



**Gesgapegiag Health and Community Services**  
**Five-year health plan, 2016-2021**

Overall Objective		Priority # 1: Over the next five (5) years, improve the mental wellbeing of community members. Definition: Mental health is defined as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community. (WHO)					
Objectives	Activities	Responsible	Resources	Timeline	Indicators	Data	Health Impact
<b>1.1 Ensure that by 2021, 100% of community members who are seeking help for addictions will receive appropriate support services</b>	Counselling. Referrals to detox, rehab. Peer support. After care services. Jig'sutl Hope Line. Gatekeepers' training. Provide safe spaces and activities for those struggling.	NNADAP Coordinator Community nurse Family Support Worker Multi-disciplinary team Outreach Worker Social Services	Materials Partnerships Outreach worker Budgets Peer support natural helpers Jig'sutl natural helpers Training	On-going	# counselling sessions # referrals # clients with active files # clients whose file have been closed because they are now well # community members involved in peer support groups # community members involved in after care # calls to Jig'sutl Hope Line # complaints about lack of service # individual crises in the community	Statistics as gathered by team members  Surveys amongst community members, participants of activities  Data from census and mental health study to form basis	Increased # of clients seeking and getting support  Increased # of support services, increased # of natural helpers (e.g. peer support groups, Gatekeepers)  Fewer individual crises in the community (e.g. fewer emergency cases, fewer calls to Jig'sutl Hope Line)



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<b>1.2 By 2021, reduce the number of socially isolated community members by 50%</b>	Develop list of isolated people. One-on-one interviews to find out their needs. Develop individual plan for each person.	Wellness Prevention Team  Community and Home Care Nurses  Multi-disciplinary team  Family Support Worker  Outreach Worker Menta Wellness Team	Financial and human  Info on best practices  Interview Questions  SWLS  Plan template	June 2016  As required  On-going	# of people on list.  # interviews  # individual plans  # targeted clients following their plan  # refusing to participate  Administer SWLS	List of isolated persons  Use census and mental health data as baseline.	Increased awareness of importance of social connections in maintaining mental well-being.  Increased social contact for those usually isolated.  Satisfaction with Life Scale <a href="http://internal.psychology.illinois.edu/~ediener/SWLS.html">http://internal.psychology.illinois.edu/~ediener/SWLS.html</a>
<b>1.3 By 2021, 100% of methadone users have an action plan to get off the drug</b>	Improve liaison with methadone clinic at hospital  Develop protocol with methadone clinic and internal policies  Develop template action plan for methadone clients	NNADAP Coordinator  Community nurse  Multi-disciplinary team	Partners  Model protocol  Listuguj, Miramichi models  Plan template	March 2017	# Meetings with hospital and clinic representatives  Final protocol  Action plan template in use  Policies developed for methadone use in Gesgapegiag – Political support	Protocol  # methadone users  # referred to methadone clinic  # action plans	Improved continuity of service for methadone clients.  Improved understanding between hospital clinic and GHCS.  Clear policies on use of methadone, access to carries and support services for gradual withdrawal from the drug.



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<b>1.3 By 2021, improve general knowledge in the community about the building blocks of mental wellness: self-esteem, social connection, resiliency, empathy, life balance</b>	<p>Provide public education activities to enhance mental wellness</p> <p>Provide alternative de-stressing activities.</p> <p>Provide public education on mental wellness at community events</p>	<p>Wellness Prevention Team</p> <p>Multi-disciplinary team</p> <p>Family Support Worker</p> <p>Outreach Worker</p> <p>Mental Wellness Team</p> <p>Clinical Team</p>	<p>Materials (pamphlets, games, magnets, posters, etc)</p> <p>Ideas for activities, surveys</p> <p>Coordinated workplan with themes</p>	On-going	<p># public education activities &amp; # participants</p> <p># alternative de-stressing activities offered &amp; # participants</p> <p># materials handed out at community events</p> <p># Radio announcements</p> <p># surveys filled out</p>	<p>Use census and mental health data as baseline.</p> <p>Statistics gathered by staff</p> <p>Survey results</p>	<p>Increased awareness of building blocks of mental well-being by Community Members.</p> <p>Increased use of de-stressing activities to enhance coping skills.</p> <p>Increased recognition of individual's own role in building and maintaining mental wellness.</p>
<b>1.4 By 2021 increase self-esteem of youth 20% through activities promoting</b>	<p>Provide opportunity to do something good, accomplish something.</p> <p>Cultural activities,</p>	<p>Wellness Prevention Team</p> <p>Outreach Worker</p> <p>Family Support Worker</p>	<p>Required materials</p> <p>Budgets for materials and supplies</p>	On-going	<p># activities &amp; # participants</p> <p># accomplishments and # people involved</p> <p># activities recognizing individuals and groups for accomplishments</p>	<p>Rosenberg self-esteem scale survey results</p> <p>Project Venture ideas</p>	<p>Increased sense of accomplishment amongst community members</p> <p>Enhanced sense of belonging by working in teams</p>



