

NunatuKavut news

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NunatuKavut Health & Social Sector is an active and vibrant force promoting healthy living in our communities.

The Health and Social Sector staff have been kept very busy with our two Health Canada projects; the drug prevention project, "Full Circle ~ Breaking The Cycle of Drug Use" and our "Learning For Life ~ Preventing Diabetes." Project We have also been involved in many other health & social-related activities, including several research projects, such as the "Kungatsiajuk: Supporting the Healthy Smiles of NunatuKavut Children" Oral Health Research Project. You can also review our report on another research project, our Community Health Needs Assessment, online at http://www.nunatukavut.ca/home/files/pg/ncha_web.pdf.

In this special edition of the NunatuKavut News, we will share with you just a few of the things happening within the Health and Social Sector.

For more information, please don't hesitate to contact one of us.

Friends:

I acknowledge what a privilege it is to once again lead the people of NunatuKavut. It is an honour to be entrusted with such a responsibility and to share this with our team of dedicated workers and volunteers. The NunatuKavut Community Council (NCC) holds much hope and promise for each us. We envision a return to self-government whereby we make decisions that are in the best interest of our people and communities. We dream of the time when we will make decisions regarding our Lands and Waters and of a day when our aboriginal and treaty rights are fully respected. We have a vision of healthier communities where our people can avail of the services enjoyed by all Canadians.



This photo was taken while attending the Premiers and Aboriginal Leaders meeting in Halifax, July 2012.

Our Health and Social Sector department is a part of this vision. We strive with very limited means to offer programs and services that supports you in your day-to-day life. Whether this is through our Learning for Life Diabetes Awareness and Prevention program, the Full Circle Drug Prevention Project, the new Healthy Smiles program or our Youth and Elders Gathering just recently held in Dead Islands, the goal is the same, healthier individuals and communities. Of course the Department is also busy conducting research, monitoring research activities and developing proposals to meet the needs of the membership.

This good work continues daily. Yet, even as we strive to grow and offer more programming, we are faced with severe federal cutbacks that threatens the very programs now offered. NCC is engaged in efforts to convince the Federal Government to reverse these cuts or to look at alternative sources of funding. In concert with this NCC will over the months ahead be pursuing access to the Non-Insured Health Benefits program. This is a vital and much needed program that the members of NCC have been denied access unfairly and unjustly. This in itself is no easy task but one that requires our collective efforts.

In closing, I thank all who contribute to the work of our Health and Social Sector including of course our many partners. I encourage all our people to get involved, to take advantage of the programs and services and contribute to this important work.

Respectfully,

Todd Russell,
President, NunatuKavut

EATING HEALTHY TO PREVENT TYPE 2 DIABETES



On March 6th NunatuKavut staff headed out to brave the cold temps of -30 to travel to Norman Bay on snowmobile. Learning For Life Staff hosted a healthy luncheon and information session in Norman Bay. In attendance was the school students along with community residents who came out to enjoy fresh fruit and veggies.

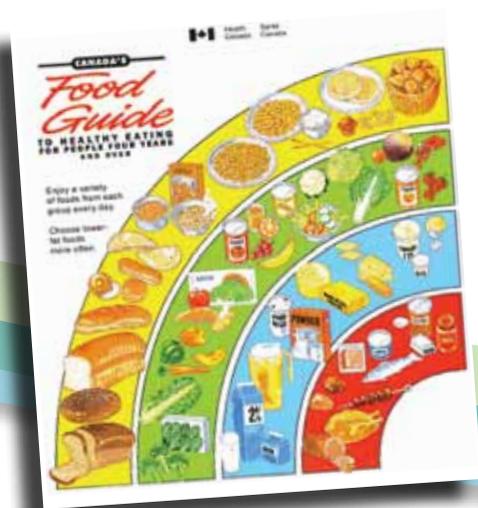
Living in a remote community like Norman Bay it is challenging to get fresh fruits and vegetables so this was a treat for the community.

Melita talked about diabetes and how eating health and being active can prevent the onset of type 2 diabetes. Everyone was quizzed on what they learned and when answered questions correctly received a prize. One resident said that this was a learning experience and that they had close family who had diabetes.

Quite the spread of healthy food in Norman Bay!



Above: Residents of Norman Bay.



Eating as recommended in Canada's Food Guide can help you get healthy!



Above: Health Luncheon of fresh fruits and veggies in Norman Bay.

EDUCATION WEEK

HEALTH PROMOTION ACTIVITIES!



Brandon talking to youth in a school during Education Week.

Brandon Ramey, a youth member of the MADD Chapter in Happy Valley Goose Bay joined Sherry Turnbull with the ~Full Circle ~ Breaking the Cycle of Drug Use Project by partnering with the local schools , youth centers and with Melita Paul Learning for Life ~ Preventing Diabetes to visit the schools along the Southeast Coast of Labrador during Education Week .

They visited schools in Normans Bay, Port Hope Simpson, St. Lewis, Mary's Harbour and the youth center in Charlottetown.

