



KITASKINAW

An Environmental Scan of Programs and Services
Serving Aboriginal People in Saskatoon

2013-2014



GABRIEL DUMONT INSTITUTE
of Native Studies and Applied Research



United Way
Saskatoon & Area





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MESSAGE FROM SASKATOON TRIBAL COUNCIL

The Saskatoon Tribal Council was honored to be a collaborative partner in the Kitaskinaw project. This initiative not only produced a sound inventory of the range of programs and services available to First Nations people in our city, but also built awareness around the need for alignment of these programs and services with Aboriginal culture, beliefs, values and day-to-day realities.

The significance of this report is not only in its completion, but also in the dialogue it has created through the research. We are optimistic that this communication will help increase First Nations access to available programs as well as encourage investment and support for those programs that are making a difference. We also look forward to continuing this conversation to explore new partnerships that will begin to address gaps in our system discovered through this research.

Thank you to our partners, to community agencies and to the Aboriginal community for your generous participation in this important body of work. We look forward to continuing to work together to improve the quality of life for our First Nations in Saskatoon.

Tribal Chief Felix Thomas
Saskatoon Tribal Council

MESSAGE FROM THE GABRIEL DUMONT INSTITUTE

On behalf of the Gabriel Dumont Institute we are extremely proud to have worked along side the many partners that made the Kitaskinaw project a reality. Out of this amazing group we would like to especially thank the Saskatoon Tribal Council for taking an anchor funding and leadership role in this important work.

Through the Kitaskinaw research we wanted to better understand the use of programs and services by Aboriginal people in Saskatoon. With this understanding, it was our hope that service providers and agencies like GDI would be in a better position to serve First Nations, Metis and Inuit people in our city.

In closing, a thank you to Prairie Wild Consulting, the project partners and the Saskatoon Aboriginal community for their hard work and contributions to this successful endeavor.

Meegwetch,

Geordy McCaffrey,
Executive Director, Gabriel Dumont Institute



MESSAGE FROM THE UNITED WAY OF SASKATOON AND AREA

Along with our project partners we are very pleased to present the Kitaskinaw Project report. We would to thank all the Elders, partners and community participants that helped to make this report possible.

The report provides a comprehensive inventory of programs and services that are valued by the Aboriginal community and captures the preferences of Aboriginal service consumers. This important report that includes the voices of those seeking service and help in our community will influence how we work at United Way and move us forward as an organization on our journey towards authentic engagement with Aboriginal Peoples in our community. By working with our partners we hope to build a community that is great for everyone.

Sincerely,

Sheri Benson
CEO, United Way of Saskatoon and Area

MESSAGE FROM THE CITY OF SASKATOON

The City of Saskatoon is very committed to improving the quality of life for Aboriginal people in our community. We do this by not only hiring Aboriginal people to work within the corporation, but also by implementing programs and services and establishing partnerships with various organizations.

This environmental scan of the programs and services offered to the Aboriginal community of Saskatoon is a very important project. It will help the City and other organizations to make more informed decisions about the mix of programs and services that we offer to better serve the needs of our growing urban Aboriginal population.

This project could not have been completed without all the hard work and dedication from a variety of individuals and organizations. I would like to thank the United Way of Saskatoon & Area, Saskatoon Tribal Council, and the Gabriel Dumont Institute for their work in leading this project and all other stakeholders who participated in compiling this useful information.

Sincerely,

Murray Totland, P.Eng., MBA
City Manager, City of Saskatoon

INTRODUCTION



The Kitaskinaw project was conducted to discover the “lay of the land” for programs and services that serve Aboriginal people (First Nations, Métis, and Inuit) in Saskatoon in 2013-2014 so that as partners, we can work together to:

- » Increase our understanding of the demographics of the Aboriginal community in Saskatoon.
- » Develop a comprehensive inventory of programs and services used by Saskatoon’s Aboriginal community.
- » Capture the preferences of Aboriginal human service consumers in terms of accessibility and quality of service.
- » Provide human service providers with information to avoid duplication of services.
- » Influence policy as it pertains to the Aboriginal community and the provision of programs and services through community based organizations and government.

The Kitaskinaw Project is the first of its kind for Saskatoon. In completing the project, a holistic approach, grounded in an Aboriginal framework, was used to understand Saskatoon’s Aboriginal community in relation to programs and services. Through increasing our knowledge of local Aboriginal demographics, conversing with the community, and

gathering an inventory of programs and services used by the community, the links between program and service delivery across Saskatoon can be better understood.

The project used the Aboriginal Life Promotion Framework (ALPF©), a tool for holistically organizing and thinking about life, health, and wellness. Based out of medicine wheel teachings, this framework uses sixteen important determinants of life to organize thoughts, ideas, and information. Health and wellness occur when there is balance between the different determinants of life.

The Kitaskinaw Project has been a collaborative project led by the Saskatoon Tribal Council, United Way of Saskatoon and Area, the City of Saskatoon and Gabriel Dumont Institute forming the Technical Committee. An Advisory Committee comprised of Aboriginal Affairs and Northern Development Canada, Central Urban Métis Federation Inc., Saskatoon Indian and Métis Friendship Centre, University of Saskatchewan, Saskatoon Health Region, Greater Saskatoon Catholic School Division, Saskatoon Public School Division and the YMCA provided additional support. Prairie Wild Consulting performed the research for the Kitaskinaw Project.

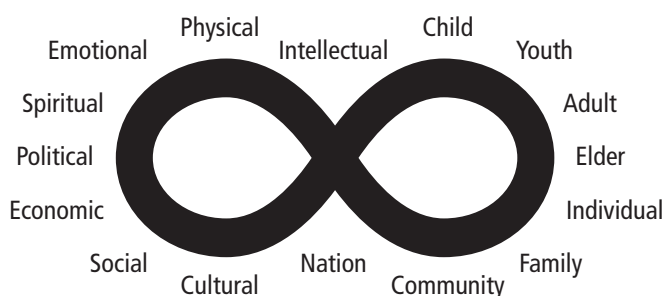
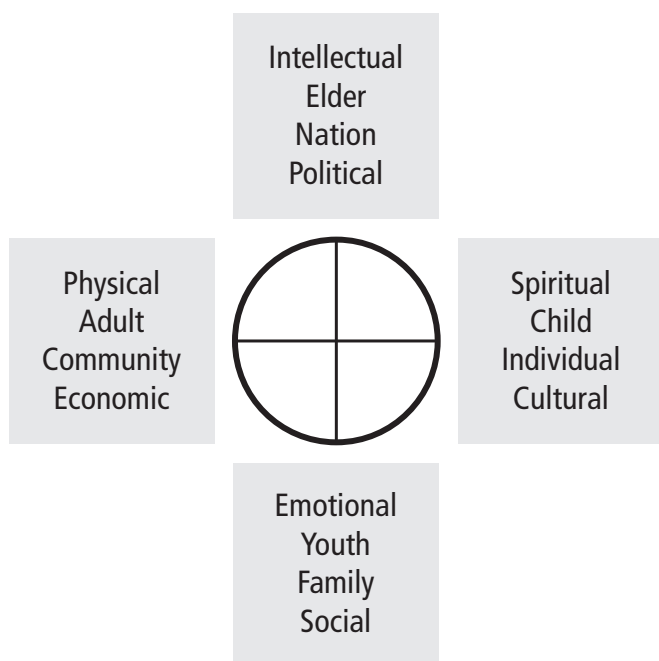
By working with our partners, we hope to build a community that is great for everyone.



PROJECT FRAMEWORK AND METHODOLOGY

Members of the Technical Committee felt it was important this report be presented from an indigenous perspective utilizing an indigenous framework: The Aboriginal Life Promotion Framework © (ALPF©) developed by Dr. Judith Bartlett, a Métis physician from Manitoba.

The ALPF© is a holistic tool used for organizing and thinking about life, health, and wellness. Based on medicine wheel teachings, the framework uses sixteen important areas of life to organize thoughts, ideas, and information. Health and wellness occur when there is balance between the different elements. The framework can be presented as a medicine wheel, an infinity symbol or even a grid.



The tool was used by the Kitaskinaw Team to help identify and organize information about Saskatoon's Aboriginal community, to sort information collected which describes Aboriginal and non-Aboriginal community members, to identify opportunities for further information gathering, and to guide the presentation of the findings.

Health is a balance of the **spiritual, emotional, physical and intellectual** aspects of a **child, youth, adult, or Elder** who live as **individuals, families, communities and nations** within various **cultural, social, economic and political** environments.

Dr. Judith Bartlett, ALPF® Workshop, 2012

PROJECT METHODOLOGY

In order to develop a unique, "homegrown" Saskatoon understanding for each of the 16 determinants of life, as identified in the ALPF © framework, the Kitaskinaw Project used input obtained from a variety of sources.

1. Community Overview

Demographic information collected for the community profile came from sources including:

- » Census data provided by Statistics Canada.
- » Current opinion-based findings of Aboriginal community members from Saskatoon and Saskatchewan.
- » Relevant statistics from community and government agency reports in Saskatoon and Saskatchewan (e.g. Saskatoon Health Region, Community University Institute for Social Research-CUISR, and Greater Saskatoon Catholic and Public School Boards), and where appropriate.



- » Relevant statistics from academic research in Saskatoon (e.g. University health researchers).
- » All data sources are included in the References section at the back of this report.

2. Program And Service Inventory 2013-2014

An inventory of over 1,000 programs and services intended for, or accessed by, Saskatoon's Aboriginal community in 2013-2014, was gathered from sources including:

- » The City of Saskatoon MeTaWeTan Directory
- » United Way of Saskatoon and Area 211Saskatchewan service directory – sk.211.ca
- » University of Saskatchewan Aboriginal Engagement Directory
- » Saskatchewan Ministry of the Economy Aboriginal Business Directory
- » Clarence Campeau Métis Economic Development Sector Métis Business Directory
- » Advice from the Technical and Advisory Committee members
- » An internet search
- » Literature search
- » Media articles, and
- » Scan of the Saskatoon environment (events, poster boards, pamphlets, and word of mouth)

The inventory provided key program and service information including the resource name, description, provider, physical location, and contact information.

3. Program And Service User Survey

Members of the local Aboriginal community (people who self-identified as Aboriginal including First Nations, Métis, and Inuit people) were surveyed to gather information on types of programs and services Aboriginal people used in Saskatoon in 2013-2014, what they value about the programs and services they are using, how they find out about programs and services, and how these local resources can better support Aboriginal voter participation and engagement.

'Program or service' was defined as any resource in Saskatoon that is accessed by Aboriginal people and which is intentionally offered to support personal, family, or community wellbeing.

The survey used a mix of closed and open-ended questions, where participations were free to respond in their own words, rather than choosing from pre-set options.

The survey was administered online between January 8 and January 31, 2014. The web link to the survey was distributed through an email, to a targeted list of individuals who were identified by the Technical Committee as being in touch with Saskatoon Aboriginal communities, and their contacts. Participants were encouraged to take the survey themselves, and to forward the message to their networks.

The survey was also administered in-person by a team of male and female volunteers who self-identified as Aboriginal community members between January 17 and January 31, 2014. The survey team included both Métis and First Nations individuals. Survey locations were identified with the Technical Committee and aimed to cover a broad geographical range within Saskatoon. In addition to pre-identified locations, some surveys were administered randomly throughout the city based on recommendations by volunteers. Approximately 20 locations were visited throughout Saskatoon, including at three community events.

In-Person Survey Locations

Broadway Winter Carnival
Catholic Family Services
Central Urban Métis Federation Inc. (CUMFI)
Gabriel Dumont Institute
Métis Addiction Centre
Mendel Art Gallery and Conservatory
PHC Wellness Initiative (Pleasant Hills School)
Royal University Hospital
Saskatoon Food Bank and Learning Centre
Saskatoon Friendship Inn
Saskatoon Indian and Métis Friendship Centre (SIMFC)
Saskatoon Mother's Centre
Saskatoon Public Library
Saskatoon Tribal Council (Urban: 7th Street)
Saskatoon Tribal Council (Packham Place)
Sherbrooke Community Centre
SIAS (Aboriginal Room)
SIAS (Aboriginal Health Fair)
Station 20 West (General)
St. Frances School (Daycare Centre)
St. Mary's Community School
St. Paul's Hospital
The Lighthouse
Tim Hortons (22nd Street)
Travelodge
University of Saskatchewan (Aboriginal Student Centre)



University of Saskatchewan (Community Engagement at
Station 20 West)
University of Saskatchewan (Other)
Quint Development
Wanuskewin
Westside Clinic (including SWITCH)
White Buffalo Youth Lodge
Bishop Roborecki (Aboriginal Engagement Session)
E.D. Feehan Community School (Aboriginal Engagement Session)
Saskatoon Aboriginal Professional Association Event

Surveys were also left at 11 participating organizations.
Posters and cards were also left at the locations to advertise
the web survey link.

Drop-Box Locations

Catholic Family Services
Central Urban Métis Federation Inc. (CUMFI)
Gabriel Dumont Institute
Saskatoon Food Bank and Learning Centre
Saskatoon Indian and Métis Friendship Centre
Saskatoon Mother's Centre
The Lighthouse
University of Saskatchewan (Community Engagement
at Station 20 West)
Quint Development
Westside Clinic (including SWITCH)
White Buffalo Youth Lodge

Based on Statistics Canada's (2013) estimated population of 21,335 Aboriginal people in Saskatoon, an overall response rate of 531 is considered to be within general statistically valid parameters with a 95% confidence level, and with a confidence interval of 4.2%.

People who completed the online survey: **270**
People who completed the survey in-person: **197**
People who completed a drop-box survey: **59**
Total number of surveys completed: **526**

The map on the following page shows the broad cross-section of Saskatoon neighbourhoods in which the survey respondents live.

4. Old Peoples' Gathering

A focus group was held to ensure insight was obtained from seniors and Elders in Saskatoon's Aboriginal community regarding their experience accessing programs and services in Saskatoon. The focus group was facilitated by a Technical Committee member which led participants through the Kitaskinaw user survey. Nineteen Elders participated in the focus group.

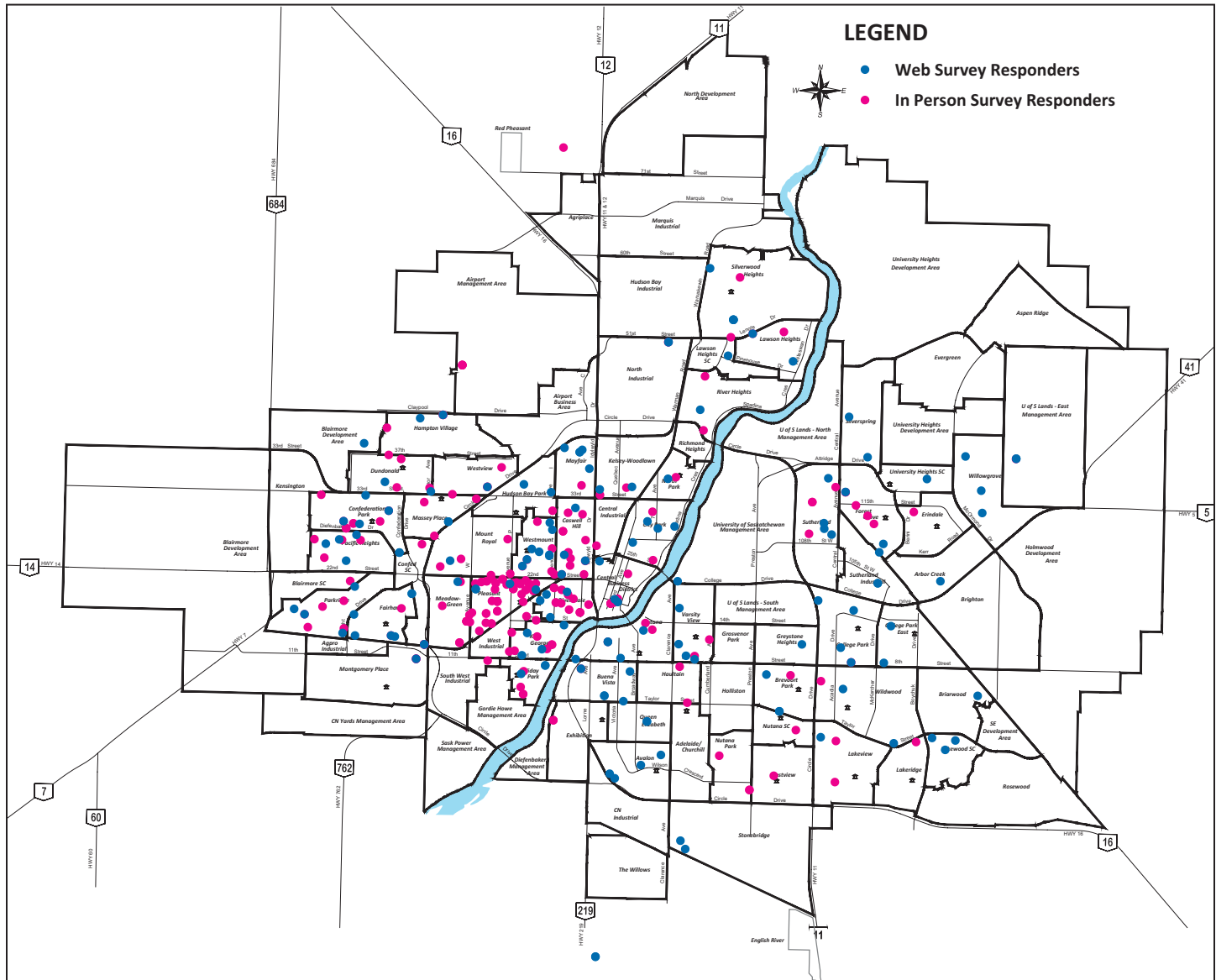
5. Aboriginal Life Promotion Framework © Community Workshop

To give meaning and a unique context to the ALPF© for Kitaskinaw, Dr. Bartlett led a workshop on October 10-11, 2013, the goals of which were to:

- » Help people develop personal meanings for the sixteen elements of the ALPF©, listed on Page 6.
- » Allow the community to create collective (not singular) understandings of the sixteen elements for Saskatoon.
- » Show the community a method for holistic health and social planning.
- » Explain Wellness Area creation for future work in thinking about health and social information.

Participants were asked to define the meanings of each determinant for themselves, and to use the framework to examine the balance between the areas both in their own lives, and collectively as a community. The meanings were then used to guide thinking about programs and services.

Distribution Of Aboriginal Responders To Kitaskinaw Survey In Saskatoon





KEY FINDINGS AND RECOMMENDATIONS

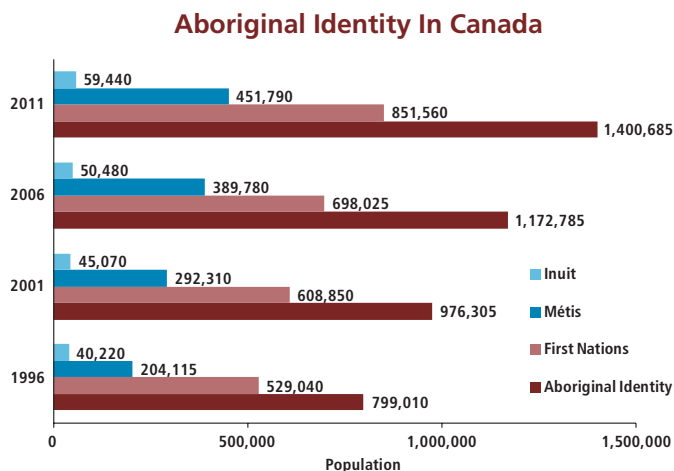
1. The programs and services most often accessed by the Aboriginal community in each of the determinants of life in 2013 are outlined below.
2. Saskatoon's Aboriginal population continues to grow and is much younger in comparison to the general population. This trend has public policy implications for Aboriginal program and service delivery.

Kitaskinaw Survey: Top 5 Programs, Services, Or Resources Mentioned By ALPF® Category

Spiritual Round Dances Sweats Elders White Buffalo Youth Lodge Church	Emotional Counselling Services Addictions Counselling Elders Mental Health Services Saskatchewan Indian Institute of Technologies (SIIT)	Physical Gyms City of Saskatoon Leisure Facilities City of Saskatoon Leisure Facilities (Swimming) Boot Camp Doctor	Intellectual Saskatchewan Indian Institute of Technologies (SIIT) Saskatchewan Institute of Applied Science and Technology (SIAT) University of Saskatchewan Gabriel Dumont Institute Schools K-12
Child White Buffalo Youth Lodge Day Care Schools K-12 Community Associations Saskatoon Indian and Métis Friendship Center	Youth White Buffalo Youth Lodge Saskatoon Indian and Métis Friendship Center Sports Youth Care Program Saskatoon Community Youth Arts Programming (SCYAP)	Adult Alcoholics Anonymous Central Urban Métis Federation Inc. Métis Addictions Council of Saskatchewan Inc. Quint Development Corporation Saskatoon Food Bank and Learning Center	Elder Saskatoon Tribal Council Saskatoon Indian and Métis Friendship Center Family and Friends (Elder Care) Home Care Saskatchewan Indian Institute of Technologies (SIIT)
Individual Saskatoon Indian and Métis Friendship Center University of Saskatchewan (Aboriginal Student's Center) Schools K-12 Central Urban Métis Federation Inc. (CUMFI) Station 20 West	Family Parenting Programs Central Urban Métis Federation Inc. (CUMFI) Student Wellness Initiative Toward Community Health (SWITCH) Schools K-12 (Family Fun Nights) Saskatoon Indian and Métis Friendship Center	Community Saskatoon Indian and Métis Friendship Center University of Saskatchewan (Aboriginal Student's Center) Schools K-12 Central Urban Métis Federation Inc. (CUMFI) Station 20 West	Nation Saskatoon Tribal Council Federation of Saskatchewan Indian Nations (FSIN) Saskatoon Indian and Métis Friendship Center Back to Batoche Days Central Urban Métis Federation Inc. (CUMFI)
Cultural Saskatoon Indian and Métis Friendship Center Round Dances White Buffalo Youth Lodge Pow Wow Saskatchewan Indian Cultural Centre (SICC)	Social White Buffalo Youth Lodge Saskatoon Indian and Métis Friendship Center Central Urban Métis Federation Inc. (CUMFI) Church Internet	Economic Quint Development Corporation Saskatchewan Career and Employment Services (CanSask) Saskatoon Tribal Council Saskatoon Tribal Council (Labour Force Development) Gabriel Dumont Institute	Political Métis Nation - Saskatchewan Idle No More Federation of Saskatchewan Indian Nations (FSIN), Connecting With MP or MLA Central Urban Métis Federation Inc. (CUMFI)



The chart below shows how First Nations, Métis, and Inuit populations in Canada increased between 1996 and 2011.



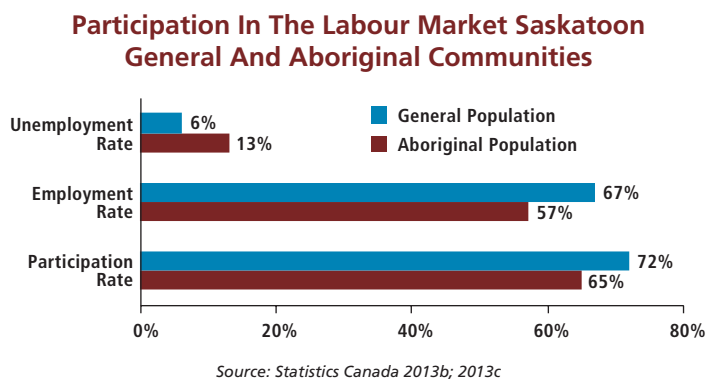
Saskatchewan Learning (2004) expects that by 2016 close to 45% of students entering kindergarten will be of Aboriginal ancestry.

- Aboriginal organizations are an important component of the program and service delivery landscape in Saskatoon, and Aboriginal people want to see themselves within the organizations that serve them.

73% of those who participated in the Kitaskinaw survey said they prefer to use Aboriginal organizations when looking for programs and services.

- The unemployment rate among the Aboriginal population is much higher than that of the general population.

The Aboriginal community experiences 13% unemployment as compared to 6% seen in the general population. Opportunities exist to narrow employment gaps between Aboriginal and general populations in Saskatoon.

