

Prepared by: Keely Ten Fingers

<b>Vision Statement</b>
Miskoh Mikanaa Kubiiminiizhamaan. Following the Red Road for good health and wellness and harmonious, balanced communities.
<b>Mission Statement</b>
Committed to empowerment in healing through promotion and implementation of culture and language, community involvement, and connecting families with all available resources.

**Key Priority Areas**

- 1) Education and Awareness of AMMA Teams
- 2) AMMA (and others) Training
- 3) Cultural Teachings, Ceremonies, and Identity
- 4) Resources/Funding
- 5) Partnerships and Relationships
- 6) Safety
- 7) Education and Awareness of Resources and Supports
- 8) Awareness and Understanding of Mental Health Issues/Conditions
- 9) Infrastructure (Buildings and Spaces)
- 10) Balanced and Non-judgemental Approach to Service Delivery

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\*Key Priority 1: Education and awareness of AMMA Team

- **Bringing Awareness to our AMMA Team.** We are going to utilize our radio station, social media, and upcoming events to raise awareness of our team and what we do. **(Ebb and Flow First Nation)**
- **Education.** Creating community awareness about the AMMA team, what do they do, what's going on. This is always a challenge. **(Skownan First Nation)**

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<p><b>Key Priority 2: AMMA Training</b></p> <p><b>Short-Term Goal:</b> By March 30, 2024, we will develop &amp; implement an AMMA training program and booklet &amp; pamphlet to use as a guideline &amp; reference to help train community members in assisting with mental health issues in communities &amp; in crisis situations. [Additional details/notes: To have the basic training to become an AMMA member (not necessarily to be a member but to have the training when the need arises). Provide a certificate for each training module &amp; have a celebration at the end of each program. This would be a continuation until the program is finished (this could be long-term).]</p> <p><b>*Medium-Term Goal:</b></p> <p><b>*Long-Term Goal:</b> Help each AMMA team member to develop the skills &amp; tools to provide the help &amp; resources to community members &amp; person(s) in crisis situations.</p>						
<p><b>1 – Touching the Dream</b></p>	<p>Community healing and wellness. Teamwork with community members. All teams and community members bought in and committed to training, no one leaves members behind, &amp; all progress together. Each AMMA team is trained &amp; at the same level.</p>					
<p><b>3 – Grounding in the Now</b></p> <p>Planning, having the conversation.</p> <p>Teamwork, dialogue/ dynamics on planning the training/ cost.</p>	<p><b>4 – Identifying People to Enroll</b></p> <p>People that need to be involved, with community, Tribal Health, AMMA team members, health director, health staff, and community members on selections.</p>	<p><b>5 – Ways to Build Strength</b></p> <p>Structure needs to be in place. Confidentiality (a must). Good listening skills, professionalism, team building gatherings, &amp; showing respect &amp; kindness.</p>	<p><b>8 – Committing to the First Step</b></p> <p>Getting people together for proposed dates of training, benchmarking the progress of people involved in the training.</p>	<p><b>7 – Planning the Next 3 Months</b></p> <p>An action plan is developed by Health Director, health staff, look to WRT2&amp;4 health staff for guidance &amp; support.</p> <p>Do an inventory of AMMA team training. Team lead to coordinate with WRT2&amp;4HS.</p>	<p><b>6 – Planning the Next 6 Months</b></p> <p>Bring members on the same level with training &amp; progress, “re-certification” updating, also for first-time taking the training.</p>	<p><b>2 – Sensing the Goal</b></p> <p>Seeing the progressing teamwork.</p> <p>Gives hope that will become a reality.</p> <p>A continuation of confidence building.</p>

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Key Priority 3: Cultural Teachings, Ceremonies, and Identity

**Short-Term Goals:**

- a) Continue to encourage Seven Sacred teachings
- b) Learn about Head Start, day care, Jordan’s Principle
- c) Networking within our communities
- d) Minimize lateral violence within communities