Drug Awareness packets were left at each of the schools and the youth centre, and drug awareness placemats were used for the healthy snacks provided. Brandon's message was heard by 97 youth; he informed them about the risks of underage drinking, drug use and impaired driving under the influence of alcohol and/or drugs.

Brandon is very passionate about his message. He showed a short video of how the lives of so many people are changed forever because of one bad decision, that being drinking while operating a motor vehicle and/ or getting in/on with someone who has been drinking alcohol or using drugs could take your life or change your life forever.

Brandon wanted his peers to know that there is a difference in an accident and a collision caused by alcohol and or drugs. He shared with them that accidents do happen but drug and alcohol related collisions can be avoided. He shared his personal story of losing his Dad

when he was just eight years old in an accident and that couldn't be avoided, it was an accident. Then he went on and told the story of Damien Burden, who most of the students knew personally, he explained that Damien's life was taken and his family was stolen from, because of his decision to set on a snowmobile with a person under the influence of alcohol. He went on to say Damien wasn't drinking but he made a bad decision and we need to learn from that decision. Then he showed the youth the end result a BODY BAG. Brandon's message was loud and clear.... if your drinking or using drugs don't drive and don't get in a vehicle or set on a snowmobile with some who is!



Above: Brandon with youth in PHS trying to read a book with the Beer Goggles on.



Above: Group picture of youth at St. Mary's All Grade in Mary's Harbour.



Above: Group of youth in Charlottetown

LEARNING ABOUT DIABETES IN ST. LEWIS!

Learning For Life –

Preventing Diabetes staff partnered with Cherie Lee Campbell Oram, Diabetes Educator for Labrador Grenfell Health to host information sessions around diabetes prevention in St. Lewis in March. The primary/elementary students enjoyed learning about healthy foods and the importance of eating a well balanced diet . The focus was teaching the children that Breakfast is the most important meal of the day! Everyone also enjoyed doing exercises that was chosen when using the exercise dices! It was a fun day!



Above: Children in St. Lewis doing some fun exercises during the session!



Pictured to the right is a group picture of Melita with students and teacher at St. Lewis Academy!

LIVE, LEARN, LOVE!

Full Circle Staff

partnered with Anti-Violence Committee in Charlottetown for a night of learning at the Eagles Nest Youth Centre. The topics discussed were Drug Awareness and Healthy Relationships. 25 teenagers between the ages of 12 to 18 years, and 2 adults were in attendance.

Funding to help host this event was received from Northern Wellness Coalition along with some prizes. The youth was tested in their drug knowledge by playing Drug awareness Jeopardy, along with a myth vs fact game. There was a powerpoint presentation on

Healthy Relationships.

The focus on this presentation was also on how using drugs & alcohol can interfere with building the key components of a healthy relationship: respect, communication, trust and honesty and the question was asked of the youth, " how do you think drugs & alcohol can affect your relationships".



Left: Youth in Charlottetown who attended the session.

YOUTH CONFERENCE IN MARY'S HARBOUR

On March 9-11, NunatuKavut Health & Social Sector hosted a youth conference in Mary's Harbour. This was a regional event and youth from various NunatuKavut communities attended the weekend event. Funding was received from Women's Policy Office's Violence Prevention Initiative, Government of NL.

We were very fortunate to be able to bring a presenter in from British Columbia Scott Ward. Scott did sessions around bullying, team building, cultural awareness, hoop dancing, empowerment, self esteem and drugs and alcohol awareness as well as a community hypnosis show and video dance party for all youth. Scott is well known for his work with youth of all ages in the various workshops he facilitates on issues affecting them today.

During this conference there were several other presenters on topics from HIV/AIDS (Scosha Diamond), Diabetes Awareness (Melita Paul) to Knowing your Feelings (Vivian O'Brien) and personal stories of alcohol abuse.

The 31 youth who attended this conference were very impressed with the sessions and had a great time.

As one youth put it best, "As youth we play the role to lead by example to a younger generation and it's our responsibility to take ownership of our actions and learn from our mistakes."

Another youth made the following statement about the youth conference, "These people

made my whole weekend the best weekend of my life. i've laughed till it hurts, lifted them off their feet (literally) and probably have had the most incredible weekend ever with these children. I never want the memories of this trip to leave my head...ever".



Above: Scott teaching Grant Campbell Oram how to hoop dance.



Above: Youth taking part in a balloon game.



Above: Group picture at the youth conference.

CAN'T HAPPEN

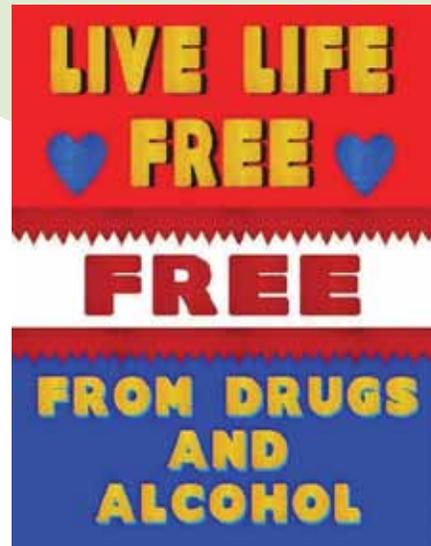
TO ME!

