

**Kahnawake Community Health Plan  
2012-2013**

<b>RATIONALE</b>	Health Care workers perceive a significant increase in the number of mental health related issues and clients requiring mental health services. They are especially concerned that the profile of those requiring mental health services has changed and now includes younger (adolescents) community members.						
<b>GOAL</b>	To ensure the continued growth of services in the prevention of mental health. To improve the mental wellness of community members and support them while facing mental health challenges.						
<b>STRATEGY</b>	To provide comprehensive and accessible prevention and intervention services.						
<b>OBJECTIVES</b>	<b>Main Activities</b>	<b>Target Group</b>	<b>Title Responsible</b>	<b>Calendar/ Dates</b>	<b>Indicators</b>	<b>Data</b>	<b>Health Impact</b>
To develop a coordinated mental health service delivery model in Kahnawake (ALS)	Establishment of a mental health working group to address the gaps and overlaps in mental health services	Mental health population of Kahnawake	Onkwa	Quarterly meetings	Minutes		
	Maintenance of the Mental Health Team	Mental health population of Kahnawake	KMHC-KSCS MOU Table	Monthly meetings	Improved coordination of mental health services. Early interventions and reduced crisis intervention	Track number of shared mental health clients from present through the implementation of revised procedures	Improved services to mental health clients
	Establish base line statistics regarding the current services provided to Kahnawake mental health clients	Mental health service providers	Mental health working group	First quarter of FY 2013-2014	Integration of data collection tool into service delivery areas	Quarterly mental health statistics	Ability to identify and forecast needs for the development of mental health services and resources
	Identified training needs for mental health service providers	Mental health service providers	Mental health working group	At the monthly meetings	Minutes, overview of training needs of staff		Improved services targeted to the mental health population of Kahnawake
	Identify and implement an effective mental wellness program	Mental health population and their families	Mental health working group	At the monthly meetings			Improved prevention of crisis and education and awareness for families

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<p>To provide individual, family, and community support through one on one sessions, community groups and forums with the purpose to educate individuals based on a culturally relevant approach. (Healing Lodge)</p>	<p>To provide education and awareness of traditional ceremonies, feasts and teachings to all Kahnawa'kehro:non.</p>	<p>Individuals Community members Families Schools, Organizations Staff FWC KSCS</p>	<p>Team Leader of Support Services Shakotisnien:nens Traditional Workers</p>	<p>Ongoing (daily, weekly, monthly sessions)</p>	<p># of clients requests &amp; assigned to Shakotisnien:nens # of requests for awareness and skills building # of sweats completed # of purges completed # of individuals registrations # of completed evaluations</p>	<p>Service Plans Case notes # of referrals # of completed sweats Demographics of clients requesting sweats # of completed purges Demographics of clients requesting purges Successful completion of service plans</p>	<p>To raise awareness of traditional and cultural knowledge through language, culture and traditional teachings and skills. To allow for clients to have a safe environment to participate in individual or group sweat lodge ceremonies and individual purges. Increase the knowledge and skills of the FWC staff but to also provide relevant and updated information to the community as well as the staff of KSCS.</p>
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<p>To provide counselling services that offer support on multigenerational issues that affect Kahnawake:ronon</p>	<p>Individuals, families, groups, clients of P&amp;S services</p>	<p>Team leader of Support Services Shakotisnien:nens Traditional Workers</p>	<p>Ongoing (monthly, daily, weekly) As needed basis, when required by clients (quarterly, annually)</p>	<p># of clients requests &amp; assigned to Shakotisnien:nens # of requests for awareness and skills building # of clients, referral reasons (depression, anxiety, depression, suicide ideation) # of clients requesting readings # of completed service plans for clients # of clients referred to community organizations or healers</p>	<p>Service Plans Case notes # of referrals # of completed sweats Demographics of clients requesting sweats Successful completion of service plans Participants feedback Intake forms case manager Individual &amp; Family assessments Internal referral reasons Client feedback</p>	<p>Decrease in family dysfunction, restored family unity, improved healthy relationships, potential decrease in # of crisis situations, improved life skills. Ensure clients receive immediate support and proper services to suit their needs while reducing crisis and further injury to client's situation. To provide clear and accurate screening and assessments of clients and their families and to direct them to appropriate resources to assist with their specific issues To provide clients with the skills and understanding of culturally based tools in order for them to gain independence and be self supportive of their own wellness</p>
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	To coordinate traditionally based support groups.	Individuals Families Groups Clients of P&S services	Shakotisnien:nens Traditional Workers	As needed basis	Number of participants for support group that apply Participants feedback/ when applicable # of participants from the community # staff KSCS attendance	Statistics - number of clients making requests Feedback from clients Pre and post questionnaire Case Manager notes	To reduce the degree of isolation and create an open caring/supportive and confidential safe place in a traditional setting, to share and learn coping, outreach and communication strategies for clients dealing with brain injuries To provide awareness and knowledge of traditional medicines and how they assist in the overall development and growth of Kahnawake:ronon.
To provide assistance to Short Term Care, Adult Day Center and Respite Care clients and their families through advocacy and as a liaison to access resources in Kahnawake and surrounding areas of the community. (KMHC Social Worker)	To maintain Short term care caseload	Short term care patients Respite care patients Day Centre participants	Social Service Worker	Determined at date of patients admissions 35 hours / week (Mon. To Fri.) Some overtime	Improved administration within Social Services. Well-established rapport and communications with client, families, and case managers as reported by staff, clients, and families. ISP meetings attended	Progress notes in charts Social Services files Short term OMEC Yearly office statistics Meeting notes Service plans	Lower risks of burnout Effective use of services Better partnerships with other organizations Less duplication of services Increased consultation with team
	To be part of Adult Day Centre Team as the Social Service Worker				Team meetings attended File of new referrals for the year	Consultation reports Registration rates	Improved lifestyles of clients. Increased accountability of client, family, and staff. Establishment of a firm base to expand the SSW position to include more case management with new referrals for day center not followed by HCCS

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To organize respite service	All clients participating in the respite care service and their families along with new referrals consulted to Social Services by MD.	Social Service Worker	January to December of every year	Increased interest by families, clients, and physicians' feedback. Increased referrals from MD for service. New participants in year 2009	Graph of calendar of dates with allotted time slots with clients' dates of usage. Updated letters sent to families with corresponding dates of calendar. Updated rules, policies that change each year in accordance of RAMQ rates. Letter to families with information protocol for procedure for respite admissions	Improved lifestyle of clients and their families Lower risks of caregiver burnout Assists in familiarizing cts. and families of the LTC environment
To participate in Multidisciplinary Team rounds and obtain global depiction of patient	HCCS cts. STC cts.	Social Service Worker / TL / NM	36 team meetings a year	MDs and staff have a view of the patient, home life, family, etc. other than the medical and physiological.	ISP planning Social Services consults Progress notes – MDA summaries in chart Completed assessments from SSW Notes of meetings	Improved Team cohesiveness / approach, less impact of stress Better rapport with team and family / client

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To help coordinate discharge of STC cts.	Patients and their families HCCS	Social Service Worker / TL	Continuous throughout the year	Improved relations between patient, family and staff. Clients and family pleased as concerns are being met in the timely manner Feedback from family and patients	Family meetings ISP meetings Consultations with team Progress notes	Effective use of Social Services as increased support service Improved lifestyles of clients and families Lower risk of caregiver burnout
To maintain supportive interventions for cts. And families by empowering, teaching and through advocacy	STC patients, day center participants, respite clients and families	Social Service Worker	Ongoing throughout calendar year as needed by the client / patient	Patients and families better able to accept and cope with the various challenges, which will arise Feedback from patient, families and staff	Stats Progress notes	Improved lifestyles of clients. Effective use of Social Services as increased support service. Improved relations with between cts, families, and KMHC.
To enhance knowledge and skills	Social Service Worker	Social Service Worker	Ongoing throughout year	Conferences, workshops, education rounds in K.M.H.C., K.S.C.S., Douglas hospital, CPR, Non Violent Crisis Intervention Training, Suicide Prevention Training	Certificates of participation and / or accreditation	Improved knowledge Increased understanding of expectations in hospital setting. Lower risk of burnout Continual refreshers on yearly basis
To assist cts. and families of the transitions from STC / respite to LTC	STC and respite care cts.	Social Service Worker	Ongoing	Cts. and families feedback SW/MD/RN feedback	Progress notes Social Services Consults ISP meetings	Well-coordinated admission to LT

