



First Nations Health Authority
Health through wellness

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Calling all Northern Wellness Champions!

FNHA Northern Region - 2015 Spirit of Wellness Champion Grants

With the guidance of the Northern Regional Table, the FNHA Northern Region would like to recognize First Nations Elders & Youth who have made achievements and commitments to a healthy and positive lifestyle and/or have made a significant contribution to achieving **Healthy, Self-Determining and Vibrant BC First Nation Children, Families and Communities**.

FNHA Northern Region is seeking nominations for **Spirit of Wellness Champions**. The Northern Region is broken up into 3 sub-regions, Northwest, Northcentral, and Northeast. A total of six (6) Wellness Champions will be selected, one (1) Elder and one (1) Youth selected from each sub-region,

The nominees that are selected as a **Spirit of Wellness Champions** will be honored at the 2016 Spring FNHA Northern Sub-regional Caucuses and become eligible to receive a financial contribution towards an activity or event in their community that promotes health & wellness. The accommodations, meals and travel expenses will be provided for each Spirit of Wellness Champion to attend.



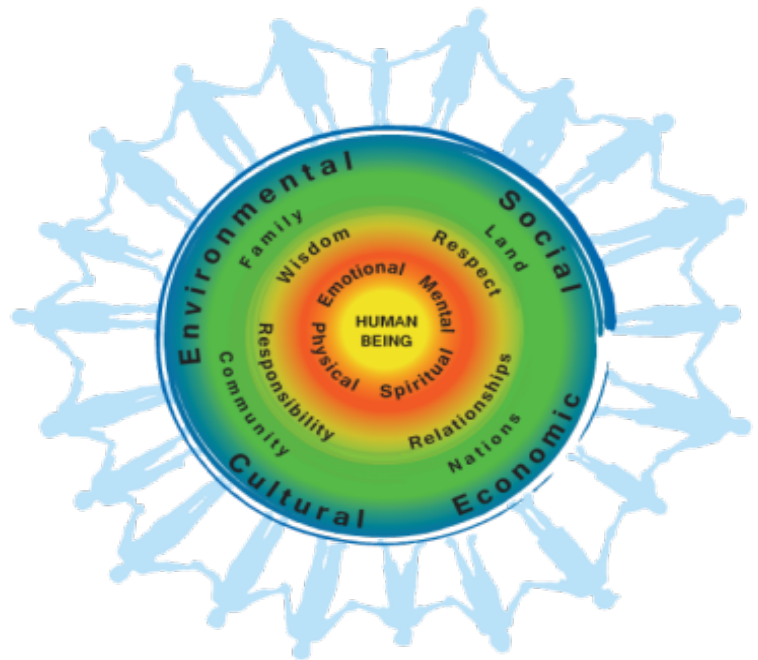
Nomination Criteria

The nominations characteristics and accomplishments will be rated against how they relate to the First Nations Perspective of Wellness and/or the FNHA Wellness Streams.

First Nations Perspective of Wellness

We achieve health and wellness by nurturing ourselves as an individual wherever we may live, learn, work and play. The First Nations Perspective of Wellness model aims to visually describe Wellness and create a shared understanding of its meaning.

- **First Circle:** Wellness belongs to every human being – and each person's reflection of wellness will be **UNIQUE**.
- **Second Circle:** Wellness is balanced and nurtured together to create a holistic level of well-being: Emotional, Mental, Physical and Spiritual.
- **Third Circle:** There are overarching Values that support and uphold wellness: Respect, Wisdom, Responsibility, and Relationships.
- **Fourth Circle:** The fourth circle depicts the people that surround us and the place/s where we come from: Nations, Family, Community, and Land, which are critical components of our healthy experience as human beings.
- **Fifth Circle:** Social, Cultural, Economic and Environmental elements in our lives are determinants of our health and well-being.



FNHA Wellness Streams

To achieve a healthy lifestyle, the FNHA has identified four (4) key Wellness Streams. These Streams represent wellness areas that if pursued could greatly improve First Nations health and wellness.



