



KITASKINAW

An Environmental Scan of Programs and Services
serving Aboriginal People in Saskatoon

2013-2014



GABRIEL DUMONT INSTITUTE
of Native Studies and Applied Research



United Way
Saskatoon & Area





OPENING MESSAGE

Along with our project partners, we are very pleased to present the Kitaskinaw Project report. Thank you to all of the Elders, partners, and community participants that helped make this report possible.

Through this report, we have provided a comprehensive inventory of programs and services valued by the Aboriginal community and captured the preferences of Aboriginal service consumers through a survey. This report will influence policy as it pertains to Aboriginal service delivery as part of our commitment to Aboriginal engagement. By working with our partners, we hope to build a community that is great for everyone.

*Saskatoon Tribal Council
City of Saskatoon*

*Gabriel Dumont Institute
United Way of Saskatoon and Area*

INTRODUCTION

KITASKINAW MEANS “OUR LAND”, IN THE PLAINS CREE LANGUAGE.

The Kitaskinaw project was conducted to discover the “lay of the land” for programs and services that serve Aboriginal people (First Nations, Métis, and Inuit) in Saskatoon in 2013-2014.

Specifically, the project will help us:

- » Provide a demographic snapshot of the Aboriginal community in Saskatoon.
- » Provide a comprehensive inventory of programs and services used by Saskatoon’s Aboriginal community.
- » Capture the preferences of Aboriginal human service consumers in terms of accessibility and quality of service.
- » Provide human service providers with information to avoid the duplication of services and identify gaps in services
- » Influence policy as it pertains to the Aboriginal community and the provision of programs and services through community based organizations and government.

This project is the first of its kind for Saskatoon. It takes a holistic approach, grounded in an Aboriginal framework called the Aboriginal Life Promotion Framework (ALPF®), to better understand Saskatoon’s Aboriginal community in relation to programs and services. Through the intersection of the community voice, an inventory of programs and services, and the gathering of existing community information, the links between program and service delivery across Saskatoon may be better understood.

The Kitaskinaw Project has been a collaborative project led by the Saskatoon Tribal Council, United Way of Saskatoon and Area, the City of Saskatoon and Gabriel Dumont Institute forming the Technical Committee. An Advisory Committee comprised of Aboriginal Affairs and Northern Development Canada, Central Urban Métis Federation Inc., Saskatoon Indian and Métis Friendship Centre, University of Saskatchewan, Saskatoon Health Region, Greater Saskatoon Catholic School Division, Saskatoon Public School Division and the YMCA provided additional support. Prairie Wild Consulting performed the research for the Kitaskinaw Project.

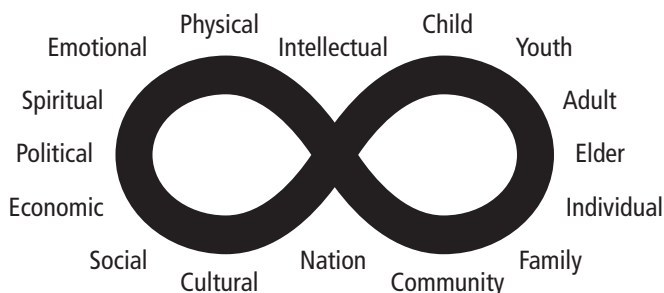
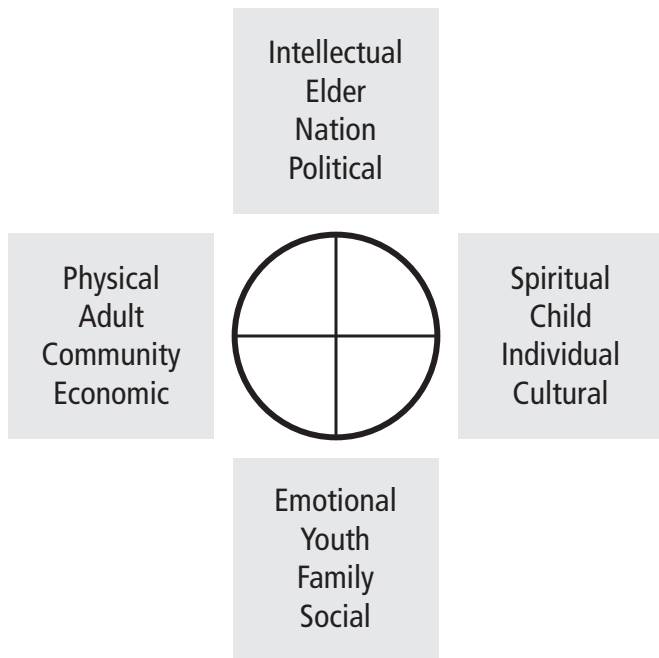
By working with our partners, we hope to build a community that is great for everyone.



