



SPIRIT OF HEALING

ALBERTA FIRST NATIONS CONQUERING PRESCRIPTION DRUG MISUSE

Treaty Area Implementation Plans

Alberta First Nations Prescription Drug Misuse Strategy

Submitted to: Mental Health & Addictions Sub-Committee

Alberta Region

Prepared by: Sue Howard, MA

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Treaty Area Implementation Plans

Process

During the Elders Gathering in Canmore, August 2013, the participating Elders were asked to sit with fellow Elders and representatives from their respective treaty areas and develop plans for implementation in their treaty area. They then presented their plans to all participants.

At the Youth Forum in Edmonton, March 2014, the participating youth worked in groups with fellow youth from their treaty areas, and brainstormed ideas for activities that could be implemented in their communities. They then worked with Elders and adult representatives from their respective treaty areas and developed their ideas into detailed workplan templates. The youth then presented the plans to all participants.

The following are their plans. Although they were developed specifically for the treaty areas, they are strong recommendations that could be implemented in any community in Alberta region.



Treaty 6 Implementation Plan

Treaty 6 Elders Plans

1. Education and Awareness Communication Strategy:
 - a. Prevention materials included in school curriculum, also available in schools off-reserve
 - b. Community materials on the dangers and consequence of prescription drug misuse in local media, radio, community meetings, etc.
 - c. Medical staff awareness
2. Develop Traditional Strategy
 - a. Elder involvement
 - b. Knowledge sharing - “spiritual awakening, traditional knowledge, ceremonial involvement”
3. Develop law enforcement strategy
4. Increase access to information
 - a. Relevant reports, data
5. Develop community-specific strategies
 - a. Involvement from leadership
 - b. Communities taking responsibility
 - c. Train champions to become role models
6. Trained skilled staff
7. Regular follow-up gathering
8. Education and Awareness Communication Strategy:
 - i. Use social media
 - ii. Identify key players per community
 - iii. Utilize story-telling to increase awareness
 - iv. Include youth
 - v. Communication plan specifically for Elders on addiction prevention
 - vi. Visual components important

Treaty 6 Youth Plans

1. Goal: Individuals who complete 100% of treatment are rewarded and congratulated by their community with a celebration

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- a. The community will fundraise for the celebration
 - b. The family and friends of the individual, along with the community, will celebrate as a way to honour and encourage the individual to stay off prescription drugs
 - c. It is important that the community be involved to show that we are all here to help one another
 - d. The individuals who complete treatment successfully will be rewarded with the opportunity to complete something on their bucket-wish-list
 - e. Individuals who complete treatment will be inducted into an alumni system along with others who have completed their treatment to encourage them to stay prescription drug-free
 - f. The celebration will be an annual event and all alumni members will be acknowledged for overcoming their demons and becoming whole and healthy again
 - g. It is important that all alumni participate every year to honour and remember those who have struggled and never forget them
2. Goal: Annual events to remember those who lost their lives from prescription drug misuse
 - a. Community classes to promote awareness about the harmful affects of prescription drugs
 - b. A directive from the elders to learn about alternative medicines and remedies
 - c. A better method for monitoring those who are prescribed prescription drugs to ensure they are not in the wrong hands
 - d. A community newsletter informing everyone on current events, forums, and classes in regards to prescription drug misuse
 - e. Using the healing power of our songs
 3. Goal: Giving youth the chance to try living independently after treatment to help them in staying off drugs, by providing them with multiple resources.
 - a. Aid with employment after treatment is complete
 - b. Cultural activities to raise self esteem
 - c. Getting people involved with building their own house to help them rebuild their pride
 - d. Family healing



Treaty 6 Workplans

GROUP NAME: Cree Healers – Plan #1

TREATY AREA: 6

DATE: March 9th, 2014

NAMES & ROLES OF GROUP MEMBERS:

1. Harry Watchmaker
(Elder)

2. Mary & Charles Wood
(Elders)

3. Wilson Bearhead
(Elder)

4. Kyle Wolfe
(Adult)

5. Nick Omeasoo
(Youth)

6. Alex Omeasoo
(Youth)

Goal (One sentence to describe what you are trying to achieve with your activity. E.g. “A poster campaign to increase awareness in Health Centres for elderly women taking prescription drugs”)

Relapse Prevention

Activity Description (Describe your activity in detail – be very specific. Include a timeline for when it will take place)

