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Table of Contents

Table of Contents	2
<i>Section 1: Project Summary</i>	3
<i>Section 3: List and Role of Team Members</i>	4
Other Project Partners	7
<i>Section 4: Project plan and Expected Outcomes</i>	8
4.1 Knowledge Base	8
4.2 Outcomes, Outputs and Activities	9
<i>Section 5: Sustainability</i>	10
<i>Section 6: Accountability of Project Execution</i>	11
<i>Section 7: Communications Plan</i>	13
<i>Section 8: References Cited</i>	14

Section 1: Project Summary

We are a collective of Nunavummiut who work for and lead long-term community-led health and wellness organizations in Nunavut.

We are looking to acquire funds to test an innovative, self-sustaining, holistic, community-driven model for programs and services with the intent that it can be replicated in other northern communities and across the Arctic. **This is a need identified by all our communities in Nunavut, and by other communities across the North.**

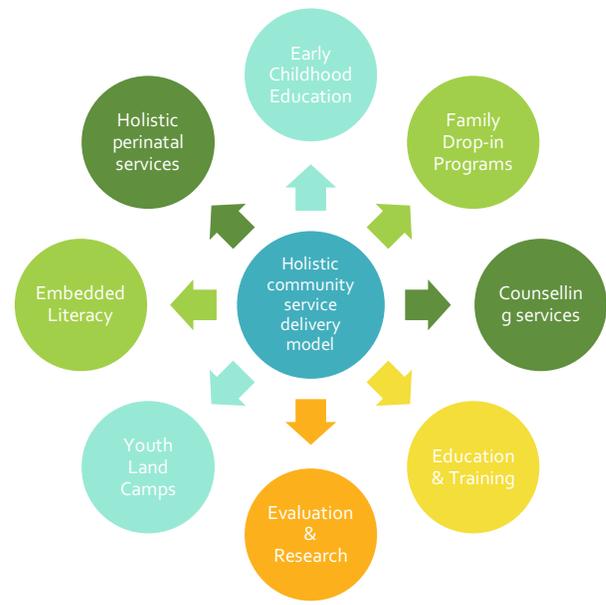
The Inuusirvik Community Wellness Hub. A space where all of these programs and services can be housed. **A family-centred, evidence-based social enterprise model for providing wellness programming and services to the community.**

Such spaces are needed throughout Nunavut and across the North. However, because of competing priorities, they are rarely a priority for capital expenditures and they don't meet the criteria set by typical lenders. They are also not eye-catching new like digital technologies, apps, or media projects. However, community wellness hubs are a tried and true pathway to improve wellness in a community. We have secured a donor for the construction costs and are in the final stages of leveraging the additional funds for the remaining construction costs.

