



YEAR END REPORT

2018-2019



Q'wemtsín
HEALTH SOCIETY

Q'wemtsín Health Society Board of Directors

Q'wemtsín Health Society provides health programs and services to three communities which are:

- Tk'emlúps te Secwépemc
- Skeetchestn Indian Band
- Whispering Pines/Clinton Indian Band

The structure of the board consists of two representatives from each community. Board meetings are held monthly at QHS.



L to R: Councilor Janet Jules (president), Councilor Tracy Hewitt, Councilor Orla LeBourdais, Secretary

Not Pictured: Councilor Darrel Draney, Councilor Thomas Blank, Chief Michael LeBourdais



Q'wemtsín Health Society

Annual Report for Fiscal Year 2018-2019

Executive Summary

Q'wemtsín Health Society (QHS) has experienced many changes over the years: a new building in 2007, an expansion of the building in 2015, new partnerships, many community events and an amazing evolution of our programs and services. We started this year off with a new Community Health Plan (CHP) that was developed with input from our community members, staff, and leadership. The CHP provides an overview of our strategic plan including our goals and objectives along with actions for a five-year period, 2018-2023. It also provides a description of our current programs and services and how we plan to evaluate the work we have done.

QHS works toward a vision of “healthy individuals, families, and communities”. As an organization our mission is to “advance holistic health by providing programs, services and education”. As stated in our health plan our goals are:

1. Build partnerships and collaborate
2. Deliver programs and services addressing community needs
3. Provide a trusting open professional environment
4. Create opportunities for learning
5. Evaluate Effectiveness

This is a brief summary of what we accomplished this year.

1. Build partnerships and collaborate

QHS continues to work in collaboration with our three member Bands. The Board of Directors meet monthly and the staff at QHS often works with the band staff to offer events and ongoing educational opportunities. The bands continue to provide the following five prevention programs: NNADAP, Brighter Futures, Mental Health Crisis, Solvent Abuse and Health Services and the funding for these programs flows through QHS. As anticipated in the CHP we have created a food sovereignty and security team and a food mentorship program. Also we have partnered with the communities and started a diabetes committee to create a work plan for the team.

QHS also works on joint project board initiatives with three additional communities as a central cluster of the Secwépemc Nation. Bonaparte, High Bar, and Simpcw are our Joint Project Board (JPB) partners and currently we are providing mental health services and addressing the opioid crisis together. We are members of the Secwépemc Health Caucus and Health Directors HUB. As well our partnership to provide COHI services to Adams Lake, Little Shuswap and Simpcw continues and has been very successful over the years. Dr. Ciriani and associates continue to provide culturally safe dental care here at QHS and it is due to their ongoing dedication and support that our clinic is a success.

The partnership between Interior Health (IH) and QHS to provide Primary Health Care services was initiated in 2007. First Nations Health Authority (FNHA) has now joined this partnership and this collaboration has provided increased NP services that many of our clients would not be able to access elsewhere for different reasons. The NP services are complimented by Dr. Shirley van der Merwe who has been providing GP services for our communities one day per week since 2016.

QHS also works closely with IH to deliver Home and Community Care Services for our three communities. IH does the best they can to cover evenings and weekends and we provide services to all three communities during our operating hours. QHS attends several committees and meetings in partnership with IH to address issues like discharge planning and improving communications. Additional partnerships this year have been with the City Action Team and the Team of Indigenous Champions. Both of these tables have a wide variety of members from throughout the municipality such as; Interior Health, Thompson Rivers University, City of Kamloops, Indian Friendship Center, and Gamblers Anonymous, to name a few. These groups come together to address the opioid crisis and find ways to increase awareness, decrease stigma, and assist those suffering with addictions.

2. Providing Programs and Services addressing community needs

We have received many compliments from IH about the delivery of services here at QHS and it has been said that this is one of the best Primary Health Care sites in the Interior. Over the years of operation we identified a need for Mental Health Services, Dental Care Services, and had many requests for Alternative Medicine. In addition to the mandated Public Health and Homecare Services we also provide Mental Health Counselling, Therapeutic Massage, Naturopathic Medicine as well as Dental Care for clients that meet the eligibility criteria. We have now added a Community Wellness Champion and a Certified Diabetic Educator to our team. The benefit of having all the different disciplines of the health care team in one location is smooth delivery of services and excellent follow up to care. I have had Executives from IH ask me “Why is Primary Health Care so successful at QHS?” My response to that is:

- We have broken down barriers and built trust and rapport. It is a culturally sensitive site, it's a safe place, and it belongs to the community members
- Lots & lots of laughter!!!
- Improved access, close to the community
- Clients appreciate the convenience of having all services in one place
- Excellent staff delivering care as a "TEAM" including IH staff
- Privacy & confidentiality are made a priority

We take pride in what we do here and we care how we do it. QHS has been gifted with outstanding staff that work hard to deliver the best care possible and sincerely care about their clients. More information is provided in the body of this report in regards to the departments and services being provided.

3. Provide a trusting, open professional environment

QHS has a very thorough and comprehensive "privacy and security policy and procedure" manual that is enforced. Training for the same is done regularly in regards to privacy, protecting client files and information, and confidentiality. The clients are aware of this and they trust that their information is well protected and kept confidential. We have an experienced Board of Directors that make fiscally sound decisions and by doing so have managed to build a primary health care site that meets the needs of their communities. With strong governance and management, QHS continues to flourish and our clients keep coming back. This is an indicator that they feel welcome, safe and trust what we do here. Continued education and updating staff is ongoing at QHS. Keeping staff up to date on changing trends and best practices is important to ensure that we are providing the best care possible. New training opportunities this year included End of Life Doula and Palliative Care which were both attended by staff here at QHS. As well, we did staff training about mindfulness and self-care, encouraging staff to remember their own health and wellness.

4. Create opportunities for Learning

Along with the bands, QHS continues to provide opportunities for learning and gathering. We provide education in regards to diagnosed diseases, prevention and how to stay healthy. This year we have included teachings about our traditional ways of knowing and being. In March we hosted a three-day youth conference to increase awareness about the opioid crisis, but also to give our youth an opportunity to learn about traditional arts and crafts. In addition to this, we provided workshops on making moccasins and willow branch cradle baskets. We work with the communities as we all reconnect to our traditions, ceremonies and cultural activities.

QHS does support and encourage community members interested in becoming health professionals. Currently we have two staff who are young band members that are intending to return to school, one to become a dentist the other a lab technician. We also hire summer students that are in the health professions to provide experience working within a primary health care site.

5. Evaluate Effectiveness

To evaluate our effectiveness we request feedback from our clients. Semi-annually QHS does an evaluation of programs and services by providing forms at the front desk and on-line for clients to complete and return. We offer an incentive by having a draw for a prize and the form is anonymous to allow for real feedback. We also have a suggestion box here at QHS and also at the community band offices. An evaluation is done at all workshops, presentations and conferences. And of course, as required by FNHA, we do a very thorough evaluation every five years.

Although there is always room for improvement, as I write this summary and reflect on the year - in my opinion we have done a great job. I feel proud and full of gratitude!

In conclusion I would like to thank the staff for their dedication and hard work, I would like to thank the Board for their leadership and guidance and ultimately I thank the Creator for providing this safe place for healing.

Colleen Lessmann
Health Director



Executive Office Administrator

Weytk, my name is Sarin Burke and I am the Executive Office Administrator here at Q'wemtsín Health Society and have been with the society since 2013. My job duties include managing the overall clinic scheduling to ensure the smooth running of clinic days, Information Technology management and support which includes computers/laptops/electronics, software programs, network, building security, voice communication systems and Electronic Medical Records Systems (EMRs), grounds keeping, and janitorial services.



This year we switched our EMRs from Mustimuhw to Med Access, which is a highly configurable EMR that adapts to our clinic, users and workflow needs. This fast, web-based solution offers highly detailed reporting, powerful task management, point-of-care decision support and convenient remote access. This helps our practitioners and nurses to improve our patient care and quality by having everything all in one place. We can now simplify disease management, as well as take advantage of intelligent tools to identify at-risk individuals and help manage our patients with chronic diseases to drive better patient outcomes.

In the beginning it was a learning process getting comfortable with the new software but after a few months all staff was ecstatic about the new features such as electronic faxing and instant importing of bloodwork results and diagnostic test reports from laboratories and hospitals.

This has been a major improvement in operational efficiency in our overall function with patient care and the security of patient records, allowing us to deliver the highest level of care turning information into better health outcomes for all our patients.

