

ANNUAL REPORT 2018-19



A Holistic Approach to
Community Wellness



Nisichawayasihk Cree Nation
FAMILY AND COMMUNITY
Wellness Centre Inc.

2018-19

Annual Report



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Please note: Financial Statements for the 2018-19 reporting year can be requested by contacting the NCN Family and Community Wellness Centre Inc.

MESSAGE FROM THE CEO

Tansi. It is time to reflect on another year at the NCN Family and Community Wellness Centre. This annual report outlines the goals, objectives, highlights and challenges of the programs that help our community's families recover, stabilize and thrive.

Nisichawayasihk Cree Nation is considered one of the most innovative Nations in Canada, thanks to developments such as our new constitution and land code. I am pleased to tell you that after almost 20 years of groundbreaking care programs, our Family and Community Wellness Centre has also gained an impressive reputation.

For example, the Removal of Parent program continues to show impressive results and attract attention across the country. It proves that when given the opportunity to solve our own problems, we can break the cycle of trauma and set a course for future success.

During the daily non-stop rush of activity at our Centre, it is difficult to stop and consider our accomplishments. I am grateful for the opportunity to do so now, because what our dedicated staff achieve for our Citizens and community is truly impressive.

Every day of the year, our staff in Nelson House, Thompson, South Indian Lake, Leaf Rapids, Brandon and Winnipeg work diligently to improve every aspect of our Citizens' lives.

Of course, in 2018-19 we have highs and lows to report. We received word from our elected leadership that the community will have a new Health Centre in the near future. As we look toward the changes on the horizon, we will plan for a shift to have public health services delivered in the new centre, while child and family wellness services are expected to be provided at the existing Wellness Centre. The Nisichawayasihk Cree Nation Family and Community Wellness Centre Inc., as it has been known for nearly two decades will no longer exist in the same capacity. The nationally recognized innovative model of excellence of integrated service delivery will also be transformed by the government and is expected to be managed by NCN constitution and laws. Many administrative, financial and logistical plans will be worked on in the coming years. These changes will mark a new era for provision of wellness services. In the meantime, our departments are collaborating more efficiently than ever, using the proven existing model and Circle of Care process to create healthy individuals and families. We are hopeful that the expanded facilities will carry on the excellent services and programs, while maintaining the level of care NCN Citizens have depended on.

You might be amazed at all the ways the FCWC can support a family with the dream of balance and holistic health. For the first time, we have compiled a Wellness Guide that outlines all of the programs and services available to NCN Citizens. These supports can help you emotionally, mentally, spiritually, and physically... and they're free. Pick up a copy today!

Felix Walker
*CEO, Nisichawayasihk Cree Nation Family and
Community Wellness Centre*



EXECUTIVE SUMMARY

The Nisichawayasihk Cree Nation (NCN) Family and Community Wellness Centre was established to support holistic wellness by providing additional opportunities for the Citizens of the NCN to build on their strengths as individuals, as members of families and as part of the community.

The Centre is continuing to undergo an extensive process of reviewing and improving our programs, administration and services, based on community consultation and will be working to include the advice and evaluations of third-parties outside of the community to further improve programs. Strategic planning will continue to be conducted to identify objectives and goals and to help further develop action plans for Wellness Centre programs. Implementing these plans will allow the Centre to continually improve and be proactive in our operation and delivery of programming.

This 2018-19 annual report has been prepared to provide an overview of programming implemented by the NCN Family and Community Wellness Centre. The Wellness Centre has expanded and redefined programming over the course of the year to support our ongoing work within the community.

The sections of this report are as follows:

1 Governance

Strategic directions, service delivery plans

2 Narrative

Program descriptions, progress, highlights and challenges

3 Statistical Data for Community Health and Wellness

Related to child and family services and community health/wellness.

Our facility and approach is unique as it uses a strength-based approach to support children and families. Relationships between programs, individuals and families are viewed as paramount to change. The Centre has adopted a mandate to reflect this commitment by working to:

- Promote the development of new ideas and innovative measures and to bring about meaningful change for the children and families of NCN within a holistic approach to human services policy development and service delivery.
- Incorporate Indigenous traditions, culture, language, customs, and the teachings of the community's Elders.
- Deliver mandated child and family services within a community capacity-building and health-promotion orientation.
- Oversee the implementation of health-related services and assume a leadership role in the transfer process of a local health authority.
- Promote community wellness and individual well-being.

The implementation of the mandate is expressed through the wide range of community-based health related and child and family services designed to support holistic wellness from conception and birth through to adulthood and Elder care.

The Centre continues to work toward this model of integrated service delivery and the development of meaningful and effective programs, which reflect our community values and beliefs.

Core Values

Social Justice: We will treat all residents of Nisichawayasihk Cree Nation equally.

Self-reliance: We will promote personal and family responsibility first.

Intrinsic Worth of People: We will think of everyone as having abilities, talents and skills that are essential to the overall health of the community.

Sustainability: We will provide services in a way that does not threaten our ability to meet basic human needs over the long term.

Cooperation: We will work together to achieve community wellness.

Community Wellness Focus: We will commit to a holistic health promotion orientation to program design and implementation.

Inclusion Policy

All members and residents of the Nisichawayasihk Cree Nation (children, youth, adults and elders) shall have the opportunity to participate in activities and enjoy health and wellness regardless of age, gender or physical condition.

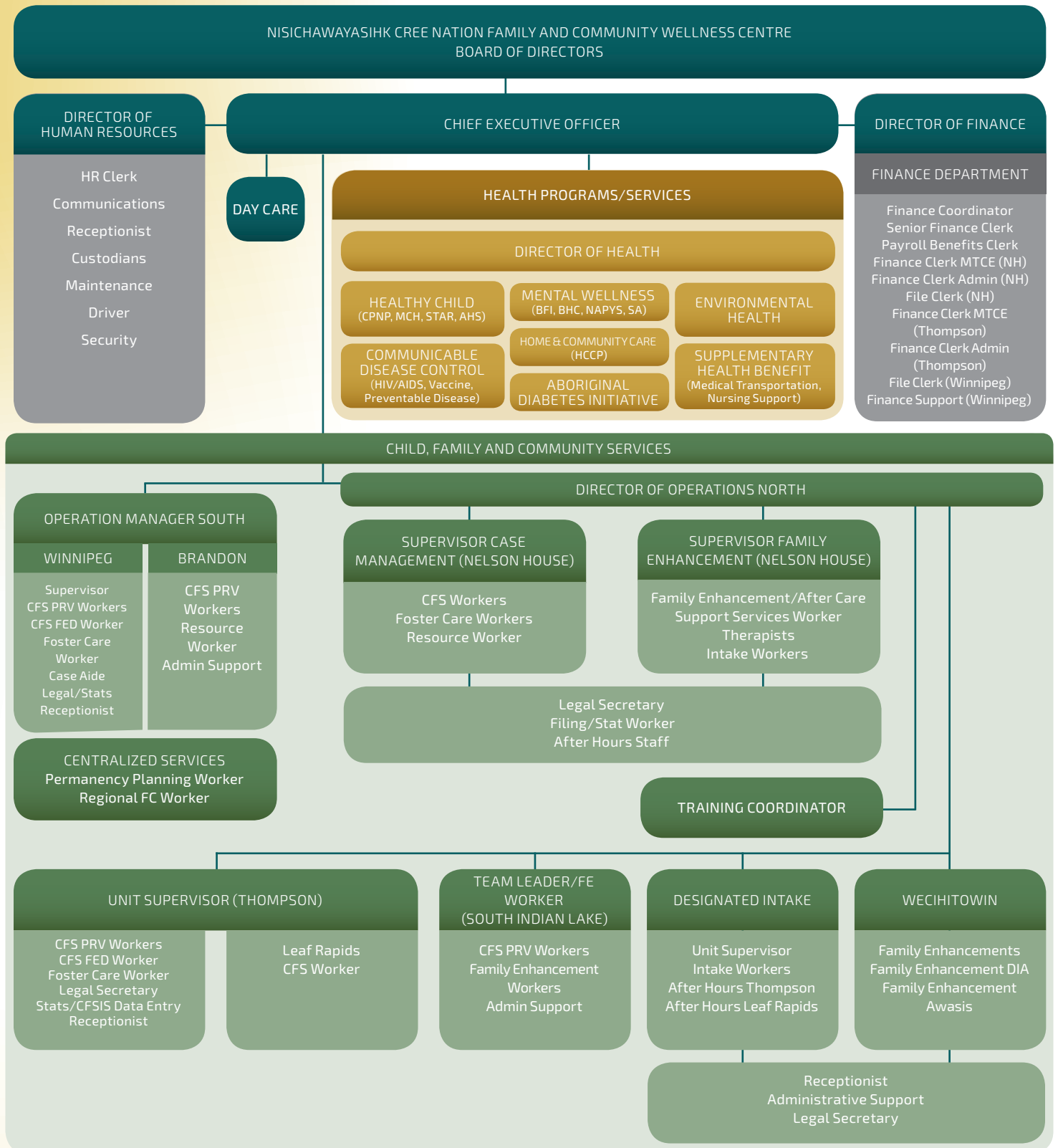
Mission

To promote, nurture and foster a sense of holistic wellness through the provision of meaningful, community-based and culturally appropriate activities in a safe, respectful, and inclusive environment.

