the Strong Start program which ran between September 2007 and March 2008, 22 healthy meal sessions and 34 physical activity sessions were held. Approximately ten youth attended each individual session. In addition, a final community feast attended by thirty-nine people was held to celebrate the successes of the program.

Featured Stories

Fetal Alcohol Spectrum Disorder

Peer Support Group

Sponsoring Agency: *Yellowknife Association for Community Living*



The Yellowknife Association for Community Living applied for FASD funds with which to run their Peer Support Program for young adults affected by FASD. The program has been running for three years and has been growing in popularity and success.

The Peer Support Program works on a group format and targets older adolescents and young adults living with FASD in order to lessen the educational, employment, social and behavioural impact of FASD. The focus of the group session is on providing assistance in improving basic life skills and opportunities for social interaction thus preventing the development of secondary disabilities (those disabilities which develop as a result of failure to adequately deal with the primary disability).

In this respect, the program assists individuals to reach their full potential, to increase their self reliance, and to become contributing members of their community & society. In addition to the group sessions, the program introduced a more in depth case management element which provides individual support to program participants outside of group meetings.

The program ran between November 2007 and March 2008. Over the course of the year, 17 group sessions were held. Each session was held in the evening from 6:00 - 9:00 pm and began by preparing and eating a meal together as a group.

Group sessions covered topics such as healthy eating, coping strategies, self care, grieving, anger, first aid, healthy relationships, art therapy, and cooking. Outcomes for the participants included an improved understanding of self, increased self confidence and increased knowledge, leading to ideas of ways to handle themselves in the future.

National Native Alcohol and Drug Abuse Program

BLAST School Projects

Sponsoring Agency: *Samuel Hearne Secondary School*



Students from the Samuel Hearne Secondary School attended the BLAST anti-tobacco conference in Yellowknife and applied to do their own school anti-tobacco projects in their home community of Inuvik. Over the remainder of the year, a

number of smoke free, anti-tobacco activities took place in the school community.

In December, Inuvik youth in grades 6-12 gathered together for a Movie Night. The night consisted of a brief presentation of the Tobacco Industry and its Use of Hollywood. Following the presentation, a movie with an activity where youth “booed” at the smoking scenes took place.

In January, during National Non-Smoking Week, an Anti-Smoking Fun Fair Week took place for youth in grades 7-12. Activities took place twice a day during either breaks, lunches, or after school in order to teach youth about tobacco and smoking. Participation in activities was encouraged through an incentive program where the more activities a youth attended, the better anti-smoking promotion prize they could win.

During the second week of February black and white four foot angel figurines were made out of plywood, painted, and then placed in visible locations around Inuvik such as local businesses and organizations. Angels painted black represented the 130 people who die daily as a result of cigarette smoking, while the angels painted white represented people in the community who have quit smoking. The black angels were numbered with white paint from 1-130 and had Canadian statistics about smoking and tobacco written on them in white paint. The white angels had the names of community members who had quit smoking written on them. The angels remained on display in the community for two weeks while the message behind them was advertised through local media.

In March, the Anti-Smoking Amazing Race was held involving youth in grades 7-12. Participants had the opportunity to have fun while learning about various topics related to tobacco such as the tobacco industry, smoking and Hollywood, dangerous chemicals, emphysema, lung and body damage, as well as second hand smoke.

Featured Stories

National Aboriginal Youth Suicide Prevention Strategy

Camp Connections

Sponsoring Agency: Foster Family Coalition of the Northwest Territories



The *Camp Connections* program has been running for the past four summers and is held for children in foster care from across the Northwest Territories. The Camp takes place at a campground location 60 kilometres outside of Yellowknife along the Cameron River. The need for the Camp arose from statistics which indicate that over 95% of foster children in the NWT are aboriginal and often they are placed with non-aboriginal

families. As a result, children can become disconnected from their culture and can feel isolated and alone.

The purpose of Camp Connections is to provide a safe environment where foster children are encouraged, motivated, supported and challenged in an environment that celebrates their cultures and their abilities while also connecting them with other children who share similar experiences. The activities of the camp challenge youth and enable them to feel a sense of accomplishment and mastery over their environment. The

camp utilizes elders and traditional activities to reconnect the children with their culture and to create a sense of pride in being aboriginal. The children are also provided with opportunities to talk about their feelings and their situations. All of these aspects of the Camp work together to increase resiliency and protective factors in youth which decreases their future risk for a number of issues such as drugs and alcohol, depression and suicide.

Six separate but back-to-back one-week long camps were held over the summer for children and youth divided into single sex age groups of 7-12 years and 13-18 years. In total, 133 campers took part during the summer of 2007.

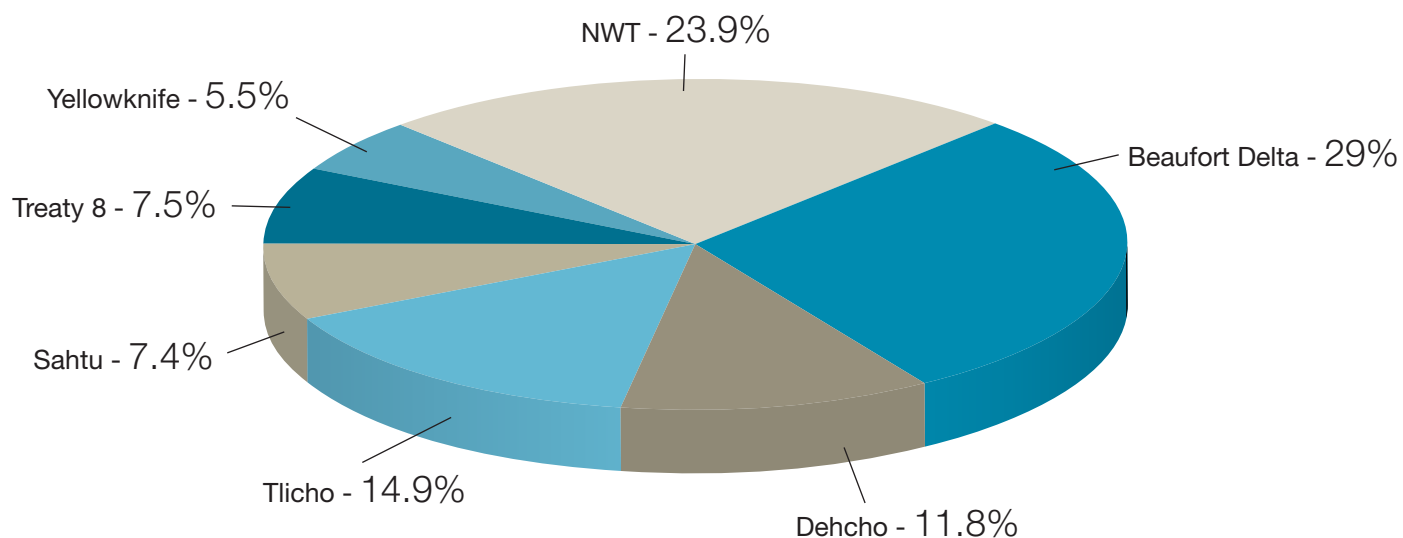
Each week, elders were used for teaching purposes and campers learned about trapping, hunting, filleting fish, singing and drumming. Children also learned to make dried fish, bannock, dream catchers and soap stone carvings. Other activities included survival skills, camp duties, scavenger hunts, relay races, various sports as well as leadership and teamwork activities.

Campers were encouraged to build connections with their cultural identity and improve their social and physical skills and wellbeing. The Camp also provided an environment for children and youth to explore in a safe environment and enjoy positive interactions with their peers, Elders and camp staff.

According to the Camp evaluation, 75% of campers reported learning about their culture while at camp; 76% reported that they learned how to share; 89% reported that they learned how to express themselves and 38% stated that they felt the most accepted at camp (over being with friends, family, foster parents, or school).

Overview of Funding

Wellness Initiatives 2007/2008 NWT Regional Projects



Overview of 2007/2008 Wellness Funding by Region

	Brighter Futures	CPNP (FNIHB)	Injury Prevention	ADI	FASD	NNADAP	NAYSPS	TOTAL
Dehcho Region	469,255	104,241	6,322	0	41,167	23,751	34,634	679,370
Tlicho Region	414,848	113,727	0	70,201	32,597	104,002	71,506	806,881
Beaufort Delta Region	1,035,890	181,491	3,933	271,466	41,263	46,499	66,442	1,646,984
Sahtu Region	328,357	63,897	5,250	20,334	5,124	0	7,619	430,581
Treaty 8 Region	308,964	49,540	7,871	35,588	0	23,457	10,000	435,420
Yellowknife Region	135,647	10,889	0	46,415	98,684	24,394	9,975	326,003
NWT Regional	15,000	354,617	10,555	334,216	76,065	164,943	198,118	1,153,514
TOTAL	2,707,961	878,401	33,931	778,220	294,900	387,046	398,294	5,478,753

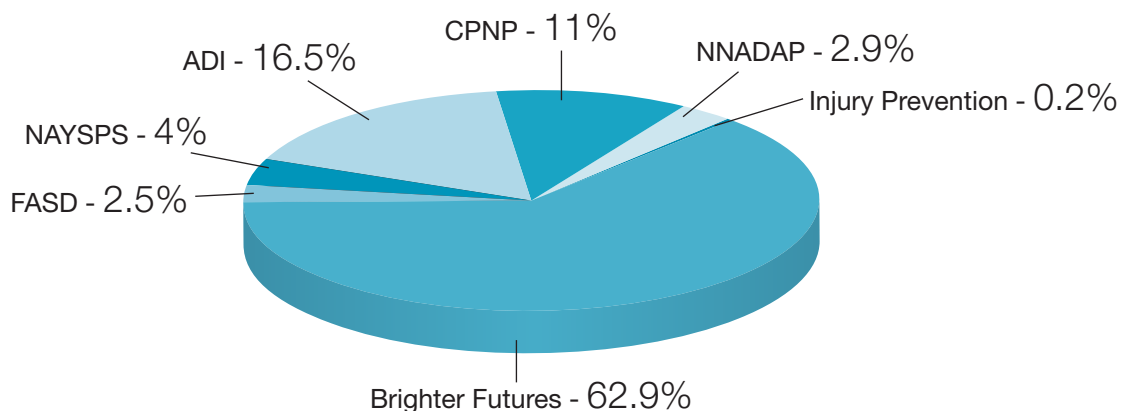
Beaufort Delta Region



Overview

Beaufort Delta Region - 2007/2008 Funding

	Brighter Futures	CPNP (FNIHB)	Injury Prevention	ADI	FASD	NNADAP	NAYSPS	TOTAL
Aklavik	155,947	36,066						192,013
Fort McPherson	210,666	31,899						242,565
Ulukhaktok	59,094	17,959						77,053
Inuvik	267,618	21,471		34,840				323,929
Paulatuk	30,269	5,919						36,188
Sachs Harbour	19,416	3,821						23,237
Tsiigehtchic	7,497							7,497
Tuktoyaktuk	180,561	26,427						206,988
Regional	104,822	37,929	3,933	236,626	41,263	46,499	66,442	537,513
TOTAL	1,035,890	181,491	3,933	271,466	41,263	46,499	66,442	1,646,983



Aklavik

Population 597



Brighter Futures

Aklavik Indian Band

Program Management

- A Program Coordinator was hired to coordinate and oversee all Brighter Futures activities.

Community Mental Health

- Brighter Futures supported a Community Partnership Project that allowed for the promotion of a healthy lifestyle for all members of the community. This was done through various recreational activities for all ages to participate in.
- A Gwich'in Social and Cultural Director was hired to promote various projects that allowed people to be more educated on the land, animals, and habitat. The director also planned community activities for all members to participate in.
- Elders, youth, and community members took part in the Traditional Education On-the-Land Cultural Excursion program. They charted out a traditional map of a traditional route between Old Crow and Aklavik. In addition, participants also went on a ski-doo excursion to mark out the traditional route so that it could be accessible for both communities to use.
- Brighter Futures supported the Gwich'in Youth and Elders Council to hold multiple gatherings with local agencies to talk with youth about their education and goals.
- Sewing classes were held twice a week where local Elders taught eight participants traditional skills. The first class taught participants how to cut out patterns of mitts, hats, vests, and shoes. The following classes were dedicated to what pattern they wanted to sew with fur and beads.
- Youth from grades 1-12 were involved in the School Trapper Training Program. They went on day trips to an Elder's camp where they learned the basic necessities of muskrat trapping and how to prepare a cabin each morning and before a person leaves including how to haul wood, water, and supplies.

Inuvialuit Regional Corporation

Program Management

- A Wellness Worker coordinated all wellness programs.

Community Mental Health

- Ten youth and elders got to take part in the Hershel Island Summer Host Program, which ran through the summer and

enabled the youth to gain survival experience and knowledge from elders. The elders talked in the Inuvialuktun language daily, taught the youth how to fish for herring, and showed them how to gut and store fish.

- An Assistant Recreation Coordinator helped coordinate, plan, and organize activities for the youth.
- Brighter Futures supported the Shorty Lake Boys program where youth were taught the basics of playing a guitar and bass. Furthermore, the group shared their newly learned skills with the community.
- The Shingle Point Program gave four youth the chance to travel to Shingle Point with a guide and helper for 14 days. Youth gained knowledge about traditional lifestyles and land skills such as how to set up camp, cut wood, get water, prepare the camp for living arrangements, how to shoot, cut, and store a harvested caribou, how to prevent meat from spoiling, and how to spot whales, moose, and salt-water fish.
- The Spring Program was supported by Brighter Futures so they could gain knowledge about on-the-land skills. Six youth and an Elder set up camp at West Channel where they spent ten days learning on the land skills. Besides learning camping skills, participants also learned how to set nets, how to check the nets on a daily basis, as well as how to make dry fish and dry fish sticks, which participants got to bring home to their families.

Child Development

- A Nutritional Snack Program was provided to twelve preschoolers and eight infants at the Child Development Centre. Every day the children were provided a snack in the morning and afternoon. In addition, information is shared with parents on best health practices and positive lifestyle choices.
- A Breakfast and Snack Program provided all students of the Moose Kerr School from grades K-12 a nutritious daily breakfast and snack.



Aklavik

Population 597



Canada Prenatal Nutrition Program

Aklavik Indian Band

- Education sessions about pregnancy, breastfeeding, and prenatal and postnatal care as well as cooking groups were held twice a week. In total, approximately three prenatal and postnatal women as well as five other women of childbearing age attended education and cooking sessions. Elders were involved in the program by talking about and showing how to cook country food. In addition to the sessions, the participants were involved in a sewing group and received food guides, grocery shopping ideas, food vouchers or coupons, and food bags. Nutrition and breastfeeding information were provided in a group format.

Inuvialuit Regional Corporation

- Education sessions about pregnancy, breastfeeding, and prenatal and postnatal care as well as cooking groups were held once a week. In total, approximately five prenatal and postnatal women as well as seven other women of childbearing age attended education and cooking sessions. Elders were involved in the program by talking about and showing how to cook country food, and teaching crafts or sewing to the participants. In addition to the sessions, the participants were involved in a sewing group and nutrition games and they received food guides, grocery shopping ideas, food vouchers or coupons, and food bags. Nutrition and breastfeeding information were provided on a one-to-one and group basis as well as through home visits.