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<b>achievement, mastery and belonging</b>	traditional arts, sharing circles, talent shows, etc	Multi-disciplinary team Clinical Team	Workplan		Survey questionnaires to gauge self-esteem	"I am a kind man" program lets Help Dads together	Creation of informal peer support groups
	<p>Provide workshops on Mi'gmaq history and culture and the impact of Colonization to staff and community members.</p> <p>Provide activities bringing Youth and Elders together: collect stories and legends to add to knowledge of history.</p> <p>Improve access to cultural activities: traditional seasonal ceremonies,</p>	<p>Cultural educators</p> <p>Spiritual leaders</p> <p>Youth services team</p>	<p>Materials and supplies</p> <p>Best practices ideas from other FNs</p> <p>Historical data</p> <p>PPT presentations</p>	On going	<p># workshops held &amp; #, age and gender of participants</p> <p># cultural activities held and # attending</p> <p># responses to surveys about cultural identity</p> <p># activities bringing Youth and Elders together</p> <p># responding to cultural identity survey</p> <p>Additional historical information collected</p>	<p>Historical info on the community</p> <p>Use Census and mental health survey data as baseline</p> <p>Develop cultural identity survey questionnaire</p> <p>Stories and legends</p>	<p>Increased awareness of history of the community.</p> <p>Increased understanding of the vibrancy and resiliency of Mi'gmaq culture.</p> <p>Enhanced understanding of the impact of Colonization on the community and on individual mental health.</p> <p>Enhanced pride in being Mi'gmaq, and resultant impact on mental well-being.</p>



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	traditional rites of passage: birth, death, maturity						
<b>Goal</b>		<b>Priority # 2: Improve the physical health of community members through good nutrition and physical fitness with social Cohesion being the foundation. Definition: Physical health is freedom from disease or abnormality, when the body is functioning as it was designed to function.</b>					
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<p><b>2.1 By 2021, increase by 30% the number of Gesgapegiag community members who have access to healthy food.</b></p>	<p>Coordinate a collective kitchen. Organize a community garden. Re-instate the organic farm. Provide cooking classes. Reduce food insecurity through budget, shopping workshops. Pumpkin patch! Healthy snacks at school and camps. School lunch program?</p>	<p>Dietitian Recreation Coordinator Prevention team Horticulturalist (Andrew Jerome) Family Support Worker Social Assistance program Social Services</p>	<p>Materials and supplies. Gardeners Natural Helpers. Kitchen &amp; garden equipment</p>	<p>On-going</p>	<p># collective kitchen events Community garden and # gardeners at community garden, and # of individuals in their households # cooking classes &amp; # participants # workshops on budgeting and shopping &amp; # participants Organic farm re-started Pumpkin patch activity held. Snacks and school lunches provided</p>	<p>Census and survey data on food insecurity, diabetes, food habits, etc can serve as baseline data. Stats kept by staff members. Survey responses from participants</p>	<p>Improved digestion. Reduction in heart disease, high blood pressure, etc. Reduction in complications from diabetes. Improved energy and ability to participate in physical fitness regimes. Enhanced ability of children to focus at school.</p>
<p>2.2 By 2021, increase by 30% the number of community members doing physical activities three times a</p>	<p>Evaluate and improve play-grounds. Gym attached to the Youth Center</p>	<p>Recreation coordinator Youth Services Team Family Support</p>	<p>Sports equipment Materials and supplies</p>	<p>On-going</p>	<p># renovated playgrounds # trips to regional fitness facilities # families supported for fee payments,</p>	<p>Baseline data from census and 2010 survey Stats gathered by staff</p>	<p>Enhanced safety of children at playgrounds. Improved fitness levels. Improved energy levels.</p>



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week.	<p>Improve access to regional fitness facilities through partnerships, transportation, fees covered, etc.</p> <p>Provide organized physical fitness activities for adults and Elders. (no car day, fitness classes, walking groups)</p> <p>Provide enhanced training to coaches.</p> <p>Organize our own sports teams.</p> <p>Recognize our athletes.</p>	<p>Worker</p> <p>Natural Helpers</p> <p>Mental Wellness Team</p>	<p>Detailed action plan</p> <p>Survey questionnaires</p> <p>Fitness tests</p>		<p>registrations, etc</p> <p># organized fitness activities for adults and Elders &amp; # participants at each</p> <p># coach training sessions</p> <p># sports teams &amp; # participants, ages and genders</p> <p># events held to recognize athletes</p> <p># parents playing with children</p>	<p>Survey responses from participants</p> <p>Results of fitness tests</p>	<p>Reduction in stress.</p> <p>Decreased physical health problems, e.g. heart disease, obesity, mobility issues, etc.</p>



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	Encourage parents to play with children						