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NUNAVIK 2017

# QUAQTAQ

## COMMUNITY PORTRAIT

Results from the Community Component  
of Qanuilirpitaa? 2017 Nunavik Health Survey



## **PREPARED BY**

**Marie-Claude Lyonnais**  
Université Laval

**Mylene Riva**  
McGill University

**Christopher Fletcher**  
Université Laval

## **WITH THE COLLABORATION OF**

**Melody Lynch**  
McGill University

**Marie Baron**  
Université Laval

**Sarah Fraser**  
Université de Montréal

**Kitty Gordon**  
Nunavik Regional Board of Health and Social Services

**David Arsenault**  
Nunavik Regional Board of Health and Social Services

**Marie-Hélène Gagnon-Dion**  
Université de Montréal



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## This community portrait for Quaqtaq is a result of the Community Component of the *Qanuilirpitaa?* Health Survey, conducted in 2017 across the 14 communities of Nunavik.

### The objectives of the Community Component were to:

- 1) **describe Inuit conceptions of health and wellbeing** as they relate to health determinants and community living;
- 2) better **understand** how **community conditions and resources contribute to the health** of people living there;
- 3) focus on the sources of **strength and resilience** in each community to describe how the community responds to challenges to health;
- 4) **measure and describe community health and wellbeing** across all 14 communities of Nunavik;
- 5) provide **information** to the **Nunavik Regional Board of Health and Social Services and community representatives** who will work to develop action plans and interventions to respond to the needs identified in the Community Component.

To ensure cultural relevance and to get a full appreciation of the social and cultural context surrounding health, we developed a model of health and well-being that structured our data collection, analysis, and results. The **IQI model of health and eight themes** – elements shaping the health of communities and people – were developed through an exhaustive analysis of data collected through workshops, discussions, and in-depth interviews with Nunavimmiut from the 14 communities in Nunavik. The model was validated by leaders, community members, and the Nunavik Regional Board of Health and Social Services.

The information presented in this community portrait is based on the analysis of 5 long interviews conducted with community leaders and 23 short interviews with service providers (resources). Through these interviews, participants shared what they thought of their community, what they perceived as strengths and challenges in Quaqtaq, and improvements they would like to see for their community.

This portrait starts with a description of the IQI model of health and of the eight themes, or determinants, shaping the health and well-being of Nunavimmiut. Then for each theme, the following information is presented: organizations offering services or programs, main assets and strengths of the community, sociodemographic groups that are most or least served by programs and services (see: What about the People?), and what Quaqtamiut would like to see improve in their community.

**We want to thank all Quaqtamiut for their participation and collaboration throughout the Community Component of the *Qanuilirpitaa?* 2017 Nunavik Health Survey.**



# THE IQI MODEL OF HEALTH AND WELL-BEING

**Ilusirsusiarniq, Qanuinggiarniq and Inuuqatigiitsianiq are three key concepts of health and well-being. They build on the foundation of language and culture to make up the IQI model of health and well-being in Nunavik.**

**Ilusirsusiarniq** concerns the body, in general. It is a condition of normal functioning without disease, pain, injury or sickness that impedes people from doing what they want and need to do. The concept carries the idea that health is the way the body is intended to develop and change over time. Ilusirsusiarniq is “the taking of intended form” progressing from birth to old age.

**Qanuinggiarniq** is a broad sense of “well-being” that encompasses feelings of being unworried, without pain, comfortable, free of emotional distress, and happiness. It is related to peace of mind, calmness, fulfilment, and being able to move forward and carry on with ease. A specific emphasis is placed on the importance of being with other people in emotionally warm and safe environments.

**Inuuqatigiitsianiq** refers to an ideal state of relations between people. Specifically, it is composed of the quality of interactions with people sharing the same place. Good relationships with family members, friends, neighbours, people in the community and beyond are a significant part of the definition of health.

# SOCIAL DETERMINANTS OF HEALTH

Eight social determinants of health that support people to be healthy and well were identified. Each of them influences the others and all eight are linked together within the broader conceptual IQI model.

**COMMUNITY** consists of the social, physical, and built spaces of the municipalities of Nunavik. It encompasses three sub-themes: ways of living together, infrastructure and housing. *Ways of living together* refers to a range of relational issues like respect, altruism and social support; the role of elders and intergenerational knowledge transmission; and interactions like visiting, the place of non-Inuit and inclusion. Infrastructure concerns buildings, essential and municipal services, leisure, sports and recreation, and justice. Housing concerns accessibility, quality and appropriateness of dwellings, their structural characteristics, and sense of home.

