

Working Together for the Well-Being of Northern Communities

Ungava, Nunavik



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UNGAVA TULATTAVIK HEALTH CENTER
CENTRE DE SANTÉ TULATTAVIK DE L'UNGAVA

Ungava Tulattavik Health Center

Located in **Kuujuuaq**, the **Tulattavik** Health Center supports the 7 **Inuit communities** of Ungava Bay by providing health and social services tailored to the needs and culture of **Nunavik**.



More than

1 043

employees



50 000

km² of territory served,
north of the 55th parallel

\$150 million annual
operating budget

\$40 million for non-insured health
benefits (NIHB)



1 hospital
7 CLSCs



More than

150

vehicles



More than
25 institutional
buildings

More than
183 buildings belonging
to UTHC

Mission and Commitments

- ▶ Provide **safe, accessible, and high-quality health and social services**.
- ▶ Recognize **cultural diversity** as a strength.
- ▶ Respect the **culture, language, spirituality, and social values** of users.
- ▶ Encourage and train the **next generation of Inuit** in the fields of health and social services.
- ▶ Ensure **priority employment for Inuit**.
- ▶ Develop **partnerships in communities**.

Did you know that...

Tulattavik is the first health center in Nunavik to have a medical aircraft?

The aircraft is fully equipped and dedicated exclusively to evacuating patients, providing additional support to individuals and their families during critical moments.

The Non-Insured Health Benefits (NIHB) program provides coverage for First Nations and Inuit people

to receive health care not covered by other programs, such as medications, dental and vision care, mental health counseling, and medical transportation.

Traditional foods from hunting and fishing, as well as **cultural** and nature-based **activities**, are promoted for the benefit of users.

Training, a Guarantee for the Future

Several workplace training programs offer Inuit students the opportunity to develop their skills by working alongside professionals such as administrative technicians, community workers, educators, patient care attendants, and pharmacy technicians.

Midwives in the Making

After years of training with midwives in maternity wards, students undergo an evaluation to become members in good standing of the Ordre des sages-femmes du Québec (Quebec Midwives Association).

Youth, a Priority

Tulattavik promotes prevention and places particular importance on youth development by offering several programs designed to quickly identify needs and ensure effective care for young people and their parents.

Did you know that Nunavik's population is young?

60% of residents are under the **age of 30**.

34% of the population is under **14 years old**.

Aging Population

The population of Nunavik, particularly in Ungava, is constantly growing. Between 2001 and 2024, the population of Ungava increased by 69%. This growth has been accompanied by a gradual aging of the population, thanks to improved health care and increased life expectancy.

The proportion of people aged 65 and over has doubled, from 3% in 2001 to 6% in 2024.

This demographic aging is prompting the region to adapt and expand its services for seniors. This includes the development of safe and adapted spaces that can accommodate seniors in optimal conditions and offer them quality services.



Nunavimmiut

A people with a **unique way of life**.

An **endearing culture, cheerful people**.

A different, exciting social life in the heart of extraordinary nature.

Nunavik is the **largest region in Quebec**, covering about **one-third** of its area. The **subarctic** climate does not allow for agriculture due to **permafrost**.

There are **no roads** between Nunavik communities and southern Quebec, nor between Nunavik communities themselves. The only means of transportation are by **plane** or **boat** when the waterways are accessible.

Geographical isolation poses logistical challenges and has a significant impact on the development of health infrastructure and social services.

The languages spoken in Nunavik are primarily **Inuktitut**, followed by **English** and then **French**.

7 Communities served by the Ungava Tulattavik Health Center

Did you know...

The construction, maintenance, and renovation of real estate assets are specially adapted to withstand the harsh climatic conditions of the north. The costs of building and maintaining housing in Nunavik are 2.5 to 3 times higher than in the south of Quebec.

Points of Service

HUDSON, DORVAL AND MONTREAL

Did you know that...

