

Community
Wellness
Plan

Déline



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Deline First Nation
as part of the Deline Community Wellness Project
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Déljñę Community Wellness Plan Introduction

- This plan was created in partnership and endorsed by the community Leaders and relevant agencies. The information collected and used in this document is from consulting and engaging with the Youth, Elders and Community Residents.
- Revitalization of Language and Culture has been an ongoing theme throughout the consultations, workshops and meetings held throughout the Community Wellness Planning Engagement Process. The Community of Déljñę feels very strongly that the Wellness of the community and the Culture, Strong Traditions, Language & Unique Spirituality of the community go hand in hand.
- Through consultation, workshops and meetings, the Community of Déljñę has identified it's top priorities and are as follows:
 1. Prenatal and ages 0-5
 2. Youth
 3. Elders
 4. Community Wellness
 5. Mental Health & Addiction



Priority 1: Prenatal and ages 0-5

- **Target Groups:** Expecting mothers, mothers, fathers & families with children ages 0-5
- **Goal:** Build on current prenatal programs in the community and to create a traditional knowledge and cultural activities based curriculum.
- **Programming objectives:**
 - Create programs that will create awareness & promote nutrition education, healthy pregnancies (nutrition, breastfeeding promotion, pre-conception & reproductive health etc.), effective parenting skills, early childhood development, healthy children, healthy families, supports and education for Fathers.
 - Collecting, documenting and implementing traditional knowledge on all of the above.
 - extend on our current preschool building. The children need more room to play and grow.
 - Build and operate a Prenatal and Family Wellness Centre dedicated to our priority 1 group. This facility will also be responsible for collecting Traditional knowledge and facilitate Cultural Activities related to our Priority 1 group.



Here are the 4 key questions our Community answered in our community engagement process:

➤ Where are we now?

- High Cost of Living: majority of families in our community cannot afford to eat/buy healthy foods.
- We do not have any full-time childcare services
- We do not have supports for single parents
- Lack of infrastructure
- We are strong in our culture and language, but are quickly losing both.
- We are a close knit community that care for one another
- Délıneę has a part-time pre-school program for children ages 2-4
- We have a year to year prenatal program that offers nutrition education, healthy living education, and promotion of breastfeeding for expectant mothers and for families with children 0-2

➤ **What do we have to work with?**

(Information collected from our leadership/interagency meeting)

- Aurora College has programs to encourage physical activity, social activities and cultural activities
- ʔehtseo Ayha School has a Healthy Families Program that encourages healthy, interaction with our Elders, programs that encourage physical activities and effective behavior support.
- Our Wellness Centre offers programs to educate and promote awareness, promote & educate on healthy eating, home visits for Elders and new moms and works in partnership with other agencies in the community.
- The RCMP has an annual performance plan that covers four main themes: Substance Abuse prevention/enforcement, Domestic Violence, Elder Abuse & Community Relations. The RCMP also strives to have a presence with our Youth.
- Our Délı̨nę First Nations runs many programs and mainly target Youth and Elders. The DFN runs the prenatal program, out on the land programs and preschool & early childhood development programs.
- The Charter Community of Délı̨nę runs our recreation programs
- Our Dora Gully Health Centre offers the following programs: well woman/man/child, sick clinic, health clinic, homecare, T.B. Clinic & Prenatal Clinic
- Social Services through Sahtu Health and Social Services Authority works primarily in child protection

➤ **Where do we want to be in the Future?**

- we would like our young children communicating in their Dene Language
- We would like our families to be strong in traditional skills and practices
- We would like a full time day care
- We would like to have more supports for young families and single parents
- We would like to have a Centre that is dedicated to Prenatal and Families with children ages 0-2.
- Ideally the Centre would have its own funding to run year round and be able to have permanent staff.

- We would like to Centre to also be a place where Dene Language Programs are offered to expectant mothers, mothers, fathers and family.
- We would like the Centre to also carry out research programs collecting and documenting Traditional knowledge in child rearing, child care, remedies and medical practices, midwifery, prenatal care and any traditional practices related to prenatal and child care.

