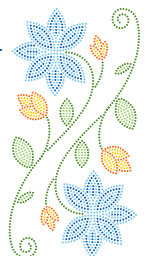




Wellness Through Our Lands (WTOL) Program

Miyooayaan Aansaamb (Wellness Together)





Wellness Through Our Lands (WTOL) Program

Miyooayaan Aansaamb (Wellness Together)

Tanisi,

We at the Métis Nation–Saskatchewan (MN-S) – Ministry of Health are pleased to announce and introduce the Wellness Through Our Lands (WTOL) Program - *Miyooayaan Aansaamb* (Wellness Together). The purpose of this project is to ensure access to ongoing culturally appropriate, trauma-informed community-based healing and wellness services for Métis Citizens and the communities.

- The program is open to provide cultural support for Métis Elders, youth, 2SLGBTQIA+ and other citizens with experience to Intergenerational Trauma.
- We will provide opportunities for Métis citizens and their communities to develop and organize land-based healing activities that support the mental health well-being of individuals affected by Intergenerational Trauma.

Overview:

- The “Wellness Through our Lands - *Miyooayaan Aansaamb* (Wellness Together)” program provides funding to Métis Locals to provide land-based healing activities aimed to improve Mental Health and Well-being for our Métis citizens within their home community.
- The allocation of funds is determined by the number of registered Metis citizens residing within the boundaries of each region. Funding is available for local applications that meet the criteria for land-based event(s) in the boundaries of each Region. **It is recommended for Locals to work together** and submit joint applications to maximize funding for land-based programming.
- The distribution of funds based on population ensures that urban centers and urban locals in the Regions and communities that have the largest Metis population receive sufficient funding to organize meaningful WTOL programming for their communities.
- We have allocated a portion of the budget to account for higher program delivery costs in rural and northern communities. In cases where the per capita funding allocation based on population is insufficient for Regions with a funding total below \$31,000, the local applicants may access a funding pool of \$60,000. Access to the additional funding pool will be determined by the local applicants’ greater need, such as higher program delivery costs and/or collaborative efforts through joint applications.
- To optimize funding, it is advised that locals consider collaborating with other locals within their regional boundaries to apply collectively.
- Locals must be recognized by the Métis Nation-Saskatchewan Legislative Assembly and be in good standing. Locals must also have a bank account to receive the funds.
- Locals that do not have a bank account will be offered support in the process of opening an account or the option to enter a tri-party agreement with the regional director to distribute funds through the regional account.



Wellness Through Our Lands (WTOL) Program

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- Events will focus on eligible land-based activities that bring Métis Elders and Youth together in the communities.
- Local population of registered citizens will be taken into consideration during the approval process of funding.
- All funds must be expended by **March 31, 2025**

POPULATION BASED FUNDS

Region	Registered Citizens	% of Total Registered Citizens	Population Based Amount
NR1	382	1.33	5,586.00
NR2	1143	3.97	16,674.00
NR3	1493	5.18	21,756.00
WR1	1982	6.88	28,896.00
WR1A	2081	7.23	30,366.00
WR2	6389	22.18	93,156.00
WR2A	7791	27.05	113,610.00
WR3	4349	15.1	63,420.00
ER1	271	0.94	3,948.00
ER2	1012	3.51	14,742.00
ER2A	625	2.17	9,114.00
ER3	1283	4.00	16,800.00

- The MN-S “Wellness Through Our Lands (WTOL) Program - *Miyooayaan Aansaamb (Wellness Together)*” grants **can be*** used to develop outdoor infrastructure to host land-based cultural events in the future, as well as support the purchase of equipment, operational staff, food, and other materials required to run activities. **(*subject to approval)**
- Successful Locals that apply for funding will be selected by a pre-determined community review board.
- We have created a list of **culturally appropriate activities**. Please see the attached document to follow from.

We understand that each Region will have specific teachings and knowledge.

- If there are no land-based facilitators available to implement programming, our team is prepared to offer assistance in land-based programming facilitation. We are willing to come on-site to support the facilitation of land-based programming, provide training to individuals from your area, or connect you with experienced facilitators who specialize in leading successful camps.



Wellness Through Our Lands (WTOL) Program *Miyooayaan Aansaamb (Wellness Together)*

Program Criteria

- Must be a recognized local within one of the twelve Métis Nation–Saskatchewan Regions.
- Applicants must have a bank account, or the Region can manage the funds for the approved local.
- Applicants must have proper requirements to show that funding is being used properly.
- Programming must support Métis Elders, youth, 2SLGBTQIA+ and other citizens.