**FAMILY** focuses primarily on kinship and affective relations between family members across generations, with an emphasis on youth. The sense of family belonging, with its particular attention to harmonious relations, calls directly upon the inuuqatigiitsianiq dimension of Inuit health. This determinant encompasses the extended family or ilagiit and Inuit-specific cultural customs, like the practice of customary adoption.

**IDENTITY** details the connection to culture, language, pride, cultural activities, history, childhood and adolescent experiences, as well as the influence of southern culture. Questions of identity, including perceptions of the strength and value of Inuit culture today are important aspects of the definition of community health and well-being.

**FOOD** is a necessity of life that carries important social, economic and knowledge dimensions. This determinant encompasses the knowledge and practices of harvesting and sharing, the quality and quantity of food available, food preferences, and the regulations that govern hunting. Likewise, food includes the many influences around the acquisition and consumption of store-bought foods. The harvesting of country food requires skills and knowledge. Who goes on the land, how, when, and where is linked to social and historical ties of families with different places in Nunavik. Sharing food and meals brings all foods into family and community practices.

**LAND** is practically and symbolically a fundamental determinant of individual and collective health, healing, and well-being in Nunavik. This determinant includes issues of accessibility for food gathering, travel between communities, healing, caring for the land and outdoor activities. Safety and security on the land are also important aspects and include search and rescue, practices and knowledge.

**KNOWLEDGE** is a prerequisite to effective action in the home, on the land or at work. As such, it is the first step leading to health, healing and well-being. This determinant incorporates aspects of leadership, governance, empowerment and inter-agency collaboration as well as skills development, schooling and administrative knowledge. Knowledge is inclusive of Inuit and Western or southern traditions.

**ECONOMY** refers to the ways in which people make a living, either through the land-based and/or the market-based economy, and to local and regional development. It encompasses income, access to goods, cost of living, expertise, skill and funding.

**SERVICES** encompasses the many different aspects of community, regional and provincial resources that people access and which contribute to health. These include health-related services (mental, physical and community initiatives), as well as community-level institutions and actions that are sought out to address trauma and healing.



# COMMUNITY

## Resources

- > [Arena](#)
- > [Church](#)
- > [Firefighters](#)
- > [FM radio](#)
- > [Isummasaqvik school](#)
- > [NV](#)
- > [Police station](#)
- > [Post office](#)
- > [Recreational coordinator](#)
- > [Swimming pool](#)
- > [Youth House](#)

## Community strengths

Quaqtamiut feel they live in a nice, quiet, and supportive community. There is a lot of visiting, and people are always welcome at each other's homes. There is a strong connection and a great deal of support between community members. People also feel that it is a safe community and a good place to raise children.

Elders are highly respected by the community and devoted to it. They are not shy about expressing their concerns or providing suggestions about community life. People know who to consult when they need advice.

Both Facebook and the FM station are important sources of information. While the community Facebook page is very popular and active, everyone listens to the FM radio when the internet is down. Everything is announced over both social media and radio, and the radio is also used to air community meeting summaries and games. People feel they are well aware of what is going on.

Sports are very popular, especially among teenagers and young adults. People can play hockey (floor and ice), swim, and go to the fitness centre all year long, and can play baseball during the summer. The school gymnasium is used by the whole community after school hours. The school and the Youth House also organize various activities to keep youth busy and active in a positive way. All recreational facilities, and the Youth House, are well attended.

Police officers try to be engaged in the community and to develop positive bonds with people, especially with youth. They participate often in community activities and events and try to encourage youth to participate in games and sports. They are also aware of the challenges of enforcing southern laws in a different culture and try to find alternative solutions to jail as often as possible. Police officers are usually trusted and well respected.

The Municipality tries to offer quality services, and to ensure that community members do not lack water or sewage services. Water is delivered all week long.



## COMMUNITY *(continued)*

### WHAT ABOUT THE PEOPLE?

- + Most recreational activities target youth and young adults. Recreational facilities are primarily used by 13-35-year-olds.
- + Many youth go to the Youth House, especially those under 16 years old. Kindergarteners go during school hours.
- Few teenagers are highly involved in the community, and they do not generally participate in activities unless there are door prizes.
- Men have fewer activities available to them than women do and participate less in community events.
- People with physical disabilities do not have access to adequate housing and transportation services.
- Very few people volunteer.
- Relationships between Inuit and non-Inuit workers can be difficult, especially when they have stigmatizing jobs.