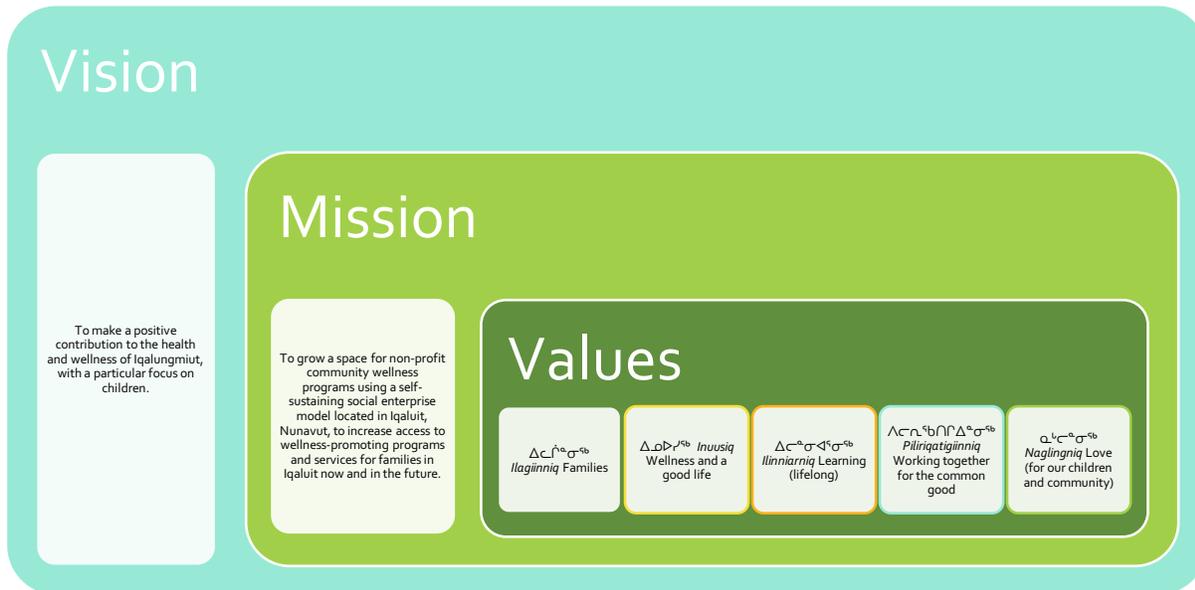
There is currently no existing community wellness hub in Nunavut operating with this model – and we are planning to test this new model and evaluate it with programming available to the whole community delivered within a holistic model.

We are applying to the Arctic Inspiration Prize to fund the program/service delivery model – to help us with this demonstration project that places the needs of the community at the heart of an independent community wellness hub in Iqaluit, Nunavut. With the intent that it will be self-sustaining for supporting long-term community wellness.

We anticipate the project will have a positive impact on outcomes related to access to early childhood programming, access to Inuit counselling services, improved access to childrearing and parenting support programs, a stronger community-based research, training, and evaluation centre, and increased availability of a diversity of holistic community-led services for the community.



Section 2: Vision, Mission and Values



Section 3: List and Role of Team Members

Lily Amagoalik, Iqaluit

Ms. Lily Amagoalik was born and raised in Iqaluit, Nunavut. She was trained and worked formerly as an emergency room nurse, before transitioning to more community-oriented health promotion projects. She is an instructor for the Inunnguiniq Parenting Program which she intends to deliver to families in the Inuusirvik Hub.

Gwen Healey, Iqaluit

Dr. Gwen Healey was born and raised in Iqaluit, Nunavut. She is a health researcher and the lead scientist at Qaujigiartiit Health Research Centre in Iqaluit. She holds a PhD from the Dalla Lana School of Public Health at the University of Toronto and is an assistant professor of public health at Northern Ontario School of Medicine and in the Faculty of Medicine at the Memorial University of Newfoundland. Gwen's role in Inuusirvik is as a team co-lead responsible for the model implementation and coordination and the evaluation design. Gwen has also been the lead fundraiser and developer of the business plan.

Sidney Horlick, Iqaluit

Ms. Sidney Horlick was born and raised in Iqaluit, Nunavut. She has an undergraduate degree in health sciences and is a research assistant at Qaujigiartiit Health Research Centre. She is volunteer gymnastics coach in Iqaluit. She will be helping to deliver arts-based youth sexual health workshops out of the Inuusirvik Hub as well as being the lead evaluator.

Seane d'Argencourt, Iqaluit

Ms. Seane D'Argencourt was born and raised in Iqaluit, Nunavut. She recently finished her undergraduate degree in health policy and is now a climate change researcher at Qaujigiartiit Health Research Centre. Having recently returned to Iqaluit after completing post-secondary studies, her role in the Hub will be to contribute to youth programming.

Katie Hughes, Iqaluit

Ms. Katie Hughes lived in Cape Dorset, Nunavut for 5 years running a daycare before moving to Iqaluit Nunavut a couple years ago to become the Executive Director of the Tasiuqtigiit Society, which delivers a spectrum of early childhood education programs throughout Iqaluit, and also provides housing to ECE workers and space to daycares and ECE programs. Katie is one of the team co-leads and oversees the early childhood education component of the model and its implementation.