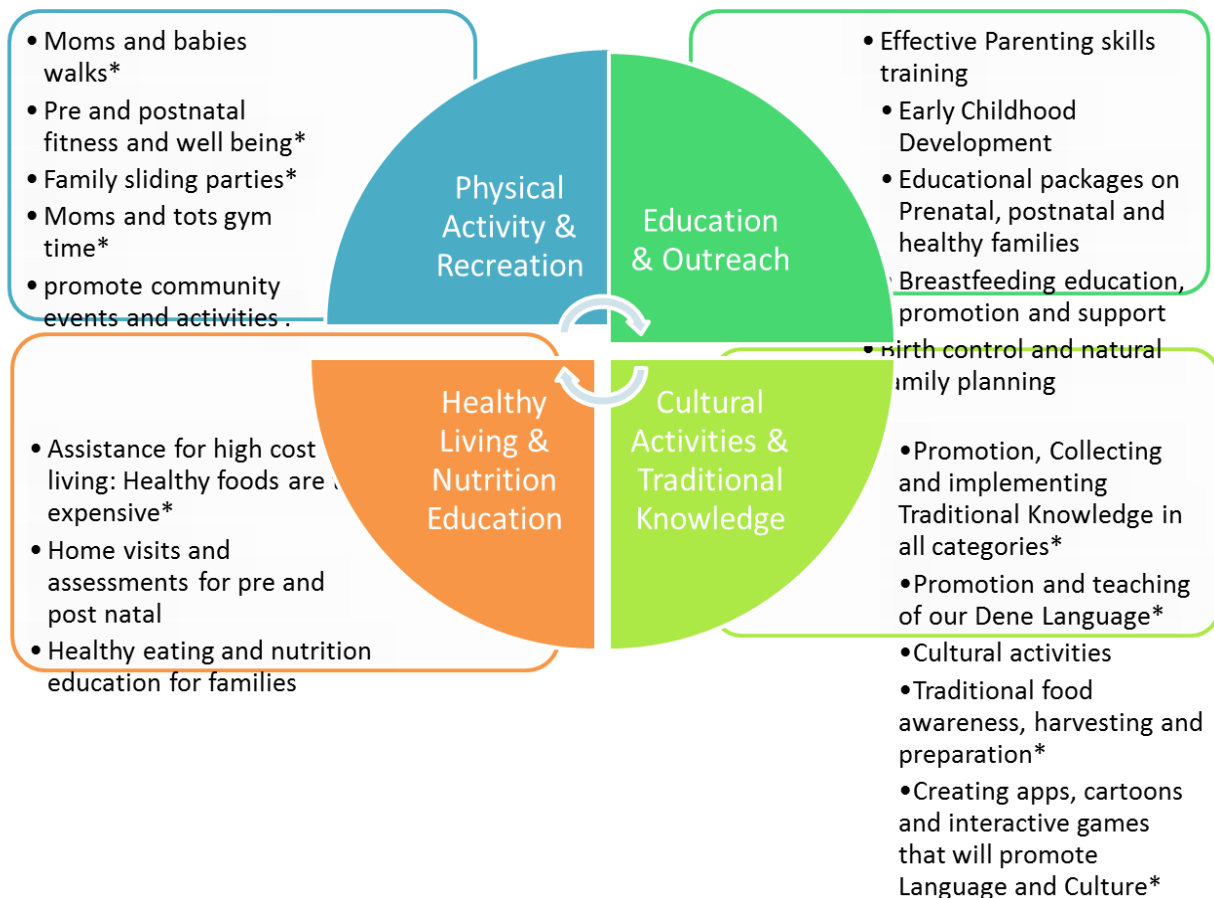
➤ **How do we get there?**

- More funding
- More funding
- Working together to achieve our common goals
- Capacity building
- enhancing and building upon programs that do work in our community and getting rid of programs that are not successful



Here is a chart breaking down examples of the kinds of activities we have and would like to have in our community:

Prenatal & Families with children ages 0-5



'*'denotes programs that are NOT currently offered in our community



Priority 2: Youth

- **Target Groups:** Youth & Families
- **Goal:** Build on current programs in the community and integrate a more traditional way of life.
- **Programming objectives:**
 - Create more programs and activities in the community that promote a physically active and healthy lifestyle, Promotion and education on nutrition, effective behavior education and support, life skills, post secondary preparation
 - Traditional/Cultural Activities: Out on the land programs, Speaking and promoting Dene Language, Learning Dene Language, learning survival skills and learning harvesting skills, learning oral histories from elders.

