

Curriculum Vitae – The Society for Building a Healthier Kugluktuk

- 2010** – Consulted ~450 community members about service closures, social issues and community goals; Service Canada refers Kugluktuk Radio Society (KRS) to Health Canada (HC - RS program).
- 2010 – Establish network of community stakeholders (on-going given high-turnovers in Kugluktuk)
- 2010 – KRS successfully negotiated Mental Health funding with Dr. Bruce Handley and HC as a part of Canada's Economic Action Plan and the Apology (“*new solutions/new relationships*”).
- 2011** – Established The Society for Building a Healthier Kugluktuk (“Healthy Kugluktuk”) as a Nunavut NGO to run HC's Mental Health/IRS Program - instead of KRS due to insurance reasons.
- 2011 – Established a Healthy Kugluktuk office (safe space and an alternative for clients).
- 2011 – Helped HC build a case for setting-up a regional Mental Health/IRS site in Cambridge Bay.
- 2011 – Successfully demonstrated to HC the significant extent of Municipal service-based issues and divisions in Kugluktuk, reestablishing funding for Healthy Kugluktuk.
- 2011 – Begin encouraging a broad systems approach to service development/integration (working with Mental Health workers, the schools (DEA), D&A Counselors, RCMP etc. – on-going).
- 2011 – Work with Gov. of Nunavut to simplify the treatment referral system and methods of diagnosis (access to diagnosis and treatment referrals are extremely limited in Kugluktuk).
- 2011 – Launch one of Nunavut's most successful social media campaigns to encourage self-care and popularize current information on mental health (suicide pre/postvention included); Facebook, Twitter [@healthykugluktuk](#) and Website www.healthykugluktuk.ca giving local clients easy access to information and enable conversations about mental health to reduce stigma ('Likes,' 'Followers,' 'Retweets' and website hits increased significantly through Healthy Kugluktuk's e-campaign leading up to and during the Vancouver National Event in 2013).
- 2011 – Initiated a pan-Nunavut outreach while developing community-specific (Copper Inuit) Audio/Video publications for healing/reconciliation program awareness
- 2011 – Attend National Reconciliation event in Inuvik (4 staff trained with HC, TRC and IRC).
- 2011 – Initiated a community orientation workshop for all local service providers in preparation of the TRC Hearings in Kugluktuk
- 2011 – Presentations about residential school in the high school
- 2011 – Christmas feast and healing/reconciliation event.
- 2011 – Provided cultural and emotional support to clients (total interactions ~4,407 Apr/11–Mar/12)
- 2012** – Publish a report on Copper Inuit needs for the Personal Education Credit (PEC) program.
- 2012 – Begin a series of Kugluktuk-specific articles with professionals in the fields of health, gender equality and social justice (ongoing – 35 publications to 2014).
- 2012 – Provide support to clients at AA meetings and do home visits (on-going as needed).
- 2012 – Develop local Inuinnaqtun terminology with 3 interpreters for healing and reconciliation concepts/practices.
- 2012 – Re-introduce/popularize Copper Inuit style meditation/healing with David Lynch Foundation.
- 2012 – Christmas feast and healing/reconciliation event.
- 2012 – Finalized community networking for a client list ~230 (began with no client list; HC advises Kugluktuk has the highest proportion of clients in the Northern Region per capital).
- 2012 – IAP technical workshops and other outreach and support to 2014.
- 2012 – Begin sitting on the Municipality's Wellness Committee as an Expression of Reconciliation and to share in quality service development (ongoing - committee stopped meeting January 2014).
- 2012 – Provided cultural and emotional support to clients (total interactions ~4,017 Apr/12–Mar/13)
- 2013** – Founding stakeholder on the Nunavut Psychotherapy Working Group to respond to the Nunavut Suicide Prevention Plan, to provide culturally appropriate grief counseling to all Nunavummiut, and to create links between various community mental health and wellness organizations and resources - best practices in psychotherapy for grief and trauma
- 2013 – Host various grief and loss workshops and candlelight ceremony, engaging the Anglican Church and others to start healing workshops.
- 2013 – Introduce *Brain Gym* in Kugluktuk's elementary and high schools.

