



# Land Based Healing Plan

NLAKA'PAMUX HEALTH SERVICES SOCIETY





LAND-BASED HEALING PLAN  
DEVELOPED WITH THE SUPPORT OF SANALA PLANNING

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FIG. 2

## Introduction

### Nlaka'pamux Health Services Society

The Nlaka'pamux Health Services Society was established in 2019 and includes 12 of the 15 Nlaka'pamux communities as Society Members. The communities are:

- *Ashcroft Indian Band*
- *Coldwater Indian Band*
- *Cooks Ferry Indian Band*
- *Kanaka Bar Indian Band*
- *Lower Nicola Indian Band*
- *Lytton First Nation*
- *Nicomen Indian Band*
- *Nooaitch Indian Band*
- *Oregon Jack Creek Indian Band*
- *Shackan Indian Band*
- *Siska Indian Band*
- *Skuppah Indian Band*

NHSS is a team of technical administrative staff, wellness coordinators, health care service providers, and emergency management staff that supports health and wellness programs, services, and Nation-based initiatives for the Member communities. There is also one Health Governance Representative who supports health governance matters alongside community leadership.

The administrative team oversees the following health and wellness services:

- *Nursing Services*
- *Mental Health and Addictions*
- *Resource Sharing*
- *Emergency Management*
- *Wellness*

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## Our *Mission*

To be the sustainable and trusted source of health services for the Nlaka'pamux Nation.

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## Our *Vision*

Provide the Nlaka'pamux Nation with dependable and reliable health and wellness through

- Collaboration with partners
- Advocation for the nation
- Community engagement
- Capacity Building
- Primary health and wellness services
- Preventative health and wellness programs

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## Our *Values*

**Respect:** We have respect for our Nation, our Language, and our individual differences.

**Trust:** We maintain trust with those using our services through honesty and privacy.

**Transparency:** We believe in open and honest communication.

**Integrity:** We believe in doing the right thing, even when others are not looking.

**Holistic:** We put care into our work and use both traditional and Western approaches to health and wellness.

**Diversity:** The principles of equity, diversity and inclusion are integrated into our approach.

## Land Based Healing

Land-Based Healing focuses on and honours Nation strengths, resources, culturally safe models of care, and fosters connection to our traditional territories and land-based values (FNHA, 2024). Overall, land-based healing supports health and wellness for individuals, families and communities through reconnecting and reclaiming Nation-specific practices that are derived from the land.

## Plan Purpose

The Land-Based Healing Plan was developed concurrently with the Traditional Wellness Framework and is a compilation of Nlaka'pamux voices and perspectives that outlines what members would like to see for land-based healing throughout the Nation. The Land-Based Healing Plan will support Nlaka'pamux Health Services Society (NHSS) and communities in implementing the vision of Nlaka'pamux Peoples to support their day-to-day wellness, land-based treatment alongside Western models, illness prevention and care, and connection to one another.

## Planning Methodology

Nlaka'pamux Health Services Society, Grizzly Path Consulting, and Sanala Planning worked together to develop the Land-Based Healing Plan throughout 2023-2024. The planning process followed a community-based engagement plan by hosting the following sessions:

- *Scw'exmx Elders Group*
- *Nicola Valley Area*
- *Zoom Session*
- *Canyon Area*
- *Siska Indian Band*
- *Skuppah Indian Band*
- *Kanaka Bar Indian Band*
- *Cook's Ferry Indian Band*
- *Oregon Jack Creek Indian Band*
- *Ashcroft Indian Band*
- *Men's Group*
- *Lower Nicola Indian Band*
- *Coldwater Indian Band*
- *Shackan Indian Band*
- *Nooaitch Indian Band*
- *Lytton First Nation*
- *Nicomen Indian Band*
- *Service Providers - Lytton Area*
- *Service Providers - Merritt Area*

The purpose of hosting the sessions were to understand what Nation members would like to see for Land-Based Healing in their communities and Nation overall. There were members of all ages who attended and shared their perspectives and knowledge. Altogether 330 people participated in the engagements and guided the development and contents of the Land-Based Healing Plan. Thank you all for your support and guidance.

