

INUUSIVUT PROJECT YEAR END REPORT

The aim of Inuusivut is to learn, document and share how Inuit across Canada express and develop mental health Youth exploring issues related to health & sharing their findings with their peers, families and communities



This report is prepared by the Embrace Life Council to update partners on activities related to the Inuusivut Project in the fiscal year **2008-2009**.

The Inuusivut Project supports people in discussing issues related to mental health and contributes to a life affirming media campaign. More opportunities are created for youth and community members to share the successes that are occurring in our communities.



The Inuusivut team delivered a series of Youth Leadership and Multi-Media Workshops in Inuit communities across Canada. The Inuusivut team and our partners worked with children, youth, adults and elders in **Qamani'tuaq, Iqaluit, Kanigliniq, Ottawa, Montreal, Nain, Inuvik, Pangnirtung, Kinngait, and participated in the Kitikmeot Regional Elder and Youth Culture Camp.**

Pic-nics, camping, conferences, swimming, hunting, sewing, talking, taking pictures, learning, sharing, laughing, listening, singing, smiling, workshops, riding horses, playing games, boating, throat singing, walking, editing, filming, preserving, advancing, hanging out, dancing, honoring, surfing, drumming, planning, recruiting, coordinating, evalua ...



Youth participants in each of these projects developed technical and creative skills in photography, film production and multi-media. Youth also developed leadership skills including **positive self-expression, teamwork and leadership, problem solving and project planning.**



In addition to the learning and positive experiences, the skills gained by youth are enabling them to actively promote mental health and wellness within their communities and across the country.

Qamani'tuaq Kids Shoot and Film to Stop Sniffing

From July 31-August 4, 2008, **twenty children and youth** in Qamani'tuaq, **aged 6-16**, had the chance to learn skills in photography and film production. Our team from the Embrace Life Council worked with the kids to **explore the issue of substance abuse**, with a focus on preventing children and youth from sniffing inhalants. The Inuusivut multi-media training was part of a project coordinated by Qamani'tuaq's Tunnganiq Addictions Centre, in partnership with the National Aboriginal Health Organization's Ajunginiq Centre and the Canadian Institute of Child Health. Additional details on the overall substance abuse prevention project can be obtained from the Inuusivut project coordinator or the Tunnganiq Addictions Centre. The children completed **4 photo slideshows** and **filmed video footage for a 30 second PSA** highlighting the negative affects of sniffing. A **script for a longer PSA** was also completed and plans are being made to film and edit for this second video.

Contact Inuusivut: 867.979.1973 (P) 975.3234 (F) PO Box 2259 Iqaluit, Nunavut X0A 0H0
inuusivut@inuusivut.com (email) www.inuusivut.com

Kitikmeot Elder and Youth Cultural Camp


Elders and Youth from each of the 7 communities across the Kitikmeot region participated in a Language and Culture Camp in Omingmaktok (Bay Chimo) and Hiraarvik from August 10-16, 2008. Youth learned traditional skills such as **sewing, tool making, hunting and meat/skin preparation**. Participants from across the region flew into Cambridge Bay, where a charter transported them to Bay Chimo. Following a one day delay due to weather, the campers moved by boat from Bay Chimo to a camping site called Hiraarvik, a short distance away from Hiukaktak, a proposed conservation area in the Kitikmeot region. Youth and Elders **toured the proposed conservation area by helicopter and discussed traditional uses of the land. Drum dances and singing** was shared on a few nights and campers took responsibilities in all areas of camp duty. An elderly woman demonstrated **the lighting of a qulliq** to the group, using only traditional materials and methods, and despite light winds outdoors, was successful in lighting the qulliq. Youth also received instruction in photography and video camera operation and **assisted in documenting the whole camp experience through photography and film**. A **camp slideshow**, accompanied by drum songs, was completed and a **video project is being edited** using the footage obtained during the week.