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<p>To offer avenues of stress management and psycho-social support to our youth and their families. Through recreational, sports, fitness, educational, social and cultural activities emphasizing a holistic approach that will address priority health needs, we aim to empower youth and make a positive impact in their lives. (KYC Outreach)</p>	<p>To promote the ideals of good sportsmanship, honesty, respect, integrity, hard-work, team-work, fair play, and as well to develop skills and overall fitness through sports.</p>	<p>Male &amp; Female ages 6yrs to 18yrs old and also adults. Age &amp; gender categories are defined according to the sports activities offered.</p>	<p>Kahnawake Youth Center Staff and volunteer coaches.</p>	<p>Depending on the activity, the services are normally offered seasonally from September to June, and in some cases continuously from April to March inclusive.</p>	<p>Participation of youth aged 6yrs to 11yrs in activities. Participation of teens in activities. Participation by adults Feedback by clientele Improvement in individual skills, teamwork &amp; success of sports teams.</p>	<p>Evaluation by staff &amp; volunteers on programs. Stats on numbers of participants. Charts in progress. Feedback of participants Daily attendance</p>	<p>Improved overall fitness. Healthier lifestyles for clients Addresses prevention for diabetes &amp; cardio vascular disease and other priority health issues Contributes to mental well-being Alternatives to alcohol and drug use</p>
	<p>To give our youth and adults an opportunity to actively partake in the development of their personal level of fitness.</p>	<p>Male/Female ages 6yrs through to adult ages Categories are defined according to fitness activity offered.</p>	<p>Kahnawake Youth Center Staff, volunteers, and personal trainers.</p>	<p>Majority of activities are continuous (April to March) – Specialized activities are cyclical and sometimes adhoc in nature.</p>	<p>Number of participants. Attendance Rates Feedback by clients Improvement in fitness levels</p>	<p>Evaluation of programs by staff, volunteers and trainers. Evaluation by participants Charts of progress for individuals</p>	<p>Improved fitness levels. Healthier lifestyles for clients Prevention activities addressing diabetes, cardio vascular disease, cancer, etc.. Contributes to mental well-being Alternatives to alcohol and drug use</p>

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<p>Offer opportunities for our youth to develop an awareness and appreciation for our Mohawk Culture and traditional values</p>	<p>Male/Female 6yrs to 18yrs Adults included in special events</p>	<p>Kahnawake Youth Center staff &amp; volunteers (elders &amp; persons with expertise.)</p>	<p>Activities are continuous (April to March) Special events are cyclical &amp; sometimes on adhoc basis.</p>	<p>Participation in activities by youth &amp; teens. Youth have a great sense of pride in their heritage. Youth learn skills in making traditional handicrafts. Reinforcement and greater use of the Mohawk Language. Feedback by participants.</p>	<p>Participation rates and attendance for daily activities. Evaluation &amp; reports on program activities and special events by staff &amp; volunteers. Evaluation of programs by participants.</p>	<p>Increased levels of self- esteem and confidence of our youth. Mental well being. Alternatives to alcohol &amp; drug use.</p>
<p>To create a learning environment for our youth through various programs and out-of-club excursions.</p>	<p>Male/Female ages 6 to 21yrs old.</p>	<p>Kahnawake Youth Center Staff; collaborative trainers and volunteers.</p>	<p>Activities are continuous (April to March) Some programs / workshops are cyclical in nature.</p>	<p>Participation by targeted clientele New skills/certification courses acquired by teens. Teens gaining employment by adding to their job skills. Participation of related professional resource persons and trainers.</p>	<p>Number of participants in various activities. Evaluation and reports on workshops/courses by staff &amp; trainers. Number of certifications awarded. Evaluation/feedback from clientele.</p>	<p>Promoting social &amp; emotional growth of our youth. Developing a greater sense of self-esteem &amp; self-worth. Promoting a positive attitude.</p>

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<p>To increase the level of socialization amongst children &amp; teens.</p>	<p>Male/Female 6yrs to 18yrs old. Some activities involve parents &amp; other family members.</p>	<p>Kahnawake Youth Center Staff &amp; volunteers &amp; volunteer.</p>	<p>Continuous (April to March)</p>	<p>Participation in activities by clientele. Increase in communication skills, Respect for one another and social skills amongst clientele. Feedback from clientele.</p>	<p>Attendance rates (numbers of participants) Evaluation of activities by staff and volunteers. Evaluation of activities by participants.</p>	<p>Providing alcohol &amp; drug free activities &amp; addressing other health priorities such as violence, mental health (well-being) through positive activities Promoting respect, responsibility, unity, acceptance and equality.</p>
<p>Promote &amp; facilitate family and community involvement in the social and recreational aspects of their children's lives.</p>	<p>Male/Female Youth, Teens &amp; their families</p>	<p>Kahnawake Youth Center Staff &amp; volunteer personnel.</p>	<p>Cyclical by events (April to March)</p>	<p>Participation by youth, teens, families. Participation by other community members. Participation by other community members. Feedback by target clientele.</p>	<p>Numbers of participants. Numbers of participating organizations (collaboration). Numbers of parents/families – other community members getting involved. Evaluations by Youth Center Staff &amp; networking partners. Evaluation from participants.</p>	<p>Answering the communities' call to strengthen families and extended families. Promoting community pride and spirit. Promotion of alcohol &amp; drug free activities and special events. Holistic approach of activities contributes to building pride, positive self-esteem, confidence communication skills &amp; mental well-being.</p>

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<p>To support and improve parental skills of parents with children ages 0-6 yrs. (Nobody's Perfect)</p>	<p>Provide parents of children from birth to age five, with accurate up to date information on children's health, safety, development, and behaviour. Encourage parents to have confidence in their ability to be good parents.</p>	<p>Parents of children from birth to age five.</p>	<p>Parenting Facilitators And a childcare worker provider</p> <p>Betty &amp; Colleen</p> <p>Mary &amp; Colleen</p> <p>Mary, Terry McC &amp; Coleen</p> <p>Terry McC., Betty and Coleen</p> <p>Betty &amp; Coleen</p>	<p>Wednesdays 6 weeks 9 – 11:30</p> <p>May – June 2010</p> <p>June – July, 2010</p> <p>Sept. – Nov. 2010</p> <p>Jan – Feb. 2011</p> <p>April-May 2011</p>	<p>Weekly participation, number of participants, and feedback.</p> <p>Weekly evaluations.</p>	<p>Registration forms, Attendance, weekly evaluations.</p> <p>May-June 2010 9 Parents</p> <p>June-July: 4 parents</p> <p>Sept-Nov.: 13 parents</p> <p>Jan.-Feb.2011: 11 parents</p> <p>April-May 2011 8 parents</p>	<p>Enhance capacity in parenting skills.</p> <p>Build Self esteem and confidence. Development of support of parents.</p> <p>Improve capacity and support of the individual and the couple as parents, which will have an overall positive impact on the healthy social and emotional functioning of the family.</p>
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To support and improve parenting skills holistically. (Parenting/FWC)	To provide prenatal workshop for expectant parents in order to become emotionally attached to their unborn child.	High risk * expectant parents. (* Meaning young, inexperienced, low familial support, and/or addictions problems).  Referrals from schools, KSCS caseworkers, support works, hospitals, other organizations.	Family Center Facilitators	6 week workshop Once a week for 2 hours  Schedule is based on need	Weekly attendance of participants Evaluation	Attendance list  Number of participants  Evaluation – feedback  Weekly attendance/ attrition rates	To address parenting concerns at the first stages of infant development for high risk target groups and in the process reduce the negative effects of the fetal development and the parental capacity.
	To increase parental competency and promote positive <b>Parent-Child interaction</b> through activities that encourages toddlers' development and attachment	Parents with children of ages 16-24 mos. Maximum 10 participants	Family Center Facilitators	10 week workshops Once a week for 2 hours. Fall and early Spring sessions	Weekly participation, interaction. Number of participants	Weekly progress notes Attendance list (Registration Forms Weekly attendance stats) Weekly parental feedback (verbal) End of session group entry report. Evaluation forms	Enhanced capacity in parenting skills and knowledge on Infant development Foster development and bonding between parent and child Development of informal support network for parents after completion of program. Build self-esteem & confidence in their role as parents

