

NEWSLETTER

JUNE
EDITION
2020



Q'wemtsin Health Society • 250-314-6732
130 Chilcotin Road, Kamloops BC V2H 1G3



Q'wemtsín
HEALTH SOCIETY

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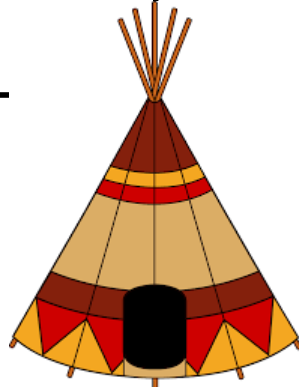
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June 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Foot care at qhs	2 Dr. at qhs	3 NP at qhs	4 NP at qhs Craniosacral at qhs	5 Dr. at qhs Craniosacral at qhs
8 NP at qhs Foot care at qhs	9 Dr. at qhs	10 NP at qhs	11 NP at qhs Craniosacral at qhs	12 Dr. at qhs Craniosacral at qhs
15 NP at qhs Foot care at qhs	16 Dr. at qhs	17 NP at qhs	18 NP at qhs Craniosacral at qhs	19 Dr. at qhs Craniosacral at qhs
22 OFFICE CLOSED Indigenous peoples day	23 Dr. at qhs	24 NP at qhs	25 NP at qhs Craniosacral at qhs	26 Dr. at qhs Craniosacral at qhs
29 NP at qhs Foot care at qhs	30 Dr. at qhs			



Q'wemtsín
HEALTH SOCIETY

COVID-19 Testing

Testing is recommended for anyone with a cold, influenza or COVID-19 like symptoms, even mild ones. Symptoms include:

- Fever
- Chills
- Cough
- Shortness of breath
- Sore throat and painful swallowing
- Stuffy or runny nose
- Loss of sense of smell
- Headache
- Muscle aches
- Fatigue
- Loss of appetite

If an individual has no symptoms, they do not require a test. The symptoms need to have occurred within the past **14 days**. A health care provider may also decide whether a person requires testing.

COVID-19 testing is now available. If you have any of the listed symptoms call 811 or QHS @ 250-314-6732 to speak with the NP or GP. Or call your regular practitioner.

We want to assure you that if COVID-19 case is found in community, there are strict protocols that will be followed to help ensure the safety of community members. We want to refresh everyone's knowledge about COVID-19 and also outline the protocols that will be followed if there is a positive case in community.

COVID-19 Protocols for communities

The best ways you can protect yourself and others from becoming ill with COVID-19 are:

- Physical distancing—stay 6 feet away from people you don't live with
- Wash your hands often
- Don't touch your face (with or without a mask on)
- Cover your coughs and sneezes with the crook of your elbow.
- Sanitize surfaces that are touched often (any commercial cleaner that says: Sanitizes or one tsp of bleach per liter of water, change this everyday)
- Stay home and away from others if you are sick
- If you wear a reusable mask or face cover when you are out in public you should wash in hot soapy water after each use

These practices should be followed until the worldwide COVID-19 situation is solved.

If you want information about the virus, go to the BCCDC website (www.bccdc.ca/health-info/diseaseconditions/covid-19)

COVID-19 cases:

- Most people with COVID-19 will have mild illness and will not require hospitalization. Elderly and those with chronic health conditions are at higher risk of more serious illness requiring hospitalization.
- Chronic health conditions that put you at increased risk include: diabetes, kidney disease, Chronic Obstructive Pulmonary Disease, and asthma. Younger people with chronic conditions can also be at increased risk of more serious disease.
- Most individuals with COVID-19 are able to recover in community. Procedures for recovering in community are identified in the attached document: Self Quarantine. This procedure will make sure COVID-19 does not spread.

If there is a case of COVID-19 in community:

All people are at risk of contracting COVID-19, we must not attach blame to people who do get the virus. We need to support individuals as they did the right thing in getting tested and are now being guided to do the right things to prevent spreading it.