Inuusivut goes to Sanarut

The Inuusivut team worked with 12 participants at a camp outside of Pangnirtung. For the time we spent in the community, from September 2-8, there were more youth participants taking part. Provided here is a quote, taken from a report this summer/fall, from the Creating Local Connections Coordinator in Pangnirtung:

*"The September highlight for me was definitely our **video, drama and storytelling workshop held at beautiful Sanarut, September 4 to 7. With funding from Nunavut's Culture, Language, Elders and Youth and from the Embrace Life Council around two dozen youth took part in the workshop. Three members of the Inuusivut Project – Youth Media Team ... were with us for a week teaching new skills. The resulting photos and videos were absolutely dazzling! That so much was absorbed in such a short period was a real testament to [the Inuusivut] team. Whatsmore, they left with us state-of-the-art video and digital still cameras so that youth can continue to develop their talents. An additional special thank you is due to our local Pujualussait Society who allowed us to use their cabin at Sanarut (about ninety minutes from Pangnirtung on Cumberland Sound) and helped us bring three elders with us who greatly enriched the project with their stories and inspiration."***



4 photo slideshows were produced by the group in Pangnirtung. In addition, **2 hip hop videos** were filmed and edited with 2 Inuktitut hip hop songs, **1 video on repairing a small boat and seal hunting** was produced, **1 humorous soap opera styled film** called "Our land, our people" was produced and one video was edited with **participants throat singing**. Some of the older participants also **wrote a song about (their) friendship** and are **producing a music video based on their song**.

Youth Leadership and Multi-Media Training - Rankin Inlet, Nunavut

From June 16-23, 2008, youth from Rankin Inlet participated in Youth Leadership and Multi-Media Workshops, which took place at the Community Learning Centre. Facilitators with the Embrace Life Council worked with 12 local youth to learn the basics in photography, video camera operation, film production and editing. In addition, group discussions were facilitated to explore issues youth felt were important in their community. The participants met with representatives of Uquutaq, a local organization which provides counseling and crisis response services to members of the community during times of need.



The group completed **2 photo slideshows** and the following video projects, edited by youth and **shared them at a viewing with family, friends and community** members:

- **The Effects of NOS,**
- **Sunscreen,**
- **Interview with my grandpa,**
- **Rankin Inuusivut,**
- **Test**

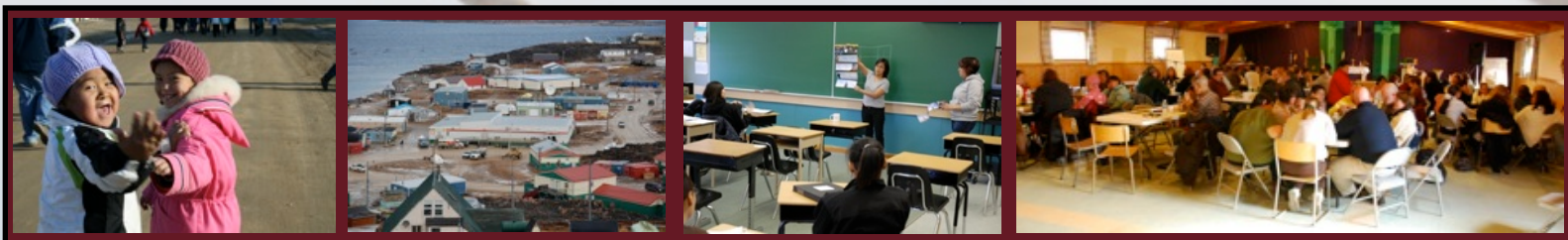


Initial discussions were held to begin the design of a brochure the youth would like to make to help further **promote mental health**. This will be followed up by further discussions, planning and the design and production process.

One minutes – From April 14-19, 2008 the Embrace Life Council and the Ikummaqsaitit (Flamekeepers' Society) organized a video workshop in collaboration with The One Minutes Foundation (www.theoneminutes.org), with 8 participants from Iqaluit. The One Minutes Foundation (Amsterdam) promotes the production and dissemination of one-minute videos. Among videos completed were **Ping Pong** and **Kamik Hop**.

Let's Play Ping Pong!