SECTION I:

# Land-Based Healing Priorities

## Priority One: Connect Generations

### BRING GENERATIONS TOGETHER TO STRENGTHEN INTERGENERATIONAL CONNECTIONS

- Host land-based field trips in each community that are open to everyone
- Provide resources for young people to bring Elders out into the territory
- Host land-based camps to gather traditional foods and share with one another
- Alternate hosting storytelling nights in each community

### RE-ESTABLISH FAMILY AND COMMUNITY SYSTEMS

- Teach ceremonies in community to support families to practice ceremonies together
- Share reciprocity teachings so that all generations know how to honour each others time, knowledge and contributions
- Provide descriptions of Nlaka’pamux Family Names and their meanings to understand how they connect to the land
- Re-establish protocols for land-based practices to ensure everyone is participating respectfully

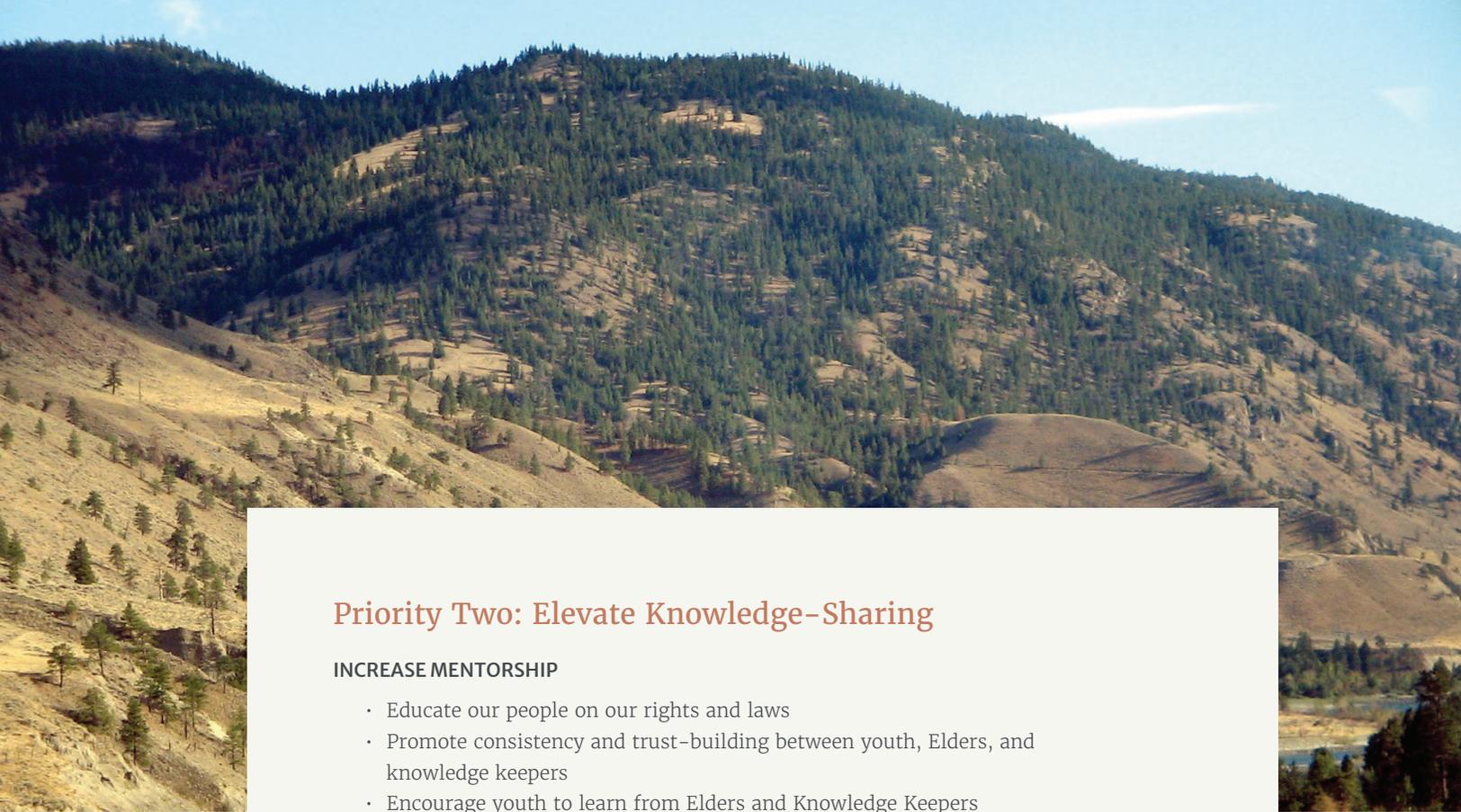
### PROVIDE TRAININGS THROUGHOUT EACH STAGE OF THE LIFE CYCLE

- Develop list of trainings throughout the lifecycle including:
  - Rights of passage
  - Puberty trainings
  - Pregnancy and birthing trainings
  - Menopause trainings
- Practice Nlaka’pamux ceremonies including:
  - Naming ceremonies
  - Baby Welcoming Ceremonies
  - Huckleberry Ceremonies
  - Coming of Age Ceremonies
  - Water Ceremonies
  - First Root Ceremonies
  - First Berry Ceremonies

FIG. 4

### NURTURE SENSE OF BELONGING AND IDENTITY FOR ALL NLAKA’PAMUX PEOPLES

- Provide teachings on what it means to be Nlaka’pamux
- Teach genealogy to ensure individuals know who their family is
- Reclaim roles and responsibilities for various groups such as:
  - Men
  - Women
  - Healers
  - Firekeepers
  - Uncles & Aunts
  - Grandparents



## Priority Two: Elevate Knowledge-Sharing

### INCREASE MENTORSHIP

- Educate our people on our rights and laws
- Promote consistency and trust-building between youth, Elders, and knowledge keepers
- Encourage youth to learn from Elders and Knowledge Keepers
- Develop Youth Council to support training and succession planning

### SHARE DRUM TEACHINGS AND SONGS BETWEEN GENERATIONS

- Develop drumming groups with all ages