PROJECT FRAMEWORK

Members of the Technical Committee felt it was important this report be presented from an indigenous perspective utilizing an indigenous framework: The Aboriginal Life Promotion Framework® (ALPF®) developed by Dr. Judith Bartlett, a Métis physician from Manitoba.

The ALPF® is a holistic tool used for organizing and thinking about life, health, and wellness. Based on medicine wheel teachings, the framework uses sixteen important areas of life to organize thoughts, ideas, and information. Health and wellness occur when there is balance between the different elements. The framework can be presented as a medicine wheel, an infinity symbol or even a grid.



The tool was used by the Kitaskinaw Team to help identify and organize information about Saskatoon’s Aboriginal community, to sort information collected which describes Aboriginal and non-Aboriginal community members, to identify opportunities for further information gathering, and to guide the presentation of the findings.

Health is a balance of the spiritual, emotional, physical and intellectual aspects of a child, youth, adult, or Elder who live as individuals, families, communities and nations within various cultural, social, economic and political environments.

Dr. Judith Bartlett, ALPF® Workshop, 2012

PROJECT METHODOLOGY

In order to develop a unique, “homegrown” Saskatoon understanding for each of the 16 determinants of life, as identified in the ALPF® framework, the Kitaskinaw Project used input obtained from a variety of sources.

1. Community Overview

Demographic information collected for the community profile came from sources including:

- » Census data provided by Statistics Canada.
- » Current opinion-based findings of Aboriginal community members from Saskatoon and Saskatchewan.
- » Relevant statistics from community and government agencies in Saskatoon and Saskatchewan (e.g. Saskatoon Health Region, Community University Institute for Social Research-CUISR, and Greater Saskatoon Catholic and Public School Boards).
- » Relevant statistics from academic research in Saskatoon (e.g. University health researchers).



2. Program and Service Inventory 2013-2014

An inventory of over 1,000 programs and services intended for, or accessed by, Saskatoon's Aboriginal community in 2013-2014, was gathered from sources including:

- » The City of Saskatoon MeTaWeTan Directory
- » United Way of Saskatoon and Area
211Saskatchewan service directory - sk.211.ca
- » University of Saskatchewan Aboriginal Engagement Directory
- » Saskatchewan Ministry of the Economy Aboriginal Business Directory
- » Clarence Campeau Métis Economic Development Sector Métis Business Directory
- » Advice from the Technical and Advisory Committee members
- » An internet search
- » Literature search
- » Media articles
- » Scan of the Saskatoon environment (events, poster boards, pamphlets, and word of mouth)

The inventory provided key program and service information including the resource name, description, provider, physical location, and contact information.

3. Program and Service User Survey

Members of the local Aboriginal community (people who self-identified as Aboriginal including First Nations, Métis, and Inuit people) were surveyed to gather information on types of programs and services Aboriginal people used in Saskatoon in 2013-2014, what they value about the programs and services they are using, how they find out about programs and services, and how these local resources can better support Aboriginal voter participation and engagement.

The survey was administered online, in-person by a team of volunteers who self-identified as Aboriginal community members and was available at various locations throughout Saskatoon. Posters and cards were used to advertise the web survey link.

A total of 526 surveys were completed by Aboriginal individuals living in almost every neighbourhood in Saskatoon. The table on page 6 depicts survey participation by Saskatoon neighbourhood.

Based on Statistics Canada's (2013) estimated population of 21,335 Aboriginal people in Saskatoon, this response rate is considered to be within general statistically valid parameters with a 95% confidence level, and with a confidence interval of 4.2%.

