

# Disclosure Statement

- I have no affiliation (financial or otherwise) with a pharmaceutical, medical device or communications organization.

# Disclosure Statement

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# INDIGENOUS YOUTH WELLNESS

Utilizing Multi-Media Tools  
in Health and Wellness Promotion

CPHA 2018





**CONTENT**

- 1. Starting Where We Stand**
- 2. Methodology and Motivation**
- 3. Upstream Suicide Prevention & Community Driven Programming**
- 4. Meaningful Youth Engagement**



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**Starting Where We Stand**



# About

**Gabriella Emery**  
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## Methodology and Motivation









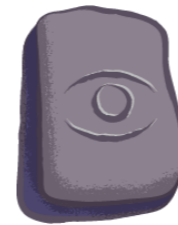
**3**

**Upstream Suicide Prevention  
&  
Community Driven Programming**



# Cuystwi

phase One



**Identity**



**Culture**



**Colonization**



**Racism**



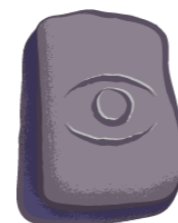
**We Are All Warriors**





# Cuystwi

phase Two



**Expanded Lessons**



**Healthy Relationships**



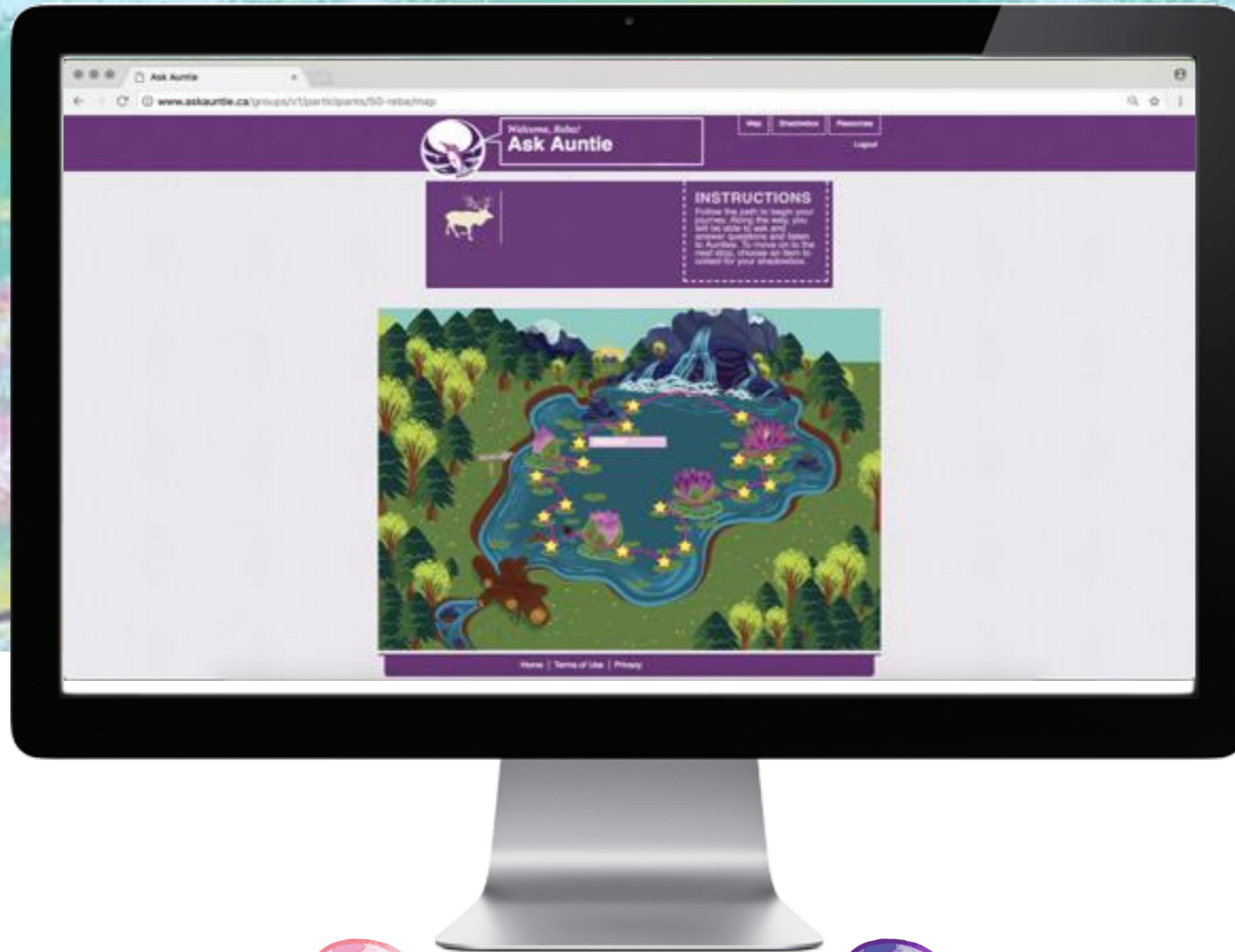
**Sexual Health**



**Mental Health**



**Regulating Emotions**



## Being Us

Culture,  
Identity,  
History



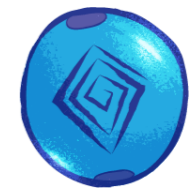
## Being Well

Wellness,  
