אליך גרי גערי גערי גערי גערי גערי Isaksimagit Inuusirmi Katujjiqatigiit Ikitiahimalugu Inuuhik Katimajiit Embrace Life Council Saisis la vie

2006-2007 ANNUAL REPORT





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Background

The Isaksimagit Inuusirmi Katujjiqatigiit Embrace Life Council (IIK) was established in January 2004 as a result of partnership efforts of many others. Efforts to create the council began in 2003 with the recognition that there needed to be a coordinated initiative in addressing the high suicide rates in Nunavut. The Council will provide this coordination as well as provide training to volunteers, teachers, members of the RCMP, and many others to increase awareness of youth at risk. The Council's eleven member board has collaborated to provide leadership to its expanding team.

This year the members representing its organizations were: Sheila Levy – Kamatsiaqtut Helpline Marty Cheliak – Royal Canadian Mounted Police "V" Division Charlotte Borg – Nunavut Teachers Association Becky Kilabuk – Qikiqtani Inuit Association Jenna Kamingoak – Kitikmeot Inuit Association Vacant – Kivalliq Inuit Association Vacant – Nunavut Association of Municipalities Wayne Moore - Community of Faith MaryAnne Tattuinnie – Inuit Qaujimajatuqangit Katimajiit Madeleine Adams – Government of Nunavut Virginia Qulaut Lloyd – Nunavut Tunngavik Inc.

The Council is a non-profit organization who recently attained charitable status. According to our by-laws the Council aims to:

- Contribute to the mental, emotional and physical health and community wellness of Nunavut residents by providing education, research and statistical analysis, a clearing house, training and a coordinated holistic approach to suicide prevention activities;
- Recruit, co-ordinate and provide on going training to volunteers in order to give them the expertise to deliver suicide prevention and community wellness services;
- Educate the public on the issues of suicide, mental health, community health and related issues; and,
- Acquire sufficient resources in cash or in kind to support the objectives of the Council and communities throughout Nunavut.

Letter from the President



This year has been another great year of accomplishments. The staff moved into their permanent location on the first floor of the Brown Building in Iqaluit. This location made them very accessible to all members of the public. A stronger relationship with the Kitikmeot was established as a result of our contribution from the Department of Community and Government Services in providing Kane Tologanak as a staff of the Embrace Life Council.

We are thankful to the Department of Health and Social Services for providing staff time. Lori Idlout is serving as the

Executive Director since the inception and her time is much appreciated.

We are starting to feel more established. The staff by the end of this fiscal year grew, now having four full time staff. We are pleased with the addition of Annie Quirke as Training Facilitator and Gela Pitsiulak as the Resolution Health Support Worker. This has meant increased partnerships with the communities. The report this year will highlight the accomplishments of this emerging team.

One of the most important accomplishments is the development of Embrace life committees and volunteers in communities. It is by communities and their citizens feeling empowered to do something about suicide through embracing life activities, thought and actions, will we be making a significant difference. There is still so much to learn. There is still much each and every one of us can do, as individuals, families, colleagues, friends, and communities. We suggest: through our programs to:

- Break the Silence about suicide by "Embracing Life".
- Learn about suicide prevention
- "Be there" for others
- Contribute your skills to organizations that help
- Take care of your own mental, physical, emotional and spiritual health.

Introduction

During its Annual General Meeting in 2006, the Board had approved the priorities and guiding principles. The priorities were determined at a previous board meeting, which were to focus on:

- a. Family and Parenting to further develop self reliant communities.
- b. Efforts on maintaining relations and partnerships and improving communications to the communities.

Guiding principles were set up to guide the activities of the office:

- a. Embracing life (not just preventing death) Asking people what they think it means to embrace life
- b. Inuit history driving the programming instilling Inuit Pride
- c. Collective solutions from the community
- d. Communities identify their own solutions, recognizing that every community is unique
- e. Families being central to life focus on parenting skills, kinship, teamwork
- f. Protecting, being aware and guided by the environment.

These priorities and guiding principles have formed the basis for decision making in determining the activities that the Embrace Life Council staff have undertaken this year.

