



INTERIM EVALUATION REPORT

MARCH 2022



WHAT IS SUPPORTING WELLBEING?

Supporting Wellbeing (SWB) is a project that started in 2020 with the goal of designing a made-in-the NWT training program for people who lead programs on the land. The training will give program leaders the tools they need to support the mental wellness of program participants when they are on the land, and after programs have ended. People who take part in land-based programs will have an improved experience and gain more from their programs as a result.

WHAT HAVE WE DONE SO FAR?

SWB is guided by a Steering Committee with members from every region in the NWT, all of whom have experience in designing and delivering on the land programs. They have worked with an Indigenous expert in land-based healing and an adult educator to develop a unique training program that is:

***Made for northerners,
by northerners***

***Grounded in Indigenous
knowledge & shared
experiences***

***Designed to be
accessible to all
communities in the
NWT***

In March 2021, the first group of on the land program leaders was trained with the new curriculum, and then they tested it out in their own programs over the next few months. In December 2021, they came back together to talk about how the project is working and to plan next steps.



Group photo by Anneka Westergreen



HOW IS IT WORKING?

All the program leaders who took the training reported that materials were effective and useful. Some leaders learned new skills, and other leaders felt that their existing skills were strengthened. Program leaders who have tried out their new skills say that the training has increased their ability to:

Support people who may be suffering from mental wellness challenges while on the land

Design better programs

Help program participants connect with local resources for support after the program is finished

Program leaders provided feedback on many areas where the training materials could be clearer, where more information is needed, or where different learning activities would be helpful. This advice will help to improve the training curriculum.

WHAT COMES NEXT?

SWB's vision is for a future where everyone in the NWT who delivers on the land programs has the opportunity to take the training, resulting in all residents having access to on the land programs that are grounded in Indigenous culture and offer the best possible support to enhance wellbeing.

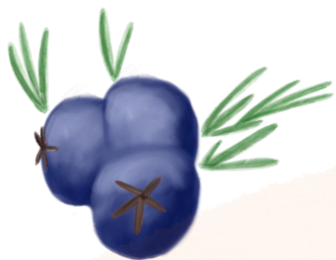
TO DO THIS WE WILL...

Train more trainers

Offer **SWB training** in every region and community of the NWT

Have a **trained facilitator available** in every region of the NWT

Develop a **support network** for on the land program leaders to **share resources and knowledge** with each other





Jasmine Plummer holding a muskrat at the pilot SWB training



Group photo by Anneka Westergreen

SWB recently was awarded \$500,000 by the Arctic Inspiration Prize, which will allow us to continue developing the program and expanding training to achieve our vision. Future evaluations will look at how successful we have been in achieving this vision, and what impact SWB is having on NWT residents and communities.



Sarah Rogers skinning a muskrat

WITH SPECIAL THANKS TO:



DECHINTA
Centre for Research and Learning



MakeWay



ARCTIC
INSPIRATION PRIZE



PRIX INSPIRATION
ARCTIQUE



NWT
RECREATION
& PARKS
ASSOCIATION



INUVIALUIT
REGIONAL CORPORATION



Hotii ts'eeda
NORTHWEST TERRITORIES
SPORTS SUPPORT UNIT



Rio Tinto

