



# Traditional & Holistic Wellness Approaches

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# Session Overview

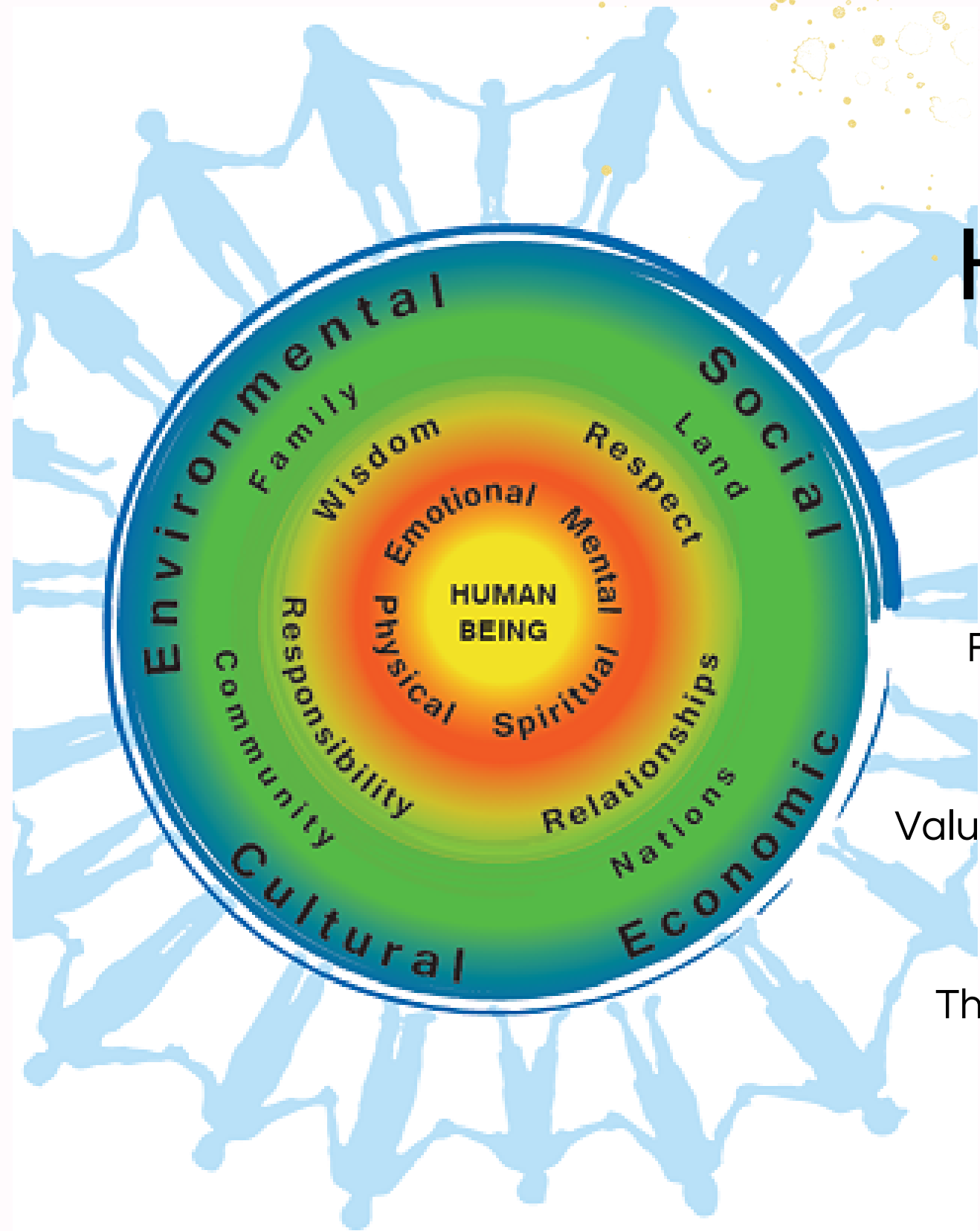
## **Session Description:**

One-off wellness events may not be enough to truly support community wellness. In this session, you will discuss how to use the First Nations Perspective of Health and Wellness as a planning framework to uphold your community's distinct practices, protocols and culture as you build your CCP.

**What do you hope to take away from this session?**



# First Nations Perspective on Health and Wellness



Centre:  
Individual

Second:  
Facets of a healthy, balanced life

Third:  
Values that support and uphold wellness

Fourth:  
The people that surround us and the  
places in which we come

**Does your community include this in your planning approaches already or plans overall?**



# Scenario

Skookum First Nation was just approved to start their CCP journey and will receive \$150,000 for the pre-planning and planning phase of their CCP. They are a rural community that has a population of 300 people living in the community and a total population of 700 people. The closest urban centre is 1 hour away where many of their members live. Some other facts about this community:

- They just had an election with new Chief and Council elected
- There are about 10 First Language Speakers living in community
- The majority of people living in community are adults aged 18-45
- They have never done a CCP and struggle to get their community together

Administration is not sure where to start so they hire a consultant to help get the CCP going and guide them through the process.

## Questions:

- **What are the strengths you see in this community?**
- **What are some ways they can ensure a holistic approach is followed when a consultant is involved?**
- **What might a holistic approach look like in this scenario?**