"Healthy Families, Health Communities"



Q'wemtsin Health Society Annual Report 2016/2017

Whispering Pines/Clinton Indian Band Skeetchestn Tk'emlúps te Secwepemc

OUR MISSION

The Q'wemtsin Health Society works with member communities to promote holistic health through provision of programs, services, and education.



Executive Summary by Health Director Colleen Lessmann



Q'wemtsín Health Society (QHS) continues to grow as an organization and has had a very successful year in 2016/17. There have been many changes over the years; a new building, an expansion onto the building, new partnerships, many community events and an amazing evolution of our programs. Our last five-year evaluation was completed in 2013 followed by the development of a five-year strategic plan titled "Mapping the Journey" 2014-2019. The strategic plan has been guiding our work to develop capacity and improve how we deliver services and programs. The five goals that the Board of Directors created were:

- 1. Create opportunities for learning
- 2. Provide programs and services
- 3. Develop a trusting, open and professional environment
- 4. Evaluate effectiveness
- 5. Build partnerships and collaborate

Each goal had several objectives and over the last three years we have successfully met most of those objectives. Here are some of the highlights from this past fiscal year 2016/17.

To create opportunities for learning QHS has several regular events that we offer throughout the year such as our health fairs, mom and tot groups, FASD awareness day, and around the kitchen table talks. QHS has a team full of experts that can provide diabetic education, breast feeding coaching, dental hygiene and many other topics that assist clients to make healthier choices. One of the main topics this year was Naloxone training due to the rising overdose epidemic. QHS offered several training opportunities on this subject and will continue to do so. From the time naloxone kits were available to the end of March 2017 we had distributed 113 Naloxone kits and trained well over 300 people.

We also hosted events for specific groups. An example is we host a men's night in the fall and this year Dr. Dickenson presented on health issues for men, specifically heart disease and depression. It was well attend by 39 men of all ages. There was a need this year for the three communities to re-build and connect so QHS hosted a three-day family conference. The theme was "Connection" and the families received true colours training to improve communication. There was keynote speakers that presented on the importance of human connection and how to keep our kids out of gangs. There was 150 participants with representation from 32 families and all 3 communities. It was a huge success and the families really enjoyed themselves.

Opportunities for learning also happen during the screening days at QHS. Seabird Island Diabetic Team come every year to the health centers to do screening and lots of education happens while they are here. There were 24 people screened for diabetes and this included assessment of bloodwork, vision screening, medication review and counselling. As well, we have the mobile mammogram unit come to the health centers. This year 40 women had a mammogram which was an excellent turn out and may be the result of increased awareness of the importance of screening. These screenings are offered annually and the staff offer ongoing screening for BP, BGM, cholesterol levels, A1C, etc. which always provides opportunities for incidental teaching.

In regards to programs and services other highlights this year was the addition of a General Practitioner. Dr. Shirley Van Der Merwe joined the QHS team in July of 2016. Followed by a new Nurse Practitioner in January of 2017, which addressed our lengthy waitlists for GP/NP appointments. Both the GP and NP provide service here at QHS and outreach services at Skeetchestn. These services enhance the primary health care team we have established with the naturopath, massage therapist, dentist, mental health counselling, HCC and the community health nurses. We have received many compliments from the Interior Health Authority (IHA) about our primary health care team and services. Please find the details of all our programs and services within the body of this report.

The reason QHS is so successful is due to the staff and their willingness to take the time and put in the effort to develop trusting relationships with their clients. They provide excellent health care with generous spirits, and they are continuously exploring new ideas and ways to improve what they already do so well. Ongoing training for the staff is offered to keep their knowledge current and to ensure QHS continues to deliver services in an open and professional

environment. This year both the staff and board of directors participated in privacy refresher training. QHS has a very comprehensive privacy policy and procedure manual and maintaining confidentiality is imperative to the relationship between staff and our clients.

We continue to work in partnership at the Secwepemc Health Directors HUB, the Secwepemc Health Caucus and with our provincial partners IHA. QHS has had a long-standing partnership with Simpow, Adams Lake and Little Shuswap Indian bands for the delivery of the COHI program. As well, we continue to work with 12 Secwepemc communities gathering Injury surveillance data. The data that is gathered informs us of injuries that are happening, where, when, why and to whom which has been instrumental in addressing safety issues in the communities.

Currently QHS is reviewing and revising the community health plan to be completed and submitted by March 31, 2018. We have plans for extensive community engagement this fall to ensure the community members feel ownership and know they have input. During this process we will be able to evaluate our effectiveness and make the necessary improvement to address any concerns or issues that are brought to our attention. QHS strives to do better and more every year and this is evident in our monthly newsletter that can be found on our website www.qwemtsin.org. We look forward to another successful year and would like to take this opportunity to thank our funders, the First Nations Health Authority.

Kukwstsétsemc!



Q'wemtsín Health Society provides programs and services to three communities which are; Tk'emlups te Secwepemc, Skeetchestn and Whispering Pines/Clinton Indian Band. The structure of the board consists of a representative from each community. Board meetings are held monthly.



Q'wemtsin Health Society Board



Debbie Van de MosselaerWhispering Pines/Clinton Indian
Band Board Representative

Darrel Draney
Skeetchestn Indian Band Board
Representative



Steven TresierraWhispering Pines/Clinton Indian
Band Board Representative



Eagle Casimir
Tk'emlups te Secwepemc Board
Representative



Q'wemtsin Health Society Dental Clinic



Dr. Matt Francisco, Malaina Casimir and Kim Bartlett, CDA

What's going on at the Dental Clinic?

Q'wemtsín Health Society's new dental clinic has been open and operational for the last two and a half years already. We provide professional, client centered, compassionate dental services to on and off

reserve members from Tk'emlúps,
Skeetchestn and
Whispering
Pines/Clinton Indian
Bands. Our dentists,
Dr. David Ciriani and
Dr. Matt Francisco are
seeing clients every
other Wednesday for
an average of 24 dental
days per year.

In addition to the dental days we also offer 2-3 days per month for hygiene services. Please see the following page for the different dental services offered at QHS and how many of these services we delivered over the past year.



Dr. Matt Francisco and Dr. David Ciriani



Crystal Chartrand, RDH

Q'wemtsin Health Society Dental Stats

Dental stats from April 1st, 2016 to March 31st, 2017 follow.

These are individual appointments not individual services (meaning under fillings there were 67 individual appointments for fillings where multiple fillings were done at 1 appointment, 12 extraction appointments where extractions were done).