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To increase parental competency and promote positive <b>Parent-Toddler</b> interaction through activities that encourages Toddler development and attachment.	Parents with children 10-15 months 10 per group Referrals and open to community	Family Center Facilitators	8 week workshop once per week for two hours	Weekly participation (interaction) Number of participants Parental Feedback	Registration Form Attendance list End of session Group Entry report Weekly progress notes Evaluations forms	Enhanced capacity in parenting skills and knowledge on Infant development Foster development and bonding between parent and child Development of informal support network for parents after completion of program. Build self-esteem & confidence in their role as parents
To promote <b>infant</b> stimulation and secure attachment between parent and baby and to increase knowledge on parental responsibilities while building self-esteem in parents	Infants of ages: 0-9 months old  10 Parents-10 Infants/parents	Family Center Facilitators	9 week workshop once a week for 2 hrs Fall and early Spring sessions	Weekly participation (interaction) Number of participants Parental Feedback	Registration Form Attendance list End of session Group Entry report Weekly progress notes Evaluations forms	Same as above
To help parents deal more effectively with their <b>teenaged</b> children.	Parents of teenagers aged 13-18 yrs.	Family Center Facilitators	Workshop sessions Fall and Spring Meet once a week for 6 weeks at 2 hours	Number of participants Feedback from participants	Attendance lists Registration Forms End of session Group Entry report Evaluation forms	Reinforce parents' skills and awareness to deal effectively with their teenaged child while encouraging healthier lifestyles.

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To share experiences raising children and how to become more effective parents.	All Kahnawake parents – male or female who are in need of support in dealing with parental concerns/issues	Parenting facilitator	1 per week @ 2hrs. Three (3) eight (8) week sessions per fiscal year A 3-week phase for evaluation and review.	Participation of parents Referrals from other related stakeholders Feedback from clients	Registration and attendance lists Yearly Evaluation Review (written/verbal)	Improved capacity and support of the individual parent, which will have an overall positive impact on the healthy social and emotional functioning of the family.
Providing appropriate information to the specific <b>parents of children 6-12 years old</b> about parenting	Kahnawake parents of school age children six (6) to twelve (12) years of age.	Parenting facilitator Our Gang - Prevention and Support Worker	One (1) workshop per month Sept – June Information boards throughout the fiscal year	Participation of parents Feedback from parents	Attendance list Evaluation forms	Enhance awareness of effective parenting skills
Provide parents of children from <b>birth to age five</b> , with accurate up to date information on children’s health, safety, development, and behaviour. Encourage parents to have confidence in their ability to be good parents.	Parents of children from birth to age five	Family Center facilitators and Step by Step Family support worker.	Three times a year for six weeks. Once a week for 2 ½ - 3 hours.	Weekly attendance of participants. Weekly evaluations. Verbal feedback.	Attendance list. Number of participants. Evaluations and feedback.	Enhance capacity in parenting skills. Build Self esteem and confidence. Development of support of parents. Improve capacity and support of the individual parents, which will have an overall positive impact on the healthy social and emotional functioning of the family.

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Provide parents with an opportunity to practice what was learned in the six weeks program through play activities, show how to encourage physical, mental, social and emotional developmental skills to be good parents.	Parents with children from birth to age five.	Family Center facilitators and Step by Step Family Support Worker.	After the NPP six week program. During the summer and in the fall.	Weekly attendance facilitator reviews, End of session evaluations.	Attendance Participants evaluations and verbal feedback.	Enhance capacity on parenting skills. Build self confidence in parents. Develop skills through play foster development and bonding between parents and child.
Provide parents from Step by Step opportunity to drop off and attend group to interact with their younger children.						
To identify stressors in their lives and to give the participants coping strategies.	Community parents	Family Center facilitator and KSCS Support Worker	November 2009	Evaluations Participant attendance	Workshop evaluations, attendance numbers	Improve mental wellness of parents through recognition of parental stressors, effects and provide coping skills.
To increase and build parental capacity, parental responsibility and self esteem. Help parents deal effectively with their children and families.	Parents of the community.	Family Center facilitators.	Internal referrals, upon request and walk ins and telephone requests.	Weekly or biweekly home visits, telephone conversations, client meetings fro 1- 2 hours.	Case contacts Monthly supervision Service plan	Reinforce parents skills and awareness to deal effectively with their children
To provide support, encouragement, resources, strategies coping skills for parents with children diagnosed or otherwise, with ADD or ADHD.	Parents of the community who have children that exhibit ADD behaviours.	Family Center facilitators	October 8 – December 10	Participant attendance.	Attendance lists	Reinforce parenting skills and bring new skills to parents such as behavioural modifications at home, being an advocate with the school, communication, what is ADHD.

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<p>To provide individual, family, and community support through one on one sessions, community groups and forums with the purpose to educate. (Shakotisnien-nens Support Counselors)</p>	<p>To provide counselling services that offer support on multigenerational issues that affect Kahnawa'kehró:non</p>	<p>All community members</p>	<p>Team Leader Secondary Shakotisnien:nens Intake Worker</p>	<p>Daily sessions Weekly sessions Monthly as needed</p>	<p># of clients requests &amp; assigned to Shakotisnien:nens # scheduled appointments # client closures # clients who decline services</p>	<p>Case manager Intake forms Referral forms Client feedback Service plans Different client issues Individual &amp; family assessments Internal referral reasons</p>	<p>Decrease in family dysfunction, restored family unity, improved healthy relationships, potential decrease in # of crisis situations, improved life skills. Ensure clients receive immediate support and proper services to suit their needs while reducing crisis and further injury to client's situation. To provide clear and accurate screening and assessments of clients and their families and to direct them to appropriate resources to assist with their specific issues.</p>
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To conduct community support groups that address various health and social issues	Community members, individuals, families	Shakotisnien:nens	September - Back to School, November - Spirit of Wellness, National Addictions Awareness Week, December - Gift of Hope, January - Newsletter, March, Newsletter articles, April - August - various community activities.	Feedback from various KSCS departments, questionnaires, call in talk shows, email feedback, stats of participants involved with activities, newsletter numbers distributed to the community.		Increased level of knowledge about various health and social issues within Kahnawake. Community members will have more relevant information and a greater understanding on issues such as depression, anxiety, healthy eating, social relationships, healthy families, addictions and where to receive services.
To provide immediate support to individuals in crisis	Community members, individuals, families	Shakotisnien:nens, Team Leader Secondary Support	Daily, weekly or monthly as needed.	# of clients requesting immediate support	Case Manager, Contact notes	Alleviate emergency situations in the community and provide immediate support to community members reducing incidents of greater crisis.

