

THE QARMAAPIK HOUSE

2016 AIP \$700,000 Prize

ARCTIC
INSPIRATION PRIZE



PRIX INSPIRATION
ARCTIQUE



A large, white, stylized silhouette of a house with a chimney, set against a light blue background. The house shape contains the main text of the graphic.

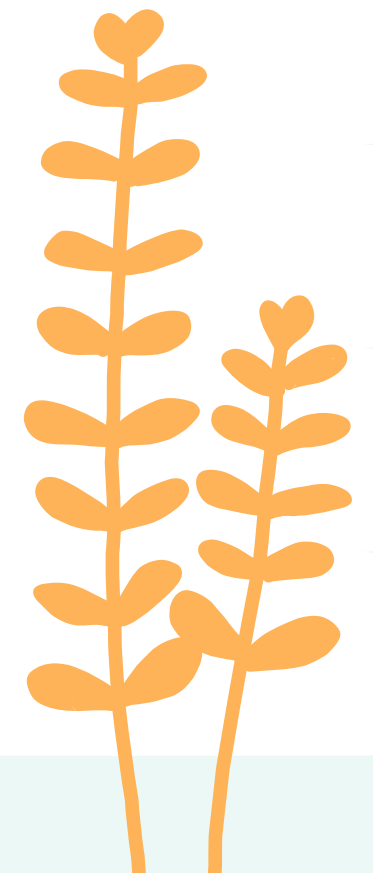
The Qarmaapik House Program won the 2016 AIP \$700,000 prize.

The Arctic Inspiration Prize is the largest annual prize in Canada. It inspires, enables, and celebrates the achievements of the people of the North, recognizing diverse teams with innovative projects in the fields of education; health and wellbeing; culture, arts and language; science and traditional knowledge; climate change; food security; and the economy.

Nominator: Makivik Corportation

Team: Alice U. Annanack, Hilda Snowball (Team Leader), Maggie Emudluk Sr., Nancy Etok

This report was compiled and created by the **Qatalyst Research Group**, with the help of Adriana Kusugak, the project team, and AIP.



QARMAAPIK (TINY HOUSE)

Qarmaapik House is located in the Northern Village of Kangiqsualujjuaq, a small Inuit village of about 900 residents, in Nunavik. It was created in response to the rise of children in foster care under youth protection.

Its mission is to provide a space where parents or guardians can receive support to better meet the needs of their children and strengthen the bond within their family by instilling traditional Inuit family values.

VISION

Prevent children from being placed in foster families and/or sent to another community by the Youth Protection, help families in need and strengthen connections between the youth, adults, and the community with the assistance of Elders, who have traditional knowledge and Inuit values.



YOUTH

FAMILY

COMMUNITY

COMMUNITY-DRIVEN INTERVENTIONS

A welcoming and safe space for Inuit families in crisis, the Qarmaapik House is a community-first response that deploys 'Inuit Community Interveners' to support families. If, after seven days at the family house, clients still haven't been able to work out their problems, only then their files are handed over to youth protection.

The approach deploys a multidisciplinary team comprising of community health and social services providers, counsellors, Inuit Elders, and educators coming together to help parents overcome their challenges and raise safe, healthy children.

In the first year after receiving AIP funding, Qarmaapik took in 35 client families; 24 of these families came voluntarily, meaning they had reached out directly to Qarmaapik for help. Another 11 client families were referred by social services or other community partners.

The AIP funding has helped increase the number of team members providing support to families and children.

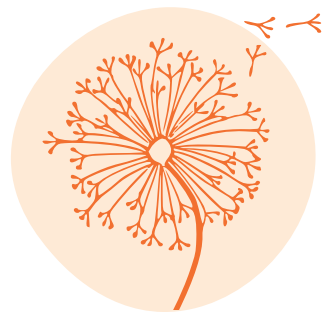


"BREAKING THE CYCLE OF VIOLENCE AND [FOSTER CARE] PLACEMENTS, BECAUSE THAT'S CREATING TRAUMAS OVER AND OVER AGAIN."