Aalasi Joamie, Niaqunnguu/Iqaluit

Ms. Aalasi Joamie is an elder and midwife from Niaqunnguu/Iqaluit. She supports families in Iqaluit by offering sewing programs in her home. She is also the Elder Instructor for the Inunnguiniq Parenting Program, which will be delivered in the Inuusirvik Hub.

Adriana Kusugak, Rankin Inlet/Iqaluit

Ms. Adriana Kusugak was born and raised in Rankin Inlet, Nunavut. She is well known for the embedded literacy initiatives she has developed and implemented through Ilitaqsiniq (Nunavut Literacy Council). She holds a Masters in Education Leadership, and is a trained teacher. Her role in the Hub will be to expand embedded literacy programs in Iqaluit and deliver them in the Inuusirvik space.

TJ Lightfoot, Indigenous Perinatal and Doula Services

Ms. TJ Lightfoot is Mikmaq, and has spent several years in Iqaluit. She is trained as a full-service doula and has formed an Indigenous Holistic Perinatal Care Collective in Iqaluit, which aims to offer full-service sexual health and doula care to youth and adults in Inuusirvik Community Wellness Hub.

Sarah MacRury, Public Health Nurse

Ms. Sarah MacRury was born and raised in Iqaluit, Nunavut and is a trained public health nurse. She has been delivering community-based public health programming in Iqaluit for many years, including a 'health cafe' at the Inuksuk High School in Iqaluit, and drop-in programs at the Aqsarniit Middle School, as well as regular clinic duties at Iqaluit Public Health, such as flu vaccinations and community public health screening programs. Sarah's role in the Inuusirvik Community Wellness Hub will be to offer public health programming in the space, to increase public health services access to families and the community.

Ceporah Mearns, Pangnirtung/Iqaluit

Ms. Ceporah Mearns was born and raised in Panniqtuuq, Nunavut. Ceporah holds undergraduate degrees in Indigenous Studies and in Education, and is a certified teacher. Her area of specialization is in curriculum development and in English/Inuktitut literacy and training. She is currently the ECE and Curriculum Development Researcher at the Qaujigiartiit Health Research Centre. She is also an instructor/trainer for the Makimautiksat Youth Camp Program, which will be delivered at the Inuusirvik Hub.

Ryan Oliver, Pinnguaq

Ryan is the Founder of The Pinnguaq Association. His experience includes eight years in the Economic Development and Transportation Department in Nunavut and six years as the Executive Director of Pinnguaq. He has conceptualized and delivered the te(a)ch program since its inception and has a solid portfolio of business and community relationships in Nunavut that support the project. Ryan has led teams in Nunavut and across Canada in developing apps, VR experiences and building educational curriculum in tech. Ryan brings almost two decades of work in the cross combination of arts, technology and wellness, combining these three mediums into a unique series of experiences in education. Pinnguaq was created as a not-for-profit, Pangnirtung-based technology startup in 2012 with the goal of providing play experiences in Indigenous languages. Since then, the organization has begun to embrace ways of incorporating play and gaming into wide reaching applications that can benefit tourism, education, and economic development. The root of our mission is to embrace technology as a means of unifying and enabling all people. Pinnguaq is an AIP laureate.

Malcolm Ranta, Clyde River

Mr. Malcolm Ranta spent several years in Panniqtuuq, Nunavut working for the Dept. of Health before moving to Clyde River to take over the leadership of the Ilisaqsivik Society, a non-profit organization dedicated to delivering community wellness programs in the community of Clyde River. Ilisaqsivik has developed the only certified Inuit counselling program in Nunavut and implements a mobile trauma response team, which responds to events in Nunavut communities to provide therapeutic support. Malcolm is one of the co-leads for the Inuusirvik Community Wellness Hub and will be overseeing the Inuit counselling services that will be provided in the space.