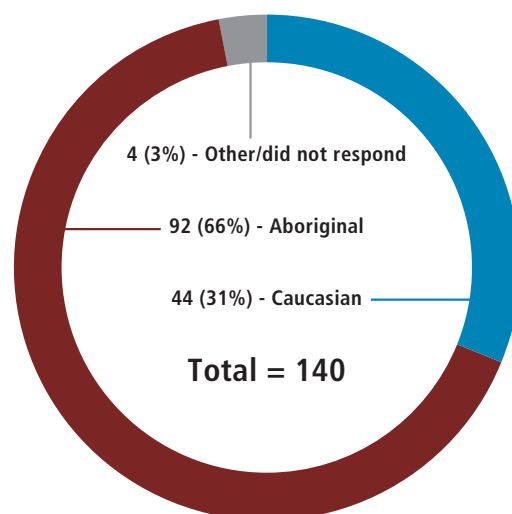


- Aboriginal people are disproportionately affected by homelessness in Saskatoon.

In 2012 the United Way reported that 66% of participants in a Saskatoon homeless study were Aboriginal.

When asked to name, in their own words, programs and services Aboriginal individuals would like to see in Saskatoon, Aboriginal focused programs, housing initiatives and cultural activities were among the top three programs and services mentioned.

Identity Of Homeless Study Participants



Source: United Way of Saskatoon & Area 2012

- While voter engagement among the Aboriginal community is encouraging, individuals would like more information on candidates and political platforms in ways they can access and understand it. Voting access and options for transportation to get to polling stations also need to be improved.
- There are few programs and services available for Elders and Aboriginal Seniors in Saskatoon.

Other Findings

- Saskatoon has many programs and services that focus on helping people learn (Intellectual). This finding was shown in both the survey and the inventory of programs and services. It is also reflected in community statistics, which show that education levels, particularly in youth, are going up.
- Saskatoon has many programs to help people stay healthy physically fit (Physical). This finding



- was shown in both the survey and the inventory. For fitness, Gyms and City of Saskatoon Leisure Centers were the two service providers most often mentioned when people were asked what programs and services they use for physical health. Family swimming at City Leisure Centers and Boot Camps were popular as well.
- » Saskatoon has many programs and services in Saskatoon to develop economic and employment skills (Economic), and these are accessed often. This finding was shown in both the survey and the inventory.
 - » Cultural and spiritual activities are important and people participate in them often, through both formal and informal programs and services. This finding was shown in both the survey and the inventory.
 - » Supports for families and parents are important. Parenting programs were mentioned often in the survey, and statistics tell us that 49% of children in the Saskatoon Aboriginal community are being raised in a single-parent family. Grandparents play an important role in supporting their adult children and their families.
 - » Saskatoon has few programs and services to support older persons (Elder). Though the community relies heavily on Elders in many ways, in the survey very few people reported accessing programs that directly support older persons, and few programs were found in the inventory search.
 - » Saskatoon has few programs and services in the areas of Adult and Individual. This finding was shown in both the survey and the inventory. This may be because people tend to think of individual needs within the holistic context of all elements of life— programs and services for Adults and Individuals are found throughout all the other determinants, rather than isolated in their own areas. Though the Adult category was small, the most-often-mentioned programs tended to be for counselling and addictions. This may speak to the healing process that is ongoing within the Aboriginal population from the effects of residential schools, as shared by some survey participants and Elders.

- » Both the survey and inventory found few programs and services related to the Political and Nation determinants of life. Despite this, voter engagement results from the survey are encouraging.
- » When asked if they typically vote in municipal, provincial, and federal elections, people reported voting levels that were better than those of the general population for municipal elections and very similar to those of the general population for Provincial and Federal elections.
- » When asked what program and service providers could do to make voting easier, the answers for almost all types of elections were most often increased information on candidates, political platforms, and where and when to vote, and improved access to polling stations, including transportation and Aboriginal friendly polling stations. In First Nation home community elections, transportation and having urban polling stations were the top priorities.

RECOMMENDATIONS FROM THE TECHNICAL COMMITTEE

Based on the Project findings, the Kitaskinaw Technical Committee identified four main recommendations that, if implemented, would enhance the wellbeing of the Aboriginal community in Saskatoon:

- » More effort must be made to address Aboriginal employment levels and to building cultural competencies within organizations.
- » An Aboriginal-led housing initiative must be developed to address the housing needs of Saskatoon's Aboriginal population.
- » Organizations must tailor information regarding voting to the Aboriginal community.
- » Organizations must offer more programs and services for Aboriginal Elders and seniors.



DETAILED PROJECT RESULTS

COMMUNITY OVERVIEW

In Canada...

The Aboriginal population of Canada in 2011 was 1,400,685 or 4.3% of the total population, and eight in ten Aboriginal people lived in Ontario and the Western Provinces.

Source: Statistics Canada 2013h

Aboriginal people are increasingly urban. The percentage all Aboriginal people living in urban areas increased from 50% to 54% between 1996 and 2006. In 2006, 50% of urban Aboriginal people were First Nations, and 43% were Métis. In that same year, seven out of 10 Métis people lived in urban areas (69% of the Métis population).

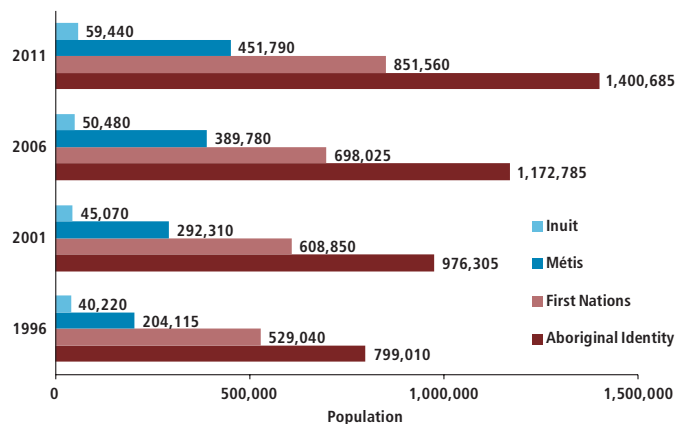
Source: Statistics Canada 2008a

One in six self-identified Aboriginal people in Canada can carry on a conversation in an Aboriginal language. Since 2006, the number of people who can have a conversation in an Aboriginal language has decreased from 21% to 17%. Inuit people have the highest reported ability at 64%, with 22% of First Nations and 2.5% of Métis able to carry on a conversation in an Aboriginal language.

Source: Statistics Canada 2013g

As the following chart shows, First Nations, Metis, and Inuit populations increased in Canada between 1996 and 2011.

Aboriginal Identity In Canada



Source: Statistics Canada 1996-2011

In Saskatchewan...

The Aboriginal population of Saskatchewan in 2011 was 157,740 or 15.6% of the total population

Source: Statistics Canada 2013e

The Aboriginal population is young in both Saskatchewan and Canada. Saskatchewan has the youngest median age for both First Nations and Métis people in all of Canada (20 years for First Nations, 28 years for Métis).

Source: Statistics Canada 2013h

The Aboriginal population of Saskatchewan is growing. The population of Aboriginal people in Saskatchewan has increased 17% since 2001.

Source: Statistics Canada 2013e, 2002

In 2011, Saskatoon had the 5th highest population of Métis people in the Western Provinces. Winnipeg had the highest, followed by Edmonton, Vancouver, and Calgary.

Source: Statistics Canada 2013h



Within An Hour's Drive Of Saskatoon...

The Aboriginal population of in the Saskatoon region (within 100 km and including the City itself) in 2011 was 27,025.

Source: Statistics Canada 2002, 2007b, 2013b, 2013e

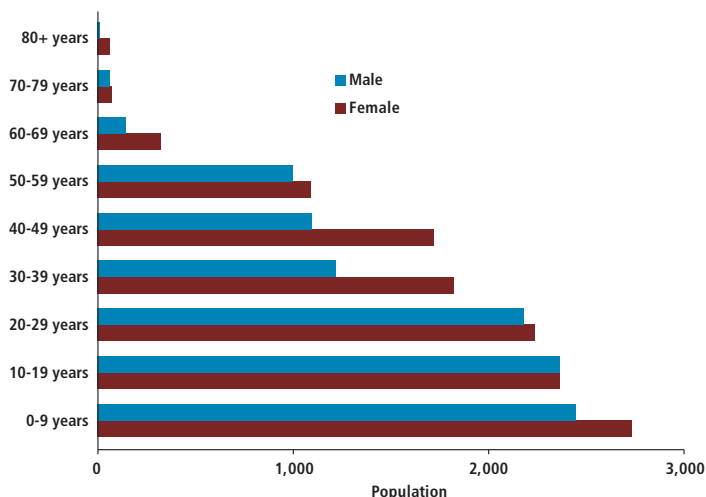
There are four First Nation home reserves including Muskeg Lake Cree Nation, Beardys and Okemasis First Nation, One Arrow First Nation, and Whitecap Dakota First Nation.

Several other First Nations (Red Pheasant First Nation, Lucky Man Cree Nation, and Mistawasis First Nation) are located just a little farther away, and many more exist within a broader region, mostly to the north and southeast.

There are nine Métis Locals located in Batoche, Biggar, Duck Lake, Hafford, Langham, Leask, Marcelin, Outlook, and Rosetown, with other Locals nearby in Cando, Macdowell, and St. Louis.

The Saskatoon Region has a young Aboriginal population.

Population By Age And Gender Saskatoon And Area Aboriginal Community Statistics Canada 2011 (Cma)



Source: Statistics Canada 2013d.

Of Aboriginal People living in the Saskatoon region, 4% experienced housing with more than one person per room.

Source: Statistics Canada 2013d.

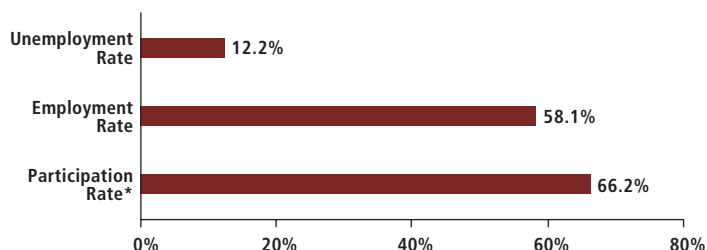
Of First Nations People living on reserve within about one hour's drive of the city, 15% experienced housing with more than one person per room.

Source: Statistics Canada 2013e.

In the Saskatoon Area, many Aboriginal people have completed high school, and some have gone on to university, college and the trades. Similar information can be found for Métis Western Region IIA in 2006, though non-university certificates seem to be more common.

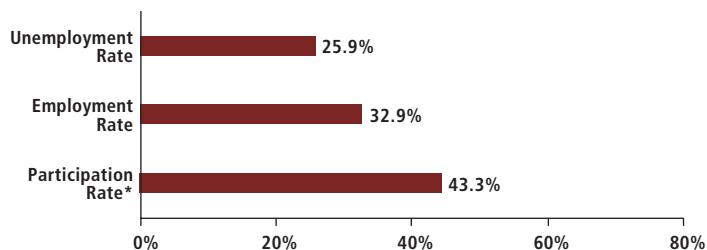
Source: Statistics Canada 2013d.

Labour Force Saskatoon And Area Aboriginal Community Statistics Canada 2011 (Cma)



Source: Statistics Canada 2013d

Labour Force First Nation's Reserves Within One Hour's Drive Of Saskatoon Statistics Canada 2011



Source: Statistics Canada 2013e

* The labour participation rate, for this data, is the percentage of the population 15 years and over (excluding people who are institutionalized) who are employed or seeking work.

In Saskatoon...

The Aboriginal population of Saskatoon was 21,335 in 2011. The highest proportions of the population were below 29 years of age for both males and females.

Sources: Statistics Canada 2013a, 2013f.

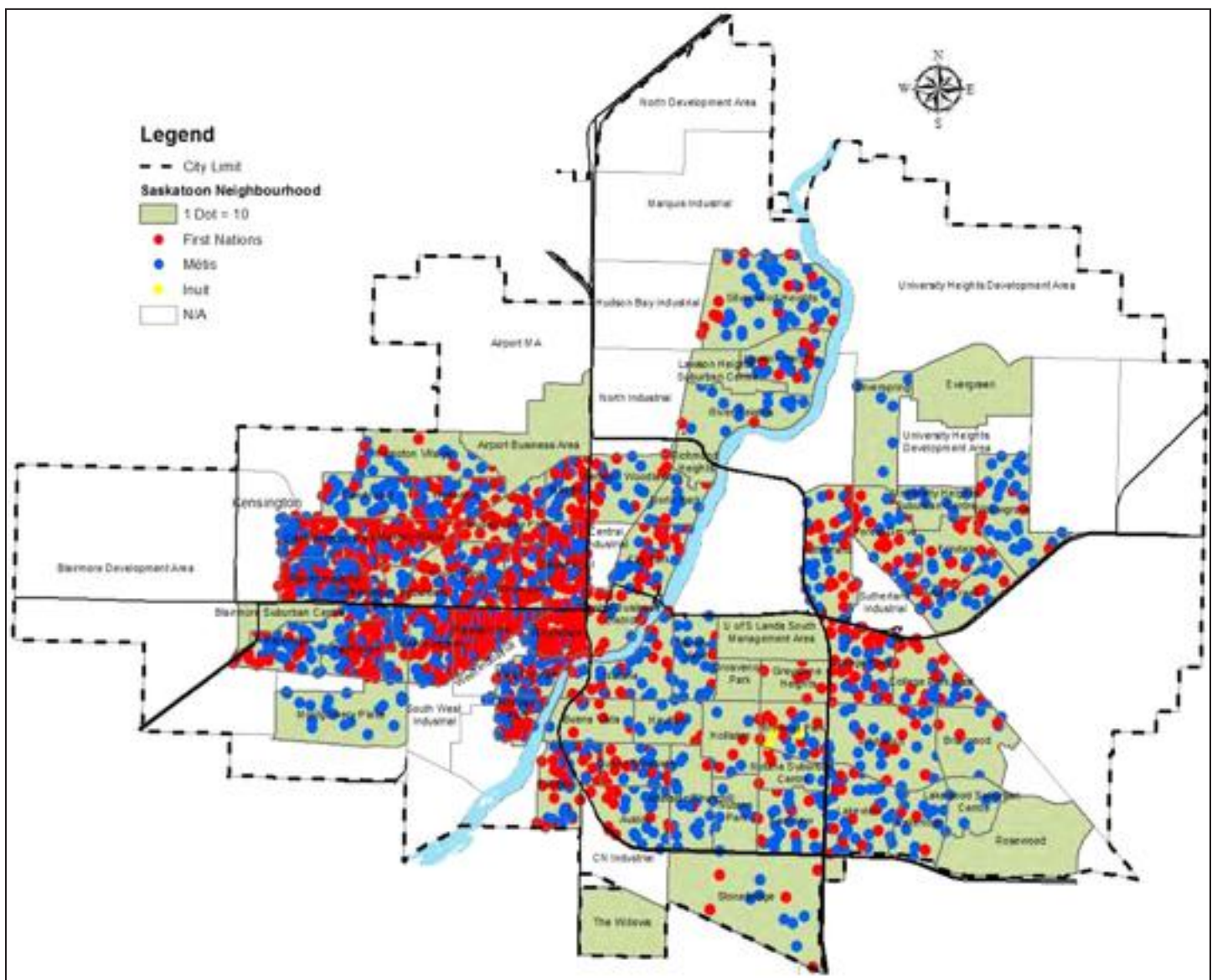
In 2011, Saskatoon's Aboriginal community self-identified as 50% First Nations, 47% Métis, and 0.3% Inuit. Additionally, 1% identified as having more than one Aboriginal identity, with an 2% expressing other Aboriginal identities.

Source: Statistics Canada 2007b, 2013b.

The percentage of those who self-identified as Métis in Saskatoon has increased between 2006 and 2011.

Source: Statistics Canada 2007b, 2013b.

Distribution Of Saskatoon First Nations, Métis, And Inuit Population, 2011



Source: Statistics Canada 2013a.



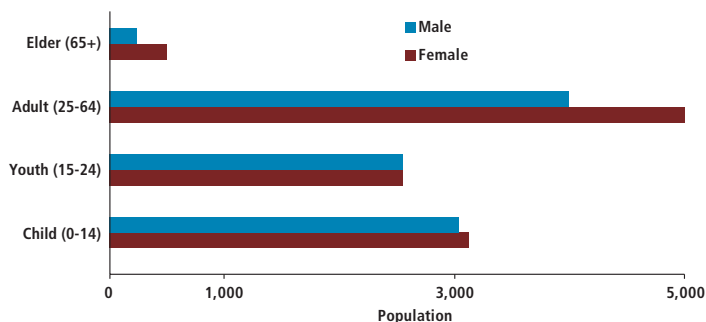
Population Breakdown For Child, Youth, Adult, Elder

The large proportion of Adults centres around a youthful population in the 20- 29 year age range.

Statistics Canada 2013a

The median age of Aboriginal community members living in private dwellings in Saskatoon is 23.9 years old, whereas the median age of the general population is 35.6 years old

Stage Of Life Saskatoon Aboriginal Community
Statistics Canada 2011



Source: Statistics Canada, 2013b; Statistics Canada, 2013c

PROGRAM AND SERVICE INVENTORY 2013-2014

The Kitaskinaw Aboriginal Program and Service Inventory contains information on over 1,000 programs and services available to Aboriginal people.

A copy of the Inventory can be obtained by contacting one of the project partners.

PROGRAM AND SERVICE USER SURVEY HIGHLIGHTS

Demographics

- » 72% self-identified as First Nations, 28% as Métis, and 0.2% as Inuit.
- » 78% said Saskatoon was home.
- » 72% had been in Saskatoon five years or more.
- » 70% were female, and 30% said they were male.
- » Age ranges of respondents cluster around 30-39 years.

Important Qualities Agency's Should Have To Serve Aboriginal People





"Knowledge of history with an unbiased attitude towards the issues that concern the First Peoples; instilling pride in being a First Nations Person, and not being paternalistic; and, being supportive and conscious of the intergenerational effects of the residential school era on First Peoples."

"Friendly, supportive, non-judgmental, aware, culturally sensitive."

"If you walked a mile in their shoes then it is definitely a better connection."

- Kitaskinaw Survey

What is valued most about the programs and services used

- » Good Quality: The programs and services provided are helpful, people and atmosphere is friendly, or there are a number of resources on hand
- » Accessible: The programs and services are convenient, easy to get to, consistent or affordable
- » Healthy Wellbeing: The programs and services help me or my family feel better, or help with our overall quality of life in a number of ways
- » Education: The programs and services are culturally based, open up other opportunities, or provide help with other areas of life
- » Information: The programs and services "get me what I need – information"
- » Food: The programs and services provide me "food at no cost or low cost"
- » Physical Fitness: The programs and services, "keep me in shape", "help me connect to culture and network"

Top Three Programs And Services Used In Saskatoon

First Choices		Second Choices		Third Choices	
City of Saskatoon Leisure Services	20	City of Saskatoon Leisure Services Passes	5	White Buffalo Youth Lodge	7
Gabriel Dumont Institute	12	Saskatoon Indian and Métis Friendship Centre (SIMFC)	5	School, Activities and Supports	6
Saskatoon Tribal Council	9	Saskatoon Food Bank and Learning Centre	2	Health Services, Clinics, Doctors	5
White Buffalo Youth Lodge	9	Saskatoon Soccer Inc.	2	CUMFI	4
Saskatoon Indian and Métis Friendship Centre	7	U of S Aboriginal e.g. Education, Centre	2	Oskayak High School Language	4
				Saskatoon Indian and Métis Friendship Centre	4
				U of S Aboriginal Student's Centre	4



Programs Or Services That Should Be Added In Saskatoon

Aboriginal focused programs	13%
Housing	10%
Cultural activities	9%
Education	7%
Youth programs	7%
Physical activities	5%
Information	5%
Central location	4%
Counselling/supports	4%
Parenting/family programs	4%
Childcare	4%
Career/education counselling	4%
Healthcare (Aboriginal run)	3%
Transportation service	3%
Transition program	2%
Networking	2%
Language classes	2%
Life coach/mentor	2%
Recreation/Leisure	2%
Disability programs	1%
Short term housing	1%
Status registration office	1%
Funding	1%
Food/Grocery store	1%
Employment strategies	1%
Community centre	1%
Free legal representation	1%
Ministry of Social Services (Aboriginal)	0.4%
Sponsorship program	0.4%
Clothing	0.4%
Writer's guild (Aboriginal)	0.2%
Aboriginal advocate	0.2%

"More parenting courses and programs available for Aboriginal people and their children."

"More access to housing for students and Elders, and for the homeless who have lots of addictions and mental health problems."

"Low-cost or sponsorship program for Aboriginal children and youth interested in sports, theatre or other high -cost programs."

"An urban transition project for rural individuals."

- Kitaskinaw Survey

OTHER SURVEY HIGHLIGHTS

- » Many (73%) prefer to use Aboriginal organizations for programs and services.
- » The top three programs and services people report having a great experience with are education, physical activities, and cultural activities.
- » People in Saskatoon find out about programs and services most often by word of mouth, followed by social media.

See Appendix for complete survey results.



OLD PEOPLES' GATHERING

Old Peoples' Gathering

Elders recognized by the Saskatoon Aboriginal Community gathered together to share some learnings about Aboriginal pro-grams and services.

About The Gathering:

- » The Elders who were at the gathering have made and continue to make important contributions to Saskatoon's work-force and community, with many having university degrees and other similar accomplishments.
- » Some Elders see themselves differently from mainstream senior citizens (in particular with regards to ongoing parenting and other family obligations).
- » This group of Elders spent much of their lives in Saskatoon, with many having moved here after leaving their homes as young adults or earlier.

What Elders Said About Programs And Services In Saskatoon:

- » "You can go and see all the programs and surveys, and resources they put into them, but the journey is learning about our culture."
- » "Follow our culture, teachings old people have left with us, our children and those we work with, try to share teachings and knowledge with them, not to scare them."
- » "We need to have programs and services where people feel a part of something – prayer, circles, smudging..."
- » "Is there a working committee to improve the lives of Elders...?"
- » "We need very well trained people to be spokespersons for Elderly people."
- » "Regarding socializing I don't see why we don't set up dry dances and have both younger and older people, it is a real good past time, and opens the door to the Elders, and then we have a friend to go there with."

- » "As long as people are given the tools for healthy living it will keep them well– physically, emotionally and spiritually."
- » "I worked with Regional Psych Centre, and that inmates and incarceration is an area that really needs help, have noticed that there is very little for men there such as single fathers."

Important Qualities Elders Said Agencies That Serve Aboriginal Persons Should Have:

- » Good understanding of traditional ways
- » Presence of an Elder
- » Conversations about cultural ways and traditions
- » Awareness of Elder's differing perspectives
- » Awareness of how to reach Elders to make them aware of programs and services
- » Cultural and historical awareness
- » Deep understanding of spirituality

Important Programs And Services Elders Said They Would Like To See More Of:

- » Health and wellness
- » Programs and services which allow them to give to the community
- » Social activities
- » Challenges and opportunities identified by Elders:
- » The group saw many opportunities for spiritual healing and development in Saskatoon through traditional activities, teachings, and learning about Aboriginal cultures
- » Elders may face barriers when trying to engage in traditional ceremonies in mainstream society (e.g. smudging).
- » Strong connections exist between social challenges and past abuse, however telling ones story does help others and one's own self to heal.
- » It is important to consider what Elders contribute when providing their services when one is reciprocating them for such services.
- » Elders may experience a feeling of being disconnected from community.



- » A useful initiative would be something to improve the lives of Elders such as a working committee.

"I like to keep to the level of the street helping folks out. I take them home and feed them and help the homeless, they don't have the luxuries we have."

"Grandparents don't seem to stop raising children, I have 11 great grandchildren, the Grandparents raise children and work."

"...once went to a meeting with white folks about politics, pensions, retirement, and we did not fit in at all, this is because we are still parents, our door is always open..."

"You can go and see all the programs and surveys, and resources they put into them, but the journey is learning about our culture."

"We need to have programs and services where people feel a part of something..."