### PEOPLE WOULD LIKE

- More activities designed for all age groups, such as sports clubs, music clubs, special events, and travel opportunities.
- Sidewalks, adapted transportation, and innovative equipment for people with physical disabilities.
- A community centre and gymnasium.
- An expandable Elders' home to help the community adapt to demographic changes.
- Better runoffs.
- Bingo nights.
- More ATV safety, gun safety, and drug prevention programs, and more education about the law.
- Programs to teach youth how to be good citizens.
- More housing, public infrastructure, and buildings.
- Less cyberbullying and more cyber-education.
- Structured and informative radio programs that target various groups, as well as a youth radio show.
- A radio program for southerners to teach them about the reality of the North and to create opportunities for discussion and exchange on various issues.



# FAMILY

## Resources

- > [Kamattsiavik daycare centre](#)
- > [Social services](#)
- > [Youth Protection](#)

## Community strengths

Parenting is considered difficult yet very rewarding work. Young parents receive a lot of support from grandparents, relatives, other mothers, and Elders. Many parents mentioned that this support makes life easier.

Grandparents play an important role in children's lives and have a significant influence on them. They are usually very protective and like to teach parenting skills to their children, even when they are in another community.

The Healing Centre provides workshops on healthy parenting, healthy relationships, and how childhood experiences might impact future parenting practices.

Baby showers are happy events that are highly appreciated by expectant mothers. They enjoy holding them with family members. They also have access to various programs to support them throughout their pregnancy and after the birth of the child, such as the SIPPE program, the Baby Book activity, psychosocial follow-ups, and food coupons.

People are able to maintain strong bonds with relatives, even when they live in different communities. Social media is used a great deal to preserve these connections and provide regular news.

Men Arise is a men's association that aims to empower men. It's a useful resource for motivating men to regain their pride in fatherhood and restore their role in the household.

## FAMILY (continued)

### WHAT ABOUT THE PEOPLE?

- + Young parents have access to resources to support them, and many have good networks.
- + People who are ready to talk about the trauma affecting their families have access to resources.
- Many fathers struggle to take up their household responsibilities.
- Many households with a single provider are disrupted when the bread-winner has life issues.
- Adopted children struggle to understand where they are from, especially if they don't know who their parents are.

### PEOPLE WOULD LIKE

- To have foster families available in the community.
- A women's shelter.
- More couple's counselling services.
- More babysitting services which would allow parents to participate in activities.
- A Family House.
- More parenting skills education.
- Support for parents with teenagers.
- More resources to support families that are facing serious issues.
- No adoption outside the culture.
- Initiatives to strengthen family bonds through family activities and involvement in community life.



# IDENTITY

## Resources

- > Arena
- > Community wellness worker
- > FM radio
- > Hunter Support Program
- > Isummasaqvik school
- > Landholding Corporation
- > NV
- > Recreational coordinator
- > Sewing shop
- > Social services
- > Youth House

## Community strengths

The sewing shop is a highly appreciated resource in the community and is used often for several activities. The community wellness worker organizes various workshops, such as tent, kamik, fish net, or ulu making, and all materials are provided. People feel it's an excellent place for teenagers to learn how to sew from Elders. The Youth House also organizes sewing activities, and sewing skills are still strong in the community.

The FM radio often plays Inuit music and is used to educate people about the culture. Elders have an important role, as they do storytelling and encourage people to learn about the culture and participate in activities.

The community wellness worker is perceived as a great asset for learning about cultural skills. Besides sewing activities, she organizes various workshops, such as cooking lessons and animal skinning workshops. People appreciate having access to free cultural activities, as they are very helpful.

People usually have a good support network and know where to go to get advice and tips on cooking bannock or making *pualuks*. Many Elders will also teach someone on an informal basis. Having cultural skills and Inuit knowledge is deemed very important for Quaqtamiut.

The Hunter Support Program (HSP) is another valuable resource in terms of helping maintain cultural skills and responding to basic needs in the community.

The community holds meetings to develop new initiatives that are aimed at connecting younger generations to their culture. People feel there is a gap, but both Elders and youth have important knowledge and life experiences that are complementary. People feel these should be shared in order to facilitate better understanding between the generations.

People are very proud of their culture, their history, and their knowledge. They are especially proud when they achieve a milestone, such as killing a polar bear for the first time. The tradition of giving a first catch or a first piece of handmade clothing to the *sanajik* is still very strong.