In February Sherry partnered with the Anti-Violence committee, E.D.G.E. Youth and Eagles Nest Youth Centre in Charlottetown to host an event "Can't Happen to Me" Dating Violence and Drug Awareness Event for teens between the ages of 12 to 18 years.

Financial assistance was received from Violence Prevention Labrador for refreshments and prizes. Prizes were also donated by Labrador Aboriginal Training Partnership.

Twenty-five youth in total from age's 12-18 and nine adults from Charlottetown came out to hear information on the effects of drug use and dating violence. We then played a Drug Free PLINKO Game that tested their knowledge on drugs and on the effects of drug use. We also Played "Bind us Together," Impairment Basketball, " Cowboy King , " and Balloon Pass Smash." All of those games have been adapted to include drug awareness. Youth responded very well to the games and discussion around each game. We received positive feedback, both through facebook sites and vocally. This type of event is a successful way to reach youth.

Having fun while learning!





Youth and adults at the Elder & youth event near St. Lewis.

ELDER / YOUTH EVENT

Keep an eye out for another Elder/ Youth event coming up in the Summer.

On March 24th the Learning For Life and Full Circle projects hosted an Elder/Youth Event near St. Lewis. Both project value the interaction between our elder and our youth and feel that it is vitally important to bring both groups together and share the traditional knowledge and teachings.

Several youth along with two elders in our communities spent the day having fun. We did some snowshoeing, climbing trees, sharing stories and enjoying some traditional foods. It was a fun afternoon enjoyed by all.



Haily Turnbull and her mom Katrina Stone of Charlottetown.



Youth and adults at the Elder & youth event near St. Lewis.



Left: Elder Guy Poole getting our fire going.

FUN IN CARTWRIGHT

NunatuKavut's staff

travelled to Cartwright and attended the Spring Fling event hosted by the Community Youth Network. It was a time to mingle with the youth and be a part of their fun night. The CYN Spring Fling was well attended by youth in Cartwright who came dressed to kill. The guys and gals looked awesome and they seemed to enjoy their night.

Full Circle ~ Breaking the Cycle of Drug Use & Learning For Life ~ Preventing Diabetes projects partnered with the Community Youth Network to host an Amazing Race event in Cartwright on Saturday April 27, 2012.

Twenty youth joined up to participate in a fun challenge which included learning about illicit drugs and diabetes while completing challenges that required skill and endurance. The youth were all eager to get to it and moved very quickly through the several station points. They completed the tasks at each station while plowing through detours and road blocks along the way. The finish was close and the teams were neck and neck throughout the race. The top team completed the race in award winning time and were the winner of Ipod Nano's each. The teams arriving in 2nd and 3rd places also received gift certificates.

All participants and volunteers were sporting NunatuKavut project's t-shirts in the community's favorite color orange. Following the Amazing Race a healthy supper was served to all participants and volunteers to finish off the day.

Dancing shoes :)

A big thank you goes out to all the youth participants and also CYN staff and volunteers in Cartwright as they were instrumental in making this event a Success!



Above: Getting down low.



Above: Youth and volunteers at the Amazing Race.

SAFE BICYCLE RIDING TIPS

Wear a Properly Fitted Bicycle Helmet.

Adjust Your Bicycle to Fit. Stand over your bicycle. There should be 1 to 2 inches between you and the top tube (bar) if using a road bike and 3 to 4 inches if a mountain bicycle. The seat should be level front to back. The seat height should be adjusted to allow a slight bend at the knee when the leg is fully extended. The handlebar height should be at the same level with the seat.

See and Be Seen. Whether daytime, dawn, dusk, foul weather, or at night, you need to be seen by others. Always wear neon, fluorescent, or other bright colors when riding day or night, white does not make you visible. Also wear something that reflects light, such as reflective tape or markings, or flashing lights. Remember, just because you can see a driver doesn't mean the driver can see you. Avoid riding at night.

Watch for and Avoid Road Hazards. Be on the lookout for hazards such as potholes, broken glass, gravel, puddles, leaves, and dogs. All these hazards can cause a crash. If you are riding with friends and you are in the lead, yell out and point to the hazard to alert the riders behind you.

Choose to ride on streets where the speed limit is lower and where traffic is less busy. Rules of the Road:

- Go With the Traffic Flow. Ride on the right in the same direction as other vehicles. Go with the flow – not against it.
- Obey All Traffic Laws. A bicycle is a vehicle and you're a driver. When you ride in the street, obey all traffic signs, signals, and lane markings.
- Yield to Traffic When Appropriate.
- Be Predictable. Ride in a straight line, not in and out of cars. Signal your moves to others.
- Look Before Turning. When turning left or right, always look behind you for a break in traffic, then signal before making the turn. Watch for



To maximize your safety, always wear a helmet and follow the rules of the road.

left- or right turning traffic. Safe Bicycle Riding Tips We can make our communities safer! Plan a Bike Safety Event

1. Planning of Events

- Bike Rodeo: bike safety obstacle course with hand signals and bike balance/control activities, 'license plates' and decorating of bikes, helmet fitting
- Bike Safety Information
- Possible partners: RCMP or RNC, community groups, schools, child/ youth organizations (Boys and Girls Club, Scouts, CYN, etc.)

