

Regional Wellness Council

Planning Meeting Minutes: September 7th, 2016
Inuvik Regional Hospital – Large Boardroom, 2:00 pm - 4pm

Regional Wellness Council Members:

Ethel Jean Gruben - Chair

Ellen Smith – Fort McPherson

Denise McDonald - Inuvik

Don Gillis - Inuvik

Annie Goose – Ulukhaktok - via teleconference

Eileen Koe – Fort McPherson - via teleconference

Donna Keogak – Sachs Harbour - via teleconference (3:10 pm came online – phone not working).

Others Present:

Joanne Engram – Director, Client Services

Ruth Anne Blake – Director, Social Programs

Roger Isreal – Director, Finance and Administration

Nadia Salvaterra – Medical Director

Proceedings:

1. Meeting called opened at 2:06 p.m. by Chair, Ethel Jean Gruben

2. Opening Prayer

3. Attendance

3.1 Safety & Exits by Joanne Engram

4. Approval of the Agenda

Moved by: Denise McDonald

Second by: Ellen Smith

5. Previous Meeting Minutes – Reviewing and Approval: No Minutes

Beaufort Delta Regional Council Orientation Notes

Documents Shared:

- There was a package of Orientation Notes provided out by email to everyone. RWC can discuss this now or can email or talk to Ethel Jean.

6. Business Arising from the Previous Meeting Minutes: None

7. AGENDA ITEM #1: Opening Comments by the Chair:

- The Chair welcomed everyone to the meeting and provides an update
- The Chairs met in Yellowknife, August 11 – 12, 2016
- Discussed how often they will meet, Understanding their Roles;
- How to bring concerns forward;
- Draft By-Laws will be on the September 12th Agenda;
- If the Chair is out of the Region, then the Vice-Chair has to be from Yellowknife. (Prescriptive).
- Measurement of Goals and Objectives. Questions on how will we accomplish goals and meet our objectives; questions on how do we bring our issues forward; and how do we bring forward to the public.
- Would like any issues from this meeting to bring forward to the September 12th meeting.

Discussion:

- Eileen Koe comments that the meeting in Yellowknife was fast and had a lot of information for them to take in.

8. RWC Member Observations and Comments:

- Ellen Smith attended the GTC Annual General Assembly and wanted to know if the RWC made a presentation. Ethel responded that the GTC no longer entertains outside presentations.
- Ellen did speak at the assembly, and informed them of the RWC and their role, and their meetings.
- She informed the Gwich'in leadership to focus on Health and Wellness, and Self-Care.
- She did this on her own.
- Is grateful to the department heads, and grateful to everyone for their assisting with her mother. The staff work hard and are tired.
- She wanted to know if the staff does debriefing after work to de-stress, and they should be taken care of.

- Ethel Jean commented that she didn't really understand the Roles and Responsibilities, and other Chairs felt the same.
- She hopes that after the September 12th meeting, and mini-orientation provided they will understand the R&R.
- There is no handbook or much information to give our RWC at this time.

- They worked in groups and shared information as one who group. All regions are pretty much the same.
- There are no formal minutes to present, and no clear direction. As months go on, we can develop our process.
- Asks the RWC if conference calls work? Having a Binder/Manual to fully understand the new process? Would having a copy of the HSS Act be helpful?
- Joanne Engram was provided a two hour crash course on this meeting. She informed the RWC that a Binder is in the works. This meeting is to help develop the process. Later Jim Antoine and Sue Cullen will join us in a meeting. So from September to December the RWC to contact a face to face meeting. All RWC feel the same about the new process.
- Nadia Salvaterra feels the same, learning along with the RWC.
- Ethel hopes to have clear direction from the September 12th meeting. How often to meet, whether it is once a month, or quarterly like the previous Board.
- Denise McDonald read through the orientation notes. She wants everyone to look at this new board as an opportunity to meet the needs of this region and its people. She is okay with no manual, and views it as an opportunity to think outside the box. With her education background, and working with youth she feels we can be proactive and plan for our young people. Look at wholeness for all departments. Work with the departments on the development of Health and Wellness, and promotion. Do more than the deal with challenges, and reactive, but focus on the future. The Deline Self-Government Agreement is about taking control of their future. Focusing on young people, mental, spiritual, and wellness. Using the land and its resources. These are some ideas, and to develop our Roles and Responsibilities together. Would like to have a two day session together and set out own agenda as a Region and as a whole. There is a lot of experience around the table. Develop a strategic plan.
- Ethel will bring concerns to Leadership Council meeting in Yellowknife, September 12th. Evolving draft and members will have an opportunity to review. Likes the ideas of developing a strategic plan, 5 or 10 year plan. Measure our targets, and set goals to achieve in 5 years. Measure ourselves, and our success. If no success look at what went wrong. There is room for improvement.
- Don supports Denise' comments, more meetings and talking between each other. His background is in education. He would like to see promoting healthy living. Has concerns with food and food content, and wants to know how we can get information out to people to build their knowledge. What are the good foods and what foods are bad for you.