Reports from the Members



Sheila Levy – Kamatsiaqtut Helpline

Projects

Training on communication skills, active listening, risk assessment, how to do deal with many different issues, as well as suicide prevention. Values, attitudes, knowledge and skill development is also covered.

Conferences Attended

- CASP (Canadian Association for Suicide Prevention) October 2006.
- Communities in Crisis Symposium Vancouver, February, 2007.

List Strategies

Interested youth (16 and over) are allowed to take the training to become volunteers. The training helps them in all aspects of their lives, not only when they are on the line. All volunteers take extensive training. On going training occurs periodically as well, focusing on one or two issues.

List Training Provided to staff

Motive and Expectation Goals of Training Active Listening Assessment of Risk Referrals Helping Styles **Role of Feelings** Reflecting Responses **Open-Ended Questions** Road-Blocks to Communication The Listening Model Role Playing Guidelines for Handling Specific Types of Calls Parenting skills Suicide: Assessing Risk, intervention techniques, contracts, stages in constricted thinking Sexual Health issues; HIV, AIDS, STD's etc.

Charlotte Borg – Nunavut Teachers Association

DESCRIPTION OF SERVICES/ADVOCACY OR PROGRAM:

The Nunavut Teachers Association has a Collective Agreement between the Federation of Nunavut Teachers AND Minister responsible for the Public Service Act (Nunavut). Its role is to maintain and improve harmonious relations and to settle conditions of employment among the Employer, employees, and the Nunavut Teachers' Association; To recognize the mutual value of joint discussion and negotiations. The parties want to effectively serve the citizens of Nunavut by:

- •Improving the quality of education in Nunavut
- •Efficiently serving the students of Nunavut
- •Improving professional standards
- Producing the highest quality of instructional service
- Promoting the well-being of all Nunavut teachers, and
- •Establishing within the framework provided by law, an effective working relationship at all levels of the Nunavut Public Service.

CONFERENCES ATTENDED BY THE MEMBER:

•October 2006: Represented ELC at CASP's annual national conference through participation and session presentation.

•January 2007: Represented ELC at the Qikiqtani Student Support Teacher Conference in Iqaluit and facilitated training on Anger Management for Teens.

•March 2007: Represented ELC at the Qikiqtani School Community Counsellors' Conference in Iqaluit and co-facilitated training on (1) Anger Management for Teens and (2) Suicide Prevention in Schools.

TRAINING PROVIDED:

- To Grade 6 teachers in Iqaluit how to co-teach made-in-Nunavut suicide prevention and bullying prevention programs to pre-teens. (September 06-March 07)
- To Qikiqtani Student Support Teachers how to facilitate anger management programs with groups of pre-teens. (January 07)
- To Qikiqtani School Community Counsellors how to facilitate anger management programs and suicide prevention programs with groups of pre-teens. (March 07)
- To Iqaluit educators, social workers, mental health workers, community members and volunteers how to build positive communities through positive group processes (five days in February 2007).

Becky Kilabuk – Qikiqtani Inuit Association

QIA's mandate is to Protect and Promot Inuit Rights and Values. It represents the interests of the Inuit of the Baffin Region, the High Arctic and the Belcher Islands.

CONFERENCES ATTENDED BY THE MEMBER:

- National Inuit Elders & Youth Summit (Baker Lake, NU) March 12-16, 2007
- Youth Leadership Conference (Toronto, Ontario) June 11-15, 2007

TRAINING PROVIDED TO STAFF:

- Vision Development, "Making the Vision Happen"
- Strategic Planning, "Strategizing for Change!"
- Group Facilitation, "How to be a Dynamic Facilitator"
- Proposal Writing, "Writing the Million Dollar Pitch"
- Fundraising, "Useful tips, and How to ask in Person"
- Applying Skills, "Sustaining Momentum and Coping with Stress" Identifying your roles within the community, "What is leadership?"
- Nunavut Animation Lab, "Bringing Inuit stories to life through animation"

LIST OF FUNDING PROVIDED TO COMMUNITIES:

This year for the first time DSP is delivering the Traditional Camping Program in all thirteen (13) Baffin Communities. The following table shows the name of the Camping Coordinator and the amount of funding for each community:

COMMUNITY	FUNDING	COORDINATOR(S)			
Kimmirut	\$25,000 (QIA)	Jawlie & Naomi Akavak			
		Ph. 939-2320 / Fax 939-2257			
Cape Dorset	\$45,000 (UMAYC)	Mathewsie Joanasie & Qimmiataaq			
		Nungutsuittuq			
		Ph. 897-8147 / Fax 897-8148			
Iqaluit	\$45,000 (NAYSPS)	Moosa & Pitsula Akavak			
		Ph. 979-2252 / Fax 979-7737			
Pangnirtung	\$45,000 (UMAYC)	Charlie & Naomie Qumuatuq			
		Ph. 473-8916 or 4065			
		ktoursoutfitting@yahoo.ca			
Qikiqtarjuaq	\$25,000 (QIA)	Eena Kooneeliusie			
		Ph. 927-8561			
Clyde River	\$25,000 (QIA)	Elijah Palituq			
		Ph. 924-6610 / Fax 924-6120			
Pond Inlet	\$45,000 (UMAYC)	Jake Anaviapik			
Arctic Bay	\$45,000 (UMAYC)	Audrey Qamanirq			
		Ph. 439-8843 / Fax 439-8766			
Resolute Bay	\$25,000 (QIA)	Joadamee Amagoalik			
		joadameea@hotmail.com			
Grise Fiord	\$25,000 (QIA)	Soon to be hired			
Iglulik	\$45,000 (NAYSPS)	Harry Ittuksarjuat & Augustine Taqaugaq			
		Ph. 934-8090			
Hall Beach	\$25,000 (QIA)	Abe Qammaniq			
		Ph. 928-8855 (w) / Ph. 928-8968 (h)			
Sanikiluaq	\$25,000 (QIA)	Qulliq Youth Committee			
		(Nancy Kittosuk)			
		Ph. 266-8874 / Fax 266-8903			

Department of Social Policy programs and projects carried out this year include:

- QIA Youth Committee Workshop, August 22-24, 2006, Kimmirut
- QIA Hip Hop Workshop, September 14, 2006, Qikiqtarjuaq
- QIA Fashion Show & Craft Fair, December 15, 2006, Iqaluit (to raise money in support of Qimaavik Women's Shelter)
- Launch of Inuktitut Myths and Legends Website <u>www.inuitmyths.com</u> [a joint project of QIA and Nunavut Bilingual Education Society (NBES)]
- Publication of Inuktitut/English Children's Magazine called Kaakuluk Traditional Stories (a joint project of QIA & NBES)
- Publication of Inuktitut/English Youth Magazine called Pivut-Traditional Stories (a joint project of QIA and NBES)
- Publication of Inuit Tools and Techniques Handbook (joint with NBES)
- Funding and arranging for thirty-six (36) youth and elders from across the Baffin Region to attend the National Inuit Youth Council Annual General Meeting, March 12-16, 2007, Baker Lake
- QIA Inuktitut Language Celebration, April 25-27, 2007, Inuksuk High School, Iqaluit

Wayne Moore - Community of Faith

List Conferences Attended:

Dialogue For Life Conference 1V - December 5, 6, 7 2006 - Delta Hotel Montreal Nunavut Tourism Corporate Governance Workshop – October 27, 2006 Iqaluit

Strategies:

Sunday Services

- Pray every Sunday and Wednesday for the city and any needs that we are aware of.
- Teach positive living to our congregations
- Highlighted in all preaching and teaching times
- Teach the importance of being a role model to children

On Our Sunday Radio Program on CKIQ

• Try to remember to encourage listeners to embrace life.

Counseling Sessions

- Remind people there is always hope
- Encourage them to talk about their challenges
- Especially when talking with young people
- Also hurting people within our congregations

MaryAnne Tattuinnie – Inuit Qaujimajatuqangit Katimajiit (Elder)

Government of Nunauvt, Department of Culture, Language, Elders and Youth **LOCATION:** Rankin Inlet

DESCRIPTION OF SERVICES/ADVOCACY OR PROGRAM:

Represents Inuit Qaujimajatuqangit Katimajiit. They are external advisory council. They provide advice, as requested by departments, on their efforts to deliver programs and services within the context of Inuit Qaujimajatuqangit.