We're Committed to Helping Create Healthier Lifestyles

The NCN Family and Community Wellness Centre was among the first facility of its kind in Canada. It recognizes the strength of the Nisichawayasihk Cree Nation and how much we can accomplish by working together.

Organizational Chart



Year-In-Review

The NCN Family and Community Wellness Centre provides a wide range of health and wellness programs to Citizens both on- and off-reserve. Our holistic approach to care involves the collective unity of many services working together to achieve improved well-being and health for the individual, family and the entire community.

The following reports highlight some of the accomplishments from the 2018-19 fiscal year for each program along with statistics of individuals participating and receiving care. Programs or departments with goals and objectives for the next year have indicated the plans to improve services to Citizens, while other programs have maintained an effective level of service and will be developing goals in the near future as part of the strategic planning process.



Key Highlights and Challenges

- The Bachelor of Social Work cohort has 23 participants this year who expect to graduate in June 2020.
- Enrollment in Jordan's Principle decreased in 2018. This may mean eligible clients were not aware of the program, or that those in need were already ongoing clients, or perhaps had transitioned out of the program.
- Two Family Enhancement workers completed their 5th years of study for their Bachelors of Social Work, and two other students completed their BSW practicum hours with Family Enhancement.
- Awasis Agency pulled out of partnership for the Wecihitowin program in March 2018. Programming was not available from April through August, as the remaining team developed workshops and attended training. A third team member joined in November.
- The Fitness Centre is in need of funding to provide financial aid to competing athletes and to provide appropriate gym shoes and clothing for Citizens who would like to begin a gym routine.
- The Medical Transportation team safely provided 8,900 rides to medical appointments last year.
- The Maternal Child Health Program completed 137 home visits this year, but team members continue to deal with too many cancelled appointments and no-shows.
- This year, 83 people attended Anger Management workshops hosted by Counselling Services, which did not fully meet the community's needs. The department aims to provide more anger management resources next year, as this is a crucial skill for avoiding escalation of problems.
- A new funding model for CFS has decreased the number of children in care. There was very little staff turnover in CFS sub-offices of Winnipeg and Brandon, and a new manual for foster children and independent living has been rolled out.



CHILD, FAMILY & COMMUNITY SERVICES

Overview

The CFS department operates in four locations: Nelson House, Thompson, Brandon and Winnipeg, and provides child protection and preventative services for on- and off-reserve Citizens.

Innovative NCN CFS programming combines empowerment, traditional wisdom and a western model of service delivery to create outstanding results. Proof of this successful model is a reduced number of children coming into care, and a smaller number of families with recurrent involvement with Child and Family Services.

When possible, the Family and Community Wellness Centre creates a comprehensive care plan for all family members to heal holistically. It provides therapy, counselling, mentoring and other supportive services as required to families, parents, young people and children.

NCN CFS encourages its staff to learn, understand and appreciate NCN values, beliefs, customs and traditions. Staff are expected to attend learning opportunities such as medicine-picking and ceremonies, and this expectation will soon be extended to foster parents.

HIGHLIGHTS AND/OR CHALLENGES

- A new funding model has been rolled out with 5 main goals: decrease children in care; decrease days in care; increase family enhancement; increase in family reunification; and cost containment.
- The number of children in care has increased.
- Very little turnover in the Winnipeg and Brandon offices.
- There has been a bigger focus on sibling groups, specialized individuals and band members living off-reserve.
- An Independent Living and Foster Care manual has been drafted for use across CFS.
- Funding and administration remains a challenge. Policy and procedure often change with little notice. Recruiting and training new CFS staff is timely and costly.
- Distance from the home NCN community makes travel prohibitive, and requires innovation from CFS staff.

GOALS AND OBJECTIVES

- Nisichawayasihk Cree Nation encourages local and off-reserve NCN Citizens to foster our community's children, rather than having them sent away. In the past, children were placed in unfamiliar households that were culturally different, which often led to depression, low self-worth and addiction.
- Keeping children within the community helps them to see they have people who care and that challenges can be overcome. The usual routine of school and friends can help a child feel normal, even when their lives are not.
- Foster families are screened with RCMP and child abuse checks. Their homes are assessed for safety and suitability. They receive financial compensation, training and support as required. Children may remain in foster homes for days, weeks, months or years, with the constant goal of reunifying the family when it is safe and beneficial to do so.

Children in Care



Removal of Parent Program

This innovative, community approach to avoiding the trauma of child apprehension is transforming NCN families.

The parent is removed from the home to take part in culturally appropriate counselling or care programs while the child is supported in-home by family or support staff. Families are then reunited after a care plan has been implemented and completed.

Prior to the Removal of Parent Program, apprehension was the only recognized approach to secure a child from an unsuitable living environment. We now know that removing a child from his or her home can result in depression, self-harm and a loss of culture and community. Allowing the child to remain in familiar surroundings and schedules takes away their feelings of responsibility and blame, and keeps the onus on the parent to improve and reunify the family.

Community Youth Cree Court Program

The Youth Cree Court uses the wisdom of our Elders and the authority of our community court system to evaluate and rehabilitate our children who are involved in minor criminal offenses. (These crimes may include graffiti, mischief, curfew violation, minor vandalism and theft.)

The goal is to reduce the number of our youth in the child welfare and criminal justice system. Once young people enter these systems, it is difficult to get out. The philosophy of the Community Youth Cree Court Program is that it is possible to show our youth the error of their ways, reduce the chance of repeat offences, and steer them onto a path of peace and productivity.

HIGHLIGHTS AND/OR CHALLENGES

- Since last year, Nisichawayasihk Cree Nation Family and Community Wellness Centre has experienced an increase in the number of child in care cases. While it has not hit the high level as when the Centre first transitioned to the new funding model, it is a significant increase over last year.

Statistics

CIC by Location

CIC BY LOCATION	2013	2014	2015	2016	2017	2018	2019
Nelson House	167	125	82	102	114	92	11
South Indian Lake	30	17	14	7	21	21	15
Thompson	84	58	47	89	107	125	105
Leaf Rapids	16	18	10	16	5	11	17
Winnipeg	104	119	102	106	126	127	143
Brandon	26	19	23	26	20	16	29
TOTAL	427	356	277	346	393	392	420

CHILD FAMILY & COMMUNITY SERVICES (cont'd)

Aboriginal Status

ABORIGINAL STATUS	2015-16	2016-17	2017-18	2018-19
Inuit	0	0	0	-
Métis	2	2	1	1
Non-Status	104	50	101	164
Not Aboriginal	2	0	0	-
Treaty Status	222	290	211	220
Unknown	0	45	10	-
TOTAL	330	387	323	385

Placement

PLACEMENT	2015-16	2016-17	2017-18	2018-19
Foster Home	229	227	178	88
Residential Care	37	18	23	56
Independent Living	70	3	5	3
Own Home	11	6	4	10

Caseload

CASELOAD	2015-16	2016-17	2017-18	2018-19
Children in Care	330	358	323	385
Extensions in Care	11	31	33	35
Voluntary Family Service	24	14	16	19
Protection	183	152	168	189
Expectant Parent Services	13	8	10	6
Family Enhancement	44	211	57	26
TOTAL	605	774	607	660

Count of Children Under Suspension

STATUS	2015-16	2016-17	2017-18	2018-19
Children Under Suspension	3	8	11	15

On Reserve and Off Reserve Foster Homes and Places of Safety

FACILITY COUNT	ON-RESERVE 2016-17	ON-RESERVE 2017-18	ON-RESERVE 2018-19	OFF-RESERVE 2016-17	OFF-RESERVE 2017-18	OFF-RESERVE 2018-19
Foster Homes	86	31	26	52	54	52
Places of Safety	63	10	22	14	68	57
Receiving Home		2	-		2	5
Removal of Parent		5	5		0	0

Family Therapy Services

Family Therapy Services, while primarily offering therapy and assessments to children and parents of Child and Family Services, also offered assistance to other NCN citizens who wished to work on mental health and other family concerns. There are two staff and one contract therapist who provided therapy; parenting capacity assessments; group interventions on a variety of topics including circle of security parenting, loss, trauma and self harm; circle of care meetings; and family circles for loss and bereavement. They also provide training to other staff on a variety of topics and supported community events.



