

Regional Wellness Council Meeting Agenda

November 27th, 2016
 Inuvik Regional Hospital
 Large Board Room
 9:00 am

#	Item	Details	Time	Responsibility
1.0	Call to Order			(RWC) Chairperson
2.0	Reflection / Prayer			TBD
3.0	Attendance			Secretary
4.0	Approval of the Agenda			Chairperson
5.0	Previous Meeting Minutes - Review and Approval			Chairperson
6.0	Business Arising from the Previous Meeting Minutes			Chairperson
7.0	Chairpersons Report	<ul style="list-style-type: none"> Opening Comments from the Chairperson Summary of the last Leadership Council meeting 		Chairperson
8.0	RWC Member Observations and Comments	<ul style="list-style-type: none"> Roundtable of feedback and information from each RWC member 		ALL
9.0	Projects and Priorities	<ul style="list-style-type: none"> Compile/review key priorities for the region (to be included as part of the RWC report during the next NWT HSS Leadership Council Meeting) 		ALL
10.0	Learning, Development and Innovation			Chairperson
11.0	Decision Items and Recommendations to the NTHSSA Leadership Council	<ul style="list-style-type: none"> Key System priorities (from a regional perspective) Other 		Chairperson
12.0	Action Items Review			Chairperson
13.0	Closing Reflections / Prayer			TBD
14.0	Adjournment			Chairperson

1.0 Call to order: 9:12 am

2.0 Prayer: Annie, Eileen, Denise

3.0 Attendance:

Annie Isabel Goose, Denise McDonald, Eileen M. Koe, Ethel Jean Gruben, Donna Keogak, Don F. Gillis, Arlene Jorgensen, Mary Ann Ross, Regrets: Ellen Smith

4.0 Approval of the Agenda

Moved by – Annie I. Goose

Second by – Donna Keogak

5.0 Previous Minutes – Review & Approval

Moved by – Donna Keogak

Second by – Annie I. Goose

6.0 Business Arising from the Minutes

Ethel Jean - Requested to have an orientation in the Beaufort Delta Region, and the NTHSSA honored that request.

Eileen – It was hard to hear anything on the teleconference. Donna – Agreed.

Ethel Jean – Asks that if there is an issue with hearing that we are made aware.

There was a recommendation in the past by Joanne Engram to use telehealth.

Eileen – GTC making presentations, they should be made aware of the NTHSSA. Ethel Jean – All organizations receive the reports.

Arlene – Les and Sue were going to follow up with how to interact with Aboriginal Governments.

Ethel Jean – Will follow up with this at the Leadership Council meeting.

7.0 Chairperson Report

Good to be here and moving along. The expectations of us to work with the NTHSSA priorities, and get direction from the RWC to bring to the Leadership Council's meeting next week.

The meetings that were held in August, September in Yellowknife, were similar to the meeting held yesterday. LC members were frustrated, and unaware of the roles and responsibilities.

Discussed the following items:

- NTHSSA Operations & Business
- By-Law (Not approved);
There were small significant changes made to the by-law;
- Chair of the Leadership Council is from Yellowknife, and the Vice-Chair must be from any Region (fair representation). A vote of confidence was passed for Ethel Jean Gruben to be the Vice Chair. She received full support from the board and will be in the Vice Chair position for a one year term.
- Auditor;
- Financial – Banking (move to one bank account);
- Corporate Seal;
- Priorities;
- Orientation – one full day orientation;
- Discussed issues, concerns, and ideas.

Recommends the RWC to bring forward concerns for her to bring to the Leadership Council meeting. She would like to bring top three concerns as there are other Chairs bringing their concerns forward as well.

All regions share similar concerns:

- Medical Travel; Diabetes; and Cancer;
- Need to educate people on healthy choices;
- Education is tied to wellness;
- Not an easy transition.

Minutes from the Leadership Council meeting will be approved next week and shared with the RWC.

Denise – Congratulates Ethel Jean on being Vice Chair. It is good to be in the position to represent everyone.

Eileen – Congratulates Ethel Jean. Good to have our region represented.

Ethel Jean – The Beaufort Delta Region has a strong voice, good governance, brings forward issues, and does good things.

8.0 Regional Wellness Members Comments

Donna – concerned about the youth in her community. Would like to have Suicide Prevention program in her community. There have been suicide attempts. Focus on prevention. There are 18-20 youth, 7 to 10 kids in school. Fifteen of kids from 7 and up have attempted, it's not recorded but have heard this in the community. She wants a counsellor in the community. The community has tried a gathering but no one will go. Counsellors must do one-on-one counselling. All over the north youth suicide is a concern. Some youth are cutting their arms or legs.