**\*Medium-Term Goal**

**\*Long-Term Goal:** Full immersion classes in all schools. Mandatory learning. Land-based teaching: seasons/survival.

<b>1 – Touching the Dream</b>	All members in community to move forward in a positive balance in a cultural way and values and understanding. Get all community members involved. Short term goal: all first people in community speaking the same language. Learn the language. All agencies and community/family members to be fulfilling and utilizing cultural practices, languages, and traditions.					
<b>3 – Grounding in the Now</b> Planning has started. Process has begun with children’s programs. More community involvement. Need more inclusion. Future success – all fluent in the language.	<b>4 – Identifying People to Enroll</b> Funding/proposals Leadership WRTH School/Programs Head Start WRTCH AMC SCO JP CFS RCMP Treaty 2 Night security Community members	<b>5 – Ways to Build Strength</b> Communication Teamwork/ Community building Be open-minded Trust Capacity-building/ Training	<b>8 – Committing to the First Step</b>	<b>7 – Planning the Next 3 Months</b> Youth Group (Julie) Seasonal teachings (Jordan’s Principle) Gardening space/ planting (Jordan’s Principle, Liz, Head Start) Powwow Committee Jordan’s Principle – beading, ribbon skirts, sewing Gary – sweats, drum group	<b>6 – Planning the Next 6 Months</b> Plan weekly youth programs (land based, mental health) Seasonal Teachings (hunting fishing, medicine and berry picking, Jordan’s Principle, school) Plan gardening space (school, Liz, Head Start) Community involvement (all ages) in planning Powwow Committee Jordan’s Principle – beading, ribbon skirts, sewing Gary – sweats, drum group	<b>2 – Sensing the Goal</b> Feel connected sense of community unity. Feel good – everyone in community, have language back, in schooling, youth All the members will be happier in a circle of life. Deeper connection and meaning within the community. Everybody getting involved, learn from each other.

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**Key Priority 4: Resources/Funding**

**Short-Term Goal:** By March 31, 2024, we will be informed and prepared about funding opportunities and requirements by conducting research and survey to address funding needs and train support staff for a healing centre (develop a concept and business plan).

**\*Medium-Term Goal:**

**\*Long-Term Goal:** Develop a concept/ business plan for Healing Centre to house individuals/families seeking long-term support with follow-up, thereafter, with resources. Healing Centre intake for a period 6 months – 1 year, taking into consideration of client’s progress.

<b>1 – Touching the Dream</b>	Breaking barriers. Elder guidance. Leadership involvement including elders. Community involvement. Individual training. Community decision-making. Proposal writers. Networking with surrounding communities. Endless funding. Youth involvement. Sharing hope and strength with one another.					
<b>3 – Grounding in the Now</b>	<b>4 – Identifying People to Enroll</b>	<b>5 – Ways to Build Strength</b>	<b>8 – Committing to the First Step</b>	<b>7 – Planning the Next 3 Months</b>	<b>6 – Planning the Next 6 Months</b>	<b>2 – Sensing the Goal</b>
Allocated funds Budget plan Writing proposals Some funders identified List of resource people Referral forms developed Needs identified	NADAP Medical personnel Health Director Elder involvement from community Finance personnel Health Committee	Ongoing meetings Continuous strength and supports Stay involved in our traditional ways Continual re-evaluation Elders/pastors Community involvement Continual network Youth involvement Continual training	Community involvement (Health Committee/ Leader) Leaders/ Health Director and Elders Advance notices sent out or word of mouth	Giving feedback on draft proposal/research surveys by Health Committee	Sending out proposals – Health Committee	Hopeful Moving forward Elders and community achievements Realistic Successful

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**Key Priority 5: Partnerships and Relationships**

**Short-Term Goals:** By December 31, 2022, we will: a) hold a form of staff and local, provincial, and federal mental wellness partners to create relationships, exchange contact information, and discuss the roles and responsibilities and collaborate for the future (CFS, RCMP, Jordan’s Principle, MVSD, mental wellness, healers, elders, etc.); and b) create a resource guide/phone book of all local, provincial, and federal contacts and distribute it throughout the community so members have a complete list of people to reach out to.