- Kitaskinaw Old Peoples' Gathering

KITASKINAW

ABORIGINAL LIFE PROMOTION FRAMEWORK © COMMUNITY WORKSHOP

The sixteen ALPF© determinants of life can be grouped into eight wellness areas. When grouped, these wellness areas provide a way to think about what the determinants of life mean together. They are viewed reading left to right. For example, Spiritual, Emotional, Physical and Intellectual form one wellness area that encompasses 'Holistic Wellbeing' for the Saskatoon community. They can also be viewed top to bottom. For example, Intellectual, Elder, Nation and Political form a wellness area that the Saskatoon community defined as 'Direction'.

Based on the community-generated definitions of the sixteen determinants of life, the Advisory Committee met in November 2013 to sort the programs and services identified in the inventory. The results were then used to categorize programs and services.

Wellbeing (Spiritual Emotional Physical Intellectual)

Wellbeing, sometimes also described in other ALPF© processes as "nature—who we really are," is a combination of the Spiritual, Emotional, Physical, and Intellectual determinants of life.

Participants in the ALPF© workshop described this wellness area using the following words:

Wellbeing, whole person, who you are, mental health, balance, horse, egg, core, holistic being, holistic self.

Life Circle (Child Youth Adult Elder)

Life Circle, sometimes also described in other ALPF© processes as "development—what is our age and characteristics", is a combination of the Child, Youth, Adult, and Elder determinants of life.

Participants in the ALPF© workshop described this wellness area using the following words:

Life circle, bird, growth, lifecycle, progression of life, stages, butterfly, seasons.



Connections (Individual Family Community Nation)

Connections, sometimes also described in other ALPF© processes as “network—how we interact with one another”, is a combination of the Individual, Family, Community, and Nation determinants of life.

Participants in the ALPF© workshop described this wellness area using the following words:

Connections, flock, branch/stem, belonging, connectedness, groups, kinship, geese.

Network (Cultural Social Economic Political)

Network, sometimes also described in other ALPF© processes as “Environment—what systems and influences,” is a combination of the Cultural, Social, Economic, and Political determinants of life.

Participants in the ALPF© workshop described this wellness area using the following words:

Nest, seeds, identity, society, values, elements of influence, pathways, beaver.

ALPF© WELLNESS AREAS

Kitaskinaw Survey: Top 5 Programs, Services, or Resources Mentioned by ALPF® Category

Wellness Areas	2 Identity: How we want others to see us; Holistic Wellbeing	4 Relationship: How we respect and care for one another; Foundations, strength, turtle	6 Supports: What supports us (home, body, finance, neighborhood); Growth, transition, wolf	8 Governance: How we choose our destiny and our future; Direction, leadership, power, knowledge, eagle
1 Nature: Who we really are; Holistic wellbeing, horse	Spiritual	Emotional	Physical	Intellectual
3 Development: What is our age and characteristics; Stages of Life, butterfly	Child	Youth	Adult	Elder
5 Network: How we interact with one another; Connections, geese	Individual	Family	Community	Nation
7 Environment: What system and influences; Elements of influence, beaver	Cultural	Social	Economic	Political



These are the words ALPF© workshop participants used to describe the spiritual determinant of life:



When asked what programs and services they used in 2013 to connect them with their spirituality, participants mentioned the following most often:

- » Round Dances
- » Sweats
- » Elders
- » White Buffalo Youth
- » Lodge
- » Church
- » Ceremonies
- » Smudging
- » Pow Wow
- » Saskatoon Indian and Métis Friendship Centre

Participants said they used the following programs and services:

- » "Sweats, round dances, pow wows."
- » "Elders, schools (my kids), work..."
- » "My grandchildren get culture awareness from their school 'Catholic School Division' including round dances, ceremonies, and traditional teachings with Elders."
- » "We attend church regularly and seek cultural knowledge from Elders when necessary..."
- » "I believe mother earth gives me love and peace... Honesty, respect one another."

"Spiritual is number one to balance, the power of prayer, we are all healers especially little ones, they have a pure spirit."

"Some people may have degrees, but not a deep understanding of spirituality – and that is what I look for myself."

- Kitaskinaw Old Peoples' Gathering



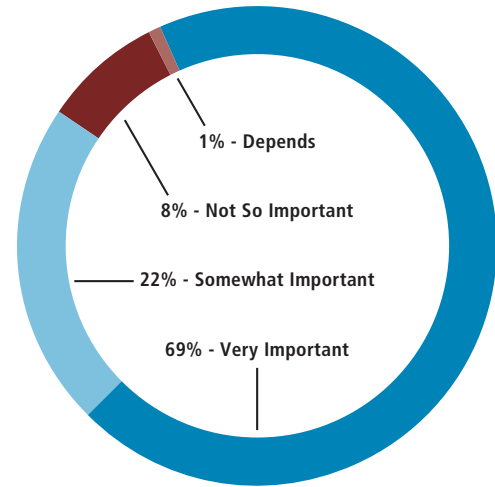
Location Of Spiritual Programs And Services In Saskatoon

See map below.

What Else Do We Know About Spirituality In Saskatoon?

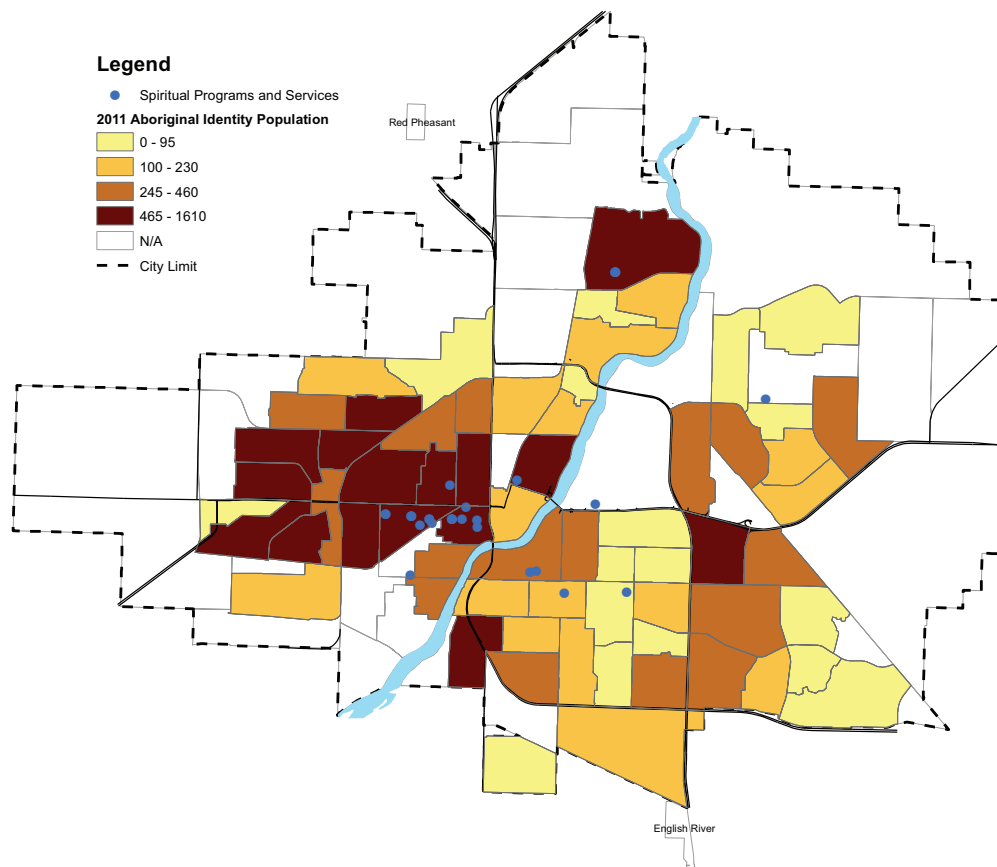
69% of the local Aboriginal community feels that spirituality is very important to overall health.

The Importance Of Spirituality To A Person's Overall Health Saskatoon Aboriginal Community

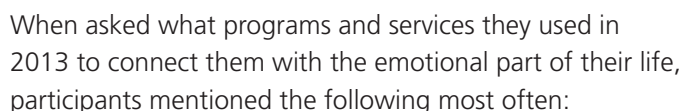
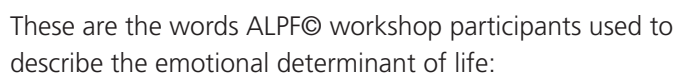


Source: Environics 2009.

Saskatoon Aboriginal Population By Neighborhood (2011) And Distribution Of Spiritual Programs And Services, Kitaskinaw Inventory



Source: Statistics Canada 2013a, Kitaskinaw Inventory 2013-2014.



- » Counselling Services
- » Addictions Counselling
- » Elders
- » Mental Health Services
- » Saskatchewan Indian Institute of Technologies (SIIT)
- » Saskatoon Indian and Métis Friendship Centre
(Family Support Worker)
- » Schools K-12 (Parenting Programs)
- » Student Wellness Initiative Toward Community
Health (SWITCH)
- » Westside Community Clinic

Participants said they used the following programs and services:

- » "Counselling for me and my family (teen daughter)."
- » "Elders at the university."
- » "Westside clinic. Outreach worker."
- » "Parent group at school WP Bates School."
- » "Addictions counseling, kids school."
- » "Counselling for my pregnancy."

"We have all be affected by residential schools and child welfare."

"Residential schools did not teach us to learn and accept who we are."

"I tell people 'you are the most powerful counselors', each time I tell my story it heals me a lot, I do this on weekends."

"I can relate to these men, with all the expensive programming they have, still many reoffend, because they can't address issues they had as children, and need to start at the bottom of the ladder, what is the root?"

- Kitaskinaw Old Peoples' Gathering



Location Of Emotional Programs And Services In Saskatoon

See map below.

What Else Do We Know About The Emotional Part Of Life In Saskatoon?

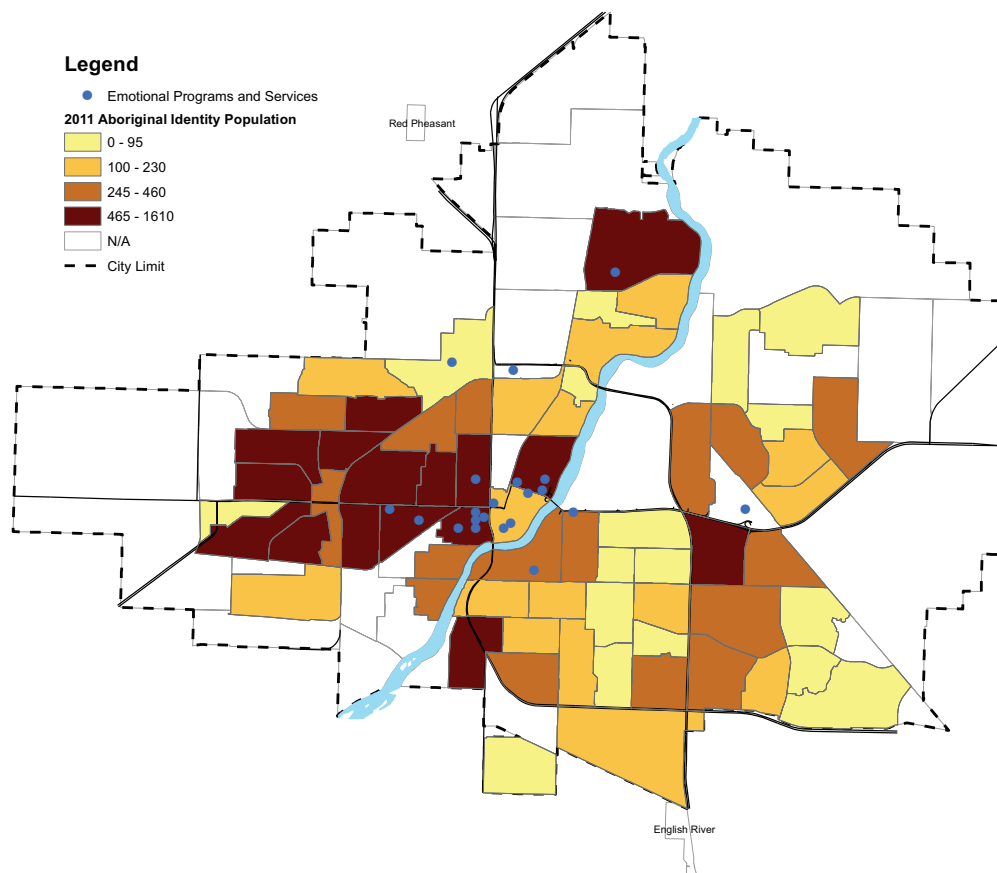
76% of urban aboriginal people with personal or family involvement in the residential school system reported that it had impacted them to some extent, with 47% of them reporting a significant impact from the residential school system.

Source: Environics 2009

A 2009 survey of 248 Saskatoon urban Aboriginal people found that 82% consider reducing stress and anxiety to be very important to one's overall health.

Source: Environics 2009

Saskatoon Aboriginal Population By Neighborhood (2011) And Distribution Of Emotional Programs And Services, Kitaskinaw Inventory



Source: Statistics Canada 2013a, Kitaskinaw Inventory 2013-2014.



These are the words ALPF© workshop participants used to describe the physical determinant of life:



When asked what programs and services they used in 2013 to connect them with the physical part of their life, participants mentioned the following most often:

- » Gyms
- » City of Saskatoon Leisure Facilities
- » City of Saskatoon Leisure Facilities (Swimming)
- » Boot Camp
- » Doctor
- » Saskatoon Health Region
- » White Buffalo Youth Lodge
- » YMCA
- » Soccer
- » City of Saskatoon Leisure Facilities (Leisure Access Program)

Participants said they used the following programs and services:

- » "Mecca Fitness - Boot Camp @ St. Mary's."
- » "We use the Harry Bailey pool."
- » "Lakewood Civic Centre, ACT Rink, Soccer Field, Doctor Office, SHR Flu Clinic."
- » "Taking my daughter to school."
- » "Pre-natal care."
- » "Sports, swimming with my kids."
- » "School fitness program."
- » "Civic Centre services."
- » "Community Association."
- » "I have used the gym and taken classes...my family accesses multiple sports centres..."

60% of survey participants agreed or strongly agreed that programs and services in Saskatoon are easy to get to.

55% of people who self-identified as having a disability (83 respondents for this question) agreed or strongly agreed that programs and services in Saskatoon are easy to get to.



Location Of Physical Programs And Services In Saskatoon

See map below.

What Else Do We Know About The Physical Part Of Life In Saskatoon?

In 2006 the Saskatoon Health Region found that the life expectancy of Status First Nations people was 73.8 years, while the rest of the population was 80.1 years.

(Marko Personal Communication 2014)

A 2009 survey of 248 Saskatoon urban Aboriginal people found that 81% consider thought physical exercise was very important to one's overall health.

Source: Environics 2009

A 2009 survey of 248 Saskatoon urban Aboriginal people found 50% considered it somewhat or very easy to access traditional healing practices.

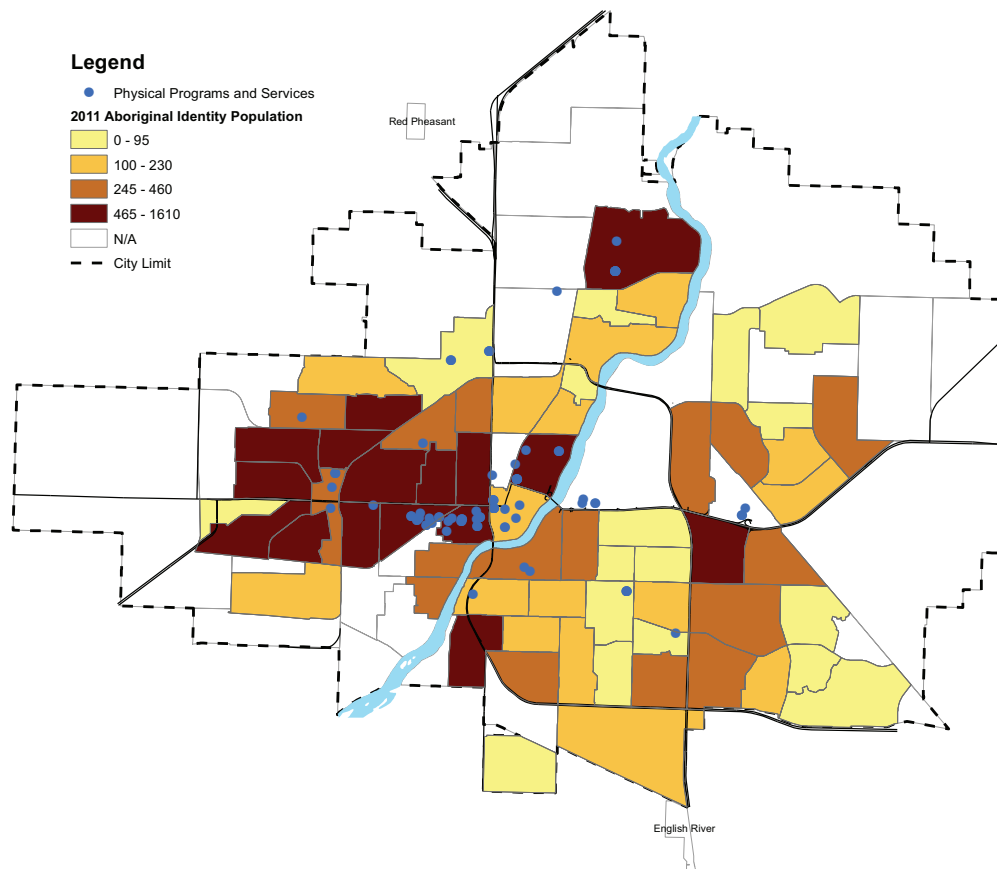
Source: Environics 2009

In 2011, the Saskatoon Health Region reported that numbers of existing cases of diabetes were 2.6 times greater among Status First Nations people than for the overall Saskatoon health region population

Death rates associated with diabetes for this group were four times higher than that of the general population (68.5 per 100,000 compared to 17.3 per 100,000). As well, members of this group living with diabetes experienced significantly higher hospitalization rates for diseases of the kidneys and circulatory system than other community members

(Marko et al. 2011)

Saskatoon Aboriginal Population By Neighborhood (2011) And Distribution Of Physical Programs And Services, Kitaskinaw Inventory



Source: Statistics Canada 2013a, Kitaskinaw Inventory 2013-2014.



These are the words ALPF© workshop participants used to describe the intellectual determinant of life:



When asked what programs and services they used in 2013 to connect them with the intellectual part of their life, participants mentioned the following most often:

- » Saskatchewan Indian Institute of Technologies
- » Saskatchewan Institute of Applied Science and Technology
- » University of Saskatchewan
- » Gabriel Dumont Institute
- » Schools K-12
- » City of Saskatoon Libraries
- » Saskatoon Tribal Council
- » Employer (Training)
- » University of Saskatchewan (Student)
- » Dumont Technical Institute

Participants said they used the following programs and services:

- » "I attend CASB - Chartered Accountant School of Business online to achieve my educational goal of getting my C.A. designation."
- » "Library, computers, self assessments, book assessments, work assignments."
- » "Gabriel Dumont Institute's individual sponsorship for post-secondary schooling."
- » "Registered in a University class (2nd degree)."
- » "Adult Basic Education - St. Mary's."

84% of students reported working at least one full or part time job while completing school.



Location Of Intellectual Programs And Services In Saskatoon

See map below.

What Else Do We Know About The Intellectual Part Of Life In Saskatoon?

The number of people with a high school certificate or higher in Saskatoon has risen from 52% to 69% between 1996 to 2011.

Stats Canada, 1998; 2013b.

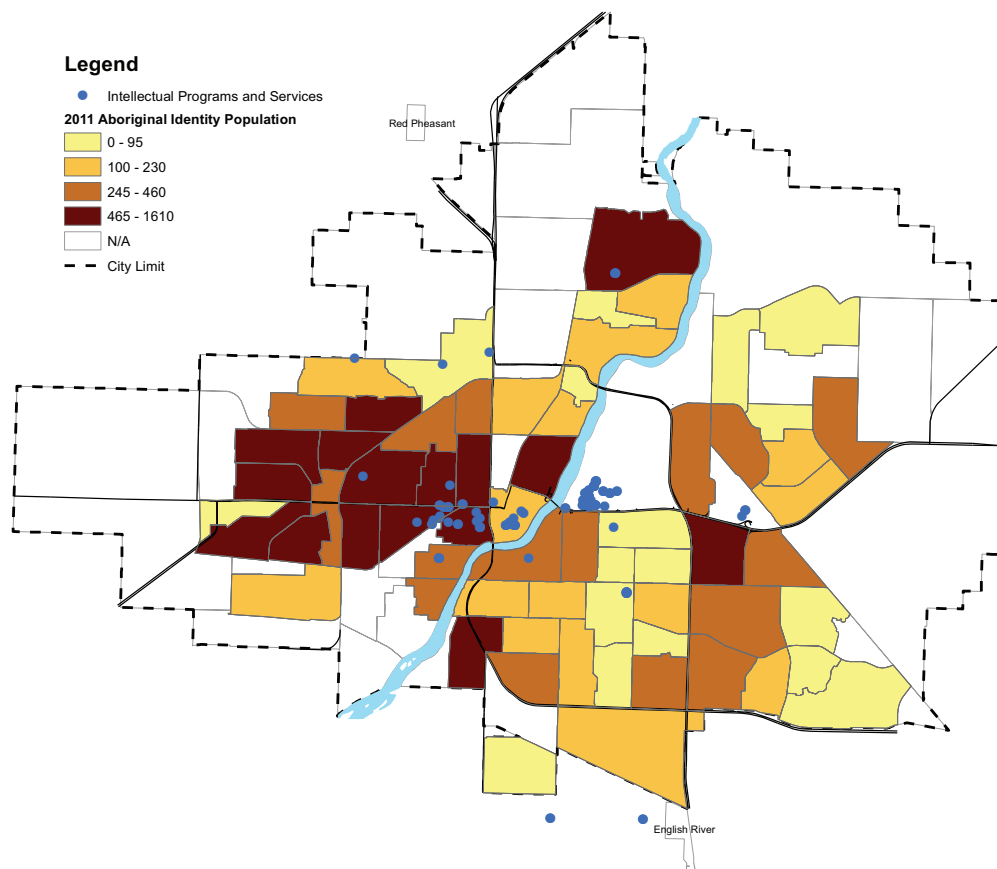
According to Statistics Canada, Aboriginal females are more likely to obtain a college or university level education than Aboriginal males; Aboriginal males are more likely than females to obtain an apprenticeship or trade diploma.

Source: Statistics Canada 2013b, 2013c

Education was identified as a top reason for Aboriginal people to move to Saskatoon. In a survey asking the most important reasons that 248 Aboriginal people first moved to Saskatoon, 35% of respondents said "education." 45% of Saskatoon urban Aboriginal people who took this survey said pursuing education was their top aspiration.

Source: Environics Institute 2009

Saskatoon Aboriginal Population By Neighborhood (2011) And Distribution Of Intellectual Programs And Services, Kitaskinaw Inventory



Source: Statistics Canada 2013a, Kitaskinaw Inventory 2013-2014.

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When asked what programs and services they used in 2013 that are for children, participants mentioned the following most often:

- » White Buffalo Youth Lodge
- » Day Care
- » Schools K-12
- » Community Associations
- » Saskatoon Indian and Métis Friendship Centre
- » Saskatoon Tribal Council (Kids First Program)
- » Schools K-12 (St. Mary's)
- » Boys and Girls Clubs of Saskatoon
- » Catholic Family Services (Reaching Out Program)
- » Saskatoon Tribal Council (Aboriginal Head Start Program)

- » "Focus on kids and cultural activities- The family has used the Pow-Wow Dancing Lessons at White Buffalo Youth Lodge."
- » "Community association programming (Westview)."
- » "Parenting in school."
- » "Child and youth friendly organizations."
- » "Affordable daycare, clinic and church kids programs."
- » "After school programs."

See map on following page.

What Else Do We Know About Children In Saskatoon?

As of 2011, there are 6,370 Aboriginal children aged 0-14 years in Saskatoon which comprises close to 30% of the Aboriginal population. 2,345 or 37% of Aboriginal children aged 0-14 fall within the 0-4 year age range.

An Environmental Scan of Programs and Services serving Aboriginal People in Saskatoon 2013-2014



In Greater Saskatoon Catholic Schools, 20% of children from kindergarten to Grade 9 have self-declared as Aboriginal.

Source: Greater Saskatoon Catholic Schools 2012

The number of self-declared Aboriginal students in Greater Saskatoon Catholic Schools has generally increased from 2010 to 2013; the greatest increase is in Kindergarten to Grade 3.