This year we also introduced another software program called Panorama. Panorama is a Provincial integrated, electronic public health record that supports the management of communicable diseases, outbreaks, immunizations and inventory. Panorama provides real-time access to the same immunization information for the whole province. It is the public health interface to the Digital Health Immunization Repository (DHIR). The goals are to improve health outcomes by making comprehensive immunization information accessible in real-time to support health care providers in clinical practice.

QHS was involved in an intensive security analysis process which was completed and approved and are now actively using Panorama. Our CHNs feel that being able to have instant access to this information allows them to perform their jobs better and focus more on client care which has significantly improved the health outcomes of their patients and reduced the risks of over or under immunizing patients.

Installing Panorama allowed QHS to be a part of the IH network Meditech. Meditech allows our practitioners and nurses to access hospital records/reports so that our patients access at QHS has the best continuity and care.

I am very blessed to be able to contribute to the daily operations of QHS and enjoy coming to work every day.

Kukwstsétsemc,
Sarin Burke, EOA

Primary Care Services

It has been a very busy year with our Primary Care Services. Our primary care team consists of the following members: Dr. Shirley van der Merwe, Nurse Practitioner Laura FitzGerald, Locum Nurse Practitioner Deborah Lewis, Medical Office Administrator Katie Tucker and Sarin Burke. Our MOA Katie has been with QHS for 2 years and is the main contact person for the GP and NPs.



Dr. Shirley van der Merwe



Katie Tucker, MOA

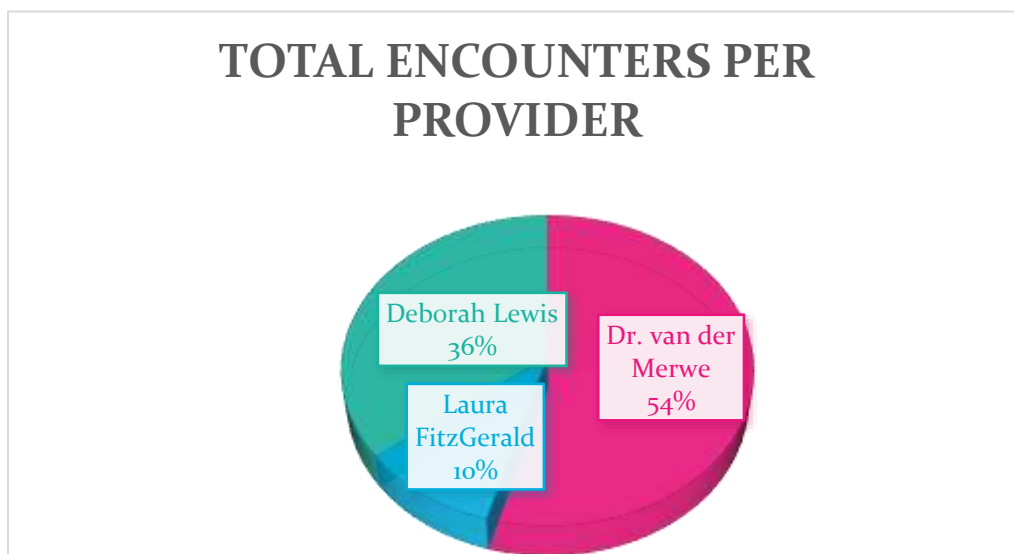


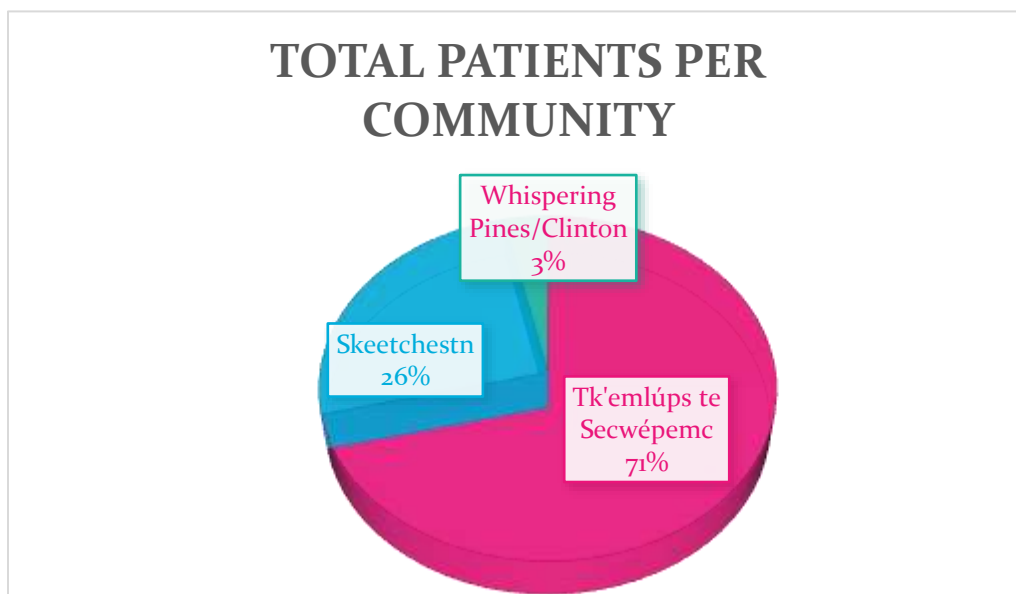
Nurse Practitioner Deborah Lewis and Sarin Burke, EOA

Nurse Practitioner Laura FitzGerald was with us until June of 2018 until she returned home to Vancouver. During the short time of the fiscal year that she was here she seen a total of 108 patients. Of those 108, 72 were from Tk'emlúps te Secwépemc, 33 were from Skeetchestn Indian Band and 3 were from Whispering Pines/Clinton Indian Band. A total of 134 encounters were completed between the Q'wemtsín Health Society clinic days and Skeetchestn Health Clinic days.

With the departure of Laura FitzGerald, we had the pleasure of a locum Nurse Practitioner Deborah Lewis. Deb readily jumped in with both feet! She seen a total of 262 patients. 201 of those patients were from Tk'emlúps te Secwépemc, 53 from Skeetchestn Indian Band and 8 from Whispering Pines/Clinton Indian Band. Overall Deb had a total of 474 encounters between Q'wemtsín Health Society clinic days and Skeetchestn Health Clinic days.

Dr. Shirley van der Merwe has been with us since 2016 and is a big part of the QHS team. She has seen a total of 282 patients. 191 of those patients were from Tk'emlúps te Secwépemc Indian Band, 80 were from Skeetchestn Indian Band and 11 were from Whispering Pines Clinton Indian Band. Overall Shirley had 724 encounters between Q'wemtsín Health Society clinic days and Skeetchestn Health Clinic days.





Children's Oral Health Initiative

What is Children's Oral Health Initiative? Who is it for?

Children's Oral Health Initiative (COHI) is a preventative program for early childhood tooth decay.

COHI is provided to children ages 0-7 that are living on or receiving services on reserve. Mothers/ prenatal mothers, families and caregivers of the children are eligible for the program.

Where can we receive COHI services?

Children enrolled in the COHI program are reached by attending schools, pre-schools, daycares, moms & tot's groups, baby circles, career and health fairs, kindergarten days and other community events on reserve, with the exception to a few select off reserve schools that contain a large amount of the COHI participants. COHI kids can also receive services at Q'wemtsín Health Society by appointment.

COHI Services:

- Annual screenings
- Fluoride applications
- Sealants
- Oral hygiene education
- Toothbrushes, floss and toothpaste
- Parent information kits


Who are the
COHI Providers
in our
communities?



*Crystal Chartrand (Registered Dental Hygienist),
Natasha De Neef (COHI Aide), Courtenay Campbell
(COHI Aide) Missing: Coreen Ironside (COHI Aide)*

Which communities does the COHI program at Q'wemtsin Health Society Service?

Tk'emlúps te Secwépemc, Skeetchestn Indian Band, Whispering Pines/Clinton Indian Band, Adams Lake Indian Band, Little Shuswap Indian Band and Simpcw First Nations.

|  | Simpw | Skeetchestn | Whispering Pines/Clinton | Adams Lake | Little Shuswap | Tk'emlúps te Secwépemc |
|---|-------|-------------|--------------------------|------------|----------------|------------------------|
| Permissions | 29 | 23 | 3 | 51 | 29 | 175 |
| Screenings | 28 | 20 | 1 | 42 | 29 | 159 |
| Fluorides | 80 | 57 | 0 | 103 | 42 | 387 |
| Sealants | 4 | 12 | 0 | 18 | 7 | 106 |



Khloe & Crystal Chartrand



Courtenay Campbell and Rihanna

QHS Dental Clinic

Did you know....