- Alternate dance and drum gatherings between communities
- Teach songs for each occasion and the stories behind the songs

### ENSURE LAND-BASED ACTIVITIES ARE ACCESSIBLE

- Host gatherings and programs that are kid-friendly and all-ages welcome
- Expand training to all ages to ensure everyone gets the support and training they need
- Develop a database of all land-based teachings, documents, workshops, and etc., to store in a central place for Nation members to access
- Adapt teaching methods and resources for individuals requiring accommodations for hearing and other impairments, mobility issues, and etc.
- Prioritize supports and resources for off-reserve members to access programs and services for land-based healing
- Allocate funding to support land-based activities such as gas cards, transportation, accommodations, material costs

### ADAPT TO CONTEMPORARY METHODS TO ENGAGE GENERATIONS

- Develop apps that can host cultural teachings
- Utilize social media as a tool to engage youth in the culture
- Create alternative learning tools and resources such as word quizzes, word games like scrabble, verbal word games like Duolingo, Tik-Toks about the language, and translating songs to the language such as lullabies

## Priority Three: Honour Nlaka'pamux Ways of Being

### HOST WORKSHOPS TO SUPPORT NATION MEMBERS LEARNING OF CULTURAL PRACTICES

- Nlaka'pamux Practices
  - Basket weaving
  - Fishing tools such as dip nets, fish traps, gill nets
  - Hide making
  - Traditional Medicines
  - Carving
  - Drum and rattle making
  - Harvest cedar bark
  - Traditional Hats
  - Silver Willow Clothing
  - Baby Cradles
  - Feast Bags
  - Embroidered Mocassins
  - Porcupine and quill work
  - Canoes
  - Animal Teachings
- Borrowed Practices
  - Ribbon shirt and ribbon skirt making
  - Beading
  - Powwow dancing
  - Sweetgrass

### UPHOLD THE VARIATIONS OF TEACHINGS, PROTOCOLS, AND DIALECTS IN THE NATION

- Share knowledge of the dialects throughout the Nation
- Understand the protocols in each community for tobacco offerings
- Develop Resource List of Nation members who hold expertise in different areas and are willing to teach