**\*Medium-Term Goal:**

**\*Long-Term Goal:** maintain the communication and contacts that were established in the short-term goal by having a gathering/forum every year to welcome new workers, celebrate other goals, and keep connections and lines of communication open with mental wellness partners established in the area.

<b>1 – Touching the Dream</b>	To have a working team at WRTHS that is fully staffed, trained, funded, and recognized by community members and Manitoba, who are able to provide comprehensive, full range, and needed services. To include natural supports in the definition of partnerships. To increase familiarity amongst partners for mental wellness.					
<b>3 – Grounding in the Now</b>  Collaborators are not fully aware of each other or each other’s roles. Contact info is siloed.	<b>4 – Identifying People to Enroll</b>  Mental health wellness workers, CFS, PMH, RCMP, JP, MVSD, healers, elders, suicide prevention workers, AMMA, WRTHS staff, doctors, nurses, knowledge keepers, Chief & Council, educational workers	<b>5 – Ways to Build Strength</b>  Strong & consistent communication, opportunities to communicate (forums, gatherings, coffee, etc.), networking skills, up-to-date contact information.	<b>8 – Committing to the First Step</b>  Would need WRTHS support, funding, & participation. Identify a planning committee. Select a date & venue for the gathering. Barrier will be funding. Identify partners to attend. Prepare fillable contact info forms for each attendee. Outline goals for the gathering.	<b>7 – Planning the Next 3 Months</b>  Invite & confirm attendance. Confirm schedule for the day, funding, food, sponsorships, speakers, etc. Finalize fillable contact info forms.	<b>6 – Planning the Next 6 Months</b>  Plan a forum/ gathering, apply for funding, invite partners to attend, clarify goals, and workshops for the day, create a resource guide/ phone book once all contact info is obtained, and network at forum.	<b>2 – Sensing the Goal</b>  Partners will be aware of each other with a circle of care approach becoming the norm.

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<p><b>Key Priority 6: Safety</b></p> <p><b>Short-Term Goals:</b> By March 31, 2024: a) we will develop a safety plan by identifying safe homes within our community that anyone can go to should they need a place to go to avoid immediate danger; and b) have a designated safety committee trained, and have roles and responsibilities assigned with open communication established, to provide interventions on various safety concerns that arise.</p> <p><b>*Medium-Term Goal:</b></p> <p><b>*Long-Term Goals:</b> Within 5 years: a) have several homes in various areas of the community identified as “Safe Homes” in which people can seek shelter and help; b) we would like to teach all community members of all ages that it is okay to phone the police for help. Let’s break the stigma that calling the police makes you known as a “rat”; and c) identify “Peacekeepers” within the community that could be utilized for several safety concerns such as designated driving, security support, and community programming, with proper training.</p>						
<p><b>1 – Touching the Dream</b></p> <p>Support home for shelter. Trained staff for the shelter and the support house and safe house. Identify the homes that will be safety home and where they will be. Safe house for community. 20 bed shelter/ women’s shelter.</p>						
<p><b>3 – Grounding in the Now</b></p> <p>Women’s shelter is being built now. Plans have been submitted. Space has been cleared for the site.</p>	<p><b>4 – Identifying People to Enroll</b></p> <p>Leadership Support staff from health and CFS Bev Jones Police officers Contractors Security Support staff to the shelter Counselling service staff Proposal writers (funding) Motivational speakers Jordan’s Principle support staff</p>	<p><b>5 – Ways to Build Strength</b></p> <p>Need more knowledge on our Seven Sacred teachings and how to apply them Access to cultural grounds Need to build a relationship with our men’s group for support Keep a positive attitude about the goal and avoid undermining the process Participate in team building with all supports coming together</p>	<p><b>8 – Committing to the First Step</b></p> <p>Leadership will support us to stay committed to achieve this goal.</p>	<p><b>7 – Planning the Next 3 Months</b></p> <p>Support house and safe house will be placed in proper plots. Getting services to the support house and safe house such as water delivery, garbage pick-up, etc.</p>	<p><b>6 – Planning the Next 6 Months</b></p> <p>Starting this summer, the site will begin to develop (Install well, foundation, etc.) Starting to meet with the key players, consulting team, and CMHC. Reaching out to someone with experienced firsthand to help develop job postings, policy, etc.</p>	<p><b>2 – Sensing the Goal</b></p> <p>Feeling accomplished with the beginning of project goals. Feeling safe knowing where you can turn to. Women and children are safe from domestic violence in all WTRHS communities. Feeling accomplished and proud.</p>