Dr. David Ciriani

Q'wemtsín Health Society's Dental Clinic has been providing competent and compassionate individualized care to our on and off reserve band members from our three communities: TK'emlúps te Secwépemc, Skeetchestn and Whispering Pines/Clinton.

Dr. David Ciriani and Dr. Corbin Sallis along with their Certified Dental Assistants Alyssa Petersen and Kim Bartlett, provide current, evidence based dental procedures to our band members of all ages. Currently the dental clinic is open 2 days a month for dental services (usually Wednesdays) and 2-3 days a month (usually Fridays) for hygiene services provided by Crystal Chartrand, Registered Dental Hygienist. Dr. Ciriani

and his assistant Alyssa have recently been receiving advanced training for the treatment of TMD (temporomandibular disorder) and sleep apnea. Hopefully sometime over the next year we will be able to incorporate these dental/medical services to our clients.



Dr. Corbin Sallis



Crystal Chartrand, RDH



Kim Bartlett, CDA



Alyssa Peterson, CDA



Sadie Jeffries, CDA

Dental Services Offered at Q'wemtsin Health Society

- New Patient Exams
- Specific/Emergency Exams
- Recall Exams
- Oral Cancer Screenings
- Diagnostic Digital Imaging
- Restorations (amalgam and composite fillings)
- Extractions
- Hygiene
- Biopsies
- Oral Sedation
- Impressions/Wax Bites/Occlusal
- Night Guards
- Dentures
- Denture Adjustments

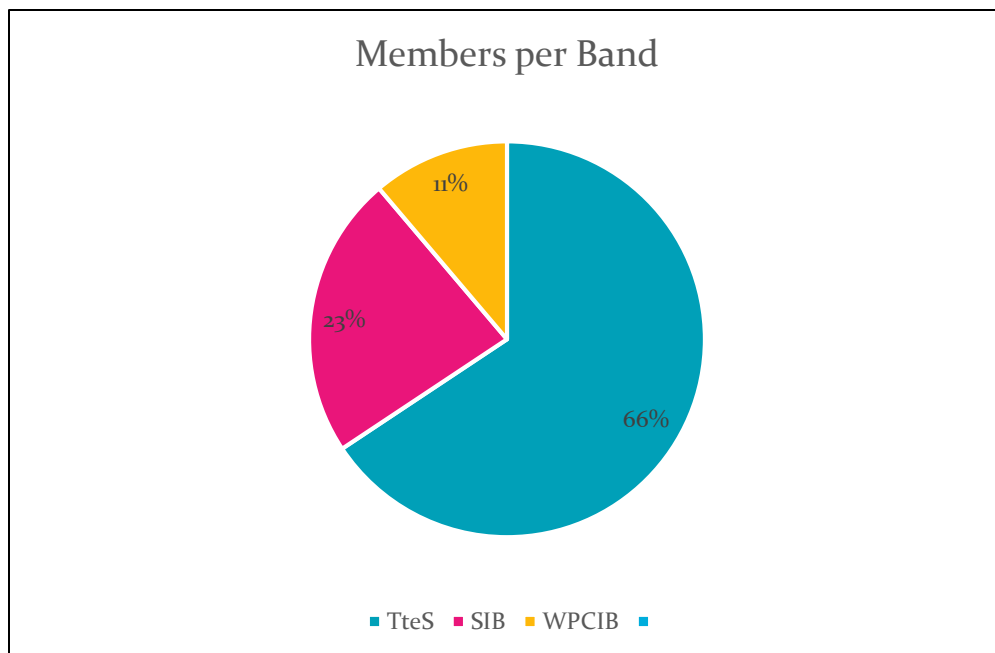


Naturopathic Medicine

Dr. Melissa Bradwell is our Naturopathic Physician at Q'wemtsín Health Society. She has been providing naturopathic services to members of Tk'emlúps te Secwépemc, Skeetchestn and Whispering Pines/Canton Indian Bands for 9 years. Naturopathic services include acupuncture, IV and IM vitamin therapy, nutritional counseling, prescriptive authority, food sensitivity, hormone testing and therapeutic supplement support.



2018-2019 was another great year for naturopathic medical services. This year, Dr. Bradwell saw a total of 134 patients and provided 512 treatments. Dr. Bradwell continues to find passion in the work she does at QHS. More and more members are valuing and accessing naturopathic medical services through QHS, continuing to make naturopathic medicine an important part of this incredible organization.



Massage Therapy Program

Weytk! I am Meaghan Atchison, a Registered Massage Therapist and have been providing massage therapy services to Q'wemtsín Health Society patients since 2015.

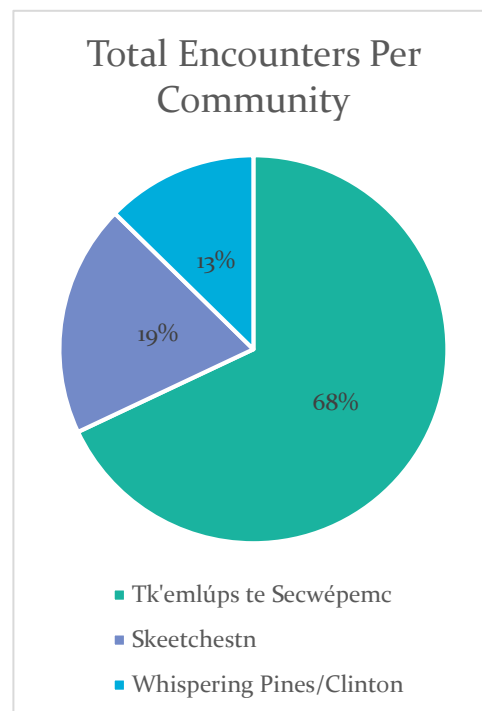
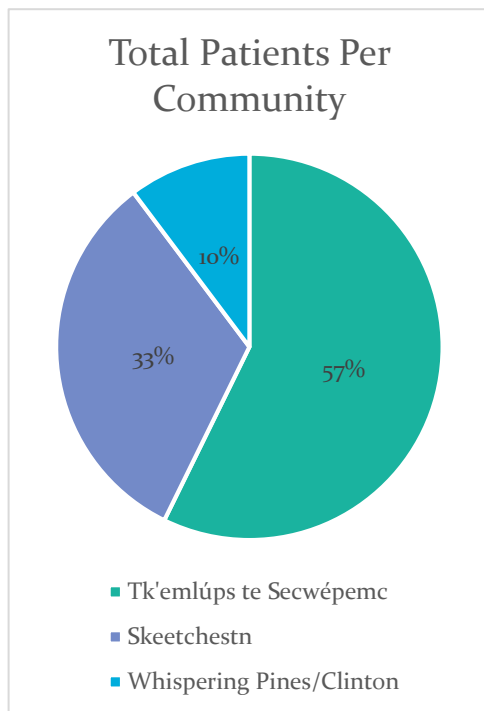