2. Available Resources

- Newfoundland Labrador Injury Prevention Coalition – free helmets (look for details to follow)
- Janice White – light key chains (good for putting on bikes or backpacks) and helmet fitting guides
- Labrador Regional Wellness Coalition– promotional items such as stickers, pencils, other small items

3. For more information or help with planning an event: contact janice.white@lghhealth.ca or 897-2004.

ADDING 'VALUE' TO AWARENESS

Written by **AMY HUDSON**

My understanding what it means to promote “awareness” about a topic related to health, particularly as it relates to diabetes, has been overwhelmingly informed by a perspective that ‘values’ the properties of western medicine. Indeed, well intentioned awareness campaigns, particularly in the world of health, aim to ‘bring’ diabetes awareness in an effort to decrease rates of disease, sickness, etc., amongst Aboriginal people. This is arguably true for many diabetes initiatives and campaigns designed to affect populations who suffer from, or are at high risk for, diabetes.

While it is a fact that Aboriginal people have higher rates of diabetes (3-5 times higher) than that of the non-Aboriginal population in Canada, it can also be said that these rates persist, even amongst invigorating awareness campaigns designed to bring awareness to Aboriginal communities about the importance of healthy life styles in the fight against and prevention of, diabetes. In this sense then, I understand “awareness” to be somewhat consumed with informing Aboriginal people of what needs to be done by Aboriginal people, as well as what Aboriginal people need to change, in order to prevent the onset of diabetes.

In light of the continuing rates of diabetes in Aboriginal communities and amongst Aboriginal people, perhaps it is time to reflect further on what it means to spread awareness about diabetes and take a closer look at how ‘awareness’ programs and/or campaigns are often used in Aboriginal communities as a mechanism for decreasing the

prevalence of diabetes amongst Aboriginal people. Instead, how can we think of adding further value to awareness efforts? More specifically, add value to awareness initiatives that target Aboriginal people and communities. To do this however, would require the understanding that awareness need not be a narrow, one sided term, reflecting the perspectives and goals of western medicine models alone. Alternatively, engaging with awareness could become a two way street, in which both health professionals and Aboriginal people/communities work collaboratively. In this way, Aboriginal people/communities become full participants in their efforts to reduce rates of diabetes in their families and communities, that reflects both western science and Aboriginal tradition.

In this way, Aboriginal people can begin to engage with and understand diabetes differently; in a way that is culturally relevant and meaningful to them and their communities.

Furthermore, health professionals become aware of the importance of culture and tradition in the move towards healthier families and communities, and Aboriginal people become active participants in designing and informing a diabetes initiative that values and understands Aboriginal perspectives and traditions as integral to one’s overall health and well-being. Thus, the end goal of reducing the rates of diabetes in Aboriginal communities and amongst Aboriginal people remains unchanged. Yet, the “how to” becomes informed by multi-perspectives, opening the door for Aboriginal people to add ‘value’ to awareness.

FULL PLATE: WOMEN

OBESITY AND FOOD SECURITY PROJECT

The Full Plate: Women, Obesity and Food Security Project was conducted in 2011-2012 by the Atlantic Centre of Excellence for Women's Health (ACEWH), Dalhousie University as part of the Women's Health Contribution Program funded by Health Canada. ACEWH's approach to policy research focuses on advancing an understanding of and response to the social, economic, political, cultural, and geographic factors that influence women's health and health needs in the Atlantic provinces, across Canada, and around the world – particularly as they affect the lives of vulnerable, marginalized, and disadvantaged women.

The project was a mixed methods study of the relationship between obesity, food insecurity and chronic disease in the lives of women in Atlantic Canada. This study included six focus groups conducted from November 2011 to February 2012 in New Brunswick, Newfoundland and Labrador, Nova Scotia, and Prince Edward Island, and included Aboriginal women, Bilingual Francophone women, and those living in urban, rural and/or remote locales.

A key focus of this project was to investigate the food insecurity-obesity paradox – the paradoxical association between food insecurity resulting from inadequate economic resources to purchase food and obesity as a consequence of overconsumption. During our research, participants highlighted a variety of issues around food insecurity, obesity and chronic disease. In particular, the women talked about trajectories of poverty that spanned their life course; lacking a sense of control and experiencing 'vicious cycles', especially around



Above: L to R: Darlene Wall, Health & Social Sector Manager, NunatuKavut, Lynn Blackwood, Community Nutritionist, Labrador Health Secretariat, Natasha Poole, Community Studies' Work Term Student with NunatuKavut, and Barbara Clow, ACEWH

poverty and food choices; inadequate access to sufficient, nutritious, socially acceptable food; eating less frequently and being the last to eat in their household; feelings of social exclusion; and, their complex strategies for survival and strategies for change.

