

QU'APPELLE VALLEY FRIENDSHIP CENTRE

COMMUNITY PLAN

Aboriginal Friendship Centres of Saskatchewan

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QU'APPELLE VALLEY COMMUNITY PLAN

1. Introduction

The community planning process of the Aboriginal Friendship Centres of Saskatchewan (AFCS) is a province wide initiative of the AFCS which consists of several different engagement processes where the aim is to provide high level direction to the leadership of both the individual Friendship Centres and the AFCS on the areas of need in the community and options for some of options forward to meet these needs.

This process will allow the AFCS to see where there are synergies within members across the province, and where there could be joint action on specific areas of work, but also to see where innovation and individualized work within one or two members should be supported to help create capacity within these organizations as well.

The direction is obtained from engagement taken place over the last two years from various opportunities to meet with centres around topics such as MMIW2S, Infrastructure, Bill S2, and Indigenous Women's Economic Development and finally though direct drop into members over the last year.

This entire process is also designed to transform the relationship between the AFCS and its member organizations from one that was solely focused on the transfer of financial support and the monitoring of those resources to one that is designed to first provide support and then work though any concerns that may come up.

To focus and guide future support from the AFCS, a series of Community Strategic Plans (CSP) have been developed for participating communities in Saskatchewan. These communities include La Loche, Buffalo Narrows, Ile a la Crosse, Battleford, La Ronge, Meadow Lake, Prince Albert, Regina, and Qu'Appelle. These plans have also been designed to be easily connected to each other, and collectively to assist the AFCS in easily connecting themes to scale the voices of members for greater impact. The combined plans provide a Provincial picture of key priorities and project ideas and an indication of progress that is being made across Saskatchewan to increase the success of the member Centres communities. Thus, the CSP's provides a roadmap for the progress and success of Friendship Centres in Saskatchewan.

A Community-Based, Holistic Approach

Workshop participants in gathered and engaged in a series of conversations about what community values exist in the community, what needs exist and what do you see for the future of your urban Indigenous communities and its success. Through these conversations, key priorities, and ideas for supporting the community of Qu'Appelle Valley and its community have been identified. With a common regional vision for Saskatchewan Friendship Centres that is

purposeful and reflects a course of action that is possible, this Plan provides guidance for the Friendship Centres moving forward and to help guide further progress for the upcoming future.

Values

During engagement with the Qu'Appelle Valley Friendship Centre, conversations occurred around what the overall values of the Friendship Centre were; the following table includes values that were agreed upon by the Friendship Centre and those that utilize its services - it was also noted that these values also had a significant impact on the overall success of the Friendship Centre and its associated programs and services to the Indigenous community of Qu'Appelle Valley.

VALUES		
Family	Unconditional Love	Safe Place
Acceptance	Welcoming	Respect
Supportive	Non-Judgmental	Kind
Friendly	Nourishing	Confidentiality
Trustworthy		One Stop Shop

2. Community Priorities

The Community Strategic Plan (CSP) for Qu'Appelle Valley is organized into three parts: vision, analysis of needs, and priorities for action. This plan presents an opportunity to better allocate resources, promote effective management, increase communication, build relationships, and address needs. For this Community Plan to be an effective tool for increasing support for the community it should be referred to often in the development of projects and programs. This plan incorporates diverse views from communities and provides guidance for establishing holistic and sustainable partnerships and provides one of the 10 strategic components needed by the AFCS to connect individual Friendship Centres together and to advocate on their behalf to receive the resources they need.

The Qu'Appelle Valley CSP takes a holistic approach and maintains a broad understanding of the needs of the community which means that individuals and communities are engaged, supported, and fulfilled by whatever they endeavor to undertake. Success in this sense means youth are able to grow and develop their talents; that the basic needs of adults are met and support is available to acquire life skills, education and work experience necessary for success;

and, that seniors and Elders remain engaged in their communities and can age without struggling.