HIGHLIGHTS AND/OR CHALLENGES

- Summer “Homecoming” culture camp for NCN children living in urban settings including Winnipeg, Brandon, Thompson located at the newly developed NCNFCWC site near Mile 35
- Spring School camp for NCN children where they learned traditional crafts, teachings, cooking set amongst beautiful teepees, lodges and natural surroundings.
- Spring culture camp for families from Nelson House, South Indian Lake and Thompson
- Traditional parenting and circle of security was delivered to South Indian Lake, Leaf Rapids and Nelson House
- “Trauma Lite” workshops were delivered to Family Enhancement parents.
- Circle of Care training was offered to Jordan’s Principle staff.
- An 8 week Homicide Bereavement Support Group was delivered through partnership with the Department of Justice and Aurora Family Therapy Centre. Participants were supported in their grief with traditional and “western” processes with the help of an Elder and Therapist.



Wecihitowin Project

Wecihitowin “Helping Each Other”

The Wecihitowin program offers strategies to strengthen families through Indigenous teachings and traditions. Each family is fully supported by the Circle of Care model, and is encouraged to understand the importance of balance through Medicine Wheel teachings.

It aims to shift families from intervention to prevention by teaching harm reduction skills, building relationships with Elders and community members, and providing opportunities to connect with culture and the land.

It is delivered in a seven-week cycle that discusses themes such as impact of residential schools and 60s Scoop; understanding CFS; grief & loss; self-care, addictions and relationships; traditional parenting; and life skills & goal setting.

GOALS AND OBJECTIVES

- To provide culturally appropriate services to Aboriginal families to help them make healthy choices for healthy lives.
- To provide early intervention, prevention, education and family supports to First Nations families who may be experiencing difficulties.
- To connect the past to the present.
- To create a continuous circle of connections that start with community.
- To reduce the number of children in care of agencies.

“My favorite part was the Traditional Parenting Teachings, because it brought back a lot of good memories of my Grandparents, and the teachings I was taught back then. I didn’t realize I’m living by these teachings today.”

Services include:

- Counselling
- Parent services/home visits
- Administrative assistance
- Advocating
- Court support
- Transportation services
- Family & case conferencing
- Youth group
- Evening program
- Links to other community resources & services

For a complete report of the Wecihitowin program activities and statistics please contact the FCWC head office.

HIGHLIGHTS AND/OR CHALLENGES

- In total, three Wecihitowin Workers made 81 home visits over the last year.
- Each Wecihitowin cycle had about 15 participants, but only 5 or 6 of them attended all 7 sessions.
- The most popular event was the Paint Night with Jasyn Lucas, which had 21 participants.
- Family Bannock Taco Night in March had 16 participants; the Rites of Passage ceremony had 12.
- Youth Culture Camp in June hosted several activities including Role of the Man, Moon time Teachings, Medicine Wheel workshop and Medicine bags. About 15 people attended.
- Awasis Agency pulled out of partnership for the Wecihitowin program in March 2018. This meant no programming was available from April through August, as the remaining team developed new workshops and attended training.
- A third team member joined Wecihitowin in November 2018.

The Bachelor of Social Work Cohort

The Bachelor of Social Work Cohort is a program available through the University of Manitoba. Classes are delivered at the Northern Faculty of Social Work Building in Thompson.

This distance delivery model allows individuals who are employed in the social services and living outside of Winnipeg to pursue professional social work education.

Students attend classes one week per month, so that they are able to continue with their work and family responsibilities. They are required to complete two work placements over the duration of their studies to obtain a Bachelor of Social Work (BSW) degree.

GOALS AND OBJECTIVES

- The BSW program is designed for mature students who would be unable to successfully complete a university degree due to lack of financial resources, academic qualifications, remote location, cultural barriers or other factors.
- Creating the opportunity for professionals already practicing in the North to expand their abilities creates better health care for all Citizens.
- Students are often placed in practicums that highlight their strengths and challenge their weaknesses, so they can build a well-rounded skill set.

HIGHLIGHTS AND/OR CHALLENGES

- The current cohort includes 23 participants who are in their 6th and final year of the BSW program. They will begin their final practicums in March 2020, and are expected to graduate in June 2020.
- Stanley Garrioch, an NCN-sponsored student graduated in June 2019. He works as an NCN Adoptions Permanent Plan Worker, and supervises two field placement students this year.
- Russell Nielsen is a new NCN CFS case manager at the Winnipeg sub-office. He transferred from the program in Thompson to continue his studies with the Inner City Program in Winnipeg, and expects to graduate in June 2020.
- Resources and support are available for students, but few take advantage of them, which has resulted in low GPAs and students having to repeat courses. Administration aims to make students more aware of these opportunities to aid in their success.



PUBLIC HEALTH

Overview

Public Health is focused on illness prevention, health promotion and health protection across the lifespan of Citizens. Our programs aim to provide conditions in which people can be healthy and focus on the entire population, not on individual patients or diseases.

Our public health experts specialize in prevention, awareness, education and protection in areas that include pre/postnatal clinics, chronic illness, fetal alcohol spectrum disorder (FASD), immunizations, programs for high risk pregnant moms and postpartum mom and baby visits. Education, support and referrals are also provided for HIV/AIDS education, sexually transmitted infections (STI), postpartum, flu clinics, diabetes and other health related issues as deemed necessary.

We also conduct safety and regulation tests and monitor for environmental issues such



as mould, insects, water, sewage concerns and restaurant inspections.

Public Health Programs Include:

- Community health assessments
- Health surveillance – Communicable Disease reporting
- Health Promotion – community partnership
- Disease and Injury Prevention – Immunizations/ vaccine preventable diseases
- Health Protection – monitoring of community water, public restaurant inspections
- Emergency Preparedness and Response
- Aboriginal Diabetes Initiative
- Maternal Child Health Program
- STAR FASD Program
- Medical Transportation
- Tuberculosis Champions