Aklavik

Fort McPherson

Population 787



Brighter Futures

TI'oondih Healing Society

Program Management

- The Brighter Futures Coordinator provides administration and coordination to all Brighter Futures programs.

Community Mental Health

- From February 18 – 20, 2008 a Bridging the Gap Conference aimed at youth and Elders of the community took place. Seventeen youth and six adults participated in re-establishing communication, connections, and a common ground.
- The Midway Lake Dry Weekend and Music Festival was held from August 3-6, 2007 with good participation from about 275 community members and people from surrounding communities. The goal was to emphasize sober family activities such as music, dance, and traditional games.
- Brighter Futures supported the Social Skills Program for the children at Chief Julius School. The Social Skills Program focused on providing the students with pro-social skills through traditional ways to encourage healthy development away from crime and substance abuse.
- The On-the-Land Program, which is a portion of the Social Skills Program, took place from March 3 - 20, 2008. Eighty children from the community and from Tsiigehtchic were exposed to traditional cultural activities that have been combined with more modern activities to provide the children with a balanced, new way of learning.
- Another portion of the Social Skills Program is the Morning Program which approximately fifty children attend on a daily basis throughout the school year. The program consisted of Elders, youth, and positive role models interacting with students at the school, as well as the serving of a nutritious breakfast.
- During National Addictions Awareness Week in November 2007, approximately 200 community members of all ages were made aware of the physical and emotional effects of drugs and alcohol.
- In July 2007, the Peer Counselling Program taught ten youth how to mentor each other to lead healthy lifestyles refraining from drugs and alcohol and how to watch out for each other.



Canada Prenatal Nutrition Program

TI'oondih Healing Society

- Education sessions about pregnancy, breastfeeding, and prenatal and postnatal care as well as cooking groups were held once a week. In total, approximately 15 prenatal and postnatal women as well as one other woman of childbearing age attended education and cooking sessions. Elders were also involved in the program by talking about country food, teaching crafts or sewing, sharing about breastfeeding, teaching about parenting, and talking about traditional parenting or midwifery. In addition to the sessions, the participants' activities included a sewing circle, food vouchers or coupons, nutrition guides, nutrition games, and craft groups. Nutrition and breastfeeding information were provided on a one-to-one and group basis as well as through home visits.

Inuvik

Population 3,354



Brighter Futures

Inuvik Native Band

Program Management

- The Project Coordinator provided support and administration to the Brighter Futures project.

Community Mental Health

- Approximately 400 students who are enrolled in grades kindergarten to grade six at the Sir Alexander Mackenzie School participated in the Rachel Reindeer Camp. The children learned about Gwich'in history, yearly activities of caribou, traditional crafts, food, and clothing, survival skills, wildlife patterns, recognition, and habits, trapping, as well as outdoor activities such as snare setting and shelter-building skills.

Inuvialuit Regional Corporation

Program Management

- A Wellness Worker coordinated all wellness programs pertaining to Brighter Futures in the community.

Community Mental Health

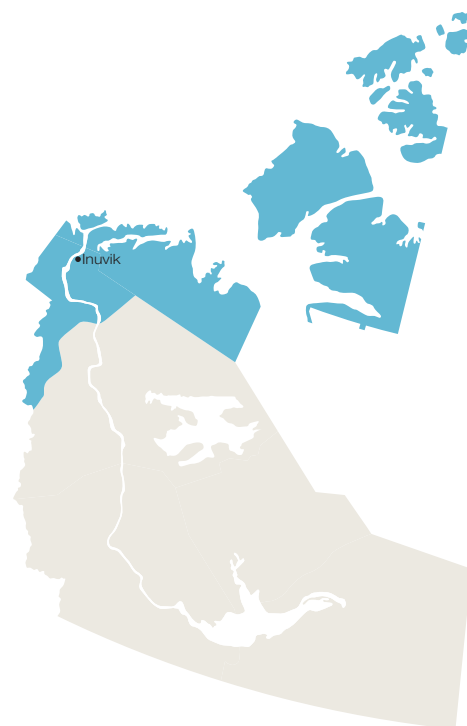
- The Muskrat Jamboree, an annual event, was held with activities for all ages such as muskrat skinning, tea boiling, and a jigging contest for all ages. There were also drum dances, fiddle dances and a talent show for all ages.
- The Inuvik Summer Camp allowed six youth to go into the bush and have the opportunity to learn and experience life on the land. Participants experienced the hunting of a whale including how to butcher, cut, cook, and store the meat while out on the land. Leftover meat was distributed to the participants' families.
- Youth and young women took part in a Sewing Class where they made traditional clothing such as mitts and parkas.
- Students at the Samuel Hearne Secondary School were involved with an Anti-Bullying Workshop where they were able to learn about bullying and what they can do to identify and prevent it from happening to targeted people. Students participated in games, self-esteem activities, and assertive techniques for dealing with bullying.
- An Elders/Youth Coordinator was hired to help elders and youth set up meetings, conferences, and write resumes. In addition, the elders committee and youth committee were kept up to date with what was happening to the other group,

worked together more effectively, and learned to respect each other equally.

- Brighter Futures supported a Whale Camp to allow six youth to go out on the land for 14 days to hunt for whales and learn how to cut, hang, cook, and dry whale meat.
- On a weekly basis, between ten and fifteen participants attended the Drum Dancing program to learn from Elders in their traditional language about traditional Inuvialuit Drum Dancing.
- In March 2008 youth participated in the Trapper Training and Land Skills Program at Elders' camps. Elders taught participants about their culture including how to prepare traditional foods like caribou, dry fish, and muktuk, set rabbit snares, set traps up for catching foxes, muskrats, and lynx, use traditional survival techniques for living off the land and emergency practices, as well as go jigging for fish.
- Brighter Futures supported a drug and alcohol free teen dance for the community.
- Free swimming lessons were provided to Inuvik families in November 2007 and February 2008. This benefitted children and young families that may not have been able to financially access this program on their own.
- The Delta Demons Wrestling Club was assisted with transportation and meal costs to travel to Tuktoyaktuk for a regional tournament.

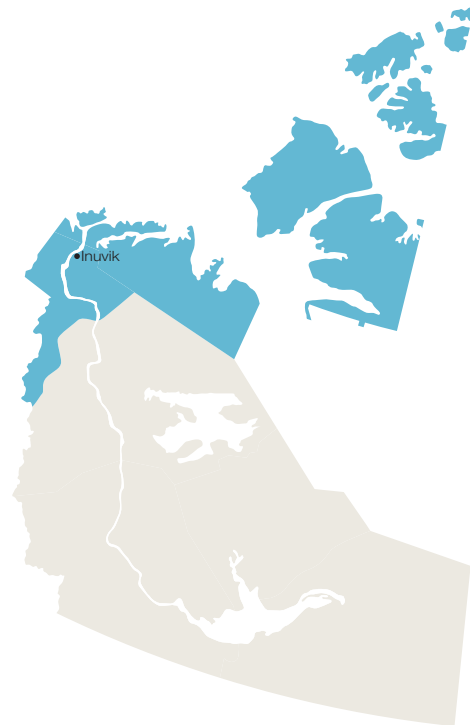
Child Development

- The Sir Alexander Mackenzie School breakfast program provided all students with a healthy breakfast.
- An Inuvialuktun Assistant helped with teaching and providing traditional based activities along with support to the language classes and Inuvialuktun Immersion Kindergarten Program throughout the school year.
- An Aboriginal Language Assistant provided support for the kindergarten students at the Sir Alexander Mackenzie School in the Inuvialuktun language.
- Kindergarten students at the Sir Alexander Mackenzie School were provided with a nutritious snack daily. This enabled them to keep focused on their schoolwork throughout the school day.
- The Child Development Centre Snack Program provided a



Inuvik

Population 3,354



healthy snack to students throughout the year. The healthy snacks and lunches served daily were geared towards the use of traditional foods.

- Youth were active participants in the Childhood Health and Fitness program where youth were taught more in depth cooking and food preparation skills. Every month there was a focus on certain food groups and going over basic nutritional information.



Canada Prenatal Nutrition Program

Ingamo Hall Friendship Centre

- Both the Inuvialuit Regional Corporation and the Inuvik Native Band transferred their CPNP funds to the Ingamo Hall in order to run a CPNP program for the entire community. Education sessions about pregnancy, breastfeeding, and prenatal and postnatal care as well as cooking groups were held twice a week. In total, approximately ten prenatal and postnatal women as well as twelve other women of childbearing age attended education and cooking sessions. Elders were also involved in the program by talking about country food and showing how to cook it as well as teaching crafts or sewing. In addition to the sessions, activities included a sewing circle, exercise classes, food bags, nutrition guides, nutrition games, and craft groups. Nutrition and breastfeeding information were provided in a group format as well as through home visits.

Aboriginal Diabetes Initiative

Inuvik Youth Centre

- The *Strong Start* program was launched to improve Aboriginal child health and fitness. This program involved several initiatives to educate and encourage children to make healthy choices. The program took place between October 2007 and March 2008 and included almost 60 separate healthy eating and physical activity sessions.

Paulatuk

Population 321



Brighter Futures

Inuvialuit Regional Corporation

Program Management

- 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 and traditional navigational skills, goose hunting, fishing and trapping skills, dry meat making, and how to untangle and take fish out of the nets.
- A Sewing Program was successful as thirty-six participants took part in learning how to make mittens, mukluks (fur boots), utchic (fur around the cuffs), and amagok (fur around the hood).

Child Development

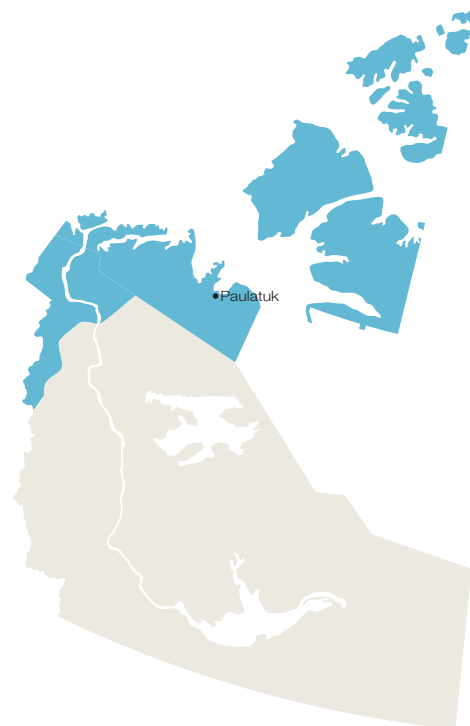
- Brighter Futures supported the hiring of 2 staff members to prepare and serve breakfast each morning before class at the Angik School.



Canada Prenatal Nutrition
Program

Inuvialuit Regional Corporation

- Cooking groups, food hampers and dry meat giveaways, as well as shopping groups were held on a seasonal basis. In total, approximately seven prenatal and postnatal women participated. In addition, meals were taken home from the cooking groups, food vouchers or coupons were given out, women in the program gave breastfeeding support to one another, and there was education about harmful effects of alcohol (FASD).



Sachs Harbour

Population 123



Brighter Futures

Inuvialuit Regional Corporation

Program Management

- A Wellness Worker coordinated all wellness programs in the community.

Community Mental Health

- Brighter Futures supported Sewing Classes where well known sewing instructors taught participants how to make a variety of crafts such as fur mitts, mukluks (fur boots), and kamiks (seal skin shoes) that they could take home.
- A Swimming Program was held for twelve children between the ages of 7 and 10 to aide them in developing the required skills needed when living by the ocean.
- A celebration for National Child Day was held to recognize all children in the community and it included fun and games, prizes, and a feast.
- Brighter Futures supported the Spring Break Festivities in April 2007.
- Each Thursday of the month as well as on special occasions the Together Program took place. The group allowed children to work on special projects such as talent shows, bizarre food buffets, dances, tunnel building, a sliding party, a scavenger hunt, snow sculptures, decorating, a costume contest and making jiggling sticks and other arts and crafts. In addition, participants were involved in activities like spring fishing, field trips, picnics, playing games, baking, traditional cooking, and movies.
- The Alcohol/Drug and FASD Awareness program gave youth insight into the harmful effects of alcohol and drugs.
- The Community Action Plan taught the children and youth life skills and traditional knowledge as well as providing the community with opportunities to work together.



Canada Prenatal Nutrition
Program

Inuvialuit Regional Corporation

- Food hampers were delivered seven times throughout the year to fourteen prenatal and postnatal women who were a part of the program.

Tsiigehtchic

Population 185



Brighter Futures

Gwichya Gwich'in Council

Program Management

- The part-time Project Coordinator and Assistant provided support and administration for the Traditional Skills Project.

Community Mental Health

- Brighter Futures supported a Traditional Skills Project where youth are taught traditional skills from Elders and learn to appreciate the Elders' presence in the community. Youth had an opportunity to develop more interest in the Gwichya Gwich'in culture and language. Projects included: Babiche weaving and making, porcupine quill work, bead work, working with different furs and textiles, braiding raw caribou and moose hides, tapestry hangings, preparing hides, and cooking traditional foods. The elders along with the other residents gathered three times a week to work on their projects.



Tuktoyaktuk

Population 967



Brighter Futures

Inuvialuit Regional Corporation

Program Management

- A Program Coordinator was hired to coordinate all wellness programs pertaining to Brighter Futures.
- A Brighter Futures Trainee was hired to take over the Brighter Futures component of the Tuktoyaktuk Community Corporation and was assisted by the Coordinator.

Community Mental Health

- The Youth Activities Assistant assisted in the delivery of programs at the Jason Jacobson Youth Centre.
- Brighter Futures supported forty-nine students between the ages of 8 and 18 to register in Minor Hockey and to attend the 2007 Minor Hockey Gwich'in Cup Tournament. This enabled them to be active in the community and to keep themselves busy with sports.
- The Illisaqtuaq Program enabled ten youth and adults to enjoy learning how to make summer parka covers.
- Brighter Futures supported seven athletes and officials to travel to Inuvik for Arctic sports.
- The Tuktoyaktuk Youth Baseball sent eleven youth and two chaperones to a softball tournament in Inuvik.
- A 12-day Sunburst Sewing course took place at the end of October and beginning of November 2007. Fifteen participants were taught techniques for preparing fur such as examination of the fur and skin, how to wash the fur, ways of cutting, trimming, and how to treat the oily skins. In addition, they learned the skill of sewing fur to make a sunburst for their parkas which they used that winter.
- Brighter Futures supported the Whale Harvesting Program in July and August 2007. Children and youth in the community went on a hunting trip for whale. They were taught how to shoot, harpoon, cut up, hang, cook the muktuk, and prepare it for the trip home. The children and youth got to bring some meat back to their parents and the rest was distributed to some elders who did not have anyone to hunt for them.
- The Boys and Girls Club ran from July 2007 until the end of March 2008 at the youth centre. A total of ninety-eight youth participated and learned about peer pressure, bullying, teen pregnancy, healthy relationships, as well as alcohol and drugs.