4. Old People's Gathering

A focus group was held to ensure insight was obtained from seniors and Elders in Saskatoon's Aboriginal community regarding their experience accessing programs and services in Saskatoon. The focus group was facilitated by a Technical Committee member which led participants through the Kitaskinaw user survey. Nineteen Elders participated in the focus group.

5. Aboriginal Life Promotion Framework® Community Workshop

To give meaning and a unique context to the ALPF® for Kitaskinaw, Dr. Bartlett led a workshop on October 10-11, 2013, the goals of which were to:

- » Help people develop personal meanings for the sixteen elements of the ALPF®.
- » Allow the community to create collective (not singular) understandings of the sixteen elements for Saskatoon.
- » Show the community a method for holistic health and social planning.
- » Explain Wellness Area creation for future work in thinking about health and social information.

Participants were asked to define the meanings of each determinant for themselves, and to use the framework to examine the balance between the areas both in their own lives, and collectively as a community. The meanings were then used to guide thinking about programs and services as part of the Kitaskinaw project.

The sixteen ALPF® determinants of life can be grouped into eight wellness areas. When grouped, these wellness areas

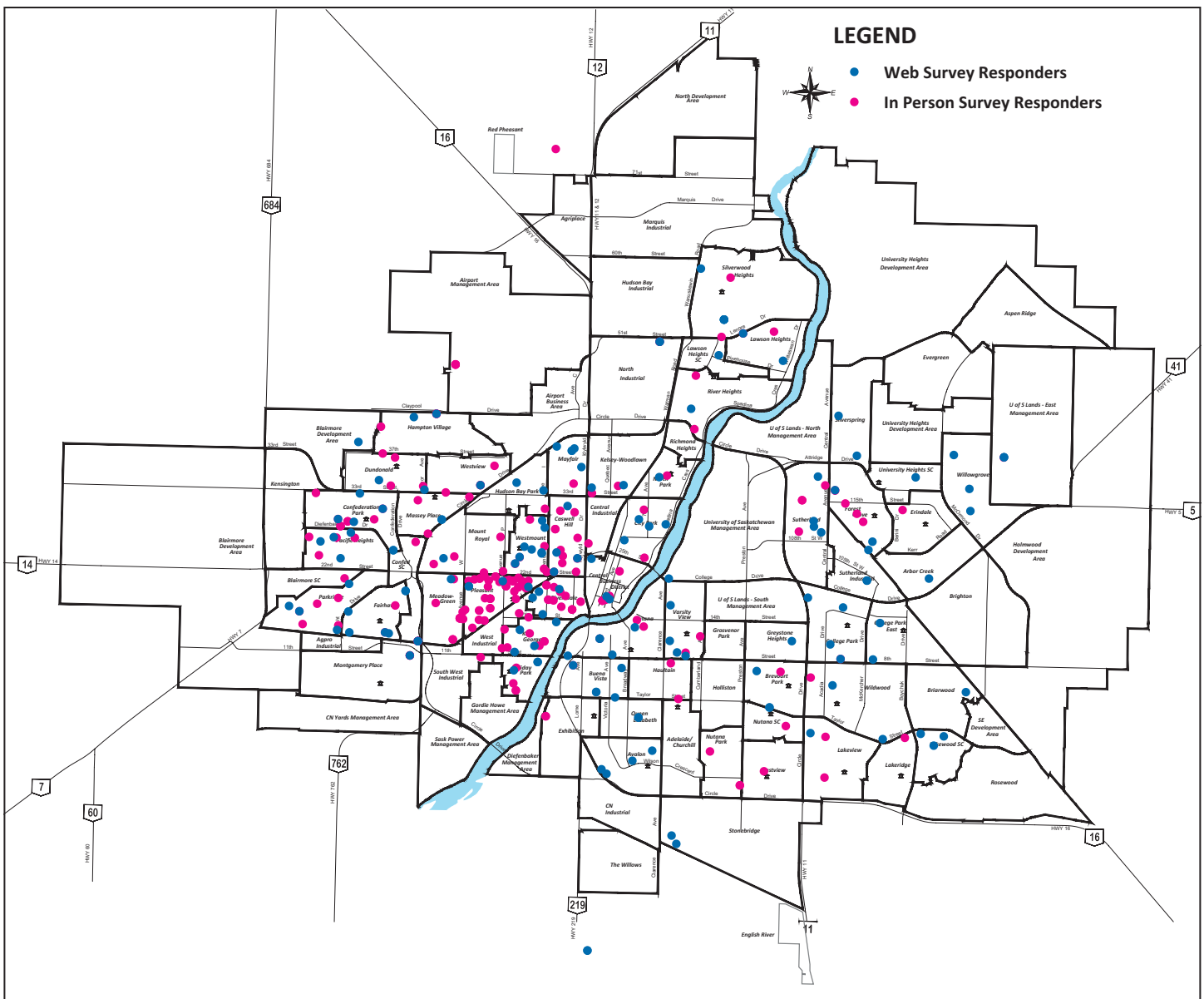


provide a way to think about what the determinants of life mean together. They are viewed reading left to right. For example, Spiritual, Emotional, Physical and Intellectual form one wellness area that encompasses 'Holistic Wellbeing' for the Saskatoon community. They can also be viewed top to bottom. For example, Intellectual, Elder, Nation and Political form a wellness area that the Saskatoon community defined