Dates for first year of funding

Applications Open	February 12, 2024
Applications Close	May 31, 2024
Funding Period	June 28, 2024 - March 31, 2025
Final Budget Submission	To be submitted by March 31, 2025

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Wellness Through Our Lands (WTOL) Program ***Miyooayaan Aansaamb (Wellness Together)***

About the Wellness Through Our Lands (WTOL) Program ***Miyooayaan Aansaamb (Wellness Together)***

For generations, Indigenous people have nurtured their relationships to community, culture, language, and the land through land-based education. Unfortunately, these relationships were severed as a result of the forced implementation of Indian Residential Schools and colonial policies. Recognizing the need to mend these connections, we have developed the Wellness Through Our Lands (WTOL) Program – *Miyooayaan Aansaamb* (Wellness Together). We firmly believe that land-based learning is vital to restoring these relationships and that the transfer of knowledge from Elders to youth is essential for reclaiming and preservation of culture and language. To support the healing and well-being of Métis Elders, youth, 2SLGBTQIA+ individuals, and others affected by Intergenerational Trauma, it is imperative to provide trauma-informed and culturally-appropriate healing and wellness services.

Through Métis Nation–Saskatchewan Health Department, we are offering a new program named Wellness Through Our Lands (WTOL) Program - *Miyooayaan Aansaamb* (Wellness Together). The purpose of this project is to ensure access to ongoing culturally appropriate, trauma-informed community-based healing and wellness services for Métis Citizens and the communities.

The program is open to provide cultural support for Métis Elders, youth, 2SLGBTQIA+ and other citizens with experience to Intergenerational Trauma. We will provide opportunities for Métis citizens and their communities to develop and organize land-based healing activities that support the mental health well-being of individuals affected by Intergenerational Trauma. There is also support in place for community led peer-support circles with separate funding available.

WTOL Objectives

- Wellness Through Our Lands (WTOL) Program - *Miyooayaan Aansaamb* (Wellness Together) will provide MN-S Locals with funding to facilitate camps and programming through land-based camps, sessions, etc... to help communities, Elders, and youth through trauma informed community-based programming.
- To support Locals with developing land-based healing programs.
- Assist in training facilitators for camps and programming.
- Provide incentives to community volunteers to lead peer support circles and offer supplies and mental health support to host circles.
- Provide recognized Locals and citizens with community focused, peer led support circles.



Wellness Through Our Lands (WTOL) Program *Miyooayaan Aansaamb* (Wellness Together)

Application Deadline

Wellness Through Our Lands (WTOL) Program - *Miyooayaan Aansaamb* (Wellness Together) Grant applications will be accepted through **February 12, 2024, to May 31, 2024.**

Application Eligibility

The Wellness Through Our Lands (WTOL) Program - *Miyooayaan Aansaamb* (Wellness Together) Grant is for Métis Locals in Saskatchewan. Locals must be recognized by the Métis Nation-Saskatchewan Legislative Assembly and be in good standing. Locals must not have any outstanding grant reports due to MN-S. New applications will not be considered until the outstanding grant is reconciled.

Métis Locals will need to submit the following:

- A completed project application form – See WTOL Application Form.
- A project plan that focuses on Métis cultural activities for mental-wellness and healing – See WTOL Planning Template.
- A motion from the Métis local(s) supporting the application.
- A Local bank account (no personal accounts). Métis Locals that do not have a bank account are encouraged to open an account or have the option to request a tri-party agreement with the Region to receive funds through the Regional account.
- Only one application per local.

Project Criteria

Applications will be assessed based on the following criteria:

- Do the activities focus on Métis land-based healing activities?
- Will activities or events engage with Métis youth, Elders, and families in the community?
- Is there potential to build greater understanding of Métis culture and mental wellness within the broader community?
- Is the budget reasonable and demonstrates a responsible use of resources?
- Have all the required documents been submitted: application form, motion, signatures, project plan with timelines, budget, and measurement plan – See WTOL Planning Template.
- Is the Local recognized by and in good standing with the Métis Nation Legislative Assembly?



Wellness Through Our Lands (WTOL) Program

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It is the project coordinator's responsibility to plan all work to ensure work is completed consistent with their project plans.

Eligible Expenses

Eligible expenditures are those considered necessary to support the purpose of the funding. Eligible expenditures can include the following:

- Honorarium and contract agreements for Métis cultural resource people who are offering their skills and expertise. Elder and Knowledge/Language Keeper honoraria.
- Venue rental
- Travel expenses for program participants. This could include gas, rental of vehicles or bus transit.
- Printing and communication costs
- Develop outdoor infrastructure to host land-based cultural events in the future (purchase of tipis, trappers' tents, and other approved infrastructure based on approval).
- Support food expenses that are a part of the cultural experience.
- Materials/supplies expenses related to the cultural activity.
- All expenses must fall within the start and end date of the project.

