



Skwxwú7mesh
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Ta Skwálwentn

Squamish Wholistic Healing

Restoring wholistic healing and offering traditional ways of being Squamish, in present time.

Squamish.net



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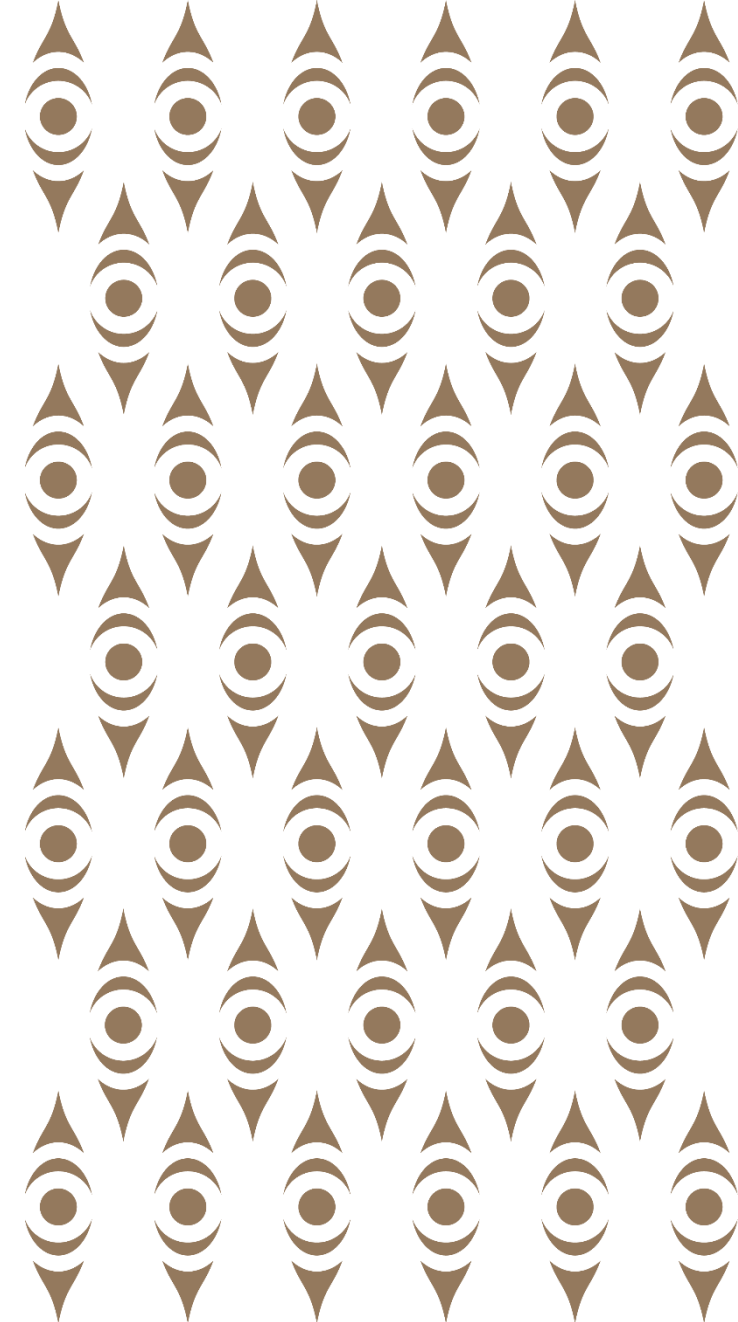
Squamish Nation