### CELEBRATE WHO WE ARE AS NLAKA'PAMUX

- Share knowledge of the dialects throughout the Nation
- Understand the protocols in each community for tobacco offerings
- Develop Resource List of Nation members who hold expertise in different areas and are willing to teach



## Priority 4: Practice Seasonal Rounds

### **BUILD LAND-BASED PROGRAMS TO SUPPORT THE PROTECTION AND PROSPERITY OF NLAKA'PAMUX TERRITORY**

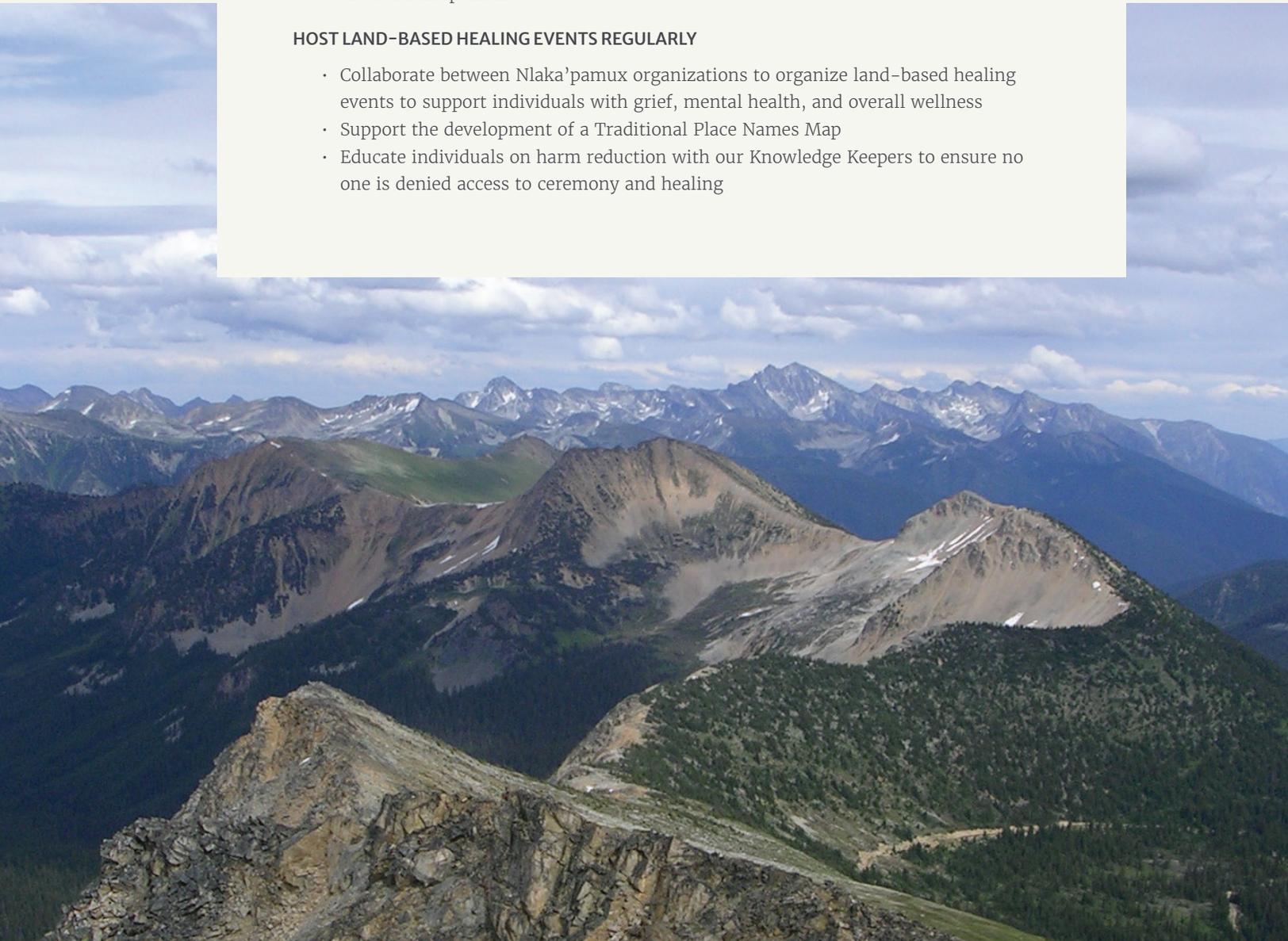
- Adapt an Ambassador program to have cultural components
- Establish an Elders Committee that can support the Ambassadors
- Develop a Land Guardian Program to patrol the territory and increase stewardship efforts
- Promote and generate community gardens to support families and revitalize trading practices
- Provide outdoor survival and safety training