Moriah Sallaffie, Iqaluit

Ms. Moriah Salaffie is originally from Bethel and Nome, Alaska and has been living in Iqaluit for 3 years. She is the Qaujigiartiit Health Research Centre's Youth Research Coordinator and oversees the Makimautiksat Camp Program in Nunavut. Moriah is an instructor/trainer for the Makimautiksat Youth Camp Program, which will be delivered at the Inuusirvik Hub, and is also an avid fisherwoman, delivering embedded literacy programs that focus on teaching fish harvesting and preparation techniques in Rankin Inlet and Iqaluit.

Taha Tabish, Iqaluit

Mr. Taha Tabish is originally from Toronto and has lived in Iqaluit for 5 years. He is the Health Technology Innovations Coordinator at the Qaujigiartiit Health Research Centre. He focuses on the development of technology-based solutions to health care challenges, particularly in the area of search and rescue, climate change, and emergency transportation. Taha is also a volunteer firefighter and search and rescue responder in Iqaluit.

Other Project Partners

These organizations are in support of the project and will contribute expertise, but do not comprise the core implementation team.

Government of Nunavut, Dept. of Health.

The Government of Nunavut Dept. of Health is the largest health service provider and funder of community wellness programs in Nunavut. Under their mandate, they are committed to public health and health promotion programming, as well as service delivery. Their role in this project will be to collaborate on opportunities to expand and address service needs in the Inuusirvik Community Wellness Hub.

Government of Nunavut, Dept. of Family Services

Dept. of Family Services is a new department that brings together programs and services to support families. They are in the process of developing a new mission and vision statement that will define who they are and what they do in accordance with core values of the Nunavut Government. Their role in this project will be to collaborate on opportunities to expand and address service needs in the Inuusirvik Community Wellness Hub.

Embrace Life Council

The Embrace Life Council is a non-profit suicide prevention organization based in Iqaluit, Nunavut. They began with the recognition that there needed to be a coordinated initiative in addressing the high suicide rates in Nunavut. Through partnership efforts between the Government of Nunavut, Nunavut Tungavik Incorporated, the Royal Canadian Mounted Police, and many others, they were established in 2004. Over their many years, they have provided multiple services to Nunavummiut including counselling and training. For this proposal, they will contribute expertise and work to enrich/support the services provided in the Inuusirvik Community Wellness Hub by offering training and other supports/resources as needed.

Section 4: Project plan and Expected Outcomes

4.1 Knowledge Base

The theory behind the project is ‘asset-based community development’ (1). In combination with needs-based approaches, our project incorporates an asset-based approach to build on the strengths and resources currently available in our community. We recognize that we have a number of unmet needs in the community, and that we have a number of assets to address them, if provided with the opportunity to work as a collective – which is why the Inuusirvik Community Wellness Hub is so important to us. The family-centred service model we are proposing is innovative in that it builds on a similar model that had been used previously in Greenland, but also includes a social enterprise component to ensure sustainability in the long-term.

The project is based on 10 years of work by our collective, which has included the collection of narratives from community members about trauma, mental health, family health, youth wellness, and the spaces that are needed to support community-centred programming (2-12). For example, early childhood education, counseling, family support, and research are all handled by different institutions, agencies and departments, and a family must navigate a complicated system to access a single service from any given agency.

As a result of this fragmented model, non-profit community organizations, like Tasiuqtigiit, Ilisaqsivik, and Qaujigiartiit have formed independently to provide family- and community-centric programs and services that are designed by and for Inuit communities. Our organizations are important assets and make a positive contribution to our stretched-out system. The next step in the evolution of a truly community-centric service model is to combine these initiatives, these ‘assets’, into one space, one innovative delivery model - the Inuusirvik Community Wellness Hub - and evaluate the model for family health outcomes and potential replication in other communities.