HIGHLIGHTS AND/OR CHALLENGES

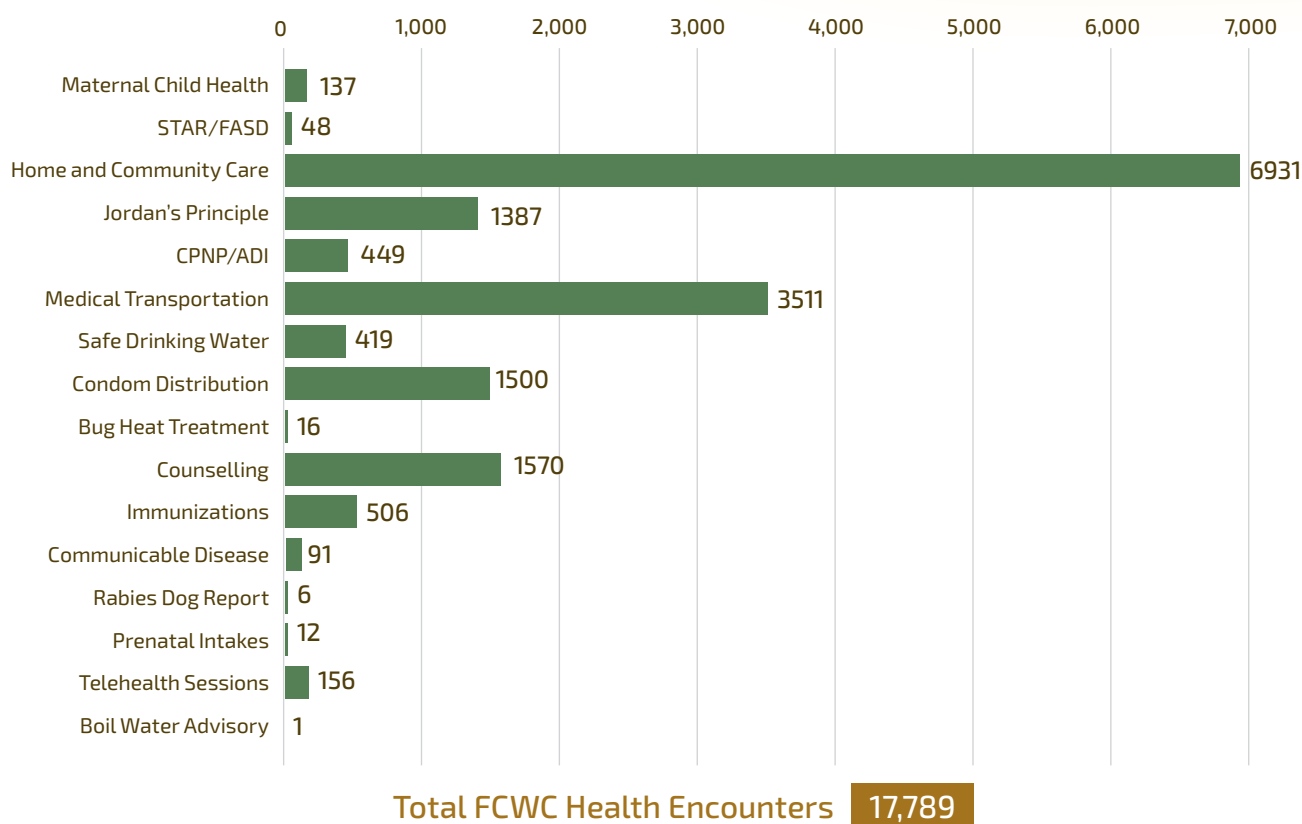
- Government funding has increased and opportunities for submissions have increased for health related programs.
- Improved awareness, health promotion is evident as more Community members are taking initiatives to reduce health concerns as evident by PSA and Stats.
- Due to lack of staff, there is an increase in overtime and longer wait times for clients.
- Dog Control – met with Chief and Council about issues and recommendations. New initiatives have taken shape.
- Home visits – high demand for rescheduled home visits, or scheduled pickups. Requires rescheduling and lost time for drivers and nurses.
- Safety hazards around homes effect staff workplace safety (i.e. Unapproachable homes due to Drugs/Alcohol).
- Increased awareness via radio PSA's, Health Fair, immunization, posters, letter reminders and social media.

GOALS AND OBJECTIVES

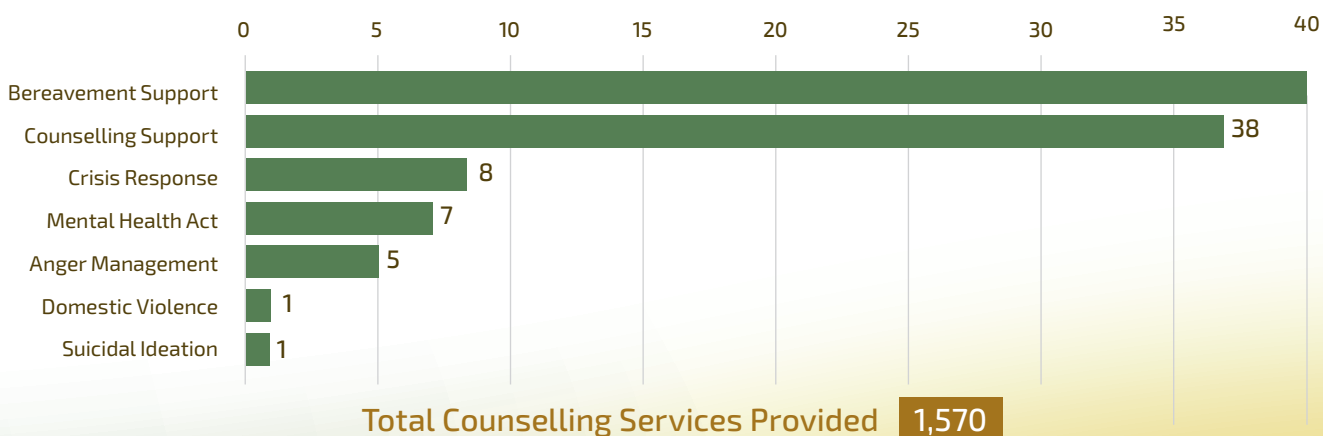
- To submit proposals requesting more funding for salaries.
- To increase vaccine rates to 90% which will better protect community.
- To ensure all health programs utilize electronic charting data base.
- To enhance employee safety and increase dog control awareness.
- To correct misinformation obtained by health staff and community regarding health issues presented by others or social media.

Statistics

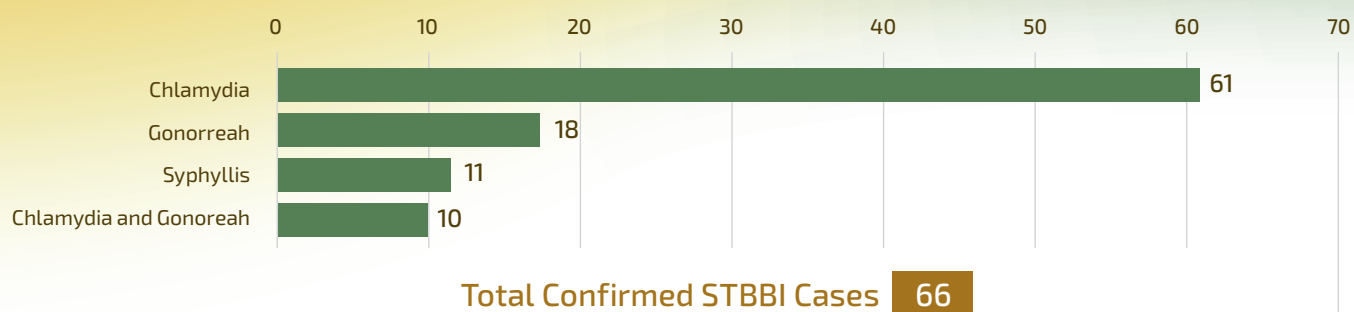
NCN FCWC Health Encounters – April 1, 2018 – March 31, 2019



NCN FCWC Counselling Services Percentages – April 1, 2018 – March 31, 2019



Sexually Transmitted Blood Borne Diseases – April 1, 2018 – March 31, 2019



Public/Environmental

TYPE OF SERVICE	NUMBER 2014/15	NUMBER 2015/16	NUMBER 2016/17	NUMBER 2017-18	NUMBER 2018-19
Distribution Sites	255	381	345	430	419
Cisterns (Holding tanks)	232	120	93	92	147
Water Treatment Plants: Raw	32	66	31	48	-
Water Trucks	9	20	16	25	26
Total Number of Samples	6	603	254	570	-
OT Gas Bar sample	-	-	-	9	9
Quality Control Sample	-	-	-	9	8
Home inspections (Mould/crawl spaces/plumbing)	87	42	13	8	-
Fumigation	31+8 re-infestations	33	27	54	48
Heat Treatments	-	-	-	-	16
Spray Treatments	-	-	-	-	32
Tank Cleaning Requests	27	16	11	12	36
School/Community Presentation	10	18	12	8	-
Contraceptive Distributions	1,025	4,550	10,000	1,550+	1,500+
Dog Bite Reports	N/A	N/A	3	6	-
Rabies report	12	8	8	0	-
Pandemic Planning	35	N/A	N/A	5	-
Sewage Tanks Replaced	-	-	-	3	-
Workshops and Meetings	-	-	-	5	6

Immunization and Vaccination Program

NCN children must receive all of their immunizations for their own safety, and to increase the “herd immunity” of our community.

While immunizations and vaccines are voluntary in Manitoba, they help protect our young children and all Citizens, especially those with health conditions, from disease.

There are four staff members in the immunization program and they follow the vaccination protocol mandated by the provincial government.

In the first two months after birth, newborns are scheduled to have regular monthly immunization shots, and then again at 4, 6, 12 and 18 months.