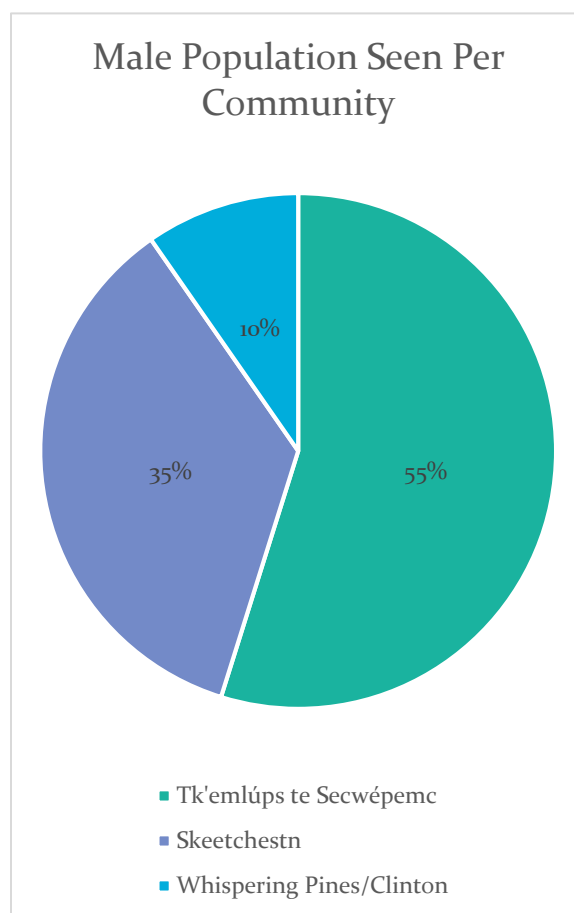
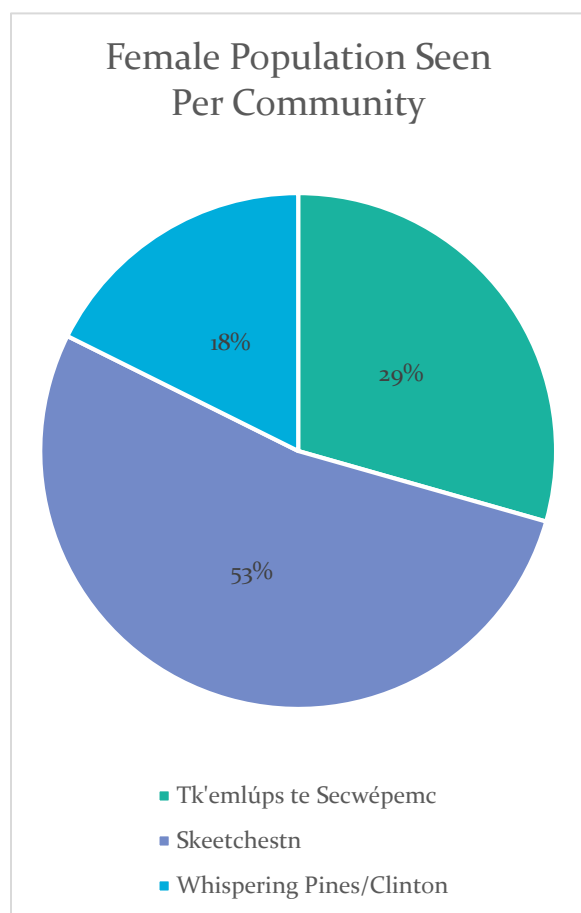
The Massage Therapy program is geared towards Elders and patients suffering from Chronic Pain.

This program utilizes Craniosacral Therapy, a gentle holistic therapy that helps to treat the entirety of an ailment. Often, we will start treatment by looking at an alignment and use specific positioning and gentle muscle contractions to bring joints into better alignment. The treatment is generally quite gentle and effective. This style of treatment is very effective at treating:

- Nerve pain/compression
- Chronic Pain
- Neck pain
- Headaches
- Numbness and tingling
- Any joint pain
- Back pain
- Hip pain

Throughout the 2018-2019 fiscal year a total of 117 patients were treated, 31 patients were male, and 86 were female. A total of 403 encounters combined between all 3 communities were completed. The following charts break it down into our 3 communities.





It is so important for me to create a safe environment for my patients because healing does not happen unless patients feel safe. Brilliant things are said when you really listen to patients and are key pieces to their therapy success. I am prepared to fully listen to patients' stories of what brings them in for massage therapy.

I am looking forward to working together to help patients move towards more health in their bodies.

Meaghan Atchison, RMT.



Mental Wellness

Weytk. My name is Picku Multani and I am the Mental Wellness Worker. I have worked at Q'wemtsín Health Society for the past 10 years.

2018-2019 has been a busy year for me with an average of 56 active clients. Focus of service has been on grief, loss, opioid overdose crisis, family and life disruptions, depression, anxiety and some serious organic mental illnesses like bi-polar disorders and schizophrenia.

Individual and family support was provided for chronic health issues and domestic violence too. The referrals for youth mental health issues were noticeably higher this year than in the past especially for extremely serious mental health concerns of severe depression, self-harm and suicidal behaviours. Several referrals were made for Residential Treatment programs in BC. for youth and adults. Transportation to appointments continues to be a challenge for clients.



QHS Community Health Nurses



Weytk!!

My name is Diane and I am one of the Community Health Nurses employed with Q'wemtsín Health Society (QHS). August of this year will mark my 13th anniversary with QHS.

I continue to work out of the Skeetchestn Health Clinic three days a week and out of the QHS office two days a week. The Skeetchestn clinic has enjoyed another successful year and services continue to expand. It is so exciting that Skeetchestn band members can access many health services and professionals in their own community. With a new health centre on the horizon, it will be exciting to see our services grow even more.

I cannot thank Lee-Anne Deneault enough for all her hard work in managing the day to day operations of the clinic. This past year, Lee-Anne and I have shared in the joy of many events including hosting a monthly Family and Tots group which includes sharing food, stories and having fun. These groups are very informal with a goal of creating a safe and fun space for all to share ideas. It is so nice to hear the stories of parenting as passed down through the generations.



Lee-Anne Deneault, Skeetchestn Office Manager

We also organized and hosted a very successful Baby Welcoming Celebration and this year nine babies were wrapped and celebrated. Thank you to Robert Simon for taking on the role of Master of Ceremonies and to the Skeetchestn School Drum group who opened our event in a 'good' way. What a great evening of food and celebration.



We followed that by hosting our annual Preschool/Kindergarten Wellness Day which was attended by close to forty children and adults. Thanks to Brad Orr from Interior Health Audiology who came out and provided hearing screenings on all children. This hearing testing is so important because identifying and treating hearing issues early on can really contribute to a child's learning and can greatly contribute to success in school. Of the fifteen children screened, one was referred for further follow-up. Our Dental Hygienist and

COHI team were also there to take care of children's teeth. It was such a great event with great food, a bouncy castle, face painting and fun.



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 around ninety Skeetchestn Band/Community members receiving influenza vaccine. I also administered TB skin tests at Skeetchestn Community School and to community members as needed. Have kept babies, children and adults up to date with routine immunizations. As part of the Maternal Child Health/FASD programs 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. A few highlights this year include private body part and personal boundaries teaching to Kindergarten/Grade 1 students and ongoing discussions around puberty, body changes and relationships to girls aged 8-10. I did Naloxone training with high school students as well as sessions on sexual health and substance abuse. I also provided staff with naloxone and anaphylaxis training during a professional development day last fall and assorted other impromptu teaching sessions. I had a busy booth at the Skeetchestn Career fair testing blood sugars. Made for a great dialogue around diabetes and healthy foods etc. With so many kids attending this year, I went through over 50 test strips and ended up with an empty treasure box!!!

This past year I was able to attend the annual Aboriginal Nursing Conference, Communicable Disease Workshop, and completed Food Safe Level 1. I updated my CPR in December. I am in the process of completing my Certification for Immunization Competency which is due every 3 years.

I just want to say thank you to everyone at QHS and all the communities for supporting me in my work. I look forward to another year. Wishing good health to all!!!

Kukwstsétsemc
Diane Procter

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 13 years. Although I am a Community Health Nurse for all of the communities we serve, I primarily work with Tk'emlúps te Secwépemc and Whispering Pines/Clinton Indian Band community members.



Canadian Prenatal Nutrition 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'emlúps te Secwépemc had 10 births over the year, while Whispering Pines/Clinton Indian Band had 1 birth during the year. The CPNP program served a total of 45 women and families from both TteS 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.

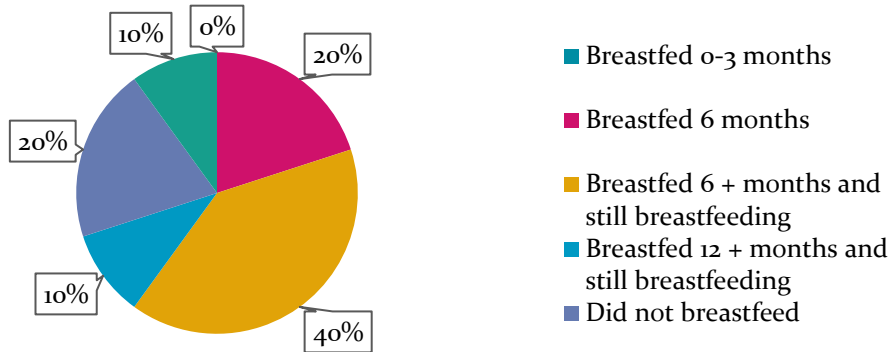
Maternal Child Health Program/FASD Program

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'emlúps te Secwépemc and Whispering Pines/Clinton Indian Band have a total of 73 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 10 babies born to client's living on the Tk'emlups Indian Band. In Whispering Pines/Clinton Indian Band, there was 1 birth this year. The majority of the babies born within the TteS community were born with a healthy birth weight. There was 1 baby born over 8 lbs 11 oz. and there were no babies born at less than 5 lbs 9 oz. and no babies were born prematurely. Of these babies, 8 were breastfed at birth (1 mother chose not to breastfeed, and 1 mother could not breastfeed). Of these babies, 6 are still breastfeeding, and 2 babies breastfed until 6 months of age. Currently, there are 2 prenatal families in the program and 2 babies have been born between April 1, 2019 until now, which will be captured in the report for 2019-2020.