As part of the Full Plate Project, on 23 March 2012, ACEWH together with the Health and Social Sector Manager, NunatuKavut co-hosted a Half Day Meeting: Knowledge Sharing Session and Consultation on Women, Food Insecurity and Obesity in Happy Valley – Goose Bay. The aim of the meeting was to share findings from the project and further identify and share information about the realities of food insecurity, obesity and chronic disease for women in Labrador. It was an exciting opportunity for participants representing Government, community-based organizations and academia to come together and discuss these issues in the context of Labrador.



THE NUNATUKAVUT RESEARCH ETHICS PROJECT

How can we set up a NunatuKavut-based system for controlling research that impacts NunatuKavut members and lands? This project is being done by the NunatuKavut office in collaboration with university researchers. Darlene Wall, Health and Social Sector Manager, is the person in Labrador who is collaborating with the university on this project. Fern Brunger, an ethicist with Memorial University, is the university researcher who is leading this study. Julie Bull and John Graham are two of the co-investigators. The three year project is funded by the Canadian Institutes of Health Research.

Purpose of the project.

We are developing a method for the NunatuKavut to control what research gets done in the community. Our research questions include, "What is the best way that research can be reviewed by the community to make sure that it fits with the best interests of the community? How can a community best make decisions about whether a research project is ethical and worthwhile for the community?"

What we have done so far.

1. Created a system for monitoring research
We have set up a database containing all research projects that have been done by or with members of NunatuKavut over the past 5 years. New research will be inputted into the database. Eventually researchers will be able to submit their application for a community researcher agreement directly on the database. The database was set up and is maintained by MUN's faculty of medicine but is the property of NCC.

2. Identified challenges and strategies for controlling research

We've held discussions with individual members of NCC council, staff, and communities. We've interviewed researchers who have submitted applications to NCC, Nunatsiavut and the Innu communities to identify their concerns. We've worked with the Labrador Aboriginal

Health Research Committee (LAHRC) to identify challenges that are pan-Labrador in nature. We've analysed the provincial and national guidelines for best practices for conducting research in a manner that respects the OCAP principles (Aboriginal community ownership, control, access and possession of research data).

Next steps.

In early July, we held a two-day meeting to examine all of our findings to date. Following that, we will produce a report for NCC council, staff and community members. That report will outline: (1) requirements for a rigorous NCC research review process; (2) a process for implementing the system and monitoring research; and (3) steps for a pan-Labrador system to ensure that research engaging Aboriginal communities in Labrador is conducted with effective oversight and monitoring.

To find out more.

To find out more about the project, or if you want to participate by sharing your opinions and stories about research, contact: Fern Brunger: fbrunger@mun.ca; (709) 697-9357 or ask Darlene Wall (709) 896-0592 ext. 238 to arrange for Fern to call you.



Some members of the NunatuKavut Research Ethics Research Project, along with some members of the Labrador Aboriginal Health Research Committee.

CHANGING ATTITUDES TO END VIOLENCE IN NUNATUKAVUT COMMUNITIES

Violence Prevention Labrador offers small community outreach grants to organizations leading activities to end violence and foster respect in Labrador communities.

The reality of ending violence is making a fundamental shift in the way people think and behave. Building education and awareness among youth and the community related to grassroots attitudes of sexism, ageism and heterosexism and homophobia has been a focus for VPL and partners in NunatuKavut in 2011/2012.

Some of the grants funded this year include; World Elder Abuse Awareness Day Luncheon- Charlottetown Anti Violence Committee, GAP Center Raises Awareness on Violence through Community Building- CYN Port Hope Simpson,

“Can’t Happen To Me”- Charlottetown Anti-Violence Committee, Cartwright Youth Celebrates Seniors- CYN Cartwright. To view more on VPL’s funding grant visit <http://www.vplabrador.ca/home/77>.

Violence Prevention Labrador is invested in working with community based organizations to assist with building capacity to address and prevent the root causes of violence and better improve services to victims of violence.

To learn more about Violence Prevention Labrador visit our website www.vplabrador.ca or join us on facebook by searching Violence Prevention Labrador or click here [https:// www.facebook.com/pages/Violence-Prevention-Labrador/153156574757363](https://www.facebook.com/pages/Violence-Prevention-Labrador/153156574757363).

HIV/AIDS LABRADOR PROJECT

HIV & AIDS Labrador is funded by the Public Health agency of Canada. The program’s main purpose is to raise awareness in all of Labrador about HIV & AIDS, STI’s, healthy life choices and to work with attitudes to reduce stigma that go hand in hand with the virus.