Barriers to the urban Indigenous community are complex and need to be tackled from all sides. The holistic approach to this plan emphasizes the historical Friendship Centre wrap around service delivery approach that understands that all projects exist within a broader context. Each project addresses more than just a single need and that as many needs should be met as possible by one multi service organization. This plan can be used by Friendship Centres as a tool to help educate other service providers in understanding the broader context: their projects may have only one or two main objectives, but should be designed, implemented, leverage partnerships and be evaluated with an understanding of how this one project can affect the broader picture.

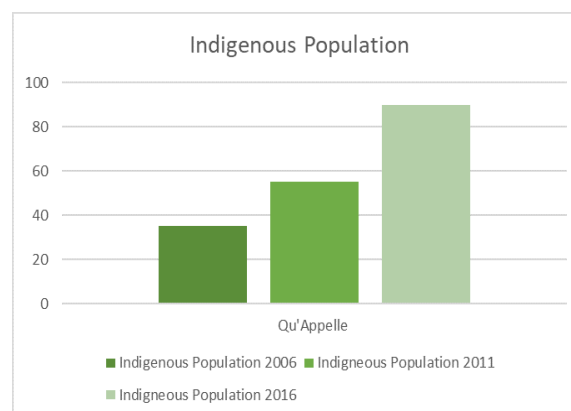
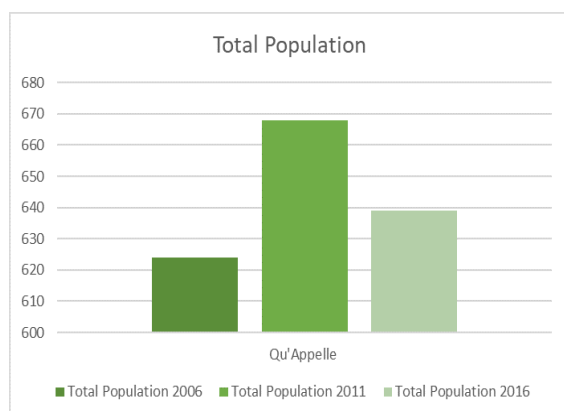
By identifying gaps between current and needed services, programs and supports, this plan can also act as a beginning for non-Indigenous service providers to connect with non-traditional partners like Friendship Centres to build long-lasting and productive relationships grounded in community. This plan recognizes the challenges faced by a diverse and often marginalized population and points the way toward a future where Indigenous people can thrive in the urban context.

The Indigenous population is diverse and dynamic, with wide-ranging challenges and needs that span demographic boundaries. While it is difficult to meet the individual needs of each member of the community, this plan focuses on the most common themes identified by participants and speaks to priority areas where change is most needed. By starting with fundamentals of access to and engagement in resources needed by the community, this Plan suggests that if the needs of those most challenged to success are met, opportunities for all community members will increase.

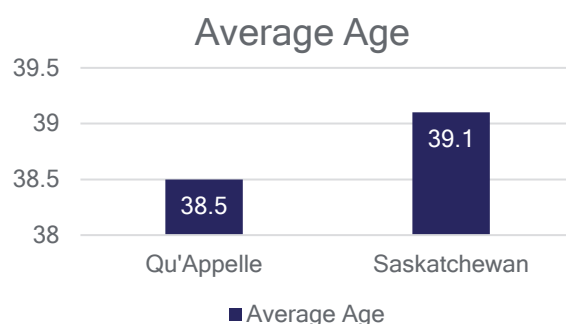
3. Qu'Appelle Valley Context

The term “urban Aboriginal people” refers to primarily to First Nations, Metis, and Inuit residing off reserve, Inuit territory, and metis homeland areas. While National Household Survey data describes the self-identified Aboriginal population, it has been suggested that this requirement for self-identification, coupled with the diverse backgrounds and rate of mobility among Aboriginal people may result in the under-estimation of the actual number of Aboriginal people who reside in these communities across Saskatchewan. This section is presented for context to understand the characteristics of the Aboriginal population in the Qu'Appelle Valley area.