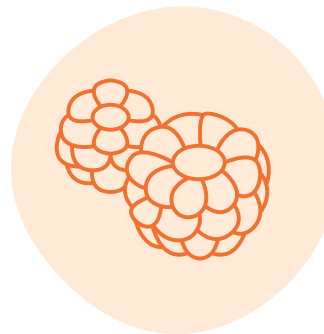
ELLASIE ANNANACK, COUNSELLOR

FAMILY PROGRAMS

Qarmaapik offers many prevention programs delivered by a team of counsellors, psychologists, elders, cooks.



A family strengthening program for families involved in youth protection cases. This program helps with communication and structuring at home, as well as for the family, working towards a better lifestyle.

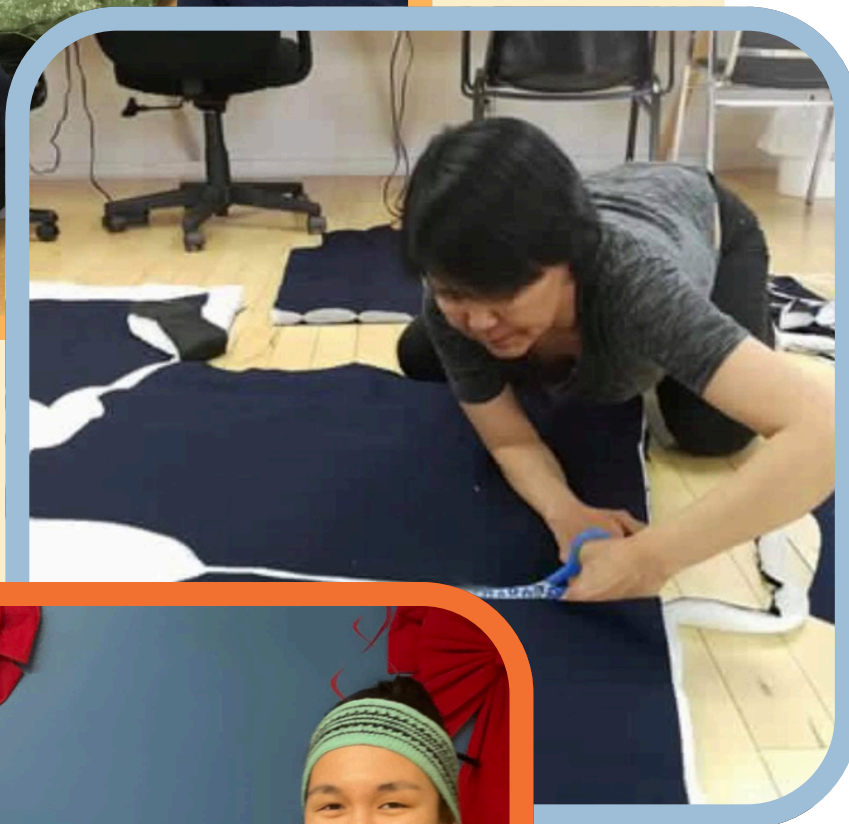


Self-care events for single parents and their children (berry picking, evening manicures, massage therapy, babysitting/games, etc.).



Programs targeting men, such as caribou hunting for the community or a breakfast program for men.



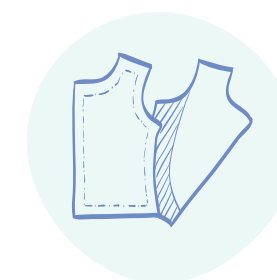


COMMUNITY EVENTS

Qarmaapik also offers many seasonal events through out the year.



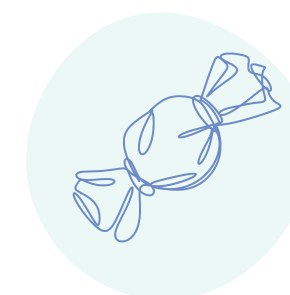
Annual Elders gathering led by the Elder's Coordinator



Sewing activities and providing some necessities for families and people in need



Valentine's date nights



Halloween activities for children and youth



Movie nights

COMMUNITY KITCHEN

Qarmaapik runs a community kitchen year-round. They welcome community members to participate in many activities and events centered around the making and sharing of food.