Ineligible Expenses

- Office equipment, furniture, or appliances for general Local operations.
- Machinery or motorized equipment.
- Cash prizes or the purchase of alcohol.
- Contributions of volunteer hours
- Allowances, wages or personal expenses for program registrants and participants
- Office and administration fees including utilities, rent and/or rental of a Métis Locals facilities.

**** It is the responsibility of the Local(s) to ensure proper financial records are being kept as required by the Canada Revenue Agency. Please make sure you keep all your receipts and records in case you are selected for an audit.***



Wellness Through Our Lands (WTOL) Program

Miyooyaana Aansaamb (Wellness Together)

Culturally Appropriate Activities

The Purpose of this project is to ensure access to ongoing culturally appropriate, trauma-informed, community-based healing and wellness services for Métis citizens and the communities.

Our team has compiled a list of culturally appropriate activities and teachings **but is not limited to...**

- **Birch Tree Tapping** (birch water harvesting & syrup making)
- **Maple Tree Tapping** (syrup making)
- **Birch bark baskets & canoe building**
- **Medicine harvesting**
- **Canoeing**
- **Fishing** (rod, speak, snare, net, etc...)
- **Hide tanning** (full leather or raw hide)
- **Drum & rattle making**
- **Tool making** (from bones, antlers, etc...)
- **Spruce root harvesting**
- **Spruce pole harvesting & peeling**
- **Duck & goose harvesting**
- **Basket weaving**
- **Ceremony, protocol teaching**
- **Smoking meat prep and making**
- **Outdoor cooking**
- **Survival skills**
- **Cordage making** (nettle, fireweed, etc...)
- **Birch tree harvesting** (bow making)
- **Harvesting/Hunting Camps**
- **Berry picking**
- **Chainsaw, Hunter Safety courses, etc...**
- **Traditional toboggan build**
- **Dog sledding**
- **Trapping**
- **Snowshoe making & using**
- **Gille net tying**
- **Snowmobile safety courses**
- **Smoking & canning fish**
- **Fish skin tanning**
- **Sewing, beading**
- **Story telling**
- **Ice safety**
- **Healthy lifestyle and mental wellness workshop**
- **Seasonal camps** (spring, summer, fall & winter)



Wellness Through Our Lands (WTOL) Program ***Miyooayaan Aansaamb (Wellness Together)***

Completing your application

Métis Nation–Saskatchewan is offering a limited-time grant, available to MN-S Métis Locals who are recognized by the Métis Nation–Saskatchewan Legislative Assembly and are in good standing. The MN–S Wellness Through Our Lands (WTOL) Program - *Miyooayaan Aansaamb* (Wellness Together) provides funding support for Métis land-based mental-wellness and Intergenerational Trauma programming in communities throughout our Nation. Project activities must be culturally appropriate, trauma informed and community-based to provide Métis cultural learning opportunities. Activities can be designed to meet Local and Regional needs.

How to Apply

1. Plan your project. See: WTOL Planning Template.
2. Draft a budget and project timeline.
3. Determine who will be the project lead and the responsibilities of that role.
4. Get a motion from the local in support of the project.
5. Complete the Application form and submit the application with all supporting documents.

Application Checklist

A completed application form – See WTOL Application Form.

A project description or proposal.

A proposed budget – See WTOL Planning Template.

A motion from the local supporting the project.

EFT form and direct deposit form or void cheque.

What to expect if your application is approved

1. You will be notified of the status of your application once it has been reviewed (approved, denied, or more information needed). It can take up to three weeks to review the application.
2. If your application is approved, you will receive a package via email. This package will include the Service Agreement (to be signed by Local President and Vice President/Treasurer), photo/media release template, WTOL Safety Plan Template, WTOL Participant Survey Template and WTOL Final Report Template.



Wellness Through Our Lands (WTOL) Program *Miyooayaan Aansaamb (Wellness Together)*

3. Once the signed Service Agreement is received, authorization for payment will be sent to the finance department. It can take up to 3 weeks for finance to process the payment.
4. 100% of the total grant awarded will be given at the start of the project.
6. Please inform the WTOL team via email when all project activities have been completed.
8. You will submit the Final Report and Actual Expenses by March 31, 2025.
9. Support is available from the WTOL Program Coordinators and Project Manager with any step in the process by emailing wtol@mns.work
10. Please note, it can take 6-8 weeks after you apply to receive payment through direct deposit or mailed cheque.