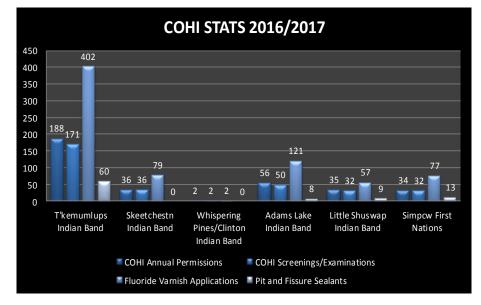
- ✓ New Patient Exams -50
- ✓ Specific Exams-18
- ✓ Recall Exams-40
- ✓ Restorations (fillings)-67
- ✓ Extrations-12
- ✓ Hygiene-56
- ✓ Biopsies-1
- ✓ Oral Sedation-6
- ✓ Impressions/wax bites/occlusal-16
- ✓ Night gaurds-3
- ✓ Dentures-7
- ✓ Denture Adjustments/Repairs-5

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In addition, to the above procedures the dentists also write prescriptions and refer to specialists.



Children's Oral Health Initiative



Crystal Chartrand, RDH

Who and Where?

Crystal Chartrand (Registered Dental Hygienist) and Natasha DeNeef (COHI Aide) have been successfully delivering oral health prevention and promotion services through the Children's Oral Health Initiative (COHI) program at Q'wemtsín Health Society for the past 7 years.

In addition to the three communities Q'wemtsín Health society services: Tk'emlúps Indian Band, Skeetchestn Indian Band, Whispering Pines/Clinton Indian Band; they also deliver services to Adams Lake Indian Band, Little Shuswap Indian Band and Simpcw First Nations.

COHI Services Include:

- Annual screenings
- Fluoride Varnish Applications
- Sealants
- Oral Hygiene education, as well as providing tooth brushes, tooth paste and floss to the children and enrolled families.



Natasha De Neef, COHI Aide Phiala Cesarone

What is COHI?

COHI is an early childhood tooth decay prevention program for Children 0-7 years of age that are living on or receiving services on reserve.

Eligible children are reached by attending schools, daycares, baby circles, moms and tots groups, health and career fairs, kindergarten days and other community events.

The Dental team provides
one-on-one and group
information sessions with
parents, school teachers,
daycare providers and COHI
kids.



Community Health Nurse- Sarah Bennett, RN

Weytk, my name is Sarah Bennett and I have been one of the Community Health Nurses working at Q'wemtsín Health Society for the past 11 years. Although I am a community health nurse for all of the communities we serve, I primarily work with Tk'emlúps Indian Band and Whispering Pines/Clinton Indian Band community members.

CPNP Program

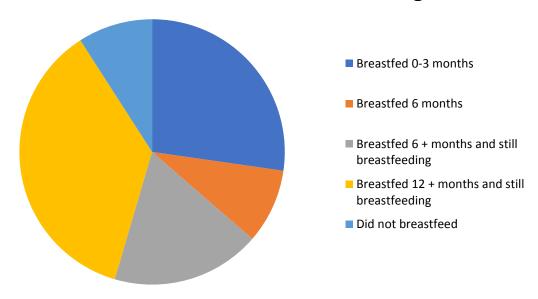
The Canadian Prenatal Nutrition Program (CPNP) is a community-based program that provides support to improve the health and well-being of pregnant women, new mothers and babies in our community. The CPNP's main objectives are to: provide support for healthy maternal nourishment; provide support, education, and awareness around breastfeeding; and nutrition screening, education and counselling for pregnant women and new mothers living within our community. Tk'emlups Indian Band had 13 births over the year, while Whispering Pines/Clinton Indian Band had 1 birth during the year. The CPNP program served a total of 26 women and families from both TIB and WPCIB over this past year. These women and their families received grocery vouchers, resource packages with information and education and individual nutrition counseling as needed.

Maternal Child Health Prog/FASD Program

The Maternal Child Health Program/FASD Program is a community based program that provides support to improve health outcomes of First Nations women who are pregnant and families with infants and young children who live on reserve. The Q'wemtsín Health Society Maternal Child Health and FASD programs are collectively called the 'Circle of Life Program'. Tk'emlups Indian Band and Whispering Pines/Clinton Indian Band have a total of 75 children who are a part of this program. This program is made up of families who have children ages newborn to 6 years of age and/or pregnant women. We provide prenatal and postnatal support, and support to parents and families until the child is in their 7th year.

This year there were a total of 13 babies born to client's living on the Tk'emlups Indian Band. The majority of the babies born within the TIB community were born with a healthy birth weight. Only 2 babies were over 8 lbs 11 oz. and there were no babies born at less than 5 lbs 9 oz. and none of the babies born were premature. In Whispering Pines/Clinton Indian Band, there was 1 baby born to a client living on reserve. This baby was also a healthy weight. Of these babies 12 were breastfed at birth, 8 are still breastfeeding, 1 breastfed until 6 months, 3 breastfed for the first few months, and 1 did not breastfeed.

Babies Born in 2016-2017 Breastfeeding Stats



I recently re-took the Douglas College Breastfeeding Course for Health Care Professionals so that I would be able to better support breastfeeding challenges that occur in the postnatal period and promote breastfeeding in the community so to have better outcomes in infant health. BF issues that have required support over the past year are mastitis, low milk supply, and challenging latch.

Currently, there are 5 prenatal families in the program at this time, and 5 babies have been born between April 1, 2017 until now, which will be captured in the report for 2017-2018.

Welcome Baby Ceremony

We host an annual Welcome Baby Ceremony every year to celebrate and welcome all the babies that have been born on reserve in the community. In the 2016-2017 ceremony, 12 babies and their families attended the celebration. The ceremony included drumming from our local drum group, a healthy dinner, and each baby was wrapped by an elder in their own unique blanket made especially for them by a local quilt maker.





Play Group

We host a play group at Q'wemtsín Health Society in collaboration with the band social development department. Once a week, we offer play group to families who want to bring their children to drop in at health centre to connect with other families, and connect with the community health nurse and family support worker. This is an opportunity for families to build relationships in the community with other parents, get information about community events, or ask questions about child development, child health, parenting, etc. This past year, we have hosted 24 play group sessions. In total 34 people attended, averaging 3.79 people each session. Many children attended, including 17 children who were ranging in age from newborn to age 8. The reminder of the people attending were parents and/or caregivers of the children





Preschool and Kindergarten Health and Wellness day

We host a preschool and kindergarten health and wellness day each year. This past year, 46 people attended, in which 32 of these were children either living on reserve in the TIB and WPCIB communities, or attending daycare at one of the daycares or preschools on the TIB reserve. At this health event, we invite 3-5 year olds to attend with their families, to enjoy a fun filled event that focuses on health and wellness of the preschool population.