Children Under 18 months of age

- Diphtheria, Tetanus, Pertussis, Polio, Haemophilus influenza type b (DTaP-IPV-Hib)
- Pneumococcal Conjugate 13 valent (Pneu-C-13)
- Rotavirus
- Meningococcal C Conjugate (Men-C-C) Vaccine
- Measles, Mumps, Rubella (MMR) Vaccine

Children 4-6 years of age

- Tetanus, Diphtheria, Pertussis, Polio (Tdap-IPV)
- Pneumococcal Conjugate 13 valent (Pneu-C-13)
- Measles, Mumps, Rubella (MMR) Vaccine

Children in Grade 4

- Meningococcal C Conjugate (Men-C-C) Vaccine
- Hepatitis B Vaccine

Children in Grade 6 (Girls Only)

- Human Papillomavirus (HPV)

Children in Grade 6

- Human Papillomavirus (HPV)

Children 14-16 years of age

- Tetanus, Diphtheria, Pertussis (Tdap)
Hepatitis B Vaccine
- Human Papillomavirus (HPV) school year



Tuberculosis Community Program



Nisichawayasihk Cree Nation has a Tuberculosis Community Champion, who tracks the disease within the community and oversees the care of Citizens with tuberculosis.

Tuberculosis is a contagious disease that generally affects the lungs, but can also affect the brain, kidneys and spine. It is a potentially life-threatening disease that is transmitted through the air. Those with diabetes, substance abuse issues, and others with weakened immune systems are more susceptible to tuberculosis. While tuberculosis cases have declined in the last 30 years, in 2008, the tuberculosis rate among First Nations people was almost six times greater than non-Indigenous Canadians.

When first infected with the tuberculosis germ, people do not usually feel sick or show symptoms. This is why it is a dangerous disease and difficult to contain. Tuberculosis can take hold in conditions where there is inadequate housing, malnutrition and poverty.

Screening and antibiotic treatment are crucial in containing tuberculosis numbers in our community and wiping out the disease entirely. Unfortunately almost all individuals that have contracted TB in the community still decline or do not complete treatment. However, there are good intentions in the TB program and some people remain interested in completing their treatments.

The programs listed below are some of the materials that have been provided or distributed. A monthly evening program is now in the process for TB, the first one to start on October 16, 2019.

- Door to door handouts of pamphlets on TB
- Educational presentation on TB at FCWC
- Letters written to clients to follow-up with Latent Tuberculosis
- Poster made about stigma and tuberculosis
- Conference in Thompson about TB

- Health Fair
- TB Blitz
- TB training in Winnipeg
- Home visits

Another positive initiative is the TB team is now offering a healthy meal program for individuals with active TB and LTBI (the sleeping TB) while taking their medications. Positive thinking can make the so called “Law of Attraction.” The team can now identify challenges and create an opportunity for growth with the TB program.

GOALS AND OBJECTIVES

- To improve the health status of NCN Citizens living with tuberculosis.
- To encourage clients to take medication regularly as instructed by health provider and to complete their regimes.
- To increase knowledge and understanding of tuberculosis and its effects within family and community members.
- To implement screening clinics to prevent the disease from spreading to more Citizens.

HIGHLIGHTS AND/OR CHALLENGES

- Components of the tuberculosis program include weekly medication, direct observed therapy and direct observed preventive therapy.
- Tuberculosis remains a threat in the NCN community.
- Not many NCN Citizens are educated about tuberculosis, what factors may increase its prevalence, and its effects.
- There are NCN Citizens who refuse to receive tuberculosis treatment. This decision puts others at risk.

Maternal Child Health Program



The Strengthening Families Maternal Child Health Program is based on a series of home visits for pregnant women, fathers, and families of infants and children under the age of six. The program provides support based on each family's unique needs, questions and concerns. The goal for everyone is a balanced lifestyle, grounded in First Nation culture, with access to holistic care.

Services Offered

- Home visitation
- Case management for families with complex needs
- Health promotion and educational activities
- Links and referrals to other programs and services

HIGHLIGHTS AND/OR CHALLENGES

- Scheduled home visits are always a challenge as clients aren't home or refuse to answer the door.

GOALS AND OBJECTIVES

- To increase confidence, knowledge and skills in regards to parenting and care of infants and young children.
- To empower mothers and fathers to create strong, healthy First Nations families.
- To nurture the community's capacity to support families.
- To promote trusting and supportive relationships between parent and child, care provider and family and resource to resource.

Statistics

Participation

ACTIVITY	TOTAL 2015/16	TOTAL 2016/17	TOTAL 2017-18	TOTAL 2018-19
Intake	40	46	11	-
Development Screens	59	65	11	29
Home Visits	175	158	13	137
Referrals to Maternal Child Health Program	2	14	2	7
Strengthening Families Screen	20	64	6	-
Decline/Discharge/Discontinue	84	113	23	81
Postpartum Screens	135 (30 prenatal, 105 postpartum)	9	11	20
Family Assessments	-	7	2	5

Canadian Prenatal Nutrition Program



The Canadian Prenatal Nutrition Program (CPNP) is a community-based program administered (for First Nations women on-reserve) through Health Canada. It provides support to improve the health and well-being of pregnant women, new mothers and babies facing challenging life circumstances, such as poverty, teen pregnancy, isolation, substance abuse and family violence.

HIGHLIGHTS AND/OR CHALLENGES

- Prenatal class every Wednesday
- Sewing classes: bonnets, bibs, baby moccasins, breastfeeding pillow
- Purchased breast pumps for client use
- Breastfeeding support as required
- Grocery store tours with nutrition and label reading sessions
- Seeding and gardening sessions
- Ongoing cooking classes
- Vouchers for NCN Store which includes 4L of milk, frozen vegetables, and a carton of eggs

GOALS AND OBJECTIVES

- To improve the health status of NCN women who are pregnant, and their babies in utero and through infancy through education and activities designed to promote positive thinking and healthy living.
- To help our clients understand the importance of maternal nourishment, and to teach the skills to create a healthy diet at home.
- To provide nutrition screening, counselling and education at all stages of pregnancy and new motherhood to help clients adapt to new healthy lifestyles.
- To increase the rates of healthy birth weights in the NCN community.
- To encourage clients to attempt breastfeeding as a first choice of nourishment for their babies through education, promotion and support.
- To create partnerships within communities to support vulnerable pregnant women and new mothers.

Statistics

Participation

	2017-18	2018-19
Healthy child tracking tool	-	2
Breast feeding	-	1
Milk Vouchers distributed	341	293
Prenatal Intake	23	12
Nurses other charting	-	1
CPNP notes	-	2

Aboriginal Diabetes Initiative (ADI)



ADI delivers education, activities and clinics to promote healthy living, to help everyone manage their diabetes, and to help reduce the prevalence of diabetes in NCN Citizens.

In delivering the mandate of this program, the focus is on healthy eating, physical fitness, risk factors, screening and diabetes management. Treatment and

care is in accordance with Manitoba Diabetes Care guidelines.

Our diabetes management is educational and fun. Clients learn how to manage diabetes through a healthy lifestyle and medication, as required. They also educate friends and family, and help them to avoid the disease through healthy living.

GOALS AND OBJECTIVES

- To improve the health status of NCN Citizens, through activities designed to contribute to the promotion of healthy living and supportive environments to help reduce the prevalence and incidence of diabetes.
- To focus on addressing healthy eating, food security, physical activity and obesity, as well as increasing awareness of diabetes, its risk factors and complications and supporting diabetes screening and management.
- To build more raised beds for community members.
- To encourage members to proactively grow their own food.
- To encourage Citizens to participate in traditional harvesting, such as berry/medicine picking and fishing and hunting.
- To educate members on the benefits of greenhouses.
- To work toward more greenhouses within the community and more individual family gardens.

HIGHLIGHTS AND/OR CHALLENGES

- Educated Citizens about the connection between vegetables and health, and promoted gardening within the community.
- Kidney Health presentation at OK School and at the Family & Community Wellness Centre from an outreach team from Winnipeg
- Provided foot care referrals
- Referred patients to the Diabetes Integration Project, Diabetes Retinal Screening Program and DIP dietician
- “Healthy Breakfast” sessions every Monday for fasting blood work clients
- Conducted a “Walk for Wellness Challenge” and purchased pedometers for client use
- Weekly telehealth education session every Thursday for NCN Citizens living with diabetes.