This past March I visited Cartwright, Charlottetown, Port Hope Simpson, St. Lewis and Mary’s Harbour. I met so many wonderful youth as I visited all schools and clinics in each community. After spending the weekend with 30 plus youth in Mary’s Harbour for a youth conference hosted by NunatuKavut and educating within the schools the week beforehand, I noticed that most youth have a fairly open mind. The youth learned quickly about the HIV virus and how it is transmitted, at the conference, youth discussed what drugs are in their communities and solution and/ or approaches we can take to becoming a healthier community. All drugs are present in the

south coast communities as drugs are present in all communities of Labrador, this news is not new. I believe that educating parents should be the next step, to help change attitudes and move people into a healthier direction. Of course language that educators use will play a major role with this switch, reducing stigma towards people that have addictions is of great importance, there are no bad people, just wrong choices which are made by all humans. Remember if you’re engaging if risky behaviour to play it safe as the HIV virus may creep upon you fairly quickly. Thank-you

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HIGHLIGHTING THE CANCER PATIENT NAVIGATOR

Each year, more than 2,000 new patients are referred to the Provincial Cancer Care Program. Each patient has unique physical, emotional and practical daily challenges. The cancer patient navigation service was developed by the Cancer Care Program in partnership with the Department of Health and Community Services to help tackle those challenges.

Being told that you have cancer can be a frightening and confusing time, and a patient's ability to cope with the diagnosis and treatment will vary based on the support system they have. The cancer patient navigator helps individuals learn about their cancer and treatment options and offers on-going support through the many tests, treatments and challenges they will face. Our goal is to enhance the quality of care our cancer patients receive throughout their cancer journey.

The cancer patient navigator:

- Provides information that will help with decisions about treatments, including possible side effects
- Offers on-going support through the many tests, treatments and different stages of the cancer experience
- Provides education, reading materials, videos, internet sites and cancer information
- Offers advice on how to talk to your children about cancer
- Provides links to other community health care professionals, support groups and programs, such as home care services and accommodations for those receiving cancer care away from home
- Assists with language barriers
- Connects to sources that may be able to help with medication, travel and income costs/issues
- Educates both patients and families about preventive measures, such as good health practices and cancer screening programs.

There are two part-time cancer patient navigators in the Nunatukavut region, one based in St. Anthony and one in Happy Valley, Goose Bay. They can be reached at 1-855-848-3888.

AN ACT RESPECTING THE PROTECTION OF ADULTS

An Act Respecting the Protection of Adults (Adult Protection Act) was acclaimed on May 31, 2011 by the government of Newfoundland and Labrador. This Act will replace the Neglected Adults Welfare Act (1973).

An adult in need of protection means an adult who lacks capacity and who:

- Is incapable of caring for himself or herself or who refuses, delays or is unable to make provision for adequate care and attention to himself or herself;

or

- Is abused or neglected.

This Act will be proclaimed and become law when the following are completed.

- A policy manual with regulations which will guide in reporting, evaluation, and investigation of adults who may be in need of protection;
- An education and training program for professionals;
- A public awareness campaign to promote the Act throughout the province; and An accountability framework so the Act can be evaluated to ensure it is meeting its goal of protecting adults from harm.

This work is guided by an Adult Protection Provincial Steering Committee with two subcommittees focused on defining and explaining the terms capacity and abuse. It is also guided by an Adult Protection Aboriginal Committee with representation from Miawpukek First Nation, Mushuau Innu Nation, Nunatsiavut Government, NunatuKavut Community Council, Qualipu Mi'kmaq First Nation, and Sheshatshiu Innu Nation.

For more information contact:

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Tel: 709-729-4349 • Fax: 709-729-7778

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Tel: 709-729-4957 • Fax: 709-729-7778

PATHWAYS TO RESILIENCE PROJECT

Resilience means many things to many people. As a Project Manager for the Pathways to Resilience research project in Atlantic Canada, I have heard many stories of resilience when meeting youth. A story of resilience that stands out to me belongs to Anna.* Anna's family moved from city to city and she experienced physical and emotional abuse at the hands of her parents. Anna lived with her family until she was a teenager at which time she left home to escape the abuse. She had nowhere to go so she slept in the hospital emergency room every night until she was kicked out in the mornings. Anna then walked to school and spent as much time as she could at school until she was also kicked out of the building for the night. She then roamed the streets or went to a friend's house or a drop in centre until she could slip unnoticed into the emergency room to sleep. Anna continued this routine for several weeks. I asked Anna how she was able to go to school when she had no home. Anna said she had a good relationship with her guidance counselor, who encouraged Anna to come to school despite being homeless. The guidance counselor gave Anna grocery store gift cards every day she came to school to make sure she had something to eat. Anna spoke very fondly of her guidance counselor and said if it wasn't for her encouragement and financial support Anna didn't know where she would be now. When I met Anna, she was living semiindependently in supervised housing and was upgrading one of her grade 12 credits for the intention of pursuing a college degree.

