

Indigenous Women of the Wabanaki
Territories

Youth Representative Report

2022



Prepared by: Mariah Deleavey,
Youth Representative

Board of Directors

- Attended board meetings, special meetings, and conferences.
- Attended IWWT ceremonies and events
- Volunteered to be on the Hiring committee when needed.
- Briefly held secretary position.
- Reviewed and suggested edits for the Constitution and Bylaws.
- Always tried to make decision that is the best interest of our Indigenous woman and 2 spirit folk.

A big project involves overseeing a lot of moving parts, oftentimes from different people.

Youth Representative

- Volunteered over 30 hours assisting in the Suicide Prevention and Youth Mental Health Services Review,
- and over 25 hours with the Our communities Our Voices Program.
- Prepared and hosted a fundraiser BBQ that brought over \$500.00 for indigenous youth.
- Applied for a small grant, gathered resources and supplies to host a wellness workshop for Indigenous youth and their families during COVID.

March. 5th 2021 - Septemer.14 2021

Suicide Prevention and Youth Mental Health Services Review

On March 5, 2021, the Child and Youth Advocate announced a formal Review into Suicide Prevention and Youth Mental Health Services in New Brunswick.

The review was a broad scope review into how young people in New Brunswick are experiencing access to youth mental health services and suicide prevention and intervention services and also how their families are supported in relation to these services and social and health care needs.

The Advocate released A Matter of Life and Death: Interim report and recommendations from the Child and Youth Advocate's Youth Suicide Prevention and Mental Health Services Review in spring 2021 and

The Best We Have To Offer: Final Report of the Youth Suicide Prevention and Mental Health Services Review was released in July 2021 which included the No Child Left Behind - The First Nation Advisory Council Report to the New Brunswick Child and Youth Advocate. The report includes 13 calls to action aimed at addressing challenges faced by Indigenous children and youth and shortcomings in the provision of mental health services.

The report also supports the advocate's call for a more comprehensive review to identify gaps in mental health services for Indigenous youth.

The 57-page report outlined the importance of traditional healing and the importance of cultural sense of belonging to mental health, and asked for the indigenous languages to be formally recognized by the province. I had the opportunity to hold space on two of three of the advisory boards as well as conducting a community engagement session for indigenous youth to amplify the voices of indigenous youth in the province.

**All reports can be found online at
Children and Youth – NB Child and
Youth Advocate (cyanb.ca) and there are
paper copies here for those interested.**

August 2021

Fundraiser

In my role as a youth representative for the Indigenous women of the Wabanaki Territories I seen the need for youth inclusion/youth council.

Indigenous youth need safe spaces to discuss topics that are important to them and their communities, by creating a youth council I feel more youth can be involved and have impact with issues that affect them and their families.

In August 2021 My family and I attended Tobique powwow as a food vendor to raise money to help establish a youth council. It was a two day event that raised over \$500.00 that was donated to the Indigenous Women of the Wabanaki territories to be used for youth.



September.22 2021 - January.16 2022

Medicine Pouch wellness workshop

Medicine Pouch Wellness Workshop for Youth brought to you by the Indigenous Women of the Wananaki Territories and We Matter Campaign. IW/WT staff and volunteers created and posted advertisements to promote the project and recruit participants. Participants were allotted time to register to receive their kits and zoom invitation for the workshop.

Kits provided the leather pattern (precut and punched), lacing, the four sacred medicines and instructions (video of pouch assembly was

posted to IW/WT website and Facebook page).

The zoom workshop started off with an opening prayer and traditional medicine teachings from Elder Alma Brooks. While a demonstration of assembly of pouch took place, participants were encouraged to chat, ask questions and connect while pouches were completed. Participants were asked to send picture to be entered for a wellness gift. Participants were pleased this workshop for youth and were interested in seeing similar workshops.

There were 175 registered participants.