## IDENTITY *(continued)*

### WHAT ABOUT THE PEOPLE?

- + Women have access to many activities in the community where they can practice cultural skills.
- + Youth have various opportunities to learn cultural skills, either in formal or informal ways.
- Most people speak primarily in English, and Inuktitut is fading.
- Men have few opportunities to practice cultural skills.
- Some bicultural people struggle with their identity.
- Residential schools and negative school experiences still have powerful negative impacts on families.

### PEOPLE WOULD LIKE

- More initiatives geared toward bringing youth and Elders together, such as storytelling done by Elders and recorded by youth.
- To have a recording of everything that is said on the radio in order to preserve the knowledge.
- Better equipment at the sewing centre, such as a bigger freezer, shelves, sewing material, and sewing machines.
- Workshops and community projects about Inuit knowledge and better Inuktitut lessons.
- More activities for men, such as a dog team.
- Decolonization workshops to understand the impacts of colonization on family life.



# FOOD

## Resources

- > [Community freezer](#)
- > [Coop store](#)
- > [Hunter Support Program](#)
- > [Isummasaqvik school](#)
- > [Social services](#)
- > [Youth House](#)

## Community strengths

There are various initiatives to provide free food to people in need in the community. The Youth House provides snacks and meals to youth, the Coop gives snacks to the school for students, and the Petits Déjeuners program ensures students start the day with a full belly. Social services also provides food coupons to families and distributes construction camp leftovers to those in need.

Because the community freezer is not always full, especially during winter, the Coop orders country food from other communities in order to provide people with better access. It also sells food that is not easily available, such as arctic char and narwhal *maqtaq*.

Sharing is perceived as a strong value in the community, especially around beluga meat and seals. When someone catches a beluga, everyone goes to the shore to get a piece of meat. There is usually a feast following a successful hunt to allow people to have a piece of the tail. Feasts are well attended.

Families that have members who are hunters have access to plenty of country food, even when they are living in other communities. People share a lot with family members in order to obtain a variety of game meat. For example, scallops can be exchanged for caribou meat, which is scarcer in Quaqtqaq.

Country food represents the food of choice for most Quaqtamiut. Seafood is highly appreciated, and the NV uses the community boat to harvest scallops for the community.

## FOOD *(continued)*

### WHAT ABOUT THE PEOPLE?

- + Expectant mothers have access to food coupons to ensure they are well-fed during their pregnancy.
- + Youth have access to various resources for getting fed, such as the daycare, the school, or the Youth House.
- Hunting quotas have affected people's health because people no longer have access to as many belugas as they used to.
- People without a vehicle cannot go fishing, because the lakes are far, and they can't bring food back to their family.
- Only employed people can get paid to go hunting, because they are the ones with the skills and the equipment.

### PEOPLE WOULD LIKE

- A greater diversity of fresh produce at the Coop, with lower prices.
- A greater diversity of healthy food.
- A community kitchen.
- To be more involved in wildlife management in order to have access to more country food.
- Initiatives to enable unemployed people to go hunt.
- Revisions to the HSP to allow unemployed people to develop skills and get paid to feed the community.
- More education about nutrition and the impacts of fast food.



# LAND

## Resources

- > [Hunter Support Program](#)
- > [NV](#)
- > [Recreational coordinator](#)
- > [Search and rescue team](#)
- > [Wilderness and wildlife committee](#)
- > [Youth House](#)

## Community strengths

People really enjoy their community because it is close to the sea and many animals, such as beluga, come close. The NV has a community boat with an all-Inuit crew and organizes various outings and activities for community members.

People really enjoy going on the land, especially with family members. Parents bring their children on the land from a very young age when the weather is nice. People believe that the land provides peace of mind and that being outside is soothing for the mind and soul. Outings, such as those offered during Mental Health Week, are used by various organizations when they want to provide a healing activity.

Most youth are interested in learning survival and hunting skills and enjoy going on the land. They have access to various opportunities to learn these types of skills, such as summer camps or organized outings. The recreational coordinator conducts regular outings for students to teach them survival skills and to enable them to acquire Inuit knowledge about the land.

The community has many skilled hunters. People are proud to have knowledge about hunting and they happily share it with younger generations.

Representatives of the Landholding Corporation are proud to play an active role in protecting the land. They feel they have a voice regarding land development, as they must be informed and consulted when there are mining projects.

The community provides lifeguard lessons at the pool to train Inuit lifeguards. People believe that knowing how to swim can be life-saving.