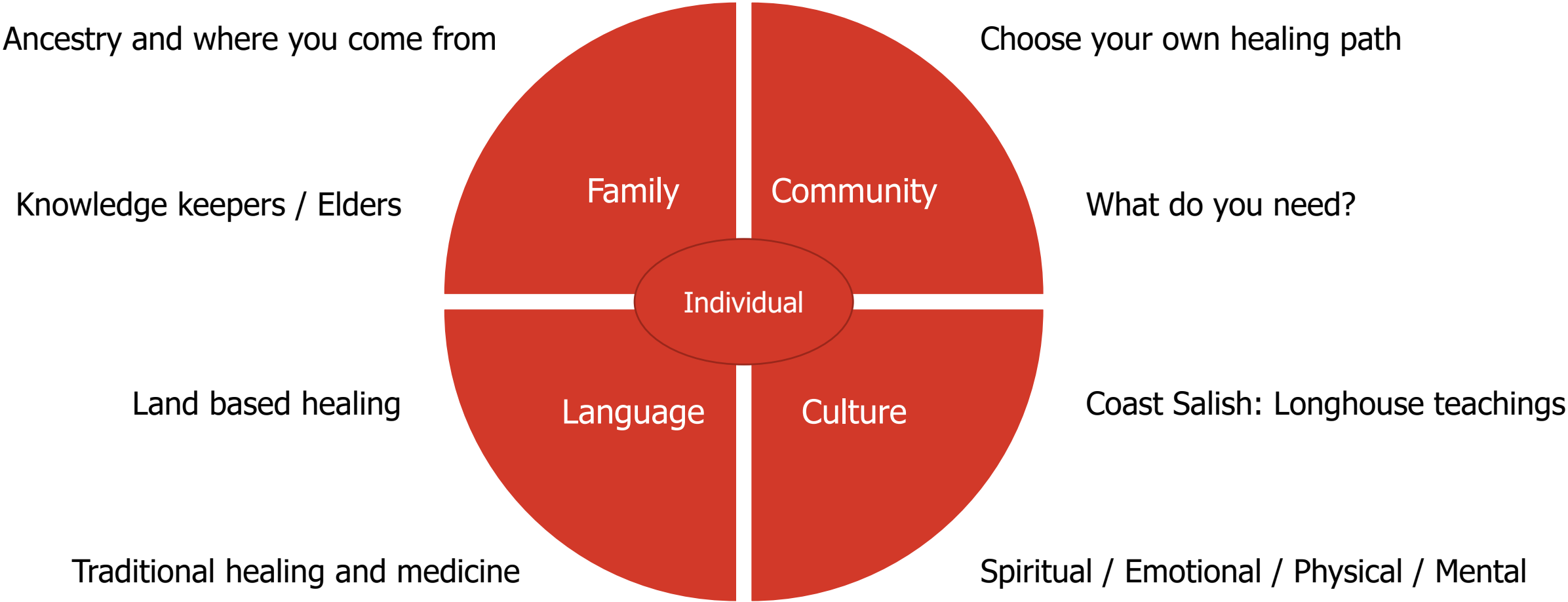
Mackenzie Gomez



Sean Burke



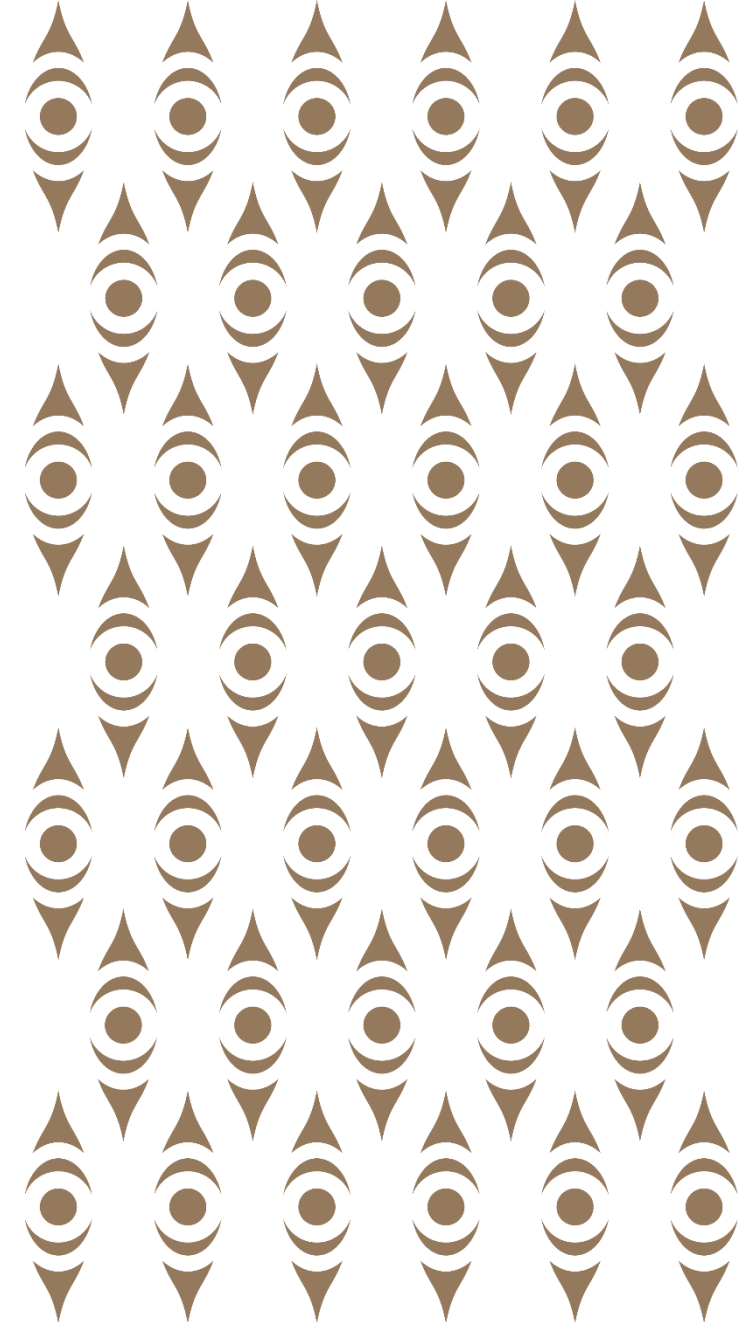