BREAKFAST PROGRAM



SPECIAL OCCASION DINNERS

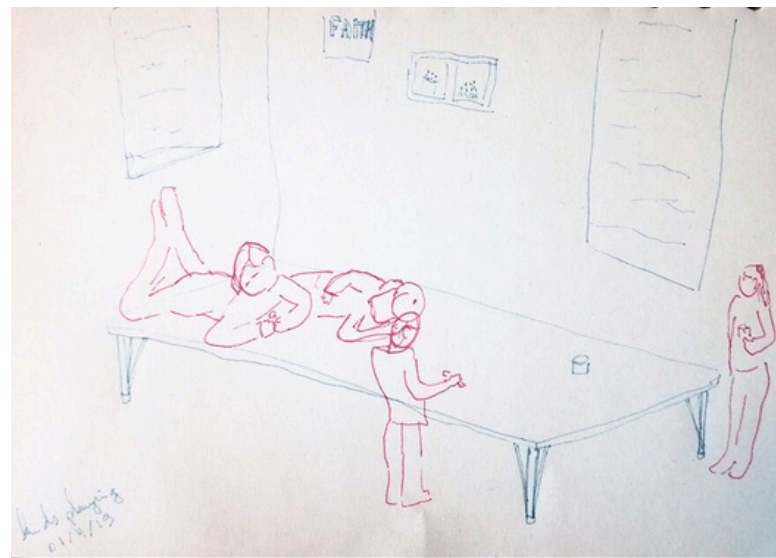
Valentine's Day dinner, taco-making night, sushi night



CHRISTMAS FOOD BASKETS

Providing for over 100 families in need, single parents, and elders.

EVERYDAY LIFE AT QARMAAPIK



Drawings by Chloé Le Mouël

"FOR ME, IT COMES WITH THE COMMUNITY WORKING TOGETHER. IT'S IMPORTANT TO HAVE A GOOD TEAM AND PEOPLE WHO CAN GUIDE YOU TO KEEP IT FUNCTIONING LONG-TERM. IT'S CRUCIAL TO CREATE A PSYCHOLOGICALLY SAFE ENVIRONMENT FOR EMPLOYEES AND ENSURE THEY FEEL VALUED."

[illegible]

MINNIE MOLLY

CULTURAL HEALING

In August 2023, the Qalirusilik camp opened, featuring a healing cabin and a tent, for community members to come together and gather berries, fish, or simply spend time on the land. The camp is for the community and made available at a community's request.

Qarmaapik played a significant role in setting up and running the camp.

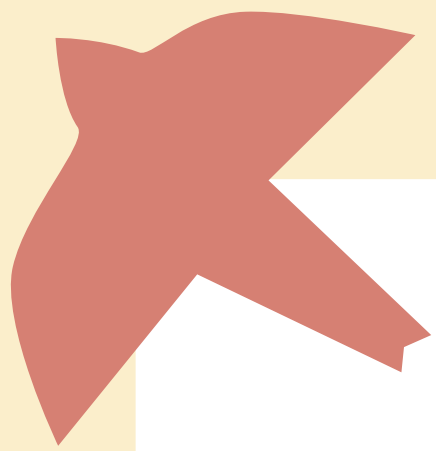


SUPPORTING AND TRAINING THE NEXT GENERATION

Many activities are designed to support and empower youth by teaching them various skills and providing them with employment opportunities. For example, students were hired to help with summer camp and plan activities for children aged 5 to 17.

Youth have gained management and leadership skills and have taken on other roles at Qarmaapik or in the community. For example, a coordinator who worked at Qarmaapik facilitating youth activities, is now a manager for the Housing Bureau. One of the youth participants is now a counselor working at Qarmaapik.