Child Development

- Daily breakfast was served to students who attended the Mangilaluk School.
- Brighter Futures aided in funding the programming at the Tuktoyaktuk Child Development Centre.



Canada Prenatal Nutrition
Program

Inuvialuit Regional Corporation

- Cooking and sewing groups were held once a week and education about harmful effects of alcohol (FASD), drugs, and tobacco as well as information on labour and delivery was provided. In total, approximately ten prenatal and postnatal women attended cooking sessions. Elders were invited to the babies' one-year anniversary cooking groups. In addition to the sessions, the participants received food guides, food vouchers or coupons, and country food. Breastfeeding information was provided on a one-to-one and group basis, and in addition, women in the program received breastfeeding support from one another.



Ulukhaktok

Population 416



Brighter Futures

Inuvialuit Regional Corporation

Program Management

- A Wellness Worker coordinated all wellness programs in the community.

Community Mental Health

- A Traditional Sewing Program allowed for children from the ages of 6-16 and young mothers to have the opportunity to learn sewing techniques. Participants used canvas, leather, rabbit, seal, beaver, moose hide, and calico to make parka covers, kamiks, mitts, and gloves.
- One elder and one youth were hired to coordinate the Elder/Youth Nights that were held once a week from April to February with March sessions being held twice a week. The planned nights were successful as participants were able to socialize with different people in the community, play games, as well as learn and practice the Innuinaqtun and English language.
- A Skill Teaching Program was provided for young boys to learn how to make ulu, sleds, jigging sticks for fishing, and nabatchuc tools for Inuit games.
- Brighter Futures supported the Summer Fishing program which allowed youth to participate and learn survival skills as well as how to set fish nets, fillet fish, make dry fish, and all the different ways of preparing fish for meals.
- A Nutritional Support Worker was hired to prepare healthy traditional meals and snacks daily for twenty-five children attending the Child Development Center.

Child Development

- The Quick Start Breakfast program, run by a breakfast coordinator, provided a daily healthy breakfast to between forty and fifty children attending the Helen Kalvak Elihakvik School.



Canada Prenatal Nutrition
Program

Inuvialuit Regional Corporation

- Education sessions about pregnancy, breastfeeding and prenatal and postnatal care as well as cooking groups were held once a week. In total, approximately seven prenatal and postnatal women as well as three other women of childbearing age attended education and cooking sessions. Elders were involved in the program by talking about country food, teaching crafts or sewing, and sharing information about breastfeeding with participants. In addition to the sessions, the participants were involved in a sewing group and nutrition games and they received food guides, grocery shopping ideas, and food bags. Nutrition and breastfeeding information were provided in a group format.

Regional Projects



Brighter Futures

Inuvialuit Regional Corporation

- A Regional Wellness Coordinator provided coordination and administration support to all Inuvialuit Settlement Region community Brighter Futures projects.



Canada Prenatal Nutrition Program

Inuvialuit Regional Corporation

- A Regional Wellness Coordinator provided coordination and administration support as well as provided supplies to all Inuvialuit Settlement Region community CPNP projects.

Injury Prevention

Beaufort Delta Health and Social Services Authority

- A NWT Senior Safety and Injury Prevention Calendar was developed, printed, promoted, and distributed with Inuvik and Aklavik participants' quotes and pictures. Two group sessions were held with Elders to take photos and another was held to distribute the calendars to the Elders and their families. In addition, there was an article about the prevention calendar written in the Inuvik media.

Aboriginal Diabetes Initiative

Inuvialuit Regional Corporation

- A Health Promotions Coordinator was hired to develop, implement and monitor diabetes programming for the Inuvialuit Settlement Region.
- The Inualthuyak School in Sachs Harbour provided healthy snacks for twenty-five students in the month of March 2008.

- The participants of fitness programming in Ulukhaktok were provided with healthy snacks.
- From September to March, a fitness program was held for Elders, providing participants with gym passes and weekly swimming sessions. This program was very popular and attendance increased over time.
- Cooking classes for people living with diabetes and their families were offered in Aklavik, Tuktoyaktuk and Paulatuk. The health promotions Coordinator worked with the Beaufort Delta Health & Social Services Authority Regional Dietician in the delivery of the classes. Participants were instructed in cooking several traditional and non-traditional foods that were diabetes-friendly.
- Care packages and food hampers for people living with diabetes were distributed in six communities. The packages filled with diabetes-friendly foods and foot care supplies.
- A traditional feast was held in five communities, including traditional and non-traditional foods. Diabetes awareness pamphlets were distributed.

Canadian Public Health Association (NWT/NU)

- The *Healthy Foods North* project was implemented in Inuvik and Tuktoyaktuk. This program is a community-based diabetes prevention project that focused on increasing the availability of healthy foods in all local stores and by promoting healthy traditional and store-bought food choices as well as physical activity.
- Materials including educational displays, posters, flyers and a website encourage choosing healthy foods were designed for the local communities. These materials depict Inuvialuit and Inuit families making healthy choices together, such as practical guides for choosing healthier alternatives, understanding nutritional labels and using pedometers.
- Five community members were trained as local interventionists to increase community awareness through program activities and partnerships with local stores and organizations.

Regional Projects



Fetal Alcohol Spectrum Disorder

Gwich'in Tribal Council

- An FASD Coordinator was hired on a part time basis to provide services to the Gwich'in Settlement Area. The Coordinator made herself visible to community members through a community newsletter and through holding community sessions as well as sessions for prenatal coordinators.
- Information sessions were held in the communities to share information about strategies when dealing with children with FASD as well as prevention strategies for FASD. The sessions allowed for questions to be answered correctly and discussions to formulate around solutions for FASD.
- Posters, informational handouts, as well as website information were given out in order to raise awareness.
- A Traditional Parenting Workshop was held in Ft. McPherson and had participants from both Ft. McPherson and Inuvik.

attend the workshops that would be most beneficial to their interactions with their clients. In total, 103 people from the Beaufort Delta attended the five days of workshops.

National Aboriginal Youth Suicide Prevention Strategy

Beaufort Delta Health and Social Services Authority

- Community consultations were completed in the Beaufort Delta to gather information for the development of a Community-Based Suicide Prevention Training Plan. Assessments were done in Aklavik, Fort McPherson, Inuvik, Paulatuk, Sachs Harbour, Tsiigehtchic, Tuktoyaktuk and Ulukhaktok. Both formal and informal resources for suicide prevention and intervention were identified in each community, service gaps were identified and the individual service needs of each community were assessed.

Inuvialuit Regional Corporation

- An FASD Coordinator was hired to coordinate FASD activities in the Inuvialuit Settlement Region.
- The Coordinator organized series of information nights (Women's Nights and Family Nights) in all communities. The actual sessions were facilitated by local CPNP workers and were held to discuss the causes and effects of FASD on babies pre-exposed to alcohol. To further educate the group of women FASD educational videos, FASD dolls, as well as FASD information in pamphlets and quizzes were used.

National Native Alcohol and Drug Abuse Program

Beaufort Delta Health and Social Services Authority

- The Building Healthy Communities: Addictions Awareness and Parenting Conference took place in Inuvik from January 21-25, 2008. The conference included the Regional Addictions Conference as well as the Regional Continuum of Care Team Building Workshop. Participants were encouraged to

Gwich'in Tribal Council

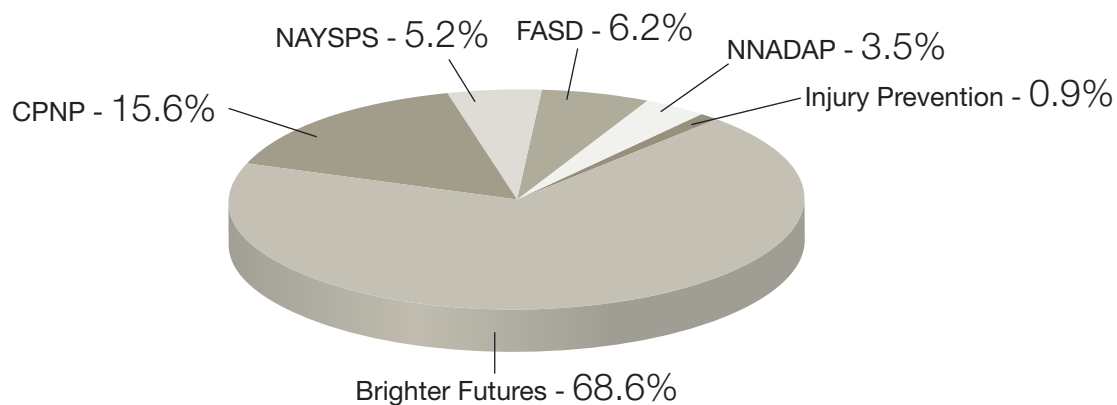
- The second annual "Gathering Our Voices" Youth Conference was held on March 21-23, 2008. The theme was, "Healthy Choices-Easy Choices" and was well attended by forty youth and 20 others from across the Beaufort Delta region. Topics covered included healthy relationships, peer counselling, positive community change, rebuilding cultural integrity and Aboriginal sport coaching.

Dehcho Region



Dehcho Region - 2007/2008 Funding

	Brighter Futures	CPNP (FNIHB)	Injury Prevention	ADI	FASD	NNADAP	NAYSPS	TOTAL
Fort Liard	28,288	15,856						44,144
Fort Providence	133,873	25,103						158,976
Hay River Reserve	56,592	8,618						65,210
Jean Marie River	16,156							16,156
Kakisa	6,695							6,695
Fort Simpson	144,009	28,784			41,167		24,230	238,191
Nahanni Butte	3,711	3,515						7,226
Trout Lake	22,094	3,570						25,664
Wrigley	46,706	18,795						65,501
Regional			6,322			23,751	10,404	40,477
TOTAL	458,124	104,241	6,322	0	41,167	23,751	34,634	668,239



Fort Liard

Population 591



Brighter Futures

Acho Dene Koe First Nation

Community Mental Health

- The Youth Centre Program provided various activities and programs for approximately 60 children and youth at the Youth and Family Centre. Youth were involved in cooking and sharing circles as well as sporting and recreational activities. One full-time and one part-time coordinator were hired to work out of the Youth and Family Centre.
- Brighter Futures supported ten youth to participate in the Mackenzie Regional Youth Conference in Fort Simpson. The focus of the conference was to explore interests and passions that can be used as gifts to create a future wanted by the community.
- A Family Violence Awareness Project that attempted to create a healthier community by reducing the cycle of abuse and violence within the family system by increasing and creating awareness. There was a four day series of workshops, sharing circles, and information sessions during the week of October 10, 2007 on areas surrounding prevention of family violence. Presentations on personal safety and awareness, self care, personal awareness, and personal empowerment were conducted by students from grade 9 through 12. Grades 6 to 8 were involved in sharing circles discussing impacts of addiction and violence on the community as a whole. In addition, there were various other sharing circles and information booths with different topics under family violence.
- Brighter Futures supported National Addiction Awareness Week activities in the community. Members attended a Church service and luncheon, a sober walk, a school presentation, children's talking circle, an AA meeting and drum dance, a family support and penny carnival, and sober family dances.

Child Development

- A Breakfast Program was provided for approximately 100 students at the Echo-Dene School two times a week. Students from kindergarten to grade six were served breakfast while students from grade seven to twelve were offered healthy snacks during their morning break.



Canada Prenatal Nutrition Program

Acho Dene Koe First Nation

- Education sessions about pregnancy, breastfeeding, and prenatal and postnatal care as well as cooking groups were held two to three times a week. In total, approximately six prenatal and postnatal women as well as four other women of childbearing age attended education and cooking sessions. In addition to the sessions, activities included a cooking circle, visits to a clothing bank, nutrition games, and exercise classes. Nutrition and breastfeeding information were provided on a one-to-one basis and through home visits.



Dehcho Region

Fort Providence

Population 814



Brighter Futures

Deh Gah Got'ie Dene Council

Program Management

- A Brighter Futures Coordinator was hired to deliver wellness programs to the community members.

Community Mental Health

- The Brighter Futures Coordinator was supported to attend the Knowing Our Spirit Conference in Edmonton. This conference provided the coordinator with insight on how to work with community members to help themselves and their families. The coordinator will be able to apply and share this knowledge in the community.
- The Summer Play Activity involved 71 participants from ages 5 -10 in hands on activities, nature walks, movies, and nutrition exercises from July 19 to August 15, 2007.
- A Healing Workshop took place from July 4-7, 2007 where counselling was provided to 20 participants on the following topics: grieving, healthy relationships, parenting skills, alcohol and drugs, hurt, pain, illness, personal issues, anger, and letting go of the past.
- The Moose Hide Tanning Program took place from July 16 to August 16, 2007 with ten participants who learned the process of tanning a moose hide.
- An On-the-Land Program was held from July 2 to August 9, 2007 for seventy-five participants. Participants learned from one another in a traditional environment and were involved in fishing, hunting, making crafts, berry picking, dry fish making, dry meat making, and preparing ducks to eat.
- Eight participants were involved in a Traditional Garment Making program from September – October 2007, where they shared sewing skills such as stitches, cotton floss embroidery, and different designs and colors when decorating garments.
- Four preschool children accompanied by parents attended a Drum Making Workshop taught by two community members.
- Five young ladies and ten adult women attended a Slippers Making Group throughout November and December 2007.
- On June 8, 2007 Brighter Futures supported a Traditional Honour Ceremony to celebrate the preschool children's passage to kindergarten. There were eighty-nine participants involved in the ceremony that honoured children who completed the Head Start Program.
- Four community members attended a Family Violence Conference in Yellowknife took place on November 7 & 8, 2007. The conference helped participants understand what family violence is and provided information regarding what other communities are doing in order to prevent family violence.
- On November 20, 2007 the community held a Youth Empowerment event that involved over sixty participants. The event was held to encourage youth to live an alcohol and drug free lifestyle by having music performances as well as speakers converse about alcohol, drugs, and healthy lifestyles.
- A Grieving Workshop took place in March 2008 for thirty participants. Participants learned how to speak openly about their loss, let go, and move on without drugs and alcohol. The workshop established a strong understanding of community supports, an avenue to create a sharing circle, culture awareness, empowerment, and leadership awareness with the participants. In addition, participants worked on building self-esteem, role modeling, and goal setting.
- Brighter Futures supported six youth ages 14 -17 to travel to Ottawa to participate in the Encounters with Canada Program. The youth got to learn about Canadian history and different career fields that played a part in it. They participated in group discussions, simulations, multimedia presentations, and role-playing.
- Between February 24 and 27, 2008, four participants were involved in the Aboriginal Health Conference. The participants looked at what they could learn from other communities in handling daily health issues. The participants shared stories about dealing with the health issues, resources available including elders that can help, and healthy lifestyles that should be worked towards.
- Two people from the community participated in a trauma and debriefing workshop in February 2008. The participants gained a better understanding of crisis and trauma and how a smaller community's response will differ.
- Brighter Futures supported the program coordinator in traveling to a workshop regarding family violence. The opportunity allowed the coordinator to find out what other communities are doing regarding violence against women and children.
- Various community hunts took place throughout the year involving up to twenty participants ranging in age from 12 to



Fort Providence

Population 814



Dehcho Region

65. Youth were taught how to track animals, respect the water and land, survive on the land, skin a bison, prepare bison meat, hunt moose and caribou, skin moose and caribou, cut up meat, as well as keep the meat from going bad.