Qu'Appelle Valley is in the Southern region of Saskatchewan, with a population of 639 with 90 being Aboriginal. The Qu'Appelle Valley Friendship Centres service population is made up of 731 clients identifying as Aboriginal in the 2018-2019 fiscal year.



As in many communities throughout the country, Qu'Appelle Valley Indigenous population is increasing. The tables above show the increase between 2006 and 2016 based on data from Statistics Canada. On average, Qu'Appelle Valley Aboriginal population is younger than the province. The average age in Qu'Appelle Valley is 38.5¹ while the provincial average age is 39.1² a difference of 0.6.



4. Planning Process

This Plan is the result of a collaborative effort between the Aboriginal Friendship Centres of Saskatchewan, its member Friendship Centres and includes data obtained through the engagement processes from the province wide infrastructure study completed by Stantec and Praxis, the Indigenous Women's Economic Framework, and the CIIF engagement process. These engagements welcomed community, volunteers, employees and the collective leadership in the Friendship Centre and broader community leadership.

¹ Statistics Canada. 2018. Qu'Appelle, T [Census subdivision], Saskatchewan (table). *Aboriginal Population Profile*. 2016 Census. Statistics Canada Catalogue no. 98-510-X2016001. Ottawa. Released July 18, 2018. (Census Profile, 2016 Census Saskatchewan [Province] and Canada [Country], 2019)²

Participants engaged in a series of conversations about what the currently community looks like, the needs associated with this ecosystem and how to ensure the broader success of Indigenous communities as well as what the future looks like for them, and the paths that are possible to reach what community successes have been identified. Detailed notes were taken, which were subsequently synthesized and analyzed to support content development for this Plan.

Process Goals

Participants in Qu'Appelle Valley engaged in three main conversations, with the goal of drafting the main components of the Community Strategic Plan by the end of the processes which included what the future vision was for the needs being met by a plan moving forward, the programmatic opportunities in the community of Qu'Appelle Valley and both challenges and changes required to meet some of these opportunities moving forward³

Future work in this area and implementation will build on this process by included other data collected during future engagement sessions prior to February and March 2020.

Unified Approach

A single, unified vision for the province of Saskatchewan allows for each of the ten communities to engage with and respond to this work within their own context. A single process recognizes the interconnectedness of the province and encourages member Friendship Centres to engage with one another and with external stakeholders beyond the context of their own community, to develop partnerships and build the capacity needed to realize a common future. The result will be a clear and bold expression of urban Indigenous people engaging and succeeding at all levels.

Urban Indigenous People in Saskatchewan are:

Represented and **accepted** as important, wise, and integral to the success of the province of Saskatchewan and its future. Urban Indigenous people are important **decision-makers** and the future of Canada's economy and **Friendship Centres** seen as important supporters and advocates for all urban Indigenous people and as places to **discover and develop** their skills for life and **future opportunities**.

³ Infrastructure Engagement Sessions held in 2020 in Qu'Appelle Valley

Vision:

A Centre that has programs that meet the needs of seniors, youth, those who require shelter, mental health support, healing and grieving supports and those who need support with domestic violence. All these needs can be provided while at the same time continuing the history of the Friendship Centre creating progressive positive change in Qu'Appelle Valley.

5. Barriers and Opportunities

Exploring the barriers and opportunities for members of the Indigenous community in Qu'Appelle Valley that is supported by the Friendship Centres programs and Services means understanding the challenges and possibilities that exist today and into the future. In order to move forward, a strong understanding of the present-day circumstances is essential.

The barriers and opportunities that workshop participants identified for the urban Indigenous population in Qu'Appelle Valley are summarized below.

Program Opportunities

- Supportive housing for youth
- Affordable housing for young single people and large families
- Transportation to help people get around the community
- Emergency shelter for men
- Youth Recreation - a field house to use all year long

Barriers

- Office space - There is limited workspace as staff grow leading to multiple individuals in offices.
- Funding - The Center desires a more structured and stable funding stream from the government. The instability and uncertainty of funding for programs leads to loss of competent staff at the end of the fiscal year.
- Wheelchair accessibility
- Security cameras

Success

In relation to participant conversations around what makes the Friendship Centre successful the follow was noted across the different areas of the Friendship Centre in Qu'Appelle Valley.