4.2 Outcomes, Outputs and Activities

Immediate Outcomes for the Community

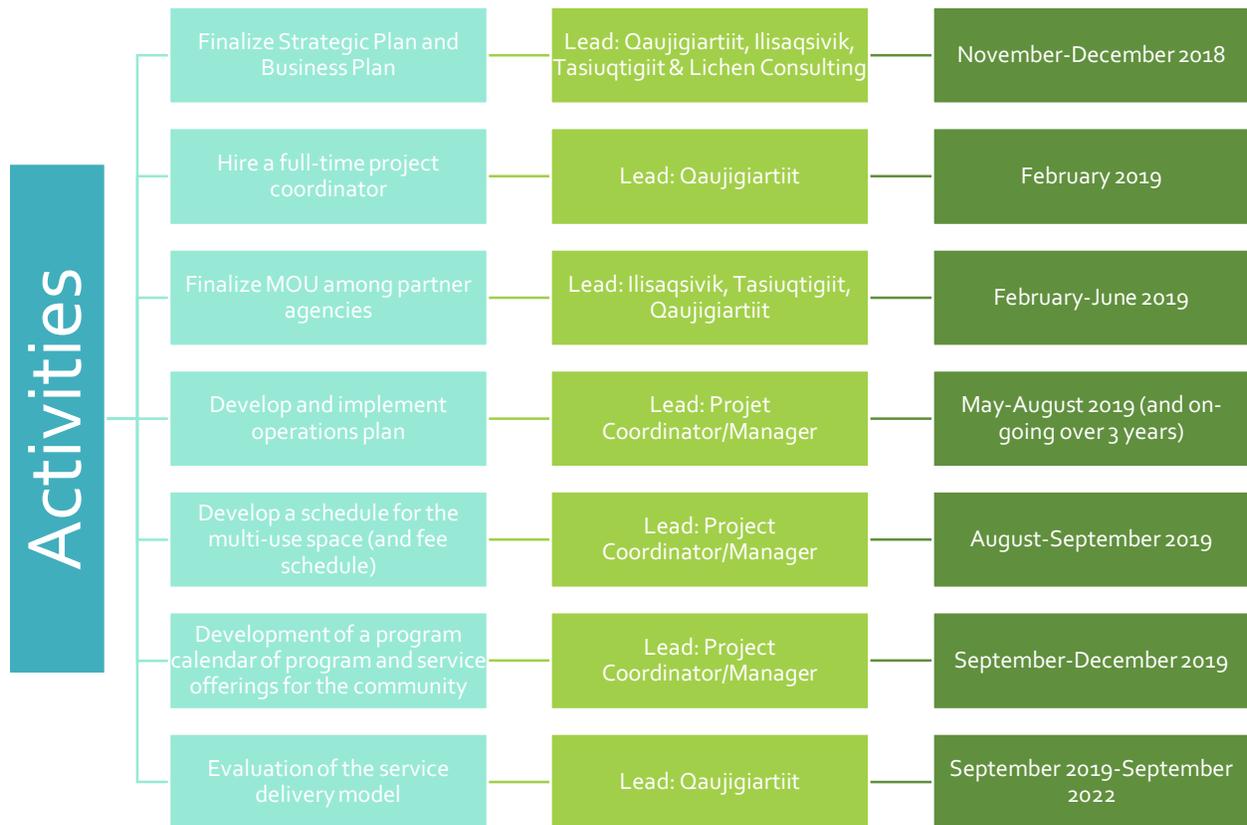
- ∞∞ Increased access to Inuit counseling services
- ∞∞ Increased opportunities to participate in programs and services, which contribute positively to overall wellness, such as Inuit childrearing programs, healing programs, literacy programs, and land-based programs.
- ∞∞ Enhanced infrastructure for community-led health and wellness education, training, evaluation, and research
- ∞∞ Increased access to early childhood education in English and Inuktitut. In a multitude of longitudinal studies conducted in different populations, children who participated in early childhood education programs that included some combination of literacy, numeracy, broad child development, child-initiated activities, and experiential learning, and were taught by a trained educator, showed the following (Healey, 2017):
 - more likely than control group to graduate from high school
 - less likely than control group to have been arrested or have interaction with the justice-system
 - less likely than control group to abuse alcohol or drugs
 - better scores on math, cognitive, and language tests after participation in the program
 - more likely than control group to have stronger social skills
 - more likely than control group to have steady employment and less need for social assistance