CONFERENCES ATTENDED BY THE MEMBER:

- May 15 19/06 IQK meeting
- Nov. 6-10/06 IQK meeting
- Dec. 11-15/07 IQK Health group meeting
- IQK meeting Feb. 12-16/07

Madeleine d'Argencourt – Government of Nunavut

The GN is committed to addressing suicide through partnerships such as with the Isaksimagit Inuusirmi Katujjiqatigiit - Embrace Life Council and the inter-departmental Senior Officials Healthy Lifestyle Committee SOHLC).

The GN has taken a holistic, partnership approach to addressing the high rate of suicide in Nunavut and strongly supports the activities of the Embrace Life Council. As well the GN is implementing the recommendations that were developed by the Inungni Sapujjijiit Task Force on Suicide Prevention and Community Healing.

The GN is working to ensure there is stronger coordination of suicide prevention initiatives. This will help ensure that there is a full spectrum of care in the area of suicide prevention. To this end the GN has established the Senior Officials Healthy Lifestyle Committee (SOHLC), which consists of Deputy Ministers/Senior Officials of a number of Departments. The Departments of Health and Social Services, Education, Environment, CLEY, Justice, CGS and the Nunavut Arctic College, have developed strategies to ensure initiatives are monitored to support the efforts of the SOHLC.

H&SS contributed \$50,000 to a pilot project on a follow-back study, which will undertake assessments and interviews with people that are close to someone who has completed a suicide. The actual study will be 5 years and partnerships will be with Embrace Life Council and McGill University. The study is underway.

HSS developed a work-plan with key Inuit and non-Inuit organizations to access the newly funded federal program - **National Aboriginal Youth Suicide Prevention Strategy (NAYSPS).** The work-plan was submitted to Health Canada and approved. Funding will be available in each of the fiscal years for 2007/08, 2008/09 and 2009/10. The NAYSPS approved in 2006/07 was for \$498,937.00. In 2007/08, the total amount approved is \$460,451.00 and each of the remaining fiscal year allocation amounts will depend on the federal government decision how much they want to allocate. Health &

Social Services entered into a Contribution Agreement with Health Canada to access the funds. The Government of Nunavut and Isaksimagit Inuusirmi Katujjiqatiigiit Embrace Life Council, in turn, entered into a Contribution Agreement for the Council to administer the NAYSPS program in 2007/08.

Further to funding contributions the GN also recently developed a new government strategy, "*Annirusuktugut - GN Suicide Prevention Strategy*" which has been developed to focus on six objectives:

- 1. Culturally relevant and effective GN programs and services;
- 2. A strengthened working relationship with Isaksimagit Inuusirmi Katujjiqatigiit;
- 3. Improved government programming to promote healthy lifestyles;
- 4. Improved community awareness of GN programs and services;
- 5. Centralized and comprehensive information about suicide in Nunavut;
- 6. Strengthened and continuous interdepartmental collaboration within the GN.

Virginia Qulaut Lloyd – Nunavut Tunngavik Inc.

DESCRIPTION OF SERVICES/ADVOCACY OR PROGRAM:

NTI was established to receive the lands and financial compensation under the Nunavut Land Claims Agreement. It invests in its subsidiaries and affiliates, and represents the collective Inuit political interests. NTI is Governed by ten Board of Directors and it has ten departments;

- Lands & Resources, Wildlife;
- o Claim Implementation;
- Human Resources; Business & Economics Development;
- Communications; Legal Services; Finance; Administration; Social & Cultural Development.

Its corporate relationships and affiliates include the Kitikmeot Inuit Association (KIA) Kivalliq Inuit Association (KIA) Qikiqtani Inuit Association (QIA) and its subsidiaries: Nunasi Corporation

CONFERENCES ATTENDED BY THE MEMBER:

Conferences are attended by various staff within the Social and Cultural Development Department. SCD staff attended the NIYC Youth/Elder Summit held in Baker Lake in March of 2007. SCD Staff have also participated in various Social and Culturally related conferences including the most recent CASP Conference held in Yellowknife.