Workshop facilitators from the Inuusivut project traveled to **Kinngait** (Cape Dorset) September 29-October 3, 2008 to deliver workshops with a group of **High School students**. Jesse Mike, Chair of the Embrace Life Council, joined the Inuusivut training team. Along with Social Services workers and school staff, we coordinated the workshops, which at least **12 youth took part** in throughout the week. In addition to the basic workshop, our group walked to the local cemetery and discussed recent suicides of peers of the workshop participants. Youth expressed the desire to help their fellow young people by encouraging them to **see the positives in life** and to encourage each other to seek help when needed. The youth also met with **Amulik** on one of the evenings to hear about the counseling and grief services they offer in the community, to hear advice and words of wisdom from local elders and to play games and share laughter. A series of **photo slideshows** were completed, as well as the following videos, produced by youth: "**Don't fight, play ping pong**", "**Kinngait Today**" and "**Soccer**". Two other videos were started but not completed by participants: "**Kinngait News**" and "**The tricycle accident**".



Roots of Resilience

The Embrace Life Council and the Inuusivut project are partners in an international research project exploring the issue of Youth Resilience. It is circumpolar study of five Indigenous communities: Eveny (Siberia), Yup'ik and Inupiat (Alaska), Inuit (Nunavut), and Sami (northern Norway). In the context of a youth suicide epidemic in the North, we are working with communities in these areas to learn about how their youth successfully manage their transition into adulthood. Social/cultural change over the last three to four generations has been massive, stemming from imposed change from the outside by missionaries, fur traders, miners, police, and governments. While suicide and problems such as substance abuse are high, our focus will be on positive mental health among youth: resilience, coping, and a locally-defined successful integration of two cultural worlds. From February 18-23, staff with the Embrace Life Council/Inuusivut traveled to Igloodik to work with the local steering committee overseeing the Canadian portion of the study. As it was their first meeting with the Embrace Life Council, the discussions were focused on the preliminary planning of the project's goals and methodology. These discussions were filmed and a short video was produced introducing the project. Our team also visited and presented to students at the high school and provided basic multi-media training over the course of the weekend. In addition to the Research project video, 1 video was produced by our youngest yet Inuusivut participant. **Mylenaiini** is a short magic video.



Nain, Nunatsiavut

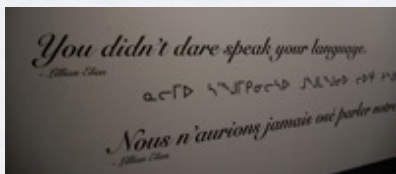
From February 27-March 7, 2009, Inuusivut was in Nain, teaching multi-media and working with youth. In addition to 5 youth from Nain, 3 youth from Hopedale were flown in to participate. This was our project's first time delivering workshops in the Nunatsiavut region (although Nunatsiavut youth received multi-media training during the Dialogue For Life Conference) and we look forward to going back. Nunatsiavut Government's Department of Youth, Elders and Recreation coordinated the event, with support from the Rising Youth Council and the Okalakatiget Society. The following photo/video projects were completed: **Day in the Life of the Nain Daycare, Nain Hockey, Josh's Amazing Music and How ski-doo's changed our lives.**



Inuit Youth Perspectives on Residential Schools

From March 9-13, 2009, the National Inuit Youth Council (NIYC) met in Ottawa to discuss a number of issues. The Inuusivut project team delivered training in photography and film production to members of the NIYC and facilitated the week-long meetings. Among other issues covered, participants held in-depth discussions regarding the history and legacy of Canadian Residential Schools.

Staff from the Aboriginal Healing Foundation (AHF) presented to the group, outlining the general history of the Residential School system and what groups like the AHF have been doing to address the legacy and intergenerational impacts. The group visited the exhibit "*We were so far away - The Inuit Experience of Residential Schools*" at the Library and Archives Canada. With support from Pauktuutit, the Inuusivut project was able to facilitate and film discussions, coordinate activities with the NIYC and produce a **42 minute video** presenting **Inuit Youth Perspectives on Residential Schools.**



Inuvik don't want no bullies!

A team of Inuusivut facilitators traveled to Inuvik, Inuvialuit (in the NWT) from March 21-27. Coordinated by the Inuvialuit Regional Corporation and the Inuvik Youth Centre, workshops were held at the High School (alternate class) and at the local Youth Centre. In the alternate stream of the High School, youth received instruction in the basic operation of still and video cameras. Through our interaction with youth at the Youth Centre, a small group of participants began the scripting, filming and editing of an anti-bullying video. Inuusivut also participated in a dog-sledding outing with local youth.