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\*Key Priority 7: Education and Awareness of Resources and Supports

- **Educating community members (e.g., Mental Health Act).** Because many times people come to us with someone experiencing a crisis and want us to fix them, but that is not how it works - it takes the entire community. **(Pine Creek First Nation)**
- **Awareness Programs with Resource Links (i.e., toll-free numbers; addictions, self-harm, and family violence).** Currently utilize a monthly newsletter that provides toll-free numbers, but not everyone can phone directly and there is a need to include information on websites regarding resources on addictions, self-harm, family violence, and other issues. **((Rolling River First Nation)**
- **Motivational Speakers (recovered addicts).** We would like to invite individuals who were addicted. We have people in mind but had to cancel our health fair. **(Ebb and Flow First Nation)**
- **Identify Support Systems (regarding addictions, self-harm, family violence, etc.).** This can include supports within the family, extended family, or someone that an individual feels comfortable in opening up to. **(Rolling River First Nation)**



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**\*Key Priority 8: Awareness & Understanding of Mental Health Issues & Conditions**

**Short-Term Goal:** By March 31, 2024, we will have created an awareness campaign to bring awareness & promote the importance of mental health & well-being to communities through presentations, workshops, & family camps to enhance the well-being of members & communities as a whole.

**\*Medium-Term Goal:**

**\*Long-Term Goal:** In 5 years, we will a mental well-being & addictions healing & resource centre that provides holistic wellness & balance for all community members & families to receive care & awareness of mental health issues.

<b>1 – Touching the Dream</b>						
<b>3 – Grounding in the Now</b>	<b>4 – Identifying People to Enroll</b>	<b>5 – Ways to Build Strength</b>	<b>8 – Committing to the First Step</b>	<b>7 – Planning the Next 3 Months</b>	<b>6 – Planning the Next 6 Months</b>	<b>2 – Sensing the Goal</b>

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**Key Priority 9: Infrastructure (buildings & spaces)**

**Short-Term Goals:** By March 31, 2024, we will:

- a) have completed a needs assessment in each Treaty 2 & 4 (West Region) community through community consultation. This will help us determine what the needs are in each community in regards to infrastructure/buildings/spaces.
- b) Research & identify different funding sources/options to meet our infrastructure needs within each community. We will do this by looking through federal and provincial budgets, online resources, current funding partners.
- c) Secure funding for feasibility study. We would do this by tying into our research as stated in previous goal.

**\*Medium-Term Goal:**

**\*Long-Term Goal:** Within the next 5 years, we will have (multi-purpose) infrastructure in each West Region Treaty 2 & 4 community based on the feasibility study & needs assessment. This will help meet the community needs by working together and taking care of own people, e.g., treatment centre, day program, healing & wellness, safe home, etc.

