

·NOVEMBER 2021

DEHCHO FIRST NATIONS HEALTH AND WELLNESS UPDATE



Dehcho Health & Wellness Gathering

Dehcho First Nations (DFN) recently delivered the Dehcho Health & Wellness Gathering in Fort Simpson/Liidlii Kue, August 10-12th, 2021. The gathering brought together 60 people (participants, drop ins, staff, and presenters). All Dehcho communities were invited to send community representatives, and the event was shared directly with Dehcho Indigenous offices and on social media.

At the gathering there was a safe space created to talk about culture, healing and networking. Information was shared about initiatives across the North and the Dehcho. Updates were given on Dehcho First Nations work in Health & Wellness, and regional Dehcho Health & Wellness priorities and goals were discussed. This gathering was part of the larger Dehcho First Nations Health & Wellness initiative, and will help inform future Health & Wellness planning.

If you interested in reading the indepth report contact DFN's Health & Wellness Coordinator.



Regional Health & Wellness Gathering: Photo taken by Charles Blondin

Dehcho Health & Wellness Working Group

in 2021, a Regional Health & Wellness Working Group was formed by Dehcho First Nations. Each Dehcho Government was invited to have a member from their office and/or a community member involved. The group has met several times in person and virtually. They have been hard at work and have developed a draft vision and guiding principles. This will be shared with the region in a report in the new year!



Regional Health & Wellness working group, and supporting staff

The last working group meeting was held in Fort Simpson July 14-15, 2021. The following people were in attendance on behalf of their community organizations:

1. Liidlii Kue First Nation - Rita Cli
2. Fort Simpson Metis- Marie Lafferty
3. Deh Gah Gotie First Nations - Violet Wilson
4. Fort Providence Metis - Pearl Leishman
5. Jean Marie River First Nation - Margaret Ireland
6. Ka'a'gee Tu First Nation - Margaret Leishman
7. Sambia K'e First Nation - Ruby Jumbo
8. West Point First Nation - Wallace Bourque
9. Pehdzeh Ki First Nation - Rose Ann ten Brinke
10. Pehdzeh Ki First Nation - Alisha Moses

Nahanni Butte Dene Band - Jayne Konisenta- Sent her regrets.

Highlights from the July Working group Meeting

The group collectively talked about a Dehcho way of life that could guide future health and wellness work, and talked about the values and principles that will guide them in working together.



Upcoming Research & Reports

Over the next few months, the Regional Health & Wellness Coordinator will be drafting reports, that will compile research documents, numerous gathering reports and health and wellness related resolutions.

Over the past two years there has been research projects undertaken by Dehcho First Nations and partners, there have been multiple Health & Wellness working group meetings and there was the recent Health & Wellness gathering. Through these projects multiple reports and summaries have been created. In addition, over the years there have been multiple resolutions made by Dehcho Leadership that relate to Health & Wellness. All of this information will be compiled into reports for leadership and communities.

The reports will help in providing an overview of Health and Wellness for the region based on work done and work being done, to help form a foundation for Health & Wellness for Dehcho First Nations. Furthermore, there has been direction to continue with Regional Led Healing programs, the reports will also help inform future planning of programs.



Health & Wellness Gathering, August 2021



Health & Wellness Gathering, August 2021



Upcoming Regional Health & Wellness Programs

Health & Wellness Programs Contractor

Ashley Okrainec will be coordinating Dehcho First Nations' winter 2021-2022 Virtual Programs. If you are interested in learning more or applying for the programs please contact her at: a.okrainec@gmail.com or call her Monday- Friday between 9:00am- 5:00pm, at 250-714-6279



Ashley Okrainec, Health & Wellness Programs Contractor

Virtual Counselling Sessions with Shakes the Dust Hope Consulting

This winter Shakes the Dust Hope Consulting will be providing confidential virtual counselling sessions for Dehcho Descendants. 5 people will be accepted to take part in virtual counselling sessions for a 5-month period. There will also be an in person portion of the program, where participants will meet Bev and Frank in person and/or participant in mini workshops. Please contact Ashley Okrainec if you are interested.

**All inquires are strictly confidential .

Online/Virtual Grief and Loss Workshops with Donald Prince

This winter (January to February 2022) an online/virtual Grief and Loss workshop will be organized with Donald Prince. Posters and advertisements will be released in December. The program will take in up to 20 Dehcho Descendants for a series of 12 Grief and Loss Virtual Workshops.



Ekali Lake 2021, Photo taken by Jonathan Antoine

Journey to my Best Self Follow up Program

In February 2022, the original 15 participants who took the 2021, 30 Day Journey to my best self-program will be invited to participant in a 10 day follow up program. Dehcho First Nations and Shakes the Dust Hope are planning the details out and will be contacting those participants directly.

Future Healing Programs

Dehcho First Nations is pursuing another 30 day healing program in 2022 that would take in new program participants. DFN is in the process of seeking funds and partnerships to deliver a program. Stay tuned for more news in the new year.



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