- Individuals who complete 100% of treatment are rewarded and congratulated by their community with a celebration
 - The community will fundraise for the celebration
 - The family and friends of the individual, along with the community, will celebrate as a way to honour and encourage the individual to stay off prescription drugs
 - It is important that the community be involved to show that we are all here to help one another
 - The individuals who complete treatment successfully will be rewarded with the opportunity to complete something on their bucket-wish-list
 - Individuals who complete treatment will be inducted into an alumni system along with others who have completed their treatment to encourage them to stay prescription drug-free
 - The celebration will be an annual event and all alumni members will be acknowledged for overcoming their demons and becoming whole and healthy again
 - It is important that all alumni participate every year to honour and remember those who have struggled and never forget them
-

GROUP NAME: Cree Healers – Plan #1

TREATY AREA: 6

DATE: March 9th, 2014

People & Partnerships (Who will be involved? Include participation of individuals and programs as needed for your activity)

- The community
- Family and friends of the individuals who've completed treatment
- Other alumni

Budget & Supplies (What do you need to put on your activity? Include a budget for supplies etc. as well as including available people/resources at no cost)

- Approximately \$2,500 for expenses
- Fundraisers (bake sales, 50/50 draws, etc.)
- People who are committed to making a change in their community
- Eventually, a foundation of committed people who see the potential in this idea and keep it going

Measurable Outcomes (How will you know your activity has made a difference? E.g. surveys, talking circles, statistics, etc)

- Keeping it an annual event for people to look forward to and enjoy every year
- It would prevent youth getting addicted to prescription drugs at a young age
- Because it's an annual event, it will carry on through future generations

GROUP NAME: Cree Healers – Plan #2

TREATY AREA: 6

DATE: March 9th, 2014

NAMES & ROLES OF GROUP MEMBERS:

1. Harry Watchmaker
(Elder)

2. Mary & Charles Wood
(Elders)

3. Wilson Bearhead
(Elder)

4. Kyle Wolfe
(Adult)

5. Nick Omeasoo
(Youth)

Alex Omeasoo
(Youth)

Goal (One sentence to describe what you are trying to achieve with your activity. E.g. “A poster campaign to increase awareness in Health Centres for elderly women taking prescription drugs”)

We are trying to prevent prescription drug misuse in our communities.

Activity Description (Describe your activity in detail – be very specific. Include a timeline for when it will take place)

- Annual events to remember those who lost their lives from prescription drug misuse
- Community classes to promote awareness about the harmful affects of prescription drugs
- A directive from the elders to learn about alternative medicines and remedies
- A better method for monitoring those who are prescribed prescription drugs to ensure they are not in the wrong hands
- A community newsletter informing everyone on current events, forums, and classes in regards to prescription drug misuse
- Committees in charge of alternative healing solutions
- Using the healing power of our songs

People & Partnerships (Who will be involved? Include participation of individuals and programs as needed for your activity)

- The community
- Various committees (fundraising, alternative healing, etc.)
- Local RCMP
- Elders
- Youth
- Those who have completed treatment

GROUP NAME: Cree Healers – Plan #2

TREATY AREA: 6

DATE: March 9th, 2014

- Health Centres
- Classes for youth drug awareness
- Traditional teachings from Elders
- General classes for drug awareness
- Local newsletter

Budget & Supplies (What do you need to put on your activity? Include a budget for supplies etc. as well as including available people/resources at no cost)

- Proper protocol for Elders: tobacco, gifts, prints, etc.
- Paper and printing for newsletters
- Presentations by local RCMP
- Professionals to present trainings on prescription drug misuse
- The aid of an Elder

Financially, the community can fundraise for any costs.

Measurable Outcomes (How will you know your activity has made a difference? E.g. surveys, talking circles, statistics, etc)

- Weekly meetings and talking circles
- A statistics analysis for those after treatment
- Seasonal ceremonies for the entire community to keep current
- Community surveys to gather current information regarding prescription drug misuse

Provide an ownership opportunity to the people. Remember who we are as people and understand the importance of planning.