NTI also holds representation on the National Aboriginal Youth Suicide Prevention Strategy funding Review committee. This program reviews community based proposal submissions for activities tied to Community Wellness and Suicide Prevention.

PROGRAMS and SERVICES:

There is one program run through the Social and Cultural Development Department. The Qauma Mobile Treatment Centre is a third party funded program which provides counseling opportunities to community members that have attended Residential Schools through out Nunavut. The program delivers four week outreach programs to four communities a year. This program has been in existence since 2003 and has funding to run until March 2010.

Partners of the Embrace Life Council

The partners we've worked with include:

- 1. National Inuit Youth Council;
- 2. Kitikmeot Inuit Association;
- 3. John Hasyn Photography;
- 4. Nunavut Arctic College and the Mental Health Worker Training Program Steering committee
- 5. NTI and the Qauma Mobile Treatment Program;
- 6. Nunavut Hamlet offices
- 7. the most important have been the many contacts that we've maintained, who to this day remain volunteers, who continue to share our message of working together to be proud of being Nunavutmiut.

Research

Michael Kral - There are a total of 344 codes/themes. For each code/theme there is at least one story from the three different sources, and usually quite a number of stories. There is thus a lot of information that can be used. They have been organized into 14 categories to make them easier to work with.

Emotions/Psychology Helping Problems Tradition/Pre-Settlement/Beliefs Colonialism/Social Change Kinship/Romance Community Community Action Youth Cases Gender Suicide Some Traditional Practices Ethnography

Follow-Back Study – this study "Learning from lives that have been lived" has now been an active study for two years. It is a way to learn more about the risk factors and preventive factors for suicide in different populations. Interviews have been held with those individuals impacted by a completed suicide as well as those who have attempted a suicide. Several communities have already been visited. And a report submitted to the Embrace Life Council, which will be available at a later date.

In-Kind Contributions

The Council is very grateful to the Government of Nunavut for its generous in-kind contributions. Of these include the salary and time of the Executive Director, Lori Idlout and the Wellness, Training and Development Coordinator, Kane Tologanak who is stationed in Cambridge Bay.

The council would also like to acknowledge the support and office space it received from the RCMP "V" Division, Department of Justice, the Department of Community and Government Services and the Department of Executive and Intergovernmental Affairs.

Donations and Fundraising

In 2006 and 2007 we received a total of \$7430. in donations from individuals and corporations. During our fund raising initiative last fall, we were able to raise \$13,527. This year, most of our contribution agreement obligations went over budget slightly and all of these donations and fundraising dollars became very useful as they were used to balance our accounts. Further to this we received a GST rebate in the amount of \$5370.

Ben Williams Fund

During this fiscal year there was no distribution from the Ben Williams Fund. As such the fund remains at \$7895.

Projects by Contribution

Source: Department of Health and Social Services Amount: \$125, 00.00 The funds from this source were used mainly for operational costs. These Costs include, telephone, internet, office supplies and interpreting and translation of documents. We were also fortunate to attain Annie Quirke as the Training Facilitator, whose salary was paid with this fund.

A major part of this fund was also used to coordinate the first ever Nunavut Embrace Life Day. This included working with communities and developing and distributing resources such as the

- Embracing Life Resources Toolkit
- Kamatsiaqtut Helpline poster with an image of Jordan Tootoo as made possible my Nunasi Corporation and NorTerra
- Embrace Life wristbands; And the Embrace Life Flag

Health Canada Source:

\$50.000. Amount: This fund came out of Health Canada's Indian Residential Schools Mental Health Support Program. The expenses for this fund were used to employ Gela Pitsiulak as the Resolution Health Support Worker. Gela's position is another positive example of partnership. The Council works with NTI and their steering committee that oversee's the Qauma Mobile Treatment Program, which is funded by the Aboriginal Healing Foundation.

Source: Health Canada –

Amount \$54,758.

The other funding provided was through the Population Health Fund. This program has been a two year program and is nearing completion. The funds for this program has been used to strengthen our relationships with the communities through teleconference calls and providing contributions to communities who have committed to participating in increasing youth capacities and their abilities to cope with struggles as well as celebrating life. Funds were also used to send to communities for establishing and/or strengthening community relationships to take ownership for addressing health and wellbeing issues. A major part of this fund was used to develop the Embracing Life Resources toolkit and the three brochures that came with it entitled, positive coping skills for teens, positive parenting tips and an adults guide working with teens.

