

May 12, 2021



# Planning for Wellbeing: Developing a Community Led Plan





# Agenda & Presenters

## Topic

Intros and welcoming comments

Indigenous planning and CCP

Deeper dive into health and wellness planning

FNHA toolkit

Q&A

First Nations Well Being Fund

Q&A

Closing comments

## Presenter

Cara Basil

Jessie Hemphill

Cara Basil

Jessica Hill

Bernice Timmer



# Today's Presenters



**Cara Basil**

Master's Student, University  
of British Columbia (UBC)

Secwepemc



**Jessie Hemphill**

Senior Planner & Partner,  
Alderhill Planning

Gwa'sala-'Nakwaxda'xw  
Nations



**Jessica Hill**

First Nations Health  
Authority (FNHA)

Six Nations of the Grand River



**Bernice Timmer**

First Nations Public Service  
Secretariat (FNPSS)



1.  
Indigenous  
Planning  
& CCP



*Indigenous planning is as much an ethic and philosophy as it is a planning framework with a set of approaches and methods. It is highly collaborative but with an unambiguous focus on Indigenous peoples' self determination.*

*- Hirini Matunga*

*(in "Reclaiming Indigenous Planning" 2013)*





We have always been planners  
*and each community has our own culture of planning*



# Comprehensive Community Planning (CCP)



CCP = **Holistic, long-range plan for a community created by the community itself.**

Usually includes a **long-term vision, set of goals and objectives that cover EVERYTHING** but not in detail

**Values-driven planning** → empower staff to put their technical skills to work!



The diagram features a large teal circle on the left containing the text 'Ecosystem of Planning'. A large yellow arrow points downwards from a target icon at the top center. The target icon is a circular graphic with concentric circles and arrows pointing inward. To the right of the arrow is a list of four planning levels. The bottom right corner is decorated with several overlapping circles in teal, red, and orange, containing icons of puzzle pieces and a thumbs-up gesture.

## Ecosystem of Planning

- **CCP** - long-range, high level, community expression of VALUES and CULTURE
- **Strategic Plan** - mid-range, leadership expression of PRIORITIES
- **Departmental/Topic-Specific Plan (e.g. Health Plan)** - short to long term, focuses on one area, includes technical detail (WHAT exactly do we need to do?)
- **Operational/ Work Plans** - short term, nitty-gritty of implementation (HOW are we going to do it?)





[www.comprehensivecommunityplanning.org](http://www.comprehensivecommunityplanning.org)

Lots of resources, sample CCPs and info about events

[ISC: CCP Handbook](#)

ISC: CCP Mentorship Program

Facebook Group: Comprehensive Community Planning

Annual BC CCP Workshop

Watch website for dates - usually in October





2.  
Health &  
Wellness  
Planning

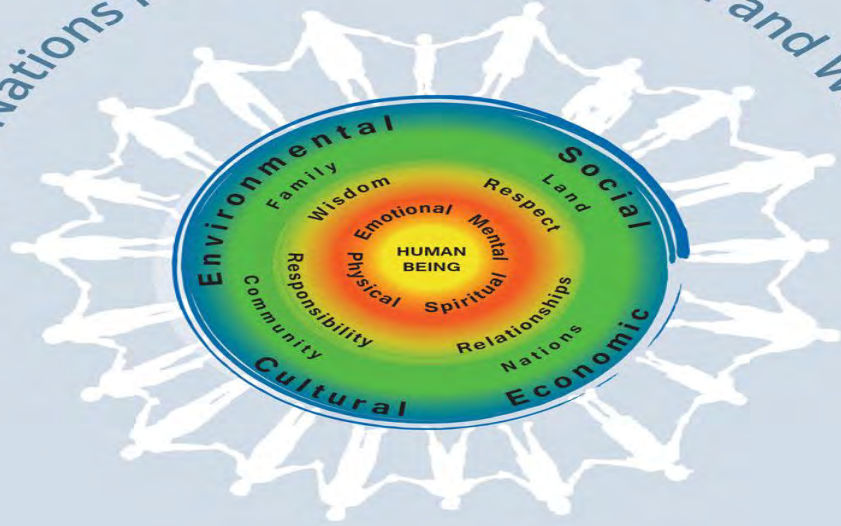


*“First Nations already have all that is  
needed for Wellness”*

- John Gallagher (2018)