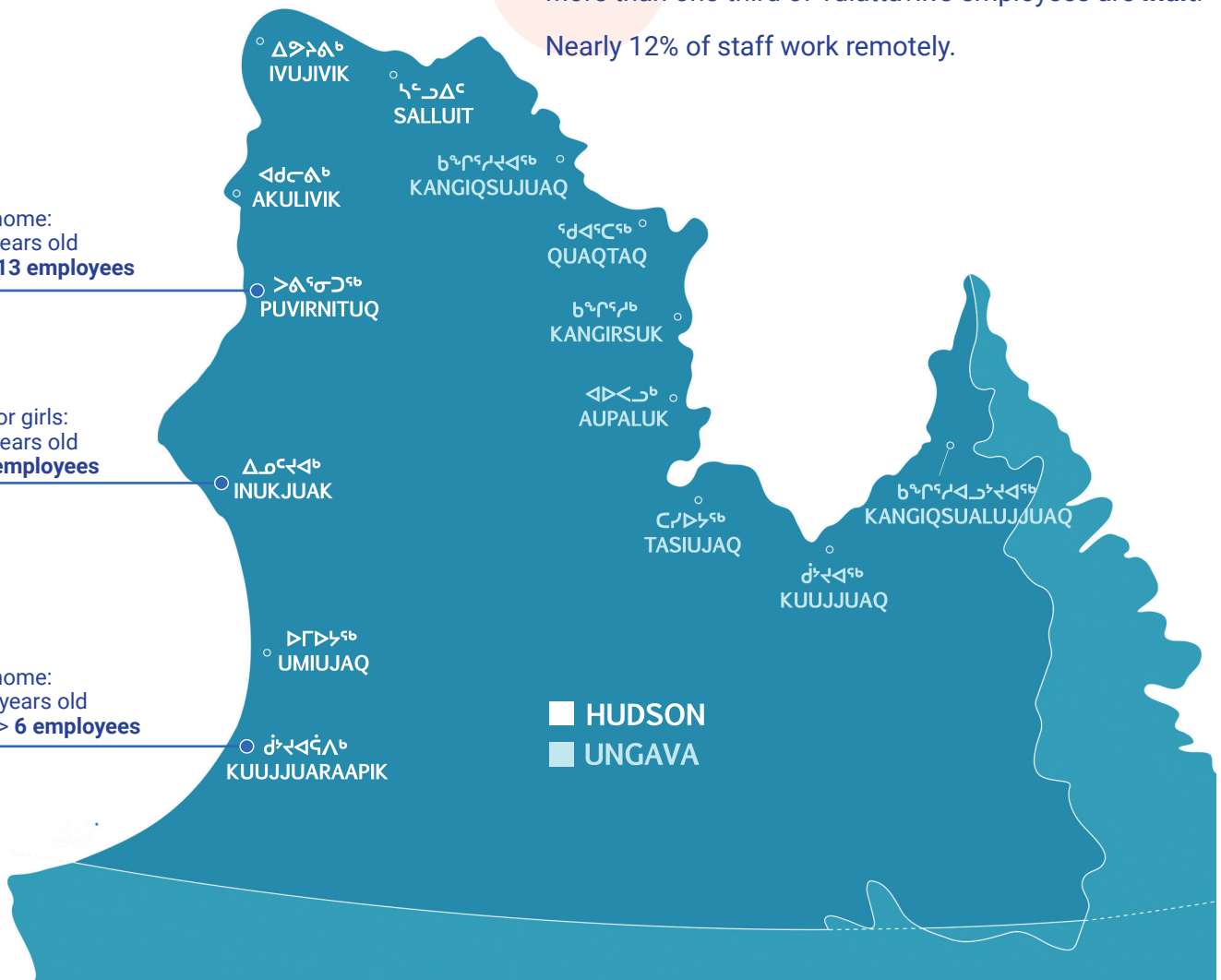
More than one-third of Tulattavik's employees are **Inuit**.

Nearly 12% of staff work remotely.

Mixed group home:
Teens 12-17 years old
ATSANIRQ > **13 employees**

Open center for girls:
Teens 12-17 years old
QULLIQ > **26 employees**

Mixed group home:
Children 6-12 years old
PIRUTSAIVIK > **6 employees**



Montreal: Closed center with intensive supervision for young men: teens and adults aged 12 to 25 ULLURIAQ

Dorval : Open center for girls: teens aged 12 to 17 ULLURIAQ

69 employees in the ULLURIAQ centers



Points of Service

UNGAVA

KANGIQSUJUAQ

Also known as **Wakeham Bay**
Means “the big bay”

Kangiqsujuaq is located in Wakeham Bay, 10 km from Hudson Strait. Surrounded by mountains, it is the northernmost village in Ungava Bay. The region is rich in minerals. Copper and nickel mines are operated there. A trading post was established there in 1910.