Source: Greater Saskatoon Catholic Schools 2012, 2013.

In Saskatoon Public Schools, 16% of children from pre-kindergarten to Grade 9 have self-declared as Aboriginal.

Source: Saskatoon Public Schools 2014

Of Aboriginal students in the Public School System, 81% identified as First Nations, 18% identified as Métis, and 0.3% identified as Inuit.

Source: Saskatoon Public Schools, 2012a

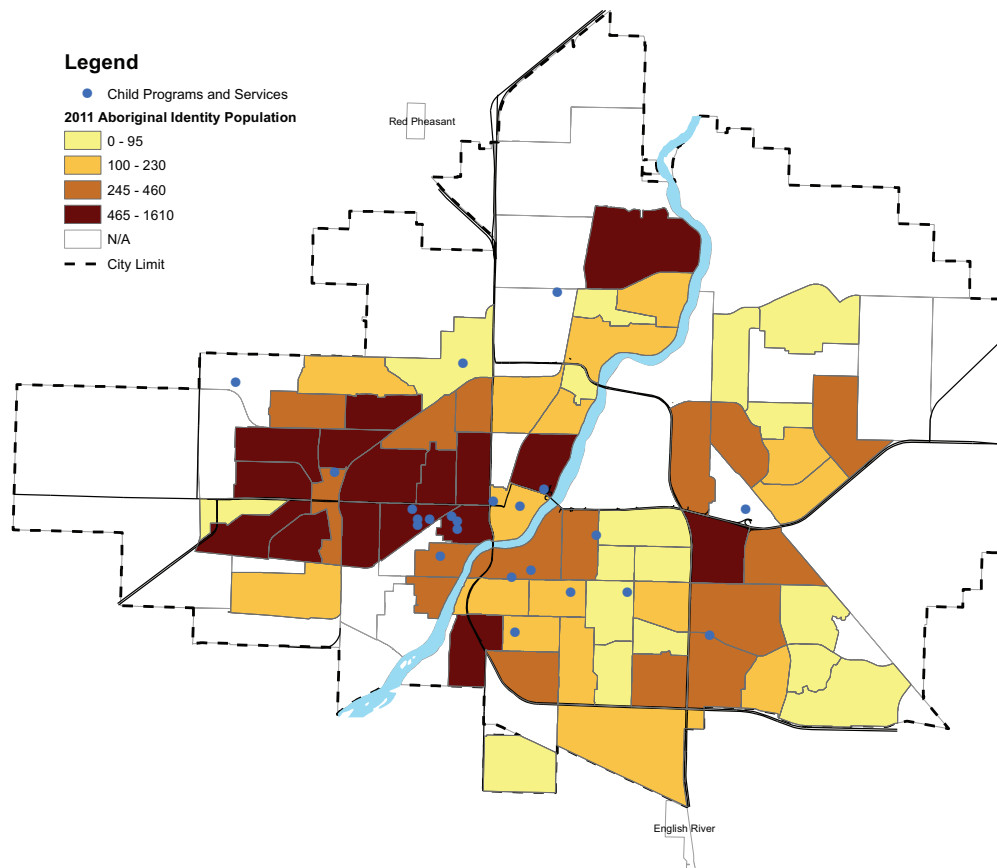
By 2016 close to 45% of students entering kindergarten will be of Aboriginal ancestry.

Source: Saskatchewan Learning, 2004

67 % of Aboriginal children and 70% of children living in core neighbourhoods have experienced bullying at higher rates than non-Aboriginal children (50%).

Source: Neudorf et al. 2009

Saskatoon Aboriginal Population By Neighborhood (2011) And Distribution Of Children Programs And Services, Kitaskinaw Inventory



Source: Statistics Canada 2013a, Kitaskinaw Inventory 2013-2014.



These are the words ALPF© workshop participants used to describe the youth determinant of life:



When asked what programs and services they used in 2013 that are for youth, participants mentioned the following most often:

- » White Buffalo Youth Lodge
- » Saskatoon Indian and Métis Friendship Centre
- » Sports
- » Youth Care Program
- » Saskatoon Community Youth Arts Programming (SCYAP)
- » Counselling Services (Teen)
- » Saskatoon Tribal Council (Kids First Program)
- » Schools K-12
- » Schools K-12 (Oskayak)
- » White Buffalo Youth Lodge (Gym)

Participants said they used the following programs and services:

- » "I use kids first and Saskatoon Tribal Council and White Buffalo centre for parenting and talking to Elders."
- » "Minor sports, ceremonies, spirituality, cultural arts, information for youth services, youth employment."
- » "White Buffalo Youth Lodge, different sports, drop in gym nights."



Location Of Youth Programs And Services In Saskatoon

See map below.

What Else Do We Know About Aboriginal Youth In Saskatoon?

4,700 or 22% of the Aboriginal Population in the City of Saskatoon were youth between the ages of 15-24 years in 2011.

Source: Statistics Canada 2013a

880 or 15% of youth in Saskatoon Public Schools in Grades 10 to 12 self-declared as Aboriginal in 2013-2014.

Source: Saskatoon Public Schools 2014

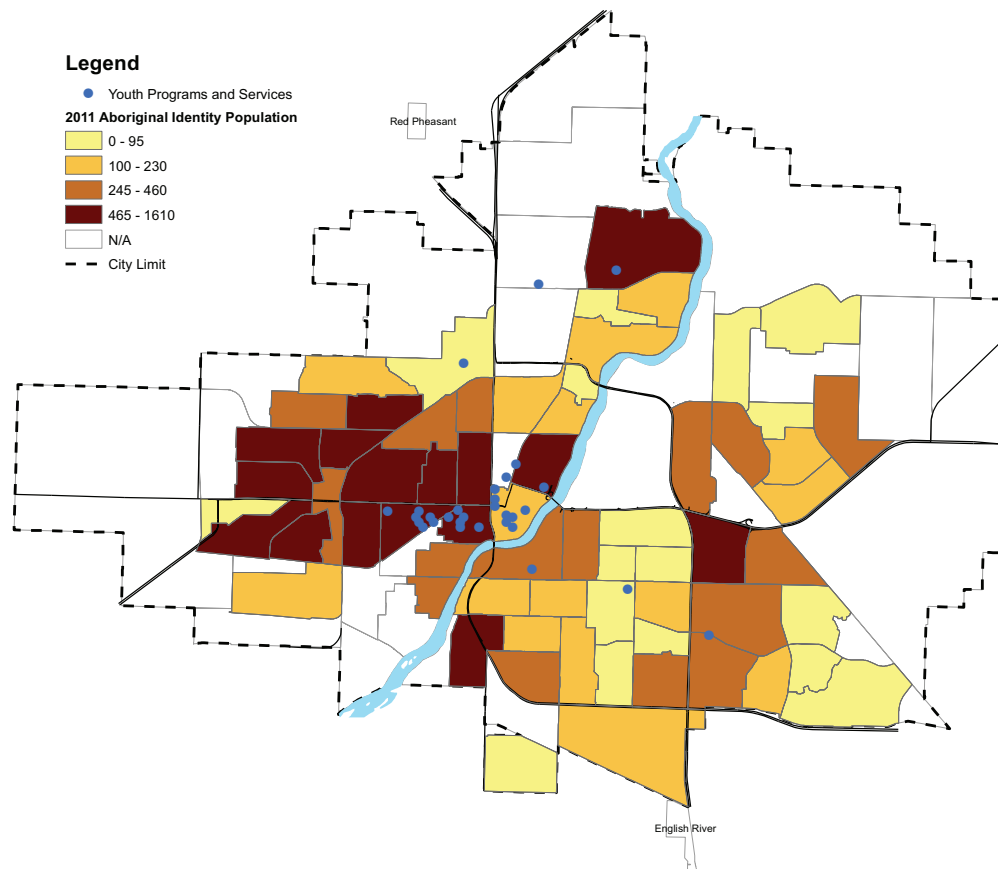
The number of Aboriginal youth aged 15-24 completing high school diplomas and university degrees has increased between 2006 and 2011.

Source: Statistics Canada 2007b, 2013b.

The rate of graduation for Aboriginal students increases when looking at a five year time frame for graduation (instead of 3 years). The rate of on-time graduation has been increasing since 2008 in Saskatoon Public Schools and Greater Saskatoon Catholic Schools.

Source: Saskatoon Public Schools 2013, Greater Saskatoon Catholic Schools 2013.

Saskatoon Aboriginal Population By Neighborhood (2011) And Distribution Of Youth Programs And Services, Kitaskinaw Inventory



Source: Statistics Canada 2013a, Kitaskinaw Inventory 2013-2014.



These are the words ALPF© workshop participants used to describe the adult determinant of life:



When asked what programs and services they used in 2013 that are for adults, participants mentioned the following most often:

- » Alcoholics Anonymous
- » Central Urban Métis Federation Inc.
- » Métis Addictions Council of Saskatchewan Inc.
- » Quint Development Corporation
- » Saskatoon Food Bank and Learning Centre
- » Saskatoon Indian and Métis Friendship Centre
- » Saskatoon Tribal Council
- » Westside Community Clinic
- » Church
- » Gabriel Dumont Institute

Participants said they used the following programs and services:

- » "Family support worker @ the friendship centre."
- » "Food bank, AA."
- » "MACSI Day Program."
- » "Quint Development/West side clinic."
- » "CUMFI."
- » "Parenting groups."
- » "Life skills training."
- » "AA meetings."
- » "Anger management."
- » "Cultural camps."
- » "Men and women groups."



Location Of Adult Programs And Services In Saskatoon

See map below.

What Else Do We Know About Adults In Saskatoon?

45% of the Aboriginal population in Saskatoon were adults aged 25-64 in 2011.

Source: Statistics Canada 2013a

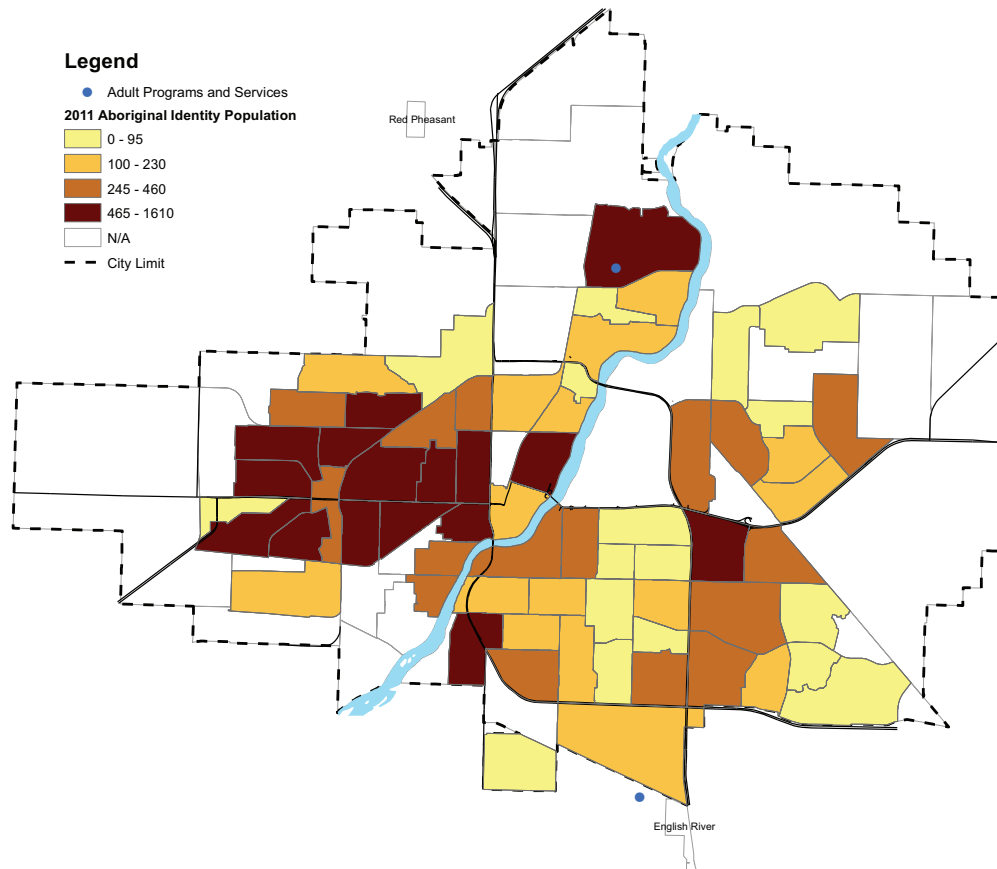
Adults, as a percentage of the Saskatoon Aboriginal population have been on the rise since 1996.

Source: Statistics Canada 2013a, 2007b, 2002, 1998

Females are more likely than males to have college or other non-university diplomas, males are more likely to have completed high school.

Source: Statistics Canada 2013b

Saskatoon Aboriginal Population By Neighborhood (2011) And Distribution Of Adult Programs And Services, Kitaskinaw Inventory



Source: Statistics Canada 2013a, Kitaskinaw Inventory 2013-2014.



These are the words ALPF© workshop participants used to describe the elder determinant of life:



When asked what programs and services they used in 2013 that are for elders, participants mentioned the following most often:

- » Saskatoon Tribal Council
- » Saskatoon Indian and Métis Friendship Centre
- » Family and Friends (Elder Care)
- » Home Care
- » Saskatchewan Indian Institute of Technologies (SIIT)
- » Central Urban Métis Federation Inc. (CUMFI)
- » Ceremonial Services Honouring Elders
- » Church
- » Dairy Queen
- » Elders

Saskatoon has few programs and services to support older persons (Elders). Though the community relies heavily on Elders in many ways, in the survey very few people reported accessing programs that directly support older persons.

Participants said they used the following programs and services:

- » "Got a scooter for my elderly dad."
- » "Ceremonial Services honouring Elders."
- » "The Shaw Centre has programs for children, youth and family. It has some programs geared towards the elderly."
- » "Tribal council, SIIT."
- » "Counselling at school."
- » "Church."
- » "Teachings/old stories."
- » "Homecare nurses."
- » "Help Elders with their lives"



Location Of Elder Programs And Services In Saskatoon

See map below.

What Else Do We Know About Elders In Saskatoon?

In 2011, 720 or 3% of the Aboriginal People in the City of Saskatoon were over the age of 65 years

Source: Statistics Canada 2013a

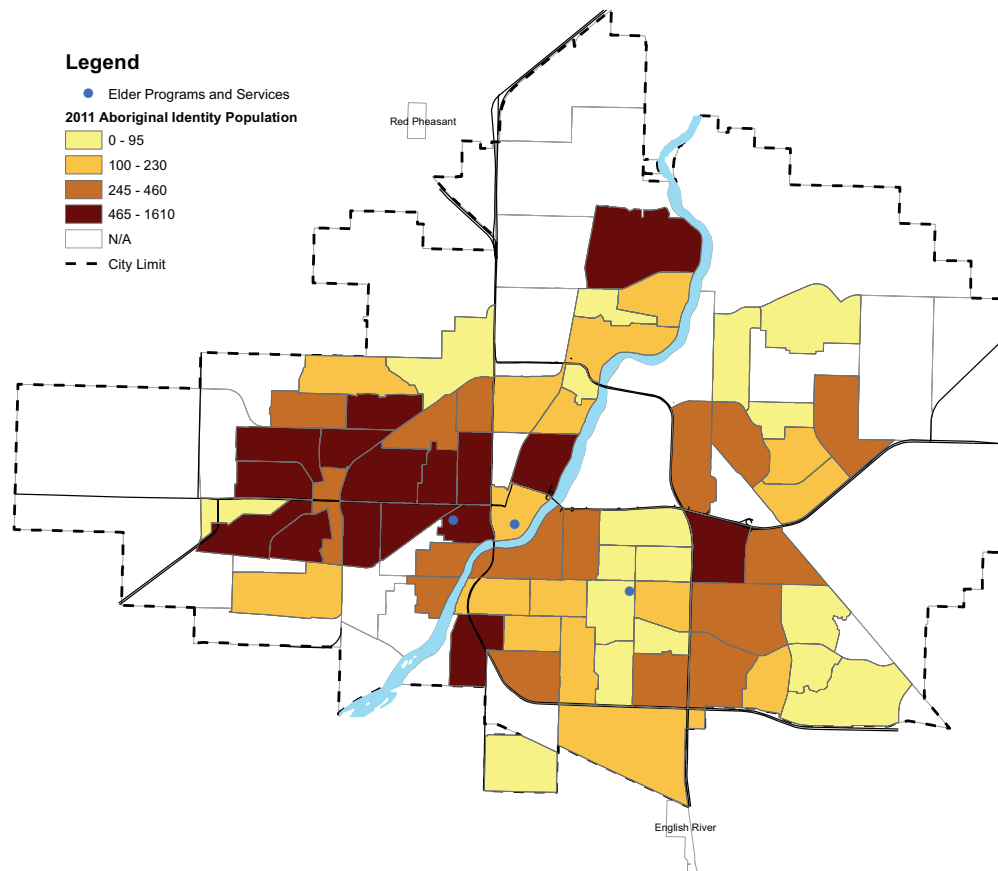
The percentage of people over 65 relative to the overall Saskatoon Aboriginal population is going up. People are living longer. Over time, more people are living past the ages of 65.

Source: Statistics Canada 2013a, 2007b, 2002, 1998

In 2011, 27.3% of Aboriginal community members in the City of Saskatoon, aged 65 years and older, were identified as having a low income, as compared to 16.5% of the general population aged 65 years and older.

Source: Statistics Canada, 2013b; Statistics Canada, 2013c

Saskatoon Aboriginal Population By Neighborhood (2011) And Distribution Of Elder Programs And Services, Kitaskinaw Inventory



Source: Statistics Canada 2013a, Kitaskinaw Inventory 2013-2014.



These are the words ALPF© workshop participants used to describe the individual determinant of life:



When asked what programs and services they used in 2013 that are for individuals, participants mentioned the following most often:

- » Counselling Services
- » University of Saskatchewan
- » University of Saskatchewan (Indian Teacher Education Program)
- » Central Urban Métis Federation Inc. (CUMFI)
- » Saskatoon Tribal Council
- » Student Wellness Initiative Toward Community Health (SWITCH)
- » Church
- » Education
- » Employment Counselling
- » Family and Friends

Participants said they used the following programs and services:

- » "Understand your future goal in life :)"
- » "I'm on a writers board."
- » "Student counselling."
- » "Oasis, SWITCH, CUMFI."
- » "Health services."
- » "Mental health."
- » "Employment services."
- » "Women's group."
- » "Student counseling."
- » "Church, Schooling and education."

Location Of Individual Programs And Services In Saskatoon

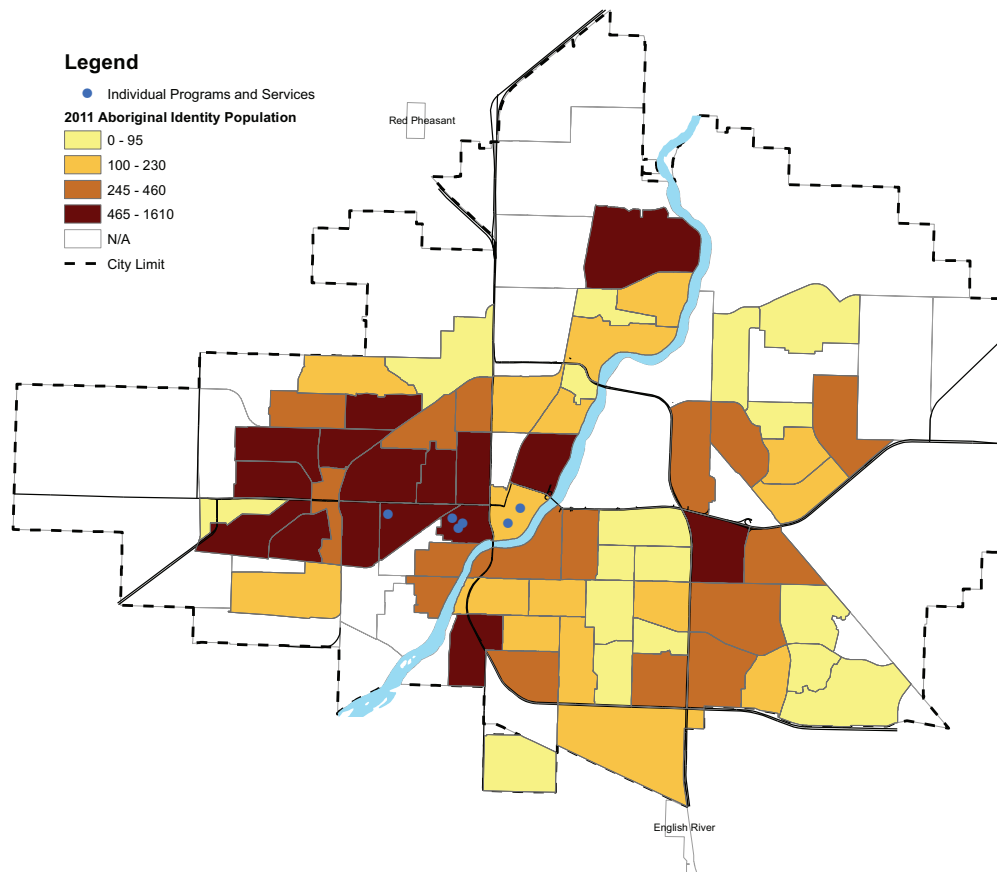
See map below.

What Else Do We Know About Individuals In Saskatoon?

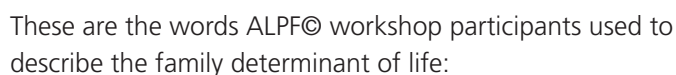
In a 2009 survey of 248 Saskatoon urban Aboriginal people, desired achievements in life were reported as completing one's education (45%) and having a rewarding career (32%).

Source: Environics 2009

Saskatoon Aboriginal Population By Neighborhood (2011) And Distribution Of Individual Programs And Services, Kitaskinaw Inventory



Source: Statistics Canada 2013a, Kitaskinaw Inventory 2013-2014.



- » Parenting Programs
- » Central Urban Métis Federation Inc. (CUMFI)
- » Student Wellness Initiative Toward Community Health (SWITCH)
- » Schools K-12 (Family Fun Nights)
- » Saskatoon Indian and Métis Friendship Centre
- » White Buffalo Youth Lodge
- » Events (Family)
- » Family and Friends
- » Family Services Saskatoon
- » Métis Nation – Saskatchewan

- » “Parenting groups”
- » “Métis resources
- » “Family nights”
- » “Family activitie.”
- » “Talking to one another”

49% agreed or strongly agreed that service providers do a good job of integrating programs and services.



Location Of Family Programs And Services In Saskatoon

See map below.

What Else Do We Know About Families In Saskatoon?

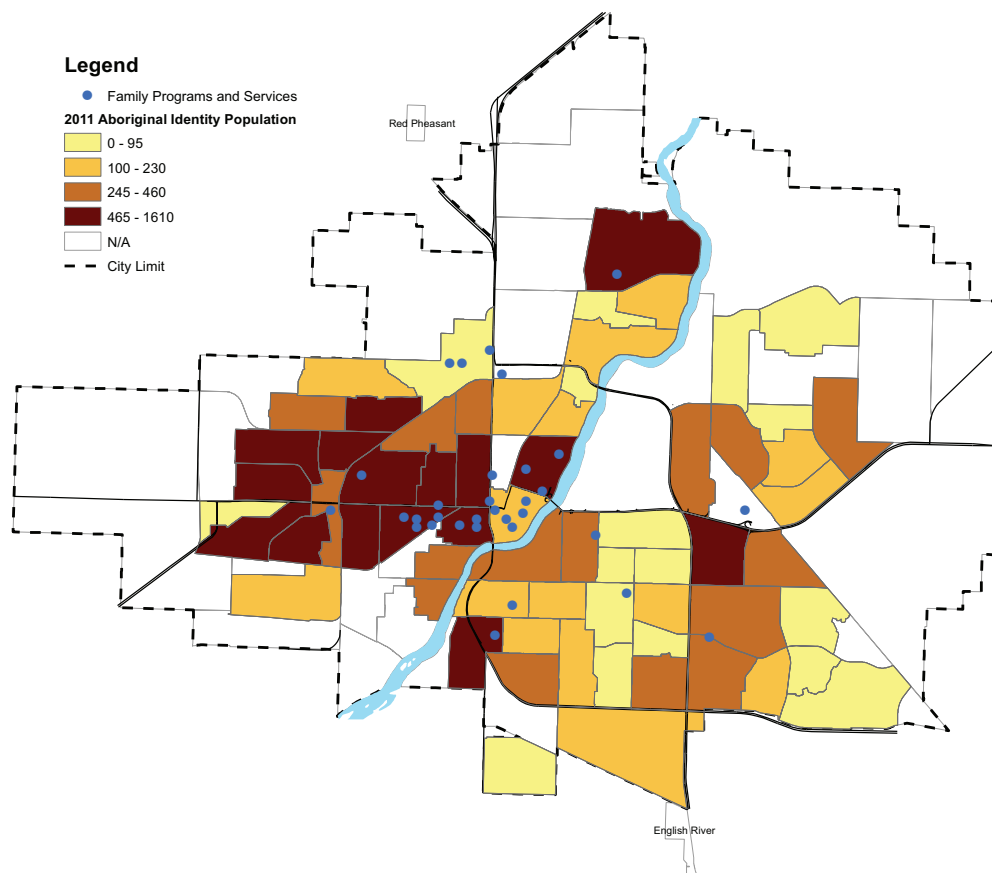
In Saskatoon 5,525 (37%) of Aboriginal community members are either married or living in common-law families, with the remaining 9,450 (63%) either single, or in other types of relationships.