- Four Training and Capacity Building Workshops for youth took place in 2007. They were: The Youth Regional Dene Games, a Youth Self-Esteem Workshop, the National Aboriginal Youth Violence and Changing Times Training Conference, and a Safety Training Course.

Child Development

- Approximately seventy-five participants including preschool children traveled on the land with Elders as part of the Traditional and Cultural Learning Spring and Fall Camps. The children learned about the culture, land, and language of the Dene.
- The School Breakfast Program provided a healthy breakfast for approximately 5-20 students daily. This program encouraged the students to come to school on time and improved their focus in the classroom by providing healthy nutrition.

Parenting Skills

- A Parenting Workshop taught how traditional values can be integrated into parenting skills and communication between parents and children. Subjects of traditional values being integrated into parenting skills included circle teaching, self-awareness, communication and relationship building with oneself and one's family, puberty rituals, conception and birth, childhood relationships, as well as the circle of life. Ten youth and adults had an opportunity to participate in the hunt towards Horn Plateau along with Elders to experience the actual hardship of living on the land and how parents had to survive as well as use their parenting skills.



Canada Prenatal Nutrition Program

Zhahti Koe Friendship Centre

- Education sessions about pregnancy, breastfeeding, and prenatal and postnatal care as well as cooking groups were held twice a week in alternation. In total, approximately 18 prenatal and postnatal women as well as 12 other women of childbearing age attended education and cooking sessions. In addition to the sessions, the participants were involved in baking circles, cooking circles, sewing groups, nutrition games, family activities, and exercise classes. Nutrition and breastfeeding information were provided on a one-to-one and group basis as well as through home visits.

Zhahti Koe Friendship Centre

Community Mental Health

- Brighter Futures supported various activities during Family Violence Awareness Week from October 8-12, 2007. Activities included: poster and banner making, a family violence awareness walk, elders luncheon with games, open houses with family violence materials available, a scavenger hunt, a movie night, a RCMP presentation on the cycle of violence and the emergency protection order, a family fun night, and a wrap-up community barbeque.

Fort Simpson

Population 1,211



Brighter Futures

Liidlí Kue First Nation

Program Management

- Funds supported a Brighter Futures Coordinator, an Administrative Assistant, a Family Outreach Worker, a Breakfast Coordinator, and a Summer Program Coordinator.
- Various local resource people were hired to assist with programs.

Community Mental Health

- Brighter Futures supported two participants to attend the White Buffalo Calf Woman Gathering and Revealing in November 2008. The participants attended healing sessions, spoke to elders, medicine men, and healers, and also witnessed a 2000-year-old prophecy.
- An individual in the community was sponsored to attend Reiki Training in March 2007 in order to provide alternative healing services in the community.
- A traditional sewing and moose hair tufting group as well as traditional sewing and crafts groups were available to the community once a week from January to March 2008.
- The Brighter Futures Coordinator was supported to attend the 6th Annual National Aboriginal Youth, Violence, & Changing Times Training Conference.
- Brighter Futures partnered with the National Aboriginal Youth Suicide Prevention Strategy to offer a Cultural Family Retreat. The retreat focused on enhancing cultural skills and knowledge while strengthening the relationships and connections within the family.
- On Aboriginal Day, educational elements were included in addition to the archery, adult cultural competitions, hand games, canoe races, annual feast and drum dances.
- The Family Cultural Centre provided a variety of activities for the community including: a noon Alanon Support Group, a sewing group, and a women's support group.
- A three-day nutrition training workshop was put on for the Sanaeah Prenatal Program staff, Breakfast Program staff, program clients/participants, and community health care workers to increase knowledge of how nutrition impacts on health and disease from an aboriginal perspective.

Child Development

- Brighter Futures offered a breakfast program, which started in September 2007 for approximately twenty-five elementary students three mornings per week. In addition approximately

ten other children accessed snacks as needed throughout the morning. After school, a Kids In the Kitchen component occurred so that children could make healthy nutritious foods and then have food information and recipes to take home.

- Brighter Futures supported the Girl Guides, Brownies, and Sparks programs. The participants, ranging in age from 4-16, improved their leadership, social, and decision-making skills, independence, imagination, as well as confidence.
- An at-risk youth was sponsored to attend a summer camp to build resilience from the camp structure, value teachings, friendships, and support.
- Youth attended Blazing Trails Summer Day Camp. The camp aimed to encourage youth to make healthier choices, take greater responsibility for themselves, and increase their desire to participate in education and career experiences that are relevant to First Nations children.

Parenting Skills

- Brighter Futures supported a Traditional Parenting Skills Workshop from March 3-5, 2008. The workshop focused on serious health problems affecting children and families, supporting optimal health and social development of infants and children, and improving health and development of children.

Injury Prevention

- A Red Cross Babysitters Training Course was offered through Brighter Futures to youth and summer day camp workers who learned appropriate and safe activities, healthy snacks, safety precautions and first aid for babysitting.
- The 2007 National Addictions Awareness Week and Family Violence Awareness Week were promoted with a variety of culturally appropriate holistic activities. Activities included a sober walk, a games night, an AA meeting, a coffee house and jam session, a feast and drum dance, as well as a church service and potluck.
- In January 2008 there were 20 participants involved in the Applied Suicide Intervention Skills Training (ASIST), which covered many aspects of suicide.
- The Talk, Walk, and Squawk Program took place for teachers,



Fort Simpson

Population 1,211



caregivers, and parents to learn about avoiding risky situations, child sexual abuse issues and how to teach children about sexual abuse prevention with the Challenge Abuse through Respect Education (C.A.R.E.) kit program.

- Brighter Futures supported the Walking Prevention Circle Workshop focused on prevention of abuse through education.
- An Ending Family Violence workshop was held to bring healing to the families of the community. The participants focused on building family strengths such as non-violent communication, developing healthy emotional and psychological boundaries, as well as practicing and implementing skills that will prevent and deal with issues of family violence.



Canada Prenatal Nutrition Program

Liidlíi Kue First Nation

- Education sessions about pregnancy, breastfeeding, and prenatal and postnatal care as well as cooking groups were held four days a week. Approximately thirty prenatal and postnatal women as well as five other women of childbearing age attended education and cooking sessions. Elders were also involved in the program by teaching sewing and doll making in the sewing circle. In addition to the sessions, the participants were involved in talking sessions along with the cooking group, a sewing group, information sessions, nutrition games, baking and craft circles, a meal bag program, and a community barbeque for mothers of the community. Women also received food vouchers, nutrition guides, grocery shopping ideas, country food, and home visits. Breastfeeding information was provided through activities such as sewing breastfeeding pillows, playing breastfeeding bingo, a gathering during World Breastfeeding Week, and participants supporting one another.

- Over the course of the year, the Family Outreach Support Worker provided a number of educational, awareness and support activities to the community including: creation of a display shelf with FASD information for high school students, creation of and running of a monthly FASD Working Group which meets on a monthly basis, collaboration with the Sanaeah Prenatal Program in helping to deliver FASD awareness and prevention more effectively, home visits, and parenting support.
- Methods of delivery included posters, training, as well as monthly information nights and a resource centre.
- The Support Worker was also involved with the National Addictions Awareness Week from November 19-25, 2007 where she was able to display FASD resources.
- The Support Worker herself also attended training courses and workshops in order to increase her own skill and knowledge of FASD in order to better support parents and families.

National Aboriginal Youth Suicide Prevention Strategy

Liidlíi Kue First Nation

- Applied Suicide Intervention Skills Training (ASIST) was provided to community members, foster parents, youth summer program staff and frontline workers in a two-day workshop to help caregivers recognize suicide risk and learn effective skills for intervention.
- A Cultural Family Retreat was held for at risk families and youth. The retreat focused on enhancing cultural skills and knowledge while strengthening the relationships and connections within the family. The Retreat also focused on the integration of traditional knowledge with personal development and relationship building.

Fetal Alcohol Spectrum Disorder

Liidlíi Kue First Nation

- The FASD program supported the hiring of a Family Outreach Support Worker to work out of the Family Cultural centre and provide services to parents and families around FASD.

Hay River Reserve

Population 300



Brighter Futures

K'atlodeeche First Nation

Community Mental Health

- Youth attended a Summer Day Camp each day and participated in traditional activities including field trips, camping trips, swimming, arts and crafts, sports as well as nature and healthy food choices.
- The Community Counsellor at the Chief Sunrise School offered counselling and support to the staff, students, and parents of the school. The counsellor's main focus included reducing absenteeism and late arrivals to school, increasing communication between staff, parents, and students, as well as decreasing negative behavior and verbal abuse.
- Six students and two chaperones attended the Dreamcatcher's Conference in Edmonton. The students were chosen to attend based on their attendance, behavior, and acceptable schoolwork.
- Brighter Futures supported the Youth Drop In after-school program. The activities provided for the youth included sports, traditional practices and skills, and community participation.
- An On-the-Land Program was held for youth at Buffalo Lake and down Sandy Creek Road. Different activities were offered, including setting up summer camp and living off the land as well as setting up winter camp and hunting for caribou.
- A Wellness Community Workshop was held from March 25-27, 2008 with a special focus on youth. Discussion centred around recognizing personal strengths, analyzing situations and making good choices, increasing self-esteem, and improving communication skills.
- Brighter Futures supported the Brighter Futures Coordinator to attend an Indigenous Women in Leadership Course from December 2-7, 2007 that was designed for female leaders in the community.



Canada Prenatal Nutrition Program

K'atlodeeche First Nation

- Eight cooking groups were held with an average of three prenatal or postnatal women attending. Nutrition was talked about on a one-to-one basis and through home visits. Other services offered included breastfeeding activities, food supplements or Meal Bag Program, prizes, food vouchers, games, and home visits.
- Cooking groups were held once a week with approximately 4 prenatal and postnatal women as well as 2 other women of childbearing age in attendance. Elders were also involved in the program by teaching crafts or sewing and talking about country food. In addition to the sessions, the participants were involved in group breastfeeding education sessions, sewing breastfeeding pillows or breast pads, talks about parenting, parent's night out, craft groups, games, and a grocery store tour. Women also received food vouchers and coupons, nutrition guides, food for babies, and meals to take home from the cooking group.

Jean Marie River

Population 71



Brighter Futures

Jean Marie River First Nation

Community Mental Health

- Brighter Futures supported the Jean Marie River First Nation in hiring a Project Coordinator to organize two workshops for youth, three workshops for adults, a play and a comedy show put on by Don Burnstick. In total, approximately six youth and seventeen adults attended the workshops while approximately ten youth and thirty adults attended the shows. Participants learned about the different consequences of alcohol, drugs, and family violence, as well as how to heal from the effects of them. It was felt that the event was a good first step in opening the community up to healing and making healthy lifestyle choices.



Dencho Region

Kakisa

Population 50 or less



Brighter Futures

Ka'agee Tu First Nation

Community Mental Health

- A Dog Mushing Workshop was offered between November 2007 and March 2008. Three boys aged 10-14 participated and learned about caring for, handling, and working with the dogs. The participants were very happy with the outcome of the project and are looking forward to continuing and expanding it in the following year.
- Brighter Futures supported an After School Activities project for children aged 6-10. Activities included cross-country skiing, how to play the fiddle, as well as a sleepover at the school where they played educational games, watched educational movies, and made educational crafts.

Child Development

- A breakfast and snack project was made available to all students at Kakisa Lake School. The project allowed for the purchase of healthy breakfast foods and snacks, lessons on healthy foods, and lessons on how to prepare healthy snacks. The project involved the Community Health Worker coming to the school weekly to promote the importance of keeping one's teeth healthy with good dental hygiene and eating healthy foods.



Nahanni Butte

Population 125



Brighter Futures

Nahanni Butte Dene Band

Community Mental Health

- Two hand game workshops were held in the community to share traditional knowledge of hand games. Facilitators were brought in to the community to present these workshops to community members.
- A fall hunt was held for community members, including youth from the Charles Yohin School. Facilitators shared knowledge on hunting and using wild meats.



Canada Prenatal Nutrition
Program

Canada Prenatal Nutrition Program

Nahanni Butte Dene Band

- Cooking sessions were held once a week and food vouchers were given out once a month. In total, approximately 9 prenatal and postnatal women as well as 9 other women of childbearing age attended education and cooking sessions. In addition to the sessions, the participants talked about grocery shopping ideas, parenting, and country foods. They also sewed breastfeeding pillows or breast pads, had crafts groups, as well as had sewing groups. Elders were involved in talking about country food, teaching crafts or sewing, and teaching about parenting.



Dencho Region

Trout Lake

Population 80



Brighter Futures

Sambaa K'e Dene Band

Community Mental Health

- Brighter Futures supported a Take Charge of Your Life Workshop from October 17-27, 2007. The workshop was for youth and families and had 18 participants. The workshop provided tools for people to help themselves and others to be healthy and enjoy an active lifestyle.
- Twenty-one people participated in the Youth Winter Camp, which ran from March 25- 29, 2008, to maintain the well being of the youth and children out on the land with trappers and elders. The youth gained traditional knowledge in surviving out on the land during the winter months. Children were taught and practiced setting up tents, getting spruce boughs, firewood, as well as safety precautions with snowmobiles, axes, knives, and chainsaws.



Canada Prenatal Nutrition Program

Sambaa K'e Dene Band

- Sewing circles with elders were held during the week. In total, approximately four prenatal and postnatal women as well as four other women of childbearing age attended education and cooking sessions. Elders were also involved in talking about country food and traditional parenting or midwifery. In addition to the sessions, the participants received food vouchers or coupons, country food, and one on one advice on healthy eating.

Wrigley

Population 176



Brighter Futures

Pehdzeh Ki First Nation

Program Management

- The Brighter Futures Coordinator organized, implemented, and coordinated the wellness programs in the community.

Community Mental Health

- Brighter Futures supported the 6th Annual Kole Crook Fiddle Camp from July 3-8, 2007. The participants learned the performance aspect of fiddling, shared their musical talent with other performers by teaching and interacting, learned how to work as a team, and built stronger relationships with their peers and people from other communities.
- A Youth Empowerment Workshop took place from Feb 3-7, 2008 where five youth and two adults learned about suicide prevention, addictions, as well as strengthening a sense of identity, purpose, and resilience against substance abuse.
- Twenty-five participants went on the Fish Lake Harvesters and Youth Hunting Trip in April 2007 to learn traditional bush and camp skills, meat preparation, story telling, animal calling, language, and ways of sharing.