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<p>Mental Health</p> <ul style="list-style-type: none"> <li>• To stabilize, improve &amp; maintain mental health clients (HCN - Tertiary Prevention)</li> </ul>	<ul style="list-style-type: none"> <li>• Perform Initial Mental Assessme.</li> <li>• Assess medication needs both oral and injections.</li> <li>Refer to Psychiatry or any required discipline</li> <li>• Work with clients Case Manager on ISP plans ie, attending other appts.</li> <li>• Consult &amp; work with family members as well as support workers <ul style="list-style-type: none"> <li>• Meet with pts. on regular basis or as needed</li> <li>• Meet with Mental Health Team on regular basis</li> </ul> </li> <li>• Liaison, Consult, Intervene &amp; Educate</li> </ul>	<p>Severe &amp; Persistent Mental Health Clients</p>	<p>Homecare Nurse Manager</p> <ul style="list-style-type: none"> <li>• Mental Health Nurses</li> </ul> <p>Mental Health Team</p> <ul style="list-style-type: none"> <li>• Steering Committee</li> </ul>	<p>Regular Home, Office or Hospital visits can vary from twice daily</p> <ul style="list-style-type: none"> <li>• to monthly.</li> </ul>	<p>Total number of MH Patients (will calculate Monday)</p> <ul style="list-style-type: none"> <li>• # of clients at ILC followed assisted with medication by HHA (8 out of 11)</li> <li>• # of incident reports r/t non compliance (3)</li> <li>• # acute hospitalizations (Next Year)</li> <li>• # of crisis interventions ie. Outbursts, disputes. (Next Year)</li> <li>• # Mental Health Patients who have Case Manager or Primary care worker involved in their care (Next Year)</li> <li>• # of Mental Health Patients who have a Nurse as their Case Manager</li> <li>• # of cancelled appointments.</li> </ul>	<ul style="list-style-type: none"> <li>• Pt. Progress notes</li> <li>• Stats</li> </ul>	<p>When a person's mental health improves their overall health is more likely to improve</p> <ul style="list-style-type: none"> <li>• Mental Health Clients become more productive members of their community</li> <li>• Improved family situation which contributes to overall community health</li> <li>• Less hospitalizations of these clients decreases the risk for nosocomial infections, less changes to medications, more stable community care</li> <li>• Improved communication between all service providers, improved coordination of care.</li> </ul>
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To provide NIHB Program - Short Term Crisis Intervention Mental Health Counselling (Psych Services) (Logic Model to be developed)	Provide Short term Mental Health Counselling to the clients in a manner consistent with the NIHB Directives and guidelines	Community members	Manager of Support Services	Ongoing	Goals set by service providers Service Plans Service duration	Data collection grid maintained by Finance Dept	Early intervention to address at risk crisis situations and supply treatment, improved mental wellness.
To improve the health & stability of individuals living with severe & persistent mental health issues (ILC) (Logic Model to be developed)	Provide a structured and supported residential facility for individuals with a mental health diagnosis not able to live on their own	Severe & Persistent population of Kahnawake	Assisted Living Services Independent Living Center	Full time residential facility	Self referrals and referrals from clinical client files and service plans	Statistics on length of residency, medication compliancy, time without hospitalization or crisis intervention	Overall stability of mental health clients; reduction crisis intervention
	Life skills program	ILC Residents and their families	ILC Life Skills worker	Weekly	Client participation Level of independence Level of social interaction and engagement	Statistics on client participation	Reduction in the isolation of mental health clients. Increased positive social interaction. Reduced incidents of crisis intervention
	Multi-disciplinary clinical client services	ILC & Community mental health clients	ILC Caseowrker Mental health nurse	Regular client contact	Assessments Service Plans	Service plans reveiwed and updated every 3 months	Mental health stability

<b>Rationale</b>	Over the years it has been noted that there has been a rising need for culturally based one on one and family support by Kahnawa'kehró:non and there is a need to provide positive reinforcement of healthy alternatives.						
<b>Goal</b>	To provide individual, family, and community support through one on one sessions, community groups and forums with the purpose to educate individuals based on a culturally relevant approach.						
<b>Strategy</b>	Our strategy is to provide quality culturally relevant individual and family counseling, support, screening and assessments, and referrals to recommended services where appropriate. To achieve success we provide the community with accurate and updated information on various issues, such as Anxiety, depression, Mental Health, Traditional knowledge, traditional medicines and ceremonies and overall healthy life choices.						
<b>Objectives</b>	<b>Main Activities</b>	<b>Target Group</b>	<b>Title Responsible</b>	<b>Calendar/ Dates</b>	<b>Indicators</b>	<b>Data</b>	<b>Health Impact</b>
To provide education and awareness of traditional ceremonies, feasts and teachings to all Kahnawake:ronon	Sweat Lodge Ceremonies (individual and group)	Individuals, community members, families, schools, organizations	Team Leader of Support Services	Ongoing (daily, weekly, monthly sessions)	# of clients requests & assigned to Shakotisnien:nens, #'s requests for awareness and skills building, #s of sweats completed,	Service Plans, case notes, numbers of referrals, numbers of completed sweats, demographics of clients requesting sweats, successful completion of service plans,	To raise awareness of traditional and cultural knowledge through language, culture and traditional teachings and skills. To allow for clients to have a safe environment to participate in individual and group sweat lodge ceremonies.
	Medicines and Purging	Individuals, community members, families, schools, organizations	Shakotisnien:nens Traditional Workers	Ongoing (daily, weekly, monthly sessions)	# of clients requests & assigned to Shakotisnien:nens, #'s requests for awareness and skills building, #s of purges completed,	Service Plans, case notes, numbers of referrals, numbers of completed purges, demographics of clients requesting purges, successful completion of service plans,	To raise awareness of traditional and cultural knowledge through language, culture and traditional teachings and skills. To allow for clients to have a safe environment to participate in individual purges.
	Workshop Presentation and Development on Cultural and Traditional Knowledge and Awareness (internal and external)	Staff FWC, KSCS and all Kahnawake:ronon	Shakotisnien:nens Traditional Workers	As needed basis(monthly, weekly, daily)	# of individuals registrations, # of completed evaluations,		Increase the knowledge and skills of the FWC staff but to also provide relevant and updated information to the community as well as the staff of KSCS.

Objectives	Main Activities	Target Group	Title Responsible	Calendar/ Dates	Indicators	Data	Health Impact
To provide counselling services that offer support on multigenerational issues that affect Kahnawake:ronon	To provide individual, couples and family counselling on multigenerational issues	Individuals, families, groups, clients of P&S services	Team leader of Support Services	Ongoing (monthly, daily, weekly)	# of clients requests & assigned to Shakotisnien:nens, #s requests for awareness and skills building, #s of clients, referral reasons (depression, anxiety, depression, suicide ideation)	Service Plans, case notes, numbers of referrals, numbers of completed sweats, demographics of clients requesting sweats, successful completion of service plans,	Decrease in family dysfunction, restored family unity, improved healthy relationships, potential decrease in # of crisis situations, improved life skills.
	Intakes	Individuals, families, groups, clients of P&S services	Shakotisnien:nens Traditional Workers	Ongoing (monthly, daily, weekly)	# of clients making requests for services	Participants feedback, Intake forms, case manager	Ensure clients receive immediate support and proper services to suit their needs while reducing crisis and further injury to clients situation.
	Client Screening and Assessments	Individuals, families, groups, clients of P&S services	Shakotisnien:nens Traditional Workers	Ongoing (monthly, daily, weekly)	# of clients making requests for services	Individual assessments, family assessments, internal referral reasons,	To provide clear and accurate screening and assessments of clients and their families and to direct them to appropriate resources to assist with their specific issues
	Facilitation of Traditional Readings for current clients of KSCS	Clients of KSCS	Team Leader of Support Services, Shakotisnien:nens Support Counselors	As needed basis, when required by clients (quarterly, annually)	#s of clients requesting readings, # of completed service plans for clients, # of clients referred to community organizations or healers	Case manager, intake forms, referral forms, client feedback, service plans, different client issues	Decrease in family dysfunction, restored family unity, improved healthy relationships, potential decrease in # of crisis situations, improved life skills.
	To provide a personal traditional self care wellness program (gardening program, prenatal program, anger management)	Individuals, families, groups, clients of P&S services	Team Leader of Support Services, Shakotisnien:nens Support Counselors	Ongoing (monthly, daily, weekly)	# of clients making requests for services	Feedback from clients, pre and post questionnaire, case manager notes,	To provide clients with the skills and understanding of culturally based tools in order for them to gain independence and be self supportive of their own wellness

Objectives	Main Activities	Target Group	Title Responsible	Calendar/ Dates	Indicators	Data	Health Impact
To coordinate traditionally based support groups.	Brain Injury Support Group	Individuals, families, groups, clients of P&S services	Shakotisnien:nens Traditional Workers	As needed basis	Number of participants for support group that apply	Statistics - number of clients making requests,	To reduce the degree of isolation and create an open caring/supportive and confidential safe place in a traditional setting, to share and learn coping, outreach and communication strategies for clients dealing with brain injuries.
	Grief and Loss Support Group	Individuals, families, groups, clients of P&S services	Shakotisnien:nens Traditional Workers	As needed basis	Number of participants for support group that apply	Statistics - number of clients making requests,	To reduce the degree of isolation and create an open caring/supportive and confidential safe place in a traditional setting, to share and learn coping, outreach and communication strategies for clients dealing with brain injuries.
	Traditional Medicines Group	Individuals, families, groups, clients of P&S services	Shakotisnien:nens Traditional Workers	As needed basis	Participants feedback/ when applicable, # of participants from the community, # staff KSCS attendance	Feedback from clients, pre and post questionnaire, case manager notes,	To provide awareness and knowledge of traditional medicines and how they assist in the overall development and growth of Kahnawake:ronon.