Dialogue for Life - December 3rd, 4th and 5th, 2008, the First Nations and Inuit Suicide Prevention Association of Quebec and Labrador held their annual Dialogue for Life in Montreal. Inuusivut was invited to present on the project and to deliver photography training. Youth from Hopedale, Nunatsiavut, participated in the workshops. Our activities provided the kids and youth with their first opportunity to ride the subway and ride horse carriages in Old Montreal. Over 800 participants, presenters and volunteers took part in this year's Dialogue for Life, at which Inuusivut presented on our program, resulting in valuable networking opportunities. Inuusivut has been invited to participate in and present at next year's Dialogue For Life.

Equipment in communities - In addition to providing multimedia training, the Inuusivut project helps to increase access to photography and film production equipment in Inuit communities, to allow youth and community groups to continue developing their skills and methods of self-expression. Thanks to support from Canon Canada and Merkle Photography, the Inuusivut project is able to provide local groups with use of a digital still camera and an HDV video camera. Cameras are left in communities where training has been delivered, and are kept under the responsibility of a recognized local agency such as youth centres or youth committees. Youth are encouraged to sign equipment out and have used them for filming local youth activities such as hip hop dances and camping programs.

CHECK IT OUT! Inuusivut Vignette - The National Aboriginal Health Organization's Inuit Tuttarvingat coordinated a series of live interactive TV shows on Health Related issues. One of these 2-hour shows focuses on the issue of Youth Resiliency and will broadcast on APTN and live on the internet. The Inuusivut project was selected as a project demonstrating promising practices. To help promote and profile the Inuusivut project, a 3 minute vignette was produced and aired as part of the Youth Resiliency Show. While the shows are set to air in May, 2009, coordination, filming and editing for the vignette was started in the fall of 2008. The vignette is available for viewing on our website and can be accessed directly by going to: <http://www.isuma.tv/lo/en/inuusivut/inuusivut-vignette>.

Other Notable Activities:

- 1 of the youth participants from the workshops in Pangnirtung and 1 youth from Taloyoak from a previous workshop, participated in meetings in Iqaluit with the Spirit of Life Network, the Embrace Life Council and the Mental Health Commission of Canada. The two youth presented on their Inuusivut experience and helped facilitate a still photography workshop with a group of adults/ youth participating in the meetings. The youth also filmed consultations the Mental Health Commission of Canada held with meeting participants on the last day
- A presentation on Inuusivut was made to the Mental Health Symposium, coordinated by the Government of Nunavut's Department of Health & Social Services and the Department of Justice. Linkages were made and a few invitations were extended to the Inuusivut team to deliver workshops in other Nunavut communities
- Presentations and linkages were also made during the Native Mental Health Association Conference, Dialogue for Life Conference, Spirit of Life Network gathering, National Inuit Youth Council face to face meeting, Alianait (Inuit Mental Wellness Advisory Group) meeting and other gatherings of associations focused on health and mental health.
- 2 commercials have been produced by the Embrace Life Council: "The Gift Of Life-Alacie Alaku", and "Messages of Hope", both available for viewing on our website