Babies Born in 2018-2019 Breastfeeding Stats



Welcome Baby Celebration

We host an annual Welcome Baby Celebration every year to celebrate and welcome all the babies that have been born on reserve in the community. In the 2018-2019 celebration, 7 babies and their families attended the celebration. The celebration 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'wemtsin Health Society, in collaboration with TteS Community Services department. Once a week, we offer play group to families who want to bring their children to drop in at the health centre to connect with other families and with the

community health nurse and family support worker. This is an opportunity for families to build relationships in the community and with other parents, get information about community events, or ask questions about child development, child health, parenting, etc. This past year, we have hosted 28 play group sessions. We also collaborated with the dietician at Q'wemtsín Health Society to offer a baby food making workshop in which 7 mothers and grandmothers and 6 children attended to learn about healthy food choices for infants and toddlers. The families made their own baby food to take home and enjoy.



Preschool and Kindergarten Health and Wellness Day

We host a preschool and kindergarten health and wellness day each year. This past year, 45 people attended, in which 34 of these were children either living on reserve in the TteS and WPCIB communities, or attending daycare at one of the daycares or preschools on the TteS 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, 26 children were assessed by the audiologist from IH at this event in 2018. Of these 26 children, 5 were referred for further audiology testing, and/or to the speech and language department at IH. In addition to screening hearing, we also offer dental screening by our COHI department.

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

258 total clients received immunizations from Sarah Bennett, RN

Influenza

142 total clients received influenza vaccines from Sarah Bennett, RN

TB skin tests

41 total client's received TB skin tests from Sarah Bennett, RN



Home and Community Care Department

Weytk! Q'wemtsín Health Society Home and Community Care department services Skeetchestn, Tk'emlúps te Secwépemc, and Whispering Pines/Clinton Indian Bands.

The Home and Community Care objectives are to assist community members living with chronic and acute illnesses to maintain optimal health while preserving well-being and independence in their homes and communities; to support, 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
- Linkages with other professional and social services
- Access to specialized medical equipment and supplies

These services may assist clients on a short or long-term basis depending on their needs.

The Home Care department continues to see an expansion of services utilized by community members this past year. We have introduced new Health Care Assistants to our department to support the increased need of services in the communities. We will continue to see an increased demand of our services as a result of rising rates of chronic health conditions 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 8573 encounters in the three communities with a total of 181 community members.



Our Home Care Nurses

Our team consists of Nurses with various experiences, backgrounds and skills. DeAnne Campbell is a Registered Nurse who has further training in Diabetes, Palliative Care, Wound Management and Foot Care. Lisa Perry is a Registered Nurse who has furthered her training in Diabetes, Palliative Care and Foot Care.

Christine Lessmann is also a Registered Nurse who has furthered her training in Diabetes and Wound Management. Edna McLeod is a Licensed Practical Nurse who supports the department with her extensive training in Mental Health and Residential Care. The Home Care Department has an open-door policy which supports communication with the Home Care Team, QHS staff, community members and other support services.



DeAnne Campbell, RN



Lisa Perry, RN



Edna McLeod, LPN



Christine Lessmann, RN

Our Health Care Assistants

Our Health Care Assistants (HCA) have been working in the Home Care Department ranging from over 13 years to just a few months. Each of our Health Care Assistants bring a vast array of knowledge from previous experiences due to working in a variety of 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 SAIL Program. They also provide Wellness visits at the Nurses request and they have been trained by the Nurses to check blood pressure, temperature, and pulse.

The purpose of the Wellness visit is to introduce the Health Care Assistants to frail community members and 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 clients from our three communities 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 the duty that a Nurse assigns and directs to an HCA in order to meet client needs such as administering medication from a blister pack. Nurses train and supervise each HCA and assess each client's needs on an ongoing basis.

Faces of Our Health Care Assistants Team



Left to Right: Tiger, Lisa, Tanya, DeAnne, Suzanne, Virginia, and Kathrin



Tiger Sperling, HCA



Kathrin Jules, HCA



Virginia Sheep, HCA



Natasha Negreiff, HCA



Tanya Seymour, HCA



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 in our program. We have also referred clients to the IH 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 (i.e. 9-1-1). We had a total of 22 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 are set up in the client's home to assist with medication compliance.

Ensure

Ensure is a nutritional supplement that certain clients may need to support their diet and is not intended as a meal replacement. 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 had 43 Band Members accessing this service. Laura Kalina (QHS Dietician) has assessed and supported our clients that require nutritional supplements during the year, and several have been able to discontinue the Ensure supplement.

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 client's abilities. Every client receiving Home Support services is set up to have the Health Care Assistants assist and encourage participation in the Sail program. Sail information can be provided to any interested community members.

Wound Management

Wound Management is a large component of the Home Care Nursing role. Wounds range from simple to complex and infected. We manage surgical wounds which may only involve changing a bandage to removing sutures or staples. We manage burns as well as diabetic and vascular wounds. We collaborate with other Wound Clinicians to develop care plans that manage complex clients. DeAnne has attended Wound Conferences to improve her knowledge on wound management and new product information. Wound products are paid for by FNHA once a prescription is received from the individual's Health Care Provider.

We often liaise with other health care providers to ensure that wound care products are received to provide wound care management.

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 our new clients. We have worked on developing a Diabetic program over the past year. We have liaised with IH and FNHA to develop our own Diabetes program. We have developed a teaching package as well as an information package with current Diabetes Canada information. These new packages will ensure that clients receive the information that they need to manage their Diabetes. We continue to offer support for medication management, nutrition and exercise.

New to QHS is Diala Toulany who is a Certified Diabetic Educator (CDE). She brings a wealth of knowledge from her previous diabetic background. We are excited to have her on our team to support our community members. We continue to invite Seabird Island to 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 235 members between screening clinics, Health Fairs, office and community visits. QHS has machines to test blood results and urine samples which are both tools that enable us to screen more frequently and assist with early detection and treatment of Diabetes.

These machines assist in providing immediate results. We also refer Diabetics to Suzanne Marsel (QHS Foot Nurse), Laura Kalina (QHS Dietitian) as well as the IH Diabetic Clinic. Our goal is to have our own Diabetic Clinic and team, so we no longer have a need to refer clients to the IH Clinic. We will continue to expand our program and team over the next year.



Diala Toulany, CDE

Chronic Disease Management

There are many chronic diseases that require support within the three communities. The Nurses complete physical assessments on all the new clients. Many clients require medication management from the Nurses that cannot be delegated to the Health Care Assistants. 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
- Emergency contacts



Clients are encouraged to provide this information to other Health Care Providers if they require medical attention. Many clients and other Health Providers have voiced their appreciation about the Client Information Sheets which provides them with up-to-date information.

Kidney disease, Cardiovascular disease, Cancer and Arthritis are just some of the medical conditions that we manage in the communities. Clients often have more than one medical condition that requires support and management. The Nurses make home 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 the IH Occupational Therapy department for a home safety assessment and request bath chairs, railings, bars, grabs and mobility aids. We refer to the Band's Housing Department for installation of safety equipment needs. For urgent equipment needs, we refer to the Red Cross Equipment Loan Program. They provide equipment on a short-term basis until the client's equipment has been approved and processed by FNHA. We also assist clients with the coordination of transportation to and from health-related appointments that have been arranged. Our department collaborates and communicates with other health care providers to facilitate client health care needs.

We coordinate with:

- Dentistry for oral health and denture fitting
- Medic Alert where appropriate
- Orthotist for any orthotic footwear
- People in Motion for disability parking decals
- Hearing clinics for hearing aids

We have a very close working relationship with IH Community Home Health who supports our role and community members. We refer IH Home Health to assist with clients needing assistance out of our regular business hours or for services that QHS does not provide. Therefore, we do share some clients with IH Home Health. We require Home Health to complete home assessments for facility placement and facility respite. IH 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 are met and to elicit a smooth transition home.