Puberty, Sexual  
Health



## Being Connected

SAFETY,  
BOUNDARIES,  
HEALING



## Being Strong

CELEBRATING  
RITES OF  
PASSAGE

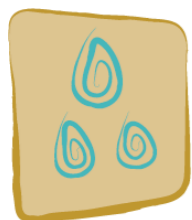
# Online Content



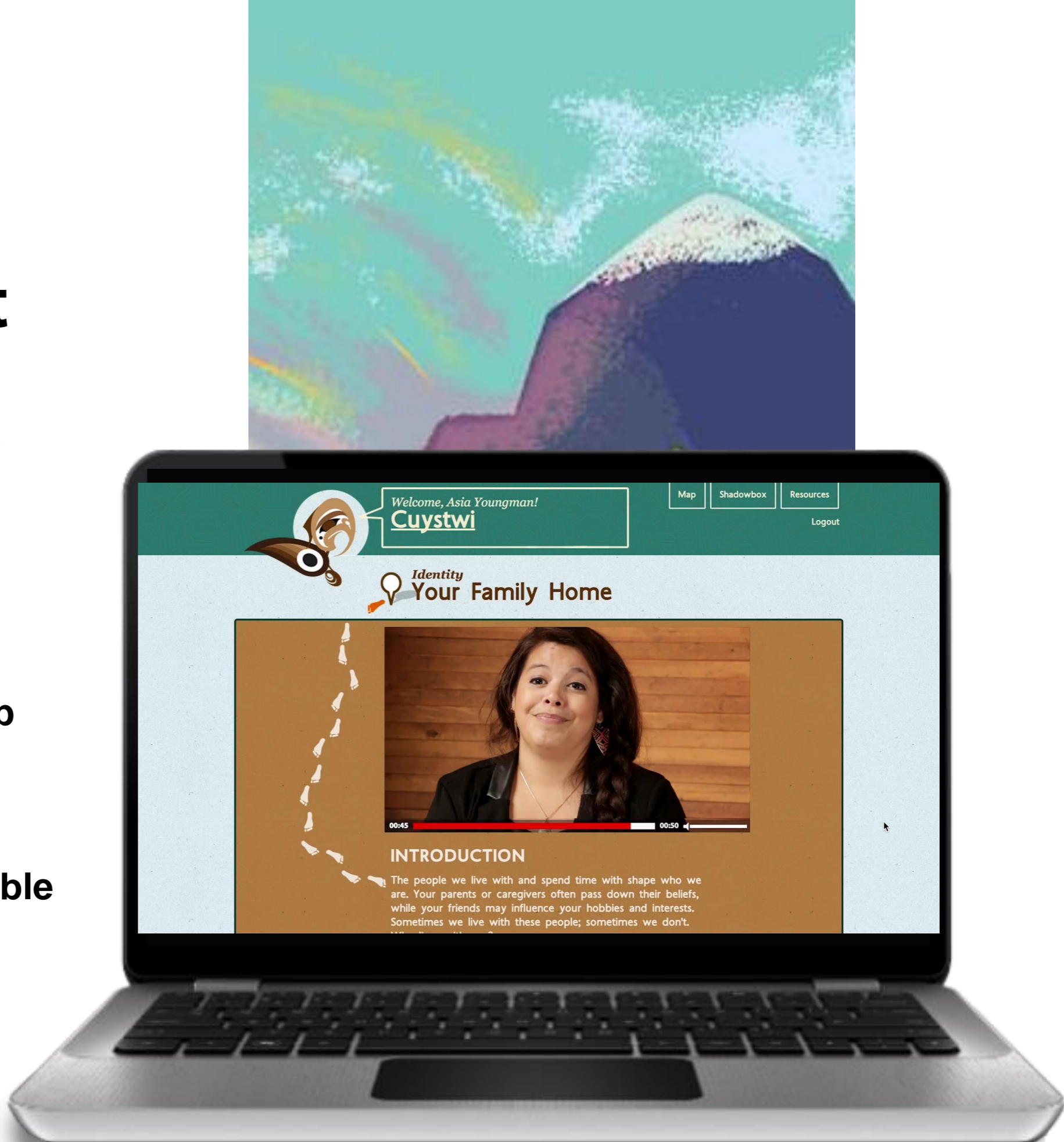
**Indigenous Perspective**



**Replicate Elder-Youth Relationship**



**Flexible & Accessible**



# In Practice

## Community Grant Program



## Networks & Presentations



## Resource Sharing & Curriculum Support





4

## Meaningful Youth Initiatives





**Good Heart Good Mind  
Indigenous Youth  
Conference**







*a mile in our moccasins*  
A film by Indigenous Youth for Aboriginal AIDS Awareness Week

## Peer-Led Initiatives & Filmmaking



# Online Presence



## The Roots of Racism



Indigenous Youth Wellness

[Subscribe](#)

4,515 views

[+ Add to](#) [Share](#) [More](#)



Published on Mar 17, 2016

Lesson 9: What is racism and where does it come from?

Kayla takes her younger brother Nate back in time to show him how racism started in Canada. Learn the history to inform yourself about



@IndigenousYouthWellness

@Cuystwi



**01**

**Culturally  
Relevant**



**02**

**Community  
Ownership**

**Concluding  
Thoughts**

**03**

**Connection To  
Land**



**04**

**Mentorship &  
Relationship  
Building**

# Partner Communities

Cowichan Tribes  
