

**Policy Title:** Health & Wellness Programs & Services

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**Policy Statement:**

The TCSA recognizes that health is not just the absence of sickness. According to the World Health Organization (WHO), it is state of complete physical, mental and social well-being that is socially and economically productive.

For more than decade the TCSA and its predecessor, the Dogrib Community Services Board, have been developing a comprehensive, integrated model of health/ wellness, education and family and child services that corresponds to the WHO definition of health. This requires a shift from a traditional medical model to a more comprehensive wellness model; which, in turn, requires a changes in the ways clients and caregivers think about services and the in the way we organize and deliver them.

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**Purpose:**

The purpose of this policy is to have healthy individuals, in healthy families, in healthy communities, living on healthy Tlicho lands.

*Guidelines*

We will:

- Work to reduce the dependency on the medical profession by building capacity within individuals and families to assume responsibility for their own health and well-being and to make healthy life-style choices.
  - Deal with the whole person or family—and not just with the “presenting problem.”
  - Ensure that, as much as possible, services are provided in the Tlicho language and are culturally relevant.
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- Whenever possible bring the services to individuals and families in a integrated manner—rather than referring them to individual services.
- Recognize that most of the serious wellness-related problems in the community —alcohol and drug addictions, STIs, smoking, some cancers, diabetes, family breakdown—are, to a large extent, preventable. We will place an emphasis on prevention and achieve a service balance between treatment and prevention.
- Develop a continuum of care that: links services together, reduces gaps in services, adjusts to the changing situation of clients and improves efficiency.
- Help the community to mobilize itself to deal with community wide problems on a community wide basis.
- Work to ensure a healthy environment within Tlicho communities and lands.

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### **Procedures:**

1. Explain the Tlicho Model of Services to Tlicho residents on a regular basis to help them understand the requirement to assume personal responsibility for their own health and social well-being;
2. Develop an MOU with the GNWT to coordinate policy and systems development (finance, management information, and human resources) for the Tlicho Model;
3. Develop a policies and protocols handbook for staff to guide the delivery of integrated services;
4. Provide a regular orientation and training systems on service integration for TCSA staff;
5. Develop a net work of community caregivers linking the communities in the region.

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### **Authorities:**

TCSA Act 13; Hospital Insurance & Health and Social Services Administration Act, 10(10), 13(1)

**Approval Dates:** 1<sup>st</sup> Reading:  
2<sup>nd</sup> Reading:  
3<sup>rd</sup> Reading/ Approval:

Chairperson: \_\_\_\_\_

CEO: \_\_\_\_\_

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