You will not be told if there is a case, only the health care team working with the case will be notified. This is to protect patient confidentiality, critical to people's privacy.

The health care team will perform all necessary to ensure the virus does not spread and people at risk are notified.

FOLLOW UP WITH PERSON THAT HAS TESTED POSITIVE FOR COVID-19

The community Nurses, GP or NP will direct follow-up and will:

- 1) Work with the client to organize self-isolation. Self-isolation is mandatory.
- 2) Work with the client to ensure they are able to self-isolate for the required time.
- 3) If the client stays in community, will monitor case to ensure they remain well enough to stay in community. If the client gets too ill they will work with the primary care provider to organize transport and admission to the hospital.
- 4) Work with the client to determine who they were in contact with during the time they could have infected others. These are CONTACTS of client.

FOLLOW UP WITH PEOPLE THAT WERE IN CONTACT WITH COVID-19 POSITIVE PERSON

Contacts : individuals that had enough contact with the COVID-19 positive person that spread could have resulted. The community health nurse/NP will determine this by interviewing the person that is positive for COVID-19.

The community health nurse, GP or NP will direct follow-up and will:

- 1) work with contacts to organize self-isolation. Self isolation is mandatory.
- 2) Work with the contact to ensure they are able to self-isolate for the required time.
- 3) Educates contacts to call their provider if they do get ill and may need more care.

COMMUNITY FOLLOW UP

Community Alert

If the Community Health Nurse, GP or NP becomes aware of a situation where they can't identify all the people that were exposed, an alert will be issued in collaboration with Chief and Council; you will be notified if an alert is issued.

Community COVID-19 Testing

There may be additional community COVID-19 testing if a positive case is identified. The Community Health Nurse, GP or NP will co-ordinate this testing, you will be contacted if testing is necessary.

COVID-19 and Mental Health

Well here we are! How many weeks now? I forget!

Are you learning as much about yourself as I am?

The behaviors we are required to do in order to flatten the curve are starting to seem normal to me now, which supports the theory that we do become accustom to our situation, be it good or bad. Right now it is so important to use our critical thinking skills to distinguish between the good and bad habits we are falling into so we can make any needed adjustments. Let's not beat ourselves up though! We can enjoy learning about ourselves as individuals and as the human species, in why we do the things we do!

Becoming sedate during this time may be something many of you are experiencing. I certainly have been having my moments. There are a few good reasons why this may be happening and these reasons have always caused me to wonder if we ever hibernated to some degree long in our past. What do you think? Following are a couple of interesting things to ponder if you have not already done so.

In the not too distant past we were serious hunters and gatherers. It was imperative that we conserve energy when ever possible for these demanding activities. Those who were good at this adaptive behavior of conserving energy were more likely to survive and pass on this useful trait to help ensure survival of our families. So you can see being sedate and conserving energy helped us survive at one time and it was instinct to do this, making it pretty easy to still fall into this behavior today. You have heard the saying".. take the easiest path".

We tend to take the easiest path which is why a path is formed; many have taken it as there is something good at the end, such as water, a look out point or a safe shelter fulfilling a need. Did you know humans are actually drawn to straight lines and patterns for this ancient reason. If you pay attention to the subtle feelings within you, you may detect a slight feeling of happiness as you are naturally drawn to picking out straight lines and patterns in your environment.

Nothing makes a hunter or gather happier than finding a well worn path in the stressful situation of being lost. Our brains are very vigilant in looking for these even if we are not conscious of it. Interestingly, little children often arrange items in a straight line too.

Many of us are finding this Pandemic stressful. When we are stressed or depressed we can lose our motivation to do things.

Way back in time before modern stressors entered the picture, our main stressors were securing food and being rested in order to face any adverse situation that may fall upon on us. So again, don't be hard on yourself if you find your self engaging in the once adaptive behavior of conserving energy.