Statistics

Diabetics and Diabetes Sessions

DESCRIPTION	2014/15	2015/16	2016/17	2017-18	2018-19
TOTAL DIABETICS:	147	154	155	147	148
TYPE I DIABETICS:	Male (1) Female (2)	Male (1) Female (1)	Male (1) Female (1)	N/A	N/A
TYPE II DIABETICS:	Male (51) Female (96)	Male (54) Female (98)	Male (55) Female (98)	Male (56) Female (94)	Male (55) Female (97)
TELEHEALTH SESSIONS:	24	25	25	40	35
INTEGRATION PROJECT:	30 attended (35%)	49 attended (46%)	0 (no site visits)	20 attended	25 attended

Participants in Diabetes Programs and Activities

DESCRIPTION	2014/15	15/16	16/17	17/18	18/19
RAISED BED GARDENS	28	28	28	28	28
GARDENERS	25	25	25	25	25
NUTRITION MONTH	50	25	50	48	44
CHRONIC BREAKFAST	258	298	171	133	160

STAR FASD Prevention Program

The Success Through Advocacy Role Modelling – Fetal Alcohol Spectrum Disorder program aims to reduce the number of babies exposed to and suffering from the effects of alcohol and/or drug exposure while in their mother's womb. The program also assists families affected by FASD.

Vulnerable women who have used substances during their current or recent pregnancy are paired with mentors who have themselves overcome similar challenges. These positive, supportive mentoring relationships are maintained for three years in order to help these women make changes to better their own lives and their children's.

Services Offered

- Home visitation
- Mentoring
- Case management
- Culturally safe and appropriate interventions

Active Clients and Visits

	14-15	15-16	16-17	17-18	18-19
Active Clients	27	30	30	25	21
Encounters	984	225	1,207	314	726

HIGHLIGHTS AND/OR CHALLENGES

- Workers attended various community events to increase visibility of the program.
- Only two participants of 21 active clients completed the entire STAR-FASD program.

GOALS AND OBJECTIVES

- To help women with harm reduction strategies
- To support women in their efforts to provide a safe, healthy environment and improved quality of life
- To link women to community resources to reduce isolation and become more independent
- To reduce the number of alcohol/drug exposed births through abstinence and reliable access to birth control
- To facilitate access to FASD diagnosis and to advocate for families dealing with FASD
- To demonstrate to community service providers helpful strategies for working more effectively with those affected by FASD



Medical Transportation

This program was created to keep paramedics in the Nelson House community in the case of an emergency, rather than using those professionals to provide non-life threatening transportation. The most popular service is the dialysis run to Thompson on Mondays, Wednesdays and Fridays.

Services Offered

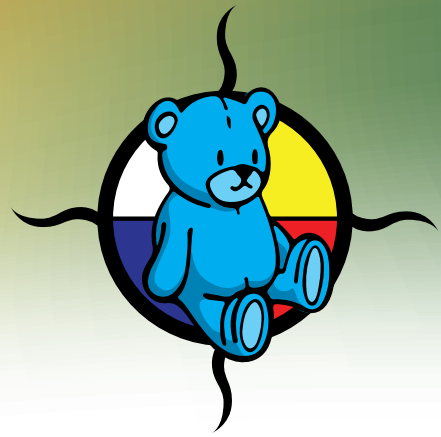
- Safe return trips between Nelson House and Thompson
- Trips to Fanny Hartie Medical Centre
- Parcel pickups in Thompson for the Nursing Station and the FCWC

HIGHLIGHTS AND/OR CHALLENGES

- More than 8,900 rides were provided, free of charge, to medical appointments
- Last-minute changes to clients' appointments delays other pickups
- Poor road conditions cause high expenses such as tire replacement
- The 12-passenger van needs to be replaced
- There is no funding in place to transport dialysis patients to Thompson three times every week

Statistics

	2018-19
Number of Requests	3511
Vans	2
Suburbans	1



Jordan's Principle Initiative

Jordan's Principle is a federally funded child-first program that first began to support NCN families in 2016. It ensures all children and adults living with special needs and/or disabilities

have access to services, equipment and supports they need in a timely, efficient manner. The aim is to remove any barriers to a "typical life," and even to enhance the client's experiences and quality of life.

Clients may come to the Wellness Centre to request assistance, or they may be referred by other social services, schools, etc.

Services Offered

Jordan's Principle assistance is available for children living on-reserve with their birth, adoptive or extended families. They may receive:

- Respite care
- Speech and occupational therapies
- Educational supports
- Medical equipment
- Mental health services
- Child-minding
- Transportation support

GOALS AND OBJECTIVES

- To support clients and their families so that no service, product or resource they need will be denied, delayed or disrupted at any point in their lives.
- To collaborate with Nursing Station and visiting physicians to ensure contact is established with eligible clients in a timely manner.
- To increase awareness of the program throughout community.

HIGHLIGHTS AND/OR CHALLENGES

- To date, the program has worked with 35 children and adults.
- Most participants are between the ages of 6-9.
- Most participating families became aware of Jordan's Principle through friends or family, or through another community program.
- Families have said they would like their children to participate in cultural activities through Jordan's Principle, with teachings and activities altered to allow for specialized learning. Some suggestions include learning Cree, land-based education, and traditional activities such as dancing and drum making.
- Many families said that their housing situation (often a lack of housing), is a significant barrier to receiving the services they require. This problem is beyond the abilities of the Jordan's Principle mandate, but is important to note.

Statistics

Services/Therapies:	
Clients Accessing Services	1387
YTD of Clients Accessing Services This Fiscal Year	189
Clients Unable to Access Service and Require Services	455
Clients Still Waiting to Access Services this Fiscal Year	836
Activities	
Hours of Activity Offered	139
Participants	1694
Staff Members Required	154
Clients Still Waiting for Home Modifications	13

HOME AND COMMUNITY CARE

Overview

The Home and Community Care program supports people of all ages who require care at home, at school or in the community.

When Elders and people with complex medical conditions of all ages can remain at home, levels of depression and isolation are reduced, and their emotional, mental and spiritual wellbeing is stronger. Home care, with the support of family and friends, can make this possible.

Home visits and assessments are conducted to address the needs of clients who require support such as continuous care, extended care and respite. Our professionals create and follow through with personal care plans based on medical background, current health, abilities and support.

Types of Services Provided:

- Structured client assessment
- Referrals and linkages within and outside the community (such as physiotherapy, dietician, foot care, respite, hearing centre and homecare)
- Managed care process, home care nursing services and personal care services (palliative care, bath/personal care, homemaking referral, home care maintenance, health promotion, program monitoring/reporting requirements, teaching of medication regime, ordering and delivery of equipment and supplies, assessment for Long Term Care, advocating)
- Record keeping and data collection

HIGHLIGHTS AND/OR CHALLENGES

- Health Fair – was a good turn out and the community is more aware of our program
- More referrals and linkages to specialists
- Staff attended various training and improvement programs including: @ your side/St. Elizabeth, e-SDRT training, Mustimuhw training, palliative training, chronic disease, wound care, Canadian Foot Care Conference, Retreat, staff development workshops, KTC quarterly meetings
- HCCP continues to work closely with Northern Regional Health Authority and Nursing Station to ensure NCN Citizens are receiving holistic care
- Palliative Care program-ongoing

GOALS AND OBJECTIVES

- Improve safe, competent and efficient care services to clients, their families and/or support systems
- Further enhance the services already in the community – case conference with families
- Assist clients, family members and supports to acquire and maintain emotional, mental, physical and spiritual well-being and strive towards independent living by providing holistic care and support services
- Improve quality services through ongoing staff and professional development
- Demonstrate improved accountability in all areas of service management
- Uphold the required nursing education competency as required through the College of Registered Nurse/College of Licensed Practical Nurses by completing online training seminars: Tele-health video training and attending the health related courses



Statistics

Home Care Total Services

ACTIVITY	TOTAL 2015/16	TOTAL 2016/17	TOTAL 2017-18	TOTAL 2018-19
Case Management	1,557	503	2,536	2,812
Wound Care	502	1,289	1,025	1,598
Foot Care	49	46	67	199
Nursing Services	2,215	2,766	1,975	1,818
Not Home	124	190	180	-
Home Visits	2,052	2,565	2,565	3,251
Assessments	173	675	552	-
Total Encounters	6,682	8,034	8,900	7,350

Client Type

ACTIVITY	TOTAL 2015/16	TOTAL 2016/17	TOTAL 2017-18	TOTAL 2018-19
End of Life	1	4	1	5
Maintenance	29	30	66	84
Long Term	49	34	42	39
Acute	47	25	34	23

Reasons for Home Care Visits

ACTIVITY	TOTAL 2015/16	TOTAL 2016/17	TOTAL 2017-18	TOTAL 2018-19
Blindness	2	1	1	1
CNS, Parkinson	7	3	5	5
Renal, Kidney	4	2	3	3
Cancer	5	3	3	6
Skin conditions/wound care	29	37	34	25
Respiratory	5	2	1	2
MSK, arthritis	10	1	3	4
CVA, stroke	3	1	-	-
Cardiovascular Disease/Heart Disease	25	14	13	6
Diabetes	16	19	26	34
Auto-immune	1	3	-	-
Frail Elderly	-	-	2	3
Other	-	-	-	52

COUNSELLING SERVICES AND FAMILY ENHANCEMENT



Overview

Counselling Services aims to heal and enhance the lives of NCN Citizens. It promotes community well-being through holistic programming that empowers individuals and family units. To improve the lives of all Citizens, Counselling Services helps at the time of crisis, but also provides advocacy, skills and knowledge for healthy lifestyles and relationship building before issues escalate.

