



++
++
++
++

Annual Report

2022-2024



++
++
++
++



Cover Photos:

Left: Angela Gzowski

Right: Rachel Cluderay

www.supportingwellbeing.ca

 @supportingwb


 @Supportingwellbeing

Table Of

Content

- 1 Who We Are ++
++
 - 2 How We Work ++
++
 - 3 What We Do
 - 4 Highlights
 - 5 Challenges
 - 6 Lessons Learned
 - 7 In Numbers
 - 8 Thank You!
- 

WHO WE ARE



Photo: Rachel Cluderay

Supporting Wellbeing was established in 2020 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. We envision a future where Northern residents have access to on the land programs that are culturally affirming and trauma-informed, supporting and strengthening Indigenous cultures, languages, and ways of life throughout the North. Today, Supporting Wellbeing delivers a six module training that teaches people how to support their participants and staff on the land.

Supporting Wellbeing was created 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 a project on MakeWay's shared platform, which provides operational supports, governance, and charitable expertise for changemakers. The shared platform enables more time and money to go towards achieving greater impact. MakeWay is a national charity that builds partnerships and solutions to help nature and communities thrive together. Supporting Wellbeing is guided by an Indigenous-led four-person steering committee and a four-person advisory council with land-based leaders from across the NWT.

HOW WE WORK

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.

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.

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

WHAT WE DO

Below is a summary of the 2022-2024 strategic plan activities. For a complete version of Supporting Wellbeing's strategic plan, please visit www.supportingwellbeing.ca

Strategic Direction #1

Planning for
Operational
Efficiency

Strategic Direction #2

Communicating &
Advocating for
Benefits of
Supporting
Wellbeing

Strategic Direction #3

Creating, Delivering,
and Sustaining
Innovative
Curriculum

Strategic Direction #4

Support Diverse
Needs of
Communities

Direction #1: Planning for Operational Efficiency



2022-2023

- In April, Supporting Wellbeing officially changed its administrative host from the NWT Recreation and Parks Association to being its own project on the Makeway Shared Platform.
- The steering and advisory committees developed a strategic plan to guide our work for the next five years.
- SWB continued to pursue sustainability and leveraged \$262,000 from seven contributing organizations to supplement the \$500,000 Arctic Inspiration Prize award received the previous year. In addition to this direct funding SWB received substantial in-kind support from partner organizations.
- The SWB leadership and governance structure was refreshed, including developing formal Terms of Reference for the Steering Committee and Advisory Council.
- Evaluation framework was updated to reflect input at the Program Review Gathering, and Steering Committee direction from their meeting in November 2022.

Photo: Rachel Cluderay





Direction #1: Planning for Operational Efficiency



2023-2024

- We created a Project Coordinator position and hired Maxine Lacorne part-time in this new role in July.
 - Our Project Director, Rachel Cluderay, moved from part-time to full-time in September.
 - With support from the Investment Readiness Program, we hired Strategies 4 Change to research and develop a business plan that supports long-term financial sustainability.
 - In January, we hosted our annual in-person steering and advisory committee meeting on the land outside of T'è'ehdaà / Dettah where we discussed our year in review, business plan, policies, and governance structure.
 - SWB hired Debbie DeLancey to research and develop policies that align with Northern Indigenous worldviews in regards to human resources for staff, contractors and SWB participants.
 - Created a development process for SWB facilitators.
-

Direction #1: Planning for Operational Efficiency



Photo: Angela Gzowski

- Professional Development:
 - Maxine participated in the Indigenous Evaluation Workshop hosted by Hotì ts'eeda.
 - Maxine participated in the Community Crisis Response Training.
 - Rachel participated in the ICA Transformative Strategies Training.
 - Maxine participated in Dene Nation's Suicide Prevention Training.
 - Maxine participated in Trauma Competent Caregiver Training.
- SWB continued to pursue sustainability and leveraged \$423,750 from nine contributing organizations to supplement the \$500,000 Arctic Inspiration Prize award received in 2021. In addition to this direct funding SWB received substantial in-kind support from partner organizations.



