

Funding Criteria

- Be an Aboriginal non-profit organization or a First Nation community with a mandate to provide health and social services in the VCH region.
- Fit within one of the five funding streams.
- Meet all the criteria listed in the expression of interest guidelines at www.vch.ca/ahip.
- Contribute to VCH's Aboriginal Health & Wellness Plan strategic goals.
- Complete the entire project development process.

Project Development Process

Successful expression of interest applicants are required to participate in a number of activities before final funding approval is granted. These include:

- 1 Attend a two-day outcomes planning and management training workshop.
- 2 Develop an action plan during the workshop.
- 3 Prepare a detailed project budget.

The funding cycle description is online at www.vch.ca/ahip. The Aboriginal Health & Wellness Plan Community Developer is available for ongoing support and follow-up.

VCH Regional Map

VCH encompasses many urban communities, as well as the 14 First Nations listed below.



- Douglas
- Heiltsuk
- Kitasoo
- Mount Currie
- Musqueam
- N'Quatqua
- Nuxalk
- Oweekeno
- Samahquam
- Sechelt
- Skatin
- Sliammon
- Squamish (Lower & Upper)
- Tsleil-Waututh

Contact

Tel: 604.875.5600 (local 61321)

Email: info.aboriginalhealth@vch.ca

Web: www.vch.ca/ahip, www.vch.ca/aboriginalhealth

*Community Voices and
Input Are Key to Successful
AHIP Initiatives*

Aboriginal Health Initiative Program

Vancouver
Coastal Health
Promoting wellness. Ensuring care.



Building Healthy Aboriginal Communities

Health promotion is based on the belief that communities know their own health needs and that they can help their members achieve better health when they have access to support and resources.

A community can enhance its capacity to support health and wellness by recognizing the skills and expertise of its members. These skills are called upon to develop programs and partnerships, which support the community as a whole.

Strategies that help build community capacity include self-help, coalition and network building, peer support, mentoring, skill sharing and partnerships.

Aboriginal Health Initiative Program

The Aboriginal Health Initiative Program (AHIP) is a grants program that supports health promotion projects with Aboriginal non-profit organizations and First Nations communities in the Vancouver Coastal Health (VCH) region.

AHIP's mandate is to encourage communities to identify and develop locally responsive health promotion and capacity building initiatives. Projects must have a direct impact on community members and the outcomes must be measurable. Funding opportunities are available each fall.



Five Funding Streams

- 1 Mental wellness and self-esteem.
- 2 Chronic or infectious disease prevention.
- 3 Early childhood development.
- 4 Food security.
- 5 Access to health services.



AHIP projects:

- ❖ Create supportive environments for health and well-being.
- ❖ Strengthen community participation.
- ❖ Develop personal health enhancing skills.
- ❖ Reduce inequities.
- ❖ Develop mutual support models and systems.
- ❖ Enhance coping skills.
- ❖ Facilitate better access to health services.
- ❖ Build healthy public policy.

AHIP Success Stories

Aboriginal Patients' Lodge Mental Health & Wellness Program (Lu'ma Native Housing Society) promotes social connections between lodge residents and community members by offering cultural workshops, community cooking sessions and health promotion workshops.

Chronic Disease Prevention & Management (Nuxalk First Nation) supports healthy lifestyles in the Nuxalk community by promoting chronic disease prevention, self-management techniques and daily active living.

Ese'm'kwu Aboriginal Healing & Wellness Centre (Squamish First Nation) trains community members in alternative and integrated healing services to meet the community's healing needs.

Musqueam Family Wellness Program (Musqueam First Nation) enhances community capacity by training individuals to deliver parenting programs for parents and children under 12 years old.

Urban Aboriginal Community Kitchen & Garden Project (Vancouver Native Health) builds community capacity by giving Aboriginal people from East Vancouver the opportunity to grow, harvest and cook their own food.

"I'll tell you what the garden did for me...I'm off all my medication. My two heart meds and my high blood pressure (pills). (The Garden) increased my taste for veggies. I've always had veggies but it's expanded to other stuff..."

Urban Aboriginal Community Kitchen & Garden Project participant