The Counseling Services department staff includes a supervisor, two community support workers, a NAYSPS worker and two family therapists.

Workshops and programs include:

- **Critical Incident Stress Debriefing** – supports community members through trauma such as death of a loved one
- **Suicide Prevention** – creates awareness, and provides prevention and intervention
- **Elders Program** – creates a safe space to enjoy company, feel productive, get active and share knowledge

HIGHLIGHTS AND/OR CHALLENGES

- Three critical incident stress debriefing sessions were held in collaboration with the MKO Crisis Response Team.
- Two staff workers completed their fifth year of the Bachelor of Social Work program.
- Seasonal activities for Elders every Thursday afternoon, as possible, throughout the year.
- Held the first Hug In for girls and some community art shows, which proved to be popular.
- Partnered with CFS to bring children home to NCN to participate in cultural family camp at Mile 35.
- Family camps held at Leftrook were cut short due to funding.
- Demand for anger management counselling exceeds current abilities.
- Efficient communication between FCWC Counselling and FNIH therapists is an ongoing issue.

GOALS AND OBJECTIVES

- To assess, counsel and refer for treatment, after care and rehabilitation
- To provide western and traditional concepts of therapy to support, guide and assist through individual, couple, group and family counselling
- To instill traditional teachings that help families to relate to each other and understand each other's roles and responsibilities
- To improve links between families and community resources
- To report any forms of child abuse, including suicide threats or self-harm, to CFS



Statistics

TYPES OF INTERVENTION	TOTAL
	600
Counselling support	*note this does not include Therapists, Nursing Station, school and RCMP stats
Bereavement support	63
Suicide Intervention	19 responses
Critical Stress Debriefing/Management	3 debriefing sessions with MKO
	117 Crisis responses
Elder Abuse	5
Grief & Loss group	35
Domestic Violence	6 reported
Homicide Bereavement Support	63
Total	1415

WORKSHOPS/TRAINING/RETREATS	TOTAL
Rediscovery of Families	88
Women's Retreat – Land Base	20
Anger Management	83
Cultural Camp with NNCEA	125
Family Cultural Camp	125
Memorial Feast	70
Total	511

ELDERS PROGRAM	TOTAL
Indoor activities (winter activities)	103
Outdoor activities	75
Christmas Feast	75
Valentine Feast	50
Medicine Picking	31
Berry Picking	31
Total	365

Family Enhancement



This program provides support to families to avoid having their children enter the CFS system. This may be emergency respite services, one-time support, or ongoing support so parents can successfully provide basic necessities. Families receive guidance through the Circle of Care process, and may come to the program through self-referral or by referral from another FCWC program.

The eight-week Family Enhancement parenting program teaches parents how to care for themselves and how to create healthy ways of connecting

with their children. It covers topics such as anger management, budgeting, cooking, health and hygiene, positive discipline and self-esteem.

Services offered:

- Family camps
- Bereavement donations
- Community activities for children, such as soccer
- Community activities for families, such as yoga

HIGHLIGHTS AND/OR CHALLENGES

- held a cultural camp at Mile 35
- two Bachelor of Social Work students completed their practicum with Family Enhancement
- two staff members completed their 5th year of the BSW program
- completed three cycles of the parent program
- limited space disrupted the parent program

GOALS AND OBJECTIVES

- To collaborate and strengthen relationships with other services and programs within the Centre and external to it
- To demonstrate how traditional values, beliefs and culture can improve relationships in NCN families
- To help participants identify issues that have a negative impact on family functioning and to find practical solutions that can be used every day

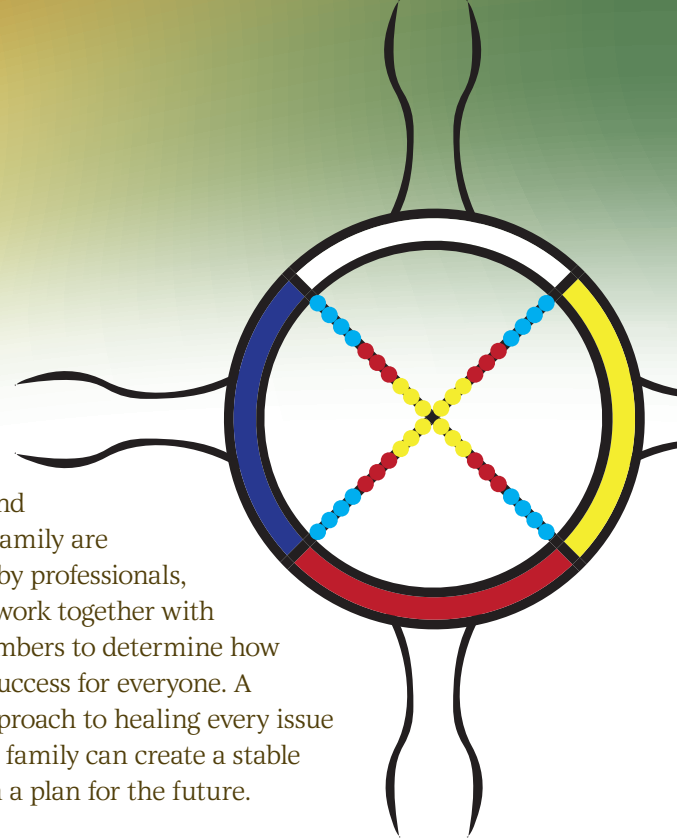


Circle of Care

This program is based on the holistic teachings of the Medicine Wheel, which serves as a guide in creating a care plan for families that require a combination of social services. Every family has a different Circle of Care plan, based on its unique challenges. Options could include counselling, daycare, fitness and nutrition education, arts and culture, and more.

Shared responsibility, shared decision-making and shared accountability are important in the Circle of Care and integral to its mandate. The mental, emotional, physical and spiritual well-being of

parents, children and extended family are evaluated by professionals, who then work together with family members to determine how to create success for everyone. A holistic approach to healing every issue within the family can create a stable home with a plan for the future.



HIGHLIGHTS AND/OR CHALLENGES

- There is increased communication and cooperation between social service programs within the Wellness Centre, and between families and social services.
- Families feel empowered by choosing which programs they believe will be helpful.
- CFS workers are currently overwhelmed by their workloads, due to funding shortfalls.
- Client-worker ratios remain high. This makes the development and overseeing of services required for the Circle of Care model difficult to achieve.

GOALS AND OBJECTIVES

- To enable families to have a feeling of teamwork and a positive vision for their future.
- To ensure problems from the past will be resolved.
- To help each family member feel loved and appreciated.
- To ensure every individual will have effective coping strategies for dealing with stress, frustration and anger.
- To increase efficiencies within the social services.
- To acknowledge and address the mental, emotional, physical, and spiritual needs of families.



Rediscovery of Families Program

This program is based on the values, beliefs, languages and traditional practices of the Nisichawayasihk Cree peoples. It aims to introduce or re-engage individuals and families with traditional culture.

Along with counsellors, therapists and Elders, and families enjoy on-the-land exercises and other activities that help them learn (and remember) how to be loving, supportive parents. Activities can include fishing and berry picking, Cree ceremonies and spiritual practices, and exploration of community histories and significant sites. This program promotes a “return to the family” through culture, as it is the strength of families that has sustained our community through difficult times.