as 'Direction'.

Based on the community-generated definitions of the sixteen determinants of life, the Advisory Committee met in November 2013 to sort the programs and services identified in the inventory. The results were the used to categorize programs and services.

Distribution of Aboriginal Responders to Kitaskinaw Survey in Saskatoon



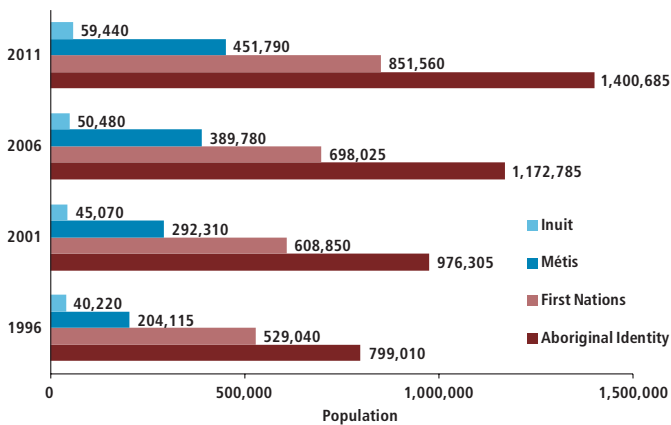


KEY FINDINGS

1. The programs and services most often accessed by the Aboriginal community in each of the determinants of life in 2013 are outlined on the following page.
2. Saskatoon's Aboriginal population continues to grow and is much younger in comparison to the general population. This trend has public policy implications for Aboriginal program and service delivery.

The chart below shows how First Nations, Métis, and Inuit populations in Canada increased between 1996 and 2011.

Aboriginal Identity in Canada

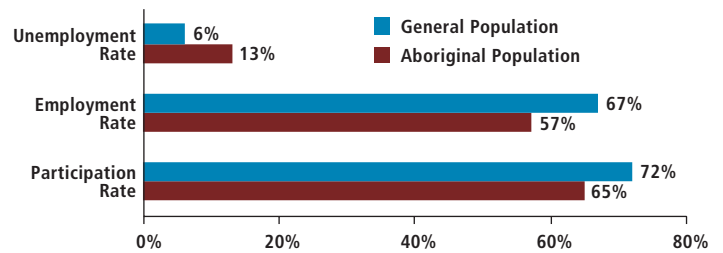


Source: Statistics Canada 1996-2011

Saskatchewan Learning (2004) expects that by 2016 close to 45% of students entering kindergarten will be of Aboriginal ancestry.

3. Aboriginal organizations are an important component of the program and service delivery landscape in Saskatoon, and Aboriginal people want to see themselves within the organizations that serve them.
73% of those you participated in the Kitaskinaw survey said they prefer to use Aboriginal organizations when looking for programs and services.
4. The unemployment rate among the Aboriginal population is much higher than that of the general population.
The Aboriginal community experiences 13% unemployment as compared to 6% seen in the general population. Opportunities exist to narrow employment gaps between Aboriginal and general populations in Saskatoon.