Here are the 4 key questions our **YOUTH** answered in the community engagement process:

➤ **Where are we now?**

- Clean water and close to the land
- Close knit community with good values.
- High cost of living- cannot afford to eat healthy
- Alcohol and drug abuse
- Lack of infrastructure
- Lack of Family Violence Programs
- Good role models in the community
- Leadership that are open to suggestions and working with youth and community members
- We still have a strong connection to our Language and Culture
- Current programs in the community

➤ **What do we have to work with?**

(Information collected from our leadership/interagency meeting)

- Aurora College has programs to encourage physical activity, social activities and cultural activities
- ?ehtseo Ayha School has a Healthy Families Program that encourages healthy, interaction with our Elders, programs that encourage physical activities and effective behavior support.
- Our Wellness Centre offers programs to educate and promote awareness, promote & educate on healthy eating, home visits for Elders and new moms and works in partnership with other agencies in the community.
- The RCMP has an annual performance plan that covers four main themes: Substance Abuse prevention/enforcement, Domestic Violence, Elder Abuse & Community Relations. The RCMP also strives to have a presence with our Youth.

- Our Délı̨nę First Nations runs many programs and mainly target Youth and Elders. The DFN runs the prenatal program, out on the land programs and preschool & early childhood development programs.
- The Charter Community of Délı̨nę runs our Recreation programs.
- Our Dora Gully Health Centre offers the following programs: well woman/man/child, sick clinic, health clinic, homecare, T.B. Clinic & Prenatal Clinic
- Social Services through Sahtu Health and Social Services Authority works primarily in child protection

➤ **Where do we want to be in the future?**

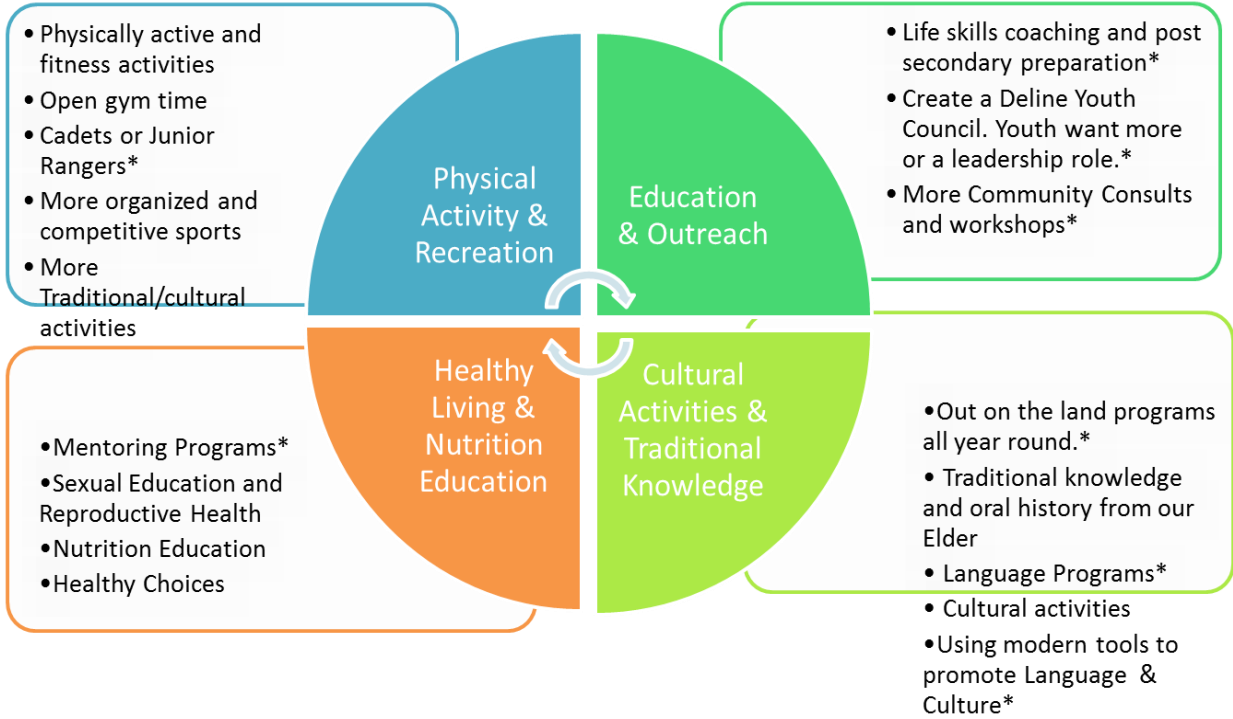
- We would like to be stronger in our language and culture
- More competitive sports and tournaments
- Building more upon the current programs in the community i.e.: suicide prevention, bridging the gap with Elders, Language Programs, out on the land programs etc.
- More infrastructure i.e.) Youth Centre, Arcade, Golf Course, Basketball court, paintball field and swimming pool
- Youth want a more Leadership role in the community and to be more involved in politics.
- Better education and opportunities to attend post secondary institutions and Universities. We want to be able to graduate here and then have the education level and skills to attend universities and colleges in the cities.
- We want to be able to afford to eat healthy and make healthier choices

