

Chisasibi Mental Wellness Team

Work plan 2017-2018

01/04/2017



PROJECT DESCRIPTIONS

CULTURAL WEEK

This activity is planned in collaboration with the elders group in Chisasibi and includes season-specific rites of passage and cultural knowledge transfer. The first event took place in March 2017 and was organized in collaboration with the Chisasibi Cultural Center. For details please see the following [story on CBC](#). Due to its popularity this event will be held four (4) times a year in accordance to seasonal timelines.

COUNSELLING

Ongoing counselling will start as soon as the office space has been secured. We will have at least one full time Community Addictions Worker with a possible one part-time depending on the revenue.

TRADITIONAL HEALING GATHERING

The Cree traditional healing Gathering takes place over a week for preparations (workshops & site preparation) and a weekend for the cultural activities (group & individual counselling; dances; ceremonies). The main purpose of this gathering is to embrace life and give thanks to the creator for the many gifts that he has given to the people. The gift of life, the gift of healing, and the gift of love, this is where thanks are offered throughout the gathering, with song and dance celebrating life. This is an event that is becoming more popular each year, where people from all walks of life come for healing, guidance and support and also for spiritual, emotional and physical healing. The CMWT will contribute maximum \$8,000 to this event.

LAND-BASED PROGRAM

As per program manual (see www.chisasibiwellness.ca)

SWEATS - GROUP INTERVENTIONS

Sweat lodge ceremonies are cultural group intervention consistent across NNADAP, that are designed to sensitize participants to their own attitudes

towards self-harm or suicide and to provide them with the knowledge and skills to recognize risk and develop safe habits of mind. The interventions allow participants to share in a safe and non-judgmental setting their suicidal thoughts/actions as well promote commitment to positively transform their life by connecting them with a helping network locally.

INTENSIVE WEEK LONG TRAINING - NOMAD UNIVERSITY

This thematic, interdisciplinary and intensive seminar is addressed to researchers, graduate students and research professionals, as well as administrators, decision makers, leaders, practitioners, analysts and the general public. The theme for 2017 is *Living a good life: the wellbeing of Indigenous people*. The event is coordinated and delivered by INRS (Institut national de la recherche scientifique)/DIALOG - Aboriginal Peoples Knowledge and Research Network, the Chisasibi Wellness Team, the Cree Board of Health and Social Services and the Cree School Board. The event will take place July 3 to 8, 2017.

TRAUMA INFORMED TRAINING

Three-day training delivered by the Thunderbird Partnership Foundation.

COMMUNITY KITCHEN AND RESEARCH

This project is a collaboration with the Chisasibi Business Service Center and CISA (Cegep Victoriaville) that will assess the traditional food system in Chisasibi, the historical agricultural practices in Fort George, and various gardening and food security projects in the Chisasibi. The CMWT will partner to develop a community kitchen.

GED EQUIVALENCY PROJECT

The CMWT will be submitting a GED equivalency research project with INAC to adapt the Quebec Ministry of Education curricula for the Adult general education program to the Land-based healing program. We intend to negotiate with the Cree School Board to grant high school-level or post-secondary preparation credits to the land-based program participants. The project feasibility will depend on securing external funding.