



Liard First Nation 3 Year Regional Treatment Strategy

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Issue 3

January 12, 2009

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- *Highlights of the Visioning Workshop held on October 29 & 30, 2008*



Dear Citizens and Friends:

A two-day Visioning Workshop was held on October 29 and 30, 2008 at the Watson Lake Community Centre. Over 35 community members participated in the workshop!

The Workshop's agenda focused on discussing the question "Where do we want to go?" The objective of the Workshop was to gather input on the community's vision for treatment.

Members first talked about the meaning of treatment, followed by a discussion on the community's strengths and challenges, and what opportunities existed to build or overcome them. The cause and effects of issues relating to addictions were also discussed as part of the long-term visioning.

Thanks to all those who came out and made the Workshop a great gathering of fun, learning and sharing.

Community Feedback on the Vision Workshop

- *"I like the gathering of people who really care - I hope more people can participate."*
- *"Understanding our needs and changes that are put forward by everyone."*
- *"Brainstorming on what is treatment."*
- *"When you gather people together you seem to achieve more positive ideas and plans."*
- *"Having our leaders come was great. They could hear the community's concerns."*
- *"I love the laughter and sharing of the group."*

Workshop Exercise #1: Community Treatment

Community members discussed the question "What does treatment mean to you?". Responses were grouped into four categories:



1) Values – "Using traditional values", "Healing yourself", "Breaking the cycle of abuse"

2) Planning and policy – "Establishing a goal", "Recognition for sobriety", "Involving members"

3) Capacity – "Trained personnel", "Secure funding", "Understanding addictions"

4) Programming – "Aftercare", "Full family treatment", "Wellness plan", "Community circles"

**STAY TUNED FOR THE UPCOMING
YOUTH WORKSHOP – TO BE ANNOUNCED
IN MARCH 2009**



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Workshop Exercise #2: Community Visioning

Community members including youth were asked to brainstorm a ten-year vision for health and wellness. Responses were grouped into themes, the most numerous were:

Community – "Be together as a people", "Build relationships - enhance, unity, rejuvenate"

Faith / Traditions – "Practice traditional activities", "Power of cultural healing"

Health / Education / Free from abuse – "Need to involve the whole person", "Walk away from drugs and alcohol"

Change – "One person can change the world", "Be the change you want to see"

Experience each day – "Live each day to its fullest", "All of the people are smiling"

Nature – "Saving our earth and our land", "Living off of the land"

Workshop Exercise # 3: Issue · Cause · Effect – Analysis

Community members were asked to identify the key issues pertaining to addictions and treatment, and the root causes and effects of the issue. Members then targeted an objective based on the root cause of the issue. Two examples are:

Cause: Peer pressure

Issue: Youth dropping out of school

Effect: High unemployment

Objective: Build self esteem, build youth leadership

Cause: Lack of awareness

Issue: Lack of leadership and frontline worker involvement

Effect: Violence, addiction, isolation, lack of funding

Objective: Support groups, unity, training, and family involvement



Workshop Exercise # 4: Strengths, Challenges & Opportunities

Key to a successful treatment strategy is identifying the strengths and challenges in the community and then targeting opportunities to build on the strengths or to overcome the challenges. Examples of responses are:



Strength: Connection to land

Opportunity: Promote a strong sense of who we are

Strength: Kaska people are strong physically and mentally

Opportunity: Have capacity to create a healthy nation

Challenge: To sober up our family members

Opportunity: Put them to work on the land

Challenge: Overcome fear that is associated with trauma from abusive childhood

Opportunity: More home visits

THANK YOU TO THE COMMUNITY MEMBERS WHO PARTICIPATED!

Allen, Julie
Andrews, Mariah
Ball, Bernice
Ball, Tanya
Brodhagen, Alice
Caesar, Rose
Carlick, Alyssa
Carlick, Crystal
Cove, Tom
Dickson, Cathy
Dick, Roy
Dick, TC Hammond
Donnese, Clara
Edzerza, Lilian
George, Billy
Groat, Debbie
Jackson, George
Johnny, Annie
Johnny, Ruby
Jules, Leda
Jules, Roberta
Laukkanen, Ray
Laukkanen, Sonia
Ludecker, Hannah
Lutz, Shirley
Lye, Cat
Macmillan, Chief Liard
Miller, Sharon
Morrison, Alex
Morrison, Charlie
Morrison, Emma
Nieman, Andy
Porter, Dennis
Raider, Ann Maje
Ryan, Denis
Scott, Helen

Participants from Johnson Elementary School

Bolton, Victoria
Brooks, Jordan
Caesar, Jonathan
Dennis, Dayle
Hamer, Samantha
Hibbing, Kailee
Hinson, Cassidy
Holland/Porter, Eric
Magun, Kyla
Moore, Tala
Porter, Katelyne
Scott, Brandon
Semple, Kathleen
Skerget, Nick
Wolftail, Waylon
Mr Slager
Mrs Chief