

ACR Aboriginal Programs Project Program Template

Program Area:	4.0	Community Relations
Sub Program:	4.2	Building and Sustaining Positive Community Relationships
Template:	4.2.4	Community Wellness Certificate Program
Sponsor(s)	<i>Keyano College, Nechi Institute</i>	

Objective

One year certificate Program provides a holistic alternative to mainstream human services education training programs for community wellness workers by incorporating Aboriginal methods of helping. The curriculum is culturally relevant with practical solutions for meeting the needs for qualified community wellness workers.

Description

This program prepares human service practitioners to work in a culturally sensitive manner with the Aboriginal population, the general population and with other minority groups. The blending of academic knowledge and Aboriginal values and beliefs add to the uniqueness of this human service program.

The Community Wellness one-year Certificate Program addresses the concerns of First Nations, Metis and Urban Natives. All courses emphasize the influence that family, education, health and culture have on community development.

Course Descriptions

Health Promotions

This course examines current Canadian health promotion models. Resiliency theory, health determinants and health promotion strategies and frameworks are introduced and discussed. Students are challenged to study, integrate and evaluate a health promotions model during the course. Students will work in small groups and will be introduced to activities that will enhance their group performance as they work on their group assignments.

Communicate Effectively

This course concentrates on the principles and skills of effective communication. Effective communication includes useful skills in speaking and listening. Methods and styles of conflict resolution will also be examined. Role playing will be used to practice both communication and conflict resolution skills.

Professional Development

This course examines professional development from a personal perspective. Students will

examine their own values and principles related to work and the impact these values have on a community wellness worker. Stress, burnout, and work addiction are some of the topics that will be examined. Students complete the course with their own personal mission statement regarding their personal and professional development.

Child Development

This course examines the developmental cycle of the healthy child from prenatal to adolescence and its relevance to community wellness work. Traditional views of child development will be presented and discussed. Students will study both the protective and risk factors for children and utilize this information in developing community wellness and health promotion strategies.

Working with Family and Community

This course examines the family from a variety of perspectives including: family systems theory, stages of family development. Stages of marriage, genograms, family communication patterns, and other models of family development. This theoretical information is balanced with opportunities for participants to reflect on their own self and families through guided activities. Students also examine ways of integrating family work and community wellness work.

Developing Community Resources

The first part of this course examines how history has shaped the lives of Aboriginal Peoples in North America. Spiritual and cultural beliefs and practices are also discussed. The second part of the course examines ways of healing Aboriginal communities by reflecting upon their strengths, needs, and vision of a healthy future. Different methods of analysis are used to develop a greater understanding of community needs. Proper protocol for entering and working in Aboriginal communities is also discussed.

Program Development

This course focuses on developing and enhancing. Skills in order to become more effective community workers. Assessing community history, strategic planning, and effective program planning are some of the topics discussed. Participants will learn how to assess community needs and strengths, gather information, and develop programs that meet community needs.

Program Integration I

This course examines methods of planning effective programs and workshops in the community. Students will be introduced to different areas of program development including: preparing, designing, and delivering a workshop or presentation. Students work together in small groups to prepare and deliver a presentation related to community wellness programs for children between the ages of 0-10 years.

Program Integration II

This course examines the dynamics of change and how to work constructively with change in a community. Students will be introduced to ways of facilitating a community vision. Students will have the opportunity to develop small group presentations that focus on community wellness programs for youth from 11-17 years.

Community Integration

This course focuses on developing additional skills and enhancing existing ones in order to become a more effective wellness worker. Course highlights include the following: a ten step community consulting process, methods of strategic role planning for the wellness worker, and a self assessment form and guide toward becoming a more effective worker. There are specific activities in the course that are designed to improve team work, problem analysis and solutions, and resolving conflicts.

Implementation

The Community Wellness Worker Certificate Program minimum entrance requirements include:

- Alberta High School Diploma or equivalent, with a minimum 50% in English 30 or English 30-1 or 60% in English 33 or English 30-2.
- Program Admission Interview - includes a personal statement, employment/work history, and volunteer experience
- Students are required to abstain from the use of alcohol and illicit drugs for the duration of the program. Failure to maintain abstinence may result in suspension or termination from the course or program.

Timeframe for Results

The CWW program is designed as a one year certificate program (10 months).

Measurable Criteria

The program will be measured by the following criteria:

- Graduates of this program will be able to fill employment opportunities with First Nations agencies and provincially funded agencies.
- The majority of students will be offered full time employment if they are not already gainfully employed in the field.

Budget

Certificate Program:

Tuition:	\$4,989.00
Books:	\$325.00
Total:	\$5,314.00

Nechi Institute charges a facility fee directly to the students that Keyano College does not oversee. The facility fee is \$240.00 a week X 10 weeks=\$2400.00.

Partners and Sponsors

The Community Wellness program started in 1996, in partnership with Nechi Institute. (Nechi Institute has not run the Program for 2 consecutive years.) It is expected Nechi Institute in St. Alberta, will resume the program starting in January 2006.

A program to train NWT federal employees, funded through the Government of the NWT, is in its second year in Yellowknife. Over 20 students graduated this past 2005 academic year.

Experience with the Program

The majority of students are gainfully employed in the field as a result of their educational achievements within the program. Several of the students that have successfully completed this program have continued with their education in the Aboriginal Addictions Services Diploma.

General Applicability

This program will be of interest to companies/organizations wanting to provide human resource support, through Community Wellness workers, to employees and their families. This program will improve retention.

Additional Information or Support

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