Leadership

The executive team of the Center provides clear direction to the staff.

Staff

In several conversations, the success of the Center was attributed to the passion and quality of staff members.

Community Involvement

The Friendship Center is well recognized in the community for its contributions in helping the underprivileged and unsheltered.

Partnerships

In providing its programs, the Center has built strong strategic partnerships across the city.

Open Door Policy

The programs and services of the Center is open to anyone in the community and the clients feel welcomed and accepted.

Programs

The programs offered by the center makes a difference in the lives of the clients.

Hub

The wrap around services offered at the center through other agencies.

6. Needs and Gaps

The Qu'Appelle Valley Community plan will provide a simple guide that can help the organization and the AFCS focus its efforts on meeting current and future needs in the community and also help orient organizations in areas of common interest with other member Friendship Centres to help elevate the voices and leverage individual resources to focus energy where it is needed to move communities forward. It will guide the decisions around which resources the Friendship Centre will put energy into obtaining and also which programs and services to work on developing over time. The next stage of this process will be for the Friendship Centre to prioritize which needs need to be met at which time.

It will help the Aboriginal Friendship Centres of Saskatchewan position the collective membership as all Friendship Centres and the National Association of Friendship Centres begin work on program renewal to ensure provincial interests are considered during the development of a new multi-year funding agreement.

By ensuring a strategic position is obtained before moving forward, Qu'Appelle Valley can ensure that the main and most serious needs in the community are met as it begins to focus its energy on solutions of the following needs and gaps recognized in the community.

Gaps

- Long term youth funding that is consistent
- Social economy
- Overall larger space
- Supported transitional housing

Community Needs

- Affordable childcare
- Parenting programs
- Homelessness
- Youth recreation
- Crime prevention program for people older than 18.
- Mental Health Wellness and Addictions support
- Adult education

Space Needs

- Larger crime prevention office
- Counselling office
- More security Cameras
- Visibility into offices
- Janitor /cleaning supplies room
- More Washrooms
- Wheelchair accessibility
- Program rooms
- Convert basketball court to fieldhouse
- More storage spaces
- Walk in coolers
- Larger kitchen and cold storage

- Expansion of the fitness room
- Housing unit - Rooming house
- Breakout rooms structured in a manner that is comfortable and less institutional to hold meetings with clients
- Urban sweat lodge
- Better ventilation in offices
- Cultural room
- Daycare

8. Priorities

This Community Plan is rooted in the idea that governments and service providers can and need to come together to work with the Qu'Appelle Valley urban Indigenous community to work toward the outcomes it wishes to see. The priorities in this plan are structured broadly with a broad understanding of what is currently happening and what needs to happen in the future using a holistic approach to address the needs of the urban Indigenous community.

Friendship Center Two Main Priorities

1. Housing
2. Overall Space need for Friendship Centre programming

While this list is not exhaustive, it is broad enough that by focusing on a smaller number of themes, there will be an opportunity for the Friendship Centre to use its limited energy to work towards building capacity that meets areas which will help it future meet the needs of the community as outlined in community discussions.

It is with the spirit of community wellness, collaboration and action that will help ensure the success of the development of an implementation plan that can help piece together the broader needs picture and path towards a provincial effort to best serve some of the most in need individuals across Saskatchewan.

Indigenous Women Priorities

In cross referencing community voice with the Indigenous Women's Economic Framework, Indigenous women voiced their concerns and would like to see the following barriers targeted:

1. Safety and security for Indigenous women and families
2. Racism and discrimination
3. Lack of safe and adequate transportation
4. Lack of childcare options

5. Negative and dismissive attitudes of Indigenous people, especially women and LGBTQ2S+

In addition to the targeted barriers, Indigenous women and their families would like to continue to develop life skills and empower Indigenous women through learning about safety, and ways to defend yourself from different types of attackers: emotional, physical, mental, sexual, lateral, generational, etc.