Another story that has also stuck with me is John's. His community believed him to be trouble so he was constantly blamed for things he didn't do (and some he did). His group of friends was also well known to the police and John was often peer pressured into breaking the law. When John felt the stress of living in his community was too much, he would plead guilty to small offenses to go to jail and have "time away." He felt jail was a safe place to get off of drugs and get away from the negative influence of his friends and negative community stereotypes. John also liked to come to jail because he always had the same youth worker with whom he had a good relationship. John told me he felt jail was a positive environment that allowed him to get his life back on track. But each time he went back to his own community, the cycle would continue. When last I saw him, John was hopeful that once released from jail this time, he was going to move

into a new community where they did not have a negative view of him and where he could have a fresh start. As we can see from Anna and John, resilience is more than just someone doing well despite hardship. It is also about how youth use what is available to them to do well in their environment. Anna and John used what was available to them to thrive; Anna used the ER as a shelter and John purposely went to jail to escape negative influences. Resilience in youth refers to those who are doing better than expected given a history of adversity. Youth who have what are called "protective factors" tend to do better than those without. Some examples are intelligence, good self-regulation and positive relationships. Both Anna and John had positive relationships that helped them overcome their challenges and displayed intelligence to know how to get their needs met and establish positive future goals for themselves.

The Resilience Research Centre (RRC; <http://resilienceresearch.org/>) has been working with many communities in Nova Scotia and Labrador including communities in NunatuKavut, as well as internationally in China, South Africa, Colombia and New Zealand. Some of our key findings are:

- Resilience is dependent upon the environment. In other words, the environment is just as important if not more important than the individual. John showed me that he was unlikely to do well in his community, but he knew where to go (jail) in order to do well.
- Related to this, resources need to be relevant to the youth. When Anna was homeless and just trying to meet her basic needs, school became important to her mainly because it kept her warm and dry and was a way to get food.
- In terms of interaction with others (for example service provision such as schooling), it is the nature of the relationship that is important, not the service itself. The relationship should include traits such as empowerment, as well as mutual trust and respect. Both Anna and John had positive relationships within school and jail that were crucial to their survival.

The goal of the RRC is to work with communities to understand what risks youth face and how they are thriving and coping with these difficulties. Youth who participate in our study have the opportunity to have their voices heard. Ultimately, we are aiming to find out from youth like Anna and John what young people need and want from their communities and then share this information with communities so that we may work towards change.

** Names changed to protect identity.*

ELDER & YOUTH EVENT IN DEAD ISLANDS

NunatuKavut's HEALTH & Social Sector projects, "Learning for Life ~ Preventing Diabetes" and "Full Circle ~ Breaking the Cycle of Drug Use" hosted an elder and youth event on July 28th & 29th in Dead Islands a prominent fishing community prior to the Cod closure. Thirteen youth between the ages of 11 and 17 attended the 2 day event along with several elders and adults. Funding for this event was made possible by Health Canada..

It was a great success and a wonderful experience for all who attended. The key focus was to have the youth relive life back in the "olden" days and to experience a quick trip back in time. There was a full agenda and some activities that they participated in were; scrubbing and washing clothes on old fashioned wash board and tub, scavenger hunt seeking old and unique items that could only be found in this type of environment, practising their Aboriginal right to fish and catch salmon and participate in the whole process from setting the net to cleaning the catch and enjoying it for lunch, berry picking and learning how to tie different fisherman's knots. In addition to those traditional skills shared it was a time to discuss the importance of health and

how being drug free and diabetes free can contribute to a long life. It was evident that diabetes and drugs were not issues that the Elders had experienced in their younger years. It was a time of knowledge exchange and storytelling between two generations which is vitally important in the continuation of our culture and traditions and holistic health!

Some comments from the youth & elders as to what the highlight of the weekend were for them:

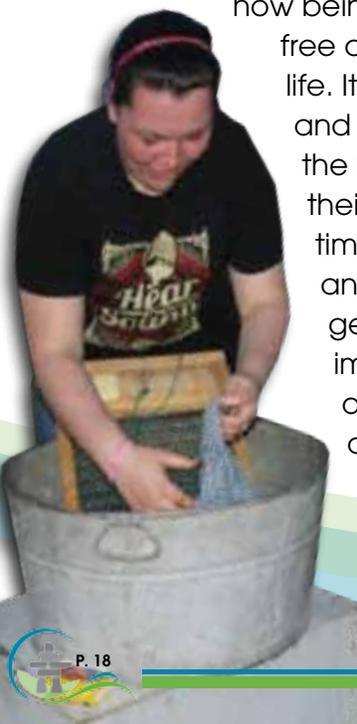
Youth: "The highlights of this event for me is when we set the nets and how the elders done it back in their day."

Elder: "Teaching the youth- and their interest in learning the history and skills"

Youth: "Cutting fish, washing clothing using the scrubbing board and going to get mussels."

Elder: "Spending time with the youth"

We will continue to bridge those two generations to assure that the youth who are our future are familiar with their culture and traditions and are able to share with upcoming generations!



YOUTH TREATMENT IN NL

The two new provincial treatment centres for youth with complex mental health needs and youth with addictions are gradually becoming a reality. The treatment centre for youth with addictions will be located in Grand Falls-Windsor and the centre for youth with complex mental health needs will be built in Paradise. Tenders were announced in Late May for the construction of the two facilities and the Minister of Transportation and Works provided an estimated construction time of 16 months for completion of the facilities.

