

# Case Study

## Project: Community Wellness – Cambridge Bay Wellness Center

### Background:

In all communities and societies, there is a portion of the population that for a variety of reasons, endanger themselves and other members of the community by engaging in activities which are considered 'unhealthy'. These activities include but are not limited to drugs, alcohol and gambling. These problems are not unique to Nunavut and occur in communities of all sizes and geographical locations.

Economic development in its purest form and definition cannot occur and be sustained if a community and its residents are 'unhealthy'. Changing the 'wellness' within the community will not and can not be achieved over the short term. Capacity of a Hamlet or Community is closely linked to the well being of those residents and can be limited by the overall health of the community. Wellness issues, therefore, must be addressed prior to launching a community development process.

In completing this case study, use your personal knowledge of the Hamlet you reside in. Think about what you have in place now to assist persons with the personal health. Is what you have effective and is it addressing the needs of the residents?

### Cambridge Bay Wellness Center:

The Cambridge Bay Wellness Center has been in existence for almost 25 years. It has evolved over the years, suffered from lack of funds and committed staff but has always remained a focus of the Hamlet. It continues today to struggle for funding and adequate staff to deliver programs but the staff and Hamlet are committed to this process which should ensure the success and continuation of the Center. Below is an outline of the Center's mission, values, mandate, partners and programming. It is impressive to say the least and should be used as a model for other communities in Nunavut.

#### Mission

Our Cambridge Bay Community Wellness Center's mission is to help people achieve their full potential to become independent, healthy and safe. We achieve this by delivering educational programs and counselling services that promote freedom from addiction and violence and encourage positive life style choices.

#### Values

Our values provide the framework for who we are: We are here for our clients – every day, all day. We treat people with respect and dignity and are not judgmental. We honour confidentiality - people trust us and we trust them. We help in a positive way and do not dwell in the negative. We empower clients to be independent and healthy. We will help

you find answers. We are committed to and believe in what we are doing. We value life, family, education and proactive approaches. We believe in the Bathurst Mandate.

### **Mandate**

Counsel, educate and help people to live healthy, happy and prosperous lives. Provide shelter services for family violence victims. Encourage people to be aware of choices. Provide support and educate families on how to support. Fill the gap when Social Services programs or services are not available. Identify and respond to needs in the community. Ensure the community is aware of what we have to offer. Negotiate the funds and issue reports to keep programs running. Sustain and promote Inuit culture and way of life. Maintain linkages with other agencies like Justice, RCMP, Day Care, Schools, Heritage Society & Income Support

### **Partners and Stakeholders**

- Aboriginal Healing Foundation Healing Programs
- Arctic College
- Culture, Language Elders and Youth (CLEY)
- Day Care Department of Education
- Healthy Children's Initiative
- Department of Justice Corrections Probations
- RCMP
- Justice Committee
- Elders Society
- Hamlet Council
- Health and Social Services
- Family Violence Prevention Program
- Alcohol and Drug Program Health Canada
- CAPC Community Action Plan for Children
- CPNP Canada Pre-Natal Nutrition Program
- Kitikmeot Economic Development Corporation
- Brighter Futures
- Building Healthy Communities
- Kitikmeot Heritage Society
- Schools

### **Programs and Services Offered:**

- Alcohol addiction counseling
- Drug addiction counseling
- Gambling addiction counselling
- Family violence victims
- Alcoholics Anonymous Program
- Pre and Post Natal mothers
  - Pre/Post Natal Women's Group
  - Cooking classes
  - Nutrition education
- Children up to age six

- Arts and Crafts
- Story time
- Moms and Tots
- Income support
- Food Bank
- Referrals to other agencies
- Referrals from other agencies
- Support to Elders Center and Elders
- Support for Justice Committee
- Suicide Prevention
- Couples counselling
- Healing Programs (Men and Women)
- Women's support group
- Advocate on behalf of clients

### **Court Ordered:**

- Services to offenders
- Child abuse

### Probation

- Anger Management
- Alcohol and/or drug counselling
- Spousal Assault

### **Internal Services:**

- Support each other
- In-service training
- Care for the Care Givers

### **Assignment:**

Your Hamlet would like to establish or expand the present level of support it offers to the residents. It clearly understands that community wellness is the key to sustaining future growth in the community. As with all communities, success will be dependant on the ability to find the funding and secure staffing to deliver and effective program.

Some of the responsibilities would be:

- Identify whether the community is ready and willing to accept that each community has problems with drugs, alcohol and gambling.
- Identify the community's requirements at this time. Where should you invest most of the effort? Which programs? Why?

- In an honest assessment of the community, can this program or idea maintain support? If it cannot – why? What could you do to encourage this support?
- Do you have the qualified staff to counsel, administer and deliver the program? If not, what needs to be completed prior to this step?

**Issues to be considered:**

- The on going support of the Hamlet and residents of the community – How do you ensure this will last longer than the council you presently have?
- Does the community feel that there are wellness problems within the community or Hamlet?
- Staffing the administrative positions and operational positions – are they qualified and committed?

**Resources**

Hamlet Council

Hamlet of Cambridge Bay Wellness Center

Governments of Nunavut and Canada

Health and Social Services

Personal knowledge