➤ **How do we get there?**

- More Funding
- Working together
- Help to afford high costs of Healthy Foods
- Build on current programs
- Getting educated
- Engaging Leadership and Community Members
- Strengthen relationship with Elders

Here is a chart breaking down examples of the kinds of activities we have and would like to have in our community:

Youth



'*' denotes programs that are NOT currently offered in our community

Priority 3: Elders

- **Target group:** Elders, assisted and independent living
- **Goal:** Is to have our Elders more integrated and involved in the community.
- **Programming Objectives:**
 - create programs to be able to collect, preserve and document traditional knowledge & oral histories
 - create programs to address issues of isolation and lack of activities for Elders
 - create programs to promote awareness and education on Elder Abuse

Here are the 4 key questions our **Elders** answered in our community engagement process:

➤ **Where are we now?**

- Close to the Land
- Close knit community that cares for one another
- No Elders home
- High cost of living
- Alcohol & Drug abuse issues that need to be dealt with

➤ **What do we have to work with?**

(Information collected from our leadership/interagency meeting)

- Aurora College has programs to encourage physical activity, social activities and cultural activities
- ?ehtseo Ayha School has a Healthy Families Program that encourages healthy, interaction with our Elders, programs that encourage physical activities and effective behavior support.

- Our Wellness Centre offers programs to educate and promote awareness, promote & educate on healthy eating, home visits for Elders and new moms and works in partnership with other agencies in the community.
- The RCMP has an annual performance plan that covers four main themes: Substance Abuse prevention/enforcement, Domestic Violence, Elder Abuse & Community Relations. The RCMP also strives to have a presence with our Youth.
- Our Délı̨nę First Nations runs many programs and mainly target Youth and Elders. The DFN runs the prenatal program, out on the land programs and preschool & early childhood development programs.
- The Charter Community of Délı̨nę runs our Recreation programs.
- Our Dora Gully Health Centre offers the following programs: well woman/man/child, sick clinic, health clinic, homecare, T.B. Clinic & Prenatal Clinic
- Social Services through Sahtu Health and Social Services Authority works primarily in child protection

➤ **Where do we want to be in the future?**

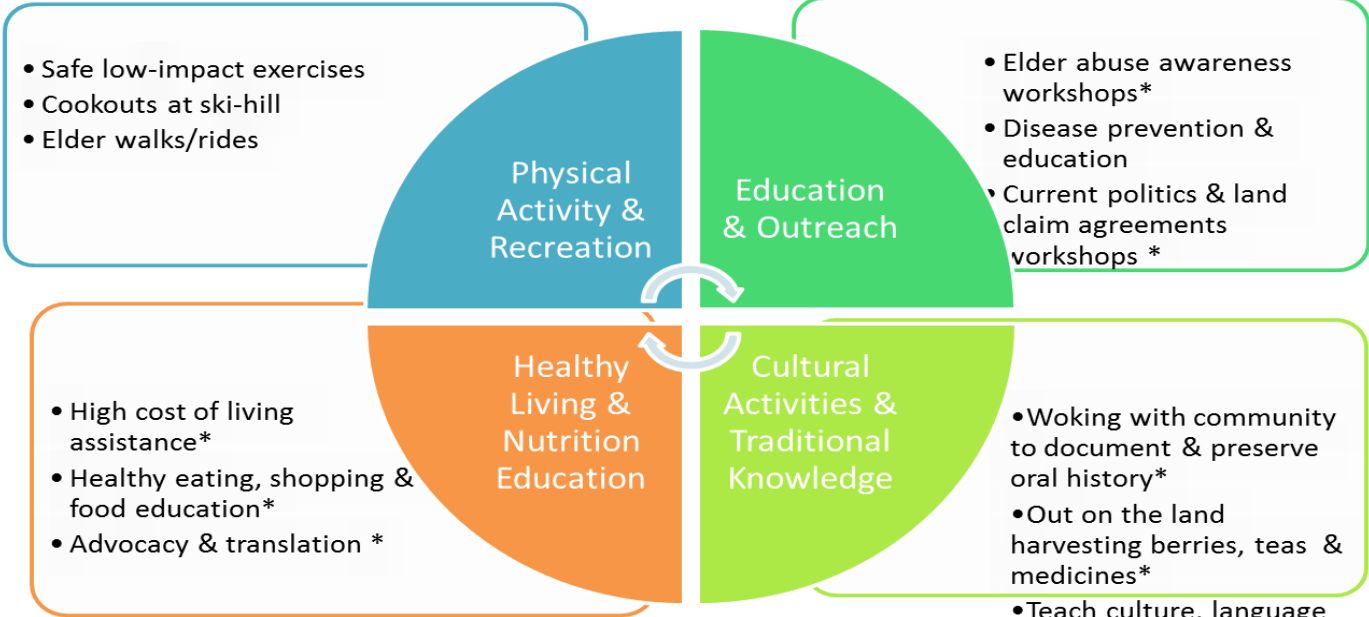
- work on getting language back and developing Language programs
- work on strengthening our Spirituality
- having a full time day care
- Living Dene Laws
- re-learning and teaching of our Traditional ways