<p><b>1 – Touching the Dream</b></p>	<p>Having buildings big enough to accommodate everyone – a safe place. Facility for youth, elders, and families. A building that will hold all age groups not limited to a certain age or gender. For all communities to have a building big enough to accommodate everyone. For everyone to have a place (building) they can call their own. Communities are not lacking any infrastructure and are environmentally sustainable.</p>					
<p><b>3 – Grounding in the Now</b></p> <p>Working stage of the plan. Developing stage of the vision. No room, no space.</p>	<p><b>4 – Identifying People to Enroll</b></p> <p>Chief &amp; Council. Health Directors. Elders, youth, male/female, community members. CFS, education, frontline workers. Funders – provincial &amp; federal.</p>	<p><b>5 – Ways to Build Strength</b></p> <p>Positivity, good communication, a consistent working group, specific experts (e.g., Adrienne Fiddler), support from other communities, proposal writers, finance, engineers, trades people (plumbers, etc.).</p>	<p><b>8 – Committing to the First Step</b></p> <p>Commitment - actually doing it. Needs assessment be completed. Who’s collecting the data. Secure funding.</p>	<p><b>7 – Planning the Next 3 Months</b></p> <p>Health directors, administrative staff – set up meeting, Tribal HS, July 2022. People identified at all levels on who’s doing what.</p>	<p><b>6 – Planning the Next 6 Months</b></p> <p>Identify the working group &amp; timeline. Delegate roles withing the group (e.g., finance).</p>	<p><b>2 – Sensing the Goal</b></p> <p>Living safe &amp; healthy with all needs being met. Happy people, happy community. Facility that has the ability to operate off the grid. Having a huge, multi-centre building for all ages – environmentally friendly. All ages accomplish healthier wellness of life.</p>

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<p><b>Key Priority 10: Balanced &amp; Non-judgemental Approach to Service Delivery</b></p> <p><b>Short-Term Goal:</b> By March 2024, we will identify all religions as equal/ implement the Seven Teachings (wisdom, honesty, truth, trust, humility, courage, and love).</p> <p><b>*Medium-Term Goal:</b></p> <p><b>*Long-Term Goal:</b> Balanced, non-judgemental approach to service delivery.</p>						
<p><b>1 – Touching the Dream</b></p> <p>Include all religions on the healing process. 100% drug free community. Practicing our culture. To see each other equally. For all people to have hope and feel accepted. AMMA awareness. Community members to know AMMA has services to offer. Everybody feels included. People come in to access services, they feel welcomed, and have no barriers to services. They feel welcomed. Always be positive. Mental wellness for our people and community. That our community becomes drug-free. My dream is no judgement or stigma about who they are. Dream: for all individuals to have and maintain hope despite their struggle. Stop drug trafficking. To see each other as one. 100% practice our culture/ religions. Be a drug-free community. Include all religions on the healing process. Have 100% drug-free residents.</p>						
<p><b>3 – Grounding in the Now</b></p> <p>High crime. Misunderstanding &amp; mistrust. Scared to access services. Needing assistant. No trust. Misguidance.</p> <p>People want to change, but don't know where to start, or how to seek/ask for it. Misunderstanding and mistrust. People at times scared to access services. Need people to help them navigate resources. Slow process to develop trust. Criminal activities. High rate of addiction. Slow waiting on treatments. Broken families. Drug user getting younger. More trap houses.</p>	<p><b>4 – Identifying People to Enroll</b></p> <p>Proposal – grant writers Counsellors First aid responders Chief and Council</p>	<p><b>5 – Ways to Build Strength</b></p> <p>Be on all on the same topic, commitment Stay positive Using traditional knowledge Counselling skills Trust – Seven Teachings Respect</p>	<p><b>8 – Committing to the First Step</b></p>	<p><b>7 – Planning the Next 3 Months</b></p> <p>Assessment. Meet &amp; great clients through group gatherings. Start the base of the group. Biggest barrier is self-esteem, trust, confidentiality, &amp; commitment.</p>	<p><b>6 – Planning the Next 6 Months</b></p> <p>To inform the community members on service provided by AMMA team. Getting our contact information to community members.</p>	<p><b>2 – Sensing the Goal</b></p> <p>Everybody would be happy in the community. A drug-free community. Community-family connection. Safe environment. Access to judgement-free services.</p> <p>Trust issues are created For individuals to know their life is meaningful and has purpose. We need to take action with the process towards healing. Families will be connected/ safe/environment/community would be 100% happy, drug-free. Everyone would be happy with positive vibes.</p>