However, it is important to keep in mind that times have changed and we no longer have the bouts of activity like chasing food or foe and traveling from one seasonal location to another to "burn off" the residue of stress. It is very important to have a cardio work out to burn off the residue of stress. In the old days the run, the fight or the setting up camp did this for us. If we let the residue of stress accumulate in our bodies it can lead to health issues such as cardio vascular disease. Let's utilize stress to motivate us to burn it off some how. We can garden, run, hunt, play tag with the kids, houseclean, sing, dance, etc.

It can be fun and interesting examining our behavior and trying to figure out where it is coming from. Often we cannot see a reason right away. Furthermore, behind most behaviors there is an emotion or feeling that encourages us to perform the behavior. This is called the utility of emotion. Taking time to figure out and tend to our need can often explain and reduce the emotions we are feeling. I am sure you have experienced irritation or anger when very hungry. Becoming angry pumps up the body to go hunt and kill. Feeling all lovey dovey would not be very useful at this time. Many cultures had rituals that ramped up anger before a hunt. Now days we rarely have to go kill something to eat, but that irritated feeling still surfaces when we are hungry. Babies are really good at expressing this irritation.

The above was a simple example of how emotions are useful in helping us perform a behavior. Life today has changed and our environment is very complex. Consequently, sometimes our need is very complex, our behavior seems all over the place and several different emotions bombard us. This is when hard work may be required to figure out what is going on.

If we are not having our needs met we may become more expressive in our emotions so someone will hear and help us. Remember the screaming baby. Often just someone saying to us "I see you are upset" will calm us, as we feel heard, FINALLY! We have been validated! Suddenly we can think more clearly. Strong emotions make it hard to think clearly sometimes, and other times they enable us to act precisely as we should have without even thinking.

Often we feel alone in our experiences and emotions, when actually there are many who feel the same. We may express it differently though. Talking with trusted friends and family allows us to see we are not alone in how we feel and that can bring great relief.

We can sometimes do this hard work on our own, which is very satisfying, and the more we practice it the better we get! Sometimes it is good to talk with a counselor to help sort through it all. Seeking help to figure something out can seem scary, but once you start it too can be very satisfying, freeing us to focus on, and tend to the more important things in our lives. If you think you would like some help in sorting through your feelings and behaviors you can access a number of different resources including calling QHS where I am providing phone sessions during this time. If you found something interesting in my article here, Google it and you can read up on it more!

Tracy Davison, QHS Mental Health Clinician



Lava Flow Popsicles

INGREDIENTS

For the pineapple layer:

- 1 1/2 cups cubed pineapple
- 1 cup diced mango
- 1/3–3/4 cup coconut milk

For the strawberry swirl:

- 2 1/2 cups strawberries
- 1/4 cup orange juice
- 1 Tbsp honey or agave (optional)

Make the pineapple layer:

Place ingredients in a blender and puree until completely smooth. Add additional coconut milk as needed.

Transfer pineapple coconut mixture to a liquid measuring cup or a small pitcher while you make the strawberry.

Make the strawberry swirl: Place ingredients in a blender and puree until completely smooth.

To assemble: Alternate scoops of pineapple and strawberry smoothies into popsicle molds. Insert popsicle sticks and freeze until completely solid





14.0 QHS Privacy Policy – Client Handout

This document outlines how we protect the privacy of your personal information and medical record. Everyone working for QHS is required to adhere to the protections described in this document. If you have any questions regarding our privacy practices, please contact the QHS Health Director or Human Resources department.

1. Collection, Use and Disclosure of Personal Information

What personal information do we collect?

We collect the following personal information:

Identification and Contact information (i.e.: name, address, date of birth, Personal Health Number, and emergency contact information),

Health information (i.e.: symptoms, diagnosis, medical history, test results, reports and treatment, record of prescriptions that is required for your care.)