CLSC: **29 employees | 860 residents**
More than **6,646** individual interventions

KANGIRSUK

Means “the bay”

The village is located on the shore of Payne Bay, surrounded by cliffs and hills. This region has countless lakes and rivers renowned for their abundance of Arctic char and lake trout. The large tides of the Arnaud River make mussel fishing extraordinary. Large colonies of eider ducks nest each year on the islands of Kyak Bay and Virgin Lake.

Community Service Center
CLSC
26 employees | 597 residents
4,108 individual interventions

AUPALUK

Means “where it is red,” referring to the iron oxide-rich soil

Located in Hopes Advance Bay, near the caribou migration route, this village was established entirely by the Inuit in 1975. Its terrain is fairly flat, ideal for hiking, and offers a splendid view of Ungava Bay.

CLSC: **8 employees | 230 residents**
2,490 individual interventions

TASIUJQAQ

Means “resembling a lake,” because the village is located on the banks of a river whose leaves are shaped like a lake

This village is home to the highest tides in the world. Tasiujaq is located just north of the tree line, where the shrub tundra gives way to the Arctic tundra. The region is rich in muskoxen, caribou, seals, beluga whales, Atlantic salmon, gyrfalcons and peregrine falcons, Canada geese, and seabirds. Two trading posts were established there in 1905 and 1907.

CLSC: **14 employees | 440 residents**
2,741 individual interventions

QUAQTAQ

Means intestinal worm, because a beluga hunter reportedly found them in his stool while he was in this location.

Surrounded by mountains and hills, the village is located on a peninsula between Diana Bay and Ungava Bay. Polar bears can be found here.

CLSC: **17 employees | 473 residents**
4,082 individual interventions

KANGIQSUALUJJUAQ

Also known as **George River**
Means “very large bay”

Located on the east bank of the George River, below the tree line, Kangiqsualujjuaq is the easternmost village in Nunavik. In 1959, the Inuit established the first cooperative in Northern Quebec for marketing Arctic char and settled there permanently in 1962. It was the first village to have a family home.

CLSC
Public health services and infectious disease prevention SAILIVIK
41 employees | 1 034 residents
7,645 individual interventions

KUUJJUAQ

Means “big river,” referring to the Koksoak River that borders the village

Kuujjuaq is the administrative center of Nunavik and its largest village. It is located below the tree line. Kuujjuaq was established with the creation of a Hudson’s Bay Company trading post around 1930.

SUQATSIVIK Day Center
Open center for boys and girls aged 12 to 17 SAPUMMIVIK
CLSC
Mixed group home – children aged 6 to 12 QAUMAJUAPIK
Mixed group home – teens aged 12 to 17 SATURVIK
Accommodations for patients and caregivers INILLAVIK
Kuujjuaq Hospital
TUSAAJIAPIK Seniors’ Home
Residence for adults with reduced autonomy ISURRIVIK
679 employees | 2 719 residents
29,018 individual interventions

Health care and hospital services

CLSCs

As the gateway to medical and social services in Nunavik, the 7 CLSCs provide primary and secondary care.

All villages in Ungava Bay have a CLSC. In villages other than Kuujjuaq, 2 to 6 nurses share responsibility for emergency and community services. They work in an expanded role and share on-call duties.



Did you know that...

Kangiqsualujjuaq is the only village in Nunavik that has a service point, Sailivik, for tuberculosis screening and treatment.

Kuujjuaq Hospital and CLSC Mission

11,923 individual interventions at the CLSC

5,465 medical imaging exams

1,267 admissions

838 medical evacuations by air

23 beds

139,784 laboratory procedures

180 nurses

72 specialist physicians (short stays)

25 family physicians

26 dentists, including **2** full-time

4 pharmacists

5 interns

Public health

6 community health specialists

13 family doctors

1 dentist

Specialized Care Offered in the North

Adult and pediatric general surgery

Adult and pediatric psychiatry

Allergology

Dermatology

ENT

Gastroenterology

Gynecology

Internal medicine

Maxillofacial surgery

Neurology (telemedicine)

Ophthalmology

Optometry

Orthodontics

Pain clinic

Pediatric cardiology

Pediatrics

Pulmonology



Community Services

Contributes to the well-being of the community in all 7 Ungava communities by providing social and paramedical services in line with Inuit cultural values.