## LAND (continued)

### WHAT ABOUT THE PEOPLE?

- + Youth have access to various hunting opportunities.
- Workers cannot go on the land as often as they would like because, in order to afford it, they need to work.
- Many youth and unemployed people do not have the means to go hunting.
- There are few opportunities for men who have personal issues to go on outings.
- Many women would like to go on the land but can't because they don't have a babysitter for their children.

### PEOPLE WOULD LIKE

- To have a stronger voice regarding wildlife conservation and more robust protections against mining development.
- More hunting opportunities for youth.
- More healing workshops on the land.
- More guides and animators for outings.
- More dog teams in the community to provide positive activities for men.
- Organized outings for women where guides, equipment, and babysitters are provided.



# KNOWLEDGE

## Resources

- > [Isummasaqvik school](#)
- > [Landholding Corporation](#)
- > [NV](#)
- > [Police station](#)

## Community strengths

The community believes it has good leaders, with strong moral values, who recognize the importance of communication. Leaders try to provide opportunities for people to express themselves. They also try to get people's input on what is needed, in terms of services, and on what the current social issues are. They work hard to address community issues collectively.

The community feels it is equipped with the knowledge needed to grow in a positive way and become stronger. The NV and the Landholding Corporation work in collaboration to make decisions that are culturally oriented and that benefit everyone. They try to be independent as much as possible from external governance and to control the future of the community.

Elders are perceived as important resources for the community, as they are very wise and knowledgeable about the land and the culture. The community also has many promising future leaders, as several youth are already capable leaders among their peers. They are highly skilled and have strong voices.

There are many successful and efficient collaborations in the community. For example, the summer camp is a collaboration between social services, the HSP, and the Youth House. The community wellness worker works closely with the wellness committee and the school and has consistent support from community workers all over Nunavik.

Firefighters and first responders are considered skilled and efficient. They make sure they are up to date by doing regular trainings and work in close collaboration with the Kativik Municipal Housing Bureau, the Kativik Regional Government, and the nursing station to ensure the community's safety. They also have solid mechanical skills, which enables them to maintain the equipment in good condition.

The school has adopted a compassionate approach to education and tries to teach students to make amends when they have done harm. The school also tries hard to support the students by providing access to specialists and ensuring that the students feel comfortable and safe. It has set up a "kangaroo class" where students can go to calm down and slowly rebuild a relationship with an adult.

## KNOWLEDGE *(continued)*

### WHAT ABOUT THE PEOPLE?

- + The school usually has good support from parents.
- + Many people of different ages are leaders in the community.
- Some youth feel they cannot express themselves and are scared of being judged.
- Many men who have a lot of knowledge are shy and do not step up to support the community.
- Many youth think it's cool to drop out of school or are influenced by parents who had traumatic experiences with school.

### PEOPLE WOULD LIKE

- Initiatives to teach leadership skills to youth, and to encourage young leaders to be more active.
- To have a regional town managers' association to enable the exchange of knowledge and ideas.
- More local job training, and money to hire teachers to lead the trainings.
- Better collaboration between the school and the community in order to respond to community needs and expectations.
- Cultural safety training for non-Inuit workers.
- More opportunities for youth to enable them to experience new things and learn about what they can achieve in life.
- A full Inuit government.
- More autonomy and power over the development of the community.
- To change negative perspectives about school



# ECONOMY

## Resources

- > [Arena](#)
- > [Bank services](#)
- > [Coop hotel](#)
- > [Coop store](#)
- > [Gas station](#)
- > [Hunter Support Program](#)
- > [Landholding Corporation](#)
- > [Landholding hotel](#)
- > [NV](#)

## Community strengths

The HSP is a valuable resource in terms of helping to offset the cost of living. It uses the country food budget as much as possible to hire local hunters, instead of buying meat from other communities, and gives gas subsidies to hunters. It also enables people to earn extra money by buying their clothes or handmade equipment and selling it back to beneficiaries at a lower price.

The community is run by knowledgeable people who have been able to set up small enterprises that bring in significant income to the community. These include things like the gas and fuel bar, hotels, and the rental of trucks, sky tracks, rocks, and other equipment. The community is mostly self-sufficient, as almost all community expenses are paid in full.

People can rent the garage to repair their vehicle for a small fee or access mechanical services a few times a year at a reasonable cost. Many people in the community are very handy.

The Landholding Corporation and the Coop provide numerous donations for various programs and activities. The Coop also provides discounts to organizations and gifts to graduating students.