Current Activities and Future Plans

- The Inuusivut project is coordinating the production of a National Inuit Youth Magazine. In partnership with the National Inuit Youth Council and various national and regional partners, the Inuusivut project will facilitate the production of the magazine, which will help to share information relevant to Inuit youth, and improve communications, particularly with respect to the promotion of mental health in Inuit communities
- Post production and editing work is being done on individual film projects not yet completed
- Inuusivut will be coordinating a photo and video exhibit of student completed projects during this year's Alianait Arts Festival
- Plans are being finalized and implemented to incorporate a rigorous follow-up process to continue engagement of communities and build on work that has been done, while contributing to the project evaluation
- The Inuusivut team will be putting on a 3-day workshop in Montreal at the end of November as a part of this year's Dialogue For Life
- A formal partnership is being established with Isuma Productions. Isuma, which is a highly recognized and successful Inuit film production company, travels regularly to Inuit communities. Isuma has also developed IsumaTV (www.isuma.tv), which is an online film sharing and networking website. Through our partnership with Isuma, more training opportunities are created to help teach youth skills in photography and film production. With this basic training, youth are then able to gain employment opportunities, which further developing their skills.
- Our network of partners in Pangnirtung have invited Inuusivut back to their community for early summer, 2009. In addition to multimedia training and other film projects, the groups would like to film the recreation of Inuit myths and legends and put together some materials on the issue of climate change.
- Inuusivut has been invited to, and is making preparations (fundraising, coordination, etc.) to travel to Kuujuaq and Salluit (Nunavik region), Resolute Bay and Grise Fiord (Qikiqtaaluk region), Gjoa Haven (Kitikmeot Region) and Arviat (Kivalliq region). Other community workshops may be held during the year, by invitation from community groups.
- The National Inuit Youth Council is planning to host the National Inuit Elder and Youth Summit in Inuvik, NWT this fall. Youth and elders from all Inuit communities will be in attendance. The Inuusivut team has been asked to coordinate a series of multi-media workshops (photography, film production, editing, photoshop, journalism, etc.) as a part of the summit.

Partnerships Key

To help make these projects a success, strategic partnerships were established with a variety of partners. Rather than attempting to act as a standalone project, Inuusivut engages with existing and emerging local groups to coordinate activities for youth which will meet identified needs and ensure maximum benefit to participants and to the community.

Canon Canada and **Merkle Photography** provided discounted rates on equipment purchased through other funding sources. **First Air** provided discounted travel rates for the workshop facilitation team to travel to communities. The **First Nations & Inuit Health Branch** provides core funding to the Inuusivut project, covering expenses associated with staffing and other core areas. The Government of Nunavut's **Department of Culture, Language, Elders and Youth** provided a contribution to **Pujualussait** to help fund the project in Pangnirtung, which included a camping trip with youth and elders. The **Department of Canadian Heritage** provided a contribution to the **Kitikmeot Inuit Association** to help fund the Regional Elder and Youth Camp in Omingmaktok. The **National Aboriginal Health Organization's Ajungniq Centre** and the **Canadian Institute of Child Health** accessed support for the **Tunnganiq Addictions Centre** to help with the substance abuse prevention project in Qamani'uaq. The **Department of Indian and Northern Affairs' Inuit Relations Secretariat** provided a contribution to the Embrace Life Council to fund the workshops in Nain and Inuvik. The **Government of Nunavut's Brighter Futures Program** provided a contribution to help fund the workshops in Qamani'tuaq, Pangnirtung, Omingmaktok (regional camp) and Igloolik. **Pauktuutit Inuit Women of Canada** and **Inuit Tapiriit Kanatami** provided support in the production of "Inuit Youth Perspectives on Residential Schools". The **National Aboriginal Health Organization's Inuit Tuttarvingat** and **Inuit Communications Systems Limited** provided support for the production of the Inuusivut vignette. **Pujualussait**, the **Arctic Circle Drama Group**, **Kitikmeot Inuit Association**, **Tunnganiq**, **Nunatsiavut Government**, **Rising Youth Council**, **Okalakatiget Society**, **Inuvialuit Regional Corporation**, **Inuvik Youth Centre**, **Kivalliq Inuit Association**, **Ikummaqsaqtiit Society** and **One-Minutes Foundation**, all contributed to local coordination to help with the Inuusivut project. **Isuma Productions** provides assistance for travel to communities and provides training for youth, while also increasing employment opportunities for youth in the multimedia field.

The **Embrace Life Council** coordinates the overall Inuusivut project, and accesses other avenues of support, including networking with local service agencies.

The Inuusivut Team offers our sincere thanks to all of our partners and supporters. A big thanks also to all of the youth who have allowed us to work with them and share in their lives.

Photos, slideshows and videos produced in these community projects are available on our website.

A financial summary outlining project expenses also accompanies this report.

We encourage you to contact us with questions or comments and would be pleased to make a presentation and discuss the project further with your elected officials, staff and partners.

ᐃᑦ ᐃᑦᐃᑦᐃᑦ