Each year, we invite Interior Health Audiologists to attend to screen children's hearing to



ensure that they are ready to begin school with the best hearing and speech possible. If required, referrals are initiated for follow up with the audiology department or the speech department. In total, 32 children were assessed by the audiologist from IHA at this event in 2016. Of these 32 children, 4 were referred to their GP for wax build up, 6 were referred for further audiology testing, and 4 were referred to the speech and language department at IHA.

In addition to screening hearing, we also offer dental screening by our COHI department at this event. We offer parents information about preparing their children for kindergarten entry and ensure that all of the children leave with a gift bag full of goodies that will keep their minds and bodies active during the summer months. It is at this event that we connect with parents to

remind them that prior to school entry, it is important to have their children's school entry vaccinations done to ensure that they are completely up to date with their immunizations.



Communicable Disease Control

Within the last fiscal year, the Community Health Nurses carried out provincially and federally mandated Communicable Disease Control Program initiatives within the community. These included routine childhood and adult immunizations, annual influenza immunization, tuberculosis screening, communicable disease outbreak surveillance and compiling and submitting reports of results from each of these areas.

All Vaccines

287 TIB members were immunized

11 WPCIB members were immunized

49 staff and client's whose charts are not yet connected to a community were immunized Please see Immunization Coverage Report for Tk'emlups and Whispering Pines/Clinton Indian Bands attached.

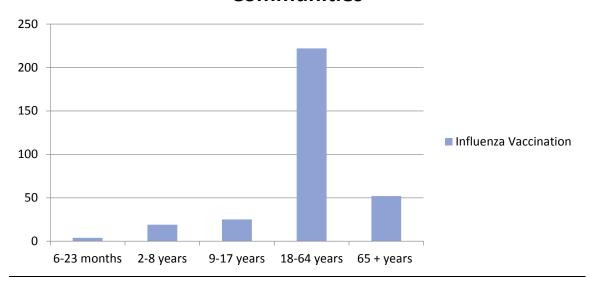
Influenza

188 influenza vaccines were provided to TIB clients

10 influenza vaccines were provided to WPCIB clients

29 influenza vaccines to staff at QHS

Influenza Vaccination for all QHS Communities



TB Skin Tests

36 skin tests administered to TIB clients

0 skin tests administered to WPCIB clients

21 skin tests to staff at QHS



Christine Lessmann - Community Health Nurse

Weytk, my name is Christine Lessmann and I have been one of the Community Health Nurses working at Q'wemtsín Health Society since 2013. I also work part time as one of our Home care Nurses two days a week. I am lucky to work in all programs for QHS and my primary focus is on School Health and Harm Reduction. I am a Community and Home Care Nurse for all of the communities; however I primarily work with Tk'emlups Indian Band and Whispering Pines Indian Band community members.

Sk'elep School Of Excellence K-7

Throughout every school year staff members are offered Anaphylaxis training, Diabetes training, flu vaccine and TB skin tests. When requested staff are provided with resources for subjects on health and given support when concerns for students arise. Annual hearing screening for the Kindergartens and any other student's teachers had concerns were completed with a total of 20 students being assessed resulting in 3 students referred to public health for further testing. As students in Sk'elep School of Excellence were 94% not immunized in 2013, which included those that had not completed their Kindergarten vaccines or had moved to the area and had fallen behind, we continue to work on decreasing this gap. Currently we have a

rate of 70% of students fully immunized according to the BCCDC immunization schedule. This percent does not reflect the number of students that are in midst of being caught up and are waiting for their next doses due in the future. If these students were included Sk'elep School of excellence would be a proud 81% fully immunized. Comprehensive Sexual Health Education teaching and support was provided as requested from teachers to Grades 4-7. QHS also participates in the new Annual Winter wellness fair Sk'elep School holds providing fun and interactive teaching on various health topics such as injury prevention and safety, dental hygiene, health and wellness with a focus on healthy lungs this year. In partnership with TIB Social Development and TIB Youth Leadership we held an eight-week Girl Power and 2BBoys program for ages 8-13. This program also includes youth members that attend other schools in Kamloops. This program provides a safe area for students to continue to learn subjects on healthy relationships, self-esteem, diversity, body changes, self – regulation and communication. All these programs are continuous throughout the years and Christine and Sarah very much enjoy working with the students and staff at Sk'elep School of Excellence.

Harm Reduction - Naloxone

In recognition of the Fentanyl crisis QHS became a Naloxone distribution site in October 2016. With this QHS nurses were able to provide 232 kits to community members and support staff of TIB, SIB, and WP/CIB. To date there has been a total of 16 workshops held for community members and support staff of the three communities and if appropriate an information station has been put up at events held by QHS. Naloxone kits have also been and continue to be distributed on a one-to-one bases and workshops will continue to be held upon request. Christine would like to thank Dave Manual for his assistance in many of the workshops held for the TIB community and acknowledge his continuous desire to provide kits to as many members as possible. Workshops have also been provided to Secwepemc Child and Family, Foster Parents group, Aboriginal Girls groups in high schools, Aboriginal School Councillors, and other support staff of TIB, SIB and WP/CIB.



Community Health Nurse-Diane Procter, RN, BSN, BA

Weytk!! My name is Diane and I am one of the Community Health Nurses employed with Q'wemtsín Health Society (QHS). Although I am available to all of our communities I spend the majority of my time working in the community of Skeetchestn. I will celebrate my 11th anniversary of employment with QHS in August of 2017.

Skeetchestn Health Clinic



The Skeetchestn Health Clinic has been up and running for about three and a half years. I work out of the Skeetchestn Health Clinic three days a week alongside Lee-Anne Deneault who manages the front desk and day-to-day operations of the clinic. The clinic has enjoyed another successful year and continues to grow as our services expand. The Skeetchestn Health Clinic now offers the services of a doctor who comes

out to the community every six weeks as well as a Nurse Practitioner who is out to community every two weeks. Our Naturopath and Massage Therapist continue to provide clinic days several times per month.

I cannot thank Lee-Anne enough for all her hard work. This past year, Lee-Anne and I have shared in the joy of many events including hosting monthly Family and Tots group which includes sharing food, stories and having fun.





We also organized and hosted a very successful Baby Welcoming Ceremony and this year six babies were wrapped and celebrated. Thank you to our Master of Ceremonies Skeetchestn Councillor Terry Deneault and to the Skeetchestn School Drum group who came to open our event. We followed that by hosting our annual Preschool/Kindergarten Wellness Day which was attended by close to fifty children and adults.

During this event, fourteen children passed hearing screenings. Much thanks to Brad Orr, Interior Health Authority Audiologist for making sure children in the community are hearing well which contributes to their success in school.