HIGHLIGHTS AND/OR CHALLENGES

- More than 115 families have participated in the Rediscovery of Families program.
- Most families report a stronger sense of identity and connection, an increased feeling of responsibility for their family and community, and improved family functioning while in camp settings.
- Elders have reported a greater sense of purpose in guiding families and in teaching cultural values and knowledge to younger generations.
- Several crucial components of the program are not realized due to funding shortfalls, such as follow-up meetings, leadership training, and monthly family programming.
- Water pollution within the community means further travel to set up camp and therefore increased program costs.
- Staffing shortages mean the program cannot run on a consistent basis.



NCN Kehtiyatisak (Elders) Project

Another Counselling Services Program is the NCN Kehtiyatisak (Elders) project. It provides cultural and advocacy services to our Elders with weekly peer-to-peer gatherings and periodic outdoor outings for medicine and berry picking, nature walks, and ceremonial camps.

GOALS AND OBJECTIVES

- To help families implement healthy traditional practices into their daily lives.
- To teach individuals the tools they need to create a strong, loyal family unit.
- To provide long-term supports to families, such as parenting programs, language classes and Elder teachings, after they've completed the camp component.
- To create contractual positions for two Elders, two support workers and one cultural and program coordinator to achieve the goals of the program.
- To procure funding to purchase boats, motors, and ski-doo's to transport families and supplies to camp site.

CHILD CARE AND COMMUNITY WELLNESS

Overview

Child care in the early development years is important to prepare young learners for their school years. The Centre offers daycare services and plenty of activities for preschool children to assist them in early childhood development.

Child Care and Community Wellness Programs Include:

- Dreamcatchers HeadStart Program
- Jean McDonald Treasures of Hope Day Care Centre
- Fitness Centre

Dreamcatchers HeadStart Program

This is an early intervention children development enrichment program for children, from birth to six years of age, and their families living on-reserve. We recognize parents, guardians and caregivers as each child's first and best teacher, and require them to participate, through attendance, fundraising, etc. Our staff advocate for children and families in any way possible, including issuing milk coupons, escorting families for medical appointments, and writing support letters.

The program provides learning opportunities

that acknowledge each child's learning style and developmental stage. Every day includes a strong focus on healthy and hygiene and nutrition. We inspire our children to be proud of their First Nations culture and language. Traditional teachings occur in the classroom, on the land and at cultural cabins.

NCN Family and Wellness Centre highly recommends this program for all NCN children. There are no registration fees. Transportation and nutritious snacks are provided daily free of charge.

HIGHLIGHTS AND/OR CHALLENGES

- Graduation 2019 we had 6 graduates
- Mini Festival was a great success
- Summer Program ran for 3 weeks in July and August
- Infant and Toddler program had 14 children registered and 8 parents
- Mold issues in the classroom
- Graduation class was smaller this year-due to all day kindergarten at OK school
- Student attendance was low this year due to weather
- We hope to have a new play structure in our yard and also expand our cultural camp and teachings
- 2019 enrollment was 205 children and working parents totalled 115.

GOALS AND OBJECTIVES

- To provide First Nations children with a positive sense of themselves.
- To encourage and support children to enjoy lifelong learning.
- To support the spiritual, emotional, intellectual and physical growth of each child.
- To guide, support and encourage parents, guardians and caregivers to become active participants in their child's life.
- To provide various life skills and child development programs for First Nation parents, guardians and/or caregivers.
- To build partnerships and coordinate with other community programs and services to enhance the effectiveness of the program and the families that we serve.



Jean McDonald Treasures of Hope Day Care Centre

The Jean McDonald Treasures of Hope Daycare was established in 1998 to provide working parents and students in training with affordable quality child care. Our daycare is a place of Early Childhood Learning, and we are proud of our ability and opportunity to teach children skills that will prepare them for higher learning.

Our staff includes one Early Childhood Educator Level Two; two Early Childhood Educator Level Ones; and two Child Care Assistants. We provide care for infants and toddlers ages 4 months to 2 years of age, and preschoolers ages 2 to 5 years of age.

Our rates are as follows; students in training (ATEC) full days, fee is waived if they provide their child's

food and snacks for the day, other students \$10.00 per day. Working parents full days \$25.00, working parents half days \$15.00.

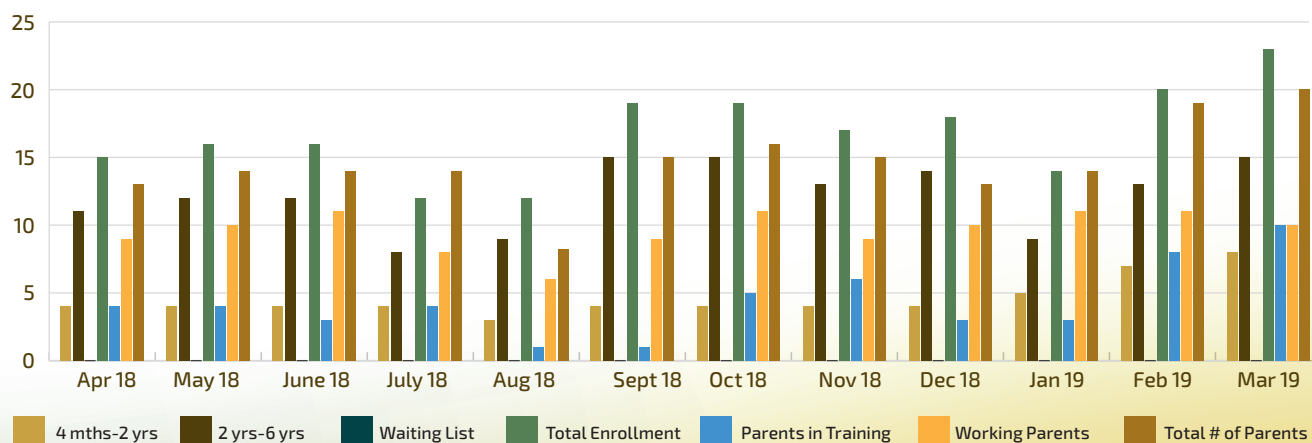
HIGHLIGHTS AND/OR CHALLENGES

- Enrollment was highest in March 2019 with 23 students. This is down from April 2017 with 30 students.
- Repaired some of the ceiling, in the kitchen and the washroom area. We also repaired the change table on the preschool side.
- More repairs are needed as well as a new play structure.
- There was no one on a waiting list.

GOALS AND OBJECTIVES

- To provide meaningful opportunities to learn in a structured, safe and nurturing learning environment.
- To guide activities that promote the social, emotional, mental and physical growth of each child.
- To enhance partnerships with other child and health programs to support and promote healthy living, positive choices and the wellbeing of families.
- To demonstrate integrity, care and dignity in all aspects of practice.
- To manage fees so that our program is financially available to working parents or those needing income assistance.
- To encourage staff to pursue knowledge, skills and self-awareness for professional excellence.

Day Care Centre Statistics



FCWC Fitness Centre

This popular facility is open 7 days a week Monday-Friday, 12:00 p.m. to 8:00 p.m. NCN members can discover how to modify the onset of cardiac disease, lessen the risk of diabetes and build overall strength and endurance for a long healthy lifestyle.

GOALS AND OBJECTIVES

- To provide effective programming and qualifications to increase participation
- To provide and include new simulating facilities, learning environments, public influencers and educational programs to improve future prospects
- To effectively maintain and improve equipment

HIGHLIGHTS AND/OR CHALLENGES

- Air conditioning and heating installed summer 2019
- Updated gym membership packages 2019
- Linked the Gym and Fitness Centre with Community participations such as Medicine Lodge, High school and NCN staff
- Flexible accessibility for community members that require access to the Gym and Fitness centre
- Updated gym membership packages that include personalised Weight trackers, water intake, meal plans, Body Mass Index chart, also note books for day to day fitness tracking
- New gym layout and floor plan for convenience
- Gym now provides updated informational workout routines, programs, tips, recipes and nutrition advice
- Gym flooding
- Renovations needed due to water damage (outside wall sidings)
- Funding support for gym athletes to participate in competitions and events
- An outside donation source for gym goes to obtain
- gym necessities such as proper gym shoes and apparel
- Parking to be on the other side of the building due to it sometimes being blocked off preventing vehicles coming in or going out







“In unity we promote community awareness, empowerment and a safe environment as we move toward holistic wellness.”



Nisichawayasihk Cree Nation
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- To continue to provide meaningful opportunities to learn in a structured, safe and nurturing learning environment.
- To improve activities to promote the social, emotional, mental and physical growth of each child.
- To enhance partnerships with other child and health programs to support and promote healthy living and positive choices.
- To provide stimulating learning environments and facilities.



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