Application Review

All applications will be reviewed by Métis Nation–Saskatchewan’s Wellness Through Our Lands (WTOL) Program - *Miyooayaan Aansaamb (Wellness Together)* Project Manager, Director of Health and C.O.O. Métis Locals will receive verification that their application has been reviewed and the status of their application.

Program coordinators will assist Locals with completing applications if necessary.

The WTOL program manager has full discretion to determine applicant eligibility, approve applications, determine eligible funding, and decline incomplete or inaccurate applications.

The funding assessment committee will review the application based upon the following criteria:

- How do the activities focus on Métis cultural programming?
- Will activities or events engage with Métis youth and families in the community?
- Is there potential to build greater understanding of Métis culture and the importance of mental health within the broader community?
- Is the budget reasonable and demonstrates a responsible use of resources?
- Have all the required documents been submitted: application form, motion, signatures, project plan with timelines, budget, and measurement plan
– See WTOL Planning Template?
- Is the Local recognized by and in good standing with the Métis Nation Legislative Assembly?



Wellness Through Our Lands (WTOL) Program

Miyooayaan Aansaamb (Wellness Together)

Evaluation

Locals must submit a Final Report at the end of the project – See WTOL Final Report Template. **The Final Report should include the following information:**

- Demographics (Number of children, Elders, families, etc.).
- Summary of activities/events and success at achieving intended outcomes.
- How the project included Métis culture and trauma-informed care.
- Any partnerships.
- Impact on the community.
- Photos and testimonials/survey from participants.
- Actual Expenses Report

Tips for successful events

- Determine if event leaders or volunteers require a 'Criminal Record/Vulnerable Sector Check.
- Implement a safety plan (i.e., will Mental Health support be present?)
- See WTOL Safety Plan Template
- Determine if additional insurance is required.
- Prior to hosting an event, ensure permissions for photography and videography are signed by participants.
- Contact local media outlets about the event.

Program Guidelines & Administration

The WTOL program is administered by MN–S Department of Health. Métis Nation–Saskatchewan reserves the right to amend the guidelines of the program, as required.

- Receipt of the grant is subject to the terms and conditions of the Wellness Through Our Lands (WTOL) Program - *Miyooayaan Aansaamb (Wellness Together)*.
- Applicants must complete the Wellness Through Our Lands (WTOL) Program - *Miyooayaan Aansaamb (Wellness Together)* application and supply any documents which are required, or as requested by the MN-S Department of Health.
- Successful grant recipients are responsible for submitting reports as required.
- All grants may be subject to a Métis Nation–Saskatchewan audit.



Wellness Through Our Lands (WTOL) Program ***Miyooayaan Aansaamb (Wellness Together)***

- Any information obtained under the Grant Agreement will be subject to the provisions of the Freedom of Information and Privacy Act.
- Program results may be published. Applicant name (Region), grant amount, and aggregate data on payment and performance measures may be published.

Program Monitoring:

It is the responsibility of Métis Locals to ensure confidentiality, privacy, and use of information guidelines are followed.

Confidentiality:

- All information and communications related to the Wellness Through Our Lands (WTOL) Program - *Miyooayaan Aansaamb (Wellness Together)* application package are confidential, shall be maintained in confidence, and kept secure by MN- S Department of Health.
- Information may be shared within departments of Métis Nation–Saskatchewan, and others supporting the program (e.g., third-party consultants if involved in the evaluation process under confidentiality agreements).
- The amounts paid to the Métis Locals may be publicly disclosed on the Métis Nation– Saskatchewan website.

Freedom of Information and Protection of Privacy (FOIP):

- Notwithstanding the confidentiality of the information, the provisions of the Freedom of Information and Protection of Privacy (FOIP) Act are applicable to all information submitted through the application process and may be subject to an access request under the FOIP Act.
- In the event of a request for access under FOIP, the Ministry will observe the provisions of that Act governing harm to business interests related to commercial or financial information provided in confidence, including the requirement that prior to disclosure the third party will be provided with notice and an opportunity to object to disclosure of any confidential information.

Terms and Conditions:

Métis Nation–Saskatchewan can:

- Consider or accept, or refuse to consider or accept, any application which is submitted other than in accordance with these guidelines or is lodged after the relevant date for lodgment, or which does not contain the information required by these guidelines or is otherwise non-conforming in any respect.
- Conduct due diligence investigations in respect of any applicant and subject applications to due diligence, technical, financial, and economic.
- Require a Local to clarify or substantiate any claims, assumptions or commitment contained in an application or provide any additional information.