Canada Prenatal Nutrition Program

Pehdzeh Ki First Nation

- Education sessions about pregnancy, breastfeeding, and prenatal and postnatal care as well as cooking groups were held twice a month in alternation. Approximately five prenatal and postnatal women as well as seven other women of childbearing age attended each education and cooking session. In addition to the sessions, the participants received good food boxes, food vouchers, healthy snacks, and Christmas hampers, and they were involved in nutrition bingo and exercise classes. Nutrition information was provided on a one-to-one basis and through home visits.



Dencho Region

Regional Projects



Injury Prevention

Dehcho Health and Social Services Authority

- Car seats were provided to families with newborns and toddlers in the Dehcho. Prenatal education programs assisted in promoting the car seats and their value in preventing motor vehicle injuries and deaths.
- 100 NWT Senior Safety and Injury Prevention Calendars were distributed to community Elders throughout the Dehcho Region and each of the Band offices. In addition to the calendars, 100 flashlights were purchased for the elders to enhance their ability to see in the dark hours of the day and will be distributed during Elder Injury Fall Prevention workshops.

National Native Alcohol and Drug Abuse Program & National Aboriginal Youth Suicide Prevention Strategy

Dehcho Health and Social Services Authority

- With support from both the NNADAP and NAYSPS programs, the Dehcho Authority hosted the Regional Youth Conference entitled, "Youth Believe Workshop". The Conference was held February 3-6, 2008 at the Hay River Reserve and hosted youth from across the Region. In total, forty-nine youth, their chaperones, three traditional Elders, and four mental health staff participated. The workshops presented included healthier lifestyle and issues, substance abuse, suicide prevention, fun of living, role modeling, generational family dysfunction and healthy sexuality.
- Monthly interagency meetings took place prior to the Conference for planning and organization purposes.

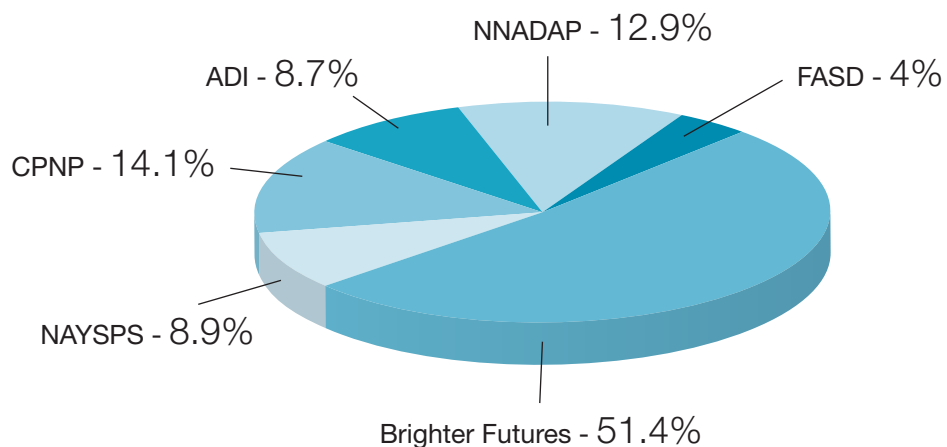
Tlcho Region



Tlcho - 2007/2008 Funding

	Brighter Futures	CPNP (FNIHB)	Injury Prevention	ADI	FASD	NNADAP	NAYSPS	TOTAL
Regional*	414,848	113,727		70,201	32,597	104,002	71,506	806,881

* The Tlcho Government was allocated funds to distribute to all communities in the Tlcho Region including Behchoko, Gameti, Wekweti and What Ti.



Behchoko

Population 1,973



Brighter Futures

Tlicho Government

Community Mental Health

- The 3rd Tlicho Traditional Handgame Tournament was held at the end of February and beginning of March for 20 teams from the Tlicho Region.
- Brighter Futures supported the Behchoko Youth Drumming Project which promotes traditional drumming with the youth in the community.
- Youth took part in the Chief Jimmy Bruneau School Culture Activities which included fish camp, caribou hunting, and trapping.
- The Children's Summer Day Program allowed for children to participate in activities during the summer holidays on a daily basis. Between twenty and thirty children between the ages of 4 and 12 were involved each day. Activities included swimming, sports, reading, story telling, drumming, dancing, and crafts.
- Three teams were supported to participate in the Crush Volleyball Tournament in Yellowknife from December 14-15, 2007.
- Ten violins were purchased to be used in youth music development.
- Brighter Futures supported disability programming for community members to allow them to develop skills and awareness of the Tlicho culture and to help the individuals play a role in the community.
- There were positive community celebrations for Father's Day and Mother's Day.
- Five youth participated in the Fort Simpson Fiddle Jamboree from January 18-20, 2008 to build on their musical skills.
- The community enjoyed Happy Daze from August 24-25, 2007 where there were a variety of fun activities for children and youth.
- On June 28, 2007 a Healing Gathering occurred to promote healthy lifestyles for families and children.
- Two-day fiddle clinics were held from October to March for students in grades 4-6.
- Seven youth attended the Kole Crook Fiddle Camp in Fort Providence to learn basic fiddling as well as how to play guitar and other instruments. Activities also included sports, swimming, and social group activities.
- Brighter Futures supported the March Break Youth Program where twenty-five youth between the ages of 8 and 13

participated in different activity days such as sports, arts and crafts, and a trip to Yellowknife for activities.

- Ten youth participated in the Mackenzie Youth Hockey Challenge that gave youth an opportunity to receive high quality instruction from an experienced coach from British Columbia.
- The community participated in a Family Dance that promoted family fun and togetherness between youth and parents in a positive alcohol free event.
- Throughout March 2008, ten participants between the ages of 10 and 14 were funded to travel to Whati to play hockey.
- Brighter Futures supported the Winter Wonderland Banquet.
- Youth participated in the Tulita Hand Game Tournament and the Wrigley Hand Game Tournament at the end of August, 2007.
- Local artists became involved in the Youth Art Classes held weekly for 12 participants from November 2007 to March 2008.
- Five members of the Tlicho Region attended the Vision Quest Conference in Calgary to learn about Retinitis Pigmentosa and related visual disabilities that affect many families in the Region and about how to support each other and their children.
- Youth Guitar Lessons were instructed to ten youth between the ages of 7 and 15.
- From February 12-18, 2008 there was a Tlicho Dagawo Music Tour. The musical group performed at each school as well as community concerts to enhance music appreciation in the four Tlicho communities.
- Brighter Futures supported the Youth Sports Bus that gave the opportunity to twenty-five youth between the ages of 8 and 13 to participate in activities such as hockey, skating, swimming, skiing, and bowling during trips to Yellowknife.

Child Development

- Brighter Futures along with Elizabeth Mackenzie Elementary School supported an Effective Behavior Support Program that involved identifying and rewarding positive behavior to encourage good character and positive choices in the school environment.



Behchoko *Population 1,973*



Tlcho Region

- The Elizabeth Mackenzie Elementary School Snack Program promoted healthy eating to all attending students.
- Brighter Futures supported a Preschool Speech and Language Development program for preschool children from September 2007 to March 2008.

Parenting Skills

- A Parenting Workshop provided parents with an opportunity to learn about bullying prevention, parenting support, literacy, and networking.
- A half day session was devoted to teaching parents about speech, language, and play development in babies and toddlers on March 4, 2008.

Injury Prevention

- Brighter Futures supported a Snowmobile Safety Course on March 5 & 6, 2008 for five youth. Participants were provided in-class instruction as well as hands-on experience in snowmobile safety.

visits, clothing exchange, food hampers, and an incentive program. In addition, participants were involved in baby food making, craft classes, as well as opportunities to network with other mothers and learn traditional parenting.

- A community literacy luncheon was hosted by the CPNP and Home Visitation programs. The luncheon included a performance by a musician and author of Children's albums.



Canada Prenatal Nutrition
Program

Tlcho Government

- A Program Coordinator and Program Assistant with the support of child care staff organized cooking classes offered to an average of six women each week. The classes involved cooking of traditional as well as store bought foods, NWT Food Guide discussions, providing handouts regarding nutrition, discussing healthy pregnancies and babies, providing healthy snack and meals, planning meals using the food guide, discussing healthy food choices, presentations, and taking prepared food home. Thirteen additional educational sessions were held twice a month with an average of 6 participants. Educational sessions dealt with subjects such as labour and delivery, breastfeeding, FASD, prenatal and postnatal care, and discomforts during pregnancy. Breastfeeding workshops, one-on-one breastfeeding information and support, as well as occasional nutrition assessments were provided. Additional activities included meal bag program, food vouchers, home

Gameti

Population 301



Brighter Futures

Tlicho Government

Community Mental Health

- Brighter Futures supported a Photography Workshop for youth in April.
- The community gathered for a celebration of Father's Day.
- From February 12-18, 2008 there was a Tlicho Dagawo Music Tour. The musical group performed at each school as well as community concerts to enhance music appreciation in the four Tlicho communities.



Canada Prenatal Nutrition Program

Tlicho Government

- Prenatal and postnatal support and information were offered through the Health Center staff.

Wekweeti

Population 140



Brighter Futures

Tlicho Government

Community Mental Health

- Sixteen youth and adults paddled for ten days to Behchoko. Youth developed skills such as paddling, camping, portaging, and following traditional trails.
- From February 12-18, 2008 there was a Tlicho Dagawo Music Tour. The musical group performed at each school as well as community concerts to enhance music appreciation in the four Tlicho communities.
- Youth traveled to Edmonton to attend the 2007 Dreamcatcher Aboriginal Youth Conference that focuses on education and celebration of Aboriginal culture.
- On October 8, 2007, the community celebrated the return of the caribou with a fall feast.
- Forty people participated in traditional activities such as moss ball, spear throw, hand games, and drum dances for the Aboriginal Day Celebration.
- Families participated in Family Karaoke Nights in August, October, and January.
- Brighter Futures supported Family Night events and other healthy community celebrations.
- Brighter Futures supported Family/Elder Evenings where participants were involved in activities that encouraged interactions between elders and families.
- Ten participants were involved in a Hair Dressing Workshop at the end of March 2008. The workshop helped to promote self-esteem and positive self-image through the participants gaining new skill such as how to give different haircuts and correctly use scissors, combs, and trimmers. Each participant got a basic haircutting starter kit.
- Weekly jigging classes for youth ages 5 to 7 from January to March were supported.
- Fifty-four community members participated in the Literacy Day Celebration which included an afternoon of activities related to promoting literacy.
- Weekly Recreation/Exercise Classes encouraged active living in the community.
- On October 3, 2007, a STI Prevention Workshop gave the opportunity for parents to learn about the prevention of sexually transmitted infections.
- Fourteen boys participated in Tea Dance Song Practice where the songs were rehearsed.

- From April 25-26, 2007 and September 15-16, 2007 twenty-four youth participated in the Youth on the Land Retreat. The retreat is a cultural camp in order to experience cultural activities in a camp setting and develop land skills.
- In September 2007 the Social Program Coordinator had an opportunity to share resources, network with TCSA Health and Education staff, and attend workshop presentations to better the programs coordinated in the community.



Canada Prenatal Nutrition Program

Tlicho Government

- Prenatal and postnatal support and information were offered through the Social Programs Coordinator.

Aboriginal Diabetes Initiative

Tlicho Government

- A December 2007 workshop taught community residents how to prepare caribou meat in different ways such as sausage making and ground round. The workshop promoted healthy eating from the land. Moreover, a diabetes educator took part in the workshop and shared information regarding risk factors, healthy living habits, and proper nutrition.



Tlicho Region

Whati

Population 513



Brighter Futures

Tlicho Government

Community Mental Health

- From February 12-18, 2008 there was a Tlicho Dagawo Music Tour. The musical group performed at each school as well as community concerts to enhance music appreciation in the four Tlicho communities.



Canada Prenatal Nutrition Program

Tlicho Government

- Whati had a food voucher incentive program for pregnant women. Food vouchers would be rewarded to women who went to their weekly prenatal checkups and women who were breastfeeding which turned out to be approximately 13 women. There were prenatal clinics scheduled weekly where information regarding breastfeeding support, labor and delivery, FASD, and prenatal care was provided. Healthy snacks for approximately five prenatal women were provided as pre and postnatal issues were discussed and viewed.

Regional Projects



Brighter Futures

Tlicho Government

- Brighter Futures supported the Breakfast/Healthy Snack Program in each Tlicho community to promote healthy eating habits by providing nutritional breakfast and snacks for school age children.
- Youth from all four Tlicho communities gathered together in July 2007 for the Tlicho Youth Activities. The gathering promoted self-esteem, healthy life style choices, and the value of the Tlicho language and culture. From July 17-19 many facilitators and presenters were involved with youth activities were held during the Tlicho Gathering Youth Workshop.

Aboriginal Diabetes Initiative

Tlicho Government

- A resource library with resource materials to assist community members with information regarding diabetes was created and is housed in each Community Health Center.
- Cooking classes have been held in Tlicho communities in order to promote preparing and eating healthy foods and meals that are appropriate for people living with diabetes.
- Support has been provided for a variety of recreational programs that promote active lifestyles. This includes the Healthy Snack Program at schools in the region which promotes healthy eating while providing exposure to healthy food choices to students as well as cooking classes in Behchoko for youth where they learn about diabetes awareness through cooking.
- Tools and equipment for diabetic foot care programs were purchased and will be used to teach individuals with diabetes how to better care for themselves as well as a teaching resource to educate community members without diabetes.

Fetal Alcohol Spectrum Disorder

Tlicho Government

- Prenatal support and education around alcohol use during



Tlicho Region

pregnancy was provided to expecting mothers in conjunction with the CPNP program.

- There were Sexual Health Comprehensive Workshops considering the implications of FASD with sex education for community youth.
- In the fall and winter, a Communication and Social Skills Training was offered to at-risk youth. Youth were supported in learning how to discuss personal emotions, anger management, self-identity, and many other skills that lead to positive self-esteem. Youth strengthened their self-esteem, self-confidence, and communication skills through developing verbal and body language skills.
- The Tlicho Trek to Tradition project (a partnership between FASD and the National Aboriginal Youth Suicide Prevention Strategy), allowed for youth whose lives were impacted by FASD to make healthy and productive lifestyle choices for themselves and their families as well as to support their peers affected by FASD.

National Native Alcohol and Drug Abuse Program

Tlicho Government

- In November, National Addiction Awareness Week Activities including workshops, sobriety walks, dances, and feasts were held in the Tlicho communities to raise awareness of addictions.
- From March 13-17, 2008 fifteen youth and seven supervisors from the Tlicho attended the National Aboriginal Youth Violence and Changing Times Training Conference in Victoria, BC. The conference emphasized topics such as Preventing Alcohol and Risk Related Trauma in Youth (PARTY) as well as Aboriginal Youth and Gang Related Issues. Workshops focused on subjects like sexualized violence, suicide prevention, and healthy lifestyle choices.