➤ **How do we get there?**

- Only way is to work together – community engagement
- we need to support our Leaders & Leaders need to support us
- Elders are committed to working with us to revive our Language and Culture
- Parents need to play a bigger role in teaching Language and Culture. It's up to the Parents
- Share knowledge
- Place on the land to teach culture and language: an on-going and permanent culture camp year round.
- using modern tools to aid us in our quest to revive our culture and language

Here is a chart breaking down examples of the kinds of activities we have and would like to have in our community:

Elders



‘*’ denotes programs that are NOT currently offered in our community

Priority 4: Community Wellness

- **Target Groups:** Families, Youth, Elders & All community residents.
- **Goal:** To have a healthy, active & culturally strong community.
- **Programming objectives:**
 - create programs to encourage a healthy lifestyle
 - create programs to promote awareness and education
 - create programs to help residents with high cost of living. Our community wants to eat healthier but most families cannot afford it.

Here are the 4 key questions our **Community** answered in our community engagement process:

➤ **Where are we now?**

- We are in the middle between the Dene way & Non-Dene way. We need to choose one direction.
- Parents are not passing down language or culture
- High cost of living
- Lack of infrastructure
- Close to the land, clean water and air
- Good community values

➤ **What do we have to work with?**

(Information collected from our leadership/interagency meeting)

- Aurora College has programs to encourage physical activity, social activities and cultural activities

- ʔehtseo Ayha School has a Healthy Families Program that encourages healthy, interaction with our Elders, programs that encourage physical activities and effective behavior support.
- Our Wellness Centre offers programs to educate and promote awareness, promote & educate on healthy eating, home visits for Elders and new moms and works in partnership with other agencies in the community.
- The RCMP has an annual performance plan that covers four main themes: Substance Abuse prevention/enforcement, Domestic Violence, Elder Abuse & Community Relations. The RCMP also strives to have a presence with our Youth.
- Our Délı̨nę First Nations runs many programs and mainly target Youth and Elders. The DFN runs the prenatal program, out on the land programs and preschool & early childhood development programs.
- The Charter Community of Délı̨nę runs our Recreation programs.
- Our Dora Gully Health Centre offers the following programs: well woman/man/child, sick clinic, health clinic, homecare, T.B. Clinic & Prenatal Clinic
- Social Services through Sahtu Health and Social Services Authority works primarily in child protection

➤ **Where do we want to be in the future?**

- Work on getting language back and developing Language programs
- Work on strengthening our Spirituality
- Have a full time day care
- Living Dene Laws
- Re-learning and teaching of our Traditional ways