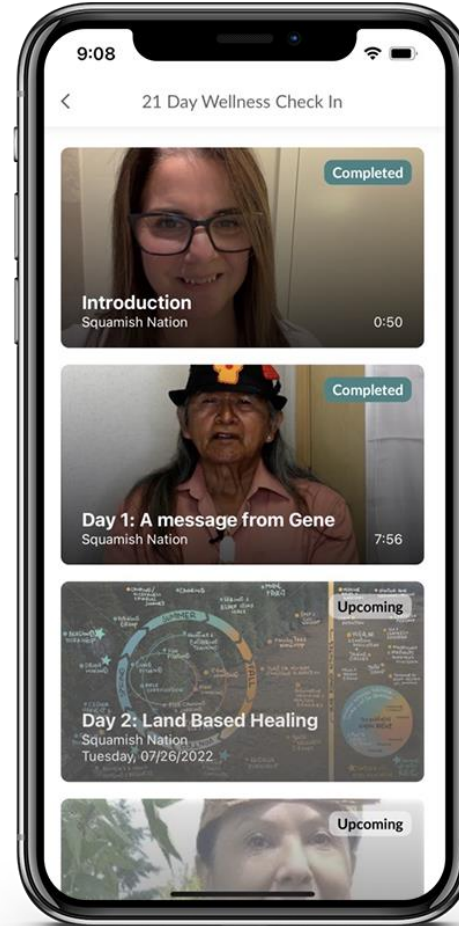
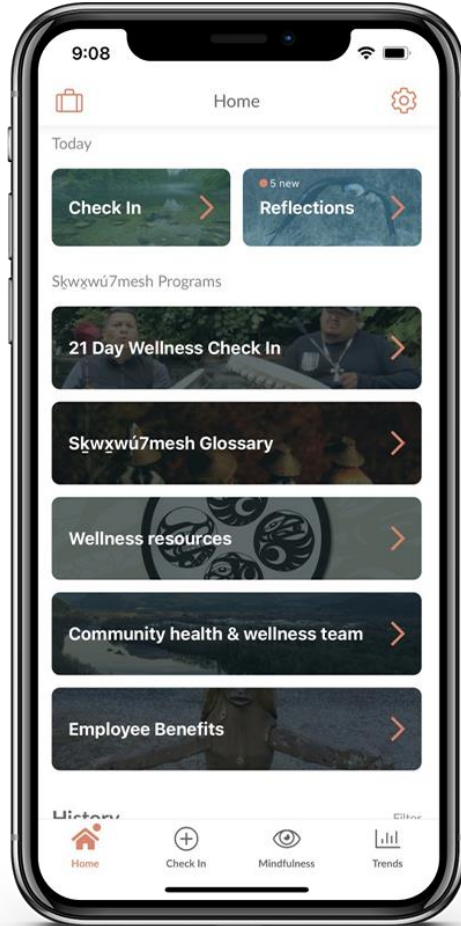
The Vision Wholistic Healing Journey