Regional Projects



- The Tlicho Ts'ookwe Mountain Therapy Journeys, a culture healing seminar, took place over three days in September, 2007. The program focused on offering twelve Tlicho youth the opportunity to explore significant personal issues in their lives through the perspective of traditional medicine and spiritual healing practices. The event culminated with a sweat lodge and cleansing ceremony a week after the initial counseling. In addition, a winter camp was created where at-risk Tlicho youth participated in traditional cultural activities that addressed issues of self-esteem and empowerment as they relate to healthy choices.
- At-risk youth and adults in the Tlicho participated in activities to provide a service to the community while improving their self-esteem through the Ts'ookwe Program: Giving Back to the Community. From August 2007 – March 2008 participants were involved in activities such as honoring grave sites, helping Elders in home, providing meat and fish to Elders, hosting feasts and celebrations, and improving community facilities.

National Aboriginal Youth Suicide Prevention Strategy

Tlicho Government

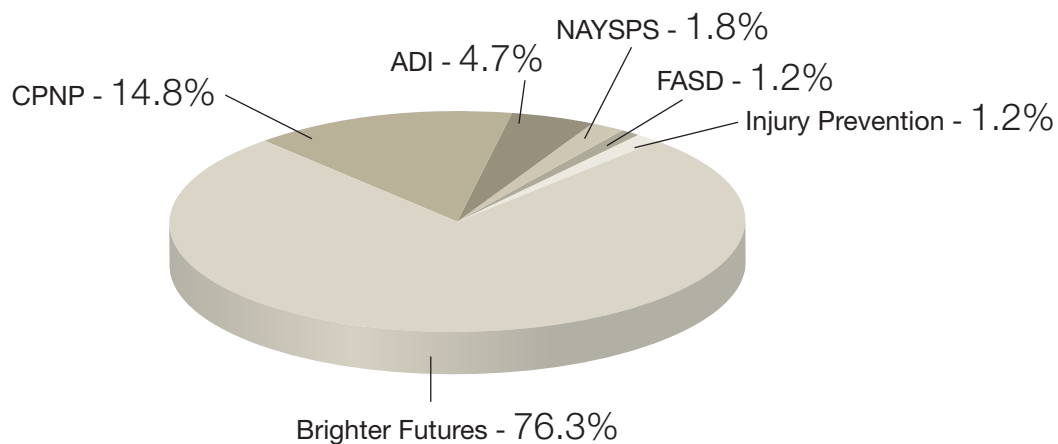
- The Peer Support Training Development project took place from May 9-11, 2007 where a peer support program was developed to be used with community youth.
- From September 2007 to March 2008 the Peer Support Training Program was piloted with youth in Whati.
- The Tlicho Trek to Tradition was a joint project between participants from the Tlicho, Sahtu, and Kitikmeot regions of the NWT and Nunavut. The 2000 kilometer skidoo trip taught the youth survival skills and gave them an opportunity to share knowledge of the geographical area. In addition, youth had the opportunity to share common issues with other youth from different regions at youth workshops in Kugluktuk, the destination of the skidoo trip. Moreover, drug and alcohol free activities were promoted in Kugluktuk and allowed for the youth to develop healthy relationships with the different participants. Participants developed self-worth by developing land skills, teaching self sufficiency, and appreciation of other cultures.

Sahtu Region



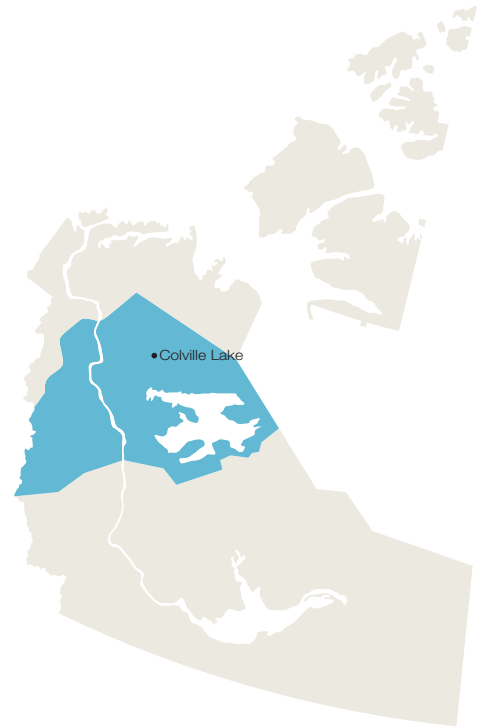
Sahtu Region - 2007/2008 Funding

	Brighter Futures	CPNP (FNIHB)	Injury Prevention	ADI	FASD	NNADAP	NAYSPS	TOTAL
Colville Lake	19,839	6,471						26,310
Deline	119,086	23,831						142,917
Fort Good Hope	111,015	19,195						130,210
Tulita	78,417	14,401		20,334			7,619	120,770
Norman Wells								0
Regional			5,250		5,124			10,374
TOTAL	328,357	63,897	5,250	20,334	5,124	0	7,619	430,581



Colville Lake

Population 142



Brighter Futures

Behdzi Ahda First Nation

Community Mental Health

- Brighter Futures supported the Cultural Education Program, where a Slavey Language and Dene Culture teacher provided education in the Slavey language to the students at the Colville Lake School with the objective of teaching traditional knowledge. The teacher gave students from ages 6-17 the opportunity to enhance their knowledge of the tradition and culture of the Dene people. There was participation in cultural activities such as trapping, fishing, drumming, beading, and mukluk making.

Child Development

- The Snack Program was held at the Colville Lake School. It provided an opportunity for students to experience healthy living and promoted a healthy lifestyle for all involved. In addition, the program has played a major role in improving strong and positive relationships between teachers and students and increasing respect in students.



Canada Prenatal Nutrition Program

Behdzi Ahda First Nation

- Education sessions about pregnancy, prenatal and postnatal care as well as cooking groups were held twice. In total, approximately five prenatal and postnatal women as well as five other women of childbearing age attended education and cooking sessions. In addition to the sessions, the participants received food vouchers and grocery shopping ideas.

Deline

Population 543



Brighter Futures

Deline First Nation

Program Management

- A Program Administrator offered assistance to the Cultural Coordinator with most of the social programs including reporting on and assisting the coordinators with the programs. In addition, Project Coordinators were hired for three of the main projects to help implement the projects in a timely manner.

Community Mental Health

- Over 100 participants were involved in the On-The-Land Program that focused on the importance of traditional knowledge from elders such as traditional routes, names of places, historical sites, fishing areas, camp areas, danger areas, and the practical experience of life on the land.
- A Spiritual Gathering took place to engage the community in traditional healing and sharing traditional philosophies of life.
- Brighter Futures supported a Cultural Awareness Program for the community, which is meant to provide a variety of services for the health and well being of the community members using the Sahtuotine culture and language.

Child Development

- A Breakfast Program was held daily for students at ?ehtseo Ayha School.



Canada Prenatal Nutrition Program

Deline First Nation

- Education sessions about pregnancy, breastfeeding, and prenatal and postnatal care as well as cooking groups were held twice a month in alternation. In total, approximately eight prenatal and postnatal women as well as eight other women of childbearing age attended education and cooking sessions. Elders also became involved in the program by talking about country food and showing how to cook it, teaching crafts or sewing, sharing about breastfeeding, and teaching about parenting. Also, the sessions would sometimes end with the women joining up with elders in the community for tea and a snack. In addition to the sessions, the participants' activities included a sewing circle, food bags, nutrition games, craft groups, and exercise classes. Nutrition and breastfeeding information were provided on a one-to-one and group basis as well as through home visits.



Fort Good Hope

Population 585



Brighter Futures

K'asho Got'ine Charter Community Council

Community Mental Health

- A Youth Wellness Worker was hired to initiate programs as well as several workshops for youth to contribute to positive mental health.
- Four youth attended a Youth Employment Program and participated in gaining work experience during the summer months to help them in future careers.
- In March 2008, youth were involved in an On-the-Land Program with two camps to teach them traditional knowledge and survival skills.
- Brighter Futures supported the Beaver Foundation to provide recreation activities for youth and community events.

Child Development

- The Breakfast Program provided food to all students at Chief T'Selehye School.



Canada Prenatal Nutrition
Program

K'asho Got'ine Charter Community Council

- Education sessions about pregnancy, breastfeeding, and prenatal and postnatal care as well as cooking groups were combined and held once a week. In total, approximately twenty-six prenatal and postnatal women as well as five other women of childbearing age attended education and cooking sessions. Elders were also involved in the program by talking about country food, teaching crafts or sewing, sharing about breastfeeding, and teaching about parenting. In addition to the sessions, activities included a sewing circle, dene bingo, food bags, nutrition guide, and grocery shopping ideas. Nutrition and breastfeeding information were provided in a group format.

Tulita

Population 510



Brighter Futures

Tulita Dene Band

Community Mental Health

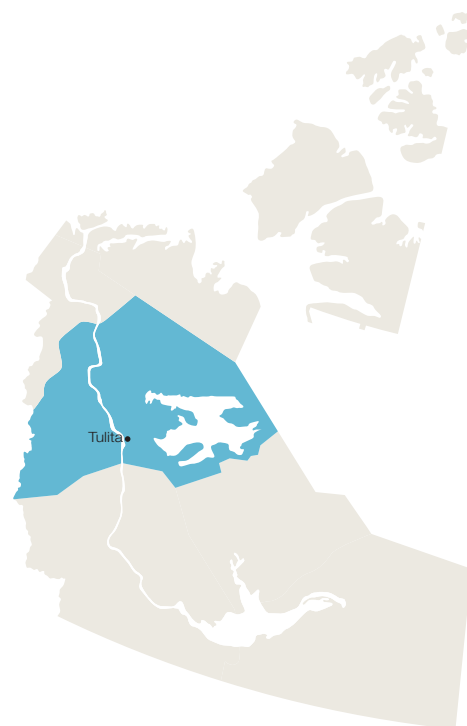
- A Program Coordinator was hired to initiate programs within the Family Support Program to contribute to positive mental health within the community.
- The Family Support Program offered a variety of activities for community members of all ages, particularly children and youth. These included presentations on healthy eating, Elder abuse, one's health, literacy, family programs, a fire safety course, literacy programs, a ski-doo safety course, mother and child drop-ins, mom and child baking, cultural knowledge, sewing and crafts, as well as community programs.
- A traditional sewing group gathered once a week at the local school to get together to share ideas and learn new skills in traditional sewing. Women and young girls participated and the end result was a pair of moccasins or mitts. The activities encouraged positive communication between mothers, daughters, and grandmothers.
- Brighter Futures supported healing and spiritual programs in July 2007. Tulita members participated in different workshops in Rae, Deline, and Lac Ste. Anne. The different workshops were for youth, for youth and elders, and for families.



Canada Prenatal Nutrition Program

Tulita Dene Band

- Education sessions about pregnancy, breastfeeding, and prenatal and postnatal care with Elder presentations, sewing groups, mom and dad drop-ins, as well as cooking groups were held at least twice a month. In total, approximately six prenatal and postnatal women as well as three other women of childbearing age attended. In addition to the sessions, the participants were involved in home visits, sharing information about label reading and healthy eating, country food, grocery shopping ideas, and food for babies, baby food making, craft groups, child care group activities, as well as talking



about child safety and harmful effects of alcohol, drugs, and tobacco. Elders were involved in talking about country food, teaching crafts or sewing, sharing about breastfeeding, teaching about parenting, sharing past experiences, and doing a presentation on traditional medicine. Participants received food bags or baskets, snacks, transportation, and recipes. Nutrition and breastfeeding information were provided on a one-to-one and group basis.

Aboriginal Diabetes Initiative

Tulita Dene Band

- From November 7-13, 2007 community members, college students, and youth attended the Diabetes Workshop. The workshop covered various topics on diabetes including: Diabetes Awareness, About Diabetes, Dietary Guidelines, Exercising, and Traditional Ways of Diabetes Awareness.

National Aboriginal Youth Suicide Prevention Strategy

Tulita Dene Band

- Community members trained in Suicide Prevention held a Community Suicide Prevention Training Program workshop for other members with the goal of increasing community capacity to address social issues relating to suicide and suicide intervention. The workshop was held over three days in the community arena. A Community Survey was also completed to determine resources available to create a youth cultural camp.

Regional Projects



Injury Prevention

Sahtu Health and Social Services Authority

- A NWT Senior Safety and Injury Prevention Calendar was developed, printed, promoted, and distributed with Sahtu participants' quotes and pictures. Calendars were distributed in Norman Wells, Fort Good Hope, Deline, Tulita, and Colville Lake along with flashlights distributed to seniors.

Fetal Alcohol Spectrum Disorder

Sahtu Health and Social Services Authority

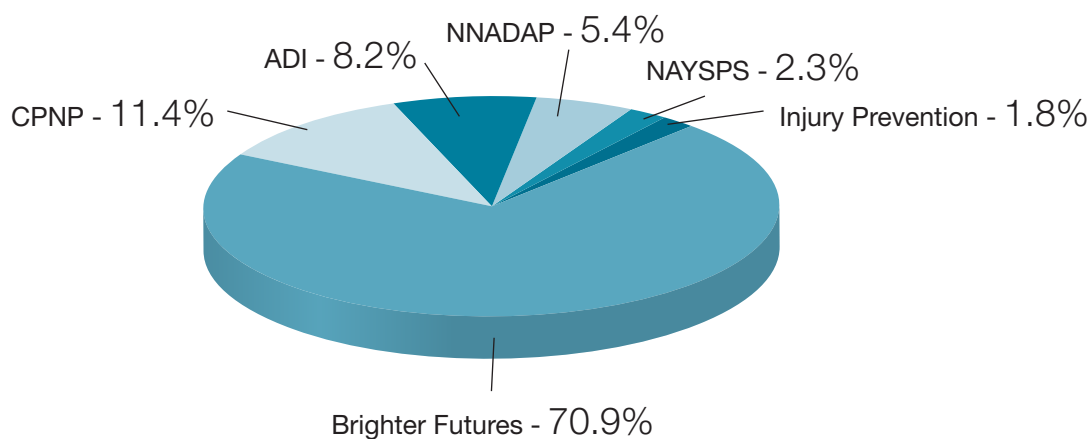
- Evening FASD workshops were held in all 5 Sahtu communities during the months of January and February 2008. The presentations consisted of evening information sessions as well as presentations during the school day to grades 3-12. Information included: Effects of alcohol and other drugs on the pregnant women, fetal alcohol spectrum disorder, and the impact of FASD on the individual, the family, and the community.

Treaty 8 Region



Treaty 8 Region - 2007/2008 Funding

	Brighter Futures	CPNP (FNIHB)	Injury Prevention	ADI	FASD	NNADAP	NAYSPS	TOTAL
Fort Resolution	94,314	16,411						110,725
Fort Smith	93,672	15,723	7,871			17,344		134,610
Hay River/West Point						6,113	10,000	16,113
Lutselk'e	120,978	17,407		8,736				174,121
Regional				26,852				26,852
TOTAL	308,964	49,541	7,871	35,588	0	23,457	10,000	462,421



Fort Resolution

Population 505



Brighter Futures

Deninu K'ue First Nation

Program Management

- The Brighter Futures Coordinator delivers programs, provides information on healthy choices, delivers presentations on various topics, and provides administrative support to all Brighter Futures projects.