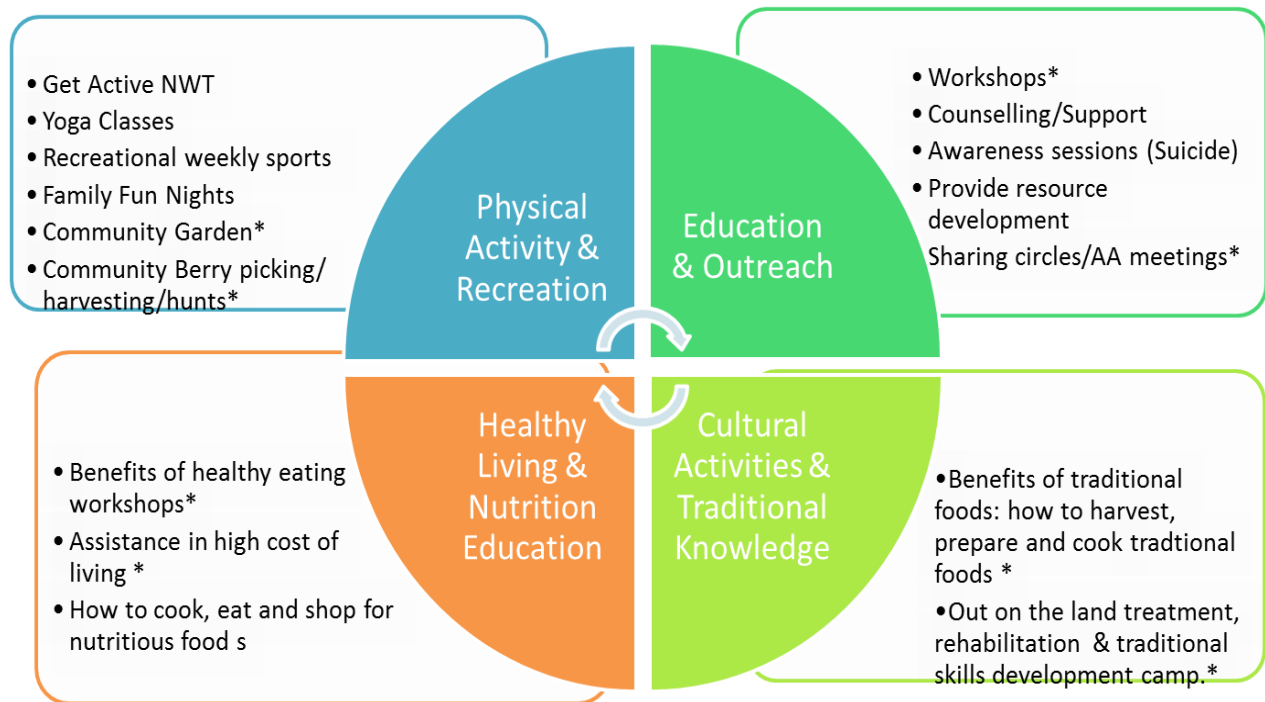
➤ **How do we get there?**

- Only way is to work together – community engagement
- We need to support our Leaders & Leaders need to support us
- Elders are committed to working with us to revive our Language and Culture
- Parents need to play a bigger role in teaching Language and Culture. It's up to the Parent
- Share knowledge

- Place on the land to teach culture and language: an on-going and permanent culture camp year round.
- Using modern tools to aid us in our quest to revive our culture and language.

Here is a chart breaking down examples of the kinds of activities we have and would like to have in our community:

Community Wellness



*'denotes programs that are NOT currently offered in our community

Priority 5: Mental Health & Addictions

- **Target Groups:** Families, Youth, Elders & All Community residents
- **Goals:** To address the Mental Health & Addictions issues in the community
- **Programming objectives:**
 - To create programs that will create awareness, support and address mental health & addictions issues in our community
 - to create a program that will help us to build and operate our very own out on the land treatment, rehabilitation & traditional skills camp within close proximity to the community.
 - to create programs that will support traditional wellness and healing methods facilitated by our Elders.

Here are the 4 key questions our Community answered in our community engagement process:

- **Where are we now?**
 - Issues with alcohol, drug & substance abuse
 - Lack of awareness & supports with suicide prevention
 - We are struggling with the recent decision of Norman Wells to remove the ration restriction from their Liquor store. We have more and more incidents relating to alcohol since then.
- **What do we have to work with**
(Information collected from our leadership/interagency meeting)
 - Aurora College has programs to encourage physical activity, social activities and cultural activities

