

# INDIGENOUS YOUTH WELLNESS PROJECT

## TREE OF POSSIBILITIES

*May 8, 2024 in Tk'emlúps te Secwépemc territory*



### THE GATHERING



Community members, Friendship and Métis Centre staff gathered alongside UBC team members and collaborators to spend a day reflecting on and envisioning the possibilities of the Indigenous Youth Wellness project. We visited, shared, walked along the river, and ate good food together.

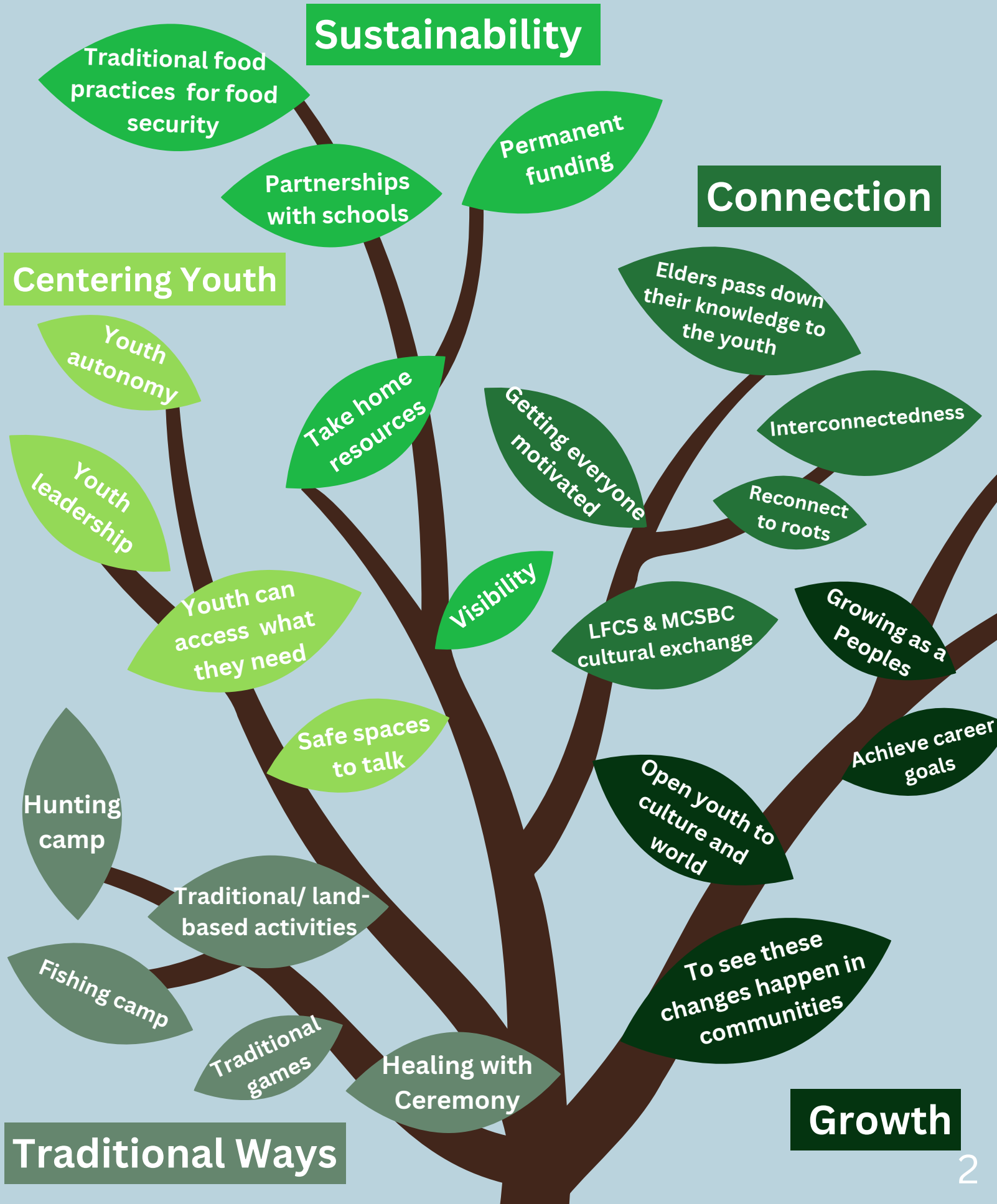
### THE ACTIVITY

Attendees participated in a Tree of Possibilities activity to celebrate successes and collaboratively imagine future directions related to Indigenous Youth Wellness. We used a tree metaphor to guide our discussions.

The ideas and knowledge shared from this activity make up the tree on the next few pages of this infographic. More information on what was shared and full responses are provided in the appendix.



**THE LEAVES GIVE VOICE TO SHARED HOPES, POSSIBILITIES AND GOALS FOR FUTURE INITIATIVES TO SUPPORT INDIGENOUS YOUTH WELLBEING**



**THE TRUNK SHARES THE CURRENT INITIATIVES, STRENGTHS AND BARRIERS RELATED TO SUPPORTING INDIGENOUS YOUTH WELLNESS.**

## Barriers

### Systemic

Language loss

Racism, colonialism, abuse

Gaps in wellness systems

Denial

Institutional policies

Transition from colonial  
to Indigenous

### Financial

Sustainability

Funding timing

Outdated equipment

Enough time

Limited resources

### Accessibility

Safe spaces

Engagement

Transportation

## Strengths

### (Re)Connection

Youth  
learning  
languages

Building  
relationships

Pride in identity & self

Indigenous Laws from  
our stories being shared

Connection to traditions

Nations coming  
together

### Capacity Building

Learning from feedback

Skillbuilding

Spiritual  
awakening

Bridging

Partnerships

Creative problem solving

Role-modeling

**THE ROOTS SHARE OUR  
RELATIONAL, COMMUNAL,  
AND PERSONAL VALUES  
FOR INDIGENOUS YOUTH  
WELLNESS**

## Resilience

Fun & laughter

Perserverance

Confidence