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Goal	To provide assistance to Short Term Care, Adult Day Center and Respite Care clients and their families through advocacy and as a liaison to access resources in Kahnawake and surrounding areas of the community.						
Objectives	Main Activities	Target Group	Title Responsible	Calendar/ Dates	Indicators	Data	Health Impact
To maintain Short term care caseload	Assist patient and family with goals and expectations for discharge and / alternatives, placement issues	Short Term Care patients, respite care patients & Day Centre participants	Social Service Worker	Determined at date of patients admissions	Improved administration within Social Services	Progress notes in Charts, Social Services files, Short term OMEC, and yearly office statistics	Lower risks of burnout
	To attend monthly scheduled meetings with manager and nurse	All clients who participate in the Adult Day Center consulted / referred to Social services	Social Service Worker	35 hours / week (Mon. To Fri.)	Well-established rapport and communications with client, families, and case managers as reported by staff, clients, and families	Progress notes in clients S.S. file and / or medical charts	Effective use of services Better partnerships with other organizations
	Assessments of new referrals			Some overtime.	ISP meetings attended	Meeting notes, service plans, Multiclientele Assessments tools completed / updated	Less duplication of services Increased consultation with team

<p>To be part of Adult Day Centre Team as the Social Service Worker</p>	<p>To contribute to treatment plan of Day Centre clients.</p>				<p>Team meetings attended</p>	<p>Consultation reports</p>	<p>Improved lifestyles of clients</p>
	<p>To consult with clients, family, physicians and Day Centre manager and nurse</p>				<p>File of new referrals for the year</p>	<p>Registration rates</p>	<p>Increased accountability of client, family, and staff</p>
	<p>To follow through with consults.</p>						<p>Establishment of a firm base to expand the SSW position to include more case management with new referrals for day center not followed by HCCS</p>
	<p>To liaison with clients case managers.</p>						
	<p>To continue case management for assigned clients and schedule ISP meetings</p>						
	<p>To keep assessments and service plans up to date</p>						
	<p>To continue case management for new clients not followed by HCCS</p>						

	<p>To help develop policies and procedures with ADC team</p> <p>To keep numbers of yearly referrals for stat purposes</p> <p>To help with development of policies and procedures for day center and Social Services office</p>						
To organize respite service	To organize respite calendar, prepare and distribute packages to the families	All clients participating in the respite care service and their families along with new referrals consulted to Social Services by MD.	Social Service Worker	January to December of every year	<p>Increased interest by families, clients, and physicians' feedback.</p> <p>Increased referrals from MD for service. New participants in year 2009</p>	Graph of calendar of dates with allotted time slots with clients' dates of usage.	Improved lifestyle of clients and their families

	<p>To update and make appropriate changes to the schedule and recommend new users at the MDA table as referred from the MD</p> <p>To maintain contact with clients' families</p> <p>To promote respite care services to cts. And families in STC and day center</p>					<p>Updated letters sent to families with corresponding dates of calendar.</p> <p>Updated rules, policies that change each year in accordance of RAMQ rates.</p> <p>Letter to families with information protocol for procedure for respite admissions</p>	<p>Lower risks of caregiver burnout</p> <p>Assists in familiarizing cts. and families of the LTC environment</p>
<p>To participate in Multidisciplinary Team rounds and obtain global depiction of patient</p>	<p>To perform Psycho –Social Assessments / Short term OMEC</p> <p>To follow through with consults</p>	<p>HCCS cts. and STC cts.</p>	<p>Social Service Worker / TL / NM</p>	<p>36 team meetings a year</p>	<p>MDs and staff have a view of the patient, home life, family, etc. other than the medical and physiological.</p>	<p>ISP planning</p> <p>Social Services consults</p>	<p>Improved Team cohesiveness / approach, less impact of stress</p>

	<p>To arrange ISP meetings for STC clients and their case managers</p> <p>To give feedback to the team re. Interventions with patient and family.</p> <p>To assist in coordination of discharge plans</p> <p>To chair MDA rounds when TL unavailable</p> <p>To work closely with the TL in establishing discharge plans according to team assessments and information shared at the MDA table</p>					<p>Progress notes – MDA summaries in chart</p> <p>Completed assessments from SSW</p> <p>Notes of meetings</p>	<p>Better rapport with team</p> <p>And family / client</p>
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<p>To help coordinate discharge of STC cts.</p>	<p>To contact and inform families of discharge plans re.</p> <p>Other services needed</p> <p>Familiarize cts. and family of team roles</p> <p>To coordinate with case managers the discharge plans for cts</p>	<p>Patients and their families</p> <p>HCCS</p>	<p>Social Service Worker / TL</p>	<p>Continuous throughout the year</p>	<p>Improved relations between patient, family and staff. Clients and family pleased as concerns are being met in the timely manner</p> <p>Feedback from family and patients</p>	<p>Family meetings</p> <p>ISP meetings</p> <p>Consultations with team</p> <p>Progress notes</p>	<p>Effective use of Social Services as increased support service</p> <p>Improved lifestyles of clients and families</p> <p>Lower risk of caregiver burnout</p>
<p>To maintain supportive interventions for cts. And families by empowering, teaching and through advocacy</p>	<p>To counsel and support STC and Day Centre clients. (Grieving, finances, teach, empower, advocate, etc.)</p>	<p>STC patients, day center participants, respite clients and families</p>	<p>Social Service Worker</p>	<p>Ongoing throughout calendar year as needed by the client / patient</p>	<p>Patients and families better able to accept and cope with the various challenges, which will arise</p>	<p>Progress notes</p>	<p>Improved lifestyles of clients.</p>

					Feedback from patient, families and staff	Stats	Effective use of Social Services as increased support service.
	To refer to other services when needed by clients.						Improved relations with between cts, families, and KMHC.
	To raise concerns at MDA from patients and their families						
To enhance knowledge and skills	To attend educational sessions, i.e. Alzheimer's ed., conferences, in house rounds, and skills trainings.	Social Service Worker	Social Service Worker	Ongoing throughout year.	Conferences, workshops, education rounds in K.M.H.C., K.S.C.S., Douglas hospital, CPR, Non Violent Crisis Intervention Training, Suicide Prevention Training	Certificates of participation and / or accreditation	Improved knowledge
							Increased understanding of expectations in hospital setting.
							Lower risk of burnout

							Continual refreshers on yearly basis
To assist cts. and families of the transitions from STC / respite to LTC	<p>To help coordinate an easy transition</p> <p>To communicate with SW (KMHC) and case managers</p> <p>To organize meetings, introduce LTC team to pt. and family, explain transition in case management</p> <p>To support pt. and family throughout transition period until transfer complete and LTC team involved</p>	STC and respite care cts.	Social Service Worker	On going	<p>Cts. and families feedback</p> <p>SW/MD/RN feedback</p>	<p>Progress notes</p> <p>Social Services Consults</p> <p>ISP meetings</p>	Well-coordinated admission to LT

<b>Rationale</b>	For our organization and this Brighter Futures project, the reasons for our goals is that the Youth of our community are the main focus of our services and our organization's purpose is to assist in their positive growth into constructive, healthy, responsible members of our community.
<b>Goal</b>	To offer avenues of stress management and psycho-social support to our youth and their families. Through recreational, sports, fitness, educational, social and cultural activities emphasizing a holistic approach that will address priority health needs, we aim to empower youth and make a positive impact in their lives.
<b>Strategy</b>	With collaboration, networking and support, the Youth Center is dedicated and committed to the development of healthy youth, families and community of Kahnawake. Other resource people and organizations that will be of great assistance and collaboration with our program services will be professionals in the field, consultants, and trainers from programs such as Kahnawake Community Services, Cultural Center, Kahnawake Schools Diabetes Prevention program, sports organizations and committees, the Kateri Memorial Hospital Health Unit, Kahnawake Fire Brigade and Peace Keepers, the Mohawk Council of Kahnawake as well as many others. Working together will be of great help in reaching the objectives that are listed below. By focusing on the objectives and activities of our project, the holistic approach touching on the spiritual, physical, emotional, mental and social well being of our youth will be utilized. Many of the programs and activities will be family and community oriented as we feel they are effective in answering Kahnawake's call to strengthen the Mohawk tradition of stronger family and community.