Limits on collection

We collect only the information that is required to provide you with care, to administrate the care that is provided, and to communicate with you. We do not collect any other information, or allow information to be used for other purposes, without your express (i.e.: verbal or written) consent – except where authorized to do so by law.

When and to whom do we disclose personal information?

Implied consent for provision of care: By virtue of seeking care from us, your consent is implied (i.e.: assumed) for your information to be used by this office to provide you with care, and to share with other providers who are involved in your care.

Relevant health information is shared with other providers involved in your care. These other providers may include, but is not limited to, other physicians and specialists, pharmacists, lab technicians, nutritionists, naturopaths, physiotherapists and occupational therapists. Only the information that is required to provide you with care will be shared.

Disclosures authorized or required by law: There are limited situations where we are legally required to disclose your personal information without your consent. These situations include, but are not limited to, reporting infectious diseases and reporting fitness to drive, or as is required by a court order.

Disclosures to all other parties: Your express consent is required before we will disclose your information to third parties for any purpose other than to provide you with care or unless we are authorized to do so by law. Examples of disclosures to other parties requiring your express consent include, but are not limited to, provision of your medical information to insurance companies or to a third party that is performing an independent medical examination.

If you wish your personal information to be provided to third parties such as insurance companies, you must complete the *Authorization to Release Health Care Information* form and hand it to the QHS Receptionist.

Can you withdraw consent?

You can withdraw your consent to have your information shared with other health care providers or other parties at any time, except where the disclosure is authorized or required by law. Withdrawal of consent must be provided in writing and directed to the QHS Health Director. However, please discuss withdrawing your consent with your physician or nurse involved in your treatment first.

2. Accessing Your Personal Information

How do you access the personal information held by QHS?

You have the right to request access to the personal information we have on record about you. If you request a copy of your personal information and there are no limitations on providing it to you, we will provide it to you at a reasonable cost. To request a copy of your personal information, please complete the *Authorization to Release Health Care Information Form* and submit it to the QHS Receptionist.

Limitations on access

In limited circumstances, as authorized or required by privacy laws, we may not be able to provide you with all of the information that you request. For example, we may not provide you with copies of a record if it would reveal personal information about another person, or if it would create a significant risk to you or another person.

What if you feel your record is not accurate?

We make every effort to ensure that all of your information is recorded accurately. If you believe that there is an inaccuracy in your record, please direct your concern in writing to the QHS Health Director.

3. Protecting and Retaining Your Personal Information

How secure is your information?

Safeguards are in place to protect the security of your information. These safeguards include a combination of physical, technological and administrative security measures that are appropriate to the sensitivity of the information. These safeguards are aimed at protecting personal information against loss or theft, as well as unauthorized access, disclosure, copying, use, modification, or destruction.

How long do we keep information?

We retain client records as required or authorized by law and professional regulations.

How do we dispose of information when it is no longer required?

When information is no longer required, it is destroyed in a secure manner, according to set procedures that govern the storage and destruction of personal information.

4. Complaints Process

If you believe that QHS has not replied to your access request or has not handled your personal information in a reasonable manner, please set out your concerns in writing to the QHS Health Director.

How to prevent the spread of coronavirus (COVID-19) in the home

Many people with coronavirus (COVID-19) or symptoms of COVID-19 like cold symptoms, cough, fever, or shortness of breath, are told to stay home to recover. If someone in your home is recovering, take steps to prevent spreading COVID-19 to others inside and outside the home.

Help with recovery

Help the sick person follow their healthcare provider's instructions for medications and care.

If they are getting sicker, call their healthcare provider or local Indian Health Service unit for medical advice. If they have a medical emergency, call 911.