Unconditional  
love

Integrity

Heal

Preservation

## Respect

Self-care

Land & people

Support  
each other

Accessibility  
/inclusivity

Empathy

Compassion

Gratitude

## Relationality

Community-  
building

Collaboration

Intergenerational

Kinship

Youth  
connecting  
with Elders

Language revitalization

Cultural art

Protocol  
teaching

## Revitalization

Honouring  
creation

Traditional  
laws

Rediscover  
roots

Ancestral  
stories &  
teachings

Wisdom of  
Elders

Planting the seeds of  
traditional knowledge,  
spirituality and culture

# Appendix

## Leaves

What are the hopes/future goals for Indigenous Youth Wellbeing Projects?

### ***Land-Based Activities***

- Fishing camp
- More community gardens
- Creating a horticulture program around local and traditional activities to be food secure
- More/ regular Land based activities
- Traditional games
- Hunting camp

### ***Community Engagement***

- Community Advisory Teams
- Youth leadership
- Getting everyone motivated
- Making space for people to speak up
- Having a team that is passionate about the project and takes initiative
- Visibility
- To build a Philosophy

### ***Financial Goals***

- Financial stability
- Permanent funding
- Support youth in achieving career aspirations

### ***Resources***

- More “take home” resources (ie: medicine manuals, traditional food cookbook)
- Links for youth for accessing help

### ***Connecting with Schools***

- Connecting and establishing relationships with schools (Indigenous advocates)
- More school involvement
- Partnerships with schools/ school division

### ***Youth Goals***

- Open youth to their culture and world
- Elders being able to pass down their knowledge to the youth
- Youth autonomy

### ***Reclamation***

- To see these changes happen in communities
- Reconnect our roots
- A way of life back on track
- Interconnectedness

# Appendix

## Trunk - Barriers

What are ways that we strengthen ourselves through the work?

How have we overcome existing barriers?