Objectives	Main Activities	Target Group	Title Responsible	Calendar/ Dates	Indicators	Data	Health Impact
<p>To promote the ideals of good sportsmanship, honesty, respect, integrity, hard-work, team-work, fair play, and as well to develop skills and overall fitness through sports.</p>	<p>Offer instruction, coaching, referring, house leagues, equipment, tournaments, sport clinics, inter-club play, all under good leadership. Provide facilities and equipment for local sports teams, elite squads, training camps, etc., Various types of activities offered:                      - Girls Basketball                      - Boys Basketball                      - Volleyball                      - Badminton                      - Indoor Soccer                      - Indoor Ball hockey                      - Karate classes                      - Gym games</p>	<p>Male &amp; Female ages 6yrs to 18yrs old and also adults. Age &amp; gender categories are defined according to the sports activities offered.</p>	<p>Kahnawake Youth Center Staff and volunteer coaches.</p>	<p>Depending on the activity, the services are normally offered seasonally from September to June, and in some cases continuously from April to March inclusive.</p>	<p>Participation of youth aged 6yrs to 11yrs in activities.                      Participation of teens in activities.                      Participation by adults                      Feedback by clientele                      Improvement in individual skills, teamwork &amp; success of sports teams.</p>	<p>Evaluation by staff &amp; volunteers on programs.                      Stats on numbers of participants.                      Charts in progress.                      Feedback of participants                      Daily attendance</p>	<p>Improved overall fitness.                      Healthier lifestyles for clients                      Adresses prevention for diabetes &amp; cardiovascular disease and other priority health issues                      Contributes to mental well-being                      Alternatives to alcohol and drug use</p>

<p>To give our youth and adults an opportunity to actively partake in the development of their personal level of fitness.</p>	<p>Offer fitness, aerobics, weight-training programs, and other healthy physical activities and events. Provide instruction, scheduling of activities &amp; events, charting progress and keeping statistics. Provide information on benefits of fitness. Provide personalized programs for levels beginner to advanced. Various types of activities offered: - Aerobic classes - Fitness Center (Weight room) - Fit Kids Program - Out of club activities (e.g. Swimming, skiing, skating, hiking) - Special Events (e.g. Mohawk Miles, Spring into Action. - Sports Programs</p>	<p>Male/Female ages 6yrs through to adult ages Categories are defined according to fitness activity offered.</p>	<p>Kahnawake Youth Center Staff, volunteers, and personal trainers.</p>	<p>Majority of activities are continuous (April to March) – Specialized activities are cyclical and sometimes adhoc in nature.</p>	<p>Number of participants. Attendance Rates Feedback by clients Improvement in fitness levels</p>	<p>Evaluation of programs by staff, volunteers and trainers. Evaluation by participants Charts of progress for individuals</p>	<p>Improved fitness levels. Healthier lifestyles for clients Prevention activities addressing diabetes, cardio vascular disease, cancer, etc.. Contributes to mental well-being Alternatives to alcohol and drug use</p>
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<p>Offer opportunities for our youth to develop an awareness and appreciation for our Mohawk Culture and traditional values</p>	<p>Provide youth with opportunities, encouragement and instruction to make traditional arts &amp; crafts. Collaborative efforts and providing space and scheduling to learn our cultural songs and traditional dances, traditional socials. Offering traditional sports and games such as lacrosse, snow snake, etc., Providing opportunities to use our Mohawk language through special activities.</p>	<p>Male/Female 6yrs to 18yrs Adults included in special events</p>	<p>Kahnawake Youth Center staff &amp; volunteers (elders &amp; persons with expertise.)</p>	<p>Activities are continuous (April to March) Special events are cyclical &amp; sometimes on adhoc basis.</p>	<p>Participation in activities by youth &amp; teens. Youth have a great sense of pride in their heritage. Youth learn skills in making traditional handicrafts. Reinforcement and greater use of the Mohawk Language. Feedback by participants.</p>	<p>Participation rates and attendance for daily activities. Evaluation &amp; reports on program activities and special events by staff &amp; volunteers. Evaluation of programs by participants.</p>	<p>Increased levels of self- esteem and confidence of our youth. Mental well being. Alternatives to alcohol &amp; drug use.</p>
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<p>To create a learning environment for our youth through various programs and out-of-club excursions.</p>	<p>Promote an increase in level of appreciation of new ideas and concepts among our youth. Develop technological skills and provide more access to computers for our youth. Network with programs as to offer workshops, courses, and campaigns to develop social skills, life skills, and job skills of our youth. Offer recreational / educational field trips to give our youth an opportunity to experience activities outside of our territory. Offer teen leadership programs &amp; employment opportunities.</p>	<p>Male/Female ages 6 to 21yrs old.</p>	<p>Kahnawake Youth Center Staff; collaborative trainers and volunteers.</p>	<p>Activities are continuous (April to March) Some programs / workshops are cyclical in nature.</p>	<p>Participation by targeted clientele New skills/certification courses acquired by teens. Teens gaining employment by adding to their job skills. Participation of related professional resource persons and trainers.</p>	<p>Number of participants in various activities. Evaluation and reports on workshops/courses by staff &amp; trainers. Number of certifications awarded. Evaluation/feedback from clientele.</p>	<p>Promoting social &amp; emotional growth of our youth. Developing a greater sense of self-esteem &amp; self-worth. Promoting a positive attitude.</p>
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	<p>Various types of activities offered:</p> <ul style="list-style-type: none"><li>- Computer lab educational software, internet, etc.</li><li>- Leadership for teens, CPR courses, coaching certificates, etc.</li><li>- Out-of-club trips</li><li>- Coach Certification Courses</li><li>- Promotion Services articles to educate the community on the psychosocial and physical benefits of recreational activities</li><li>- Leadership Training e.g.</li><li>- - Summer Day Camp</li><li>- -Student Career Placements.</li></ul>						
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<p>To increase the level of socialization amongst children &amp; teens.</p>	<p>To offer recreational and social activities for youth (elementary school age) &amp; teens. Offer socialization atmosphere to encourage and teach conflict resolution, peacemaking skills and sense of fair play. Programs and activities to assist in the process of raising self-esteem and communication skills of youth. Offer out-of-club excursions to promote healthy lifestyle activities in a social atmosphere.</p> <p>Various types of activities offered: - Teen Lounge and Game Rooms - Children's Game Room - Out-of-club trips - Bowling, skating, skiing, sliding, golfing. - Dances - Various contests and games.</p>	<p>Male/Female 6yrs to 18yrs old. Some activities involve parents &amp; other family members.</p>	<p>Kahnawake Youth Center Staff &amp; volunteers &amp; volunteer.</p>	<p>Continuous (April to March)</p>	<p>Participation in activities by clientele. Increase in communication skills, Respect for one another and social skills amongst clientele. Feedback from clientele.</p>	<p>Attendance rates (numbers of participants) Evaluation of activities by staff and volunteers. Evaluation of activities by participants.</p>	<p>Providing alcohol &amp; drug free activities &amp; addressing other health priorities such as violence, mental health (well-being) through positive activities Promoting respect, responsibility, unity, acceptance and equality.</p>
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<p>Promote &amp; facilitate family and community involvement in the social and recreational aspects of their children's lives.</p>	<p>To offer many youth, family and community oriented special events each year in the areas of sport, culture, leisure, fitness, and social rec. Offer alcohol and drug free environment and lifestyle activities for our community. Network and collaborate with other organizations, committees and individuals in community events so as to increase participation and share resources.</p>	<p>Male/Female Youth, Teens &amp; their families</p>	<p>Kahnawake Youth Center Staff &amp; volunteer personnel.</p>	<p>Cyclical by events (April to March)</p>	<p>Participation by youth, teens, families. Participation by other community members. Participation by other community members. Feedback by target clientele.</p>	<p>Numbers of participants. Numbers of participating organizations (collaboration). Numbers of parents/families – other community members getting involved. Evaluations by Youth Center Staff &amp; networking partners. Evaluation from participants.</p>	<p>Answering the communities' call to strengthen families and extended families. Promoting community pride and spirit. Promotion of alcohol &amp; drug free activities and special events. Holistic approach of activities contributes to building pride, positive self-esteem, confidence communication skills &amp; mental well-being.</p>
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	Various types of activities offered: - Mohawk Miles - Summer Day Camp - Winter Carnival Events - Spring into Action Events - Volleyball tournaments - Halloween Events - Christmas Events - Valentine's Day Events - Easter Events - Family Treasure Hunt - Scavenger Hunt - Family Bullhead Fishing - Teen Summer Camp Networking / Partnered Events: - Easter Egg Hunt - Family Skating parties - Spirit of Wellness Activities - Winter Carnival Events						
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**Program: Nobody's Perfect Program**