- Ellen agrees with Denise and Don. She looks forward to information on the super board. Have a hand in its development and draw on her knowledge and experience in Mental Health and Addictions. Be culturally appropriate, and focus on healthy living style. This board is new from what was previously there. Let's move forward together. The concerns and issues from communities, she attempts to address them. A time to make difference. Would like extra meeting to do Policy and Procedures. Some communities are in dire straits. Not enough translators. Education is doing a good job. Time for changes.
- Annie agrees with all speakers. Since back from the first RWC orientation. Health care, doctors and dentists coming in to the communities has been a long time concern. Doctor visits are not long enough. No one comes in the summer. The dental team can stay a few days longer. Not everyone gets seen. The same with the eye team. Nurses in the community are the first responders and there is stress, especially when a crisis happens. Promote and recognize the front line workers. Recognize the people in our communities for their long service. Be a part of recognizing nurses. There have been 7 deaths in the last year, and it has been impacting. Housing is a big issue. Help people with overcrowding in their homes, and dealing with addictions. What are the areas we can address, prioritize them, and tackle them one at a time. Be our best to be a part of the board, and do well for our communities.
- Ethel Jean re-addresses the orientation notes from the Yellowknife meeting. Medical escorts, language, chronic disease, nutrition (food). The Foster Care Program, once the youth is 19 years of age they go from foster care to living on the streets. There are red flags on that program. The qualities of care for northerners push for that. Likes Annie's comments about recognizing staff on a daily basis. It's important to recognize and support our staff. Having a good support system in place, and staff will perform. She appreciates the Health Authority and would like to explore areas and ideas to recognize staff, this will prolong their stay. Youth pursue their education and we can be proactive in promoting their return north.
- Denise is concerned with cancer numbers, and research being done. We can work with universities to have university graduate students do studies in areas of food, nutrition, food, meats, plants, birch fungi (Food Studies). Does not see enough people hunting and fishing.
- Don is in the RWC because of his concerns with food/nutrition. He is also supportive of the health providers. There is a vast unawareness of cancer and prevention. He learned that sugar is toxic, and feels it should be banned.
- Ethel Jean, what are the major topics? We can discuss this now or members can email them to her.

