



Tsleil-Waututh Nation
PEOPLE OF THE INLET

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COMMUNITY WISE PRACTICE: **PEER SUPPORT**

“There is a longing among all people and creatures to have a sense of purpose and worth. To satisfy that common longing in all of us we must respect each other.”

Chief Dan George



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Strength through Grief

BBoyz and BGirlz

- ▶ Our champions, formed the BBoyz and BGirlz group
- ▶ By simply using each others company to hold each other up we began to see the journey towards healing take place
- ▶ We relied on potlucks and donations to bring our group together as often as we could
- ▶ We saw success of this grass roots group over the next year or so
- ▶ As time passed the group met less and less



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Continued healing

- ▶ In 2018 after a string of overdoses in our young people we knew we still needed to heal
- ▶ By eliminating the costs of gathering there was an immediate sense of relief for our volunteers in organizing and a surge in participation
- ▶ With a sense of sustainability there was time and energy to focus on the healing and support our people needed

As per our brief conversation.

In the wake of tragic losses of two young warriors, to an overdose and suicide in October/ November of 2015 members of our community banded together for support and to begin the healing process. We continued to have community gatherings/ outings as the Bboyz/Bgirlz group until about a year ago. Costs and organization was normally covered by donation from a few select members of the group.

Unfortunately addictions and mental health issues continue to plague our young people and we feel it time to begin our gatherings again. We would like to provide more structure to our group, offer social as well as emotional support to really get to the core of the issues and build the rapport needed to influence real change. Our hope is to begin with outings while providing training to a few members of the group who have expressed interest in providing peer support to those struggling.

To ensure that this group can take the next step we require funding for: the training necessary to build the capacity of our champions; as well as to cover costs of activities to help us build rapport in safe, nonthreatening atmosphere

As was provided to you Chloe we have identified a training, Mental Health First Aid, that we feel would meet our initial needs. Thankfully yourself and Peter have nothing but good things to say about this particular training.

I look forward to following up with you regarding this request
Wednesday September 26th at 9:30 am.

Please feel free to contact me with any questions.

Thank you,



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Peeps

- Our first priority was to pair our peeps with champions
- Dinner and game nights quickly became a way to gather in a sober and healthy environment
- The roles of support went both ways and there was often meaningful and deep sharing
- Our teachings of sharing a meal and laughter proved to be our best medicine



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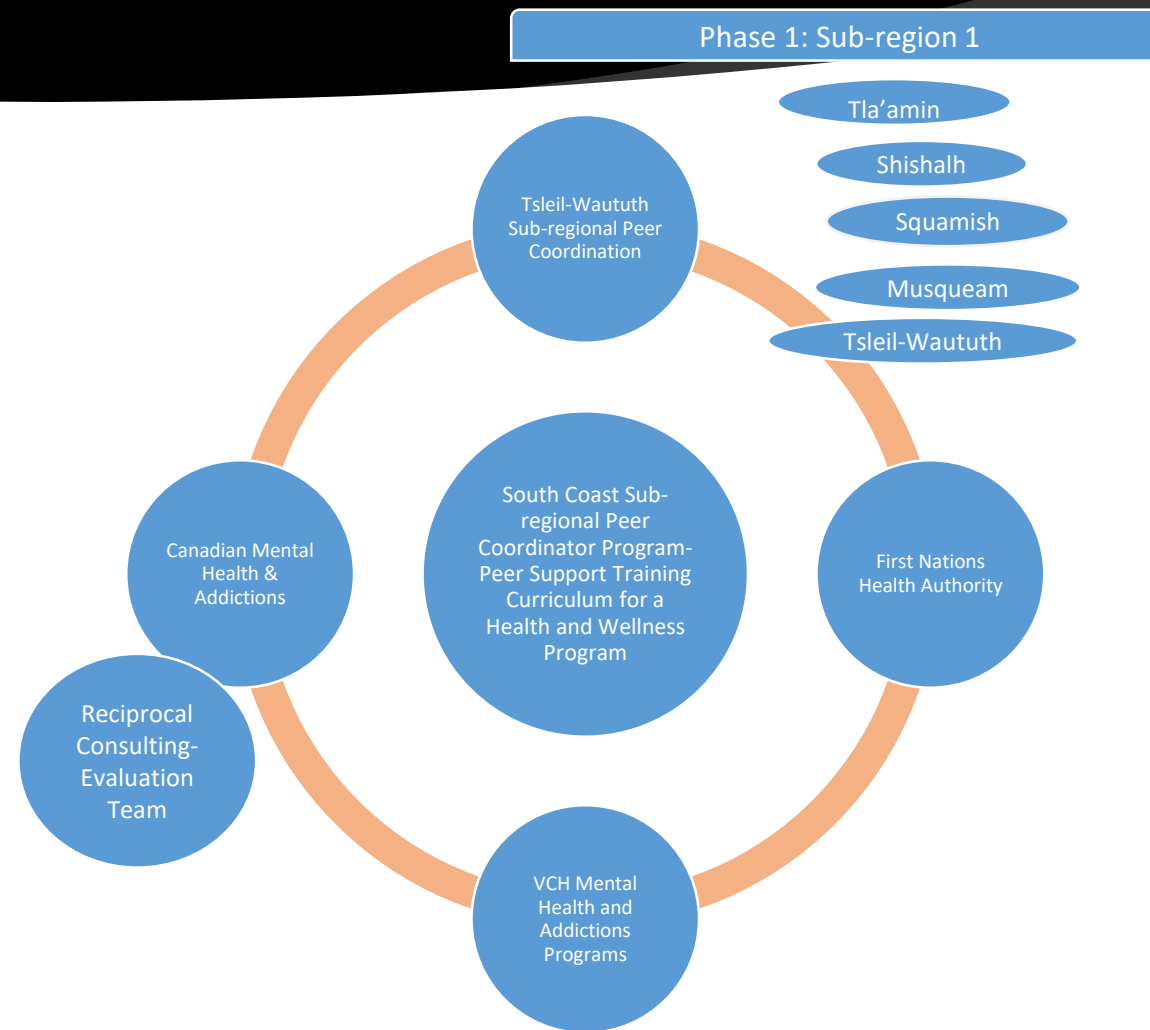
South Coast Sub-regional Peer Support Program