- 2013 – Produced 100 Public Service Announcements on Mental Health themes and Embrace Life’s suicide prevention strategy.
- 2013 – Christmas feast and healing/reconciliation event.
- 2013 – Started a Municipal (regional) healing engagement plan with Ariel Tweto and Susan Aglukark – mentored Ariel Tweto for ‘*Popping Bubbles*’ outreach in the Kitikmeot.
- 2013 – Began coordinating *AS/ST* training for ‘average people’ and professionals to enhance the skills of community members increasingly called on to give suicide pre/postvention support
- 2013 – PEC technical workshops with other outreach and support to 2014.
- 2013 – Provided cultural and emotional support to clients (total interactions ~2,981 Apr/13–Mar/14)

- 2014** – Implemented community recommendations to make Healthy Kugluktuk’s engagement strategy regionally to promote/reinforce self-care promotions in Kugluktuk
- 2014 – Interview Commissioner Wilson in part about community/social divisions, reconciliation and health service systems in the North (published on www.ckug.ca).
- 2014 – Unsuccessfully lobbied to be included as either a Municipal Investment Readiness Committee Member, or a focus group participant.
- 2014 – Participant (1 staff for professional development/self-care) at Rise of the 4th World: The Internationalization of Indigenous Rights, Indigenous Health & Social Justice Research Group, *University of Waterloo* (research team pending).
- 2014 – Participant (2 staff and Executive Director) at Northern Region’s all-RHS site workshop in Whitehorse (introductory level training in Counselling, Trauma/PTSD and Attachment/Parenting/Intergenerational Issues)
- 2014 – Participant in the Municipality’s *Suicide Prevention Walk* committee, and was the only service provider to offer emotional support to students and adult participants who triggered at the event.
- 2014 – Approved as a PEC Educational Group by the *Residential Schools Class Action Litigation Committee* (suicide pre/postvention programming included).
- 2014 – Attract outside investment from Dr. of Naturopathic medicine and NHL free-agent(s) for healing and mental health outreach with the local Jr. Canadian Rangers, hockey, and table tennis groups (includes pending blog for website).
- 2014 – Secured counselling/training staff to March 2016 (note: ~17 turnovers of Southern GN mental health or related PYs since 2010, and hired/trained ~11 local RHS workers since 2011).
- 2014 – Motivational Inuit self-empowerment/self-care and stakeholder development with Tweto/Aglukark (‘officials’ rejected subsequent Food Bank, motivational virtual workshops, and Christmas food/toy initiatives).
- 2014 – Provide recommendations direct to *Breakfast for Learning* for program revitalization in Kugluktuk.
- 2014 – Re-introduce traditional concepts of Inuit ceremony with traditional healer/good shaman.
- 2014 – Contribute to national prevention workforce skills (*Canadian Centre on Substance Abuse*).
- 2014 – Successfully lobbied Nunavut’s *Chief Coroner* for a pan-Nunavut inquest of all suicide cases in 2013 (a record 45 deaths), obtaining a witness seat to testify on risk factors, mental health, healing and productive choices (historically Kugluktuk has among the highest suicide rates in Nunavut - known as the ‘suicide capital’ of Nunavut but until now never consulted).
- 2014 – Staff awarded ‘Special Achievement’ by the *Baffin Regional Chamber of Commerce* in part for work on improving community mental health services as part of Canada’s Economic Action Plan
- 2014 – Nominated for a Dave Masecar aboriginal community service award – *Canadian Association for Suicide Prevention*.
- 2014 – Recognized by the Premier and Legislative Assembly of Nunavut for inspirational work in areas of mental health and suicide prevention in Kugluktuk, the Kitikmeot and Nunavut.
- 2014 – Distributed toys donated from Kitchener-Waterloo Police Choir to every household with kids under 14.
- 2014 – Provided cultural and emotional support to clients (total interactions ~5,027 Apr/14–Sept/14).

- 2015/16** – Concluded final organizational assessment report with the Indigenous Rights and Social Justice Research Group, Wilfrid Laurier University.
- 2015 – Transitioned clients by running ‘Healing and Reconciliation through Food’ project with Steven Cooper (member of the Baxter National Class Action consortium that negotiated Canada’s \$5 billion Residential School Settlement); guests included Louis Charest, Executive Chef, Residence of the Governor General.
- 2015 – Distributed toys donated from Kitchen-Waterloo Police Choir to about 60 household with kids under 14.
- 2016 – Provided cultural and emotional support to clients (total interactions ~4,568 Apr/15–March/16).