There are many external community and IH services that our department accesses on behalf of 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, Dietician, Diabetic Educator, 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 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, hospital or at QHS. 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 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. They have demonstrated their dedication to the department and communities by their quality of care that they provide to clients. They continue to improve and expand upon their roles as care providers and being active members of the communities.



TteS Elder Loretta Seymour

Foot Care Nurse

Suzanne Marsel is a Licensed Practical Nurse with a Bachelor of Science of Podology with Advanced Foot Care training, Certified Podologist and Certified Master Pedicurist. Suzanne has an extensive knowledge base and shares this with staff as well as clients. She has clients for TteS three times per month, SIB twice a month and WPCIB once per month.

All of the clients that have been on our waitlist are now on our Foot Care Program, since the department has made changes to the scheduling. Suzanne has had 270 Foot Care appointments between the three communities.

Clients per community:

| | |
|--------------------------------------|----|
| Tk'emlúps te Secwépemc | 38 |
| Skeetchestn Indian Band | 20 |
| Whispering Pines/Clinton Indian Band | 4 |



Suzanne Marsel, Foot Care Specialist

Snapshot of Footcare Services

By: Suzanne Marsel

Positive

- Reduced wait times to access program
- Streamlined communication between departments
- Use of electronic charting
- Reduced time of each visit 30mins/with initial assessment 45mins
- Increased number of clients able to access program
- Through assessing individual needs of each client vs. standardized scheduling

In the Works

- Monthly "Foot Facts" information on common foot conditions and issues
- Display board (in Footcare room) with various foot care products/aids for improving foot comfort and preventing/reducing problematic foot issues
- Education "Sole Moments" 5-10min learning session for all departments present during sharing/meetings



Hurdles within program:

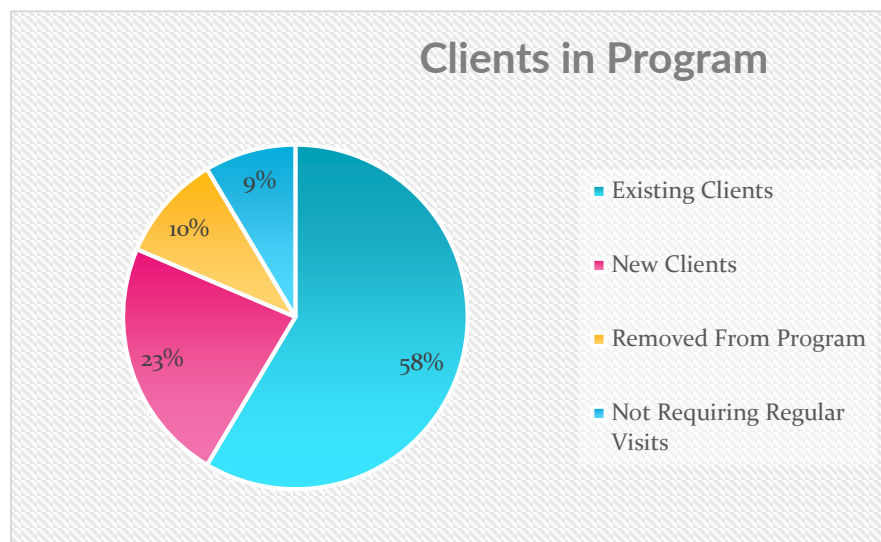
- Unable to connect with some clients (contact phone, etc)
- Missed appointments/no shows
- Program is currently designed/funding; not able to reach some age groups that would benefit from preventative footcare, rather than waiting until there is a problem
- Stigma regarding feet/footcare; feet are one of the least talked about body parts 😞

Foot Care Services

Objectives:

Offer footcare services to members utilizing the Q'wemtsín Health clinic & Skeetchestn & Whispering Pines Communities.

Footcare services for clients with health conditions/limitations that put the client at a greater risk for infections and/or complications relating to compromised health conditions.



Goals:

- Educate and promote healthy footcare practices both in clinic & in home
- Providing Risk Assessments to ensure clients get the best individualized care possible

Outcomes:

- Increase volume of clients through program
- Improve on providing more educational moments/sessions/info for all members
- Reduce/prevent foot conditions/infections/loss of limb /other complications related to care of feet

What's New at QHS?

Community Wellness Champion

Weytk, my name is Bobbi Sasakamoose and I have been an employee of Q'wemtsín Health Society since June 2011. Although, originally a certified HCA, I have recently graduated with a BA, majoring in Psychology. During October of the past year, I was newly appointed the position of Community Wellness Champion where my passion and focus is Harm Reduction within the three communities; Tk'emlúps te Secwépemc, Skeetchestn and Whispering Pines/Clinton Indian Bands.



Naloxone

In recognition of the Fentanyl crisis, QHS became a Naloxone distribution site in October 2016. Since then the Community Health Nurses have been facilitating all the community education sessions. My position was created to assist them in that role. Since taking on this position I have set up information booths at nine community events and have personally handed out 84 Take Home Naloxone Kits, as well as, having done numerous dialogue sessions with individuals on the use of the kits and its benefits.

Needle Collection

In collaboration with the Tk'emlúps te Secwépemc Community Services Department, my most recent project is to have sharps containers permanently installed at various sites within the community. Within the next few weeks we will see seven sharps containers installed to aid in the safety and cleanliness of the community's streets. Furthermore, I have also facilitated two education sessions on best practices for safe needle collection and have also implemented a Needle Clean-Up Hotline where community members can call QHS to report improperly discarded needles to have them safely discarded in a timely manner.

Mental Health and Wellness

I strive to help reduce the stigma that is associated with the use of Substance Use Disorder. With this in mind, I sit on various committees to discuss and plan programs around Mental Health and Wellness, and the Opioid Crisis. Since taking on this role I have been an active committee member of the Indigenous Team of Champions for Wellness and more recently,

I have joined the City of Kamloops Community Action Team, City of Kamloops Needle Project and the Addiction Matters Coalition.

Indigenous Team of Champions for Wellness (ITCW)

The ITCW is a small working group that consists of representatives from Tk'emlúps te Secwépemc, Thompson Rivers University, Interior Health Authority, Aboriginal Friendship Society, British Columbia Responsible & Problem Gambling Program, Indian Residential School Survivors Society and Axis BC, which work together to educate and bring light upon the current Opioid Crisis. The committee was first developed in October 2018 and has since worked to host six community events; National Addictions Awareness Week (Drumming and Smudging Circle, Story Telling, Sobriety Walk, and Photo Voice Exhibit), Valentine's Day Dance, and Wellbriety Celebration. The team is currently working to host one more event for the year; Laugh and Learn, this coming September.

Youth Retreat

Due to the Opioid Crisis I feel that it is critical that more work be done in terms of early prevention. Working with the youth and teaching cultural traditions is a great way to work toward that goal. Therefore, QHS hosted thirty youth on an elaborate four-day long Youth Retreat in March 2019. The retreat took place at The Quaaout Lodge on the Little Shuswap Lake and the youth spent their days learning traditional stories, enjoying traditional foods and participating in traditional activities such as rattle making, pine needle basket making, drum making, land foraging, archeology demonstrations, flint napping demonstrations, archery, lahal, hide tanning and pit cooking.

Men's Night

Also, in terms of prevention QHS collaborated with the three band's Community Service Departments to host a communal Men's Night, which had fifty attendees. The event took place November 22, 2018 at Moccasin Square Garden and had Cognitive Behavioural Therapist, Michael Kohen, present on Cannabidiol and its uses, as a response to the recent legalization of cannabis within Canada.



Nutrition Program

Laura Kalina is a Registered Dietitian with a Master's Degree in Community Development with over 35 years experience in Health Promotion.

She has the dual role of providing nutrition counselling services for band members in Tk'emlúps te Secwépemc (TteS), Skeetchestn Indian Band (SIB) and Whispering Pines/Clinton Indian Band (WPCIB); as well as supporting the QHS Food Sovereignty team.



Nutrition counselling services include:

- General health and wellness
- Healthy Cooking made Easy
- Traditional Foods
- Nutrition to boost your energy
- Healthy Weights (weight loss and weight gain)
- Cardiovascular disease, high cholesterol and high blood pressure
- Type 2 diabetes and other blood sugar concerns
- Low iron and anemia
- Sports nutrition
- Gastrointestinal issues (Irritable Bowel Syndrome, Crohn's and Colitis)
- Vegetarian or vegan nutrition
- Food allergies or intolerances, including Celiac Disease and Lactose Intolerance
- Osteoporosis or low bone density
- Pregnancy and infant nutrition
- Family nutrition and meal planning
- Pediatric nutrition for such things as picky eating and growth concerns
- And more!