Direction #2: Communicating & Advocating for Benefits of SWB



2022-2023

- Our Project Director presented to the GNWT Standing Committee on Social Development about Strengthening Community Supports, Lifting Youth Voices: Recommendations on Suicide Prevention.
- Our Project Director presented at the Native American and Indigenous Studies Association (NAISA) conference in Whitehorse and Yellowknife to share about our work.
- The Northern Makeway Shared Platform office has been hosting lunch and learns, our Project Director presented to the other Makeway projects about the work we do.
- Designed and printed SWB brochures, swag for facilitators, staff and committee members, and a visual strategic plan.
- We hired pipikwan pêhtâkwan to design and launch a SWB website that includes a reporting portal for SWB trainings.
- Published 2021-2022 Evaluation Report.



Photo: Angela Gzowski

Direction #2: Communicating & Advocating for Benefits of SWB



2023-2024

- Our Project Director attended Treaty Talks as part of our community outreach.
- We hired Jamie Stevenson and Angela Gzowski to take professional photos of our Dene Nahjo training to be used for the website, social media, workbooks, and promotional materials.
- At Camp Connections, our Project Director taught a fishscale art workshop at the GNWT's Youth Mental Health Camp while a counsellor shared teachings on boundaries.
- We participated in Nature United's monthly Youth On The Land virtual coffee hour to learn and share about land-based initiatives.
- Project Director attended the Weaving Our Wisdoms, a territorial wellness conference.
- Published 2022-2023 Evaluation Report.

Photo: Rachel Cluderay



Direction #3: Creating, Delivering, & Sustaining Innovative Curriculum

++
++
++
++

2022-2023



- The curriculum developers updated the SWB training curriculum based on the feedback from the 2021 Program Review Gathering.
- The curriculum developers completed the development of the Pilot Facilitator Training curriculum.
- In partnership with Dehcho First Nations and Łíídlı́ Kúę First Nation, Supporting Wellbeing delivered the Pilot Facilitator Training on the land outside of Łíídlı́ Kúę / Fort Simpson to nine participants. Read more in highlights!
- Noel Leigh-Cockney and Megan Lennie delivered the Supporting Wellbeing training in Akłarvik / Aklavik to six community members with the mentorship of Donald Prince. This was in partnership with the Inuvialuit Regional Corporation and Dechinta Centre for Research and Learning.
- Two more Supporting Wellbeing trainings were planned for Inuvik and Rádeyılı́kóé / Fort Good Hope, but both had to be cancelled. More details under lessons learned.
- Evaluation forms were gathered from Facilitators-In-Training, as well as from SWB training participants, which will be used to guide changes to the curriculum in the future.

Direction #3: Creating, Delivering, & Sustaining Innovative Curriculum



2023-2024

- For five days in December, Mandee McDonald and Rachel Cluderay delivered the Supporting Wellbeing training to eight Dene Nahjo staff members in Sòmba K'è / Yellowknife. Participants smudged in the wall tent every morning and enjoyed a nature walk.
- At the Dene Nahjo training, Mandee moved from Facilitator-in-Training to Facilitator with the mentorship of Rachel Cluderay.
- In partnership with Dehcho First Nations, Ashley Okrainec and Kristen Tanche co-facilitated the Supporting Wellbeing training to eight wellness and land-based coordinators from across the region. They were mentored by Rachel Cluderay for this five-day training in Łíídlı́ Kúę. Participants enjoyed language lessons from Andy Norweigan and snowmobile ride, cookout, and snare setting with the Edezhie Guardians.
- Facilitators-In-Training, Ashley and Kristen, both feel like they could move into the Facilitator step, but would prefer a mentor again at a future training.
- Northern Indigenous Stewardship Circle brought together nine guardians from across the North to take the Supporting Wellbeing training facilitated by Rachel Cluderay and Mandee McDonald outside T'è'èhdaà for five days. Participants checked fish nets then fixed and cooked the fish as a snack as well as went for nature walks on the trail system.
- In March, Wendy Lahey and Rachel Cluderay delivered a seven-day Supporting Wellbeing training to nine K'ahsho Got'ine staff outside of Rádeyılı́kóé in Tuyeta. Read more in our highlights!
- Three Facilitators-in-Training were mentored!
- The curriculum developers and Project Director updated the Facilitator Training curriculum based on feedback from the Pilot Facilitator Training in 2022.
- SWB collected evaluations from Facilitators-In-Training and SWB training participants.