Community Mental Health

- Brighter Futures supported ten youth along with three chaperons to attend the Canadian Association for Suicide Prevention (CASP) Conference in Yellowknife in October 2007. In addition to the knowledge the participants gained, the event helped to rebuild the generation gap between elders and youth. Participants became more aware of and more open to sharing and talking about suicide with the community.
- A Much Music Video Dance was held in the community to celebrate the end of a successful school year.
- Brighter Futures supported Family Violence Awareness Week activities, which included an open house with displays and information.
- Activities took place during National Addictions Awareness Week to educate about drug and alcohol abuse including games, presentations, and an open house.
- The Traditional Challenge was held for community members to take part in different traditional and sporting events.
- Almost the whole community traveled to Mission Island either by foot, boat, or vehicle for the Cultural Awareness Week August 10-15, 2007. Throughout the week, members took part in a variety of activities where elders and youth could work, play, dance, and share together. A community feast was held at the end and was very well attended.
- A Loss and Grief Workshop was held in response to the many losses in the community. The workshop lasted for four full days and allowed participants to share their losses and grieve together. Through the workshop the participants organized themselves to hold weekly support group meetings in the community.



Canada Prenatal Nutrition Program

Deninu K'ue First Nation

- Education sessions about harmful effects of alcohol (FASD), drugs, and tobacco as well as information on labour and delivery along with cooking groups were held twice a month. In total, approximately 13 prenatal and postnatal women as well as 13 other women of childbearing age attended education and cooking sessions. Participants were involved with sharing information about grocery shopping ideas, parenting, child safety, food for babies, vitamin D, prenatal vitamins, and country food. In addition to the sessions, the participants received home visits, food vouchers or coupons, snacks, nutrition or food guides, grocery store tours, and recipes. Elders were involved with talking about country food and teaching crafts or sewing.

Fort Smith

Population 2,396



Brighter Futures

Salt River First Nation

Program Management

- Brighter Futures helped support an Aboriginal Head Start Resource Assistant and Resource Mother for the "Our Kids Our Future" program.

Child Development

- The "Our Kids Our Future" program serviced parents and their children aged 1-6. The program offered regularly scheduled and advertised family activities such as: cooking circles, traditional cooking, sharing circles, child development activities, craft projects for mothers and children including traditional crafts, parenting education, community networking, literacy activities, resource library, and toy lending library. In addition, a celebration was planned for National Child Day and in the first week of September an information table was set up for the community.

Fort Smith Health and Social Services Authority

Community Mental Health

- Brighter Futures supported a sewing group through the Healthy Family Program. The group allowed for an Aboriginal Elder to teach eight mothers how to make moccasins for their children. The women were instructed in how to make the pattern, sew moose hide, use a loom to do bead work, and complete a pair of moccasins.



Canada Prenatal Nutrition Program

Salt River First Nation

- Education sessions about pregnancy, breastfeeding, and prenatal and postnatal care as well as cooking groups were held twice a week in alternation. In total, approximately eighty prenatal and postnatal women as well as three other women of childbearing age attended education and cooking sessions. In addition to the sessions, the participants were involved in a shopping circle every month, the breastfeeding challenge,

nutrition games, sewing groups, and exercise classes. Nutrition and breastfeeding information were provided on a one-to-one and group basis.

Injury Prevention

Fort Smith Health and Social Services Authority

- Car seats were provided to high need families in the Fort Smith area. Midwives in the community assisted in promoting the car seats and their value in preventing motor vehicle injuries and deaths.

National Native Alcohol and Drug Abuse Program

Fort Smith Health and Social Services Authority

- A Cross Cultural Awareness and Team Building Workshop took place in Fort Smith from February 1-3, 2008. Fourteen participants from the Community Services and Sutherland House Family Violence Shelter learned about cross cultural awareness issues and the value of traditional Aboriginal practices. In addition, two days of individual counseling was also provided for staff to deal with any issues that were not comfortable sharing with the group. The workshop allowed for participants to network with each other and to realize the importance of preserving and strengthening northern Aboriginal culture.
- A second workshop on Vicarious Trauma occurred on February 25 & 26, 2008 for 16-37 participants from various community organizations. Participants were provided with competency based cross training for a more holistic integration of service delivery. In addition, the workshop aimed to help participants better recognize vicarious trauma in their own lives and be able to deal with it in a healthy manner.

Lutselk'e

Population 400



Brighter Futures

Lutsel K'e Dene Band

Program Management

- Brighter Futures supported a Brighter Futures Coordinator who assisted with all wellness programming and initiatives.

Community Mental Health

- A Healing Workshop for Elders and Youths Out on the Land was held in May 2007.
- In August 2007, healing workshops were held at Desnethe Che for all community members.
- A Loss and Grief Workshop took place from October 6-10, 2007 with ten participants. One youth participant was also supported to attend a Suicide Prevention Workshop in Yellowknife.
- Twenty youth participated in the Next Generation Youth Conference. The program focuses on a variety of topics such as bridging the gap between Elders and youth, respectful behavior, parenting skills, HIV/AIDS, traditional medicines, loss and grief, teen pregnancy, bullying, leadership development, suicide prevention, as well as traditional parenting roles based on Dene Laws.
- Brighter Futures supported community activities to support International Women's Day.
- In the fall of 2007 nine youth and chaperones participated in the Dreamcatchers Conference in Edmonton.
- Brighter Futures supported an On-the-Land Program in March 2008 for sixty-six participants. Traditional and cultural pride, values, language, ways of living, and beliefs were focused on to aid in the encouragement of a healthy lifestyle for the whole family.

nine prenatal and postnatal women as well as three other women of childbearing age attended. In addition to the sessions, participants received meals to take home from cooking groups, food bags or baskets, food vouchers or coupons, recipes, snacks, and food for prizes. Moreover, the participants were involved in Breastfeeding Week activities, sewing a breastfeeding pillow, discussions around nutrition for babies and mothers, baby food making, nutrition games, grocery store tours, using the nutrition screening toolkit, exercise classes, discussions on parenting, watching videos regarding awareness on FASD, drugs, and alcohol, home visits, on-the-land activities like picnics and berry picking, information about labour and delivery, and a regular baby clothes exchange. Elders were involved in talking about country food and showing how to cook it, teaching crafts or sewing, sharing about breastfeeding, teaching about parenting, talking about traditional parenting or midwifery, as well as providing information on family violence and exercise. Nutrition and breastfeeding information were provided on a one-to-one and group basis.

Aboriginal Diabetes Initiative

Yellowknife Health and Social Services Authority

- Educational material on diabetes was purchased to establish a portable diabetes resource centre in Lutselk'e. Resources were used as source material for the community Diabetes Awareness Day.
- A healthy living event was held in March 2008, which promoted fitness and nutrition by having community members walk to local organizations to raise awareness and encourage others to join the walk. More than thirty people participated.
- The Yellowknife Authority's Community Dietician travelled



Canada Prenatal Nutrition Program

Lutsel K'e Dene Band

- Education sessions about pregnancy, breastfeeding, and prenatal and postnatal care, sewing groups, as well as cooking groups were held weekly. In total, approximately

Lutselk'e

Population 400

to Lutselk'e three times, and the Regional Health Promotion Coordinator visited twice to participate in community diabetes events and educate community members on making healthy choices.

- The Kids in the Kitchen program instructed 3-5 students at a time on healthy foods and nutrition as well as making their own healthy meals. Cooking was done at school and students were encouraged to take the recipes home.
- Diabetes-friendly foods were given away as prizes to Elders at a weekly nutrition bingo, with twenty elders participating each week.



Hay River

Population 3,680



National Native Alcohol and Drug Abuse Program

Hay River Health and Social Services Authority

- The Hay River Authority hosted the “Building Future Leaders” program which included two one-week long day camps for youth aged 10-14 years. Youth were provided with an opportunity to build on qualities such as self-worth, self-image, self-identity, and forming healthy relationships that will increase their capacity to resist the use of drugs, alcohol, and tobacco.

National Aboriginal Youth Suicide Prevention Strategy

Hay River Health and Social Services Authority

- A therapeutic play room was designed created in the Family Counselling office. Supplies were purchased, including videos, toys and books which will be used to engage in play therapy with children and youth.

Regional Projects



Aboriginal Diabetes Initiative

Hay River Health and Social Services Authority

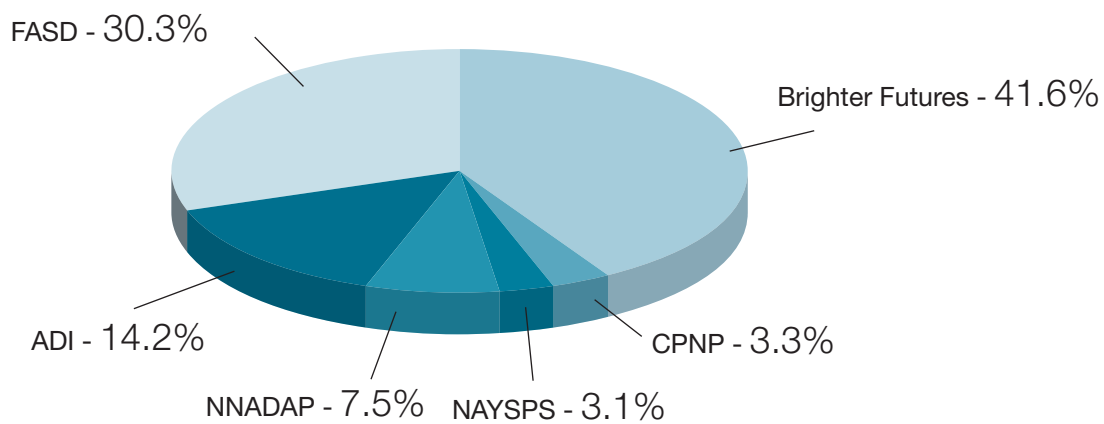
- A three-day diabetes workshop was held for Aboriginal women living with type 2 diabetes and immediate family members in Hay River from November 27-29, 2007. The women received information on living with diabetes, healthy choices and lifestyles. Participants also received instruction on cooking diabetic food and relaxation techniques like reflexology. Participants were encouraged to set goals for themselves, and most had made several positive life choices when contacted four months later. In total, 21 women took part in the workshop.

Yellowknife Region



Yellowknife Region - 2007/2008 Funding

	Brighter Futures	CPNP (FNIHB)	Injury Prevention	ADI	FASD	NNADAP	NAYSPS	TOTAL
Yellowknife, Ndilo, Dettah	135,647	10,889		46,415	98,684	24,394	9,975	326,004



Yellowknife, Ndilo, Dettah

Population 18,912



Brighter Futures

Yellowknives Dene First Nation

Program Management

- Brighter Futures supported various staff positions such as the Health & Social Development/Wellness Coordinator, the Community Support Worker, and the Addictions Counsellor, which worked throughout the year to provide a variety of types of services, programming, and activities to the community. These activities are listed below.

Community Mental Health

- From March 3-5, 2008 a Youth Dene Culture Program was held in Dettah for over 350 students, teachers, and parents. A variety of cultural activities were held and booths were set up to teach traditional skills. Traditional skills taught included: bush camp set-up, skinning and cutting up caribou, drymeat making, how to cook meat on the fire, cleaning caribou hides, making clothing from hide, decorating clothing and materials with beads and embroidery, identifying types of fish and fish parts, cleaning fish, making dryfish, cooking fish on the fire, making bannock, cooking bannock on the fire, relating landmarks to traditional knowledge, reading and writing Tlicho and Dene Suline words in both roman and syllabics, drum making, drumming customs, drum dancing, and dog sledding. In addition, Dene history and legends were told from the Elders and the Dene language was incorporated into this.
- Brighter Futures partnered with the national Aboriginal Youth Suicide Prevention Strategy to offer a 2 day Youth Suicide Prevention Workshop in Ndilo.



Canada Prenatal Nutrition
Program

Yellowknives Dene First Nation

- Education sessions about pregnancy, breastfeeding, and prenatal and postnatal care as well as cooking groups were held twice a week in alternation. In total, approximately fourteen prenatal and postnatal women as well as six other women of childbearing age attended education and cooking sessions. Elders also became involved in the program by talking about country food and showing how to cook it, teaching about parenting, and talking about traditional parenting or midwifery.



In addition to the sessions, the participants received healthy food bags, food vouchers, nutrition guides, and were involved in nutrition games. Nutrition and breastfeeding information were provided in a group format and through home visits.

Aboriginal Diabetes Initiative

Yellowknives Dene First Nation

- An Aboriginal Diabetes Prevention Program coordinator was hired to develop and implement the program with the goal of providing education and support for healthy living to First Nations members living in Ndilo, Dettah and Yellowknife.
- The K'alemi Dene School in Ndilo provided a healthy and active living group for both girls (Ts'eko) and boys (Dozhii) which took place after school. The healthy eating unit taught both groups the importance of balanced nutrition, information about the four food groups and Canada's food guide, the importance of washing hands, fruits, and vegetables in cooking preparation, as well as alternative healthy snacks such as quesadillas and yogurt parfaits. Students in these groups also enjoyed a variety of physical activity and sporting sessions including snowshoeing, swimming, and sliding.
- The K'alemi Dene School Ski Club also ran during the winter of 2007-2008. Fifteen new sets of skis complete with boots, bindings, and poles were purchased and students were taught basic skills such as gliding, breaking and turning. They also had 2 field trips to the Yellowknife Ski Club to practice on groomed trails and on hills. Meetings of the Ski Club took place after school one day per week. After every ski club meeting, participants enjoyed healthy snacks such as juice boxes and granola bars.

William McDonald Middle School

- Educational materials, kitchen supplies and groceries were purchased for the Food Studies program. Grade 6, 7 and 8 students learned about nutrition and healthy choices and were taught how to make their own healthy meals.

Yellowknife, Ndilo, Dettah



Fetal Alcohol Spectrum Disorder

NWT Council of Persons with Disabilities

- The NWT Council of Persons with Disabilities was supported to commission a contractor to create a master plan for the development of a Child and Family Community Resource Centre. The creation of the plan is the first step towards making the vision of the CFCRC a reality.

Yellowknife Association for Community Living

- The Peer Support Program for Persons Affected by Fetal Alcohol Spectrum Disorder was a support and educational group for adults living with FASD. The program consisted of weekly group meetings where various topics around life skills, parenting, healing, and socialization were covered. Over the course of the program, 17 group sessions were held.

Yellowknife Foster Family Association

- Three successful sessions of Life Skills Programming for at risk Yellowknife youth ran between September 2007 and March 2008. In total, twenty-two youth participated in the eight-week program which ran two days per week. Activities included lessons on building self-esteem, positive relationships, life skills, and support networks for the participants. In turn, this built resilience to the challenges that at-risk youth face.