Goal	To support and improve parental skills of parents with children ages 0-6 yrs						
Objectives	Main Activities	Target Group	Title Responsible	Calendar/Dates	Indicators	Data	Health Impact
Provide parents of children from birth to age five, with accurate up to date information on children's health, safety, development, and behaviour. Encourage parents to have confidence in their ability to be good parents.	Build on parenting skills they have, learn and practice new skills. Give parents a safe place to meet and a chance to think about their lives, children, and their role as parents. Get to know other parents, relax, and have some fun while learning. To learn more about their children's health, safety and behaviour. Build self esteem and confidence as parents by recognizing their own strengths and abilities. Make connections with other parents and begin to see each other as sources of help and support.	Parents of children from birth to age five.	Parenting Facilitators And a childcare worker provider  Betty & Colleen  Mary & Colleen  Mary, Terry McC & Coleen  Terry McC., Betty and Coleen  Betty & Coleen	Wednesdays 6 weeks 9 – 11:30  May – June 2010  June – July, 2010  Sept. – Nov. 2010  Jan – Feb. 2011  April-May 2011	Weekly participation, number of participants, and feedback.  Weekly evaluations.	Registration forms, Attendance, weekly evaluations.  May-June 2010 9 Parents  June-July: 4 parents  Sept-Nov.: 13 parents  Jan.-Feb.2011: 11 parents  April-May 2011 8 parents	Enhance capacity in parenting skills.  Build Self esteem and confidence. Development of support of parents.  Improve capacity and support of the individual and the couple as parents, which will have an overall positive impact on the healthy social and emotional functioning of the family.

**MCH - Parenting - Family & Wellness Center**

<b>RATIONALE</b>	Over the years it has been noted that there is a need for culturally based program and one on one teachings by Kahnawakeronnon and there is a need to provide positive and healthy alternatives.							
<b>GOAL</b>	To support and improve parenting skills holistically.							
<b>STRATEGY</b>	To provide culturally relevant programming and individual teachings to reduce social problems such as violence and addictions and to offer prevention activities for families, children and individuals.							
<b>OBJECTIVES</b>	<b>MAIN ACTIVITIES</b>	<b>TARGET GROUP</b>	<b>TITLE RESPONSIBLE</b>	<b>CALENDAR / DATES</b>	<b>INDICATORS</b>	<b>DATA</b>	<b>HEALTH IMPACT</b>	
To provide prenatal workshop for expectant parents in order to become emotionally attached to their unborn child.	Presentations on prenatal topics such as nutrition, breastfeeding, fetus development, habits and lifestyle of parent, sharing individual pre-natal experiences based on needs of participants.  Activities include completing special diary, for a special year, arts and crafts activities and a visit to the hospital.	High risk * expectant parents.  (* Meaning young, inexperienced, low familial support, and/or addictions problems).	Family Center Facilitators	6 week workshop Once a week for 2 hours	Weekly attendance of participants	Attendance list  Number of participants  Evaluation – feedback  Weekly attendance/ attrition rates	To address parenting concerns at the first stages of infant development for high risk target groups and in the process reduce the negative effects of the fetal development and the parental capacity.	
		Referrals from schools, KSCS caseworkers, support works, hospitals, other organizations.		Schedule is based on need.	Evaluation			
To increase parental competency and promote positive <b>Parent-Child interaction</b> through activities that encourages toddlers’ development and attachment	Workshops include:	Presentations on various topics relating to developmental needs of Infants	Parents with children of ages 16-24 mos.	Family Center Facilitators	10 week workshops	Weekly participation, interaction.	Weekly progress notes	Enhanced capacity in parenting skills and knowledge on Infant development

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GOAL	To support and improve parenting skills holistically.							
STRATEGY	To provide culturally relevant programming and individual teachings to reduce social problems such as violence and addictions and to offer prevention activities for families, children and individuals.							
OBJECTIVES	MAIN ACTIVITIES	TARGET GROUP	TITLE RESPONSIBLE	CALENDAR / DATES	INDICATORS	DATA	HEALTH IMPACT	
		Interactive activities that stimulate the child's growth and development  Activities that will improve capabilities of the parents.  Mutual support through sharing among parents	Maximum 10 participants		Once a week for 2 hours.  Fall and early Spring sessions	Number of participants  Weekly participation, interaction.	Attendance list (Registration Forms Weekly attendance stats)  Weekly parental feedback (verbal)  End of session group entry report. Evaluation forms	Foster development and bonding between parent and child  Development of informal support network for parents after completion of program.  Build self-esteem & confidence in their role as parents
To increase parental competency and promote positive <b>Parent-Toddler</b> interaction through activities that encourages Toddler development and attachment.	Workshops include:	Presentations on various topics relating to developmental needs of Infants	Parents with children 10-15 months	Family Center Facilitators	8 week workshop once per week for two hours	Weekly participation (interaction)	Registration Form	Enhanced capacity in parenting skills and knowledge on Infant development
		Interactive activities that stimulate the child's growth and development	10 per group			Number of participants	Attendance list	Foster development and bonding between parent and child

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GOAL	To support and improve parenting skills holistically.							
STRATEGY	To provide culturally relevant programming and individual teachings to reduce social problems such as violence and addictions and to offer prevention activities for families, children and individuals.							
OBJECTIVES	MAIN ACTIVITIES	TARGET GROUP	TITLE RESPONSIBLE	CALENDAR / DATES	INDICATORS	DATA	HEALTH IMPACT	
		Activities that will improve capabilities of the parents.  Mutual support through sharing among parents	Referrals and open to community			Parental Feedback  End of session Group Entry report  Weekly progress notes  Evaluations forms	Development of informal support network for parents after completion of program.  Build self-esteem & confidence in their role as parents	
To promote <b>infant</b> stimulation and secure attachment between parent and baby and to increase knowledge on parental responsibilities while building self-esteem in parents	Workshops include:	Activities that stimulate the infants senses  Presentations on related parenting topics (Parent Information Sharing and discussion period)	Infants of ages: 0-9 months old  10 Parents-10 Infants/parents	Family Center Facilitators	9 week workshop once a week for 2 hrs  Fall and early Spring sessions	Weekly participation (interaction)  Number of participants	Registration Form  Attendance list	Same as above

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GOAL	To support and improve parenting skills holistically.						
STRATEGY	To provide culturally relevant programming and individual teachings to reduce social problems such as violence and addictions and to offer prevention activities for families, children and individuals.						
OBJECTIVES	MAIN ACTIVITIES	TARGET GROUP	TITLE RESPONSIBLE	CALENDAR / DATES	INDICATORS	DATA	HEALTH IMPACT
	Interactive games which provide knowledge and understanding of parenting				Parental Feedback	End of session Group Entry report	
						Weekly progress notes	
						Evaluations forms	
To help parents deal more effectively with their <b>teenaged</b> children.	Sessions regarding topics of parenting teenagers.	Parents of teenagers aged 13-18 yrs.	Family Center Facilitators	Workshop sessions Fall and Spring Meet once a week for 6 weeks at 2 hours	Number of participants	Attendance lists Registration Forms	Reinforce parents' skills and awareness to deal effectively with their teenaged child while encouraging healthier lifestyles.
	Communication and improving relationships, holistic aspects relating to teenage development, "normal" teenage development, parents roles and responsibilities, risky behaviours (ex Sex, addictions).				Feedback from participants	End of session Group Entry report Evaluation forms	
To share experiences raising children and how to become more effective parents.	Support group for parents in the form of a <b>Talking Circle</b> in order for parents to partake in group discussions regarding parenting concerns	All Kahnawake parents – male or female who are in need of support in dealing with parental concerns/issues	Parenting facilitator	1 per week @ 2hrs.	Participation of parents	Registration and attendance lists	Improved capacity and support of the individual parent, which will have an overall positive impact on the healthy social and