Keep the sick person away from others as much as possible

- **Stay home** and avoid having visitors.
- **Separate the sick person from others** in the home. If possible, have the sick person use a separate bedroom and bathroom that no one else uses.
- Prepare meals for them and have them eat in their own area.
- **Avoid sharing items** like dishes, eating utensils, towels, bedding, or other items. After the sick person uses the items, they should be handled with gloves and washed with hot water. Wash hands after removing gloves.
- Keep pets away. While the animals won't get sick, they may carry it to other people on their fur, collar, etc.
- Make sure that shared spaces in the home have good air flow, such as by an air conditioner or an opened window.
- The sick person should wear a facemask around other people. If disposable ones are not available, have them wear a bandana or something else to cover their nose and mouth. When the mask or bandana gets moist or wet, it needs to be changed. The bandana can be washed and reused.
- Others can still talk, sing, play, etc. with the sick person from a safe distance (at least 6 feet) or by phone or video.

Healthy practices for everyone

Everyone in the home should **wash hands often with soap and water for at least 20 seconds** or use an alcohol-based hand sanitizer, covering all surfaces of your hands and rubbing them together until they feel dry.

They should also **avoid touching eyes, nose, and mouth**.



Clean and disinfect

- Cleaning removes dirt and germs with soap. Disinfecting kills germs with chemicals.
- **Clean and disinfect all "high-touch" surfaces**, such as counters, tables, doorknobs, light switches, faucet handles, toilets, phones, etc. multiple times each day.
- For disinfecting, use common household disinfectants like Lysol or Clorox, diluted household bleach solutions (4 teaspoons bleach per quart of water), or alcohol solutions with at least 70% alcohol.
- Gloves should be worn for cleaning, but they should only be used for cleaning surfaces for COVID-19. **Wash hands immediately after gloves are removed.**
- If a separate bathroom is not available for only the sick person to use, the bathroom should be disinfected after each use by a sick person.
- Wear gloves when you touch or have contact with the sick person's body fluids, such as blood, saliva, mucus, or urine. Wash hands immediately afterwards.

Wash laundry thoroughly

- Immediately remove and wash clothes, towels, or bedding that have body fluids on them.
- Wear gloves while handling dirty items and keep them away from your body. If gloves are not available, wash hands immediately after putting items in the wash.
- Use a normal laundry detergent according to instructions and dry thoroughly using the warmest temperatures recommended on the clothing label.
- Clean and disinfect clothes hampers.

For more information:
[CDC.gov/coronavirus](https://www.cdc.gov/coronavirus)



Effective March 23, 2020
Source: CDC



Whispering Pines Community Garden Takes Root!

The Whispering Pines Community Garden became a reality in the spring/summer of 2019. A greenhouse was built with the support from Q'wemtsín Health Society and Agrifirst Canada's First Nations Food Systems Project. We hit the ground running with households in our community receiving fresh produce at harvest. The Zucchini were large and plentiful.

This year we have expanded and improved our garden. The greenhouse went from an unfinished shell with a very healthy weed population to a growing space with delineated beds and water barrels for heat sinking. The heat generated has allowed our tomatoes, cucumbers, melons, and peppers to get a great head start on our growing season.

We are planting some more novel food items such as horned melon and kohlrabi our outdoor beds have expanded as well. We have five large beds and each one has been planned using Smart Gardener software. We have a Three Sisters bed, with beans, corn, and several squash varieties. Also, a Root veggie bed, a potato and onion bed, a pea bed and a broccoli/cabbage bed. We have added a row of strawberries and raspberries, and there are a pair of apple trees whose placement is not fully decided. We are working with resources we have on hand and some ingenuity to make this garden a success and make it a destination for community members who want to spend some outdoor time in our neighbourhood.



Our four legged friends helping
with the garden.

ELDER MENTAL HEALTH DURING COVID-19



ADDRESS THE RISK

The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for elders. Older adults are particularly vulnerable to COVID-19 given their weaker immune systems, the higher COVID-19 mortality rate found in the older population, and their limited information sources. Providers should be aware of especially high-risk groups such as low-income elders, those living alone, and those suffering from other health conditions such as cognitive decline, dementia, or other mental health conditions.