Daylu Dena Council  
Nisga'a Lisims Government  
Gitsegukla Health Centre  
Lake Babine Nation  
Nak'azdli Indian Band  
Walk Tall – Carrier Sekani Family Services  
Okanagan Nation Alliance  
Urban Native Youth Association  
Squiala First Nation  
Sumas First Nation  
Metis Youth BC



# Provincial Health Services Authority Indigenous Health Team

**Nancy Laliberte (Cree, Metis, Expert at thinking outside the box!)**

**Cheryl Ward (Kwakwaka'wakw, Anti-racism Expert)**

**Gerald Oleman (Stl'atl'imx, Elder Advisor on Life, the Universe and Everything)**

**Lillian Howard (Nuu-chah-nulth, Kwakwaka'wakw, Tlingit, Social Justice Butterfly)**

**Gabriella Emery (Kwakwaka'wakw, Organizational Wizard)**

**Tysun Tallman (Blackfoot, Social Media Watchman)**

**Asia Youngman (Carrier, Iroquois and Cree, Filmmaker Extraordinaire)**

**Bree Beveridge (Cree, Metis, English, Scottish, Enthusiasm your name is Bree)**

**Cassandra Blanchard (Northern Tutchone, Still Waters Run Deep)**

**Reba DeGuevara (Okanagan, Indigenous Feminist)**

**Jayda Wilson (Heltsuik, Blackfoot, Oil Spill Butt Kicker)**

**Keva Vuiyale (Kwantlen, keeps our hair on!)**

**Ellena Neel (Kwakwaka'wakw, Nuu-chahnulth, Graphic Matriarch)**

**Eugene Boulanger (Shuhtagot'ine, Cyber Interconnectivity Guru)**