Laura has seen a total of 66 clients from all 3 communities:



I struggle with what to cook to control my diabetes. I didn't realize how easy it is to prep food in the kitchen and then just assemble foods during the week. I don't really like to cook so Laura made healthy eating simple and easy. My blood sugars are much better now that I am cooking for myself and eating out less. — QHS client

To further improve our services for those clients with Diabetes or Pre-Diabetes, Laura is working with our Home and Community Care department to develop a Diabetes Wellness program. We are excited to announce; a Certified Diabetes Educator was hired early 2019 and program development continues incorporating culture and traditional practices along with best practices in Diabetes care.

Food Sovereignty Initiatives



Natasha, aka QHS Cooking Guru and Food Sovereignty team member, contributes to the success of all the nutrition workshops

*Many of us no longer fish, hunt
or gather but we can still learn how
to provide for our families with good
food. Food sovereignty, or our ability to
take control over our food, is so
important to make sure our children do
not lose the traditions of the past.*

—Elder

Indigenous Peoples in Canada are twice as likely to experience food insecurity as the general population. Household food insecurity in First Nation reserves and communities varies geographically, with remote communities experiencing an even higher prevalence. A growing body of evidence suggests that the inability to afford a healthy, nutritious diet has a measurable negative impact on the physical and mental wellbeing of individuals of all

ages. Laura, in her role as QHS Dietitian, continues to work in partnership with First Nations Health Authority, Secwépemc Health Caucus, Shuswap Nation Tribal Council and Interior Health to advocate and bring attention to the various levels of government and stakeholders that food sovereignty and household food insecurity are key social determinants of health within our communities.

In addition, the Food Sovereignty team at QHS strives towards fostering a sustainable food system, by working in partnership with Community Futures Development Corporation of Central Interior First Nations (CFDC or CIFN) First Nations Health Authority, Kamloops Food Policy, Interior Health, City of Kamloops and Thompson Nicola Regional District and other stakeholders. A feasibility study is underway to establish a local food economy which would include a food hub and agriculture training facilities. The over goal is to promote land-based learning while supporting traditional foods, gardening practices and economic development. To further support Food Sovereignty, Laura continues to be part of the advocacy campaign around the Wild Salmon Caravan and participated in the event last fall in Chase.



HEALING GARDEN

As part of QHS's Food Sovereignty initiatives, plans are underway to establish a Healing Garden in the backyard of QHS which features traditional plants/medicines, a meditation circle, and water feature. Our goal is to create a welcoming space and incorporate all aspects of the medicine wheel.

Food Sovereignty Projects in our Communities

Tk'emlúps to Secwépemc

Funding was received from Indigenous Sport and Recreation (ISPARC) to partner with Sports, Recreation and Youth Coordinators to enhance food literacy, cooking/gardening skills and traditional food ways for youth. This year a series of cooking classes, led by a Red Seal Indigenous Chef, was attended by participants of the Senior Attendance program.



I learned that I can make healthy snacks after school

—I loved the mini pizzas we made—so quick and easy.

The green smoothies were pretty cool too!

NOURISHING FAMILIES

A series of nutrition workshops for families with young children were held at QHS which included topics such as Healthy Snack Ideas and Feeding Babies. Great to see the families come out and learn about healthy food from each other in a fun and supportive environment. Laura continues to work with the TteS Social Development, Community Health Representative, to support programming around nutrition, cooking, canning and traditional food practices.



Baby Bannock, Venison Stew and 3 Sisters Veggie

Skeetchestn Indian Band

Under the leadership of the “Knowing our Roots” advisory committee, a school garden, greenhouse and food production permaculture design was created for the Skeetchestn community school. Maureen has been an amazing teacher champion at the school and has been working to support Farm to School for 5 years.

Thanks to funding made available by the Band, QHS, Farm to School and Tree Canada funding—the students now have access to a greenhouse, raised beds and a newly planted Food Forest. *The goal is to work with Elders to ensure traditional knowledge and language around food is passed on to the youth.* Based on securing funds, the long term community food security plan includes an agricultural training centre—to increase skills among the youth, especially in the area of restoration of traditional plants and long term economic development around food.

FOOD FOREST:

Before (above) and After (Below)

Bottom Right: Students planting

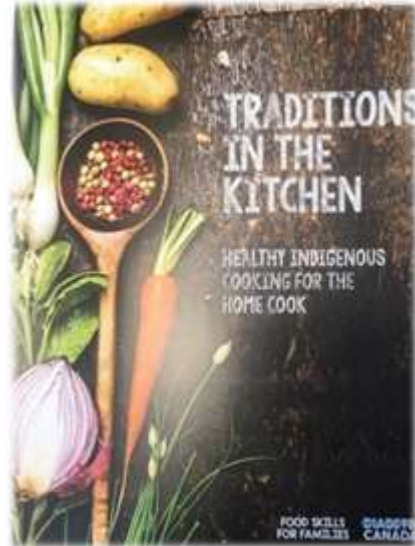


Knowing your Roots Committee



FOOD SKILLS FOR FAMILIES

Laura co-facilitated, along with the Elder Mentor, the Food Skills for Families “Traditions in the Kitchen” workshop at Skeetchestn. This program, in partnership with Diabetes Canada, is a six-week healthy cooking program that teaches healthy eating using some traditional recipes. More community members will be taking the training August 2019 to increase capacity in our communities.



Traditions in the Kitchen participants at SIB

Whispering Pines/Clinton Indian Band

A community member from WPCIB received training as a Food Skills for Families Facilitator and partnered with the Mount Paul Food Centre to deliver the program to other community members.

As part of the funding from the First Nations Food Systems (FNFS) Project, Laura, in partnership with Fred Fortier, supported WPCIB in the development of a greenhouse and gardening project. The FNFS project supports the creation, expansion and improvement of small-scale community gardens and other initiatives centered around First Nations culture and driven by community demand to improve food security in Indigenous Communities.



In Closing

We are excited to be working in communities, through land based learning and food projects, to support the health and well-being of our members. Plans for next year include supporting learning circles around healthy food in schools, land-based learning and youth. Laura's main goal is to provide mentorship and build capacity in communities with the goal of healthy food for all and sustainable food systems.



WHISPERING PINES / CLINTON INDIAN BAND

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ANNUAL HEALTH REPORT

2018 – 2019

Preface

Whispering Pines/Clinton Indian Band (WPCIB) is located approximately 35 km north of Kamloops, British Columbia and has 53 Community Members living on-reserve. WPCIB receives flow-through funding from Q'wemtsin Health Society (QHS) for the following health programs: Health Services, NNADAP, Brighter Futures, Mental Health and Solvent Abuse.

Health Services

Health Services are provided in conjunction with Elder/Community Services. Client transportation and driver for Elders and community members is provided as needed. On average, WPCIB transports members twice a week for general and individual specialist appointments. QHS Health Services accessed are for Physician, Nurse Practitioner, Dietician, Foot Care, Massage Therapy, Naturopath and Nursing Care in General.

Elders and Community members have firewood and bottled drinking water delivered and sidewalks cleared of snow in winter by utilizing the Operations and Maintenance workers. To further the promotion of 'Safety' Carbon Monoxide Detectors were purchased for all homes on-reserve due to wood heat being the primary heat source.

We hosted a Community Family/Fun Day and 'Health Fair' that included several agencies. Other Special events such as Easter, Mother's & Father's Day, Halloween, Christmas and Birthdays are celebrated with Gatherings and Gifts.

The Health Department works together with the Education and Social Development Departments, providing a variety of educational events, workshops, and activities for our Children and Youth. Our Elders are always happy to participate in these events.

The health of community members is an on-going process, utilizing QHS Services/Programs and Staff, we can promote a continuum of Knowledge and Care.

WPCIB community members can and have accessed these services in community, at QHS or in Kamloops. We have a secure meeting room for counsellors to meet clients in the community or offer transportation if services are only offered in Kamloops.

Cultural and Traditional Practices

This year a small Community Garden was started, providing a small amount of garden fresh foods and herbs. Elders and Youth were taken to visit a Greenhouse/Garden project at Simpcw to further their knowledge and interest in gardening. The garden project is on-going and progressing with an addition of a greenhouse and outside beds.

The Garden/Foods project became an educational opportunity for one youth, as she completed the Food Skills for Families Training in Vancouver and as follow-up she assisted the Food Skills Trainers Group in Kamloops with (6) Workshop/Cooking Classes, to become a Trainer in our community. The Dietitian at QHS was very instrumental in assisting with getting this organized and completed.