Long-term outcomes for the community

- ∞∞ Self-determination in community wellness programming
- ∞∞ Demonstration of self-sustaining social enterprise model

Outputs

- Regular, sustained delivery of Makimautiksat Youth Camp (community- and land-based program for 9-12 year olds to promote empowerment and wellness)
- Regular, sustained delivery of the evidence-based Inunnguiniq Parenting/Childrearing Program
- Expansion of early childhood education programs (preschool and after school programs) for children and youth in Iqaluit
- Regular, sustained offering of Inuit counselling services
- Regular, sustained offering of Indigenous, holistic perinatal doula services
- Regular, sustained offering of embedded literacy programs (e.g. food preparation, cooking, sewing, tool-making)
- Regular, sustained offering of drop-in public health and health promotion activities
- Regular, sustained delivery of professional development for service providers (cultural competency training, Inunnguiniq facilitator training, Makimautiksat Facilitator training, counselling courses, etc.)
- Expansion of community-led health and wellness research and evaluation projects



Section 5: Sustainability

We come together in the spirit of love for our community. As such, we know the capabilities of our people and our goal is to implement a project that builds on our collective strengths for lifelong wellness.

We want this to be a long-term self-sustaining community wellness hub. Our intention is to test this service model and evaluate for replication in other northern communities.

We have already raised a portion of the funds for the construction of the building. We secured a donation toward the construction of the building and we have met with First Nations Bank, Baffin Business Development Corporation, and the Kakivak Association about accessing additional funding. Each of the partner agencies and team members have already secured a portion of the funding to allocate human resources to delivering programs and services in the

Hub, or will be doing so as part of their existing job/mandate. We are still fundraising for the capital costs.

The Inuusirvik Community Wellness Hub would function within a social enterprise model. Revenue from rent & lease costs will go back into the maintenance and upkeep of the spaces, to ensure the non-profit community agencies that offer the various community services in the Inuusirvik Community Wellness Hub (Tasiuqtigiit Preschool, Ilisaqsivik counseling services, Qaujigiartiit Health Research Centre, etc.) can afford the space and continue to operate sustainably in the long term. Once the debt is paid off, the revenue from lease and rent costs would go back into the programming that is delivered in the building.

The partner agencies and team members involved in program and service delivery in the building already have multi-year funding to deliver the services. In future years, all of the agencies and partners intend to include salary funds for the Inuusirvik Project Coordinator/Manager in their funding agreements, so that position will be sustained through a collective pooling of salary dollars from the agencies in the Hub.

The community agencies involved are long-term, established organizations. The project leads, Ilisaqsivik, Qaujigiartiit, and Tasiuqtigiit each have 15-20 years of experience operating Nunavut. Collectively, they hold more than 50 years of experience delivering programs, services and training in the territory. The remaining team members are long-term and committed Nunavummiut who either as individuals or as part of an organization, wish to see the vision of the Inuusirvik Community Wellness Hub become a reality. We are committed to bringing this vision to life for our families and community.

Section 6: Accountability of Project Execution

The project oversight will be implemented collectively by Tasiuqtigiit, Ilisaqsivik, and Qaujigiartiit, with Qaujigiartiit playing a lead role (by consensus of the partners).

The finances will be managed by Qaujigiartiit, which already has a robust financial management and accountability system. Qaujigiartiit's financial management processes are designed for holding major research grants from the Government of Canada and the Canadian Institutes of Health Research. Finances are audited annually and books are managed by the bookkeeping arm of Lester Landau Accountants.