**Participation in the Labour Market Saskatoon
General and Aboriginal Communities**



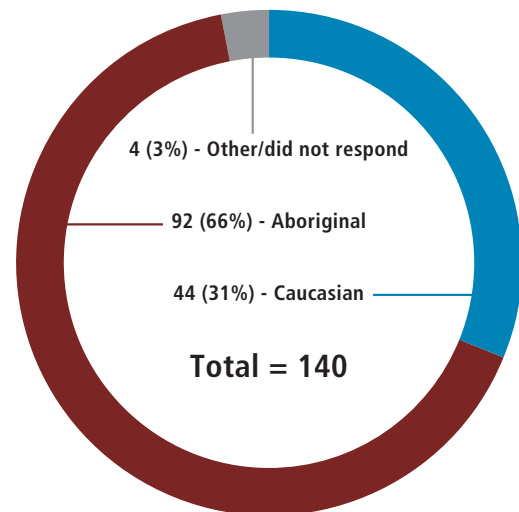
Source: Statistics Canada 2013b; 2013c

5. Aboriginal people are disproportionately affected by homelessness in Saskatoon.

In 2012 the United Way reported that 66% of participants in a Saskatoon homeless study were Aboriginal.

When asked to name, in their own words, programs and services Aboriginal individuals would like to see in Saskatoon, Aboriginal focused programs, housing initiatives and cultural activities were among the top three programs and services mentioned.

Identity of Homeless Study Participants



Source: United Way of Saskatoon & Area 2012

6. While voter engagement among the Aboriginal community is encouraging, individuals would like more information on candidates and political platforms in ways they can access and understand it. Voting access and options for transportation to get to polling stations also need to be improved.
7. There are few programs and services available for Elders and Aboriginal Seniors in Saskatoon.



Kitaskinaw Survey: Top 5 Programs, Services, or Resources Mentioned by ALPF® Category

<p>Spiritual</p> <ul style="list-style-type: none"> Round Dances Sweats Elders White Buffalo Youth Lodge Church 	<p>Emotional</p> <ul style="list-style-type: none"> Counselling Services Addictions Counselling Elders Mental Health Services Saskatchewan Indian Institute of Technologies (SIIT) 	<p>Physical</p> <ul style="list-style-type: none"> Gyms City of Saskatoon Leisure Facilities City of Saskatoon Leisure Facilities (Swimming) Boot Camp Doctor 	<p>Intellectual</p> <ul style="list-style-type: none"> Saskatchewan Indian Institute of Technologies (SIIT) Saskatchewan Institute of Applied Science and Technology (SIASST) University of Saskatchewan Gabriel Dumont Institute Schools K-12
<p>Child</p> <ul style="list-style-type: none"> White Buffalo Youth Lodge Day Care Schools K-12 Community Associations Saskatoon Indian and Métis Friendship Center 	<p>Youth</p> <ul style="list-style-type: none"> White Buffalo Youth Lodge Saskatoon Indian and Métis Friendship Center Sports Youth Care Program Saskatoon Community Youth Arts Programming (SCYAP) 	<p>Adult</p> <ul style="list-style-type: none"> Alcoholics Anonymous Central Urban Métis Federation Inc. Métis Addictions Council of Saskatchewan Inc. Quint Development Corporation Saskatoon Food Bank and Learning Center 	<p>Elder</p> <ul style="list-style-type: none"> Saskatoon Tribal Council Saskatoon Indian and Métis Friendship Center Family and Friends (Elder Care) Home Care Saskatchewan Indian Institute of Technologies (SIIT)
<p>Individual</p> <ul style="list-style-type: none"> Saskatoon Indian and Métis Friendship Center University of Saskatchewan (Aboriginal Student's Center) Schools K-12 Central Urban Métis Federation Inc. (CUMFI) Station 20 West 	<p>Family</p> <ul style="list-style-type: none"> Parenting Programs Central Urban Métis Federation Inc. (CUMFI) Student Wellness Initiative Toward Community Health (SWITCH) Schools K-12 (Family Fun Nights) Saskatoon Indian and Métis Friendship Center 	<p>Community</p> <ul style="list-style-type: none"> Saskatoon Indian and Métis Friendship Center University of Saskatchewan (Aboriginal Student's Center) Schools K-12 Central Urban Métis Federation Inc. (CUMFI) Station 20 West 	<p>Nation</p> <ul style="list-style-type: none"> Saskatoon Tribal Council Federation of Saskatchewan Indian Nations (FSIN) Saskatoon Indian and Métis Friendship Center Back to Batoche Days Central Urban Métis Federation Inc. (CUMFI)
<p>Cultural</p> <ul style="list-style-type: none"> Saskatoon Indian and Métis Friendship Center Round Dances White Buffalo Youth Lodge Pow Wow Saskatchewan Indian Cultural Centre (SICC) 	<p>Social</p> <ul style="list-style-type: none"> White Buffalo Youth Lodge Saskatoon Indian and Métis Friendship Center Central Urban Métis Federation Inc. (CUMFI) Church Internet 	<p>Economic</p> <ul style="list-style-type: none"> Quint Development Corporation Saskatchewan Career and Employment Services (CanSask) Saskatoon Tribal Council Saskatoon Tribal Council (Labour Force Development) Gabriel Dumont Institute 	<p>Political</p> <ul style="list-style-type: none"> Métis Nation - Saskatchewan Idle No More Federation of Saskatchewan Indian Nations (FSIN), Connecting With MP or MLA Central Urban Métis Federation Inc. (CUMFI)