Source: National Aboriginal Youth Suicide Prevention Strategy \$119,807. The funds we received for this program was administered through the Department of

Health and Social Services. With this fund we utilized various partnerships as well as supported a community initiative.

The NAYSPS has four key elements: Primary Prevention (increasing resiliency and reducing risk), Secondary Prevention (supporting communities at risk), Tertiary Prevention (crisis response) and Knowledge Development (evaluation and research).

The first notable project was the partnership we had with the National Inuit Youth Council in their efforts to coordinate a national Inuit Elders and Youth Summit in Baker Lake. This summit was an amazing opportunity that instilled pride, hope and faith in the participants. This partnership also included involvement with a Youth Media Team and providing support for youth to learn such things as animation and photography. A full report is available upon request.

With the second project we partnered with the RCMP "V" Division. In this partnership our contribution was to provide per diem and catering for participants from eight communities to attend the Whitestone Suicide Prevention Training. In all roughly 25 new people were trained in intervention skills.

The third project we partnered with the Qikiqtani School Operations. School Counselors were gathered and our contribution was in assisting with the workshop delivery. Elizabeth Fortes, an aboriginal healer was flown in who is skilled in delivering healing practices.

The final project that was administered was for an Elder in Pangnirtung, Nunavut. The elder, Lasalosi Ishulutak held on the land programs with youth in Pangnirtung. Mr. Ishulutak is an amazing elder. He has never learned the English writing yet, he is able to attain funding to teach youth about their culture and their heritage. Mr. Ishulutak is an example of determination and perseverance. Although it was challenging at times, it is an honour to support his efforts.

Getting to know the Staff

Lori Idlout - Executive Director



As the main coordinator for the council, it has been an honour sharing information between council and staff. What has been most rewarding is watching people grow and feel appreciated in the awesome work that they do. It's been wonderful to pass on responsibilities to staff. We have been very lucky this year to substantially build our team. Many people ask me "your job must be so stressful" and many times I respond, to say, I get

to work with so many talented and inspiring individuals and teams that, instead, I feel so lucky. It's an incredible experience to be spreading positive messages and discussing with so many people the many reasons we have to be proud of being Nunavummiut.

The meaning of embracing life has changed often. I hadn't realized as I was growing up that I was being prepared to be a leader in change. I say this because I experienced many changes throughout my life. It is not the same compressed change that our elders went through, in terms of sudden cultural and environmental change. Because of my fathers' suicide, I ended up living with many different families throughout Nunavut.

I am very thankful for a number of lessons: 1) I was generally quite protected, although I experienced many adults drinking far too much, gambling all night or sleeping with many little cousins, there ended being a sense of security. 2) no matter what family I ended up with, they always told me to get my education, given the number of families I've lived with, I am always amazed that they all had a consistency in messaging. This goes to my third lesson. They all always told me as well that I should always help others, especially those that need it most.

Given that, I did not grow up in a "normal" or "healthy" family, as have so many other Nunavummiut, what embracing life means to me these days, is very personal. It is with this personal interpretation, that drives my passion and commitment to seeing more healthy, productive human beings, who are able to choose more positive lifestyles.

Annie Ekho Quirke – Training Facilitator

My name is Annie Ekho Quirke and I am the training facilitator. I started my job in January, 2007. I was born in a qamma when Inuit were still living the nomadic life style. My first ten years were growing up in a tiny Inuit community. I have fond memories of our community and my up bringing in a primitive life style. I grew up where there was no television or western style school. I learn to read and write in Inuktitut by copying old letters that my mother received from my two aunts that lived in surrounding Inuit communities. I started school when I was ten years old and that's when I started



learning English. I have love for learning and have so much fun learning new things.