Direction #4: Supporting Diverse Needs of Communities



2022-2023

- Partnered with several organizations: Dehcho First Nations, Łíídlı́ Kúę First Nation, Dechinta Centre for Research and Learning, K'ahsho Got'ine Foundation, and Inuvialuit Regional Corporation

2023-2024

- Partnered with several organizations: Dehcho First Nations, Northern Indigenous Stewardship Circle, Dene Nahjo, and K'ahsho Got'ine Foundation
 - Secured \$10,000 from the NWT On The Land Collaborative to contribute \$2,500 to support land-based activities at each SWB training.
 - Created a Letter of Collaboration that clearly outlines: who we are, what the SWB training is, what we can provide, and what we need our partner to provide.
 - Our Project Coordinator provided in-kind emotional support at the Western Arctic Youth Collective retreat.
-

HIGHLIGHTS



Pilot Facilitator Training

At the end of September and early October of 2022, Supporting Wellbeing hosted its Pilot Facilitator Training in partnership with Dehcho First Nations and Łíídlı́ Kúę First Nation. This was the first opportunity for SWB to test out the facilitator curriculum and training materials that have been developed to train a core group of program leaders to deliver SWB workshops in their regions. In addition to SWB Steering Committee and Advisory Committee members, land-based leaders from each region of the NWT were invited to attend, in order to ensure that the content and learning materials were helpful and relevant for OTL program leaders. The training session was considered a test-run, with the intention to revise the training materials based on input from participants.

The goals of the Facilitator Training, as outlined in the Facilitator Guide, are to equip successful facilitators to:

- Utilize concepts of indigenous teaching and learning to guide their approaches to facilitation;
- Appreciate key features and considerations for teaching and learning within their culture;
- Model the delivery of the six Supporting Wellbeing facilitation modules; and
- Approach facilitation with a trauma-informed lens.



The training session was held on the land, at the Fort Simpson Territorial Campgrounds on the outskirts of Łíídlı́ Kúę. We had nine on the land program leaders who participated in the training from various regions, including Sahtu, Inuvialuit Settlement Region, Gwich'in Settlement Region, Dehcho, and Akaitcho. We all stayed in wall tents with woodstoves and used the campground cookhouse as our gathering space for teaching and meals. We hired local camp attendants, cooks, Elders, and knowledge holders to keep our camp running smoothly. At the training, we would alternate between module content and time on the land to process the information. For the training, participants were given teachings from each module to facilitate to the group then were provided with feedback from the facilitators. The emphasis was on having participants find the facilitation techniques and activities that suited their personal styles. For the land-based activities, the group participated in:

- Opening and closing fire-feeding ceremony led by local Elders and spiritual leaders.
- Learning to set up a wall tent
- Harvesting medicine with a local Elder and making spruce salve
- A boat trip on the Dehcho to a site of historical importance where stories were shared.
- Butchering a moose for a local family
- Making drymeat
- Setting loche hooks and fixing loche
- Sewing

All participants indicated a high degree of comfort with the course materials upon completion of the training, and all indicated that they felt relatively confident or quite confident in their ability to facilitate the modules. All were interested in taking the next steps to become SWB facilitators.

Our long-term goal is to have at least two facilitators in every region of the NWT.