GROUP NAME: The Helping Hands

TREATY AREA: 6

DATE: March 9th, 2014

NAMES & ROLES OF GROUP MEMBERS:

1. Victor Bruno (Elder) 2. Sophie Bruno (Elder) 3. Sharmayne Cardinal (Adult) 4. Destiny Quinn (Youth) 5. Kelly McGilvery (Youth)

Goal (One sentence to describe what you are trying to achieve with your activity. E.g. “A poster campaign to increase awareness in Health Centres for elderly women taking prescription drugs”)

Giving youth the chance to try living independently after treatment to help them in staying off drugs, by providing them with multiple resources.

Activity Description (Describe your activity in detail – be very specific. Include a timeline for when it will take place)

- Log cabins (to house youth after treatment): Three months of preparing for independency, No drugs/alcohol permitted, self care programs, makeover for body and mind, regulated curfews
- Aid with employment after treatment is complete
- Cultural activities to raise self esteem
- Getting people involved with building their own house to help them rebuild their pride
- Family healing

People & Partnerships (Who will be involved? Include participation of individuals and programs as needed for your activity)

- HRD can help by supporting the program and providing housing projects and job opportunities
- Chief and council understand the needs of people in their communities and can give their support
- Other individuals who have battled drug addiction can give youth encouragement and support

Budget & Supplies (What do you need to put on your activity? Include a budget for supplies etc. as well as including available people/resources at no cost)

- Fundraise
-



GROUP NAME: The Helping Hands

TREATY AREA: 6

DATE: March 9th, 2014

- Apply Truth & Reconciliation Committee for funding
- Building supplies for houses

Measurable Outcomes (How will you know your activity has made a difference? E.g. surveys, talking circles, statistics, etc)

- Talking circles
- Monthly check-ups



Treaty 7 Implementation Plan

Treaty 7 Elders Plans

1. Develop Traditional Strategy:
 - a. Elders, spiritual people advisors
 - b. Community Elder advisors who are aware/trained assist in implementing community workplans
 - c. Traditional practices and protocol - “bring rights/validation to use protocols which will bring value to what we do”, “way we do things designed as collective survival”, “bring back collective”, “consensus by community on everything”
2. Goal: Develop community workplans
 - a. Children and youth programs
 - b. Integrate traditional protocols - “bring kids together, make them a society, validate them”
3. Community support systems
 - a. Include: former IRS Elders, health centres, Elder centres,
 - b. People in recovery tell their story
4. Aftercare
5. Resource planning

Treaty 7 Youth Plans

1. Goal: To have a healthy community to heal our youth, Elders, and any people in the community who have suffered with prescription drug misuse
 - a. Traditional ceremonies: Healing circles, sweat lodges, smudging
 - b. Elder advisor committee: meet weekly for a sharing circle to give guidance and help support one another in our community
 - c. Praying: sending words to our Creator
 - d. Story Telling with Elders
2. Goal: Because we have lost a lot of young people to prescription drugs, we are trying to help youth in our community who have struggled with prescription drug misuse by making them strong, healthier people in a better, more supportive community.
 - a. Traditional ceremonies: Learn protocol, sweats, smudging, story telling, praying, sending words to our Creator, speaking with Elders, healing circle
 - b. Elder Advisor committee: Meet once a week for guidance by offering courage and strength to one another in the community

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- c. Sharing Circle
 - 3. Goal: Intervention Programs
 - a. Youth groups
 - b. Utilizing our traditional society
 - c. Society awareness
 - d. Brave Day society
 - e. Story telling
 - f. Knowing your spirit
 - g. Respect the doctor's orders
 - 4. Goal: Taking a path to freedom
 - a. Harvest week: To learn traditional teachings, ceremonies, sweats, protocols, etc.
 - b. Awareness walk: A drug awareness walk, ending with a celebratory banquet

Treaty 7 Workplans

GROUP NAME: Strong Hold of the Red Nation
Plan #1

TREATY AREA: 7

DATE: March 9th, 2014

NAMES & ROLES OF GROUP MEMBERS:

1. Harley Crowchild
(Elder)

2. Mildred Crowchild
(Elder)

3. Margaret Dixon
(Elder)

4. Elizabeth Dixon
(Adult)

5. Tashena Daniels
(Youth)

6. Ravin Dixon
(Youth)

Goal (One sentence to describe what you are trying to achieve with your activity. E.g. “A poster campaign to increase awareness in Health Centres for elderly women taking prescription drugs”)

To have a healthy community to heal our youth, Elders, and any people in the community who have suffered with prescription drug misuse

Activity Description (Describe your activity in detail – be very specific. Include a timeline for when it will take place)

- Traditional ceremonies: Healing circles, sweat lodges, smudging
- Elder advisor committee: meet weekly for a sharing circle to give guidance and help support one another in our community
- Praying: sending words to our Creator
- Story Telling with Elders

People & Partnerships (Who will be involved? Include participation of individuals and programs as needed for your activity)

- People who are experienced
- Elders
- People who have overcome their addictions

Budget & Supplies (What do you need to put on your activity? Include a budget for supplies etc. as well as including available people/resources at no cost)

- We do not need a budget; we need people to listen and support one another in order to help us heal.