- Eileen agrees with everyone's comments. Encourage people to get back to traditions. A long time ago Elders were very healthy. Have focus on Elders, and physical health. She attended a Youth Conference and provided information. She wants the youth to know about healthy eating, and exercise. There was good information provided to youth on Suicide and the discussion was very emotional. They also discussed Residential School. We rely a lot on the front line workers in the communities and staff at the Health Centres. The Leadership should be a part of the process.
- Donna came on line at 3:10 PM. Her connection was not working to get on the conference call on time. Ethel Jean provides an over view and what section on the agenda the group is at. An issue of concern for her community is Nurses. There are usually two on duty, but there was one Nurse for a week and a half. The Nurse was up for 2 to 3 days. She does not want this to happen again. There should always be two Nurses in the community.
- Nadia Salvaterra: Question: The Role of Orienting the RWC members of the Operations of the Health Authority?
 - All the Roles and Responsibilities;
 - Have the RWC feel confident in what we do;
 - How that is incorporated in the orientation;
 - Have a good understanding of the RWC.
- Ethel Jean, the first meeting in Yellowknife was an orientation session for all the RWC's, and the Chairperson's from each region. We can choose dates on when to meet face to face, and to hold teleconference meetings. This needs to be determined by the RWC.
- Nadia wanted to know if and Orientation of our programs would be good to have. We can explain how things work. Ethel Jean, this can be identified to do.
- Ellen would like to know how the new NTHSSA works and understand the new structure. She brought up issues of concern, some justice issues, and that young people's needs are not being met. Youth getting into trouble with the law, Elder Abuse, and why are the professionals not in the communities to provide assistance. Some youth are neglected, no home, and no one wants them. The youth are lost in the system, and some have mental health issues. She would like to see a place for them somewhere. She sees no one in education and justice addressing the youth 15 to 18. They have issues in their home environment, and become homeless.
- Ethel Jean, the Justice and Social system is there if anyone breaks the law.
- Ellen brings up these issues for the reason that Elder's become the abused. Youth in crime become suicidal, mental health issues, and we have a

responsibility to address this as a whole, and not addressed by separate departments. When the Chair meets in Yellowknife, ask them about the issues with Youth have and how to address them. There are lost young people, abusing alcohol, suicidal, and are left to people at the front line level. How do we work with this?

- Ethel Jean, we have to address the root cause, parents, parent their children. Have tough conversations with ourselves. It is a tough concern and call to address.
- Ellen, all the responsibility gets put on the grandparents to care for the grandchildren.
- Don, Sabrina Dragon – Money spent on programs to help the youth. Ellen, if she had this information she could share this with the childcare giver. Don, that's what he feels we can develop on this process. Ellen is taking responsibility and voicing her concerns. Work at the grass roots level, and with other regions. The Deline model and their work with youth. Talk changes, this is what we need to do.
- Annie, similar issues in her community. The structures are in place within the GNWT, and believe there is only so much they can contribute. The RWC and LC give guidelines, and contribute to types of situations. Even in our own traditions, we cannot get involved and same with the GNWT tier process. Young Offenders Act is a large task. We have to stay within the means of the RWC, in time we will find our way. Huge change over time, from local government to Hamlet Council. The traditional ways was to hear Elders speak, and you can agree to disagree. There are areas we must follow, and understand what are our roles/their roles. She is open to young people and talks to them in her language, not to do stuff and get into trouble. She does it with sternness and care. She likes what she is hearing around the table.
- Ethel Jean would like to know from the group if they want to meet face to face and how often. They can meet in October or November, but no in December. There are four/five dates to pick from. Donna has a housing meeting mid-October. Ethel Jean suggests a face to face meeting in November. Ellen is not available end of November. Denise suggests we use Telehealth. Joanne agrees that telehealth are great for meetings. Denise suggests weekend meetings. Ethel Jean suggests that everyone checks their calendars and get back to each other. Denise clarifies that the group is discussing two things, 1) is the face to face meeting and 2) is the Orientation.
- Joanne reminds the RWC that the first few RWC meetings are for planning, and then the future meetings are open to the public. There are dates to consider from September to December, plus one public meeting, and a list of events to attend like the GTC Assembly.

- Denise suggests that the RWC puts its priorities in order, and leave to the Chair to get meeting dates to consider.
- Ethel Jean will email everyone with some dates to consider for the next meeting.
- Joanne will look at telehealth for the next meeting.
- Eileen is okay with the meeting, and suggestions for next meeting. She wanted to talk more about the first Yellowknife meeting.
- Ethel Jean thanks everyone and for their feedback and is confident going forward.

9. Projects and Priorities:

- None at this time.

10. Learning, Development and Innovation:

- None at this time.

11. Action Items Review

- None at this time, only concerns to bring forward to the LC meeting in Yellowknife, November 12th.

12. Closing Reflections/Prayer

- Denise McDonald

Meeting adjourned at 3:55 pm