Source: Statistics Canada 2013a

In Saskatoon in 2011, 4,585 (49%) of Aboriginal children live with single parents, with 3,300 (35%) living with two parents, 1,120 (12%) being stepchildren, and 330 (4%) living with only grandparents.

Source: Statistics Canada 2013b

Saskatoon Aboriginal Population By Neighborhood (2011) And Distribution Of Family Programs And Services, Kitaskinaw Inventory



Source: Statistics Canada 2013a, Kitaskinaw Inventory 2013-2014.



These are the words ALPF© workshop participants used to describe the community determinant of life:



When asked what programs and services they used in 2013 that are for the community, participants mentioned the following most often:

- » Saskatoon Indian and Métis Friendship Centre
- » University of Saskatchewan (Aboriginal Student's Centre)
- » Schools K-12
- » Central Urban Métis Federation Inc. (CUMFI)
- » Station 20 West
- » Church
- » City of Saskatoon
- » Community Associations
- » Saskatoon Indian and Métis Friendship Centre (Networking Luncheon)
- » Saskatoon Police Services

Participants said they used the following programs and services:

- » "I have always been involved in at least one community board in Saskatoon."
- » "I volunteer to work with people of different cultures and nationalities, through the Friendship Inn, Habitat for Humanity, Rainbow 50+, SIGA, FSIN, STC Community events, Winter Games etc."
- » "Being a part of the Board of Directors at children's daycare."
- » "I [have] been involved with my community association in doing fund raisers, safety coordinator, clean up etc."
- » "St. Mary's Parent Council/Pleasant Hill Community Association."

78% said Saskatoon was home.

72% said they had lived here 5 years or more.

"I had fun, there was a great sense of community and everyone was able to teach and learn from each other."

"Most of the services I have used come from sessions I have been to through the public school system and networking with others in my community."

- Kitaskinaw Survey



"It is important to stay connected in what's happening in the community and how we can get involved."

"Station 20 West is another great community building. Love it, its new, clean, monitored with friendliness."

- Kitaskinaw Survey

Location Of Community Programs And Services In Saskatoon

See map below.

What Else Do We Know About Community In Saskatoon?

Family (58%), friends (42%), and neighbours (37%) were cited as the key elements of community.

Source: Environics 2009.

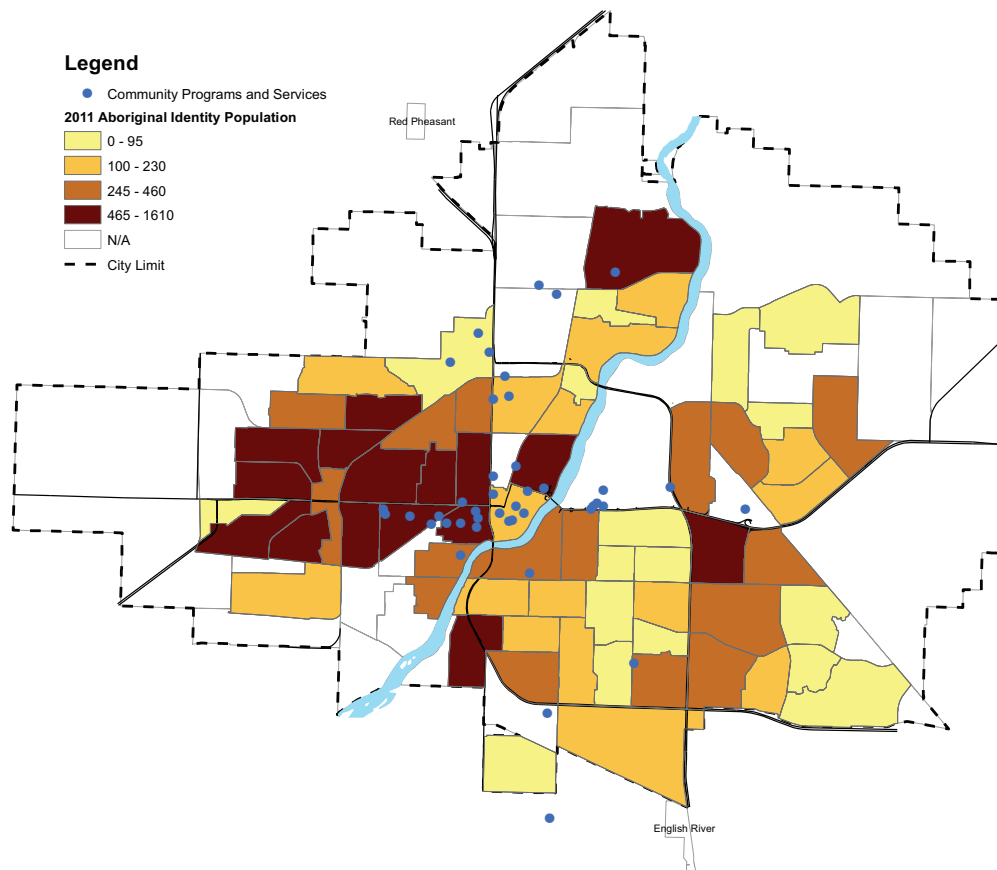
In 2009, 41% of Aboriginal people in Saskatoon cited affordability as top reason for living in their neighbourhood, while 20% cited family and friends as a top reason.

Source: Environics 2009.

Within the Saskatoon Aboriginal population in 2011, 27% had moved in the last year and 60% had moved between 2005 and 2010.

Source: Statistics Canada 2013b.

Saskatoon Aboriginal Population By Neighborhood (2011) And Distribution Of Community Programs And Services, Kitaskinaw Inventory



Source: Statistics Canada 2013a, Kitaskinaw Inventory 2013-2014.



KITASKINAW



These are the words ALPF© workshop participants used to describe the nation determinant of life:



When asked what programs and services they used in 2013 that are for the nation, participants mentioned the following most often:

- » Saskatoon Tribal Council
- » Federation of Saskatchewan Indian Nations (FSIN)
- » Saskatoon Indian and Métis Friendship Centre
- » Back to Batoche Days
- » Central Urban Métis Federation Inc. (CUMFI)
- » Treaty 6 Flag Raising City Hall
- » Idle No More
- » Métis Citizenship
- » Pow Wow
- » Aboriginal and Northern Development Canada

Participants said they used the following programs and services:

- » "GDI (Batoche and National Aboriginal Day)"
- » "FSIN, STC."
- » "Friendship Centre for Louis Riel Day."
- » "I attended the flag raising at City hall."
- » "Idle No More Flashmob Round dance."
- » "Métis citizenship."
- » "Treaty."
- » "Recently registered Indian."
- » "Bring all together as one."
- » "Powwows."

"I enjoy the national aboriginal day celebrations in June along with urban treaty days."

"Service providers should know what inherent rights mean."

- Kitaskinaw Survey



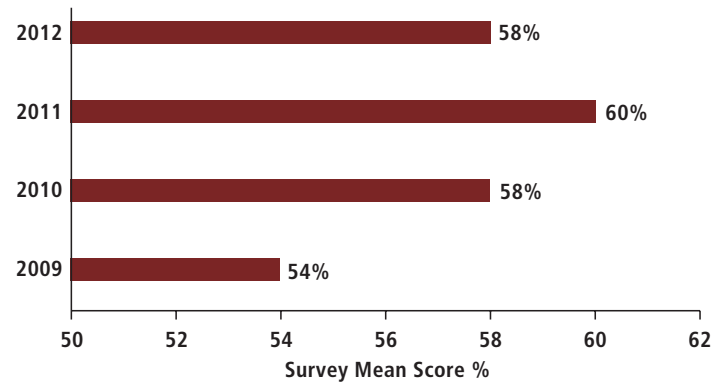
Location Of Nation Programs And Services In Saskatoon

See map below.

What Else Do We Know About Nation In Saskatoon?

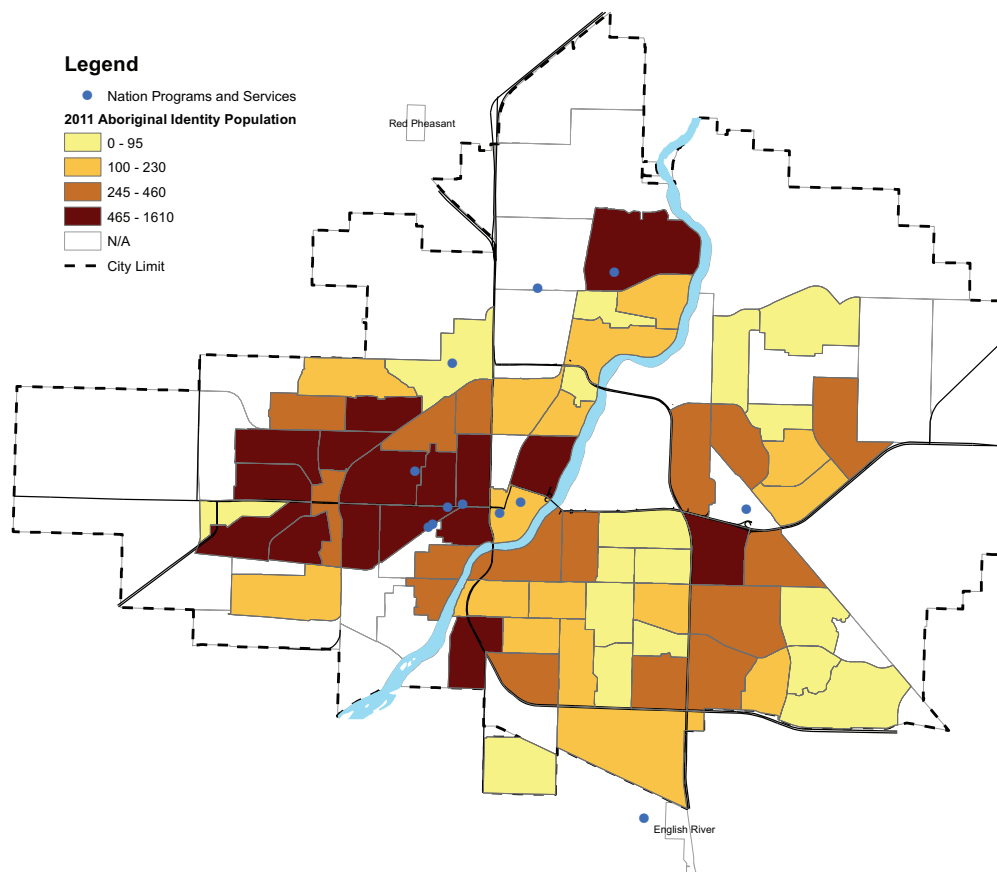
Student average test scores (both Aboriginal and non-Aboriginal children) on awareness of essential treaty learnings.

Treaty Essential Learning Scores Saskatoon Public School Students Saskatoon Public Schools 2009-2012



Source: Saskatoon Public Schools 2012b

Saskatoon Aboriginal Population By Neighborhood (2011) And Distribution Of Nation Programs And Services, Kitaskinaw Inventory



Source: Statistics Canada 2013a, Kitaskinaw Inventory 2013-2014.



These are the words ALPF© workshop participants used to describe the cultural determinant of life:



When asked what programs and services they used in 2013 that are cultural, participants mentioned the following most often:

- » Saskatoon Indian and Métis Friendship Centre
- » Round Dances
- » White Buffalo Youth Lodge
- » Pow Wow
- » Saskatchewan Indian Cultural Centre (SICC)
- » Central Urban Métis Federation Inc. (CUMFI)
- » Friendship Inn
- » White Buffalo Youth Lodge (Pow Wow)
- » White Buffalo Youth Lodge (Round dances)
- » Federation of Saskatchewan Indian Nations (FSIN)

Participants said they used the following programs and services:

- » "Saskatchewan Indian Cultural Centre feast and round dance. Elders, youth and children were at the round dance enjoying the singing, dancing and each other."
- » "SICC programs - Pow Wow Initiation Program, Art of Song and Hide, Traditional Parenting SIMFC programs - Pow Wow Dance Classes Wanuskewin Beading Classes."
- » "I have used some STC programming like going to White Buffalo for teachings of pow wow for my young one."
- » "Linklater Sweat Lodges and Culture Camp in the Summer; Full Moon Ceremonies and Sewing at White Buffalo in the Winter; the library for storytelling in English and Cree...Round Dances and Feasts at White Buffalo and Oskayak."

68% of survey respondents indicated that the organizations they use understand important matters about their cultural background.

73% of respondents indicated that they prefer to use Aboriginal organizations when looking for programs and services.



Location Of Culture Programs And Services In Saskatoon

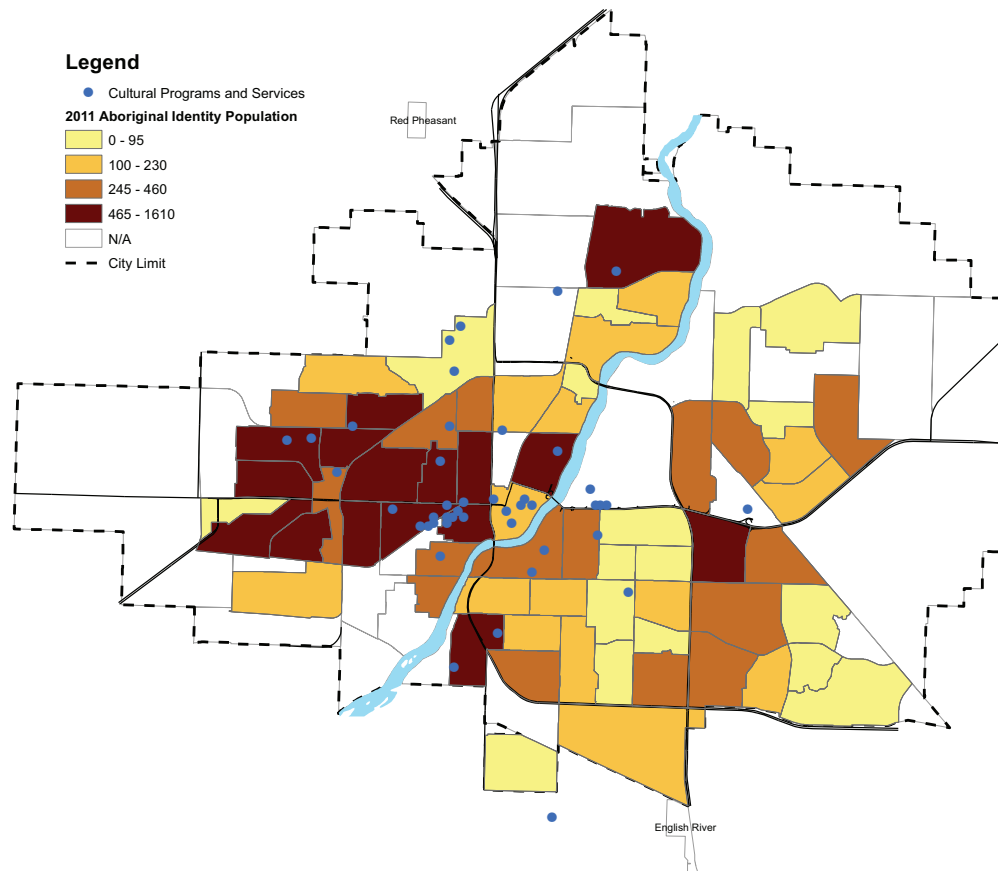
See map below.

What Else Do We Know About Culture In Saskatoon?

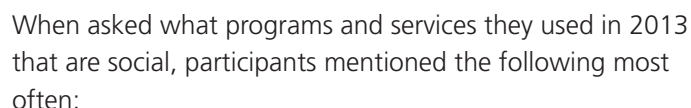
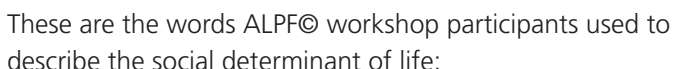
In a 2009 survey of Saskatoon's Urban Aboriginal Community, the top three most important aspects of culture to be passed on to future generations included: family values, customs/ traditions, and ceremonies.

Source: Environics 2009

Saskatoon Aboriginal Population By Neighborhood (2011) And Distribution Of Culture Programs And Services, Kitaskinaw Inventory



Source: Statistics Canada 2013a, Kitaskinaw Inventory 2013-2014.



- » White Buffalo Youth Lodge
- » Saskatoon Indian and Métis Friendship Centre
- » Central Urban Métis Federation Inc. (CUMFI)
- » Church
- » Internet
- » Quint Development Corporation
- » University of Saskatchewan (Aboriginal Student's Centre)
- » Central Urban Métis Federation Inc. (CUMFI)
- » Eagle Feather News
- » Facebook

Participants said they used the following programs and services:

- » “Saskatoon Indian and Métis Friendship Centre, White Buffalo Youth Lodge, Core Neighbourhood Youth Coop.”
- » “White buffalo; SCYAP.”
- » “FSIN - information on things happening, where to go for what, powwow Cumfi - information on what's happening, social/community SIMFC - awareness, networking.”

20% indicated that they were living with a disability. This is higher than the 16% of the general Saskatchewan population identified as living with disabilities (Statistics Canada 2007a).

55% of people who identified as having a disability agreed or strongly agreed that programs and services are easy to get to, compared to 60% from the rest of the survey.

90% of people who identified themselves as having a disability in the survey had high school education or higher.



Location Of Social Programs And Services In Saskatoon

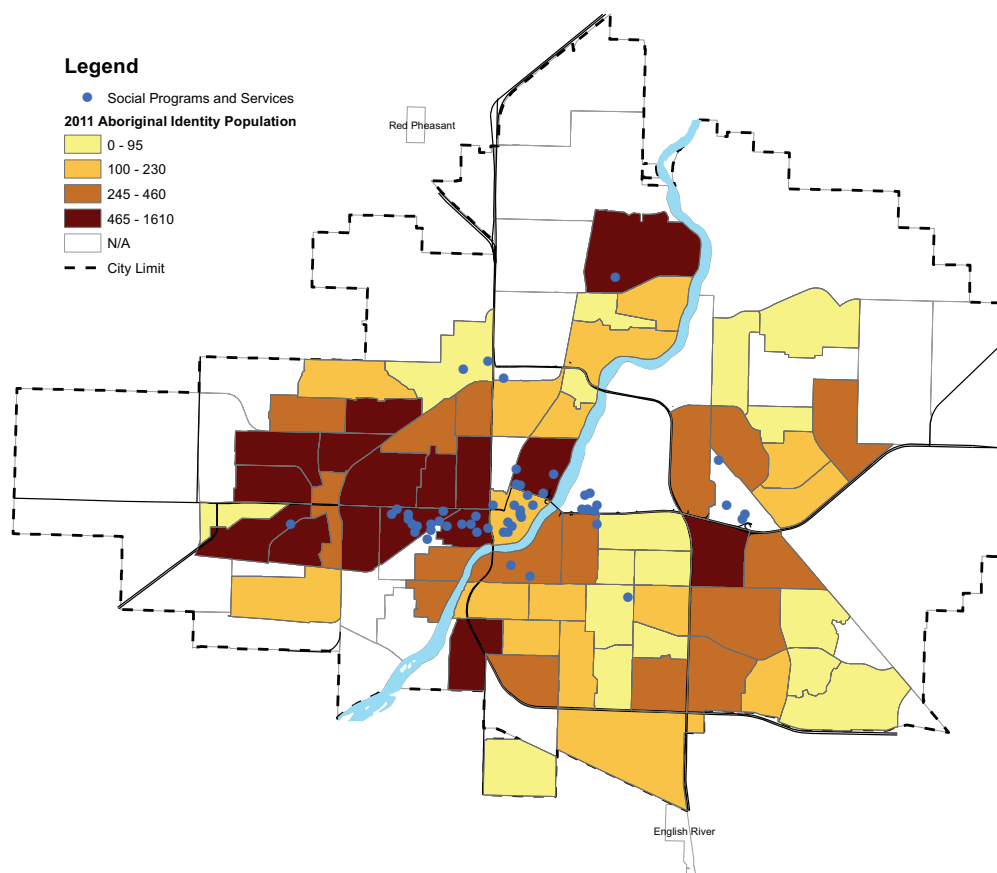
See map below.

What Else Do We Know About Social In Saskatoon?

In 2012 the United Way reported that 66% of participants in a Saskatoon homeless study were Aboriginal.

Source: United Way of Saskatoon & Area 2012.

Saskatoon Aboriginal Population By Neighborhood (2011) And Distribution Of Social Programs And Services, Kitaskinaw Inventory



Source: Statistics Canada 2013a, Kitaskinaw Inventory 2013-2014.



Courtesy Marcel Petit

ECONOMIC

These are the words ALPF© workshop participants used to describe the economic determinant of life:



When asked what programs and services they used in 2013 that are economic, participants mentioned the following most often:

- » Quint Development Corporation
- » Saskatchewan Career and Employment Services (CanSask)
- » Saskatoon Tribal Council
- » Saskatoon Tribal Council (Labour Force Development)
- » Gabriel Dumont Institute
- » Saskatchewan Career and Employment Services (CanSask)
- » Saskatchewan Indian Institute of Technologies (SIIT)
- » Saskatoon Tribal Council (Employment and Training)
- » Central Urban Métis Federation Inc. (CUMFI)
- » Employment Services

Participants said they used the following programs and services:

- » "Labour force and development (STC)."
- » "CCDF in achieving economic success."
- » "CanSask/STC/GDI for employment needs, GDI for funding business college (family member)."
- » "CanSask employment centre, YWCA employment centre, Quint/station 20 west. Sask-trades and skills/STEC. SIIT/career centre."



Location Of Economic Programs And Services In Saskatoon

See map below.

What Else Do We Know About Economic In Saskatoon?

The Aboriginal community experiences 13% unemployment as compared to 6% seen in the general population. Opportunities exist to narrow employment gaps between Aboriginal and general populations in Saskatoon.

Source: Statistics Canada 2013b; 2013c

Aboriginal employment indicators have improved steadily in Saskatoon over the past 15 years.