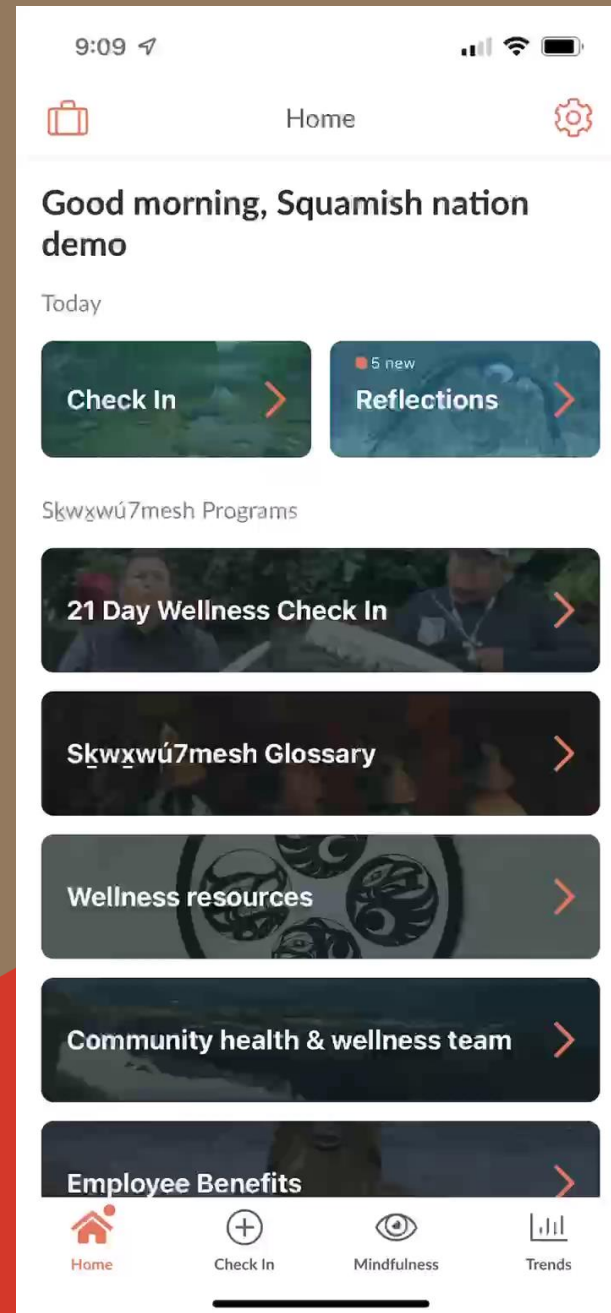
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The app experience

Alignment with Strategic Plan: Maps to 19 objectives



Goal 1: support wellness through access to wellness for our people and communities.

- Expand the number of services and programs and supports for Sk̓wx̓wú7mesh Stélmexw regardless of where they live.
- Increase communications to Sk̓wx̓ wú7mesh Stélmexw so that more people are aware of Sk̓wx̓wú7mesh Úxwumixw services available to them.



Goal 3: Ensure a safe, respectful, and supportive work environment where all staff feel valued.

- Create more opportunities for **cross-departmental learning** and sharing.
- Create and implement an employee satisfaction survey as a tool for improving workplace culture.
- Work with employees to evaluate and improve the benefit package offered to staff.