Photo: Debbie DeLancey



Premiers' Award for Innovation

In 2022, Supporting Wellbeing was selected by Canada's premiers as the NWT's winner of an award for innovation in mental health and addictions care. Canada's Premiers are pleased to present the Council of the Federation (COF) Award for Innovation in Mental Health and Addictions Care. Presented in each province and territory for an initiative that positively impacts mental health and addictions care, this new Award will recognize and support one individual or organization from each jurisdiction that excels in the field.



Supporting Wellbeing was honoured to be the recipient of this one-time award. Project Director, Rachel Cluderay was presented the award by Premier Caroline Cochrane and Minister Julie Greene to “recognize and support individuals and organizations excelling in the field [of mental health and addictions care].” Supporting Wellbeing was awarded a certificate as well as \$5,000 to go toward our work.

K'ahsho Got'ine Foundation SWB Training

In March 2024, Supporting Wellbeing partnered with K'ahsho Got'ine Foundation to deliver the SWB training to their guardians program in Ts'udé Niljné Tuyeta. This training was originally planned to be delivered in March 2023, but due to a death in the community we had to reschedule. This is one of the reasons it is such a highlight as it has been an eagerly anticipated training for both KGF and SWB!



Photo: Rachel Cluderay

We snowmobiled from Rádeylikóé to a camp in Tuyeta where there were warm, insulated cabins and walltents with woodstoves setup for everyone. We spent our mornings learning the SWB modules, then in the afternoons the nine participants became the teachers and took us out on the land. Together we hauled wood, target shot, set rabbit snares, made drymeat, sewed beaver hats or mitts, chopped wood and kindling, broke trails, and shared stories.

We spent seven days on the land building meaningful relationships with the land, ourselves, and each other. It was evident that delivering this training on the land was extremely beneficial to everyone as it helped create meaningful relationships and it gave people a supportive space to process challenging topics.

Photo: Rachel Cluderay





CHALLENGES



1 Cancelled 2023 Trainings

In 2023, we had to cancel two out of three trainings. The training planned for Inuvik in partnership with Dechinta Centre for Research and Learning and Inuvialuit Regional Corporation had to be cancelled due to organizational challenges. As mentioned earlier, the training in partnership with K'ahsho Got'ine Foundation was cancelled due to a death in the community. However, as discussed below there were valuable learnings even from the cancelled sessions.

2 Project Director on Medical Leave

In May 2023, our Project Director took a medical leave until November, gradually returning to full-time hours. During her absence, Mandee, an advisory council member, stepped in to address critical needs, particularly concerning funders. However, the transition was challenging due to the specialized knowledge residing with the Director. Despite this, upon her return, the Director successfully managed the allocated funding, ensuring the delivery of all four SWB trainings. To enhance sustainability, it's advised to establish clearer procedures for handling such situations in the future.

3 Lack of Facilitators

One of the challenges that we face is that we do not have enough facilitators to meet the demand for Supporting Wellbeing trainings. It has been challenging to find two facilitators who are interested and available for each training. Typically, we have been able to find one and then the Project Director fills in as the other, but this is not sustainable. We need to host another facilitator training to increase our capacity.

LESSONS LEARNED



A beautiful aspect of doing this work is that we are always learning and growing. The challenges we experience often fuel the changes we make to better support our staff, facilitators, and participants. Here are some lessons learned and recommendations for how to move forward.

Governance and Administration

- Continue to develop policies and procedures for staff, facilitators and the committees.
- Consider retaining additional staff to ensure that there is sufficient capacity to support the delivery of four SWB sessions each year, while maintaining momentum on all other aspects of project development.
- Continue to explore opportunities to create partnerships and leverage resources as part of sustainability planning.
- Write our governance structure, policies, and procedures, including roles and responsibilities, how often we meet, etc.

Evaluation

- Continue to use consistent templates for participant feedback and facilitator feedback after each SWB session.
- Continue planning to implement an outcome evaluation in 2024-2025.