Baby Welcome Ceremony 2017













I continue to provide both Communicable Disease and Maternal Child Health services in clinic and out in community. It was a successful influenza season during which ninety-seven Skeetchestn Band/Community members received influenza vaccine. I also administered TB skin tests at Skeetchestn Community School and to community members as needed (eleven administered) and have kept babies, children and adults up-to-date with routine immunizations. As part of our Maternal Child Health program I continue to offer an extensive home visiting program. I continue to provide pre and postnatal visits and well-baby visits to the newest additions to community.

I also spend time at Skeetchestn Community School and a few of the highlights this past year included Anaphylaxis, Naloxone and Diabetic teaching/training to staff, and teaching around Private/Body parts to the Kindergarten/Grade 1 class. I also provided hand hygiene teaching to students, held a weekly Girls Group to girls aged from 8-10 and assorted other impromptu teaching sessions.

Naloxone Training







In response to the escalating overdose crisis Q'wemtsín Health Society became a designated Naloxone dispensing site. As one of the nurses who can dispense the kits, I was invited to provide training and distribute Naloxone kits for Skeetchestn Band staff and community members as well as to the adult education students and faculty. In total, approximately sixty-five Naloxone kits have been distributed in Skeetchestn.

This past year I was able to attend the annual Aboriginal Nursing Conference,
Communicable Disease Workshop, Diabetes Educator Course and I completed the online
Cultural Competency course. I am currently finishing an online Addiction Medicine Diploma
course through the BC Centre on Substance Use. I just want to thank QHS and all of the
communities for allowing me these training opportunities and allowing me to do the work I do.

Kukwstsétsemc

Home and Community Care Department

Weytk!

Q'wemtsín Health Society Home and Community Care department services Skeetchestn Indian Band, Tk'emlups te Secwepemc, and the Whispering Pines/Clinton Indian Band.

The Home and Community Care objectives are to assist Community Members living with chronic and acute illnesses to maintain optimum health while maintaining well-being and independence in their homes and communities; to support clients, families and communities changing needs; to assist clients and their families to participate in the development and implementation of the client care plan and to utilize available community support services where available and appropriate. In order to meet these objectives, our department provides a structured client assessment process; case management; home care nursing services; home support and personal care; in-home respite support; establish linkages with other professional and social services; access to specialized medical equipment and supplies. Services may assist clients on a short or long-term basis depending on their needs.

The Home Care Department has seen an expansion of services utilized by community members in the past year and that also translates to an increase in the number of staff within our department. We have introduced new Health Care Assistant casuals to our department to support the increased need of services in the communities and at Q'wemtsín Health Society. We will continue to see an increase in demand for services as a result of rising rates of chronic diseases and the aging population. We are and will continue to see higher complex care clients that will be living in the communities that require support from our department. Our department staff has had 7389 encounters in the three communities with a total of 275 community members.

Our Nurses

We are all Registered Nurses with varied experiences, backgrounds and skills. Deanne Campbell has further training in Diabetes, Wound Management, Palliative Care and Foot Care. Lisa Perry has further training in Diabetes, Palliative Care and Foot Care. Christine Lessmann has further training in Diabetes and Wound Management. Working collaboratively, we bring a solid knowledge base to assist clients with their needs. Lisa has been working in the Home Care Department for over five years and DeAnne has worked in the department for over four years.

Christine has over two years of experience in our department. DeAnne is the Home Care Manager and has an open-door policy which supports communication with the Home Care staff (as well as QHS staff), community members and other support services.



Deanne Campbell –hired April 2013



Lisa Perry – hired April 2012



Christine Lessmann – hired april 2013

Our Health Care Assistants

Our Health Care Assistants (HCA)have been working in the Home Care Department ranging from over eleven years to just a few months. Each of our Health Care Assistants bring a vast array of knowledge from previous experiences to working in different Health Care settings. They enhance and support our team with their knowledge and experience. The Health Care Assistants provide personal care services, respite and the SAILS program. They also do Wellness visits at the Nurses request and they have been trained by the RNs to check blood pressure, temperature, and pulse oximetry.

The purpose of the Wellness visit is to introduce the Health Care Assistants to frail community members in order for them to feel comfortable and familiar with having a health provider in their home and to accept personal care services when required. Many of these community members who have received Wellness visits are now receiving regular services from the department. The HCA's have seen 35 clients this past year for personal care services and to assist with activities of daily living.

The HCA's also carry out Delegation of Tasks (DOT). This is a duty that a Nurse assigns and directs a HCA to perform to meet client needs such as administering medication from a blister pack. Nurses train and maintain ongoing monitoring for each HCA and assess each clients needs on an ongoing basis. The services from the HCA range from weekly to four times per day.

The Health Care Assistants have seen a total of 35 clients that are on the Home Support program.

Ttes 27 clients
SIB 4 clients
WIP 4 clients

The Health Care Assistants all have their certificates



Tige Sperling – hired August 2005



Bobbi Sasakamoose -hired June 2006



Katherin Jules – hired August 2007



Virginia Sheep – hired October 2015



Tracey Findley – hired December 2016



Stefanee Reid – Hired March 2017



Kasey Gottfriedson – April 2017

Our Foot Care Nurse

Suzanne is a Licenced Pracical Nurse with a Bachelor of Science of Podlogy with Advanced footcare training & Certified Podologist & Certified Master Pedicurist. Suzanne has an extensive knowledge base and shares this with staff as well as clients. She has clinics for TteS three times per month, SIB twice per month and WP once per month.



Suzanne Marsel - hired

November 2014

Some of the clients that have been on our waitlist are now on our Foot Care program. The clients that are currently on the waitlist are seen when there are cancellations with the regular clients or they are referred to other foot care providers or a Podiatrist if required.

Clients per community
TteS 34 clients
SIB 10 clients
WP 4 clients

Tub Program

Our Health Care Assistants are trained to use the Century Tub that has 11 weekly spots which are always accessed and filled by clients on our program. We have also refered clients to the IHA Home Health Community Tub Program if we have not been able to accommodate community members.

Medic Aid

Medic Aid is a personal emergency response system that is made up of a base unit and a personal help button that the client presses if needing Medical assistance (ie 911). We have a total of 28 clients utilizing this service within the three communities. Some of the buttons are fall detection which is set up for clients who are at greater risk of falls. We also have two machines that dispense medication and is set up in the clients home to assist with medication compliance.

Ensure

Ensure is a nutritional suppliment that certain clients may need to suppliment their diet. In order for Band Members to access this service, they need to be assessed by their Health care provider, receive a prescription and approval from their Band for funding. We have 43 Band Members accessing this service.

Sail Home Activity Program

The SAIL Home Activity Program is a set of seven activities developed for adults receiving Home Support Services. This is a Province wide initiative that improves muscle strength, balance, endurance and reduces the risk of falling for our Home Support Clients. Physical activity and exercise are key to maintaining or improving Health. There are three levels which is dependent on each clients abilities. Every client receiving Home Support services is set up to have the Health Care Assistants assist and encourage participation.