Cross department collaboration



Privacy and data sovereignty

Individual



- Owns all data
- Completely private and confidential
- Can delete at any time
- No one else will be able to know who is even using the app, unless the user grants permission

Community

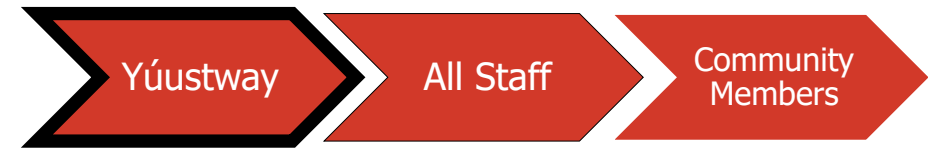


- All data is aggregated and anonymized
- No individuals can ever be identified
- Can view macro group sentiment and energy levels
- Can view engagement levels with content

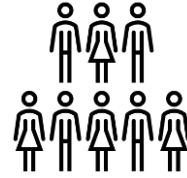
3 Phased Approach



Phase 1 results



21
Days



15
Participants



349
Total Actions



182
Exercises

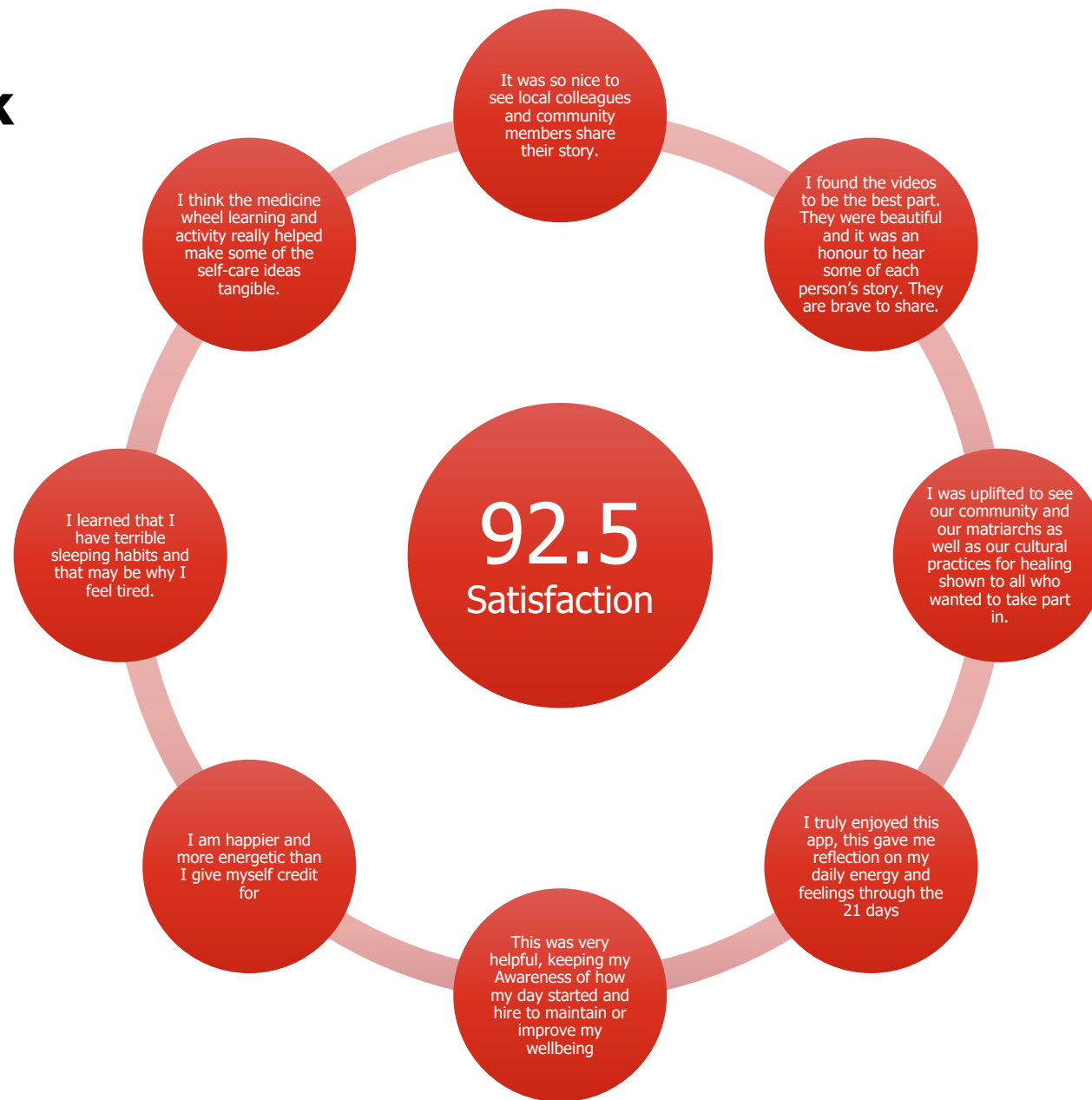


104
Check Ins



64
Reflections

Phase 1 feedback





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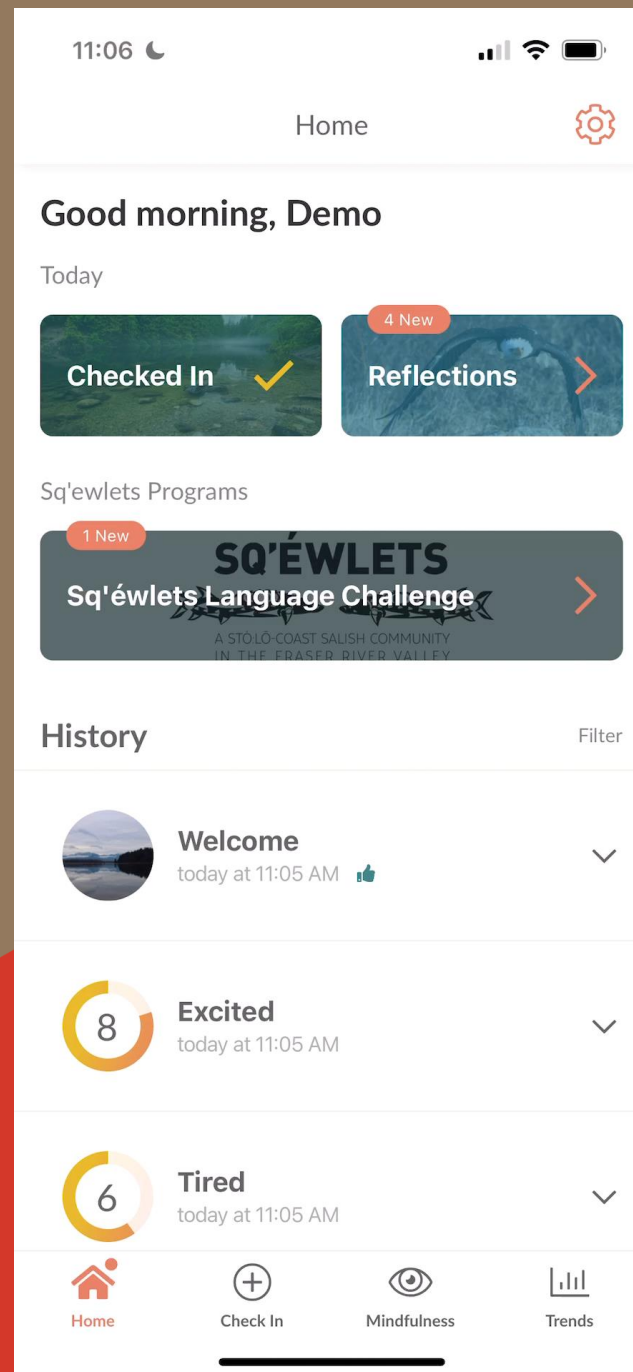


A STÓ:LŌ-COAST SALISH COMMUNITY
IN THE FRASER RIVER VALLEY

More Communities...



