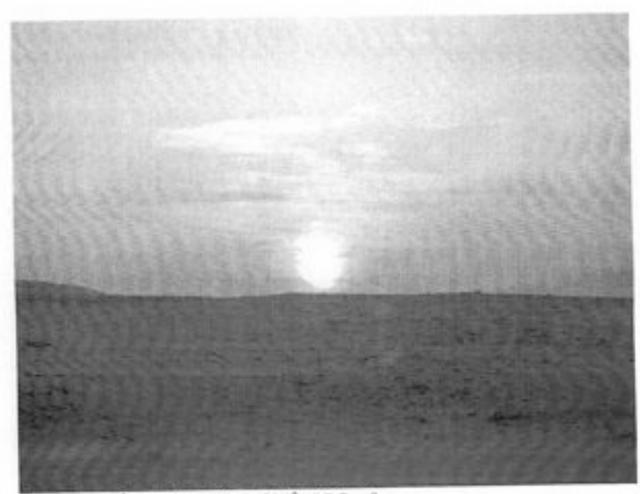


2007-2008 ANNUAL REPORT



(photo of Taloyouk horizon taken by Gela Pitseolak)





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THIS REPORT IS DEDICATED TO THE FRIENDS AND FAMILY OF TIMUT QAMUKKAAQ. TIMUT MADE SURE TO ACKNOWLEDGE THE SUPPORT OF HIS FAMILY WHILE HE SERVED AS THE CHAIR OF THE STEERING COMMITTEE

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Background

The Isaksimagit Inuusirmi Katujjiqatigiit Embrace Life Council was established in January 2004 as a result of partnership efforts of many. 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
Sandy Oleekatalik – Kitikmeot Inuit Association
Joclyn Ukutaq-Malla – Kivalliq Inuit Association
Percy Kabloona – Nunavut Association of Municipalities
James Brown - 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.

Staff

Lori Idlout - Executive Director
Kane Tologanak - Wellness, Training and Development Coordinator
Annie Quirke - Training Facilitator
Gela Pitsiulak - Resolution Health Support Worker
Qajaaq Ellsworth - Inuusivut Coordinator

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Letter from the President

This year we experienced many changes within the embrace life council office. Our most significant change was the administration of the National Aboriginal Suicide Prevention Strategy funds. We were able to through partnership efforts with Nunavut Tunngavik Inc., Government of Nunavut's Department of Health and Social Services and Health Canada approve many projects within Nunavut communities.

We are thankful to the Department of Health and Social Services for providing staff time. Lori Idlout is the Executive Director since the inception and her time is much appreciated. We also thank Department of Community and Government Services for the secondment of Kane Tologanak again this year.

We experienced staff changes again. We are pleased with the addition of Qajaaq Ellsworth as the coordinator of the Inuusivut program and Marie-Lucie Uviluq 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.

In the creation of the Embrace Life Council, Nunavut has taken a lead role in Canada in taking a life affirming approach to addressing suicide. Rather than focusing on how our citizens have been impacted by suicides, numerous workshops and discussion on what embracing life means to individuals, youth, adults and caregivers have occurred, including what can be done to help others at risk to realize the value of their own life. Our philosophy reflects Inuit Qaujimajatuqangit principles, which focus on the positive: what we can do, our strengths, as communities, as families, and as individuals. I applaud out strong, creative staff and excellent Board of Directors in the completion of many positive activities this year.

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.
- Efforts on maintaining relations and partnerships and improving communications to the communities.

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

- 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.

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Board meetings and Executive Committee meetings

There was one board meeting held with the gathering of the steering committee in Iqaluit, where they had a chance to hear about existing initiatives and a literature review that was conducted by staff. The executive committee met five times.

Partners of the Embrace Life Council

The partners we've worked with include the National Inuit Youth Council; Kitikmeot Inuit Association; John Hasyn Photography; Nunavut Arctic College and the Mental Health Worker Training Program Steering committee; NTI and the Qauma Mobile Treatment Program and Nunavut Hamlet offices. 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.

In-Kind Contributions

The Council is very grateful to the Government of Nunavut for its generous contributions. Of these include the salary and time of Lori Idlout and Kane Tologanak. We'd also like to acknowledge the support and office space it received from the Department of Community and Government Services.