A group of community members in conjunction with members of other Secwépemc Communities participated in the Elk hunt, bringing back a supply of meat for community members. Community members were able to access some salmon from the net catch, through a SNFC program.



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Skeetchestn Indian Band Report for 2018-2019

Skeetchestn Social Development Team's focus in 2018-2019: Well-being, Team Work, Healthy Relationships, and Food Sovereignty.

Well-Being

The Skeetchestn community was affected by the floods in the Spring, and under smoke from wildfires for much of the summer. The smoke was triggering for many people as it brought back memories of being evacuated in a previous year. The Social Development team helped the community through this challenging time and we were lucky not to be evacuated this summer.

A year in review:

June saw a 4 day Elders in Nature Retreat around the BC interior. Elders participated in land-based traditional activities such as food picking and smoking salmon. The focus was time in nature, physical health and building relationships with each other. 10 elders participated. Elders and community members also participated in an Elder Abuse Prevention workshop where they learned how to identify elder abuse and how to protect themselves and family members against it.

At the beginning of February, Skeetchestn hosted a Family Cultural Retreat where 111 community members were able to attend. Among those members were newborns, children and families, Elders, Traditional Language Speakers and Knowledge Keepers. A wide spread of activities occurred, indoors and outdoors, that focused on culture, wellness and relationship building within the community and within families. When we came together for a feast on the last night, the community was filled with good energy and very appreciative of the opportunity to connect with each other. Our youth learned to express their emotions effectively by expressing themselves through writing lyrics. They wrote and recorded two songs and created music videos that showcases the traditional land activities including drumming and dancing.

Youth attended a motivational conference that focused on strengthening family bonds, engaging in cultural activities, making healthy choices and staying away from harmful substances. This conference was hosted by the Family Coach and special guest KASP. Youth found him to be inspiring and engaging. We hosted a Substance Abuse and Overdose Prevention Workshop which included naloxone training and learning about the effects of Cannabis.

Our Social Development Team worked closely to facilitate 2 mens nights and 3 ladies nights which focused on building healthy relationships among family members and between partners. Activities included learning healthy recipes, meditation, yoga, communication skill building, self-esteem building, violence prevention, and learning to be a better partner.

This year we created a garden and food forest to address food sovereignty issues. This outdoor classroom will be used to teach children and community members about food and medicine and provide a Wellness Area to connect with nature. The community came together to plant the food forest and children planted the garden as part of a school project. We look forward to the harvest in the fall.

We have continued with canning and cooking programs and will use produce grown on our land at harvest time. Many adults attended our Food Skills Cooking Program and due to high demand we will run it again.

At A Glance

During 2018-2019 we saw an increase in anxiety calls over the summer months due to the nearby wildfires and smoke reminding people of the previous evacuation. We are seeing an increase in ideations of suicide among youth and continue to deal with addictions abuse or solvent abuse. We emphasized our message on the importance to keep active and do fun activities to stay mentally and physically active through: wellness days, field trips off-reserve, Canoe Journeys, Zumba, Lacrosse, cooking lessons, canning workshops, Rock Climbing, Baseball, Track and Field, yoga for adults, Ultimate Frisbee and much more. Our partnership with Right to Play Canada has continued, keeping our staff well-trained and offering great leadership opportunities for our youth. We have increased our programming from offering an afterschool program for ages 6-12 to also include a Youth Leadership program for youth 13-17.



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Flow Through Funding - Tk'emlúps te Secwépemc 2018-2019

Tk'emlúps te Secwépemc (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, Skelep School) to decide on an annual strategy to accomplish the strategic and comprehensive community wellness goals in the areas of physical, mental and social health. The annual work also follows the TteS Comprehensive Community and Strategic Plans, both of which are approved by Chief and Council annually.

Brighter Futures, NNADAP, Community Health Representative, Mental Health and Solvent Abuse funding are then administered based on the planning. With an increase in the need for crisis support and on-on-one counselling, this fiscal for example, there was a rise in the use in Mental Health funding and eventually the need to apply for many crisis grants. Due to an increase in overall health needs TteS continues to request FNHA revisit the flow through funding model for TteS, as we are underfunded compared to neighboring bands.

Mental Health

Mental Health funding is directed for prevention, intervention and postvention, education and resource supports. As mentioned above, there was an increase in need for direct supports and we answered that need. Over sixty (60) new referrals to counselling were made, and additionally band members referred to counselling supports in 2017/18 continued their healing journey with direct counselling. We worked with FNHA, Mental Health Clinicians, Jordan's Principle, and QHS to optimize funded counselling, but have found with individuals seeking alternatives to the FNHA funded basic counselling, that the majority continue to utilize the mental health funding from the TteS flow through to access alternative and traditional healing sources. Due to the small selection of approved counsellors, band members also report the FNHA counsellors are often booked too far into

the future or are unavailable when the need is acute. Thankfully there has been a slight increase in providers in the Kamloops area in 2018/19.

TteS also supported through resources such as workbooks, and funded attendance for 3 people to the Choices Seminar, as well as 6 month intensive, peer supported therapy in Kamloops.

NNADAP

The Tk'emlúps te Secwépemc NNADAP program was at its busiest again this year as the Kamloops region continued to experience an increase in overall drug and alcohol use, and an increase in homelessness and other social issues that surround addiction. 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 continues to be the primary addiction overall for the Tk'emlúps community, with heroin, and methamphetamine use on the rise. Dave Manuel provided rides, and often led 12 Step meetings Monday through Friday throughout the year, as well as weekly Wellbriety meetings on and off reserve. He provided over 140 rides and attended meetings 5 days a week with clients. David also hosted weekly Wellness Sweats every Wednesday (except in wildfire season). The Sweatlodge is a partnership with Kamloops Community Corrections, The RCMP, the Aboriginal Justice Council and Tk'emlúps te Secwépemc.

With the rise in clients and the larger Tk'emlúps population struggling with wellness and addictions issues, Dave also offered workshops, in partnership with the Secwépemc Hub, Interior Health, City of Kamloops, and Q'wemtsín Health, for Fentanyl overdose emergency first aid. Workshops and private lessons for Naloxone first aid were hosted on an ongoing basis. Additionally, David hosted a Celebration of Sobriety dinner and educational session for forty (40) Tk'emlúps band members, a Wellbriety weekend, and Wellbriety Solstice ceremonies. Much of the programming is offered in partnership with others as the NNDAP funding is inadequate to support at the level of need.

In order to keep up with the latest Wellness methods and needs, David attended training throughout the year in areas such as Harm Reduction, and sits on many wellness and social issue-based committees throughout the region.

Brighter Futures

The Tk'emlúps Brighter Futures funding was used to promote wellness through experiential learning, an increase to parenting skills, as well as youth education, and skill building.

To increase the communication network with new parents, TteS continued to partner with QHS to host a weekly Parent and Tot group. TteS Community Services Department also hosted ongoing Parenting workshops, tailored to the communities needs and facilitated by the Family Support team.

Brighter Futures also helped support a community Wellness Week, Women's and Men's Wellness events, 2BBoys and Girl Power youth programs (10+ youth each), and Full Circle Youth Centre programs. 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 Q'wemtsín Health clinic. All TteS children have access to the tutor once per week in this format, so it is equitable 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. Funding was utilized for resource materials for family support, training for the TteS workers in drug and youth gang prevention, and to host the annual Secwépemc Wellbriety event. Wellbriety was hosted in partnership with many Secwépemc Nation and first nation partners including the Kamloops Interior Indian Friendship Society, the Secwépemc Hub, FNHA and many others.

The third annual Wellbriety event, included traditional healing ceremonies, a sweat, feast and youth workshops focused on wellness and addiction prevention. Without the flow through dollars Wellbriety wouldn't have been possible to host. TteS continues to apply for funding to enhance the flow through programs and services.

Community Health Representative (CHR)

Lesa Frezie, the CHR for TteS, continued following the Strategic Objectives set out by TteS in the health sector by offering lunch and learn programs for healthy eating, facilitating Food, Fitness, Families, organizing the annual Moccasin Mile event, attending hospital stays and medical appointments with band members (based on request), and hosting a plethora of health and wellbeing workshops.

Lesa hosted an FNHA Plan W input meeting for the region, attended FNHA training for patient travel and other services, and coordinated the services for individual band members throughout the year. The programs are supplemented with additional funding from other grants and government sources.