OTHER FINDINGS

- » Saskatoon has many programs and services that focus on helping people learn (Intellectual). This finding was shown in both the survey and the inventory of programs and services. It is also reflected in community statistics, which show that education levels, particularly in youth, are going up.
 - » Saskatoon has many programs to help people stay healthy physically fit (Physical). This finding was shown in both the survey and the inventory. For fitness, Gyms and City of Saskatoon Leisure Centers were the two service providers most often mentioned when people were asked what programs and services they use for physical health. Family swimming at City Leisure Centers and Boot Camps were popular as well.
 - » Saskatoon has many programs and services in Saskatoon to develop economic and employment skills (Economic), and these are accessed often. This finding was shown in both the survey and the inventory.
 - » Cultural and spiritual activities are important and people participate in them often, through both formal and informal programs and services. This finding was shown in both the survey and the inventory.
 - » Supports for families and parents are important. Parenting programs were mentioned often in the survey, and statistics tell us that 49% of children in the Saskatoon Aboriginal community are being raised in a single-parent family. Grandparents play an important role in supporting their adult children and their families.
 - » Saskatoon has few programs and services to support older persons (Elders). Though the community relies heavily on Elders in many ways, in the survey very few people reported accessing programs that directly support older persons, and few programs were found in the inventory search.
- » Saskatoon has few programs and services in the areas of Adult and Individual. This finding was shown in both the survey and the inventory. This may be because people tend to think of individual needs within the holistic context of all elements of life - programs and services for Adults and Individuals are found throughout all the other determinants, rather than isolated in their own areas. Though the Adult category was small, the most often mentioned programs tended to be for counselling and addictions. This may speak to the healing process that is ongoing within the Aboriginal population from the effects of residential schools, as shared by some survey participants and Elders.
 - » Both the survey and inventory found few programs and services related to the Political and Nation determinants of life. Despite this, voter engagement results from the survey are encouraging.
 - » When asked if they typically vote in municipal, provincial, and federal elections, people reported voting levels that were better than those of the general population for municipal elections and very similar to those of the general population for provincial and federal elections.
 - » When asked what program and service providers could do to make voting easier, the answers for almost all types of elections were most often increased information on candidates, political platforms, and where and when to vote, and improved access to polling stations, including transportation and Aboriginal-friendly polling stations. In First Nation home community elections, transportation and having urban polling stations were the top priorities.



RECOMMENDATIONS FROM THE TECHNICAL COMMITTEE

Based on the Project findings, the Kitaskawin Technical Committee identified four main recommendations that, if implemented, would enhance the well-being of the Aboriginal community in Saskatoon:

- » More effort must be made to address Aboriginal employment levels and to building cultural competencies within organizations.
- » An Aboriginal-led housing initiative must be developed to address the housing needs of Saskatoon's Aboriginal population.
- » Organizations must tailor information regarding voting to the Aboriginal community.
- » Organizations must offer more programs and services for Aboriginal Elders and seniors.

