

SKOOKUM HI YO KU PET' 2023/24 REPORT



WHO ARE WE?

TLA'AMIN NATION (POWELL RIVER)

SHÍSHÁLH NATION (SECHELT)

**SQUAMISH NATION (NORTH VANCOUVER, VANCOUVER, GIBSONS
& SQUAMISH)**

TSLEIL-WAUTUTH NATION (NORTH VANCOUVER)

MUSQUEAM NATION (VANCOUVER)

**THE SKOOKUM HI-YA ' KO-PET ("STRONG ENOUGH" IN CHINOOK)
PROGRAM, ALSO KNOWN AS THE SUB-REGIONAL PEER SUPPORT INITIATIVE.
THE PROGRAM IS A COMMUNITY-DRIVEN, HARM REDUCTION APPROACH TO
ADDRESSING SUBSTANCE USE AND CONTRIBUTING TO
FIRST NATIONS WELLNESS IN A SUB-REGION OF THE VANCOUVER COASTAL
AREA.**



Program Development

The Skookum Hi go Ku Pet' had multiple sessions of program development with the peers. The nations drive the program from the community level, and the Canadian Mental Health Association North and West Vancouver (NWV) then incorporates the recommendations into the overall programming. Based on cultural and Indigenous knowledge sharing and gathering, the program has gained substantial development in 2023/34.



Program Training

RE-energizing Wellness and Safe Facilitation

Re-energizing Wellness is foundational training for the program and grounded in culture.

Key themes of the training are substance use, mental health overview, Zones of Balance and Indigenous harm reduction. This training occurred twice in 2023.

The program was hosted by Tla'amin Nation in July and Squamish Nation in December.

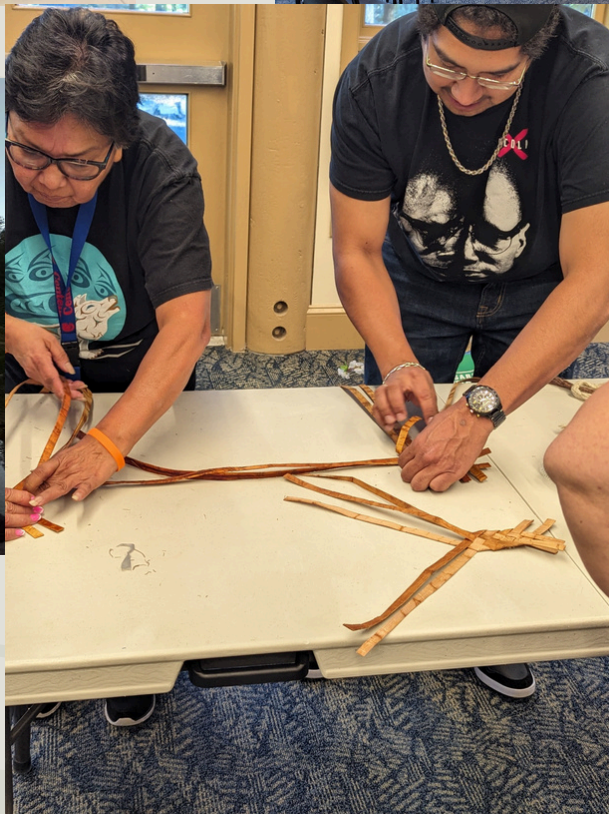


Reenergizing Wellness took place from July 10th to July 12th, featuring immersive full-day training sessions for the program. 5 peers and 1 peer coordinator from Shishalh, 4 peers and 1 peer coordinator from TWN, and 3 peers and 1 peer coordinator from Tla'amin communities, alongside two guests from CMHA NWV, gathered for this enriching experience. Led by Lyn, the program elder, the event commenced with a unifying cedar brushing ceremony and closings.

On the final day, the group welcomed Wes Taylor, whose expertise in facilitation and group safety training enhanced the learning journey. The sessions were highly effective, equipping everyone with valuable skills and tools to enrich the groups they lead.

Peer Retreat

The peer retreat was held from October 6 to 8 at the serene Loon Lake Lodge, drawing together 11 peers and 3 peer coordinators representing 4 nations. Over the weekend, participants used land-based healing and fostered meaningful connections to enhance their wellness journey. The Katzie Nation welcomed us to the territory, offering the program a cultural activity centered around cedar.



The Skookum Hi yo Ku Pet' program experienced significant growth this year, with the reenergizing wellness training setting a powerful tone for enhanced connections and engagement. The peer retreat emerged as a pivotal opportunity for members to exchange stories and experiences through a community lens, while also brainstorming strategies to prioritize safety and program objectives.

The program had the privilege of engaging with Musqueam Nation, enriching their understanding of community peer work and program integration. Noteworthy highlights included regular invitations to participate in the Squamish Nation's Addiction Awareness Week, fostering ongoing collaboration and support. Additionally, a Program Coordinator was honored with a traditional blanket ceremony by the nation.