Source: Statistics Canada 2013b, 2007b, 2002, 1998

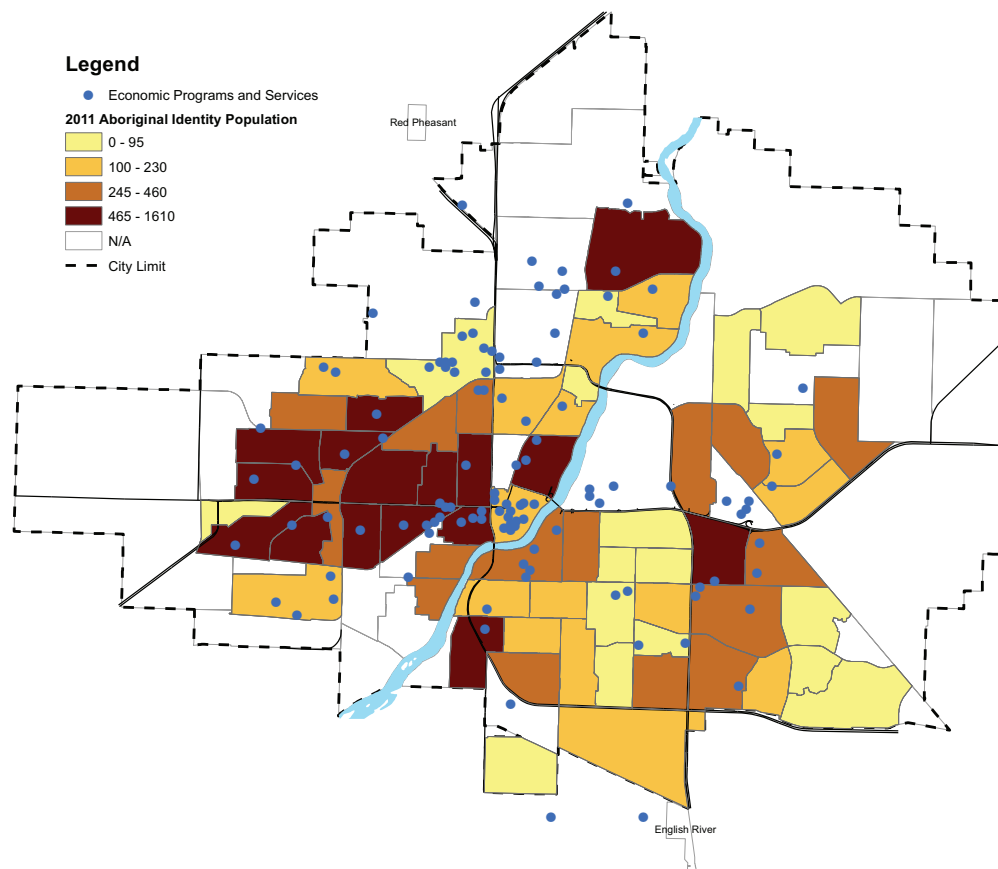
Statistics Canada data suggests that opportunities exist to increase the rate of those who are self-employed in Saskatoon's Aboriginal community.

Source: Statistics Canada 2013b, 2013c

Higher percentages of Aboriginal males and females make less than \$30,000/year, whereas higher percentages of the general population tend to make above \$30,000/year.

Source: Statistics Canada 2013b, 2013c

Saskatoon Aboriginal Population By Neighborhood (2011) And Distribution Of Economic Programs And Services, Kitaskinaw Inventory



Source: Statistics Canada 2013a, Kitaskinaw Inventory 2013-2014.



These are the words ALPF© workshop participants used to describe the political determinant of life:



When asked what programs and services they used in 2013 that are political, participants mentioned the following most often:

- » Métis Nation - Saskatchewan
- » Idle No More
- » Federation of Saskatchewan Indian Nations (FSIN)
- » Connecting With MP or MLA
- » Central Urban Métis Federation Inc. (CUMFI)
- » Idle No More (Teach-in Station 20 West)
- » Government of Saskatchewan
- » Newspaper
- » Saskatoon Tribal Council
- » City of Saskatoon (City Council Meetings)

Participants said they used the following programs and services:

- » "STC and FSIN"
- » "Programs through: White Buffalo Lodge programs...Idle No More teach-ins, rallies and events..."
- » "Idle No More and People's Free University at Station 20 West."

50% vote in municipal elections.

67% vote in provincial elections.

67% vote in federal elections.

70% of First Nations people said they vote in home community elections.

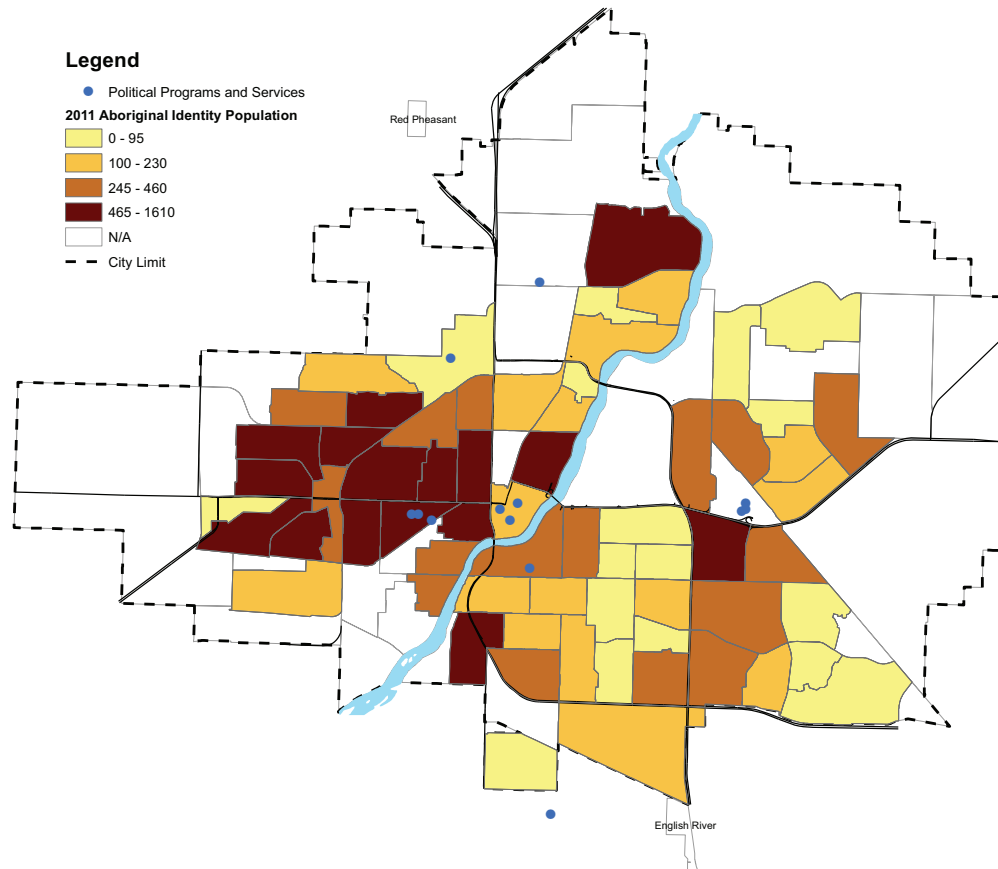
50% of Métis people said they vote in Métis Local elections.

Voting levels among survey participants are better than those of the general population for municipal elections, and very similar to those of the general population for Provincial and Federal elections.

Location Of Political Programs And Services In Saskatoon

See map below.

Saskatoon Aboriginal Population By Neighborhood (2011) And Distribution Of Political Programs And Services, Kitaskinaw Inventory



Source: Statistics Canada 2013a, Kitaskinaw Inventory 2013-2014.



CONCLUSION AND NEXT STEPS

The Kitaskinaw Project provides important insight about Saskatoon's Aboriginal people including information on demographics, programs and services available in Saskatoon, and being used by the Aboriginal community.

It is our hope this project will aid service providers as they deliver important programs and services to the community, and that community and government organizations will examine the information gathered through this project, to develop and influence policy related to the delivery of program and services for this important demographic in our community.

The Kitaskinaw Project will be broadly shared with local service providers through the Project partner websites and in hard copy upon request.



LIST OF ACRONYMS USED IN THIS REPORT

- » AA (Alcoholics Anonymous)
- » ABE (Adult Basic Education)
- » ALPF© (Aboriginal Life Promotion Framework©)
- » AMMSA (Aboriginal Multi-media Society)
- » A.P.R.I.N.T.S (Aboriginal Parents' Roles in Interacting with Teacher Supports)
- » ASC (Aboriginal Student's Centre, University of Saskatchewan)
- » CanSask (Canada - Saskatchewan Career and Employment Services)
- » CFS (Catholic Family Services)
- » CRU (Connections and Resources for U)
- » CTR (Community Training Residence)
- » CUMFI (Central Urban Métis Federation Inc.)
- » CHEP (Child Health Education Program)
- » CMA (Census Metropolitan Area)
- » CLASSIC (Community Legal Assistance Services for Saskatoon Inner City Inc.)
- » CNYC (Core Neighbourhood Youth Co-op)
- » CHUMS (Creative Healing for Urban Members, STC)
- » EPP (Education Partnership Program)
- » FEEL (Families Feeling Exceptional Loss)
- » FNUC (First Nations University of Canada)
- » FSIN (Federation of Saskatchewan Indian Nations)
- » GDI (Gabriel Dumont Institute)
- » GED (General Education Development)
- » ITEP (Indian Teacher Education Program)
- » MACSI (Métis Addictions Council of Saskatchewan Inc.)
- » MEND (Mind, Exercise, Nutrition...Do it!, University of Saskatchewan)
- » MLA (Member of Legislative Assembly)
- » MP (Member of Parliament)
- » NASA (Northern Administration Student's Association)
- » NHS (National Household Survey)
- » PAC (Physical Activity Complex, University of Saskatchewan)
- » PALS (Providers of Aboriginal Life Supports, STC)
- » PTA (Provincial Training Allowance)
- » SAID (Saskatchewan Assured Income for Disability)
- » SC (Statistics Canada)
- » SCYAP (Saskatoon Community Youth Arts Programming)
- » SHR (Saskatoon Health Region)
- » SIAST (Saskatchewan Institute of Applied Science and Tech-nology)
- » SICC (Saskatchewan Indian Cultural Centre)
- » SIGA (Saskatchewan Indian Gaming Authority)
- » SIMFC (Saskatoon Indian and Métis Friendship Centre)
- » SIIT (Saskatchewan Indian Institute of Technologies)
- » SNTC (Saskatoon Native Theatre Company)
- » STC (Saskatoon Tribal Council)
- » SUNTEP (Saskatchewan Urban Native Teacher Education Program)
- » SWITCH (Student Wellness Initiative Towards Community Health)
- » WA (Wellness Area)
- » WBYL (White Buffalo Youth Lodge)
- » Y.D.C. (Youth Development Corporation)
- » YSCR (Youth Sport Culture & Recreation, STC)



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THANK YOU

The Kitaskinaw Team gratefully acknowledges funding support from the Saskatoon Urban Aboriginal Strategy.

The Kitaskinaw Team would also like to thank the many community members and organizations who shared their knowledge and ideas for this project.

Project Advisory Committee:

Saskatoon Public Schools

Aboriginal Friendship Centres of Saskatchewan

University of Saskatchewan Centre for Continuing and Distance Education

Saskatoon Health Region

Aboriginal Affairs and Northern Development Canada

City of Saskatoon

Central Urban Métis Federation Incorporated

Greater Saskatoon Catholic Schools

Saskatoon Indian & Métis Friendship Centre

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Monica Goulet, Aboriginal Relations Consultant, Saskatoon Police Services.

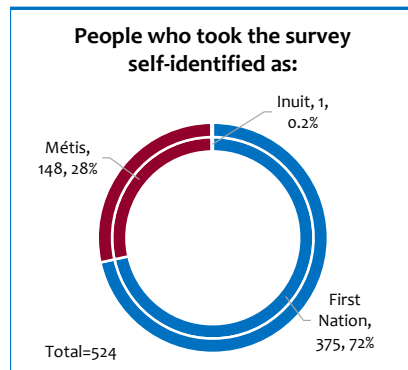
Appendix A: Kitaskinaw Program and Service User Survey—All Questions

Question 1.

As a self-identified Aboriginal person, would you consider yourself...?

	Total Number of Responses	%
First Nation	375	72
Métis	148	28
Inuit	1	0.2
Total	524	100

99.6% of people who took the survey responded to this question.

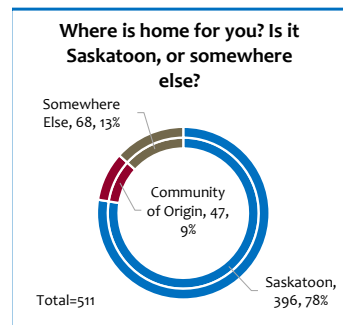


Question 2.

Where is home for you? Is it Saskatoon, or somewhere else?

	Total Number of Responses	%
Saskatoon	396	77
Community of Origin	47	9
Somewhere Else	68	13
Total	511	100

97.1% of people who took the survey responded to this question.



Question 3.

How long have you been in Saskatoon?

	Total Number of Responses	%
Less than 6 months	19	4
6 months - 1 year	18	3
1 - 5 years	91	18
5 years or more	375	72
Just visiting	15	3
Total Responses	518	100.0

98.5% of people who took the survey responded to this question.

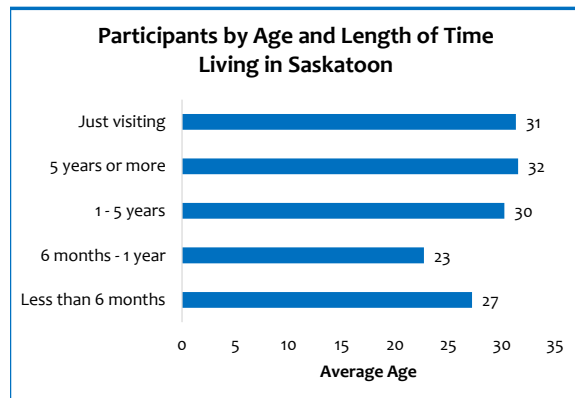


APPENDIX: 2013 SURVEY QUESTIONS AND RESPONSES

Cross-Tabulation

Participants by Age and Length of Time Living in Saskatoon

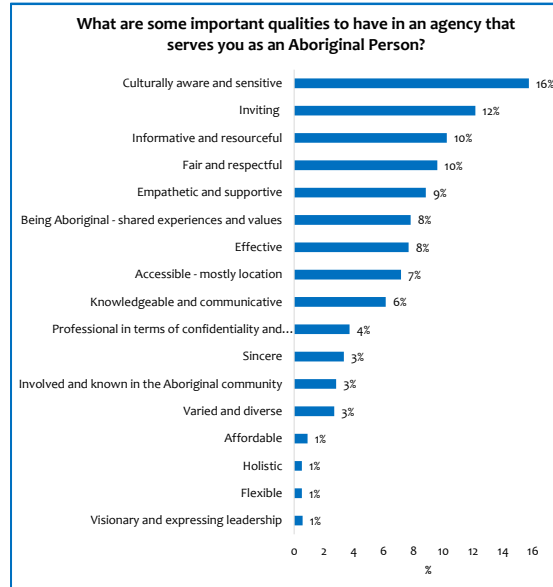
Length of Time Living in Saskatoon	Average Age Most Frequently Reported
Less than 6 months	27
6 months - 1 year	23
1 - 5 years	30
5 years or more	32
Just visiting	31



Question 4.

What are some important qualities to have in an agency that serves you as an Aboriginal Person?

	Total Number of Responses	%
Visionary and expressing leadership	2	1
Flexible	4	1
Holistic	4	1
Affordable	7	1
Varied and diverse	21	3
Involved and known in the Aboriginal community	22	3
Sincere	26	3
Professional in terms of confidentiality and privacy	29	4
Knowledgeable and communicative	48	6
Accessible - mostly location	56	7
Effective	60	8
Being Aboriginal - shared experiences and values	61	8
Empathetic and supportive	69	9
Fair and respectful	75	10
Informative and resourceful	80	10
Inviting	95	12
Culturally aware and sensitive	123	16

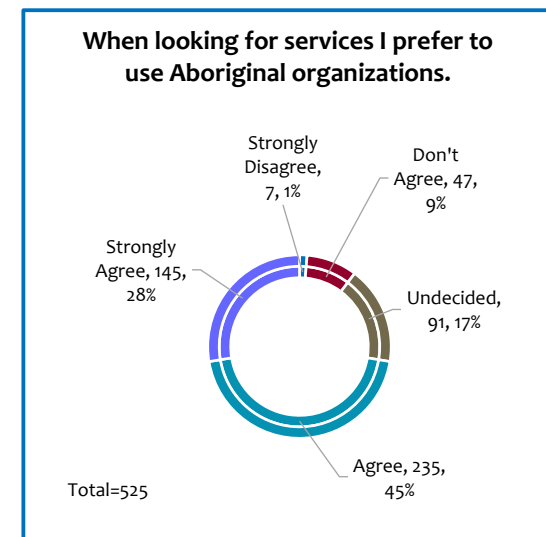


Question 5.

When looking for services I prefer to use Aboriginal organizations.

	Strongly Disagree	Don't Agree	Undecided	Agree	Strongly Agree	
Total Responses	7	47	91	235	145	525
%	1	9	17	45	28	100

99.8% of people who took the survey responded to this question.



APPENDIX: 2013 SURVEY QUESTIONS AND RESPONSES

Question 6.

I feel that the organizations I use understand important matters about my racial or cultural background.

	Strongly Disagree	Don't Agree	Undecided	Agree	Strongly Agree	
Total Responses	10	59	99	219	136	523
%	2	11	19	42	26	100

99.4% of people who took the survey responded to this question.

Question 7.

Program and service providers are often able to point me in the direction of other useful services outside their own organization.

	Strongly Disagree	Don't Agree	Undecided	Agree	Strongly Agree	
Total Responses	5	59	113	254	90	521
%	1	11	22	49	17	100

99.1% of people who took the survey responded to this question.

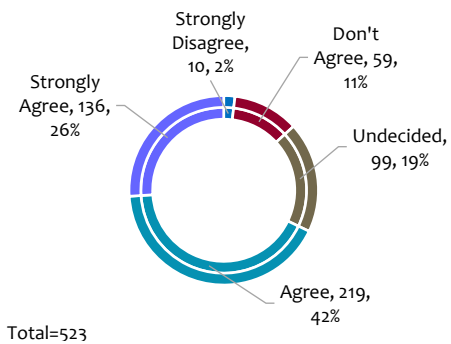
Question 8.

I feel that the organizations I use recognize that all aspects of my life are interrelated.

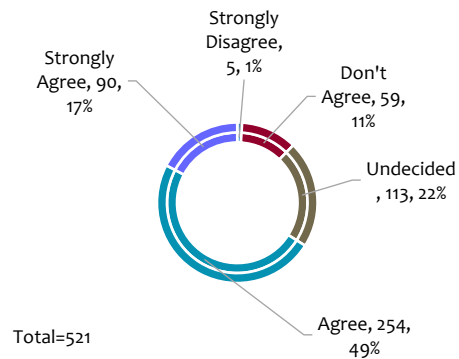
	Strongly Disagree	Don't Agree	Undecided	Agree	Strongly Agree	
Total Responses	10	77	156	210	65	518
%	2	15	30	41	13	100

98.5% of people who took the survey responded to this question.

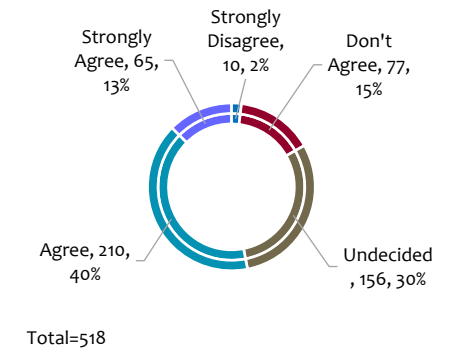
I feel that the organizations I use understand important matters about my racial or cultural background.



Program and service providers are often able to point me in the direction of other useful services outside their own organization.



I feel that the organizations I use recognize that all aspects of my life are interrelated.



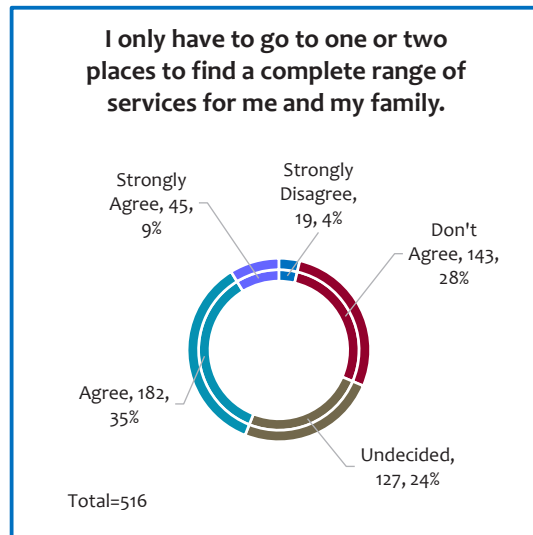
APPENDIX: 2013 SURVEY QUESTIONS AND RESPONSES

Question 9.

I only have to go to one or two places to find a complete range of services for me and my family.

	Strongly Disagree	Don't Agree	Undecided	Agree	Strongly Agree	
Total Responses	19	143	127	182	45	516
%	4	28	25	35	9	100

98.1% of people who took the survey responded to this question.

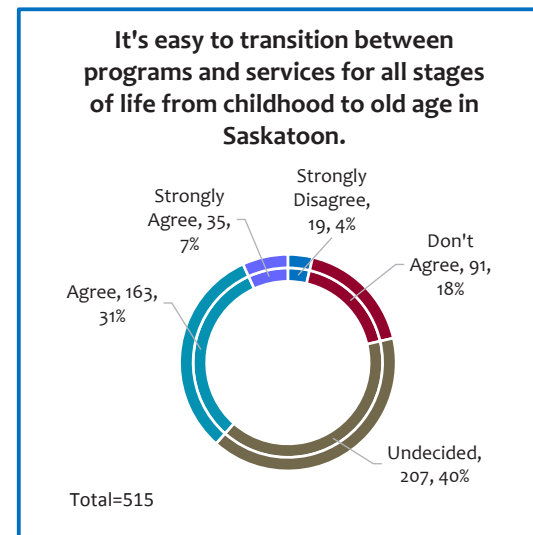


Question 11.

It's easy to transition between programs and services for all stages of life from childhood to old age in Saskatoon.

	Strongly Disagree	Don't Agree	Undecided	Agree	Strongly Agree	
Total Responses	19	91	207	163	35	515
%	4	18	40	32	7	100

98.0% of people who took the survey responded to this question.



APPENDIX: 2013 SURVEY QUESTIONS AND RESPONSES

Question 12.

In the past year, have you used any programs and services (check all that apply):

	ALPF Short	Total Number of Survey Responses	% Total Survey Respon	Inventory Count	% Inventory Sort
Other (please specify)		7			
			0%	0	0
That helps you know more about politics in your community? (Political)	Political	78	3%	21	2%
That promotes quality of life for Elders? (Elders)	Elder	81	3%	3	0.3%
That focuses on your family? (Family)	Family	130	5%	57	5%
That helps adults cope with life's challenges? (Adult)	Adult	138			
			5%	2	0.2%
That helps you participate in things that affect Aboriginal people as Nations (Treaties, Councils, Métis citizenship)? (Nation)	Nation	156	6%	18	2%
That provides you with social activities? (Social)	Social	158	6%	142	13%
That focuses on youth (teens)? (Youth)	Youth	159	6%	54	5%
That help you focus on personal goals? (Individual)	Individual	160	6%	7	1%
That helps you get involved with your community? (Community)	Community	177			
			6%	63	6%
That focuses on kids (anyone under 12)? (Child)	Child	177			
			6%	31	3%
That helps you with employment? (Economic)	Economic	178	6%	212	20%
That provides cultural activities? (Cultural)		187			
			7%	111	10%
That give you someone to talk to (e.g. counseling services, help lines)? (Emotional)	Emotional	224	8%	36	3%
That help you connect with your spirituality (e.g. ceremonies, sweats, round dances)? (Spiritual)	Spiritual	236	9%	39	4%
That promotes your physical health? (Physical)	Physical	248	9%	119	11%
That helps you with education and training? (Intellectual)	Intellectual	268	10%	145	14%
84.4% of people who took the survey responded to this question.		2762	100%	1060	100%
More that one box can be ticked. A total of 444 people ticked at least one box.					