**BEING
ACTIVE**



**EATING
HEALTHY**



**NURTURING
SPIRIT**



**RESPECTING
TOBACCO**

For more information about the First Nations Perspective of Wellness and the FNHA Wellness Streams, visit the FNHA website at:

<http://www.fnha.ca/wellness/wellness-and-the-first-nations-health-authority/first-nations-perspective-on-wellness>

<http://www.fnha.ca/wellness/wellness-and-the-first-nations-health-authority/wellness-streams>

Nominations must demonstrate some but not necessarily all of the following characteristics or accomplishments:

- Volunteers in community events and activities, that promotes health and wellness.
- Works for a First Nations community/organization and promotes health and wellness.
- Achievement in education as a secondary student or as post-secondary student.
- Achievement in a career path that promotes health and wellness for First Nations.
- Is a role model for peers and youth within their community.
- Has overcome adverse circumstances.
- Has proven leadership skills and achievements.
- Outstanding athletic achievement.
- Has an interest to learn traditions, language and cultural practices.
- Promotes health & wellness through traditions, language and cultural practices.
- Leads a healthy and positive lifestyle by abstaining from Alcohol and Drug use.

Mandatory Criteria

1. Nominees must be First Nation and reside within the FNHA Northern Region.



2. Nominees must be an Elder or Youth.
3. Nominees must be the minimum age of 16 years of age.
4. Nomination Form is to be completed and signed by the Nominator.
5. Two (2) Letters of Support/Reference from Health Director, Chief & Council, Elder, Principal, Teacher, Community Engagement Coordinator or Other.
6. All documentation must be submitted together, incomplete submissions will not be accepted.

The nominations that are selected as a Spirit of Wellness Champion will be required to submit the following information at a later date.

1. A maximum of one (1) page personal biography that may include but is not limited to the following list: where they are from, grade & school, employment, goals & objectives, beliefs, highlights of achievements and their commitment to a healthy and positive lifestyle.
2. A consent & release authorization that must be signed by the nominees that are selected as a Spirit of Wellness Champion. If the Spirit of Wellness Champion is a youth under 18 years of age then the Parent/Legal Guardian must authorize the consent & release.
3. Submit a digital photo.

Nomination Deadline

All nominations must be submitted and received by **4:30 pm on Monday February 15, 2016.**
Late submissions will not be accepted past the deadline.

Mail, fax or email nominations to:

Attention: 2015 Spirit of Wellness Champions

**First Nation Health Authority
Northern Regional Office
Suite 200 – 177 Victoria St.
Prince George BC
V2L 5K8**

**Phone: 250.645.3028
Fax: 250.561.5369
Email: keith.henry@fnha.ca**

FNHA Northern Region would like to thank you in advance for your nomination and encourages all nominees and nominators to continue with their journey of Wellness!

2015 Spirit of Wellness Champions Nomination Form

All nominations must be submitted and received by **4:30 pm on Monday February 15, 2016.**

Nominee Contact Information			
Name			
Address City/Town Province Postal Code			
Phone		Cell Phone	
Email			
First Nation Community			
Age		Date of Birth	

Nominator Contact Information (Nominator cannot be a parent/legal guardian or relative)			
Name			
Address City/Town Province Postal Code			
Phone		Cell Phone	
Email			
First Nation Community			
Nominator Relationship			
Nominator Signature		Date	

Nomination Information

(This section is to be completed by the person that is the nominator.)

Using the space below, or on a separate sheet that is attached, please provide a brief overview indicating the most significant reason (s) that you have nominated the **nominee** as a ***Spirit of Wellness Champion***. In addition, provide specific examples of characteristics and accomplishments as it relates to the First Nations Perspective of Wellness and/or the FNHA Wellness Streams.

Letters of Support/Reference

Please list and attach two (2) Letters of Support/Reference for the nomination.

1. Letter of Support/Reference

2. Letter of Support/Reference