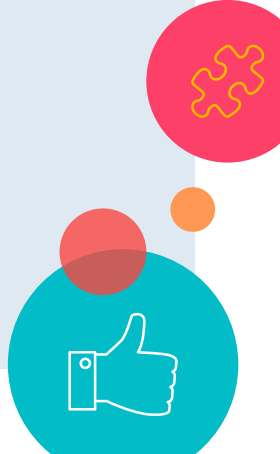


# First Nations Perspective on Health and Wellness



First Nations Health Authority  
Health through wellness

[www.fnha.ca](http://www.fnha.ca)



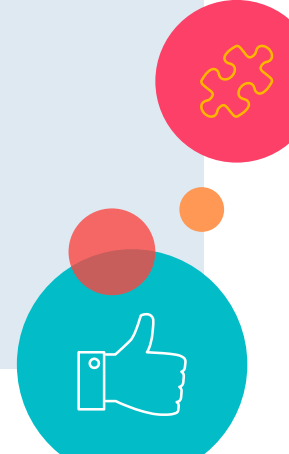
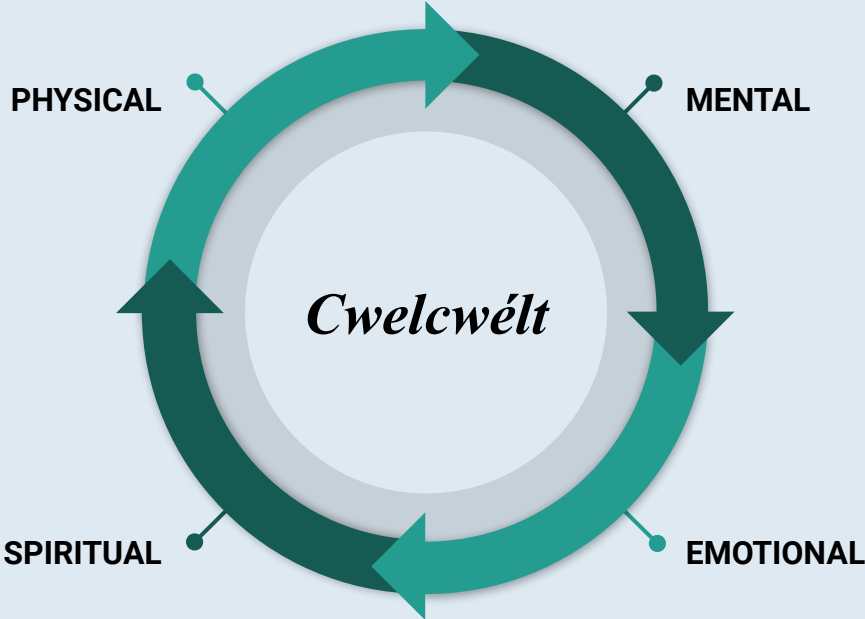
## Strength-Based Approach

Historical research on Indigenous peoples has been harmful and **deficit-based**, especially health research.

What is a strength-based approach?

- Recognizing autonomy and self-determination of Indigenous peoples
- Focusing on positive attributes
- Grounding the work in a community or Nation's worldviews, laws, and practices

# Language and Holistic Engagement



*Weaving ceremony throughout our wellness planning*



Reciprocity

Respect

Ceremony

Recognition





3.  
FNHA Toolkit  
& Funding





4.  
First Nations  
Well Being Fund



Thanks!

Any questions?