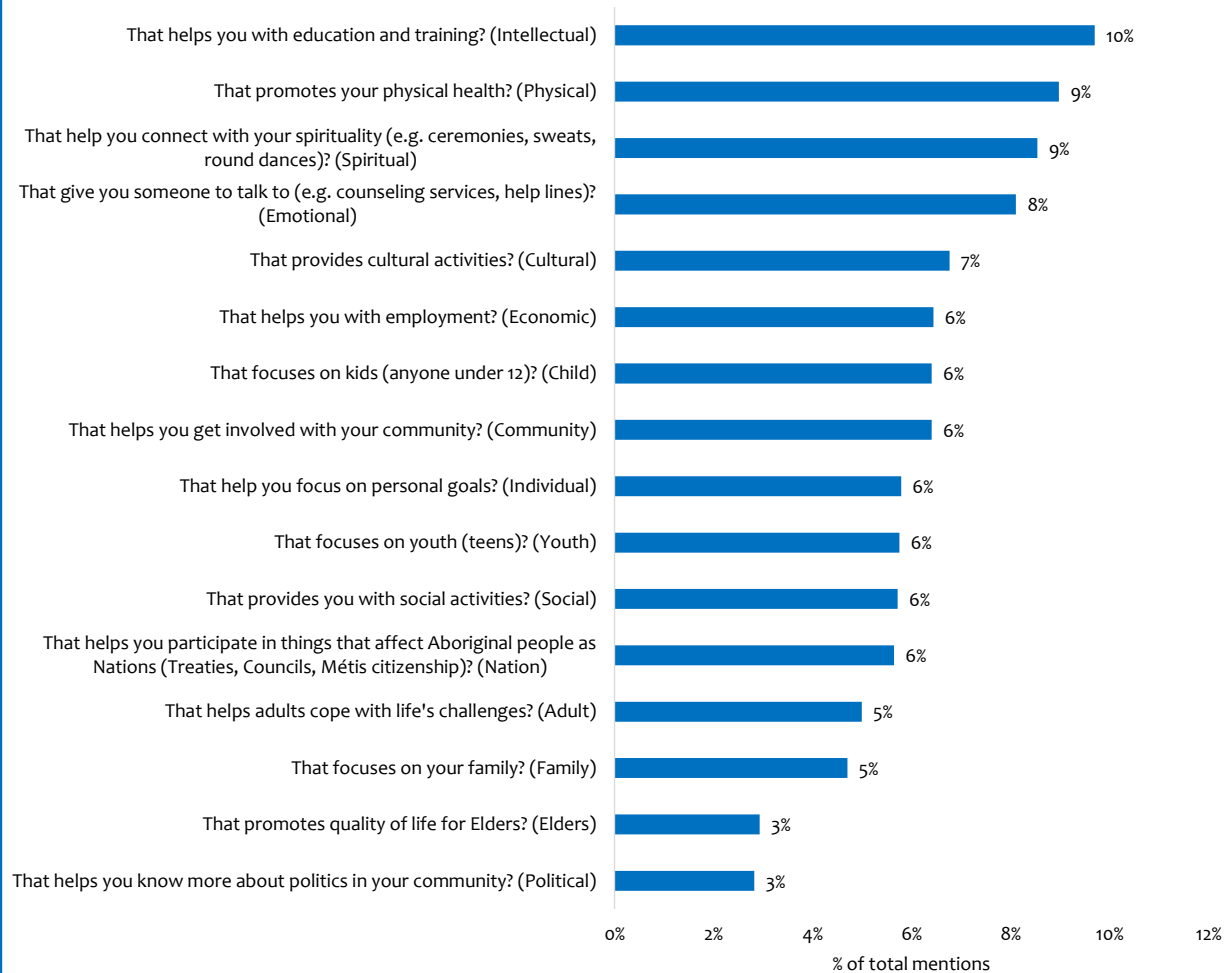
Question 13.

For each of the boxes you ticked above, can you name some examples of programs or services you've used?

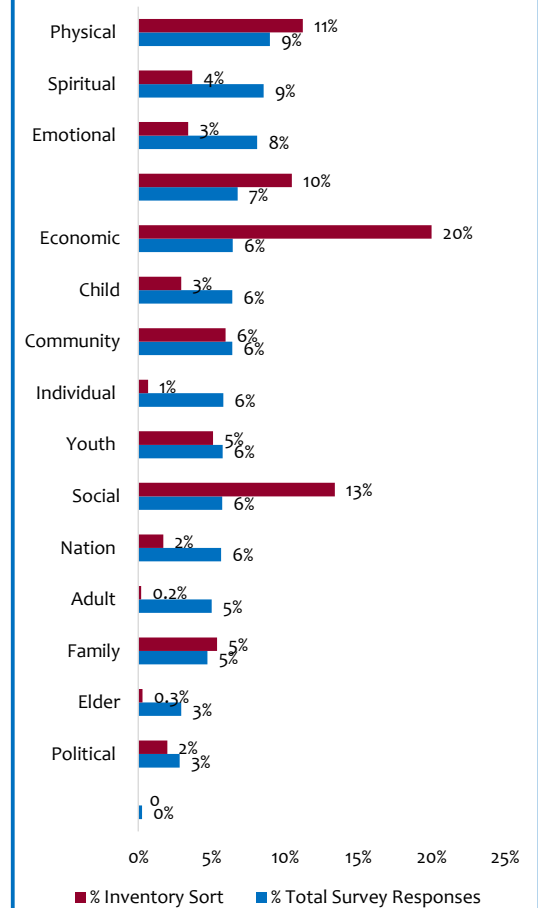
See: Kitaskinaw_Survey_2013_Question_13_Analysis.xls

APPENDIX: 2013 SURVEY QUESTIONS AND RESPONSES

In the past year, have you used any programs and services (check all that apply)...



Reported Program and Service Use (Survey) and Inventory Programs and Services by ALPF Determinant



APPENDIX: 2013 SURVEY QUESTIONS AND RESPONSES

Question 14. a

What are the top three programs or services that you use in Saskatoon?

What are the top three programs and services that you use in Saskatoon?

First Choices	Second Choices	Third Choices
City of Saskatoon Leisure Services	20 City of Saskatoon Leisure Services Passes	5 White Buffalo Youth Lodge
Gabriel Dumont Institute	12 Saskatoon Indian and Metis Friendship Centre (SIMFC)	5 School, Activities and Supports
Saskatoon Tribal Council	9 Saskatoon Food Bank and Learning Centre	2 Health Services, Clinics, Doctors
White Buffalo Youth Lodge	9 Saskatoon Soccer Inc.	2 CUMFI
Saskatoon Indian and Metis Friendship Centre	7 University of Saskatchewan Aboriginal e.g. Education, Centre	2 Oskayak High School Language
		Saskatoon Indian and Metis Friendship Centre
		University of Saskatchewan Aboriginal Student's Centre

Question 14.b

What do you value most about these programs and services [that you listed]?

What do you value most about these programs and services [that you listed]?

- Of good quality: The programs and services provided are helpful, people and atmosphere is friendly, or there are a number of resources on hand
- Accessible: The programs and services are convenient, easy to get to, consistent or affordable
- Healthy Wellbeing: The programs and services help me or my family feel better, or help with our overall quality of life in a number of ways
- Education: The programs and services are culturally based, open up other opportunities, or provide help with other areas of life
- Information: The programs and services "get me what I need – information"
- Food: The programs and services provide me "food at no cost or low cost"
- Physical Fitness: The programs and services, "keep me in shape", "help me connect to culture and network"

APPENDIX: 2013 SURVEY QUESTIONS AND RESPONSES

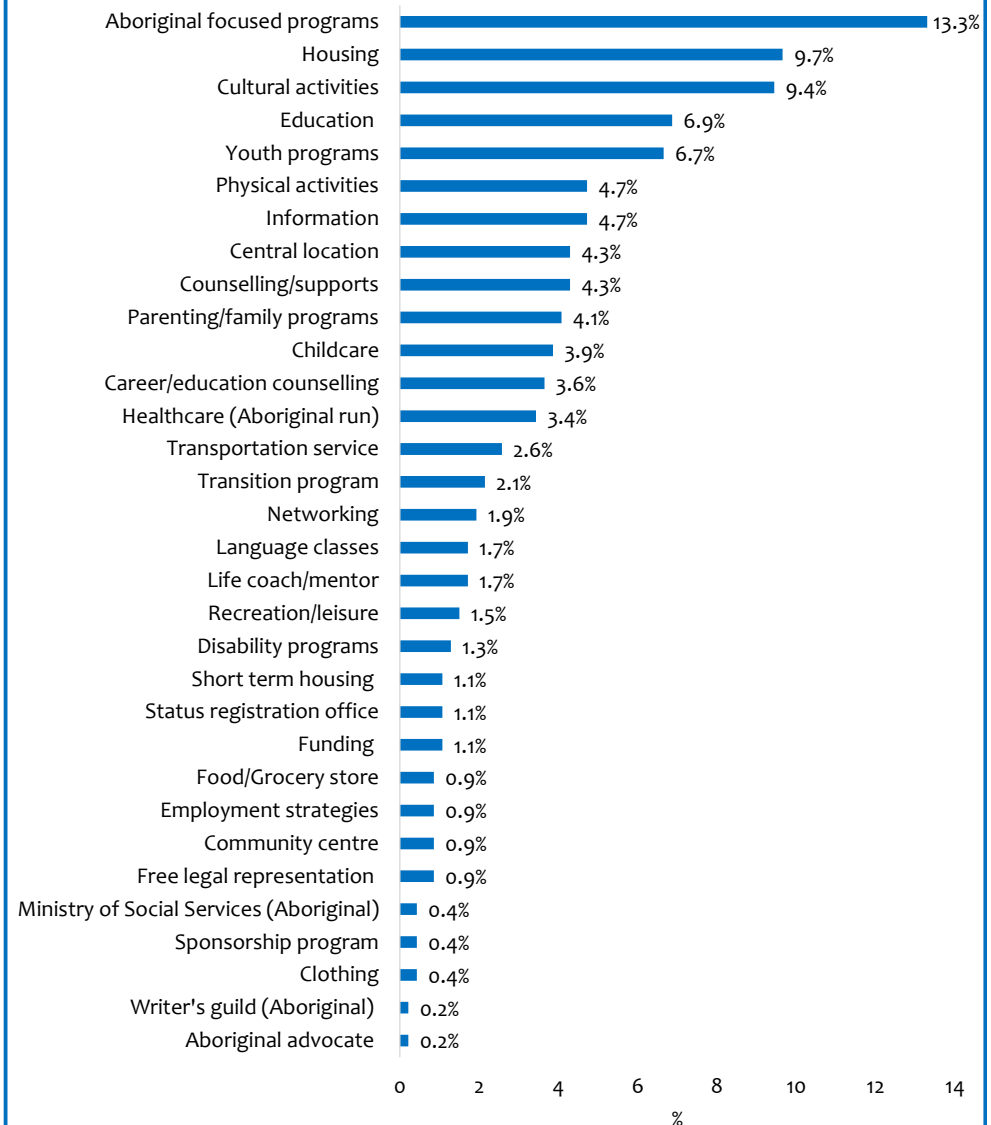
Question 15.

If you could add a program or service in Saskatoon, what would it be?

Program, Service or Resource Mentioned	o.oo%	Number of Mentions
Aboriginal advocate	0.2	1
Writer's guild (Aboriginal)	0.2	1
Clothing	0.4	2
Sponsorship program	0.4	2
Ministry of Social Services (Aboriginal)	0.4	2
Free legal representation	0.9	3
Community centre	0.9	4
Employment strategies	0.9	4
Food/Grocery store	0.9	4
Funding	1.1	5
Status registration office	1.1	5
Short term housing	1.1	5
Disability programs	1.3	6
Recreation/leisure	1.5	7
Life coach/mentor	1.7	8
Language classes	1.7	8
Networking	1.9	9
Transition program	2.1	10
Transportation service	2.6	12
Healthcare (Aboriginal run)	3.4	16
Career/education counselling	3.6	17
Childcare	3.9	18
Parenting/family programs	4.1	19
Counselling/supports	4.3	20
Central location	4.3	20
Information	4.7	22
Physical activities	4.7	22
Youth programs	6.7	31
Education	6.9	32
Cultural activities	9.4	44
Housing	9.7	45
Aboriginal focused programs	13.3	62

466

If you could add a program or service in Saskatoon, what would it be?



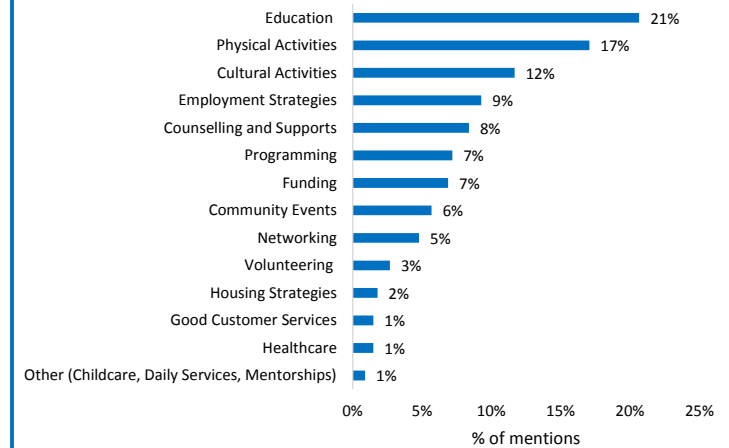
APPENDIX: 2013 SURVEY QUESTIONS AND RESPONSES

Question 16.a

Please share a time when you had a really great experience using a program or service in Saskatoon.

Experience	Number of Mentions	% of mentions
Other (Childcare, Daily Services, Mentorships)	3	1%
Healthcare	5	1%
Good Customer Services	5	1%
Housing Strategies	6	2%
Volunteering	9	3%
Networking	16	5%
Community Events	19	6%
Funding	23	7%
Programming	24	7%
Counselling and Supports	28	8%
Employment Strategies	31	9%
Cultural Activities	39	12%
Physical Activities	57	17%
Education	69	21%
	334	100%

Please share a time when you had a really great experience using a program or service in Saskatoon.

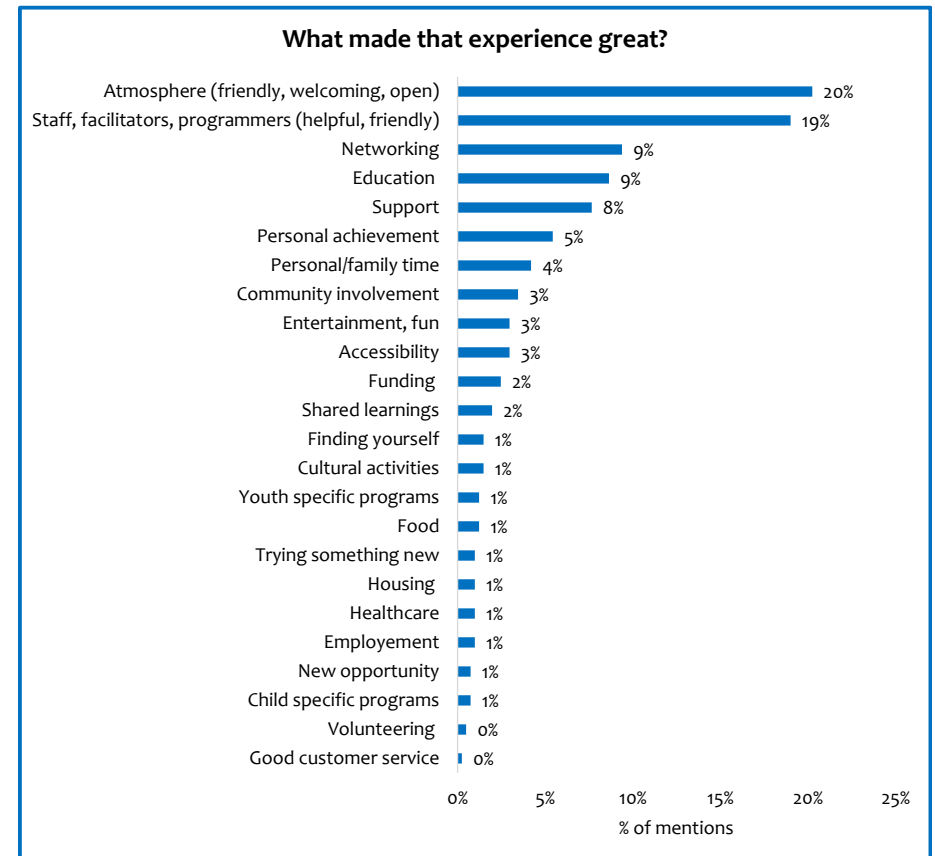


APPENDIX: 2013 SURVEY QUESTIONS AND RESPONSES

Question 16.b

What made that experience great?

Quality	%	Number of Mentions
Good customer service	0%	1
Volunteering	0%	2
Child specific programs	1%	3
New opportunity	1%	3
Employment	1%	4
Healthcare	1%	4
Housing	1%	4
Trying something new	1%	4
Food	1%	5
Youth specific programs	1%	5
Cultural activities	1%	6
Finding yourself	1%	6
Shared learnings	2%	8
Funding	2%	10
Accessibility	3%	12
Entertainment, fun	3%	12
Community involvement	3%	14
Personal/family time	4%	17
Personal achievement	5%	22
Support	8%	31
Education	9%	35
Networking	9%	38
Staff, facilitators, programmers (helpful, friendly)	19%	77
Atmosphere (friendly, welcoming, open)	20%	82
	100%	405



APPENDIX: 2013 SURVEY QUESTIONS AND RESPONSES

Question 17.a

If you are registered on a First Nation, do you typically vote in your home community elections?

	Total Number of Responses	%
Yes	224	70
No	76	24
N/A	20	6
Total	320	100

85.0% of First Nations people who took the survey responded to this question.

Question 17.b

If you said no, what could Saskatoon program and service providers do to make it easier for you to vote in elections in your home community?

	Number of Responses	%
First Nations Candidates	1	1
Mandatory Voting	1	1
Face to Face Canvassing	6	7
Combating Lack of Interest	6	7
Increased Information	13	16
Improved Access	14	17
Urban Voting Stations	19	23
Transportation	22	27
Total	82	100

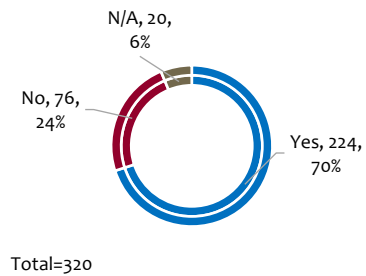
Question 18.a

If you are Métis, do you typically vote in your Métis Local or Métis service organization elections?

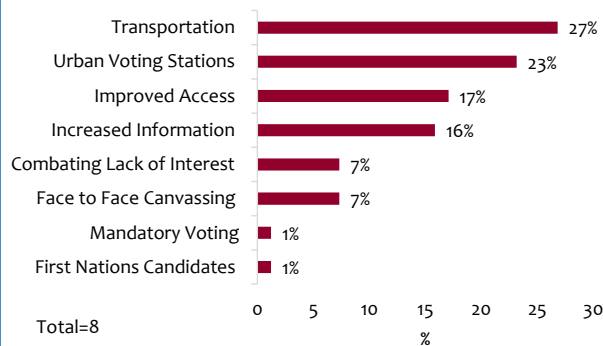
	Total Number of Responses	%
Yes	57	50
No	56	50
Total	113	100

82.0% of Métis people who took the survey responded to this question.

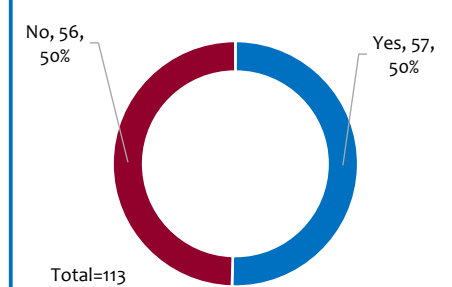
If you are registered on a First Nation, do you typically vote in your home community elections?



If you are a First Nation who doesn't typically vote in home community elections, what could Saskatoon program and service providers do to make it easier for you?



If you are Métis, do you typically vote in your Métis Local or Métis service organization elections?



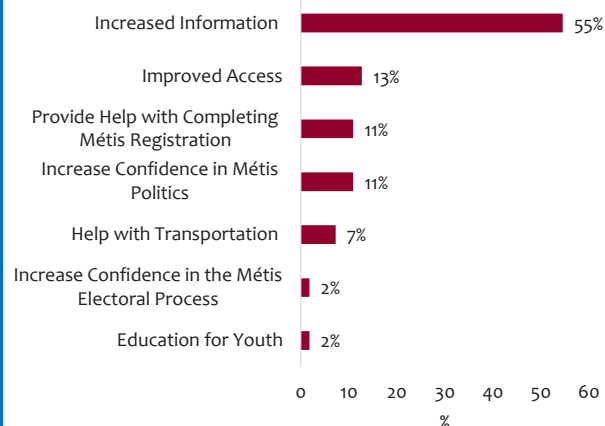
APPENDIX: 2013 SURVEY QUESTIONS AND RESPONSES

Question 18.b

If you said you do not typically vote in your Métis Local or Métis service organization elections, what could Saskatoon program and service providers do to make it easier for you to do so?

	Number of Responses	%
Education for Youth	1	1.8
Increase Confidence in the Métis Electoral Process	1	1.8
Help with Transportation	4	7.3
Increase Confidence in Métis Politics	6	10.9
Provide Help with Completing Métis Registration	6	10.9
Improved Access	7	12.7
Increased Information	30	54.5
Total	55	100.0

If you said you do not typically vote in your Métis Local or Métis service organization elections, what could Saskatoon program and service providers do to make it easier for you to do so?



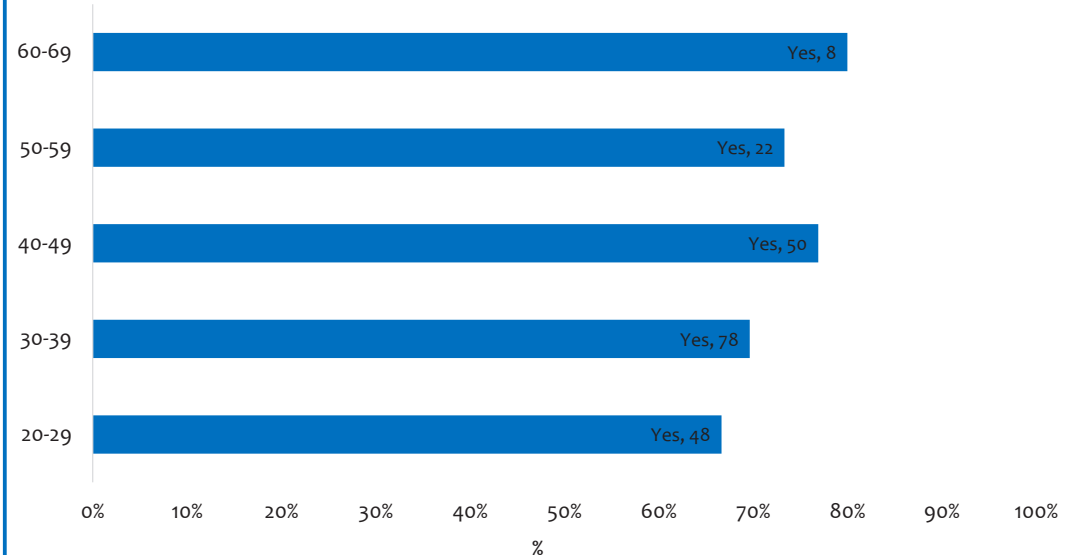
Cross-Tabulation

First Nation Participants Voting in Home Community Elections by Age Category

	19 or younger	%	20-29	%	30-39	%	40-49	%	50-59	%	60-69	%	70-79	%	80 years and over
Yes	5	31.3	48	66.7	78	69.6	50	76.9	22	73.3	8	80.0	1	100.0	0
No	8	50.0	17	23.6	28	25.0	12	18.5	7	23.3	2	20.0	0	0.0	0
N/A	3	18.8	7	9.7	6	5.4	3	4.6	1	3.3	0	0.0	0	0.0	0
Total	16	100.0	72	100.0	112	100.0	65	100.0	30	100.0	10	100.0	1	100.0	0.0

85.0% of First Nations people who took the survey responded to this question.