Offers several professional services

Audiologists, occupational therapists, respiratory therapists, physical therapists.

Suicide prevention workers, criminologists, psychoeducators, psychologists, recreation specialists, sexologists, social workers, street workers, and wellness workers.

Attending to the needs of the community

Children, youth, families | 3,080 individual interventions

- **Integrated perinatal and early childhood services:** personalized support and follow-up with a focus on prevention and promotion.
- **Agir tôt:** provides early detection and referral services for children aged 0 to 6.

Maternity Care

Provides prenatal care, delivery services, and postnatal care in Kuujuaq. Mothers receive support from a multidisciplinary team consisting of a midwife, physician, nurse, and social worker.



More than

41 births per year
in Ungava

More than

186 annual
follow-ups **2** midwives

Did you know that...

In 2021, the birth rate was 2.86% in Nunavik and 0.83% in Quebec. Nunavik has a birth rate approximately three times higher than that of Quebec as a whole. Women in Nunavik generally begin their lives as mothers in their early twenties.

Community well-being

Promotes healthy lifestyles by organizing prevention and promotion activities with various partners, including the municipal council, health committees, and other community organizations.

Home services | 11,381 individual interventions

Enables vulnerable individuals and those with reduced autonomy to remain in the comfort of their own homes while benefiting from services that alleviate their situation.

Psychosocial services for adults | 14,260 individual interventions

Provides voluntary assistance to people facing various issues (addictions, neglect, job loss, mental health, etc.).

Living environment in Kuujjuaq

INILLAVIK

- Accommodation for patients and accompanying persons traveling between their home village, Kuujjuaq, and Montreal: 20 rooms and 2 common rooms.

ISURRIVIK

- Residence for adults with reduced autonomy: 4 long-term residents and 2 short-term residents for respite care for family members.

TUSAAJIAPIK

- Senior citizens' home with capacity for 13 residents.

SUQATSIVIK

- Day center.

Rehabilitation for Youth with Adjustment Difficulties

Welcomes youth aged 6 to 17 with adjustment difficulties and serious behavioral disorders. These youth have been removed from their family homes under the *Youth Protection Act* or the *Youth Criminal Justice Act*.

Helps youth **regain control of their lives** and reintegrate into society through tailored clinical and cultural programming. Every intervention is educational, not punitive.

Encourages youth to **develop problem-solving skills** by involving them in all decisions that affect them.

Supports youth in **building relationships with each other**, their **families**, **caregivers**, and their **culture**.

Did you know that...

To inspire Inuit pride, the use of Inuktitut is encouraged. Traditional foods from hunting and fishing, as well as cultural and nature-based activities, are promoted for the benefit of residents.

Living Environment in Nunavik and the South of Quebec

8 Points of Service



4

Group Homes



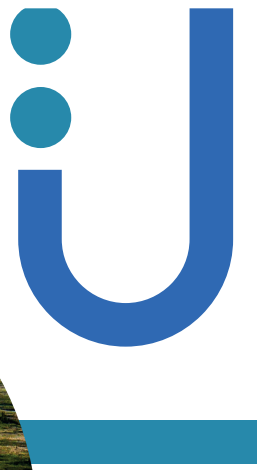
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Rehabilitation
Centers

Did you know that....

Since 2010, teenagers from Ulluriaq in Montreal have been enjoying a soapstone carving program. With the help of educators, they are learning about this popular cultural practice. They are learning patience and resilience. These young people put a lot of energy and emotion into their creations.

Hope



Commitment



Integrity

Respect

Kindness



Youth Protection

Protects, acts, supports: the DYP ensures the safety and well-being of vulnerable youth.

95 professionals provide social intervention services that are adapted to the Inuit cultural context and comply with the law and recommended interventions.

Assesses, guides, applies measures, and **identifies** family resources to ensure the well-being of youth.

Did you know that...

Every effort is made to ensure that young people can live in northern communities, thus ensuring continuity with the Inuit language and culture.



More than
289 children in
foster care



1,229 reports received



More than **271**
completed evaluations