MUSQUEAM, SHISHALH, SQUAMISH, TLA'AMIN & TSLEIL-WAUTUTH NATION



Establishing Peer Support at TWN

- ▶ Relying on the firsthand knowledge of our community and it's people to address head on the alcohol and addictions substance misuse
- ▶ Leveraging the rapport and trust of the Coordinators and "champions" to bridge access to TWN health and wellness services (i.e. Mental wellness, drug and alcohol counselling, peer support programs); All services (i.e. housing, employment and training, SA)
- ▶ Unrestricted by clinical model (NA/ AA) and the flexibility to create more individualized programming
- ▶ Promoting overall wellness (mental, emotional, spiritual, physical)





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Men's Group

- To engage the young men in the community to have ongoing support systems in place to overcome the barriers of being young men to be able to open up about feelings without prejudice
- Brought in mentors from IRSS to learn the history of men and women and how to maintain healthy relationships, addictions and depression, and how to have open and healthy discussions
- To date in addition to their weekly healing session they have met to do drum making and cooking
- We are now working with them to put together a holistic wellness plan



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Women's Group

- In February 2019 we began a women's group
- Our first meeting was to focus on what our women wanted from the group and how we could support them in achieving it, promoting self care and overall wellness
- Our initial exercise was to identify their priorities (culture, physical activities, learning new things, creating connections, gaining support from their peers, etc.) Since February we have had several meetings which included Drum making, International Women's Day Celebration, 30 minute hit, yoga)
- Our last meeting was a planning session to map out where we go from here which included a trip up Indian Arm, a cookout at Whey-ah-wichen, seasonal harvesting and working out together.





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Youth Groups

(Sons of Sleil-Waututh & Girls Group)

- ▶ Have a holistic healing approach that includes physical, mental, emotional, and spiritual activities that will help our young boys learn different approaches to nurturing themselves in all 4 quadrants of their being.
- ▶ The boys group activities have included things like basketball, soccer, drum making, story telling, and they are currently working on time capsules and family trees.
- ▶ Girls group has easily been Tsleil-Waututh's longest running group within the community, running on and off since the early 2000's.
- ▶ Girls group has a healthy balance of cultural, team building and physical activities that include medicine bag making, singing, art, swimming and bowling.



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Culture

- ▶ Identified as a top priority amongst all programming, men's and women's group included, our first meeting that focused on this was drum making
- ▶ We had the highest level of participation and inclusion of all generations of members, and opened up the discussion of holistic wellness in all our programs
- ▶ Traditional name for Peer Support





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Supporting the Coordinators and Champions

- ▶ POWER IN NUMBERS, two coordinators provides a built in support system; equally so by increasing the number of champions we decrease the chances of burnout and compassion fatigue
- ▶ Capacity Building- workshops, conferences, conversations with service providers and other peer supports
- ▶ Self care- model self care by being mindful of our own needs



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Opportunities to adapt at TWN

- ▶ Our women struggled to detail what self care meant to them
- ▶ Childminding was a prominent obstacle
- ▶ The need to be creative in age range for “women's group”
- ▶ The want for more activities and meetings is hindered by competing programs and time constraints



Success Stories

- ▶ Peeps have started to take on new roles within the community
- ▶ Reinforcing bonds of family who may have gone on different paths
- ▶ One on ones leading to accessing counselling and community services
- ▶ Created a space to feel open and vulnerable, leading to healing and acceptance for other supports



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Expanding the Peer Support Program

- ▶ Promoting wrap around services: Strengthening relationships with TWN administration
- ▶ Cultural Framework: overarching cultural practices embedded in all health programs including peer support (i.e. Land based healing)
- ▶ Actions to create additional community groups have started, the early stages of an LGBTQ group are in motion. Other groups the community would like to see are Active Women and Youth (13-18)
- ▶ Visiting surrounding Nations: Connecting with the other nations has been a challenges and has provided us with insight about running a sub-regional program and how each Nation has unique capacity challenges that affect program development.