GROUP NAME: Strong Hold of the Red Nation
Plan #1

TREATY AREA: 7

DATE: March 9th, 2014

Measurable Outcomes (How will you know your activity has made a difference? E.g. surveys, talking circles, statistics, etc)

- People will start a positive change and make wiser life choices
- People will pass on their experiences of these activities and messages by word of mouth in the community

GROUP NAME: Strong Hold of the Red Nation
Plan #2

TREATY AREA: 7

DATE: March 9th, 2014

NAMES & ROLES OF GROUP MEMBERS:

1. Harley Crowchild
(Elder)

2. Mildred Crowchild
(Elder)

3. Margaret Dixon
(Elder)

4. Elizabeth Dixon
(Adult)

5. Tashena Daniels
(Youth)

6. Ravin Dixon
(Youth)

Goal (One sentence to describe what you are trying to achieve with your activity. E.g. “A poster campaign to increase awareness in Health Centres for elderly women taking prescription drugs”)

Because we have lost a lot of young people to prescription drugs, we are trying to help youth in our community who have struggled with prescription drug misuse by making them strong, healthier people in a better, more supportive community.

Activity Description (Describe your activity in detail – be very specific. Include a timeline for when it will take place)

- Traditional ceremonies: Learn protocol, sweats, smudging, story telling, praying, sending words to our Creator, speaking with Elders, healing circle
- Elder Advisor committee: Meet once a week for guidance by offering courage and strength to one another in the community
- Sharing Circle

People & Partnerships (Who will be involved? Include participation of individuals and programs as needed for your activity)

- People who are experienced
- Elders
- People who have overcome their addictions

Budget & Supplies (What do you need to put on your activity? Include a budget for supplies etc. as well as including available people/resources at no cost)

- People who will listen and help heal the community
- People who want to make a change within themselves
- We do not need a budget, we just need supportive people

Measurable Outcomes (How will you know your activity has made a difference? E.g. surveys, talking circles, statistics, etc)



GROUP NAME: Strong Hold of the Red Nation
Plan #2

TREATY AREA: 7

DATE: March 9th, 2014

- People will start changing and making wiser life choices, and by sharing their stories, they will pass our message and activities with the use of the spoken word to other community members who also need help.

GROUP NAME: Treaty 7 Chiefs Tribe

TREATY AREA: 7

DATE: March 9th, 2014

NAMES & ROLES OF GROUP MEMBERS:

1. Reg Crow Shoe
(Elder)

2. John Chief Moon
(Elder)

3. Teresa Bearchief
(Elder)

4. Todd Across The Mountain
(Adult)

5. Robby Crying Head
(Youth)

6. Shae Standing Alone
(Youth)

Goal (One sentence to describe what you are trying to achieve with your activity. E.g. “A poster campaign to increase awareness in Health Centres for elderly women taking prescription drugs”)

Intervention Programs

Activity Description (Describe your activity in detail – be very specific. Include a timeline for when it will take place)

- Youth groups
- Utilizing our traditional society
- Society awareness
- Brave Day society
- Story telling
- Knowing your spirit
- Respect the doctor’s orders

People & Partnerships (Who will be involved? Include participation of individuals and programs as needed for your activity)

- Elders
- Youth
- Counselors

Budget & Supplies (What do you need to put on your activity? Include a budget for supplies etc. as well as including available people/resources at no cost)

GROUP NAME: Treaty 7 Chiefs Tribe

TREATY AREA: 7

DATE: March 9th, 2014

- Elders to be looked after
- Facilitator
- Place to stay/venue
- Food

Measurable Outcomes (How will you know your activity has made a difference? E.g. surveys, talking circles, statistics, etc)

