

First Nations Youth Wellness Gatherings

Ancient Cultures, Modern Wellness

2017

Youth gathered in unity
and let their voices be heard.

*Three day-long facilitated sessions explored
the Northern Regional priorities for wellness:*

PRIMARY CARE
MENTAL WELLNESS & SUBSTANCE USE
TRADITIONAL WELLNESS

GATHERINGS

Smithers, February 22
Prince George, March 8
Fort St. John, April 19

*Storytellers, artists, builders and actors—109 youth (and
30 chaperones)—expressed loud and clear: they need to be
involved in their collective health on their terms, in a process
they understand.*

COMMUNITIES REPRESENTED

NORTHWEST

Dease River
Gingolx
Gitga'at
Gitsegukla
Gitwangak
Haisla
Iskut
Kitselas
Laxgalts'ap
Lax Kw'alaams
Moricetown
Old Massett
Telegraph Creek

NORTH CENTRAL

Kwadacha
Lake Babine
Nadleh Whuten
Nazko
Saik'uz
Skin Tyee
Stellat'en
Takla Lake
Wet'suwet'en
Yekooche

NORTHEAST

Daylu Dena
Blueberry River
Doig River
Fort Nelson
McLeod Lake
Saulteau
Tsa'a Tse K'Nai
West Moberly



First Nations Health Authority
Health through wellness

YOUTH ANSWERED THESE QUESTIONS

What Improvements in Primary Care Would Help You?

- Longer/more regular visits from health professionals
- Better human resources coming into or full time in community and in the North
- Health Centre staff training to help meet community needs before and after being send to hospital
- Confidentiality at Health Centre
- Faster service in Emergency department, eliminate sitting for hours in waiting room
- Actually getting medical care when needed
- Shorten wait to get diagnosed to avoid illness getting much worse
- Eliminate waiting list for beds
- Make transportation to health care facilities quick
- Access to better health care for physical injuries
- Provide housing units for health professional
- Establish Palliative Care Units
- Provide Elder care on reserve/community
- Cover costs for wisdom tooth extraction surgery
- Provide full coverage for Optometry/Dental services – glasses, braces, etc.
- Address need for healthy eating
- Address teen pregnancy
- Education and resources for sexual health (i.e., having unprotected sex)
- Support more physical health activities
- Ensure access to clean/filtered drinking water (i.e., Endako mine contaminants)
- Ensure healthy and safe housing – address mold problems

What Improvements in Mental Health and Substance Use Would Help You?

- Take actions to break the cycle of addiction and violence that comes with them
- Focus on mental health resources for youth; youth are worth investing in
- Treat addictions: high use of drugs and alcohol by all ages
- Address these mental health issues:
 - depression
 - suicide
 - eating disorders
 - cutting
 - overdosing
 - sexual abuse
 - mental abuse
 - physical abuse
 - Elder abuse: financial and verbal
 - bullying
 - violence
 - multi-generational Residential School impacts
- Address Alzheimer's disease/dementia care
- More mental health professional human resources in community: psychiatrist, drug & alcohol counsellors
 - Provide peer support and training
 - Determine who can and will check on prescriptions and misuse
 - Establish and expand mental health facilities
 - Mental Wellness centres; talk to and treat youth in community
 - Safe houses
 - Addictions and treatment centres
 - Shorten or eliminate the wait to get into treatment centres
 - Make longer treatment and different types available
 - Make supports available in community for after-treatment; follow-up
 - Establish and expand mental health resources
 - Addictions programming/services for bingo, drugs, alcohol, tobacco, etc.
 - Support groups
 - More mental health workshops with follow-up or support in community afterward
 - Youth empowerment and capacity/life skills building; show that everyone has a purpose
 - Grow jobs to keep people busy
 - Learn about ways to communicate
 - Build self-esteem
 - Build relationships where youth feel safe and trusting
 - Gain youth's respect and listen to them
 - "Don't Brush Us Aside"
 - Ensure adequate housing
 - Build and maintain a community or individual gardens
 - Make books available to read
 - Stop drunk driving
 - Address the lack of physical activity



How Would You Like To Include *Traditional Practices*?

- Learn about our medicines and how to make medicine from the land/bush
- Participate in cultural practices
- Share in cultural teachings
- Revitalize language: learn it, speak it
- Reclaim identity
- Participate in doing Traditional crafts: tan hides, dry meat, beading, preserve foods
- Improve communication – Hereditary Chiefs and Chief & Council consult youth and community as a whole
- Provide funding for:
 - Traditional Wellness
 - Community Gardens
 - Family Cultural Camp



Top: Northeast Youth
Middle: North Central Youth
Bottom: Northwest Youth



Don't Put Our Health Care on Hold.

At each of the youth gatherings, storytellers developed a script for a regional Public Service Announcement that actors performed. Below are links to each PSA on YouTube.

PUBLIC SERVICE ANNOUNCEMENTS

NORTHWEST

TITLE: Don't Put Our Health On Hold

View this 56 second PSA on YouTube at:

<https://www.youtube.com/watch?v=Vz89HvtPeLw&feature=youtu.be>

NORTH CENTRAL

TITLE: Do You See the Difference?

View this 42 second PSA on YouTube at:

<https://www.youtube.com/watch?v=zftVwqkaFUE&feature=youtu.be>

NORTHEAST

TITLE: I Am Healthy When...

View this 72 second PSA on YouTube at:

<https://www.youtube.com/watch?v=M1jpggkuje4&feature=youtu.be>