BROADENING THE REACH

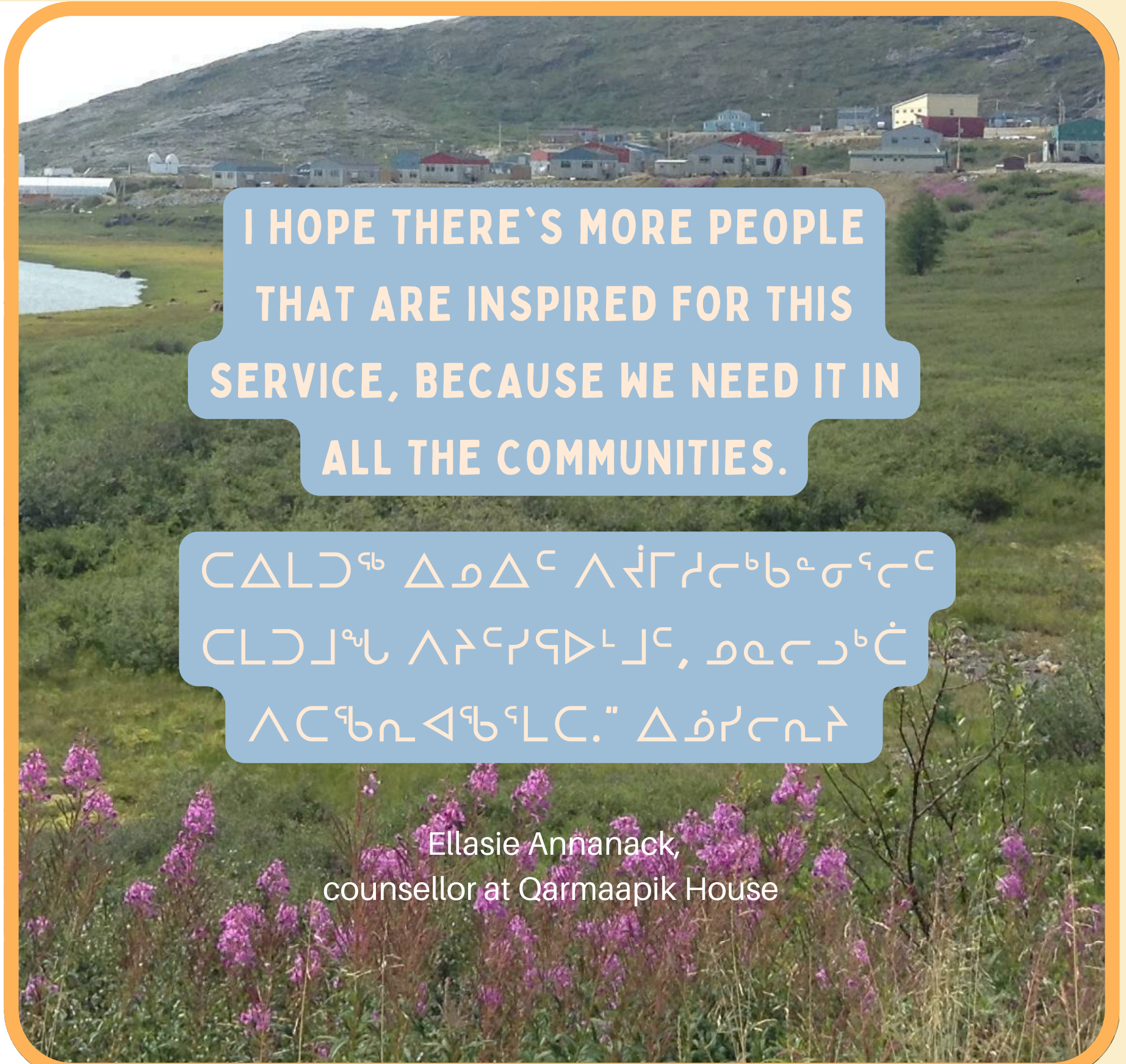
Qarmaapik House has secured a vehicle for employees, mostly counsellors, to respond to emergency calls at any time directly from community members. They increased the team of counsellors from two to five to better respond to community needs.

Qarmaapik House staff offers training to workers in other Nunavik communities. They hope they can help other communities by sharing what they have learned.

**I HOPE THERE'S MORE PEOPLE
THAT ARE INSPIRED FOR THIS
SERVICE, BECAUSE WE NEED IT IN
ALL THE COMMUNITIES.**

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Ellasie Annanack,
counsellor at Qarmaapik House



PARTNERS AND FUNDERS



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RÉGIE RÉGIONALE DE LA NUNAVIK REGIONAL
SANTÉ ET DES SERVICES BOARD OF HEALTH
SOCIAUX DU NUNAVIK AND SOCIAL SERVICES



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Nunavik
Housing
Bureau
Office
d'habitation
du Nunavik



KATIVIK

Kativik Regional Government





Kativik Regional Government