- ?ehtseo Ayha School has a Healthy Families Program that encourages healthy, interaction with our Elders, programs that encourage physical activities and effective behavior support.
- Our Wellness Centre offers programs to educate and promote awareness, promote & educate on healthy eating, home visits for Elders and new moms and works in partnership with other agencies in the community.
- The RCMP has an annual performance plan that covers four main themes: Substance Abuse prevention/enforcement, Domestic Violence, Elder Abuse & Community Relations. The RCMP also strives to have a presence with our Youth.
- Our Délı̄nẹ First Nations runs many programs and mainly target Youth and Elders. The DFN runs the prenatal program, out on the land programs and preschool & early childhood development programs.
- The Charter Community of Délı̄nẹ runs our Recreation programs.
- Our Dora Gully Health Centre offers the following programs: well woman/man/child, sick clinic, health clinic, homecare, T.B. Clinic & Prenatal Clinic
- Social Services through Sahtu Health and Social Services Authority works primarily in child protection

➤ **Where do we want to be in the future?**

- We want to be a healthy and functioning community with minimal incidents involving alcohol, drug & substance abuse
- We would like to have an Out on the Land treatment, rehabilitation & traditional skills development camp close to the community
- We would like to have our Spiritual Leaders and Elders mentoring our struggling members

➤ **How do we get there?**

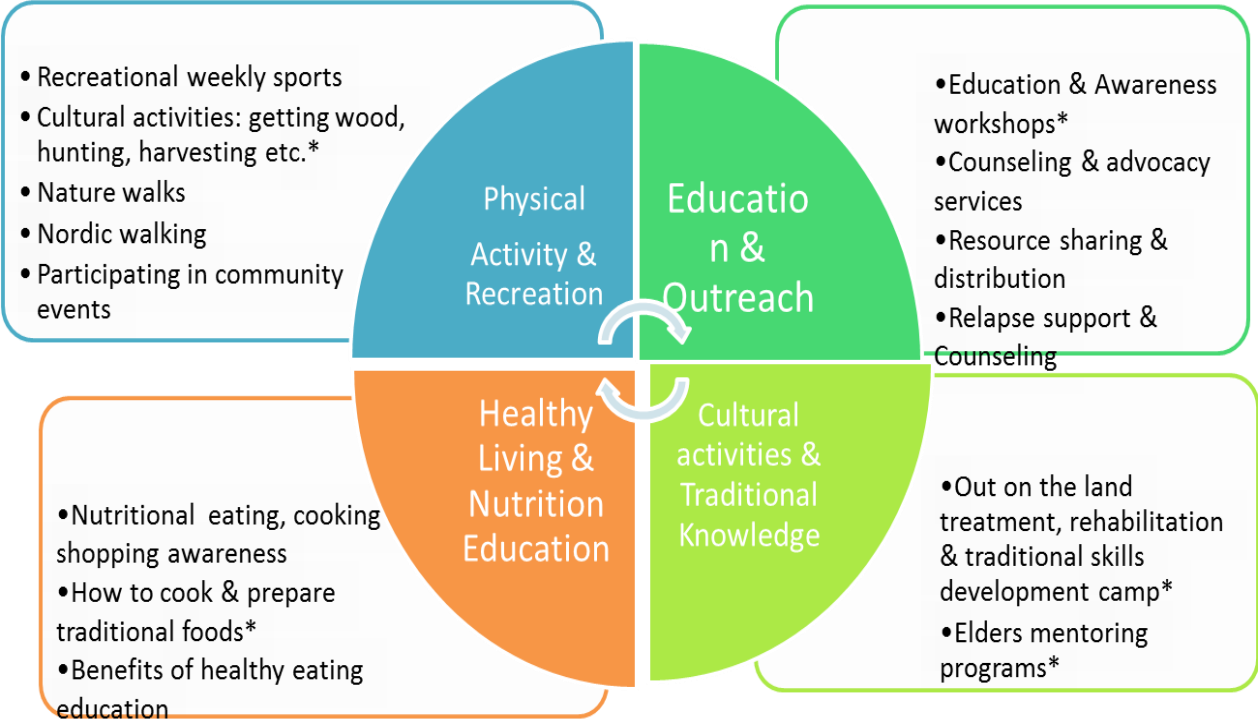
- More Funding
- working together
- capacity building

Here is a chart breaking down examples of the kinds of activities we would like to see in our community:

Mental Health & Addictions

Here is a chart breaking down examples of the kinds of activities we have and would like to have in our community:

Mental Health & Addictions



*' denotes programs that are NOT currently offered in our community