I have taken advantage of excellent opportunities in educating myself throughout my career through on-the-job training programs and by returning to school later as an adult. I have recently learned to make kamiik for the first time. I am proud of my Inuit heritage, culture and traditions. I believe in perusing excellent opportunities that are available to us whether it be learning our Inuit culture, history and traditions and combining that with formal education. There is nothing that's stopping us from learning both equally. It's up to us to pursue that. Education opens doors. There is so much opportunity out there. When we pursue these opportunities and use them to the fullest then I believe we're embracing life.

In March I facilitated two day workshop in Iqaluit in Increasing Community Capacity building. The workshop was a success.

- Two facilitators from Iqaluit were hired to help facilitate the workshop.
- Embrace Life Council saved money by hiring local facilitators.
- Two successful communities teaching their successes to other three communities. This is excellent way to learn from each other and to network with other communities within Nunavut.
- The workshop was conducted all in Inuktitut. (There was no need for translations.)

What I learned from this workshop.

- The communities are taken on more responsibilities for their own health. They want to make a difference for the youth in their communities. They want to support existing programs that promote happier, healthier communities.
- The communities want to keep their language alive and teach it to their children and youth.
- The communities that have embrace life committees have encourage youth participation in their committee.

Kane Tologanak – Wellness, Training & Development Co – ordinator

Since being seconded to Embrace Life Council from Community and Government

Services, I have been very conscious Council and medical illnesses and family tried to be involved by working home or to travel. I have been held in Cambridge Bay. Most attended were sponsored by Cambridge Bay Wellness Association. These workshops Families & Communities); Training, Caregivers Skills



privileged to be part of a very dedicated staff. Despite my loss on three occasions I have when I am not told to stay at involved in workshops were of the workshops that Health & Social Services. Centre and Kitikmeot Inuit include: High Risk Kids (their Applied Suicide Intervention Counseling the Bereaved, Grief

and Loss, and Kitikmeot Multi-Media and Youth Leadership Development sponsored by Kitikmeot Inuit Association. In June 2006 I was awarded The Inuinnaqtun Language Award in my share/attempts in the promotion of Inuinnaqtun and the preservation of Inuit Language and Culture in the community.

I also attended Beaufort/Delta Residential School Student reunion in July 2006. Since then, I have assisted with former students' gatherings/events/meetings and also in preparing workshop material which is being created in the Igloo style concept.

One of the hardest was when there was triple homicide within our community and I assisted in the local Crisis Intervention Team and met regularly and also counseling community people that wanted that assistance.

Embracing life has in its own way improved me to enjoy life and better respect our elders, environment, assist those that need it, and to be available wherever I am required.

Gela Pitsiulak – Resolution Health Support

In Nunavut, Resolution Health Support Worker (RHSW) services are provided by the Embrace Life Council, based in Iqaluit. The funding for this is provided by Health Canada and it allows us to provide culturally appropriate emotional support. The program objectives are to ensure that former students of Indian Residential Schools (IRS), who are resolving a legal claim against the Government of Canada to have access to an appropriate level of mental health counseling and culturally appropriate emotional support services and to ensure that former students of IRS can safely address a broad spectrum of mental health issues related to the disclosure of childhood abuse(s) they may face.

This past year we have tried to cover the overall needs by hiring different therapists from the Centre for Treatment of Sexual Abuse in Ottawa: The team who works with Qauma include:

• Jan de Crespigny, Ph.D., C.Psych, Janice Fraser, M.S.W., R.S.W, Deborah Gilman, Ph.D., Lalita Salins, M.A., R.M.F.T, Brenda Saxe, Ph.D., C.Psych, Mary Hogan-Finlay, Ph.D., C.Psych, Susan Oke, BSc, O.T. We've also worked with Jeffrey W. More, BA, Post Bacc, Therapist specializing in Art Therapy and Thomas Ootook an Inuk elder from Pond Inlet.