### ***Resources and Logistics***

- Ongoing funding
- Limited resources
- Transportation
- Outdated equipment/office supplies
- Need more time
- Funding
- Timing
- Sustainability
- Institutional policies

### ***Health and Wellness***

- Safety
- Health
- Transformation from sickness to holistic wellness
- Challenge is when individuals fall through cracks where there are gaps in our wellness systems

### ***Decolonization***

- Racism, colonialism, abuse
- Transition from colonial to Indigenous ways

### ***Land Stewardship and Sovereignty***

- Food sovereignty
- Living off the Land
- Land Back
- Get out more

### ***Language Revitalization and Education***

- Youth learning language
- Collaboration with schools
- Inclusion of language

### ***Identity Reclamation***

- Self-government
- Repatriation
- Cultural denial

### ***Recruitment and Advertising***

- Youth recruitment
- Advertising in a way that will encourage youth to participate

# Appendix

## Trunk - Strengths

What are some current Initiatives and Strengths of the Indigenous Youth Well-Being Project?

### ***Cultural Revitalization***

- Healing with traditional Ceremony
- Learning songs
- Learning what our Indigenous Laws are from our oral stories
- St'at'imc (LFCS) and Métis (MCSBC) cultural exchange

### ***Pride and Belonging***

- Cultural pride
- pride in identity and self
- Acceptance
- Dignity

### ***Skill Building***

- Learning from feedback
- Education
- Creative problem solving

### ***Spiritual Growth***

- Spiritual awakening
- Evoked art
- Connections to traditions

### ***Collaboration and Partnership***

- Partnership
- Role-modeling
- Building networks
- Building relationships
- Interconnected networks
- Bridging
- Knowledge sharing
- Nations coming together
- Reconciliation

### ***Youth Empowerment and Leadership***

- Youth on a path to become our future Elders
- Youth led
- Centre and raise youth voice
- Capacity building initiatives are being created
- Building capacity
- Participation from all levels in working together to make a better future for future generations
- Gardening with the youth

# Appendix

## Roots

What is our purpose? What are our values?

### ***Spirituality and Culture***

- Reconnecting with spirit
- Elders
- Traditions
- Preservation
- Cultural art
- Traditional laws
- Honouring creation
- Being one with the earth
- Spirituality and culture
- Stewardship
- Repatriation
- Language revitalization

### ***Respect***

- Self respect
- Respect for all – people, land, resources, water

### ***Identity***

- Strong identity

### ***Adaptability***

- Resilience
- Perseverance
- Revival
- Engagement

### ***Cultural Learning and Protocol***

- Learning culture, teachings, protocol
- Rediscovering roots
- Protocol-teaching
- Ancestral stories and teachings
- Planting the seeds of knowledge
- Passing down traditions
- Sharing
- Listening
- Curiosity
- Sharing and learning culture

### ***Health and Wellness***

- Wellness
- Gratitude
- Self-Care
- There is a place established
- Healthy activities
- Empathy
- Support each other
- Heal
- Balance
- Understanding
- Compassion
- Acceptance
- Meeting people where they are at



# Appendix

## Roots (continued)

### ***Community Building***

- Community connections
- Bring community together
- Connecting
- Community-led
- Relationality
- Community-building
- Building community and relationships
- Strengths of community

### ***Intergenerational Connection***

- Youth connecting with Elders
- Intergenerational
- Kinship
- Building extended family
- Elders and youth
- Wisdom of our Elders
- Family togetherness
- Learning from Elders and Knowledge Keepers

### ***Collaboration***

- Collaborating together
- Collective robust vision
- Unity

### ***Love and Trust***

- Unconditional love
- Love for the Land
- Laughter and fun
- Trust

### ***Access***

- Access to Land for urban people
- Accessibility
- inclusivity

### ***Purpose and Direction***

- Direction
- Relevance
- Confidence and contribution
- Commitment
- Remembering
- Helpers
- Integrity
- Organization
- Responsibility

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