



**STRATEGIC PLAN
2022-2027**





Supporting Wellbeing was established in 2020 to respond to the community-identified need for a made-in-the-north, trauma-informed, and culturally affirming training for people who deliver land-based programs. Since its inception, Supporting Wellbeing has centred Indigenous approaches to wellbeing and is grounded in the experiences of Northern land-based programmers. Supporting Wellbeing is an Indigenous-led project that is directed by a Steering Committee and Advisory Council with representatives from across the NWT.

MISSION, VISION, VALUES

MISSION

To provide tools and resources for people who deliver land-based programming that will better prepare them to mitigate and respond to mental health challenges on the land.

VISION

Northern residents have access to land-based programs that are culturally affirming and trauma-informed, supporting and strengthening Indigenous cultures, languages and ways of life throughout the North.

VALUES

Reciprocity: With oneself, the land, and each other.

Inclusiveness: Accepting, welcoming, and being intentional about diversity, and celebrating one's strengths.

Accountability: Mutual accountability to each other, the land, our partners, and ourselves.

Wellbeing: Mental, physical, emotional, and spiritual facets are balanced and nurtured together to create a holistic level of wellbeing in which all four areas are strong and healthy. Indigenous

Self-Determination: Supporting Indigenous sovereignty, rights and the value of Indigenous knowledge and ways of being.



STRATEGIC DIRECTION

1. Planning for Operational Efficiency

- Develop and implement a diverse, sustainable and stable funding strategy.
- Create a highly desirable and supportive place to work for staff and volunteers.
- Enhance staff capacity.
- Develop and implement clear policies, procedures, and organizational structures that align with Northern Indigenous worldviews.

2. Communicating and Advocating for Benefits of Supporting Wellbeing

- Develop a clear, meaningful, and engaging narrative of Supporting Wellbeing
- Create and implement a consistent, engaging communications strategy
- Create and share resources to promote Supporting Wellbeing
- Inclusive, community-focused outreach at all levels of community engagement.
- Normalize Supporting Wellbeing as a tool and resource for on the land programs.
- Celebrate and advocate for land-based initiatives.
- Advocate for Indigenous approaches to wellbeing to be recognized, valued, normalized, and prioritized.

3. Creating, Delivering and Sustaining Innovative Curriculum

- Deliver at least four adaptable and accessible Supporting Wellbeing Trainings in different communities each year.
- Deliver at least one Facilitator Training in a different region each year.
- Train and mentor at least two informed and practiced facilitators in each region.
- Develop and deliver a bi-annual Master Facilitator Training



- Provide tools, resources, mentorship, and professional development opportunities for facilitators.
- Ongoing evaluation of Supporting Wellbeing to sustain relevance.
- Explore partnering and adapting the curriculum to Yukon and Nunavut.

4. Supporting Diverse Needs of Communities

- Develop and sustain reciprocal relationships with Indigenous governments/organizations that respect community priorities and ways of working.
- Ensure diverse Indigenous Northern voices are heard and included in all Supporting Wellbeing curriculums.
- Create and distribute resources that support community-identified land-based and wellbeing needs.
- Increase capacity for providing emotional support.





CONTACT US

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