Wound Management

Wound Management is a large component of the Nurses role. Wounds range from simple to complex and infected. We manage surgical wounds which may only involve changing a bandage and removing sutures or staples. We manage burns as well as diabetic and vascular wounds which may result in amputations. We collaborate with other Wound Clinicians to

develop care plans that manage our complex clients. DeAnne and Christine attended a wound conference to improve their knowledge on wound management and new product information. Wound products are paid for by FNHA once a prescription is received from their Health Care provider. We often liase with other health care providers to ensure that wound products are received.

This year we have had 398 wound mangement encounters within our Communities.

Diabetes

Diabetes has impacted many of our community members who require ongoing support and education. Our department provides one-on-one education and screening of all of our new clients. We have had Seabird Island at Q'wemtsin Health Society to screen for Diabetes which also includes kidney and eye screening. We have had Health Fairs where we provide information about the prevention and management of Diabetes. We have screened about 150 members between screening clinics, Health Fairs, office and community visits. QHS has recently purchased machines to test blood results and urine samples which are both tools which enables us to screen more frequently and assist with early detection of Diabetes. These machines provide immediate results. We offer support for medication management, nutition and exercise. We also refer clients to a foot care provider, IHA Diabetic clinic and Dietician.

Chronic Disease Management

There are many other chronic diseases that require support within the three communities. The Nurses complete physical assessments on all of the new clients. Many clients require medication management from the Nurses that cannot be delegated to the Health Care Assistance. The Nurses review client medications and provide education about taking medication safely. Clients are provided with a Client Information sheet which lists medication, medical conditions, allergies, Doctor, Pharmacy and emergency contacts. Clients are encouraged to provide this information to other health care providers if they need to seek medical attention. Many clients and outside health providers have voiced their appreciation in having this information at unexpected medical attention.

Kidney disease, Cardiovascular disease, Cancer and Arthritis are just some of the other medical conditions that we manage in the communities. Client often have more than one medical condition that requires support and management. The Nurses make well visits to frail community members to prevent issues from developing by being proactive which will therefore limit or eliminate hospitalizations. Safety is very important when managing clients in the community. Many clients choose to live at risk so our department strives to minimize and limit as much risk as possible. We make referrals to IHA Occupation Therapy and Physical Therapy to assess the clients and homes for safety and equiment needs. We often receive recommendations for bath chairs, railings, bars, grabs and mobility aids. We refer to to the Housing Department for installation of safety equipment. For urgent equipment needs, we refer to the Red Cross equipment loan program. They provide equipment on a short-term basis until the clients equipment has been approved and processed by NIHB. We also assist clients with the coordination of transportation to and from health related appointments that have been arranged. Our department also collaborates and communicates with other Health Care providers to facilitate client health care needs. We coordinate with Dentistry for oral health and denture fitting, ensure clients have a Medic Alert where appropriate, refer for orthodics, People In Motion for disabilities parking decals and hearing clinics for hearing aids.

We have a very close working relationship with IHA Community Home Health who support our role and community members. We refer to IHA Home Health to assist with clients needing assistance outside of our regular business hours or for services that QHS does not provide. Therefore, we do share some clients with IHA Home Health. We require Home Health to complete assessments for facility placement and facility respite. IHA also sees some of our community members for personal care services and wound management. The department Nurses also make hospital visits for case management and discharge planning to ensure that clients needs will be met and to elicit a smooth transition home.

There are many external community and IHA services that our department access for our clients but there are also many internal services within QHS that are accessed as well. We have been fortunate enough to refer clients to our Mental Health, Dietitian, Naturopath, Massage Therapy, Nurse Practitioner, Doctor, Community Health Nurses and Dentistry.

The Home Care Department encourages clients to be as independent as possible with our assistance and support to ensure that their needs are being met. Our support is client driven and client specific. We often find ourselves meeting with clients where it works for them whether it's in their home, in their garden, community event or at the Health Centre. Each client situation is unique and we ensure that their needs are met in a respectful, timely manner. Client visits can vary from a one time only visit to a complex client that requires daily visits.

The Home and Community Care team makes every effort to support the clients and community members. The staff have demonstrated their dedication to the department and communities by their quality of care that they provide to their clients. They continue to improve and expand upon their roles as care providers.

Primary Health Care

This year at Q'wemtsín Health Society (QHS) we had some exciting additions to our Primary Health Care (PHC) Services. In July of 2016 Dr. Shirley van der Merwe (GP) joined our team in full stride. Dr. van der Merwe brings her education and experience to us from Kosi Bay in South Africa. She also specialized in Tuberculosis while in South Africa and brings that knowledge and expertise to our community members, which has been extremely valuable.

Since July 22, 2016 Dr. van der Merwe has seen a total of 262 office visits, 15 of which were Whispering Pines Clinton Indian Band (WPCIB) members, 113 were Skeetchestn Indian Band (SIB) members, and 134 were Tk'emlúps te Secwepemc Indian Band (TteS) members.

Shirley also joined us for our Health Fair in Skeetchestn along with a resident doctor, Dr. Astrid Peacock and assessed community members by doing a Framingham Risk Assessment which assesses a patient's risk of heart disease. Over 30 community members were evaluated at this time.

Nurse Practitioner



In January 2017 Q'wemtsín Health Society welcomed Laura FitzGerald, a Nurse Practitioner from Vancouver, to our QHS PHC family. Laura comes with a background in diabetes knowledge and education which has been an extremely valuable resource for our members. Laura has been seeing patients at Q'wemtsín Health Society as well as in our satellite office in Skeetchestn. She has seen a total of 97 patients from all 3 communities which broken down would be 1 from WPCIB, 10 from SIB and 86 from TteS.

Laura has been very eager in participating in any events that

QHS has hosted and is willing to lend a helping hand wherever it may be needed.

Both Shirley and Laura have been enthusiastic about learning the cultures and traditions of our community members and have felt honoured and welcomed within these communities.

Massage Therapist



Meaghan Atchison is our massage therapist who has been seeing patients at QHS, SIB and WPCIB to relieve our elders with their joint and muscle pain. This year Meaghan has seen a total of 395 patients, 34 from WPCIB, 66 from SIB and 295 from TteS.

Meaghan has really become a part of the QHS family and the patients have really come to care for her.

