

Community Healing Journey

Four Winds Life Promotion

Who we are and what we do

The Saskatchewan Health Quality Council (HQC) is located on traditional Treaty 6 Territory. We make change happen, for better health outcomes for everyone in Saskatchewan. We partner with and support health organizations, community groups and communities to tackle what matters most to them.

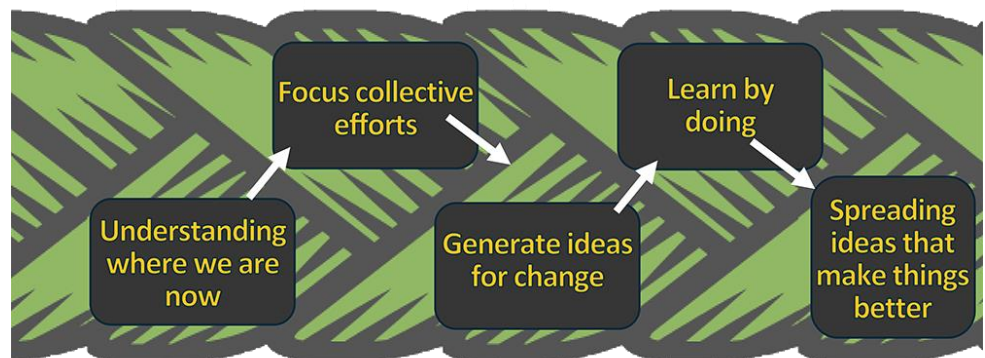
HQC wants to be a true partner to First Nations communities looking to make changes. As part of our Life Promotion efforts, we want to offer our skills in quality improvement (QI) to help you make those changes that will benefit all community members.

What is QI and why is it important?

Quality improvement (QI) is an approach that can help you make improvements, even when the problem you're trying to solve is complex. The simplest way to describe QI is that it's a mindset about how to make things better. It includes an approach and tools to think about and solve problems differently. However, the essence of QI is by testing small, quick changes—one step at a time.

A QI approach also helps by getting better value out of existing resources. By looking at a problem differently, trying new things and measuring your progress, those small changes can have a big impact.

Our healing journey: HQC is on a journey of Truth and Reconciliation. We acknowledge the importance of working with First Nations peoples, in a good way, and walking alongside them on this journey.



Our partnership history

Previously we supported community to better understand its current programs and services: what's working, what's not and what's missing to help inform future planning.

We have also partnered with the Federation of Sovereign Indigenous Nations on a report analyzing suicide rates in the First Nations population, in comparison with the non-First Nations population.

How can we work with you?

What part of life promotion matters to you? We know wisdom comes from those in the community and with lived experience. We don't tell you what to change—rather, you tell *us* what change you'd like to see. From there, we equip you with the tools and know-how to make that change in your community. Together, we will explore ways to continue supporting your community's life promotion efforts. We focus on what matters most to you and your community.

Is your community interested in learning more?

If you would like to learn more, please contact FourWinds@hqc.sk.ca.