Donations and Fundraising

Our donations and fundraising efforts totalled \$18,577. Further to this we received a GST rebate in the amount of \$16,409.

Ben Williams Fund

There was no distribution from the Ben Williams Fund, this year. As such the fund remains at \$7895.

Projects by Contribution

Source: Department of Health and Social Services Amount: \$135,00.00

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.

This fund was used to coordinate what have become the annual Nunavut Embrace Life Day activities. This included working with communities and developing and distributing of Hoodies with the words embrace life on the back and the logo in the front.

This fund was used to gather the steering committee that was established to implement Annirusuktuguts Suicide Prevention Strategy. A call for interest was sent out to Nunavummiut. Based on the responses, nine committee members were selected: Timut Qamukkaq-Hall Beach, Jakob Gearheardt-Clyde River, Looee Okalik -Ottawa, Thomas Suvissak-Rankin Inlet, Dianne Tiktak-Rankin Inlet, Erksoktuitok Eetuk-Coral Harbour, Sarah Jancke-Cambridge Bay, Rosemary Meyok - Kugluktuk and Cecil Lyall - Taloyoak. Due to the unfortunate passing of Timut Qamukkaaq, Thomas Suvissak became the chair of the committee.

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Source: Health Canada Amount: \$181,768.00

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 and Marie-Lucie Uviluq as the Resolution Health Support Workers. Their positions are 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: National Aboriginal Youth Suicide Prevention Strategy \$514,578. This fiscal year the council administered this fund on behalf of the Department of Health and Social Services. A team consisting of Embrace Life Council, Department of Health and Social Services, Nunavut Tunngavik Inc., National Inuit Youth Council with support from Health Canada reviewed proposals as they arrived. In total 20 community initiatives were funded.

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). A more detailed report is available upon request.

Source: Health Canada-Inuusivut \$69,000.

Under Health Canada's - NAYSPS Aboriginal Youth Mental Health Promotion Program this fund is to help build capacity and produce new knowledge in the area of Mental Health Promotion in Inuit communities. The project focuses on protective factors against suicide - activities that take a strengths-based, positive approach and is focused on maximum and lasting impacts for youth.

Inuusivut, Our Way of Life, is youth driven and has the support of several key partners. This work builds on and complements existing mental health promotion activities and initiatives already underway in Inuit communities. The purpose of this project is to learn, document and share, through various means, how Inuit percieve, express and develop/foster/promote mental health. The project aims to develop capacity in Inuit communities by having youth directly explore issues related to mental health and to enable them to share their findings with their peers, families and communities. The Youth Media Team (YMT) includes a group of volunteers who are helping to improve communications for Inuit Youth. Youth across all Inuit regions have begun to receive training in photography, filmmaking and related media arts.

Source: Rural Secretariat \$15,000.

Agriculture and Agri-Food Canada's Rural Secretariat provided funding in March in order for the council to implement direction provided under the Government of Nunavuts Annirusuktugut Suicide Prevention strategy. The objective of the fund was to hold a first official meeting of the teritorial steering committee. This would allow the steering committee members to review existing material and resources, listen to presentations and discuss questions and answers with different community and governmental stakeholders. The main outcome aimed, was to increase the knowledge on the best approaches to addressing the impact of suicide and beginning the process in identifying long-term solutions by drafting a suicide prevention strategy.

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Getting to know the Staff



Lori Idlout - Executive Director

This year was a time of personal growth. Between, my commitment to embrace life, volunteer work and love for playing hockey, I lost a sense of commitment to my family. I found that I had to realign my priorities and practice what I preach. Our families must be our foundation. That can mean going fishing on a beautiful summer day or asking what was the

favorite part of your day was during dinner.

What has embracing life meant for me this year? It has been to remember that there is beauty in life: to remember during my own personal darkest moments that, I can still make a difference. Or that my children still look to me for answers and that I need to be there to do my best to answer them, even if I couldn't, right at that moment.