October.6 2021 - April.24 2022

Our communities Our Voices Program

The 'Our Communities, Our Voices' (OCOV) program was created to engage young Indigenous leaders to share stories, knowledge, and perspectives from their own Communities using the Sustainable Development Goals (SDGs) as a framework for discussion. This team of Indigenous women and Two Spirit folks gained skills, knowledge, and support-systems to be advocates for their communities, and issues that matter to them. Using two-eyed seeing nine young leaders worked as a team understand their role in Agenda 2030, engage their communities in the SDGs and amplify Indigenous voices in global SDG work. The Our Communities Our Voices program was implemented by the Atlantic Council for International Cooperation in partnership with the Government of Canada's Sustainable Development Goals (SDG) Funding Program.

Through a series of workshops and discussions, the OCOV team identified six SDGs that are most important to their communities: #1 No Poverty, #3 Good Health and Well-Being, #4 Quality Education, #5 Gender Equality, #6 Clean Water and Sanitation and #13 Climate Action.

PRIORITY SDG: SDG 4 – Ensure inclusive and equitable quality education and promote lifelong opportunities for all. Quality Education was recognized as the priority SDG the team wanted to address together. Participants identified a need to reimagine what a quality education looked like and to improve access to community-led educational opportunities. They felt the key to impacting all six of their target SDGs was to improve community knowledge and youth-led educational opportunities around these topics.

- MISSION: To educate and empower Indigenous youth and their allies to be active global citizens
- VISION: Indigenous youth have access to knowledge, resources, and support systems to address local and global issues that matter to them.
- THEME: "Indigenous Sovereignty through Quality Education" | Self-Determined Solutions, Engaging Indigenous Peers, Redefining "Quality" Education

More information about this program and the work that was done can be found online at ACIC website under Program | Our Communities, Our Voices — ACIC-CACI

Woliwon, Wela'lin, Thank you!

It was an honor to have the opportunity to amplify the voice of indigenous youth during my term. I am confident that I handled every decision I made as a board member and Youth Representative to the best of my ability. Thank you for having trust and faith in me to do the best as I can to bring this organization our indigenous communities together. I look forward to seeing another strong indigenous youth hold this position!




VIRTUAL EVENT | REGISTER NOW

**For Communities, Our Voices;
Indigenous Youth
Perspective on the Sustainable
Development Goals.**

**TUESDAY, APRIL 24, 2022
2:00pm - 4:00pm (ADT)**

Register, visit: acic-caci.org/ocov





Are you an Indigenous youth concerned about youth suicide prevention and mental health services?

We want to hear your voice!

Participate in the New Brunswick Child and Youth Advocate's Review on Youth Suicide Prevention and Mental Health Services

On March 5, 2021, the Child and Youth Advocate announced a formal Review into Youth Suicide Prevention and Mental Health Services in New Brunswick Stemming from the recent death of Lexi Daken in Fredericton. Lexi was 16 years old. The review will look at what happened in Lexi's situation, and how suicide prevention and mental health services are working for youth and their families. The final report with recommendations to improve mental health services for youth will be released in July 2021.

It's important for Indigenous youth to share your experiences and views

How to participate:

- **Indigenous Youth Virtual Session: Thursday, June 24 from 4.30 p.m. to 6.30 p.m.** Share your views with the First Nation Advisory Council and the Child and Youth Advocate's Office Register for the session by emailing Mariah Deleavey at mariahlynn_deleavey@hotmail.com
- **Share Your Story:** online submissions up to 1000 words: <https://www.cyanb.ca/share-your-story>
- **Other forms of expressions:** photography, video (Tik Tok), poems, songs, paintings or any other artistic expressions of your choice: <https://www.cyanb.ca/other-means-of-expression>

If you are feeling distressed, mental health support is available from:

- Your First Nation health centre
- Kids Help Phone: Text 686868; Call 1-800-668-6868; or <https://kidshelpline.ca/>
- <https://youthspace.ca/> - online chat; Text 778-783-0177 10pm - 4am Atlantic time
- Hope for Wellness 24-hr helpline for Indigenous people: 1-855-242-3310 or <https://www.hopeforwellness.ca/> (online chat)
- Eldersong Crisis Centre Helpline: 1-506-523-8260 or toll free: 1-855-523-8260
- CHIMO Helpline: 1-800-667-5005