Naturopathic Doctor



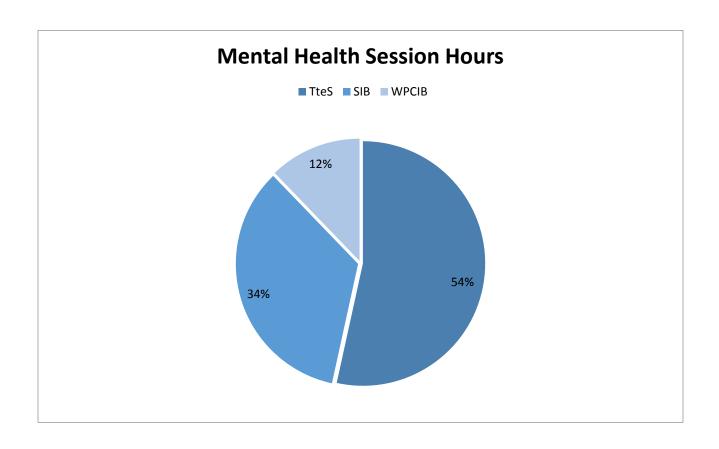
This was another successful year at Q'wemtsín Health Society for naturopathic medical services. Over 500 combined patient encounters at our 3 locations- Q'wemtsín, Whispering Pines and Skeetchestn were logged. These patients received primary medical care and were treated with naturopathic principles including acupuncture, IV vitamin therapy, nutritional and lifestyle counselling to name a few. Some diagnostic food intolerance and saliva hormone testing were also completed with some patients. More and more people are valuing and accessing naturopathic care at Q'wemtsín Health Society, continuing to make naturopathic medicine an important part of this incredible organization.

Mental Health & Wellness



I am a Registered Clinical Social Worker and have a Masters of Social Work from University of Toronto. My work experience encompasses Child Welfare, Domestic Violence, Addictions, Mental Health and most of all Advocacy for my clients. Witnessing gaps in the system and how a one-size-fits all approach to recovery fails too many people, I am passionate about synthesizing information and clearing up misinformation about how individuals can achieve sustainable recovery, regardless of the approach they take. Respect for the client's individual needs is of primary importance.

I have served individuals and families in the Kamloops area for the last twenty years with special focus on the Aboriginal community and other Multicultural populations. I am approved by First Nations Health Authority to provide counselling to Residential School Survivors and their families.



Since 2009, I have worked at Q'wemtsín Health Society as a Mental Health Counsellor and aimed to provide an integrated and ethical service with prime respect for the client's safety and confidentiality. Working with a multidisciplinary team and the individual needs of the client have been a constant source of learning for me and adds to my initial education and training in a Trauma Informed Practice. Though I would consider my approach to be eclectic, I use Cognitive Behavior Therapy, Brief Solution therapy, Supportive and other evidence based modalities as needed. Working with individuals, families and community are a definite requirement and QHS allows me the flexibility to do that with positive results.

Dietitian Role

The Registered dietitian role provides nutrition counselling and promotes healthy eating for band members in Tk'emlups te Secwepemc, Skeetchestn, and Whispering Pines.

Dietitian role is to meet with clients to discuss foods that help heal their bodies from diabetes, heart disease, and other chronic illnesses. Works with people who are looking to eat healthier, and to reach a healthier weight. Provides each person with a personalized nutrition and lifestyle action plan that helps them achieve their health and wellness goals.

In community, dietitian organizes events to discuss healthy foods and eating habits. Lead lunchtime learning groups such as; Around the Kitchen Table, and Lunch & Learn. At these events, participants enjoy a healthy lunch while learning and discussing a nutrition topic. Community kitchens provide an opportunity for participants to gain cooking skills in a fun environment.



Healthy Eating at Q'wemtsín Health Society! Staff members (left to right) Sarin, Colleen, Melissa, Laura, and Crystal) are enjoying a make-your-own-salad potluck.

Q'wemtsin Health Society Receptionist, Kasey Gottfriedson



The Q'wemtsin Health Society hosts various annual events for each of the three communities we offer services to. I have had the rewarding opportunity to assist with the planning and organizing aspect for these events. These events are planned with the inclusion of QHS' multiple departments including the community health nurses, home care nurses, dental department and administrative staff.

ACTIVITIES AND EVENTS

- Anti Bullying Day
- Cultural day
- Family Conference
- Men's Night
- Naloxone Training
- Orange Shirt Day Residential School Survivors
- QHS Flu Clinic
- QHS Kindergarten Day
- QHS Mammogram Clinic
- QHS Open House
- QHS Open House BBQ
- QHS Seabird Mobile Diabetes clinic
- Quit Now
- SIB Baby Welcome Ceremony

- SIB Career Fair
- SIB Families and Tots Group
- SIB Flu Clinic
- SIB Health Fair
- SIB Kindergarten Day
- SIB Mammogram Clinic
- SIB Open House
- SIB Seabird mobile diabetes clinic
- TIB Baby Welcome Ceremony
- TIB Flu Clinic
- TIB Health Fair
- TIB Play Group
- WPCIB Baby Welcome Ceremony
- WPCIB Flu Clinic
- WPCIB Health Fair

Secwepeme Nation Injury Surveillance & Prevention Program

Q'wemtsín Health Society works to provide health programs and services to three neighboring communities which are Tk'emlúps te Secwepemc, Whispering Pines/Clinton and the Skeetchestn Indian Band. Included in these services is the Secwepemc Nation Injury Surveillance & Prevention Program.

The purpose of the program is collect injury data from our three communities. Injury surveillance can help us identify and understand the impact of injuries within our communities. All data collected is used to start prevention programs and reduce known injuries within our communities.

Throughout the years the program has hosted various events, one such event was a bike rodeo, we partnered with Tk'emlúps Rural detachment. It was a fun and successful event, the kids learned about the importance of helmet safety and participated in a fun obstacle course, where they learned how to properly use hand signals. We have hosted various information sessions for community and band staff. The more popular event was our Injury Surveillance contest, this was to raise awareness of the program and get community members and band employees filling out Injury Surveillance Forms.



Administrative Team

We would like to take this opportunity to introduce the Q'wemtsı́n Health Society's administration team. They provide outstanding support to the medical staff and ensure the day to day operation at QHS and SIB clinic. They are an extremely important part of our team and do an outstanding job!



Lysa Madro - Human Resource Manager



Kasey Gottfriedson - Receptionist

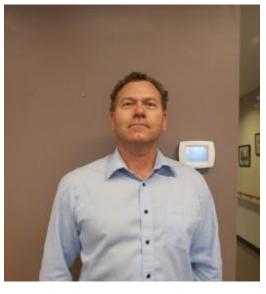


Sarin Burke- Medical Office Assistant

Katie Tucker - Medical Office Assistant



Lee-Anne Deneault-Reception SIB CLINIC



Mark Lindstrom- Financial Officer



Bernadine Edwards- Office Manager

Flow through funding report for Skeetchestn



Annual Report to QHS for FNHA 2016-2017

The Skeetchestn Indian Band Social Development Team's focus in 2016-2017 was: Mental, Cultural, Spiritual and Physical Well-being by creating, and delivering outcome-based programs, services and activities. It is our desire to inspire and encourage everyone in our community to practice healthy lifestyles by connecting culture, knowledge, and strengths.