**2012-2013**

GOAL	To support and improve parenting skills holistically.						
STRATEGY	To provide culturally relevant programming and individual teachings to reduce social problems such as violence and addictions and to offer prevention activities for families, children and individuals.						
OBJECTIVES	MAIN ACTIVITIES	TARGET GROUP	TITLE RESPONSIBLE	CALENDAR / DATES	INDICATORS	DATA	HEALTH IMPACT
				Three (3) eight (8) week sessions per fiscal year	Referrals from other related stakeholders	Yearly Evaluation Review (written/verbal)	emotional functioning of the family.
				A 3-week phase for evaluation and review.	Feedback from clients		
Providing appropriate information to the specific <b>parents of children 6-12 years old</b> about parenting	Provide monthly workshops covering relevant topics  Workshops, written articles/ Radio Talk show traveling boards. Parent activities, outreach to parents.	Kahnawake parents of school age children six (6) to twelve (12) years of age.	Parenting facilitator Our Gang - Prevention and Support Worker	One (1) workshop per month Sept – June	Participation of parents	Attendance list	Enhance awareness of effective parenting skills
				Information boards throughout the fiscal year	Feedback from parents	Evaluation forms	

2012-2013

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OBJECTIVES	MAIN ACTIVITIES	TARGET GROUP	TITLE RESPONSIBLE	CALENDAR / DATES	INDICATORS	DATA	HEALTH IMPACT
Provide parents of children from <b>birth to age five</b> , with accurate up to date information on children’s health, safety, development, and behaviour. Encourage parents to have confidence in their ability to be good parents.	Build on parenting skills they have, learn and practice new skills. Give parents a safe place to meet and a chance to think about their lives, children, and their role as parents. Get to know other parents, relax, and have some fun while learning. To learn more about their children’s health, safety and behaviour. Build self esteem and confidence as parents by recognizing their own strengths and abilities. Make connections with other parents and begin to see each other as sources of help and support.	Parents of children from birth to age five	Family Center facilitators and Step by Step Family support worker.	Three times a year for six weeks. Once a week for 2 ½ - 3 hours.	Weekly attendance of participants. Weekly evaluations. Verbal feedback.	Attendance list. Number of participants. Evaluations and feedback.	Enhance capacity in parenting skills. Build Self esteem and confidence. Development of support of parents.
							Improve capacity and support of the individual parents, which will have an overall positive impact on the healthy social and emotional functioning of the family.

2012-2013

GOAL	To support and improve parenting skills holistically.						
STRATEGY	To provide culturally relevant programming and individual teachings to reduce social problems such as violence and addictions and to offer prevention activities for families, children and individuals.						
OBJECTIVES	MAIN ACTIVITIES	TARGET GROUP	TITLE RESPONSIBLE	CALENDAR / DATES	INDICATORS	DATA	HEALTH IMPACT
Provide parents with an opportunity to practice what was learned in the six weeks program through play activities, show how to encourage physical, mental, social and emotional developmental skills to be good parents.	Build on parenting skills they have learned and now to practice new skills.	Parents with children from birth to age five.	Family Center facilitators and Step by Step Family Support Worker.	After the NPP six week program. During the summer and in the fall.	Weekly attendance facilitator reviews, End of session evaluations.	Attendance Participants evaluations and verbal feedback.	Enhance capacity on parenting skills. Build self confidence in parents. Develop skills through play foster development and bonding between parents and child.
Provide parents from Step by Step opportunity to drop off and attend group to interact with their younger children.	Give parents a safe place to meet and play with their children in a learning environment.						
	Develop and build their child's social skills.						
	Build parents self esteem with others in a group recognizing their and other strengths.						
To identify stressors in their lives and to give the participants coping strategies.	Evening workshops that	Community parents	Family Center facilitator and KSCS Support Worker	November 2009	Evaluations Participant attendance	Workshop evaluations, attendance numbers	Improve mental wellness of parents through recognition of parental stressors, effects and provide coping skills.

2012-2013

<b>GOAL</b>	To support and improve parenting skills holistically.						
<b>STRATEGY</b>	To provide culturally relevant programming and individual teachings to reduce social problems such as violence and addictions and to offer prevention activities for families, children and individuals.						
<b>OBJECTIVES</b>	<b>MAIN ACTIVITIES</b>	<b>TARGET GROUP</b>	<b>TITLE RESPONSIBLE</b>	<b>CALENDAR / DATES</b>	<b>INDICATORS</b>	<b>DATA</b>	<b>HEALTH IMPACT</b>
To increase and build parental capacity, parental responsibility and self esteem. Help parents deal effectively with their children and families.	Presentations and information sharing, provide resources, direction and support during home visits or meetings.	Parents of the community.	Family Center facilitators.	Internal referrals, upon request and walk ins and telephone requests.	Weekly or biweekly home visits, telephone conversations, client meetings fro 1- 2 hours.	Case contacts Monthly supervision Service plan	Reinforce parents skills and awareness to deal effectively with their children
To provide support, encouragement, resources, strategies coping skills for parents with children diagnosed or otherwise, with ADD or ADHD.	Evening workshops that will engage parents with educational components through guest speakers, DVD*s and presentations.	Parents of the community who have children that exhibit ADD behaviours.	Family Center facilitators	October 8 – December 10	Participant attendance.	ATTENDANCE LIST	Reinforce parenting skills and bring new skills to parents such as behavioural modifications at home, being an advocate with the school, communication, what is ADHD.

<b>Rationale</b>	reinforcement of healthy alternatives.						
<b>Goal</b>	To provide individual, family, and community support through one on one sessions, community groups and forums with the purpose to educate,						
<b>Strategy</b>	Our strategy is to provide quality individual and family counseling, support, screening and assessments, and referrals to recommended services where appropriate. To achieve success we provide the community with accurate and updated information on various issues, such as Anxiety, depression, Mental Health and overall healthy life choices.						
<b>Objectives</b>	<b>Main Activities</b>	<b>Target Group</b>	<b>Title Responsible</b>	<b>Calendar / Dates</b>	<b>Indicators</b>	<b>Data</b>	<b>Health Impact</b>
To provide counselling services that offer support on multigenerational issues that affect Kahnawa'kehró:non	One on one counselling, couples and family counselling	All community members	Team Leader Secondary, Shakotisnien:nens	Daily sessions, Weekly sessions	# of clients requests & assigned to Shakotisnien:nens, # scheduled appointments # client closures, # clients who decline services	Case manager, intake forms, referral forms, client feedback, service plans, different client issues	Decrease in family dysfunction, restored family unity, improved healthy relationships, potential decrease in # of crisis situations, improved life skills.
	Intakes	Community individuals, families	Shakotisnien:nens, Intake Worker	Daily, weekly, monthly as needed	# of clients making requests for services	Intake forms, case manager	Ensure clients receive immediate support and proper services to suit their needs while reducing crisis and further injury to clients situation.
	Client screening and assessments	Community members, individuals, families	Shakotisnien:nens	Monthly, weekly as needed	Stats - # of clients requesting services	Individual assessment, family assessments, internal referral reasons	To provide clear and accurate screening and assessments of clients and their families and to direct them to appropriate resources to assist with their specific issues.

**Kahnawake Community Health Plan  
2012-2013**

<p>To conduct community support groups that address various health and social issues</p>	<p>To host support groups that address the issues in the community. (Anxiety, Depression, Mental Health, Anger Management, Self-Esteem, etc.)</p>	<p>Community members, individuals, families</p>	<p>Shakotisnien:nens</p>	<p>September - Back to School, November - Spirit of Wellness, National Addictions Awareness Week, December - Gift of Hope, January - Newsletter, March, Newsletter articles, April - August - various community activities.</p>	<p>Feedback from various KSCS departments, questionnaires, call in talk shows, email feedback, stats of participants involved with activities, newsletter numbers distributed to the community.</p>		<p>Increased level of knowledge about various health and social issues within Kahnawake. Community members will have more relevant information and a greater understanding on issues such as depression, anxiety, healthy eating, social relationships, healthy families, addictions and where to receive services.</p>
<p>To provide immediate support to individuals in crisis</p>	<p>Roster coverage to go out to the community to provide immediate support to community members in a crisis situation. (Suicide, depression, anxiety, or any other critical situation).</p>	<p>Community members, individuals, families</p>	<p>Shakotisnien:nens, Team Leader Secondary Support</p>	<p>Daily, weekly or monthly as needed.</p>	<p># of clients requesting immediate support</p>	<p>Case Manager, Contact notes</p>	<p>Alleviate emergency situations in the community and provide immediate support to community members reducing incidents of greater crisis.</p>