Don – Feels that lack of sun light and low vitamin D levels contribute to depression in the brain. Young girls eat less and want to be trim. Without sunlight, we are in trouble.

Donna – Impacts our community because it is small and everyone knows each other. Kids are forgotten, they sit in the background and no one notices or talks to them. No counsellor in our school or community. Sure, there are concerns about cancer and diabetes, but issues of youth is important.

Denise – There is also mental illness concerns.

Ethel Jean – It does not matter what size a community is we need to provide the resources. Sachs Harbour and Tsiigehtchic have done what they could with no RCMP or Nursing Station. Quality of care does not mean Community Wellness Worker goes to Sachs Harbour every three months.

Denise – This is happening in all communities, even in Inuvik with all the things to do. Young men/boys don't know how to deal with issues. What are we offering them in terms of gender?

Donna – Sees Facebook comments and what they post. There are mostly girls in the community.

Arlene – These are recommendations for the Beaufort Delta Leadership Council meeting.

Annie – Suicide attempts, family violence, alcohol/drugs not just adult abusing but in the youth. They don't get enough people to attend community wellness programs. There are past issues that people have not addressed, bullying, and residential school issues. She sees that the local DEA is doing better to bring up attendance, teachers encouraging moral, and there are some people taking counseling. She sees housing waiting list as an issue, with four families living in cabins.

Ethel Jean – Understands the issue with bootlegging in the home, and the issues it has caused. If we want to take our communities back, we have to bust our community. There are serious drugs coming into our communities.

Donna – There is a number to call to report incidents like this. Ethel Jean – They have to be caught in the act before they are arrested.

Ethel Jean – The all-weather road to Tuktoyaktuk will not be good for the community. They are already seeing the impacts and don't know what to do about it. Partnering with justice, education we can come up with a plan and do something about it. She was informed by the school that pills were being handed out, and to teach your child not to accept what is being handed out.

Questions: Dealing with addictions in the NWT. How do we deal with this?

Annie – Ulukhaktok is a beautiful community, good programs, but still the bad stuff happens. She has feelings of helpless and alone.

Eileen – Her concerns are drugs and alcohol. She is concerned with people bringing in these substances into her community. People take advantage of Child Tax Credit and Old Age Pension days. RCMP are on the lookout, but it's the same people that get caught, go to court, and end up back in the community. This divides the community.

She has been informed that children are getting back into sniffing substances. People were told on the radio to lock up their gas. The community is trying to work with this reoccurring issue.

Suicide Prevention – there are more young people dealing with depression. There was a youth conference that was attended quite well. The only community not there was Paulatuk. This type of event is needed for the youth to meet, enjoy themselves, and discuss their issues.

Recommends the best time to hold healing workshops is now in the short season.

Don – Wellness is a broad topic. Based on all comments there is so many things to fix. He tells the story of his life in almost becoming a priest, but that changed after going out and seeing how the people were treated. He saw the difference of living on the reserve and off the reserve. 45 years later he foresaw the impacts. A lot of good was done but a lot of damage was done too. Hearing about residential school issues, he feels it and knows what people are grappling with.

Denise – Mental Health – a lot of people dealing with depression and sadness. We need to know where it comes from and do something about it. She has been to many of the communities and learns about the issues. She has taken it upon herself to be proactive. BDEC program, Northern Studies is a collaboration of Gwich'in and Inuvialuit, and component on Residential School. On the land and culture based programs work for youth to go out on the land, even if there is not much money to do it or if they don't have many skills. Youth are different now and we need to find a balance. Youth in smaller communities need to travel, and to see what is available to them. The board will push for youth programs, conferences, and to encourage youth to be pages at the Legislative Assembly. Kids with little support need to be encouraged.

Trauma - Impacts, even in pregnancy. Dr. Gobor Mate has seen people on the streets and concludes they are there for a reason. What is their trauma? The trauma happened at a certain time in their life, and they stopped growing. What they needed was the supports to learn how to cope. People stop growing mentally and emotionally. The schools are overloaded. Youth become parents at a young age and that is a lot of responsibility. Sometimes they don't always have the support they need.

Language & Culture – She has developed an interest in learning her language. There is a program in Hawaii that has linked languages to mental health and wellbeing. BDEC sets up an annual winter camp at Boot Lake that has tents, fire burning, trails to walk, and has someone that shows youth how to set snares and nets fish for youth to see and experience. This atmosphere is as if they were out in the bush. There is no fighting, just kids having fun. She has a friend that takes youth out on the land every weekend on her own time and expense. We can all do our part too. Eating good food, learning to harvest, hunt, and sharing circles. Their mental health will be powerful, instead of thinking negatively. Teach youth the skills to get out of that mind frame, through on the land education, and gathering through youth conferences.