### **RECONNECT TO SACRED PLACES THROUGHOUT THE TERRITORY**

- Host seasonal planning meetings to develop land-based activities plan for each season
- Host a Families “Knowledge and Goods Exchange” Gathering to share teachings of certain areas and practices in each region of the territory
- Travel the trails that connect to sacred place names and gathering places in the territory
- Unite families through trips across the river to get to know who we are as Nlaka’pamux

### **HOST LAND-BASED HEALING EVENTS REGULARLY**

- Collaborate between Nlaka’pamux organizations to organize land-based healing events to support individuals with grief, mental health, and overall wellness
- Support the development of a Traditional Place Names Map
- Educate individuals on harm reduction with our Knowledge Keepers to ensure no one is denied access to ceremony and healing





## Priority 5: Enhance Cultural Infrastructure and Resources

### IMPLEMENT ADEQUATE SUPPORTS FOR ACCESSING LAND-BASED TEACHINGS

- Establish paid positions for land-based and traditional wellness coordinators who can provide trainings
- Identify methods to ensure Nlaka'pamux organization staff have access to land-based activities and supports
- Compensate members to learn the language in order to take the time that is needed away from work and other responsibilities

### PRIORITIZE LANGUAGE LEARNING AND REVITALIZATION

- Utilize language as a way of bringing generations together and connecting with one another
- Advocate for Nlaka'pamux people to be able to set the standards for their language teachers
- Provide more lifelong learning opportunities for language beyond just school age, such as:
  - Exploring technological tools like language apps and interactive games to support language learning
  - Language immersion classes or workshops
  - Books and scrapbooks that help break down words
  - Night class where people sit and practice in circle
  - Home-based language learning

### SECURE RESOURCES TO DEVELOP COMMUNITY AND NATION-BASED HEALING INFRASTRUCTURE

- Build Nlaka'pamux detox, treatment and recovery spaces
  - Aftercare programs
  - Sober living facility
- Work together as a Nation to build healing methods and infrastructure outside colonial models such as land-based cabins
- Identify areas in each community for sweat lodges and bring people together to learn how to build and practice sweat lodge ceremonies
- Advocate for land-based healing and traditional wellness practices to be accessible in health settings such as hospitals, treatment and other centre.

SECTION II:

## Collective Vision

CONTENT NEEDED

SECTION III:

## Considerations for NHSS

- Scheduling difficulties due to sports and recreational activities that youth are participating in
- Residential School Survivors share the impacts of attending Indian Residential Schools that are not often talked about:
  - Cultural shame
  - Internal shame
  - Loss of language
  - Breaking intergenerational cycles
  - Lateral violence
- Family conflicts and tensions have resulted in people not wanting to come together
- Older generations are noticing an impact of technology on younger generations and getting them outside and away from screens
- Traditional teachings are to do things without an agenda or timeframe to ensure things are completed and done in a good way
- Nation members would like to see gatherings, workshops, programs and services available in each community that are open to anyone to attend, but see that people are shamed if they attend and are not from that community
- Would like to see people visiting each other without an agenda
- The land is hurting with floods and fires, the land is still healing and people are suffering because of this

#### IMAGE CREDITS

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**FIG. 1:** *Blowdown Lake* by "Clayoquot" (CC BY-SA 2.0).

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**FIG. 4:** *Kamloops Lake* by "Orange Suede Sofa" (CC BY-SA 3.0).

**FIG. 5:** *Gott Peak View* by "Clayoquot" (CC BY-SA 2.0).