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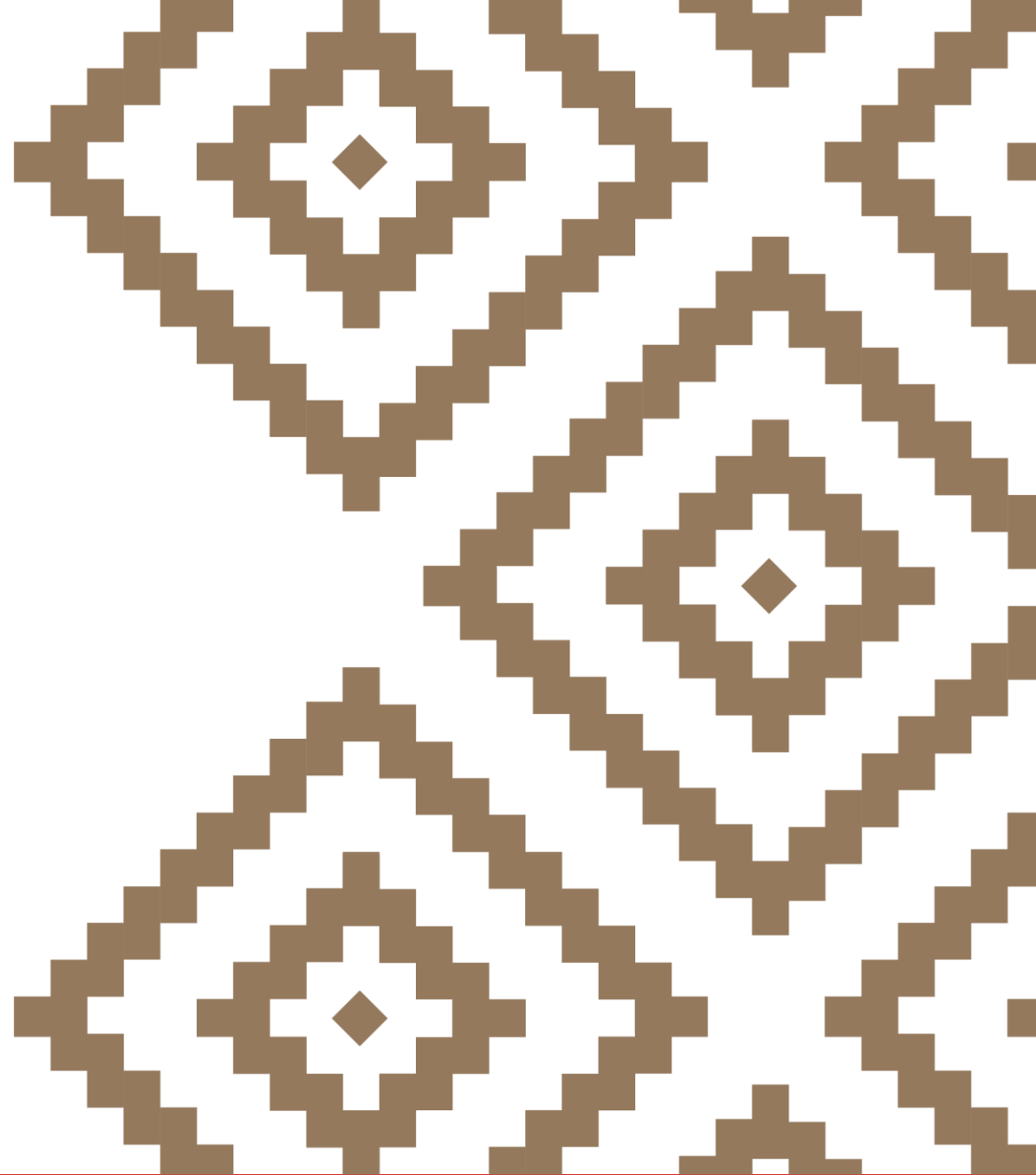


Sq'ewlets
Language Challenge



Discussion:

1. How can technology be used as a tool for mental health and wellness support in your communities?
2. Who do you think this app could be helpful for? What ways could it be helpful?
3. Do you think there are any challenges of using tech in community? What do you think your challenges would be?
4. How do you see a tool like this supporting or being beneficial in your community?



Want to learn more or get in touch?



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Huy chexw a!