9.0 Priorities

We just talked about the priorities, and we can create a Regional Wellness action list. This can be done for the Chair to take to the next Leadership Council meeting with the following titles.

Issues/Priorities	Suggestions/Solutions	Outcomes	Time Lines

Some of the issues provided are the responsibility of the BDR or with the Leadership Council.

Donna – We don't have a CHR in Sachs, but we get funded for a CHR. This position's funding can be spent on a counsellor.

Ethel Jean – The time line should be up to March 31, 2017 to coincide with the fiscal year budget.

Arlene – will work with her team and work with shifting of resources, example counsellor.

Ethel Jean – Is there RWC development funds for the members to learn about something?

Arlene – She will ask Les and Sue about Development Funds.

Ethel Jean – She will also ask at the Leadership Council meeting.

Arlene – Would there be interest in attending a telehealth discussion on Cancer Wellness? Yes

Donna – She would like all community concerns. The communities of Ulukhaktok and Sachs Harbour are heard at the table, but not other communities without representation.

Ethel Jean – We can find out through the CHR's. Reports are shared with GTC, IRC, Community Corporations, DGO's, Bands, and Metis Locals. Wellness workers can also provide information to them.

Denise – We can have meetings in Tuktoyaktuk, Aklavik, and McPherson.

Ethel Jean – We can meet in the new year in one of the communities.

Arlene – The issues that are brought to her are individual. What we can look at is community wide concerns.

Ethel Jean – We can educate people. Jim Antoine can do radio interviews.

Arlene – Will bring this forward to her meeting in Yellowknife.

Annie – Having a time line is good and they can see our concerns.

Donna – Would like to have a plan for Suicide Prevention.

Ethel Jean – Have plans, do community visits, and incorporate in their work plan.

Arlene – If communities feel like it's urgent, we can send someone right away. They can talk to the youth in the school or one-on-one.

Ethel Jean – Action this right away.

Donna – The RCMP are very involved in the school with crime prevention. Not much crime there. They do the DARE program with youth.

Arlene – She can send a CWW in as soon as possible.

Donna – Is concerned because of what is being posted on Facebook.

Arlene – Jamie is going back to Ulukhaktok right away. She can also send in someone else to Sachs.

Donna – It is a priority. Let people know about his arrival and go to the school to talk to youth.

Arlene – He has time to see students.

Donna – This is also happening in other communities.

Arlene – Can do some suicide talks.

Denise – In Nunavut, they do Youth Workshops, where youth are trained to be mentors to be friends and help with guidance.

10.0 Learning and Development

The RWC attending the RWC Gathering in Yellowknife – August 10 – 11, 2016;
RWC Orientation – November 26, 2016.

Arlene - There are some things the RWC can do on telehealth, and Dr. Salvaterra can present on health, and Managers can do particular presentations to the RWC.

Denise – Would like to look at more Natural medicines.

Don – Would like to know if someone want to see a naturopath or homeopath is that covered?

Arlene – Medical travel probably does not include this.

Denise – We are so accustomed to seeing a doctor. We need to use more traditional knowledge and foods.

RWC has a discussion on traditional medicines.

11.0 Decision Items and Recommendations to the NTHSSA Leadership Council

Information will be put into a document that the Chair can present at the next Leadership Council meeting.

12.0 Action Item Review

Chair will review the action item list when completed.

A copy will be provided to the RWC members.

Arlene - We need a representative to participate on the Stanton Renewal Project, December 10th in Yellowknife.

Don and Donna are not interested in going.

Annie Goose and Denise McDonald are interested in going.

RWC agrees to send two representatives to the meeting.

13.0 Date of next meeting

A discussion on the next meeting, can take place in Tuktoyaktuk the 2nd or 3rd week of January. Write a letter to the Hamlet Council, informing them of the meeting and requesting to use the council chambers. The letter is to be signed by Ethel Jean Gruben.

14.0 Closing reflections/Prayer

Annie – Good list of action items. She is happy with the results of the meeting.

Eileen – She liked the orientation. She would like to see focus on youth suicide prevention.

Donna – Good meeting, a lot was done. She is more familiar with the Roles and Responsibilities of the RWC. She would like to see more done with Suicide Prevention.

Denise – Good meeting.

Closing Prayer was done by Don Gillis.

15.0 Motion to adjourn

Moved by Denise McDonald

Second by Eileen M. Koe

Adjourn: 1:22 pm