Photo: Jamie Stevenson





Photo: Angela Gzowski

Implementation Recommendations

- **Clarify roles and responsibilities:** Ensure that there is clarity on roles and responsibilities between SWB staff and local organizers – this includes not only who is responsible for all aspects of planning and organizing, but also the allocation of financial responsibility.
- **Deliver another facilitator training to increase capacity.**
- **Clear job descriptions for facilitators and emotional support contractors.**
- **Schedule trainings as far in advance as possible:** NWT communities are busy with meetings, conferences, and training opportunities, so scheduling has to consider whether proposed dates are competing with other events. Most participants in SWB events are taking time away from paid employment or other commitments and require advance notice to clear their calendars. Meeting venues, whether in town or on the land, may have to be booked well in advance
- **Schedule a “community and cultural context meeting” between facilitators and local organizers:** Ensure that facilitators are aware of community-specific issues, including e.g. recent traumatic events, violent crimes, etc. This should be done early enough to enable facilitators to develop a custom-crafted community agenda if required.
- **Increase SWB staff capacity:** SWB should consider retaining a second staff person to ensure there is adequate coverage when sessions are being planned.

"I have way more tools and feel better prepared to run on the land camps."

-SWB Training Participant, 2024

"The Supporting Wellbeing training has helped me understand that there are strategies and ways to really help someone or deescalate a situation when conflict is in attendance."

-SWB Training Participant, 2023



IN NUMBERS

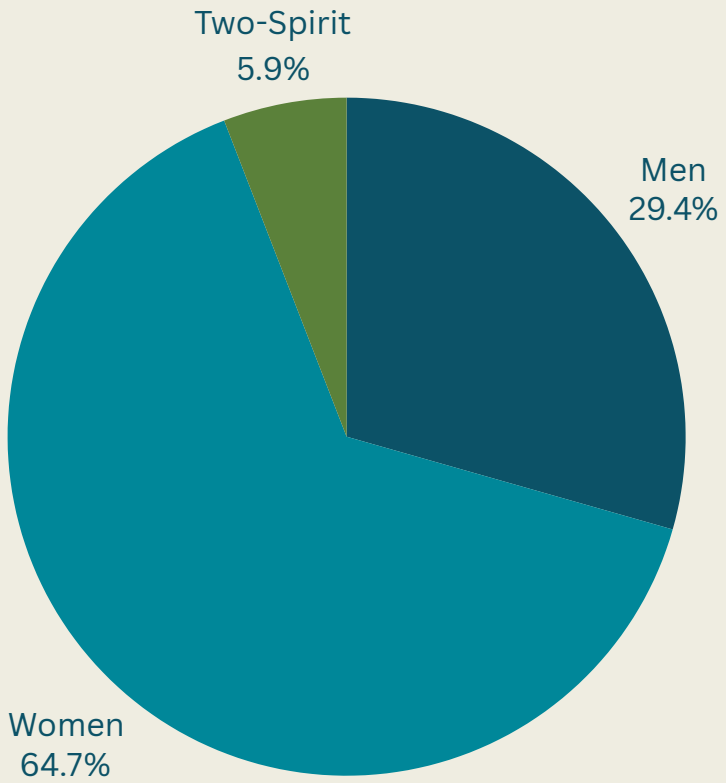
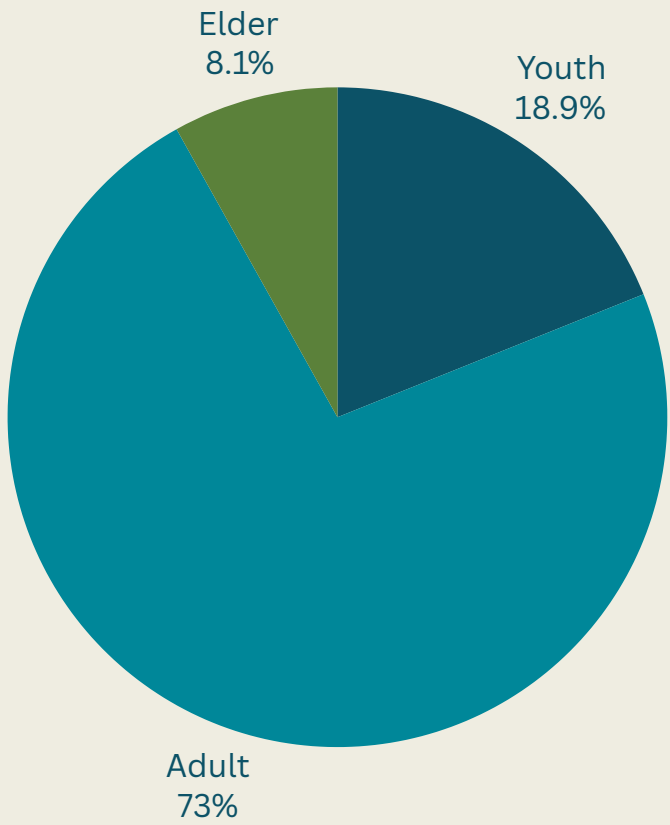