- The power of healing circles
 - Statistics
-

GROUP NAME: Conquering Addicting Through the Wolf's Eyes

TREATY AREA: 7

DATE: March 9th, 2014

NAMES & ROLES OF GROUP MEMBERS:

1. Charles Powderface (Elder) 2. Richard Lightning (Elder) 3. Coreen Rider (Adult) 4. Ocean Bruyer (Youth) 5. Tyra Jacobs (Youth)

Goal (One sentence to describe what you are trying to achieve with your activity. E.g. "A poster campaign to increase awareness in Health Centres for elderly women taking prescription drugs")

Taking a path to freedom

Activity Description (Describe your activity in detail – be very specific. Include a timeline for when it will take place)

- Harvest week: To learn traditional teachings, ceremonies, sweats, protocols, etc.
- Awareness walk: A drug awareness walk, ending with a celebratory banquet

People & Partnerships (Who will be involved? Include participation of individuals and programs as needed for your activity)

- Elders
- Youth
- Addictions programs

Budget & Supplies (What do you need to put on your activity? Include a budget for supplies etc. as well as including available people/resources at no cost)

- Community support (financially, resources, location, etc.)
 - Collaborating programs
 - Community Pot Luck
 - Fundraising
 - Using existing programs
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GROUP NAME: Conquering Addicting Through the Wolf's Eyes

TREATY AREA: 7

DATE: March 9th, 2014

Measurable Outcomes (How will you know your activity has made a difference? E.g. surveys, talking circles, statistics, etc)

- By youth experiencing the ceremony, they will better understand traditional protocols
- Offer learning programs to community members
- Educating parents on being more responsible



Treaty 8 Implementation Plan

Treaty 8 Elders Plans

1. Strategy to work with medical community:
 - a. “Talk to doctors to avoid the more dangerous pills”
 - b. “Chief talk to medical authority at a regional level – with BCR’s from each Nation”
2. Cultural activities strategy:
 - a. Camps for whole community – Elders, kids, general population
 - b. Education from Elders on traditional alternatives to Western medicines
 - c. Youth led activities
3. Awareness and education strategy:
4. Campaigns
 - a. Contests
 - b. Schools
 - c. Elder exchange
 - d. NNADAP workers involved at all levels
5. Law enforcement strategy:
 - a. “Encourage police to deal with the situation better, tribal police RCMP”
6. Community conflict strategy:
 - a. “Exchange workers to avoid personal conflicts and/or reluctance from people to approach NNADAP”

Treaty 8 Youth Plans

1. Goal: Awareness Prevention
 - a. Prescription medicine drop-off bin available for expired/unused medicine
 - b. Have resources available on hand for community intervention
 - c. Informational hand-outs on the whereabouts of the drop-off bins and other information about prescription drug misuse in the community (door to door)
2. Goal: Treatment prevention, traditional healing and education
 - a. Take a small group of youth, adults and Elders to a secluded camp (by ATV or canoe)
 - b. Teach various skills: setting up Tipis, sweat lodges, hunting, trapping, fishing, cooking, preserving

- 
- c. Speak and teach in traditional language
 - d. Elders teach traditional medicine and alternative healing techniques
 3. Goal: Creating awareness around the community on prescription drug misuse
 - a. Poster Contest:
 - i. Grade 1-12
 - ii. Present a 30 minute presentation on Prescription drug misuse
 - iii. Create a poster with a logo for your presentation
 - iv. Winner will be chosen by an Elder
 - v. Winner's poster's logo will be printed on to a t-shirt
 4. Goal: To prevent prescription drug misuse, and to teach the Elders and youth what prescription drug misuse can do to your health and way of life.
 - a. Youth Gathering Night:
 - i. Prescription Drug Misuse presentation done by a professional (pharmacist, NNADAP worker, doctor, nurse, educated youth)
 - ii. Door prizes
 - iii. Supper
 - iv. Mini tea dance, round dance
 - v. All ages welcome
 5. Goal: To introduce cultural practices that will remind our people that prescription drugs were not a part of our lives in the past.
 - a. Cultural Camp:
 - i. To teach and introduce our cultural teachings with various activities
 - ii. Awareness sessions about prescription drug abuse
 - iii. Evening entertainment to gather all participants
 - iv. One week long
 - v. Approximately 30 youth, ages 14-19
 6. Goal: To show that physical exercise is healthier than Western medicine or prescription drugs
 - a. Fitness Challenge
 - i. Three months
 - ii. Three nights a week (Sunday, Tuesday, Thursday from 5pm-7pm)
 - iii. Three categories: Running, cardio, and yoga