Our team believes that each and every one has the ability to create the life they desire by aligning with their inner-self and taping into their infinite potential. We are confident that the programs and services offered can assist in creating a beautiful journey!

The High Level Comprehensive Community Plan leads our everyday decision and strategy. Our team includes our Department Manager, Social Worker, Band Social Development Worker, Elders Coordinator, Patient Travel/Homemaker and our Youth Cultural Worker. As we are serving over 280 people living on-reserve and there is only the 5 of us, we are working together very closely and teaming up for almost all program planning and delivery, we meet weekly.

Skeetchestn Social Worker and Referral Worker

Charlotte Singh

Focus this year: Children in care – Family dynamics - Mental health – Healthy Relationships

Charlotte's primary role is to support children and families in their interactions with Secwepemc Child and Family Services and the Ministry of Children and Family Development. She is a member of the Executive Board of Directors at the SCFS Agency and also provides some counselling services, drug and alcohol treatment referrals, services referrals in Kamloops area, and implements programs relevant to the community's mental and emotional health. Charlotte attended many important seminar and training sessions this year, including:

Board Governance Training
Naloxone/Overdose First Aid Training
Trauma-Informed Practice Training
Conflict Resolution Training
Trauma-Informed Screening & Assessment Training
Wrapping Our Ways Around Them (Aboriginal Child Welfare Laws)

• • •

Promising Practices (Annual Conference in Vancouver)

Privacy & information Sharing Training (MCFD)

SPECIAL ACTIVITIES AND DUTIES 2016-2017

Represented Skeetchestn on the Secwepmec Cultural Health Committee, which provided cultural activities for the Secwepemc Bands : 30 participants

Represented Skeetchestn at NNADAP Interior Wellbriety Celebration Committee, 11 participants

Spearheaded the Indian Residential School Survivors Society workshops on-reserve 5 weeks: 15 participants

Spearheaded the "Resilience through Art" grief & loss workhops 13 consecutive weeks, on-reserve: 7 participants

Weekly Wellbriety meetings: 4 participants

Adults 2 day Retreat – Magic of believing in yourself: 18 participants

Adults 2 day Retreat – Goals and Aspirations: 24 participants

Youth Cultural Coordinator

Roxanne Jim

Focus this year: Youth – Mental health – Physical Health

Roxanne and the team offered many programs this year for youth, adults, children and families. She also organized family events, field trips off-reserve and made sure there was something cool to do for everyone. Staying active mentally and physically is important. Everyone truly enjoyed our activity calendar, which included: Horsemanship Program, Tranquille Farms field trip, swimming at the Tournament Capital Centre, Karate, Zumba, Secwepemc Dance, Ball Hockey Tournament, and Bingo's, cooking with the Youth, Cultural Pitch Making, Dream Catcher Making, Christmas Decoration Mural, Secwepemc Gathering Mural, Guitar Lessons, Arts from the Heart, Spruce Wilderness Resort camp, First Nations Blazers Night, Winter Festival, Valentines Family Dance, Annual Gathering our Voices Youth Gathering, Soccer Quest, Rock Climbing, and much more...

On top of all this, Roxanne secured a partnership with Right to Play Canada. Through the Play program, she received training and additional funding to enhance educational outcomes, improve peer-to-peer relationships, increase employability and improve physical and mental health in our Youth Community.

She participated in 4 training camps in different provinces and also brought 2 of our youth to a leadership camp in Thunder bay.

Stats:

Afterschool program 18-24 participants daily Adults weekly activities 8-12 participants Family event and activities 30-60 participants Family cultural camp 95 participants

Elders Coordinator, Homemaker and Patient Travel Worker Focus this year: Cultural activities

Our wonderful Sue Simpson had to take a leave of absence for family responsibility this year. We were lucky to have two interim workers to continue offering services and support to our elders and assisting community members attend appointments at our health clinic on-reserve and other medical appointments in-Kamloops or to prepare travel arrangements for long-haul medical appointments.

One of our goal this year was to increase the opportunity for our elders to participate in more cultural and traditional activities such as Berry picking, Traditional Medicines, and Canning, go to the hunting camp, visit other communities, etc. We also offered a Yoga class every week, tailored specifically for seniors and our elders really enjoy what they learn at class and can continue practicing at home. 2 of our elders taught oil painting techniques to a regular group of elders and adults every other month during one full day. We did several field trips, visited museums, and attended the Elders Gathering in Williams Lake.

Driving: Patient Travel to Skeetchestn Health Clinic average 8 patients/month

Driving: Patient Travel to Kamloops average 12 patients/month

Elders Gathering 14 participants

Elders Field Trips / Cultural activities / Birthday Luncheons celebrations average 8-14 elder participants

Homemaking / Home support-visits average 4-6 elders each week

Social Development Manager

France Lamontagne

Focus: Team work – Something for everyone – Active Community

Through successful funding applications and leveraging our funds, our human capacity and working with our colleagues at the QHS Health Clinic, we were able to deliver amazing programs and activities for everyone's taste this year, keeping the body, mind and soul occupied!

Cultural art workshops; beading, medicine pouch making, moccasin making, painting,... physical activities; sun run, rattlin ramble 5km run, elders yoga, adults yoga, Zumba, karate, dance, also zip-lining for mature youth, wellness days, cultural camps, elders annual gathering, meals on wheels for our elders, field trips and camping trip for our youth, job fairs and career action plans, Shuswap Gathering, Youth Conference, Right to Play program, soccer, ball hockey tournament... wow, so much took place and so much positive feedback. Our pride and joy is our "Pathways to a safe journey" series. We delivered 8 wellness retreats this year; 2 days, off-reserve, in a really nice and safe setting:

Our Themes: self-awareness, self-love, self-growth, goals and aspirations, communication, healthy relationships, and how to be deliberate creators of our lives. These retreats were offered to adults, youth, elders and families.

In a nutshell, it was an incredible year and so many people benefited by engaging and participating. We delivered programs which enabled each one to explore, learn and grow holistically.

Wellness retreat participants:
2 for Adults 18 and 24 participants
Youth 12 participants
Families 95 participants

Flow through funding report for Tk'emlúps te Secwepemc



Flow Through Funding - Tk'emlúps te Secwepemc

Tk'emlúps te Secwepemc (TteS) flow through funding is administered through the Community Services Department. Each fiscal year the Community Services team strategizes both internally, and with other departments (ex. Education) to decide on an annual strategy to accomplish the strategic and comprehensive community wellness goals in the areas of physical, mental and social health.