2022-2023

- Six participants of the Supporting Wellbeing Training.
- Nine people completed the Pilot Facilitator Training.
- Two Facilitators-in-Training were mentored.
- We had participants from seven NWT communities and five regions participate in our programs.
- We delivered the SWB Training in one Akłarvik and had plans to deliver it in Inuvik and Rádeyılıkóé.
- We delivered the Pilot Facilitator Training outside of Łíídlı Kúę

2023-2024

- 34 participants of the Supporting Wellbeing Training.
- Three Facilitators-in-Training were mentored.
- We had participants from four NWT regions and 12 communities participate in the Supporting Wellbeing training.
- 19 participants said they want to be trained as facilitators.
- 100% of participants felt the training objectives were met.
- Four SWB Trainings were delivered: Sòmba K'è, Rádeyılıkóé, Łíídlı Kúę, T'è'ehdaà.



2023-2024 SWB Training Participant Demographics

Mārsı | Kinanāskomitin Thank you | Merci | Haıı' Quana | Qujannamiik ++ Quyanaınni | Māhsı ++ Māhsı | Mahsı ++

We owe our successful years to the dedication of our Steering and Advisory Committees, staff, partners, and many dedicated contractors! Thank you to our funders and sponsors who make our work possible. We looking forward to another great year ahead!

2022-2024 Steering Committee

- Jimmy Ruttan (co-chair), Inuvialuit Regional Corporation
- Kristen Tanche (co-chair), Dehcho First Nations
- Noel-Leigh Cockney, Dechinta Centre for Research and Learning
- Brenda Ferdinand-Baton, Sahtú Dene Council
- Anneka Westergreen, GNWT Department of Health and Social Services

2022-2024 Advisory Council

- Mande McDonald, Dene Nahjo
- Tammy Steinwand, Tıchq Government
- Brenda Dragon, South Slave Representative
- Tanya Snowshoe, Gwich'in Representative

2022-2024 Staff

- Rachel Cluderay, Project Director
- Maxine Lacorne, Project Coordinator





Photo: Wendy Lahey

2022-2024 Partners

- Inuvialuit Regional Corporation
- Dehcho First Nations
- Łíídlı Kúę First Nation
- Dechinta Centre for Research and Learning
- SahtúDene Council
- GNWT Department of Health and Social Services
- Dene Nahjo
- Tłıchǝ Government
- Northern Indigenous Stewardship Circle
- K'ahsho Got'ine Foundation
- Hotii ts'eeda
- Makeway Foundation
- Nature United
- Arctic Inspiration Prize
- National Association of Friendship Centres
- NWT On The Land Collaborative
- Premiers' Award for Mental Health and Addictions Care



Photo: Ashley Okrainec



Supporting Wellbeing
A Project on Makeway Shared Platform
300-4902 St.
Yellowknife, NT | X1A 2P8
www.supportingwellbeing.ca