Treaty 8 Workplans

GROUP NAME: Lakeside Healers Plan #1

TREATY AREA: 8

DATE: March 9th, 2014

NAMES & ROLES OF GROUP MEMBERS:

1. Joe Whitehead Sr (Elder) 2. David Janvier (Elder) 3. Carla Papastesis (Adult) 4. Brad Twin (Youth) 5. Savannah Thomas (Youth)

Goal (One sentence to describe what you are trying to achieve with your activity. E.g. “A poster campaign to increase awareness in Health Centres for elderly women taking prescription drugs”)

Awareness prevention

Activity Description (Describe your activity in detail – be very specific. Include a timeline for when it will take place)

- Prescription medicine drop-off bin available for expired/unused medicine
- Have resources available on hand for community intervention
- Informational hand-outs on the whereabouts of the drop-off bins and other information about prescription drug misuse in the community (door to door)

People & Partnerships (Who will be involved? Include participation of individuals and programs as needed for your activity)

- Youth
- Elders
- NNADAP workers
- Healthcare workers
- Supporters

Budget & Supplies (What do you need to put on your activity? Include a budget for supplies etc. as well as including available people/resources at no cost)

- Accessible drop-off bins
 - Bio-hazard disposal at Health Centre
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GROUP NAME: Lakeside Healers Plan #1

TREATY AREA: 8

DATE: March 9th, 2014

- Educational posters regarding prescription drugs and drop-off bins, printed
Door-to-door delivery plan

Measurable Outcomes (How will you know your activity has made a difference? E.g. surveys, talking circles, statistics, etc)

- Data collection via door-to-door surveys
 - Circulating information via door-to-door handouts
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GROUP NAME: Lakeside Healers Plan #2

TREATY AREA: 8

DATE: March 9th, 2014

NAMES & ROLES OF GROUP MEMBERS:

1. Joe Whitehead Sr (Elder) 2. David Janvier (Elder) 3. Carla Papastesis (Adult) 4. Brad Twin (Youth) 5. Savannah Thomas (Youth)

Goal (One sentence to describe what you are trying to achieve with your activity. E.g. “A poster campaign to increase awareness in Health Centres for elderly women taking prescription drugs”)

Treatment prevention, traditional healing and education

Activity Description (Describe your activity in detail – be very specific. Include a timeline for when it will take place)

Timeline: spring, summer, fall, winter for approximately 2 weeks a session

Two weeks will be a sufficient amount of time to fully recover from withdrawal and gain an understanding of more traditional healing methods.

Healing Camps:

- Take a small group of youth, adults and Elders to a secluded camp (by ATV or canoe)
- Teach various skills: setting up Tipis, sweat lodges, hunting, trapping, fishing, cooking, preserving
- Speak and teach in traditional language
- Elders teach traditional medicine and alternative healing techniques

People & Partnerships (Who will be involved? Include participation of individuals and programs as needed for your activity)

- Community Elders
- Local trappers
- Local hunters
- Chief and Council

GROUP NAME: Lakeside Healers Plan #2

TREATY AREA: 8

DATE: March 9th, 2014

- Health Centre
- Consultation

Budget & Supplies (What do you need to put on your activity? Include a budget for supplies etc. as well as including available people/resources at no cost)

- Camera
- Canoes
- Transportation
- Snares
- Traps
- Tipi poles and canvas

Youth organize fundraisers

Measurable Outcomes (How will you know your activity has made a difference? E.g. surveys, talking circles, statistics, etc)

- Surveys
- Talking circles

GROUP NAME: Tall Beaver Big Swan Plan #1 **TREATY AREA:** 8

DATE: March 9th, 2014

NAMES & ROLES OF GROUP MEMBERS:

1. Mike Beaver (Spiritual Leader)	2. Rod Twin (Elder)	3. Dustin Twin (Elder's Helper)	4. Liz Meneen (NNADAP Worker)	5. Amy Kazonay (Youth)	6. Tammy Laboucan (Youth)
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Goal (One sentence to describe what you are trying to achieve with your activity. E.g. "A poster campaign to increase awareness in Health Centres for elderly women taking prescription drugs")