National Native Alcohol and Drug Abuse Program

Yellowknife Health and Social Services Authority

- The Yellowknife Authority provided funds to the Sacred Circle Program which offered a variety of traditional healing and ceremonial activities. The activities provided connection with traditional culture and an opportunity to spend time with others seeking to live a traditional and drug and alcohol free lifestyle. Activities included the following:
 - A Sewing Circle for people in the community. Participants were involved in learning the steps to sew a tipi, beading, and slipper making.

- Ten Singing Circles were held where women could attend along with their children to sing songs, play with rattles, and dance.
- On Sunday mornings, the Men's Gathering took place at the John Howard Society. The gathering included prayer and cooperation activities in preparation for a purification ceremony.

National Aboriginal Youth Suicide Prevention Strategy

Yellowknives Dene First Nation

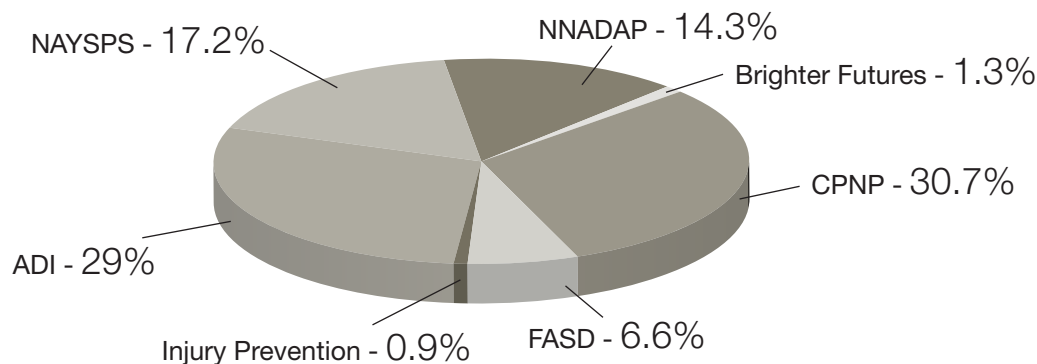
- A Youth Suicide Awareness and Prevention workshop was held for youth. The workshop was two days long and was held on March 18-19, 2008 in Ndilo. The workshop covered topics such as suicide prevention, healthy choices, self-esteem and healthy relationships. Dene Elders spoke to youth about how to connect with their culture and traditions. The Elders shared traditional Dene teachings to help the youth participants connect with their Dene culture. In the evening, the participants were invited to gather for a dance and games.

NWT Regional Projects



NWT Regional Projects - 2007/2008 Funding

	Brighter Futures	CPNP (FNIHB)	Injury Prevention	ADI	FASD	NNADAP	NAYSPS	TOTAL
Dene Nation				54,230	32,388		63,794	150,411
NWT Seniors' Society			3,024					3,024
Department of Health & Social Services		40,136	7,531	68,500		161,017	28,280	305,463
Yellowknife Health & Social Services Authority		146,368						146,368
Beaufort Delta Health & Social Services Authority		168,113						168,113
Stanton Territorial Hospital Authority				161,944		1,261		163,204
Department of Municipal & Community Affairs	5,000							5,000
Department of Environment & Natural Resources	10,000							10,000
Arctic Health Research Network					43,677			43,677
Aboriginal Sport Circle of the Western Arctic				42,061				42,061
Food First Foundation NWT				7,481				7,481
Foster Family Coalition of the NWT							51,000	51,000
Sport North Federation						2,665		2,665
Centre For Northern Families							55,045	55,045
TOTAL	15,000	354,617	10,555	334,216	76,065	164,943	198,118	1,153,513



NWT Regional Projects



Brighter Futures

Department of Municipal and Community Affairs

- Brighter Futures supported the establishment of a summer camp program for teenage girls in the Northwest Territories. The Taiga Adventure Camp is a self esteem and leadership camp for teen girls from across the NWT. Planning, organizing and fundraising activities were undertaken in order to prepare for the pilot of the camp in the summer of 2008.

Department of Environment and Natural Resources

- Brighter Futures supported the Water is Life Conference which took place August 20-23, 2007 in Fort Smith, NT.



Canada Prenatal Nutrition Program

Department of Health and Social Services

- A series of infant dental health radio ads were aired in all communities in order to educate the public and create awareness of the CPNP program as a resource for more information and support.
- 6000 breastfeeding information sheets and 60 breastfeeding information laminated posters were designed, printed, and then distributed to CPNP nutritionists who passed them on to the CPNP programs in their regions. The posters used pictures to clearly and easily demonstrate guidelines around breastfeeding and how to know your baby is getting enough milk.
- A Breastfeeding Survey was done in the Northwest Territories so breastfeeding statistics could be examined to provide the best promotion, protection, and support for breastfeeding in the north.
- CPNP supported the Moms, Boobs, and Babies Breastfeeding Support Group in offering their annual training in breastfeeding support. Training sessions were offered in both Yellowknife and Inuvik in February and March 2008. All CPNP workers were supported to attend as were interested community members. The sessions focused on a variety of breastfeeding topics from the basics to the anatomy of

breastfeeding. Part of the sessions were dedicated to special concerns and questions that CPNP workers would regularly deal with such as breastfeeding and returning to work, milk supply, and fussy babies.

- 500 digital infant thermometers were produced and distributed to new parents via the CPNP programs. The thermometers had both the CPNP and NWT TeleCare Health Line logos on them as a means of promoting both programs as a resource for parents.

Yellowknife Health and Social Services Authority

- The CPNP Nutritionist Support Project provided nutrition screening, education, counselling, nutritional support systems such as high quality foods for prenatal, postnatal and breastfeeding women, to all CPNP community programs in the southern half of the Territory. The Nutritionist made community visits to Fort Simpson, Fort Smith, Wrigley, Fort Liard, Ndilo, Fort Providence, Dettah, Lutsel'ê, and Yellowknife to promote nutrition through sessions, games, cooking groups, and discussions. The Nutritionist was also involved in many community events such as the FASD day; Healthy Baby Club; Moms, Boobs, and Babies Peer Support; World Breastfeeding Week; Yellowknife Breastfeeding Challenge; and Nutrition Month activities. The Nutritionist held meetings, telehealth conferences, and presentations to promote the CPNP programs and ensure that they are running properly. There were also handouts, Tobacco Bingo, Food Guides, CPNP Newsletters, recipes, and breastfeeding resources produced and distributed to all CPNP programs. The nutritionist also organized and delivered a three-day CPNP training workshop for CPNP workers in the southern half of the Territory.

Beaufort Delta Health and Social Services Authority

- The CPNP Nutritionist Support Project provided nutrition screening, education, counselling, and assessments, as well

NWT Regional Projects



as nutritional support systems such as cooking sessions, kitchen tool kits, recipes, and high quality traditional foods for prenatal, postnatal, and breastfeeding women for all CPNP programs in the Northern half of the Territory. The Nutritionist also developed the knowledge, skills, and attitudes of CPNP program workers through one-on-one and group teaching as well as through different resources including the 2nd edition Inuvialuit Healthy Living Cookbook, CPNP lesson plans, and newsletters. The project promoted and supported breastfeeding in CPNP programs through sending CPNP workers to Breastfeeding Training in Inuvik as well as purchasing and distributing breast pumps to participants. In addition, aprons, different baby books promoting nutritional concepts, mini scrapbook kits, and card making supplies were purchased and enjoyed with participants. The Nutritionist also organized and delivered FASD Day events.

Injury Prevention

NWT Seniors' Society

- A NWT Senior Safety and Injury Prevention Calendar was developed, printed, promoted, and distributed with input from Yellowknife seniors. Three group sessions were held with seniors to develop individual key messages and photos to put into the 2008 Calendar. The calendars contain tips from seniors to seniors on how to avoid fall related injuries.

Department of Health and Social Services

- A Car Seat Safety Poster was designed to promote the usage of car seats.
- Safe Travel Plans were printed and distributed to health centers, RCMP detachments, and schools. Publications of the Safe Travel Plan were printed and distributed to all Band and municipal offices, hotels, post offices, and gas stations.
- The layout and designs for the NWT Senior Safety and Injury Prevention Calendars were supported.
- The "Always be Careful" logo was created in different formats to be used on posters and other promotional items in order to create a cohesive NWT injury prevention message.

Aboriginal Diabetes Initiative

Department of Health and Social Services

- Thirty-three schools from 8 different education councils took part in the 2007/2008 *Drop the Pop: Grab The Tap* campaign. Funding was used by each school to create unique campaigns to encourage students to make healthy food choices and drink healthy liquids like milk, water and 100% fruit juices instead of sugary beverages and to consider the environmental impact of one use beverage containers. Some schools were acknowledged for their outstanding efforts and were awarded cash prizes ranging from \$1000-\$2000. Award funds were used to purchase items such as sporting equipment which enable the school to promote healthy and active living on an ongoing basis.
- The Department also supported the Department of Municipal and Community Affairs to provide nutrition education and awareness at the Arctic Winter Games.

Stanton Territorial Health Authority

- The Stanton Diabetes program utilizes ADI funds to support the Diabetes Care Network which provides mini-clinics in NWT communities to screen for diabetes complications and to provide care and treatment for people living with diabetes. Over the course of the year, eighteen diabetes mini-clinics that were held in eight different communities. A total of 207 patients were seen and provided education on ways to manage their diabetes in order to improve their health outcomes.
- Eight community nurses and health representatives were supported to attend the Canadian Diabetes Association Annual Convention in October 2007.
- The program provides ongoing professional development to community based nurses and doctors in the Canadian Diabetes Associations' Clinical Practice Guidelines and in diabetes screening and management.

NWT Regional Projects



Food First Foundation NWT

- Fresh fruit coupons were provided to youth at twelve schools across the NWT to promote eating fruits and vegetables in communities where there is no Northern Store. Schools were also supported to provide fresh fruits and vegetables to their students.
- 3000 foam Frisbees and Frisbee fitness handbooks were provided to NWT schools in order to encourage youth fitness. The goal is to have the kits utilized by teachers during indoor recess in order to promote physical activity over more sedentary activities when youth cannot go outside for recess due to extreme cold.

Aboriginal Sport Circle of the Western Arctic

- Aboriginal Coaching Manual workshops, each eight hours in length, were held in the communities of Fort Smith, Hay River, and Tulita. The workshops focused on modules including a Holistic approach to coaching, responding to racism in sport and healthy lifestyles/nutrition. In total the workshops were attended by over 50 participants.
- The Aboriginal Diabetes Initiative supported the Fun on Ice program which involves positive aboriginal role models traveling to small NWT communities to engage local youth in sport (hockey) and to promote healthy living messages about healthy eating and staying away from drugs and alcohol. The program traveled to nine communities (chosen because they do not have indoor arenas). Hockey was used as a means to get the youth's attention and to build a relationship so that the messages about healthy living would be better received.

Dene Nation

- A land medicines workshop was held for Community Health Representatives October 18-19, 2007. Participants learned about traditional medicines and healing in relation to the treatment and prevention of diabetes. They also learned how to balance traditional healthcare with western healthcare and use them to compliment one another. Feedback from participants was very positive, expressing a desire to learn more information about traditional medicines. In total nine Community Health Representatives, three Nurses and one Health Coordinator attended.

Fetal Alcohol Spectrum Disorder

Arctic Health Research Network

- A workshop in Yellowknife was held to explore the capacity for the development of a FASD Diagnostic Team in the NWT. Participants, from different regions of Canada, were flown into Yellowknife to discuss best practices for diagnosis of FASD and to try to facilitate territorial creation of FASD diagnostic team.

Dene Nation

- Three school-based alcohol/FASD consultations for Aboriginal youth in the Northwest Territories expanded on 2007 initiative that involved consulting youth in the five linguistic regions of the Territory. Youth in Inuvik, Deline, and Fort Simpson were provided an opportunity to come together to discuss and provide input into FASD prevention and intervention strategies in the NWT. The workshops also provided youth, aged 13-17, with information on FASD including the causes and prevention and intervention strategies.

National Native Alcohol and Drug Abuse Program

Sport North Federation

- Backpacks were purchased and provided to athletes at the Arctic Winter Games. The backpacks had smoke-free messaging on them and contained anti-smoking educational materials.

Stanton Territorial Health Authority

- In order to support the newly established Withdrawal Management program, the Stanton Territorial Hospital

NWT Regional Projects



provided resources on withdrawal management as professional development for staff. The materials enabled the staff to increase their ability to serve clients and families affected by substance abuse. Resource materials included literature about various addictions and recovery of the addictions for both client and staff use.

Department of Health and Social Services

- A BLAST Student Tobacco Conference was held in Yellowknife. Students from 9 communities attended with the goal of empowering youth to take action in their schools and communities toward tobacco prevention. At the conference, students were provided with skills and techniques to implement their reduction activities. After the conference, 4 schools were supported to provide reduction projects which included community awareness events, tobacco movie nights, and the creation of smoke free school slogans.
- Three advertisements with a slightly different message related to the health effects of tobacco were aired on APTN and CBC for six weeks.
- A Consultation was held February 26 & 27, 2008 in order to explore options and ideas for smoking cessation/recovery and training programs that meet the needs of northerners and northern practitioners.
- The Department hired a part-time Tobacco Coordinator to support various tobacco education programs being implemented by the Department during the year. The Coordinator also gathered input and feedback from communities about their needs.
- Advertisements promoting non-smokers were developed, printed, and distributed as an insert in territory newspapers for National Non-Smoking Week which took place January 20-26, 2008

National Aboriginal Youth Suicide Prevention Strategy

Foster Family Coalition

- The fourth annual season of summer *Camp Connections* was held for Aboriginal youth in foster care across the North. Included this year were six one-week long culture camps and the first one-week long regional culture camp held in Inuvik. Participants came from 18 communities. In total, there were 133 campers in 2007.

- The culture camps provided a safe and supportive environment where children can learn and gain cultural skills and have fun. Activities included drying fish, singing, drumming, making bannock, carving soap stone and participating in team sports. Participants learned about cultural practices like hunting and trapping. Elders and RCMP members attended as guests every week to talk to campers about cultural traditions and healthy lifestyles.

Dene Nation

- Eleven youth and five chaperones were sponsored to attend the Canadian Association for Suicide Prevention conference in Yellowknife on October 5-8, 2007.
- A community consultation took place in Fort Resolution from March 3-7, 2008 to discuss an assessment and planning toolkit for suicide prevention. Approximately thirty community members shared concerns and recommendations for a community healing plan.

The Centre For Northern Families

- Forty youth from the Beaufort-Delta Region, Fort Providence and Yellowknife, along with several adult supporters, took part in a Canadian Association for Suicide Prevention conference on October 2007.
- A coordinator was hired for the *Live it Up!* Project, to develop and implement suicide prevention strategies and train and empower youth on suicide prevention. The Coordinator held workshops on expressive art, suicide prevention and youth empowerment in various NWT communities and at a number of NWT youth conferences.
- In total the Coordinator held 24 program events attended by approximately 350 youth.

Department of Health and Social Services

- The Department supported youth from across the NWT to travel to attend the Canadian Association for Suicide Prevention Conference held in Yellowknife in October 2007.