Qauma project has been delivered in the following communities: 2004-2005; Igloolik, Taloyoak, Sanikiluaq, Chesterfield Inlet 2006-2007; Iqaluit, Kugaaruk, Repulse Bay, Rankin Inlet, Gjoa Haven

Feedback from claimants and stakeholders have been very positive with gratefulness and renewed strength. All of the participants were very grateful to have QMTP come to their communities to offer specialized services such as shock, trauma and sexual abuse treatments that are not available in Nunavut communities. Part of my task aside from supporting Qauma is to represent Embrace Life Council by inviting, connecting and networking with the Mayors, community leaders, councilors, frontline workers for health and social services, caregivers, schools, spiritual leaders and other service providers to acknowledge, recognize and encourage their efforts in the hard work that they do. They are the ones making a difference in their communities. Qauma and Embrace Life Council makes an effort in providing different and various ways and methods, each service that is provided has had its own strength incl. but not limited to shock, trauma, sexual abuse treatment service, art therapy, Inuit way of healing and most importantly providing 'safety net' to claimants by weaving the gap even in the most remote communities to help and motivate people to take a step towards healing journey.

A challenge often faced in most communities is the work in isolation and as a result they tend to be disconnected. Coming in from the outside has worked against and for us, since most people in the community do not know us and tend to have suspicion and mistrust, though we have also had people come and see us because they feel safer to go to someone who don't know them. Lack of funding to do follow ups to the communities that have been visited creates a big gap and since Nunavut communities have no specialized services available for the residential school students and with the health system already strained it is important to form, equip and support the support groups in Nunavut communities as a starting or reference point to connect the interests groups. The reports we have received from Health Canada is that the RHSW services are being accessed at four (4) times the frequency of counseling services nationally.



As a RHSW and as an individual, embracing life to me means, extending my hand to do what I can to help and contend for families in all walks of life, especially for our Inuit families who are being threatened by an alarming number of suicide and social problems. We live very differently then our ancestors who in the past have had to survive and face the coldest, harshest and hostile climate in the world and yet were able to thrive in the midst of it.

Today, our generation, still have to survive and face another cold, harsh and hostile climate in a different form. Connectedness to oneself, one another and to the land has been the strength and thread of Inuit culture and identity. And I believe we need to rebuild that wall in our modern day society by connecting, networking, supporting our frontline workers and weaving the different organizations, workplaces and services offered in and by our Nunavut communities who have the mandate to support families that make up our very society and not the other way around where the system that have failed our people run our lives anymore.

Rather, we, has warm bloodied human beings need to put skin, flesh and heart to the lifeless skeleton. There has been way too many lives that have been effected negatively not to mention very promising young lives that have fallen between the cracks which is a high cost to pay and in order for us to move on we need to ask for forgiveness and forgive ourselves for failing to protect the very people who have been entrusted to us but more importantly we need to acknowledge those that we have lost and honour them by commemorating their lives by re-building and filling the gaps and by taking our place to form a safety net for our families and our community and do what ever is necessary to change the very system that is disconnecting us from embracing life.

Together, as a connected community, we can begin not only to tackle the problems that we face in Nunavut but embrace the foundation that our ancestors have laid for us to continue our healing journey and move forward by creating an environment in which we can build strong, healthy and vibrant families.

Financial Report

Revenue	Health Canada - PHF	NAYSPS	Health Canada - IRS	GN DHSS	Donations and Fundraising	Totals
Amounts	\$54758	\$119807	\$50000	\$125000	\$26327	\$375892
Expenditures					· ·	
Accommodations	0	5138	0	27467	0	32605
Advertising and Promotion	0	0	0	17790	6395	24185
Air Travel	21548	15948	3516	11736	0	52748
Conferences	0	13437	0	1461	0	14898
Ground Travel	0	0	0	0	0	0
Insurance	0	0	0	692	0	692
Interest and Bank Charges	0	0	0	660	0	660
Internet	0	0	311	670	0	981
Meals-Programs	0	3236	0	0	0	3236
Memberships and Licenses	0	0	0	500	0	500
Office	3601	3887	5229	8425	0	21142
Professional Fees	4150	18750	0	7588	0	30488
Per Diem	0	28278	0	0	0	28278
Programs	19000	44895	0	22764	3836	90495
Rent	0	400	0	500	0	900
Salaries and Benefits	0	0	52712	13890	0	66602
Telecommunications	6459	1004	252	7089	0	14804
Translations	0	362	0	5750	0	6112
Totals	54758	135335	62020	126982	10231	389326
Excess revenue (expenditure)	0	(15528)	(12020)	(1982)	16096	(13434)