Creating awareness around the community on prescription drug misuse

Activity Description (Describe your activity in detail - be very specific. Include a timeline for when it will take place)

Poster Contest:

- Grade 1-12
- Present a 30 minute presentation on Prescription drug misuse
- Create a poster with a logo for your presentation
- Winner will be chosen by an Elder
- Winner's poster's logo will be printed on to a t-shirt

People & Partnerships (Who will be involved? Include participation of individuals and programs as needed for your activity)

- Chief and Council
- Principle of school
- Community members
- Elders
- Students



GROUP NAME: Tall Beaver Big TREATY AREA: 8
Swan Plan #1

DATE: March 9th, 2014

Budget & Supplies (What do you need to put on your activity? Include a budget for supplies etc. as well as including available people/resources at no cost)

- T-shirt and printing costs
- School fundraiser (bake sales, donations, etc.)
- Donations by Band members/Chief and council, community members and school faculty

Measurable Outcomes (How will you know your activity has made a difference? E.g. surveys, talking circles, statistics, etc)

- Ask for feedback from the youth and Elders involved
- Educate parents on locking medicine cabinets
- Sharing circles
- Peer and student counseling
- Spreading the message about the harms of prescription drug misuse for the body and mind
- Parent/guardian counseling

GROUP NAME: Tall Beaver Big Swan Plan #2 TREATY AREA: 8

DATE: March 9th, 2014

NAMES & ROLES OF GROUP MEMBERS:

1. Mike Beaver (Spiritual Leader)	2. Rod Twin (Elder)	3. Dustin Twin (Elder's Helper)	4. Liz Meneen (NNADAP Worker)	5. Amy Kazonay (Youth)	6. Tammy Laboucan (Youth)
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Goal (One sentence to describe what you are trying to achieve with your activity. E.g. "A poster campaign to increase awareness in Health Centres for elderly women taking prescription drugs")

To prevent prescription drug misuse, and to teach the Elders and youth what prescription drug misuse can do to your health and way of life.

Activity Description (Describe your activity in detail – be very specific. Include a timeline for when it will take place)

Youth Gathering Night:

- Prescription Drug Misuse presentation done by a professional (pharmacist, NNADAP worker, doctor, nurse, educated youth)
- Door prizes
- Supper
- Mini tea dance, round dance
- All ages welcome

People & Partnerships (Who will be involved? Include participation of individuals and programs as needed for your activity)

- Mental health
- Elders
- 3 Eagle Wellness Society
- North Peace Tribal Council
- Chief and Council
- NNADAP addictions program

- Social development
- Maternal child health
- Health Canada
- Community members
- ASETS
- Industry (forestry)
- Churches
- Local businesses
- RCMP
- Victim services

Budget & Supplies (What do you need to put on your activity? Include a budget for supplies etc. as well as including available people/resources at no cost)

- Volunteers
- Chief and Council (funding)
- Fundraising (walk-a-thon, cake walk, bake sales, movie nights, floor hockey, volleyball, 50/50 draws, raffle draws)
- Apply for grants from government
- Proposal writing
- Ask different industries for donations
- Proper protocol for Elders, in turn, as for traditional cultural/spiritual teachings
- Ask local professionals to donate their time to educate community members
- Apply to 3 Eagle Wellness Society
- Sell dry meat at various celebrations



GROUP NAME: Tall Beaver Big Swan Plan #2 TREATY AREA: 8

DATE: March 9th, 2014

Measurable Outcomes (How will you know your activity has made a difference? E.g. surveys, talking circles, statistics, etc)

- Increase in cultural practice (sweat lodges, prayers, traditional language, Elder presence in schools, etc.)
- Continue with our mission and involve as many community members as possible
- Learn from users/addicts testimonies
- Increase knowledge for all community members
- Increase in voting for Band leadership (Provincial and Federal)
- Use of our own traditional medicine from the land (not chemicals or drugs)

GROUP NAME: Treaty 8 Group Plan #1

TREATY AREA: 8

DATE: March 9th, 2014

NAMES & ROLES OF GROUP MEMBERS:

1. Dorothy Jobin (Elder) 2. Doris Courtoreille (Elder) 3. Connie Calliou (Adult) 4. Chelsea Willier (Youth) 5. Chelsey Ominayak (Youth)

Goal (One sentence to describe what you are trying to achieve with your activity. E.g. “A poster campaign to increase awareness in Health Centres for elderly women taking prescription drugs”)

To introduce cultural practices that will remind our people that prescription drugs were not a part of our lives in the past.