First Nation Participants Voting in Home Community Elections by Age Category



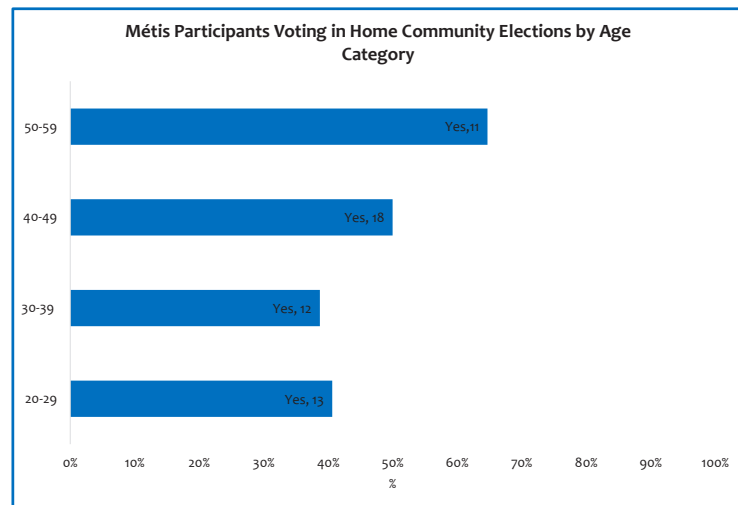
APPENDIX: 2013 SURVEY QUESTIONS AND RESPONSES

Cross-Tabulation

Métis Participants Voting in Home Community Elections by Age Category

	19 or younger	20-29	%	30-39	%	40-49	%	50-59	%	60-69	%	70-79	80 years and over (N=0)
Yes	0	13	40.6	12	38.7	18	50.0	11	64.7	1	33.3	0	0
No	0	18	56.3	16	51.6	15	41.7	5	29.4	1	33.3	0	0
N/A	0	1	3.1	3	9.7	3	8.3	1	5.9	1	33.3	0	0
Total	0	32	100.0	31	100.0	36	100.0	17	100.0	3	100.0	0	0.0

82.0% of Métis people who took the survey responded to this question.

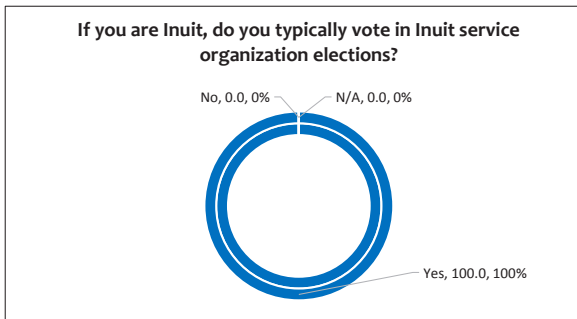


Question 19.a

If you are Inuit, do you typically vote in Inuit service organization elections?

	Total Number of Responses	%
Yes	1	100.0
No	0	0.0
N/A	0	0.0
Total	1	100

100.0% of Inuit people who took the survey responded to this question.



Question 19.b

If you said no, what could Saskatoon program and service providers do to make it easier for you to vote in Inuit service organization elections?

If you are Inuit, what could Saskatoon program and service providers do to make it easier for you to vote in Inuit service organization elections?

"Help with transportation"

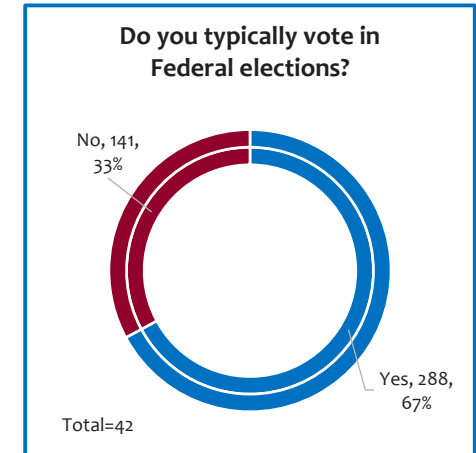
Source: Kitaskinaw Program and Service User Survey 2014

Question 20.a

Do you typically vote in Federal elections?

	Total Number of Responses	%
Yes	288	67.1
No	141	32.9
Total	429	100

81.6% of people who took the survey responded to this question.



APPENDIX: 2013 SURVEY QUESTIONS AND RESPONSES

Question 20.b

If you said no, what could Saskatoon program and service providers do to make it easier for you to vote in Federal elections?

	Total Number of Responses	%
Family/Community Support for Voting	3	3.7
Aboriginal Interests and Issues in Election Platforms	4	4.9
Aboriginal-Friendly Polling Stations	5	6.2
Help with ID	7	8.6
Transportation	8	9.9
Improve Confidence in Canadian Politics	9	11.1
Improved Access	18	22.2
Increased Information	27	33.3
Total	81	100

Cross-Tabulation

Responses by Gender - do you typically vote in Federal elections?

	%
Male	63
Female	68

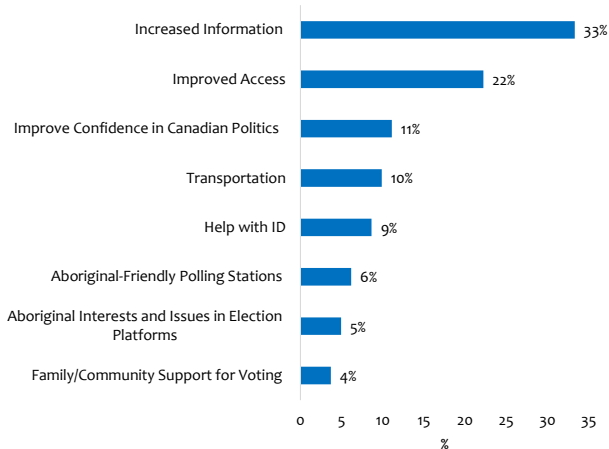
Question 21.a

Do you typically vote in Provincial elections?

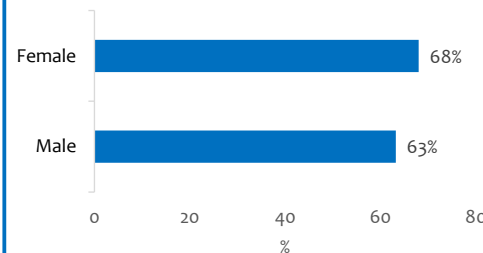
	Total Number of Responses	%
Yes	293	67.4
No	142	32.6
Total	435	100

83.0% of people who took the survey responded to this question.

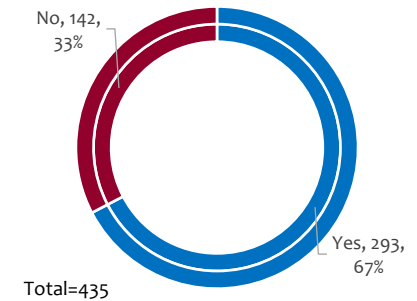
If you don't typically vote in Federal Elections, what could Saskatoon program and service providers do to make it easier for you to do so?



Do you typically vote in Federal Elections? "Yes" responses by gender...



Do you typically vote in Provincial elections?



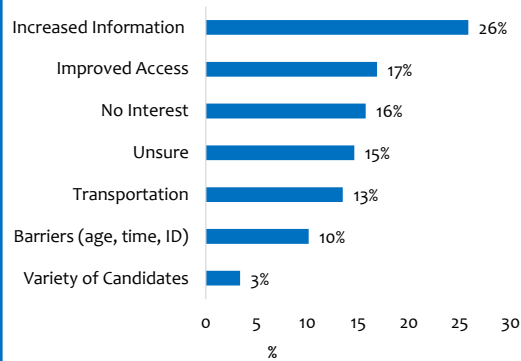
APPENDIX: 2013 SURVEY QUESTIONS AND RESPONSES

Question 21.b

If you said no, what could Saskatoon program and service providers do to make it easier for you to vote in Provincial elections?

	Number of Responses	%
Variety of Candidates	3	3
Barriers (age, time, ID)	9	10
Transportation	12	13
Unsure	13	15
No Interest	14	16
Improved Access	15	17
Increased Information	23	26
Total	89	100.0

If you said no, what could Saskatoon program and service providers do to make it easier for you to vote in Provincial elections?



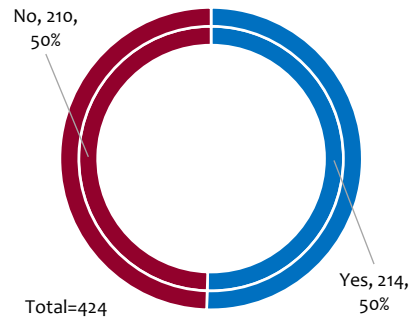
Question 22.a

Do you typically vote in Municipal elections?

	Total Number of Responses	%
Yes	214	50.5
No	210	49.5
Total	424	100

81.0% of people who took the survey responded to this question.

Do you typically vote in Municipal elections?

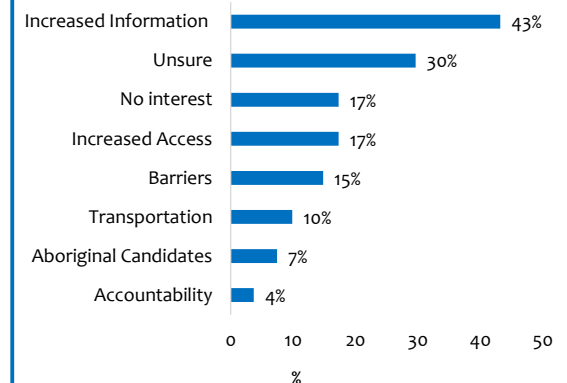


Question 22.b

If you said no, what could Saskatoon program and service providers do to make it easier for you to vote in Municipal elections?

	Number of Responses	%
Accountability	3	4
Aboriginal Candidates	6	7
Transportation	8	10
Barriers	12	15
Increased Access	14	17
No interest	14	17
Unsure	24	30
Increased Information	35	43
Total	81	100.0

If you said no, what could Saskatoon program and service providers do to make it easier for you to vote in Municipal elections?

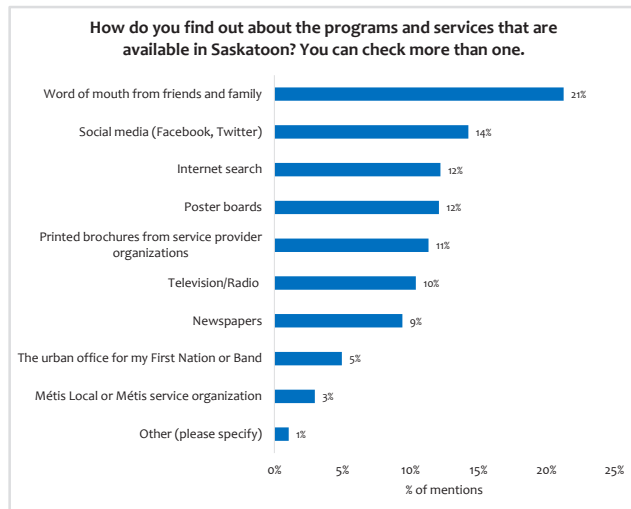


APPENDIX: 2013 SURVEY QUESTIONS AND RESPONSES

Question 23.

How do you find out about the programs and services that are available in Saskatoon? You can check more than one.

	Total Number of Responses	%
Other (please specify)	18	1%
Métis Local or Métis service organization	51	3%
The urban office for my First Nation or Band	85	5%
Newspapers	161	9%
Television/Radio	178	10%
Printed brochures from service provider organizations	194	11%
Poster boards	207	12%
Internet search	209	12%
Social media (Facebook, Twitter)	244	14%
Word of mouth from friends and family	364	21%
	1711	100%

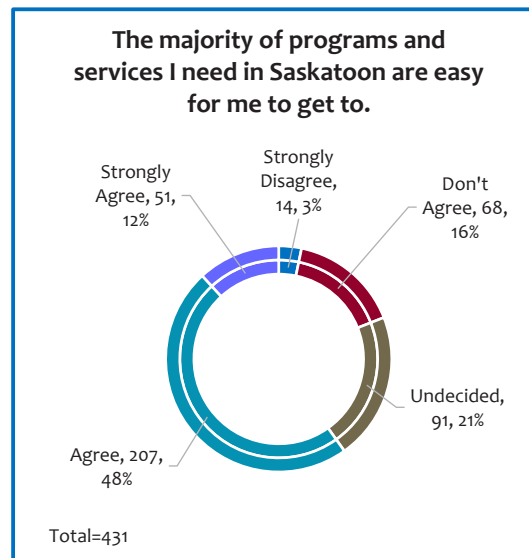


Question 24.

The majority of programs and services I need in Saskatoon are easy for me to get to.

	Strongly Disagree	Don't Agree	Undecided	Agree	Strongly Agree	
Total Responses	14	68	91	207	51	431
%	3.2	15.8	21.1	48.0	11.8	100.0

82.0% of people who took the survey responded to this question.



Question 25.

As a self-identified Aboriginal person, would you consider yourself...?

	Total Number of Responses	%
Status	302	74.8
Non Status	102	25.2
Total	404	100

77.0% of people who took the survey responded to this question.

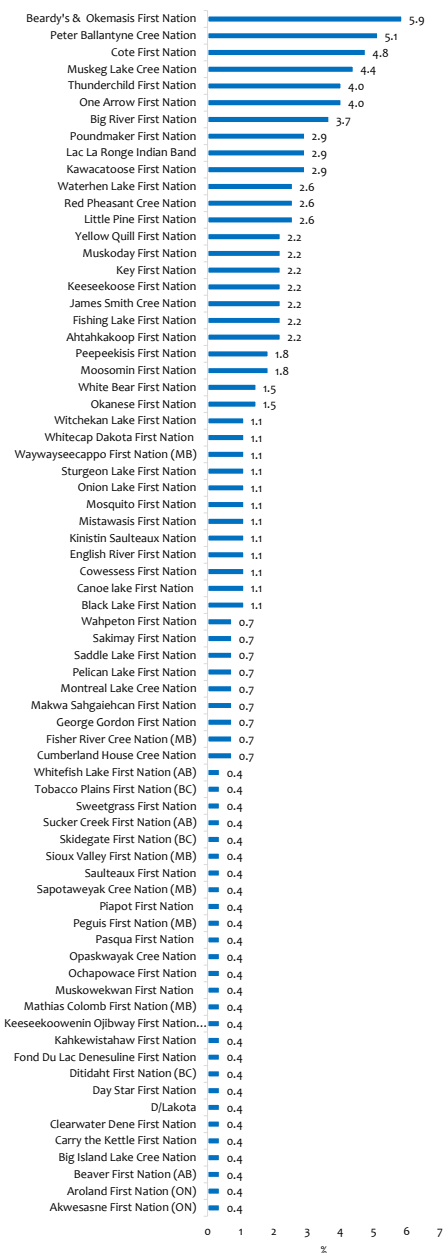


APPENDIX: 2013 SURVEY QUESTIONS AND RESPONSES

Question 26.

For those of you who self-identified as First Nation, please First Nation	Number	%
Akwesasne First Nation (ON)	1	0.4
Aroland First Nation (ON)	1	0.4
Beaver First Nation (AB)	1	0.4
Big Island Lake Cree Nation	1	0.4
Carry the Kettle First Nation	1	0.4
Clearwater Dene First Nation	1	0.4
D/Lakota	1	0.4
Day Star First Nation	1	0.4
Ditidaht First Nation (BC)	1	0.4
Fond Du Lac Denesuline First Nation	1	0.4
Kahkewistahaw First Nation	1	0.4
Keeseekoowenin Ojibway First Nation (MB)	1	0.4
Mathias Colomb First Nation (MB)	1	0.4
Muskowekwan First Nation	1	0.4
Ochapowace First Nation	1	0.4
Opaskwayak Cree Nation	1	0.4
Pasqua First Nation	1	0.4
Peguis First Nation (MB)	1	0.4
Piapot First Nation	1	0.4
Sapotaweyak Cree Nation (MB)	1	0.4
Saulteaux First Nation	1	0.4
Sioux Valley First Nation (MB)	1	0.4
Skidegate First Nation (BC)	1	0.4
Sucker Creek First Nation (AB)	1	0.4
Sweetgrass First Nation	1	0.4
Tobacco Plains First Nation (BC)	1	0.4
Whitefish Lake First Nation (AB)	1	0.4
Cumberland House Cree Nation	2	0.7
Fisher River Cree Nation (MB)	2	0.7
George Gordon First Nation	2	0.7
Makwa Sahgaiehan First Nation	2	0.7
Montreal Lake Cree Nation	2	0.7
Pelican Lake First Nation	2	0.7
Saddle Lake First Nation	2	0.7
Sakimay First Nation	2	0.7
Wahpeton First Nation	2	0.7
Black Lake First Nation	3	1.1
Canoe Lake First Nation	3	1.1
Cowessess First Nation	3	1.1
English River First Nation	3	1.1
Kinistin Saulteaux Nation	3	1.1
Mistawasis First Nation	3	1.1
Mosquito First Nation	3	1.1
Onion Lake First Nation	3	1.1
Sturgeon Lake First Nation	3	1.1
Waywayseecappo First Nation (MB)	3	1.1
Whitecap Dakota First Nation	3	1.1
Witcheakan Lake First Nation	3	1.1
Okanese First Nation	4	1.5
White Bear First Nation	4	1.5
Moosomin First Nation	5	1.8
Peepeekisis First Nation	5	1.8
Ahtahkakoop First Nation	6	2.2
Fishing Lake First Nation	6	2.2
James Smith Cree Nation	6	2.2
Keeseekoowenin First Nation	6	2.2
Key First Nation	6	2.2
Muskoday First Nation	6	2.2
Yellow Quill First Nation	6	2.2
Little Pine First Nation	7	2.6
Red Pheasant Cree Nation	7	2.6
Waterhen Lake First Nation	7	2.6
Kawacatoose First Nation	8	2.9
Lac La Ronge Indian Band	8	2.9
Poundmaker First Nation	8	2.9
Big River First Nation	10	3.7
One Arrow First Nation	11	4.0
Thunderchild First Nation	11	4.0
Muskeg Lake Cree Nation	12	4.4
Cote First Nation	13	4.8
Peter Ballantyne Cree Nation	14	5.1
Beardy's & Okemasis First Nation	16	5.9
Total	273	100.0

For those of you who self-identified as First Nation, please share the name of your band or First Nation:



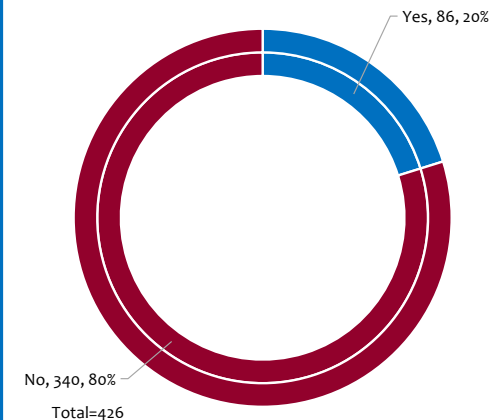
Question 27.

Do you identify yourself as being a person with a disability?

	Total Number of Responses	%
Yes	86	20.2
No	340	79.8
Total	426	100

81.0% of people who took the survey responded to this question.

Do you identify yourself as being a person with a disability?



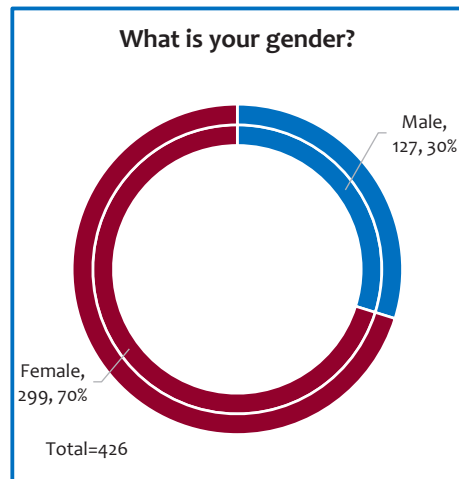
APPENDIX: 2013 SURVEY QUESTIONS AND RESPONSES

Question 28.

What is your gender?

	Total Number of Responses	%
Male	127	29.8
Female	299	70.2
Total	426	100

81.0% of people who took the survey responded to this question.

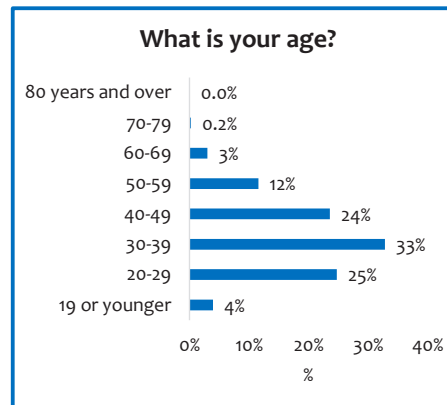


Question 29.

What is your age?

	Total Number of Responses	%
19 or younger	17	4%
20-29	107	25%
30-39	142	33%
40-49	102	24%
50-59	50	12%
60-69	13	3%
70-79	1	0.2%
80 years	0	0.0%
Total	432	1.0

82.0% of people who took the survey responded to this question.

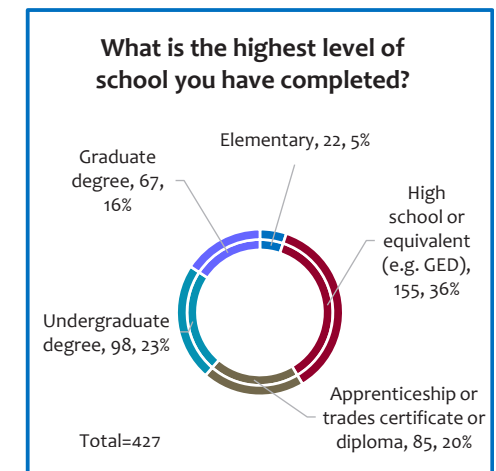


Question 30.

What is the highest level of school you have completed?

	Total Number of Responses	%
Elementary	22	5.2
High school or equivalent	155	36.3
Apprenticeship or trades	85	19.9
Undergraduate degree	98	23.0
Graduate degree	67	15.7
Total	427	100.0

81.1% of people who took the survey responded to this question.



APPENDIX: 2013 SURVEY QUESTIONS AND RESPONSES

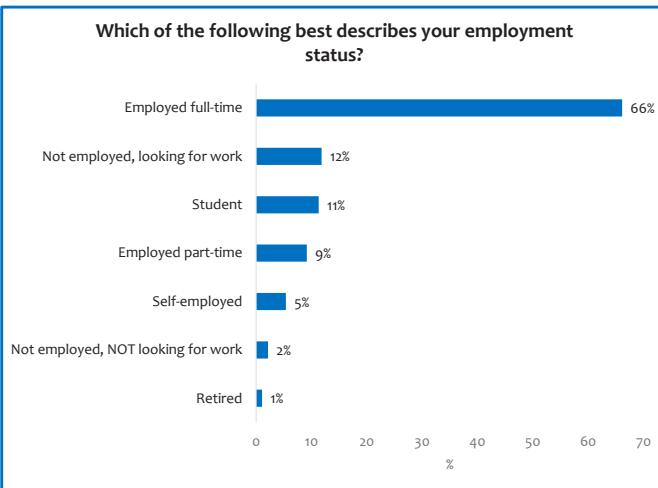
Question 31.

Which of the following best describes your employment status?

	Total Number of Responses	%
Retired	2	1.1
Not employed, NOT looking for work	4	2.2
Self-employed	10	5.4
Employed part-time	17	9.1
Student	21	11.3
Not employed, looking for work	22	11.8
Employed full-time	123	66.1

69.0% of people who took the survey responded to this question.

Web data has been presented. Findings are similar for the combined web and in-person data.

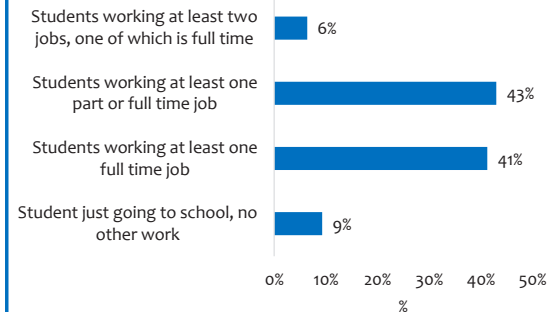


Cross-Tabulation

Student Employment

	Total Number of Responses	% of Students
Student just going to school, no other work	16	9%
Students working at least one full time job	71	41%
Students working at least one part or full time job	74	43%
Students working at least two jobs, one of which is full time	11	6%
	172	1

Students Working While Going to School



Question 32.

What is your annual household income?

	Total Number of Responses	%
Less than \$19,999	137	34.6
\$20,000-\$34,999	73	18.4
\$35,000-\$49,999	48	12.1
\$50,000-\$74,999	66	16.7
\$75,000-\$99,999	33	8.3
\$100,000-\$149,999	25	6.3
\$150,000 or more	14	3.5
Total	396	100.0

75.3% of people who took the survey responded to this question.