There is a demonstrated need for these services in Newfoundland and Labrador. Each year we send many of our youth out of province to specialized mental health and addictions services. Both treatment centres, working together, will enable us to keep some of those youth closer to home, while providing them with the type of treatment they need.

The treatment centres are a provincial initiative, with involvement from the Departments of Health and Community Services, and Transportation and Works. A provincial steering committee with representation from these two government departments as well as Child Youth and Family Services, and all regional health authorities is overseeing the development of both treatment Centres. Admissions will occur through a provincial admissions committee. Although the centres will be operated by Central Health and Eastern Health, youth can be referred from anywhere within the province.

The youth receiving services at the centre will be between the ages of 12 to 18 and will be both male and female. The treatment centre in Paradise will service youth with an array of complex mental health issues, which may include depression, conduct disorder, or attention deficit and hyperactivity disorder, to name a few. The treatment centre in Grand Falls-Windsor will service youth whose primary issue is substance abuse. In all likelihood, youth in both treatment centres may have other factors impacting behaviour such as past trauma, family issues, school issues, or possible criminal involvement. Their coping skills may be lacking, and they will require more intensive intervention than the community based

programs can offer. The average length of stay is anticipated to be 6 to 12 months for the treatment centre in Paradise. The optimum length of stay at the treatment centre in Grand Falls- Windsor will be 3 to 6 months, but will vary depending on the individual needs of the youth.

Each treatment centre will have three units, with 4 beds per unit. The treatment centre programs will be designed to maximize therapeutic opportunities for the youth and to allow for the intensive intervention that may create opportunities for change.

The staffing teams will be inter-disciplinary and will be similar at both centres, but with some unique positions to support the different mandates. The team will include a combination of child and youth care workers, social workers, psychologists, psychiatrists, occupational therapists, nurses, recreation specialists, addictions counsellors, and teachers; as well as a music therapist and an art therapist. All staff will work together in a team environment to ensure the best possible treatment is being provided for each youth.

Each centre will have an onsite school with three teachers to help youth overcome educational weaknesses and gaps. There will be an apartment on site to help ensure family members from other areas of the province can visit and be involved in the treatment of their children.

Susan MacLeod is the Manager for the Paradise treatment centre and Val Elson is the Manager for the Grand Falls-Windsor treatment centre. For further information please contact either Susan or Val.

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NUNATUKAVUT

NEWS REPORT

“Kungatsiajuk: Supporting the Healthy Smiles of NunatuKavut Children” is a three-year research study on the oral health of children living in Southeastern Labrador. The project is lead by researchers at Dalhousie University, Halifax, Nova Scotia, working in conjunction with NunatuKavut and Labrador Grenfell Health. The project began in April of 2012 with the hiring of the Healthy Smiles Coordinator, Michelle Clarke, from Port Hope Simpson. Before this date, the researchers (Drs. Debbie Martin, Mary McNally, Heather Castleden) along with NunatuKavut Health and Social Sector (Darlene Wall) and a Community Advisory Committee (Judy Pardy, Laverne Campbell, Megan Hudson, Joan Jenkins, & Margaret Rumbolt) worked hard to get all the details in place to gather information that may help to make dental services better for children and youth in southeastern Labrador.

This project has six objectives.

1. Identify community perspectives regarding issues related to oral health promotion and oral health care service delivery in NunatuKavut.
2. Collect baseline oral health data for a group of children aged birth -17.
3. Design and implement community-level interventions for children, tailored to the oral health needs, resources and preferences of the community.
4. Establish and examine the role and utilization of oral health navigation services provided by the Healthy Smiles Coordinator.
5. Monitor and evaluate the participatory processes, and our ability to generate community-driven policy recommendations related to oral health promotion and oral health service delivery.
6. Provide policy recommendations that will inform culturally-appropriate oral health promotion activities and oral health service delivery.

During May 2012, Dr. Debbie Martin and Dr. Mary McNally, along with Michelle Clarke and Barbara



Campbell (who was hired as a dental recorder), travelled the communities along the south coast, (Port Hope Simpson, St. Lewis, Mary’s Harbour, Lodge Bay, Charlottetown, Pinsent’s Arm and Cartwright), gathering dental health data and information about dental services and practices from over 250 participates. Information about oral health was gathered through: oral health examinations, storytelling sessions with parents and with children and youth of various age groups.

The participation in communities was excellent and the assistance we received along the way from the schools, Family Resource Centres and Youth Centres was phenomenal. A big thank you to each and every person to participated in our research thus far. Your enthusiasm made our visit to the communities memorable and successful. Unfortunately due to travel complications during the spring, Black Tickle and Norman Bay could not reached during this trip, thus another trip is planned for Early October 2012 to visit those communities. The information collected from each of the southeast coast communities will be analyzed and compiled into a report. In the meantime, the team will continue to work with the communities to create oral health promotion activities for children and youth. Stay tuned! We will soon have a website available to view – in the meantime, join our Facebook page if you would like to keep informed about this exciting research project.

If you would like to reach the Kungatsiajuk: Healthy Smiles project coordinator, Michelle Clarke can be reached at 709 960 0342 or healthysmiles@dal.ca