Activity Description (Describe your activity in detail – be very specific. Include a timeline for when it will take place)

Cultural Camp:

- To teach and introduce our cultural teachings with various activities
- Awareness sessions about prescription drug abuse
- Evening entertainment to gather all participants
- One week long
- Approximately 30 youth, ages 14-19

People & Partnerships (Who will be involved? Include participation of individuals and programs as needed for your activity)

- NNADAP
- Community programs (Brighter Futures, HRD, etc.)
- Elders
- Pipe Carrier
- Motivational guest speakers
- Traditional Dance group
- Community volunteers

GROUP NAME: Treaty 8 Group Plan #1

TREATY AREA: 8

DATE: March 9th, 2014

Budget & Supplies (What do you need to put on your activity? Include a budget for supplies etc. as well as including available people/resources at no cost)

- Groceries/food: \$2000.00
- Supplies: \$2000.00
- Honorariums: \$2500.00
- Feast: \$2500.00
- Cook: \$2500.00

Measurable Outcomes (How will you know your activity has made a difference? E.g. surveys, talking circles, statistics, etc)

- Talking circles at the end of each day to discuss what you learnt
- Follow up essays from each participant to measure their progress

	<i>SUNDAY</i>	<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>	<i>SATURDAY</i>
<i>8:00</i>	<i>Smudge/Prayer</i>						
<i>8:30-9:30</i>	<i>Breakfast</i>						
<i>9:45-10:30</i>	<i>Exercise: Nature walk (learn about natural medicine), Zumba, yoga, swimming, jogging</i>						
<i>10:45-12:00</i>	<i>Prescription Drug Education Workshop</i>						
<i>12:00-1:00</i>	<i>Lunch</i>						
<i>1:00-4:00</i>	<i>Cutting dry meat</i>	<i>Smoking fish</i>	<i>Beading</i>	<i>Drum making</i>	<i>Teepee Teaching</i>	<i>Bannock making river fire</i>	<i>Round Dance & Traditional Feast</i>
<i>5:00-6:00</i>	<i>Supper</i>						
<i>6:00-7:00</i>	<i>Chores: Garbage and recycling, firewood preparation, general cleanup</i>						
<i>7:00-9:00</i>	<i>Moose Call Competition</i>	<i>Jigging Contest</i>	<i>Guest Speaker</i>	<i>Comedy hour</i>	<i>Guest Speaker</i>	<i>Traditional dancing</i>	
<i>9:00-10:30</i>	<i>Campfire: Elders' Story Telling, Singing and Socializing</i>						
<i>11:00</i>	<i>Lights Out</i>						

GROUP NAME: Treaty 8 Group Plan #2

TREATY AREA: 8

DATE: March 9th, 2014

NAMES & ROLES OF GROUP MEMBERS:

1. Dorothy Jobin (Elder) 2. Doris Courtoreille (Elder) 3. Connie Calliou (Adult) 4. Chelsea Willier (Youth) 5. Chelsey Ominayak (Youth)

Goal (One sentence to describe what you are trying to achieve with your activity. E.g. “A poster campaign to increase awareness in Health Centres for elderly women taking prescription drugs”)

To show that physical exercise is healthier than Western medicine or prescription drugs

Activity Description (Describe your activity in detail – be very specific. Include a timeline for when it will take place)

Fitness Challenge

- Three months
- Three nights a week (Sunday, Tuesday, Thursday from 5pm-7pm)
- Three categories: Running, cardio, and yoga

People & Partnerships (Who will be involved? Include participation of individuals and programs as needed for your activity)

- Recreation worker
- NNADAP worker
- Nurse

Budget & Supplies (What do you need to put on your activity? Include a budget for supplies etc. as well as including available people/resources at no cost)

- Donation for the use of a Rec. Centre
 - Water (\$10/night)
 - Incentive Prizes (\$500)
-



GROUP NAME: Treaty 8 Group Plan #2

TREATY AREA: 8

DATE: March 9th, 2014

Measurable Outcomes (How will you know your activity has made a difference? E.g. surveys, talking circles, statistics, etc)

Before and after:

- Weight
- Measurements
- Blood pressure
- Blood sugar

Surveys to show improvement
