

# Elsipogtog Health & Wellness Centre

Wholistic Health and Wellness Service



***Promoting First Nation confidence, pride & self-responsibility since 1992***

# 1. Demographics and Background:

- Largest First Nation community in New Brunswick
- over 3,000 people
- 45% under 25 years old
  - High birth rate
  - Life expectancy 6-8 years lower than non-First Nation



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## 2. EHWC **Mission:** *What we believe in...*



**“The promotion and provision of wholistic health and wellness services that are responsive to our community needs and to affirm confidence, pride and self-responsibility in our people.”**



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### 3. Elsipogtog First Nation Health and Wellness Profile

Rates of **chronic health problems** such as diabetes, heart disease, kidney disease, high blood pressure and obesity are **4 to 10 times higher than national average**

**Continued effects of colonialism** contribute to high rates of:

- Family violence;
- Substance abuse, FASD;
- Suicide and high risk behaviours;
- Crimes rates (**10 times** higher than the 3 adjacent non-First Nation communities **combined**);
- Poor socio-economic development (high poverty)
- High unemployment
- Lower literacy rate
- Compounded and collective trauma



**6 out of the 10 poorest areas in Canada are NB First Nations communities:** Kingsclear, Eel Ground, Tobique, **Elsipogtog**, Red Bank and Esgenoopetitj (Burnt Church).

Source: <http://www.cbc.ca/canada/new-brunswick/story/2010/02/23/nb-poorest-communities.html#ixzz0y5n9gUde>



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# EHWC Programs and Services: Community Owned and Driven

Maternal and Child Health

Methadone Maintenance Program

Mental Health and  
Community Wellness

Clinical Health

Community Health

*Crisis Response and  
Suicide Prevention*

**Eastern Door Centre**



Health Information  
Management

Alcohol and Drug  
Prevention

Restorative Justice, Victims  
Assistance (sentencing circles)

Home and  
Community Care

Special Needs

Community, Leisure and Culture  
Development (CLCD)



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# EHWC Mental Health and Wellness: Our Commitment

- The full range of available mental health services need to be **community-based**
- The services need to be **culturally appropriate**, and
- Should be delivered within a **comprehensive framework**, which includes:
  - **Psychological treatment**
  - **Suicide/crisis management, and**
  - **Community wellness**
  - **Historical and root causes of mental health and social problems.**
  - **Evidence-based service planning and delivery**

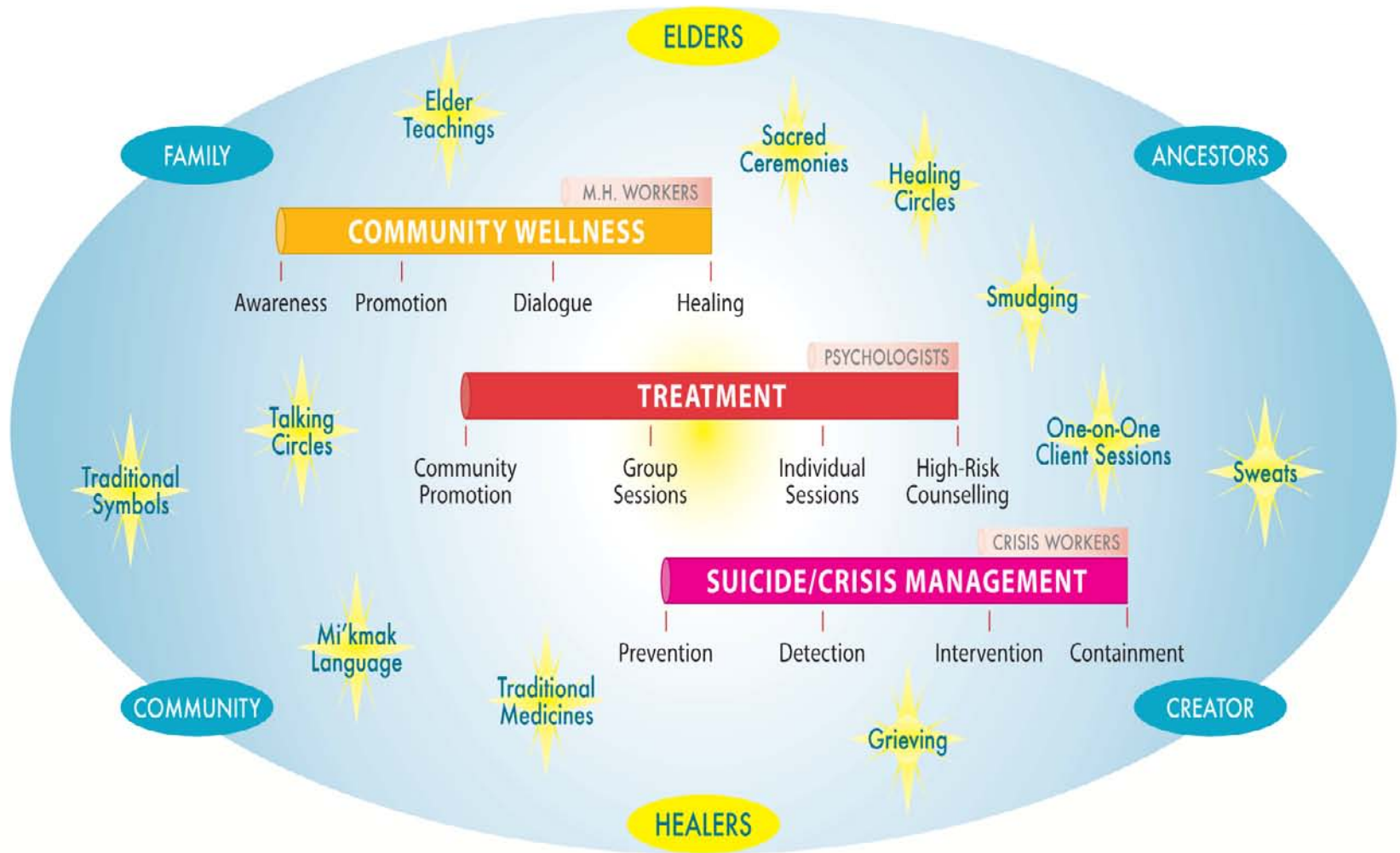


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# 5. EHWC: Mental Health and Wellness Spectrum of Services



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# Our Success is due to:

- High degree of community **resilience, strength** and **capacity**;
- A commitment to promoting community **health, wellness** and **prosperity** through wholistic programming ;
- Extensive health and wellness program investment and growth since 1992;
- **Tried and tested service delivery approaches** that blends traditional and mainstream health services within a collaborative, integrated and First Nation responsive approach to health care;
- **Strong leadership and collaborative capacity** that is rooted in a population health approach and Primary Health Care principles;
- **Strategically well-positioned and responsive** to service needs of smaller and less-resourced adjacent First Nation communities



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# Chance Égale Pour Tous? Equal Opportunity for All ?



**À vous de décider**  
**Your decision**



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Oelaliog ~ Thank you ~ Merci