MANAGE STRESS

- Share simple facts about the COVID-19 outbreak, including symptoms, treatment, and effective strategies to reduce risk of infection in words older people can understand. Consider whether they have cognitive impairments when speaking about risk.
- Communicate instructions in a clear, concise, and respectful way. Information may be displayed in writing or pictures.
- Engage families with information and help them practice prevention measures such as handwashing.
- Contact elders via landline phones.
- Encourage family or friends to call their elders regularly and teach elders how to use video (chat).

DEFINITIONS

Communities, families, and elders must take steps to protect elders:

What is Social Distancing?

Social distancing means remaining out of settings with large groups of people and maintaining distance (approximately 6 feet) from others when possible. People can practice social distancing while remaining connected to others through the phone and other forms of technology.

What is Isolation?

Isolation means the separation of a person or group of people known or reasonably believed to be infected with a communicable disease and potentially infectious, from those who are not infected, to prevent spread of the disease. Isolation for public health purposes may be voluntary or compelled by federal, state, or local public health order.

What is Quarantine?

Quarantine means the separation of a person or group of people reasonably believed to have been exposed to a communicable disease but not yet symptomatic. The person or group of people must be separated from others who have not been so exposed to prevent the possible spread of the disease.



Updated March 19, 2020
Learn more: [CDC.gov/coronavirus](https://www.cdc.gov/coronavirus)

Ways to Support Elders with Medical Needs

Elders with mild cognitive impairment or early stages of dementia need to be informed of what is happening within their capacity and provided support to ease their anxiety and stress. For people at moderate and late stages of dementia, their medical and daily living needs need to be met during the quarantine time.

- Medical needs of older adults with/without COVID-19 need to be met during the outbreak. This includes uninterrupted access to essential medicines (for diabetes, cancer, kidney disease, HIV). Telemedicine and online medical services can be used to provide medical services.
- Isolated or infected older people should be presented with truthful information on risk factors and chances of recovery.
- During quarantine, adjust respite or home care services to use technology (WeChat, WhatsApp) to provide trainings/counseling for family caregivers at home, and include psychological first aid training for family caregivers.

Ask for help if you feel overwhelmed or concerned that COVID-19 is affecting your ability to care for your patients as you did before the outbreak.

SAMHSA's Disaster Distress Helpline
Toll-Free: 1-800-985-5990 (English and Español)

Activities That Support Elder Well-being During Isolation or Quarantine

- Physical exercise like yoga, tai chi, and stretching.
- Cognitive exercises such as word search, Sudoku, and crossword puzzles.
- Relaxation exercises including breathing, meditation, and mindfulness.
- Reading books and magazines.
- Reducing the time spent looking at fearful images on TV.
- Reducing time listening to rumors.
- Searching information from reliable sources such as CDC.gov.
- Reducing time looking for information—1-2 times per day, rather than every hour.

Visit [CDC.gov/coronavirus](https://www.cdc.gov/coronavirus) for additional information.

Ways to Support Elders in Residential Care

Nursing home populations are at the highest risk of being affected by COVID-19. If infected, residents are at increased risk of serious illness.

Facilities should take these steps before there are confirmed cases in the community:

1. Educate residents, healthcare personnel, and visitors on COVID-19.
2. Provide hygiene and cleaning supplies for recommended infection prevention and control practices.
3. Evaluate and manage providers with symptoms of respiratory illness.
4. Consider new policies and procedures for visitors.
5. Evaluate and manage residents with symptoms of respiratory infection.
6. Minimize group activities inside the facility or field trips outside of the facility.
7. Develop criteria for halting group activities and communal dining, closing units or the entire facility to new admissions, and restricting visitation.
8. Create a plan for grouping residents with symptoms of respiratory infection, including dedicating providers to work only on affected units.