Family members support each other by sewing for loved ones, ensuring no one is cold.

Social services is a useful resource for people when they need help with administrative tasks, such as obtaining pension benefits or a social insurance number.

## ECONOMY *(continued)*

### WHAT ABOUT THE PEOPLE?

- + Students have access to various work opportunities.
- + People who are skilled at making clothes, equipment, and other goods can sell their creations.
- Unemployed people should be the ones who get hired to go hunt, but they can't afford the equipment.
- There are jobs available, but many people are not interested because they would not be paid enough, or they don't have the right qualifications.
- Some people struggle financially because of their addictions.

### PEOPLE WOULD LIKE

- A restaurant, as many people are talented cooks.
- More funding for activities and programs.
- An increased hourly pay rate to reflect the northern cost of living.
- Initiatives aimed at increasing staff retention and reliability.
- Another store.
- A program geared toward helping and supporting people who are starting a small business, as well as access to an expert.
- Touristic initiatives to educate southerners about the Inuit way of life and create jobs.
- More jobs created by the community and responding to community expectations.
- More resources and money to support people with disabilities and/or money for their families.
- An Inuit construction company.



# SERVICES

## Resources

- > A.A.
- > Arena
- > Churches
- > CLSC
- > Community wellness worker
- > Dentist
- > First responders
- > Healing Centre
- > Isummasaqvik school
- > Medical doctor
- > NV
- > Social services
- > Youth Protection

## Community strengths

The Alcoholics Anonymous group is a good option for people who need help, as many of them do not have access to a psychologist or psychiatrist, and the waiting list at the Ivirtivik treatment centre of Kuujuaq is very long.

Healing workshops done by the Healing Centre are helpful and appreciated. They allow people to talk about their trauma and what they have been through. Most people agree that talking about their trauma is the first step in the healing process, and several people have sought help. Some have been able to recognize how trauma has affected their life, heal, and live a happier life.

The Healing Centre also tries to educate people through workshops on healthy parenting, healthy relationships, authority, and childhood upbringing. The workshops are done mostly in Inuktitut and are conducted by Inuit in a culturally safe environment. People feel the workshops are more effective this way, as they are more easily understood and consistent with the culture.

People believe it is important to have a purpose in life, and several people, who used to have deep personal issues, have decided to dedicate themselves to supporting others in overcoming their issues and promoting the well-being of their community. They have become inspiring examples and sources of support for others who are struggling. They feel they are being helpful, and it is rewarding for them.

The church is an important component of the community. Most people have a strong belief in God and are able to cope with life's difficulties because of their faith. The church tries to provide helpful guidance and to be welcoming. It also works hard to support youth by providing a variety of activities for them, listening to them, and encouraging their strengths.

Dental services are efficient, and the dental assistant does a lot of education. People are more aware now of the importance of taking care of their teeth so that they can more easily do things like eat frozen food or sew. Additionally, youth are being influenced positively by social media and want to have nice teeth. They also listen closely to the recommendations they're given when they have orthodontic treatment.

Social services has very well-trained and efficient assistants. They enable the delivery of better services because they know people and speak Inuktitut.

Emergency and mental health services have been improved over the years. Nurses are versatile and have a variety of skills. They maintain a solid collaboration with the psychiatrist, even when he is not in town.

## SERVICES *(continued)*

### WHAT ABOUT THE PEOPLE?

- + Women consult more than men with health and social services.
- + Women, youth, and Elders have been going to church.
- + Women are more likely to participate in community health initiatives or to do healing workshops.
- Few men go to church, and they rarely participate in workshops, often because they are shy, ashamed, or afraid of being judged.
- 15-25-year-old men do not use health services, unless they have an accident.
- Many people deny that they have problems or do not acknowledge the impacts of trauma on their life.
- Many Elders need a nursing home with easy access to medical services.
- There is not enough dental hygiene promotion at the daycare or in school.

### PEOPLE WOULD LIKE

- More mental health services as well as professional addiction counselling.
- Regular opportunities to reach out confidentially to youth, address their issues, and educate them about healthy lifestyles.
- Healing workshops specifically for leaders.
- Outreach workers to reach out to men.
- A better collaboration between the Healing Centre and the community wellness worker.
- An Elders' home that is connected to a bigger nursing station, with a nurse assigned to them.
- A rotating schedule, in order to have one nurse on duty 24/7 at the medical centre.
- More reliable family helpers.
- A better collaboration between the Men's Association, the justice committee, and social services.