Annie Ekho Quirke - Training Facilitator

A year has gone by so quickly and it's with mixed emotions I am leaving Embrace Life Council. I am not going far as I will still work in Iqaluit. An employment opportunity came that I couldn't pass upon. Nunavummi Disabilities Makinnasuaqtiit Society had job opening for their Executive Director. I applied and was successful candidate.



Working for Embrace Life Council has helped me to build my confidence. It helped me to realize that I have good education background and I need to challenge myself more. Embrace Life Council has a dynamic board and staff. The board members all have full time careers and yet have time to commit themselves to serve on the board. They are caring and committed group of people working tirelessly for the council and for people of Nunavut.

Lori's patience, understanding and encouragement inspired me to challenge myself, to believe in my abilities and skills. She inspired me to work independently without always having to seek approval from her (my boss/supervisor).

The other rewarding part of my work with was connecting with the communities in Nunavut and witnessing communities working together, networking and learning from each other. As I said before, I will always support the work of Embrace Life Council. I will do what I can in my community to promote healthy life style.

Kane Tologanak - Wellness, Training & Development Co - ordinator

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least expect to volunteer. Coaches, officials scorekeepers, statisticians for local events, sports, and games. You may have seen the commercial for Canadian Coast Guard Auxiliary Program where the only reward volunteers get is satisfaction! Yep, there is also there is some that are territorial, national and international organizations, did you know that one time or rather everyone in this room did some volunteering, knowing about it and or didn't even know about it.

Residential School Former Students groups have gone from aggressive movements to supporting and healing modes. Still very much active and visible within their communities and seem to be more in a volunteer to help their community events and programs as if they are more confident and self esteems have given them resurgence to take "back the nightmares" they had experienced brought out to the surface rather then keeping it all inside!

Marie-Lucie Uviluq - Resolution Health Support Worker

Marie-Lucie works out of Cambridge Bay. Her support and commitment is invaluable. She brings with her, a strong foundation towards communities taking ownership and has been a wonderful resource for supporting former residential school students. Marie-Lucie is originally from Igloolik where she raised her four daughters and one son.

Qajaaq Ellsworth - Inuusivut Coordinator

Qajaaq coordinates the Inuusivut project, helping youth to learn technical and creative aspects of photography and film production. Embracing Life is a lot about taking responsibility and initiative for the things we care about. Rather than relying on governments or other organizations to resolve our issues for us, we must come together and put our solutions into action. This is a dream job for me, working with youth in Inuit communities across Canada's north and working together on cool projects. Sharing laughter is an important part of the equation in the work that we do.

I am a proud parent to Mister Lee (now 11 years old) and Nala Joss (8 months). I would love to spend some more time out on the beautiful land we are surrounded by and share meat and country foods with friends and family. Whether big or small, we must all do things to help each other and show that we care. If anyone has any ideas or questions to share on ways we can work together to help our communities, I am more than willing to help out!

Gela Pitsiulak - Resolution Health Support Worker

Gela ended her employment with the embrace life council to be with her daughter in British Columbia. Her knowledge and spirituality has been missed. Gela now works and lives in Rankin Inlet with the Pulaarvik Centre.

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Financial Report

Revenue	Health Canada Inuusivut	NAYSPS	Health Canada - IRS	GN DHSS	Agr.Can Rural Sec.	Donations and Fundraising
Amounts	\$69000	\$514578	\$181,7 68	\$135,000	\$15,000	\$18577
Expenditures						
Accommodations	855	15,849		7360	2293	
Advertising and Promotion		0	9379	14,642		
Air Travel	2,092	15,494	13,028	17,740	2,284	
Camera and Computer	32,520	50560				
Conferences		27,652				
Insurance				852		
Interest and Bank Charges	0	341		431		
Internet		2159				
Meals-Programs		3560				
Office	15058		1712	637	1032	· -
Professional Fees	4000	18670	600	2500	1500	
Per Diem		1648	1266	10517	690	
Programs		312325		4675		
Rent		300		75		
Salaries and Benefits	14478	3545	152056	73869		
Telecommunicati ons		13585	3675			
Translations		2110	52	1702	7205	1
Totals	69,003	514,578	181,76 8	135,000	15,004	
Excess revenue (expenditure)	-3	0	0	0	-4	

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