Facilities should take these steps when there are confirmed cases in community:

1. Implement policies and procedures for limiting visitors.
2. Implement healthcare personnel monitoring and restrictions.
3. Monitor residents for symptoms and apply appropriate restrictions of communal activities.



Photos by Ed Cunicelli



Congratulations to Victoria Casimir for winning our
QHS Client Satisfaction Survey raffle!
We hope you enjoy your new smart TV!



Skeetchestn Food Forest

All the partners gathered around via social distancing to discuss plans for the Skeetchestn Food Forest and Garden. Great to see all the support including School staff, Social Development, Natural Resources, Public Works, Engineer from Urban Systems and QHS Food sovereignty team members.

Check out the rows of Garlic – over 100 pounds will be harvested along with an amazing variety of vegetables and fruit. We are working on a plan to develop a water harvesting system and root cellar to ensure the long term success of the garden.

Stay tuned to more happenings in the garden over the next month!



Resource Numbers



Emergency Assistance

Ambulance/Fire/Police.....	911
Children's Hotline.....	310-1234
Kids Helpline.....	1-800-668-6868
Interior Crisis Line Network.....	1-888-353-2273 (depression, poverty, abuse, homelessness, suicide)
Kamloops Urgent Response Team.....	250-377-0088
Kamloops Mental Health Intake.....	250-377-6500
Kamloops Street Services.....	250-314-9771
Kamloops R.C.M.P. Victim Services.....	250-828-3223
Kamloops Y Emergency Services	
Y Women's Emergency Shelter.....	250-374-6162
Children Who Witness Abuse.....	250-376-7800
Outreach Service.....	250-320-3110 (Mobile service for women and children who have experienced abuse)
Native Court Worker.....	778-375-3289

Aboriginal Services

Q'wemtsín Health Society.....	250-314-6732
Urban Native Health Clinic.....	250-376-1991
Secwepemc Child and Family Services 300 Chilcotin Road.....	250-314-9669
285 Seymour Street.....	250-461-7237
Toll Free number.....	1-866-314-9669
Interior Indian Friendship Society.....	250-376-1296
Secwepemc Cultural Education Society.....	778-471-7778
Native Youth Awareness Centre.....	250-376-1617
Aboriginal Training & Employment Centre.....	250-554-4556
Kamloops Native Housing Society	250-374-7643
Secwepemc HUB.....	250-571-1000
Shuswap Training & Employment Program.....	778-471-8201

First Nations Health Authority

Health Benefits (Toll Free).....	1-800-550-5454
Phone.....	1-604-693-6500
Toll Free.....	1-866-913-0033
Email.....	info@fnha.ca

RCMP

Tk'emlúps Detachment.....	250-314-1800
Kamloops City Detachment.....	250-828-3000 (Complaints General inquiries)
Downtown Community Policing.....	250-851-9213
North Shore Community Policing.....	250-376-5099
Southeast District.....	250-828-3111
TRU Law Legal Clinic.....	778-471-8490 (Free Legal Advice)

Addictions

Narcotics Anonymous.....	1-800-414-0296
Al-Anon/Alcoholics Anonymous.....	250-374-2456
Phoenix Centre.....	250-374-4684
Raven Program.....	250-374-4634
Sage Health Centre.....	250-374-6551
Smokers Health Line.....	1-877-455-2233
Alcohol & Drug Information & Referral Services.....	1-800-663-1441

Kamloops Walk-in Clinics

Urgent Primary Care Clinic.....	250-314-2256
Kamloops Kinetic Energy.....	250-828-6637
Kamloops Urgent Care.....	250-371-4905

Royal Inland Hospital

Information.....	250-374-5111
Admitting.....	250-314-2450
Emergency.....	250-314-2289

Aboriginal Patient Navigator (RIH)

Deb Donald.....	250-314-2100 (ext. 3109)
Cassie Michelle.....	250-314-2100 (ext. 3109)



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