All agencies are in good standing with the Legal Registries Division of the Government of Nunavut, which oversees entities registered under the Societies Act of Nunavut.

Progress will be monitored using the activities and indicators identified in this proposal and the Operations Plan. The Operations Plan is identified as a team activity to be completed by Spring 2019. A tentative plan has already been developed and is available upon request, but is conditional upon the team winning the Arctic Inspiration Prize.

The overall project, which we are calling a 'demonstration project' for proof-of-concept, **will be evaluated by the Qaujigiartiit Health Research Centre**. The Qaujigiartiit Health Research Centre uses an Inuit research framework (Healey & Tagak Sr., 2014) in all research and evaluation studies. The framework highlights five Inuit concepts that inform the approach: *Piliriqatigiinniq* (the concept of working together for the common good); *Pittiarniq* (the concept of being good or kind); *Inuuqatigiinniq* (the concept of being respectful of others); *Unikkaaqatigiinniq* (the philosophy of story-telling and/or the power and meaning of story); and *Iqqaumaqatigiinniq* (the concept that ideas or thoughts may come into 'one'), similar to a deep analytical process. This framework will be the foundation for the evaluation of the Inuusirvik Community Wellness Hub, and will prioritize the voices of community members and partners in a respectful, ethical, and collaborative way.

Stakeholders/partners will be kept informed through email, phone calls and face-to-face meetings in Iqaluit. Initially, Qaujigiartiit will take a leadership role in implementation and coordination, and then once a project coordinator/manager is hired, that individual will take on the role of lead communication with the team members as the project gets up and running, and later with the community, to advertise programs and services, event calendars, and related activities.

Other knowledge users and stakeholders, such as the City of Iqaluit, and Government of Nunavut will be kept informed through email and invited to participate in meetings about programming, should they wish to explore opportunities be more involved in delivering programs for families through the Inuusirvik Community Wellness Hub in the future.

The public will be kept informed about the project through community radio and interviews/discussions with print, radio, and television media. Qaujigiartiit Health Research Centre will take the lead on communicating project milestones through its website and social media streams, and other team members will do the same through their profiles. We also intend to develop a museum exhibit to tell the story of the Inuusirvik Community Wellness Hub, which will showcase the voices of community members who use the services, as well as share the architectural drawings and design elements for the development of the building.

Section 7: Communications Plan

Communication Strategy	Target Audience	Notes
Community radio	Public	To share success stories and milestones
Social Media	Public	To share success stories and milestones
News outlets (newspapers, CBC, etc.)	Public	To share success stories and milestones
Museum exhibit at Nunatta Sunakkutangit Museum in Iqaluit	Public	To share success stories, photos, community narratives, and architectural drawings.
Email communication list for team members	Team Members, Project coordinator/manager	To share progress reports, ask questions, request information, and arrange face to face meetings and calls
'Slack' productivity tool	Team Members, Project coordinator/manager	An online platform for rapid communication. Often used for project management and troubleshooting issues/challenges with multiple team members distributed across multiple locations.
Teleconferences	Team Members, Project coordinator/manager	For updates and troubleshooting as needed
Annual Face-to-face meetings	Team Members and stakeholders, Project coordinator/manager	Annual face-to-face meetings to review sketches and drawings, program and project implementation, and research/evaluation framework.
Email distribution list for stakeholders and other partners	Decision-makers, stakeholders, and community partners	To share information and keep decision-makers and stakeholders informed.

Publications, articles, peer-reviewed and other	Academic and other audiences in the research community	To share findings and evidence from the implementation of the model with the academic community and other communities of decision-makers and leaders, who can use the evidence to effect change in northern communities.
Conferences and Circumpolar networks	People of the Arctic and Circumpolar communities	To share success stories and milestones with the broader community of Arctic peoples.

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