



PHSA Indigenous Youth Wellness Partnership Opportunities



The PHSA Indigenous Youth Wellness Team is seeking Community Leads willing to coordinate, facilitate and report on Indigenous Youth Suicide Prevention and Wellness Program(s) *Ask Auntie, Cuystwi Phase 1* or *Cuystwi Phase 2* (for ages 10-15) in 2020.

Successful applicants will receive program support to independently host one or more of the PHSA Indigenous Youth Suicide Prevention and Wellness Programs.

**Please note: Applicants not requiring support can access free programming at any time by contacting the PHSA Indigenous Youth Wellness team.*

Who can apply?

- Community members
- Youth workers
- Educators
- Health Representatives
- If you are interested in applying for the partnership opportunity but are not sure if you qualify please contact the PHSA Indigenous Youth Wellness team.

Application Info Needed

- Cover Letter
- Community Profile Form

Submit Applications

- Email: cuytswi@phsa.ca
- Fax: 604-297-9915
 - Attention: Naomi Bob & Sarain Squakin

Contact Information

Email: cuytswi@phsa.ca
Phone: (604)-707-6377
Website:
www.indigenouslyouthwellness.ca

The deadline for applications is January 31, 2020!

Indigenous Youth Wellness Programs

The **Ask Auntie** and **Cuystwi** wellness quests are intended to be starting places for suicide prevention conversations among youth. Host communities are always encouraged to connect *Ask Auntie* and *Cuystwi* program activities with teachings and knowledge relevant to their youth and communities.

Ask Auntie and Cuystwi are completely free to use!

This partnership opportunity has been created to encourage communities to utilize this programming as a resource and to enable youth groups to lead youth programming in their community.

If you would like to access the programming before you apply, feel free to use the links below. If you would like to continue to use the programming in your communities, the PHSA Indigenous Youth Wellness team will be pleased to provide you with a personal, unique link to facilitate access to additional materials and resources, and specialized features, such as being able to track participant progress.

Ask Auntie:

<http://www.askauntie.ca/groups/phsa>

Cuystwi Phase 1:

<https://www.cuystwi.ca/groups/phsa1>

Cuystwi Phase 2:

<https://www.cuystwi.ca/groups/phsa2>





Ask Auntie is a culturally based wellness program for Indigenous girls aged 10-14 based in British Columbia. *Ask Auntie* is similar to *Cuystwi* with an interactive online platform. This program is intended to be facilitated with community teachings to maximize community ownership and relevance.

Ask Auntie replicates a traditional learning style between youth and their Auntie/Elder - promoting and strengthening connection to culture between generations while providing safe spaces. The *Ask Auntie* program provides introductions to important topics along with a facilitator's script and program guide with space for youth groups to add their own culturally focused programming.

Ask Auntie

Ideal for ages 11-16

Modules Include:

- ***Being Us:*** Grounding the program in a holistic Indigenous perspective. Focus is on culture, ceremony, and strength; introducing the topic of colonization.
- ***Being Well:*** What does wellness mean? This section explores the different aspects of wellness (physical, mental, emotional, and spiritual, as well as sexual and relational and/or community aspects) and what wellness can *look* like for Indigenous youth.
Being Connected: Looking at the concepts of relationships and safety. Concepts such as boundaries, consent, violence and bullying... but also focus on getting help, healing and rebuilding are introduced.
- ***Being Strong:*** Celebrating the girls, their culture, and their journey through *Ask Auntie* and into womanhood. This module is about empowering participants and their communities to take steps to address their wellness and safety. Each group is encouraged to celebrate the girls in their own way: Through a Rites of Passage/Coming of Age Ceremony, a Feast, or just a good old party!

Estimated Length: 30-60 minutes per session



The **Cuystwi** program was created due to concerns of First Nation communities in Northern BC and the high rates of suicide amongst their youth. In response, our team and community partners developed an online platform for youth to explore their Indigenous identity and culture, examine the history of colonization and how the ongoing impacts affect Indigenous Peoples. The programs are designed to support youth in the creation of foundations that can help navigate difficult situations in their lives.

The Cuystwi quests introduce the topics of identity, culture, understanding colonization, tools to deal with racism, healthy relationships, sexual health, and an invitation to become a young warrior. The quests have an on-line component meant to introduce topics to be facilitated to Indigenous youth by youth workers, health workers, and educators within existing community programming.

Both quests include Elder guides/narrators including Gerry Oleman and Louise White to replicate relationships between Elders and youth.

Phase 1: Young Warriors Quest	Phase 2: Transformation to Young Warriors
Ideal for Youth Ages 10-12 yrs.	Ideal for Youth Ages 13-15 yrs.
<p>Modules Include:</p> <ul style="list-style-type: none"> • <u>Identity</u>: Building interconnections between family, community and the land. • <u>Culture</u>: Different Nations from around BC discuss culture in the context of food, art, song, respecting the land and living in balance. • <u>Colonization</u>: Introduction to historical context and the ongoing effects on Indigenous Peoples. • <u>Racism</u>: Addresses the rights of children, different types of racism as experienced by Indigenous Peoples and tools to deal with racism. • <u>We Are All Warriors</u>: Emphasizes personal and collective strengths alongside themes of culture and community. 	<p>Modules Include:</p> <p>Phase 2 builds on the content from Phase 1.</p> <ul style="list-style-type: none"> • <u>Healthy Relationships</u>: Developing healthy relationships with family, friends, community and partners. • <u>Sexual Health</u>: Introduces topics around body health like consent, puberty, and self-care. • <u>Mental Health</u>: Addresses topics like depression, anxiety, and how to cope with a mental illness. • <u>Emotions</u>: Discusses how to identify, manage, and express emotions in a healthy way. <p>*Estimated Length: 30-60 minutes per session*</p>

Application Guidelines

Approval/Evaluation Process

- Each application may choose one or more programs (i.e. Ask Auntie, Cuystwi Phase 1 or Phase 2)
- Successful applicants will be those who demonstrate awareness and acceptance of reporting requirements with PHSA Indigenous Youth Wellness Programming
- Although an application may meet all application requirements, financial and program support is dependent on the amount of applications received and the diversity of needs
- Applicants may apply for any amount **up to \$3000**. The amount requested will not factor into the selection process.
- Applications will be reviewed by an Indigenous Youth Wellness Committee

If you are having difficulties submitting applications, or need additional resources or feedback please do not hesitate to seek assistance from our team!

Reporting Requirements

- If you're a successful applicant, your youth group will be required to submit a feedback form and high-level support summary upon completion of the program.
 - Feedback reports could discuss:
 - Whether your youth group produced wellness capacities in your community.
 - Benefits of running the program(s)
 - Areas where the program(s) can be improved.
 - Participant evaluations
 - Pictures and videos that were captured during the program. Media content may be published on the PHSA Indigenous Youth Wellness website and social media feeds.
- There will be a minimum of three scheduled calls with the Indigenous Youth Wellness team for the duration of the partnership.
 - **Initial call:** setup a plan for the duration of the partnership program.
 - **Midpoint call:** check-in to see how the program is going.
 - **End of program call:** debrief and discuss how the program went for the youth group.
 - The Indigenous Youth Wellness team is here to for ongoing support throughout the program.

Due to demand, incomplete applications will not be considered.

The deadline for applications is January 31, 2020