Brighter Futures, NNADAP, Community Health Representative, Mental Health and Solvent Abuse funding is then administered based on the planning. With an increase in new parents, for example, this year TteS added in breastfeeding education and positive parenting classes. We also experienced a year-over-year increase in need for one-to-one counselling, so we sent less people to prevention workshops and increased intervention/postvention counselling referrals.

Mental Health

Mental Health funding is directed for prevention, intervention and postvention, education and resource supports. To that end, TteS offered workshops for reducing depression, how to have difficult conversations, suicide prevention, naturopathic and traditional medicine approaches in mental health and Challenging Behaviours in youth (CTRI). To increase the success of each workshop, resource manuals and workbooks were provided whenever possible as alternative learning methods.

As mentioned above, there was an increase in need for direct supports and we answered that need. Over forty (40) new referrals to counselling were made, and an additional twenty-one (21) band members were re-referred to revisit counselling supports. We work with FNHA and QHS to optimize funded counselling but have found with so few FNHA approved resources in Kamloops that the majority had to utilize the mental health funding offered in the flow through funding. Due to the small selection of approved counsellors, band members report the FNHA counsellors are often booked too far into the future or are unavailable when the need is acute.

TteS also supported four teens to attend the Choices Teen session in August and reports from their families are of great improvement in emotional state. To further support community youth, TteS Counselling Interns (from Thompson Rivers University) hosted a six week anxiety support group for youth ten years of age and up. Attendance increased steadily throughout the program and by the end of the six weeks over ten (10) youth were attending weekly. Another similar series is planned in the fall of 2017.

NNADAP

The Tk'emlúps te Secwepemc NNADAP program had its busiest year in over a decade in 2016/17 as the Kamloops region experienced an increase in overall drug and alcohol use. Alcohol and Drug Counsellor David Manuel utilized many methods of wellness outreach to work with the onslaught of addiction issues.

Though the Fentanyl crisis certainly played a part in the increase, statistics in the area show alcohol is still the primary addiction overall for the Tk'emlúps community. David provided rides and often led 12 Step meetings Monday through Friday throughout the year. He provided over 146 rides and attended 32 meetings with clients. David also hosted weekly Wellness Sweats with a total of 123 men attending in 2016/17. The Sweatlodge is a partnership with Kamloops Community Corrections, The RCMP, the Aboriginal Justice Council and Tk'emlúps te Secwepemc.

The NNADAP program and David also supported and informed TteS membership at the annual Wellness Fair and Picnic, The Secwepemc Gathering Canoe Journey and the Annual Community Christmas gathering.

With the rise in clients and the larger Tk'emlúps population struggling with wellness and addictions issues, David also offered many workshops, in partnership with the Secwepemc Hub and Q'wemtsín Health, for Fentanyl overdose emergency first aid. A total of six (6) workshops were hosted with 36 adults and 65 youth learning how to administer Naloxone. Additionally, David hosted a Celebration of Sobriety dinner and educational session for forty (40) Tk'emlúps band members.

In order to keep up with the latest Wellness methods, David attended five (5) days of training in Round Lake for the "Journey to Wellness" and he received training regarding Respectful Relationships, Walking with Grief, and Trauma Recovery. Additionally, David was a coach for the Vancouver based Choices program for Givers I and II.

Brighter Futures

The Tk'emlúps Brighter Futures funding was used to promote wellness through skill building and experiential learning, increase parenting skills, and increase awareness of injury prevention.

One priority in the Tk'emlúps community was to increase the communication network with new parents, so TteS partnered with QHS to host a weekly Parent and Tot group. TteS Community Services Department also hosted a series of Positive Parenting workshops, tailored to the community's needs and facilitated by a professional parenting coach. With additional funding

from the Canadian Diabetes Association, TteS also facilitated the Food Skills for Families program with small funding support from the Brighter Futures fund.

Brighter Futures also helped support the annual TteS Wellness Fair and Picnic (mentioned in QHS report), Women's Health Weekend (over 150 attendees), Men's Health Nights (20+ in attendance each night), and 2BBoys and Girl Power youth programs (10+ youth each). Funds also supported a tutor for youth struggling in school. The tutoring is an open, homework club, session format that occurs once per week at QHS. All TteS children have access to the tutor once per week in this format so it is eqeuitable in delivery.

Solvent Abuse

Solvent abuse goes largely unreported in the TteS community so we focus on causes and prevention with the flow through funding. In 2016/17 funding was utilized for materials for the TteS resource library, training for the TteS youth workers in drug and youth gang prevention, Mental Health First Aid and to host a Secwepemc Wellbriety event. Wellbriety was hosted in partnership with many Secwepemc Nation and first nation partners including the Kamloops Interior Indian Friendship Society, White Buffalo, the Secwepemc Hub, FNHA and many others. The Wellbriety event was so popular TteS will be hosting annually with community sponsors and partners. Over one hundred (100) people attended the inaugural event which included traditional healing ceremonies, twelve step meetings, a sweat, feast and youth workshops focused on prevention. Without the flow through dollars in this first inaugural year, Wellbriety wouldn't have been possible to host.

Flow through funding report for Clinton Indian Band (Whispering Pines)



ANNUAL HEALTH REPORT

2016 - 2017

Preface

Whispering Pines Clinton Indian Band (WPCIB) is located approximately 35 kilometers north of Kamloops, British Columbia and has 55 community members living on-reserve. WPCIB receives flow-through Health funding from the Q'wemtsín Health Society for the following health programs; Health Services, NNADAP, Brighter Futures, Mental Health and Solvent Abuse.

Health Services

The Health Services component provides transportation and a driver for the community members to attend medical appointments in the City of Kamloops. On average, WPCIB transports members twice a week for general appointments and individual specialist appointments.

Brighter Futures

Within this health component, the Nation has a 'health fair' that included several health agencies from the City of Kamloops. It was well attended by the community and this event also had a community breakfast and lunch for the members. Individual health assessments were done such as but not limited to; blood pressure, diet programs, foot care, and eye testing. There were also small group sessions on 'health related' issues.

NNADAP, Mental Health, Solvent Abuse

WPCIB has several members accessing this program. The Nation provides a safe and secure room for addiction councillors to treat their clients, as well as, transportation to the City of Kamloops for client should they request.

WPCIB Members Accessing Health Programs.

Health Services - 8 members (weekly average)

- 4 Elders (weekly average)

Brighter Futures - 29 community members at the function

NNADAP, Mental Health, Solvent Abuse - 7 community members