

NEWSLETTER

SEPTEMBER
EDITION
2020



Whispering Pines/Clinton Indian Band Good Food Box • August 2020

Q'wemtsin Health Society • 250.314.6732
130 Chilcotin Road, Kamloops BC V2H 1G3
qwemtsin.org



Q'wemtsín
HEALTH SOCIETY

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Staff Profile

Introducing Licensed Practical Nurse: Jennifer Kubbernus



Hello! My name is Jennifer Kubbernus. I was born and raised in Prince George. Spent my childhood camping, hunting, and fishing. Met, fell in love with, and married my husband (who is Tsimshian, and from the Kitsumkalum band in Terrace) and we have two boys. My husband retired from the RCMP and we moved down to Kamloops in October of last year. I have been Nursing (PN) for over a decade, with a diverse background.

In my time off I enjoy kayaking, cooking, baking, and camping with my family and our two chocolate Labradors.

I really enjoy working with people in the community and am thrilled to be a part of the Q'wemstin Team.

Thank you,

Jennifer Kubbernus

QHS' Health Care Hero!

Tiger Sperling

Tiger has been nominated as Q'wemtsin Health Society's Health Care Hero by the QHS team for her dedication to clients in the Secwépemc communities of Tk'emlúps te Secwépemc, Skeetchestn Indian Band and Whispering Pines/Clinton Indian Band. Tiger is from Takla Lake First Nation. She has worked as a Health Care Aide for over 25 years and we have been fortunate enough to work with her for 15 years at QHS!

Tiger has always gone out of her way to ensure that client needs are met and has been extra vigilant during the Covid-19 pandemic. Going above and beyond while on and off duty is a daily occurrence for Tiger; to name a few examples, she may surprise clients with her baking, bring them a breakfast or hem up a pair of their pants. Reassuring clients of their safety, Tiger has supported the clients during the pandemic by taking all the necessary steps and by following recommended protocols. These steps have created an environment where the clients feel safe and supported. Tiger shares our vision of healthy Secwépemc individuals, families and communities. Thank you for your commitment and dedication, Tiger. You are our Health Care Hero!!



You're invited to participate in the upcoming virtual QHS AGM

WHEN: Tuesday, September 29, 2020 6:00 PM - 8:00 PM (PDT)

HOW: Join the meeting from your computer, tablet or smartphone by following the link:

<https://global.gotomeeting.com/join/519332501>

OR: You can also dial in using your phone at:

Canada (Toll Free) 1-888-455-1389
Access Code: 519-332-501

Farewell Meghan, RMT

Thank you...



...and farewell.

Meghan Atchison, Registered Massage Therapist (RMT), has been employed by Q'wemtsin Health Society (QHS) and has been serving our three communities; Tk'emlups te Secwepemc, Skeetchestn Indian Band and Whispering Pines/Clinton Indian Band for five wonderful years. Community members have always expressed interest in having an RMT onboard the QHS team and as a result we found Meghan.

Meghan, it was as though you were meant to be here. You fit in so naturally and your smile was always so infectious. You were immediately accepted within the community and earned the trust of all of your clients. Your magic touch brought relief and comfort to many of our clients and for that we thank you. There are no words to express our immense gratitude for your service. We will miss you, but we wish you all the best in all of your future endeavours.

On August 27th, QHS employees and Board of Directors gathered to thank Meghan, and blanketed her in a Twin Rivers Pendleton to honour the healing that she did within our communities.



Commemorative Tree Planting

In honour of Antoine Edward John LaRue

Antoine (Tony) LaRue born January 9, 1958, passing June 16, 2020, always had a special place within the heart of Q'wemtsin Health Society. Tony took pride within his community and was always there to lend a helping hand, no matter how big or small the task at hand was. He had an incredibly kind soul and was so passionate about his language, culture, people and the land in which he lived upon. He loved to share his knowledge with others and always took the time to stop and smell the flowers; these are only a few of the things that we love and miss about our dear friend.

Tony has always supported the work that QHS has done, especially within the garden. Tony was very interested in indigenous food sovereignty and worked along side QHS staff in the planning of three separate healing gardens, each one bigger and better than the last!

At QHS, we are all so incredibly grateful to have had the opportunity to be apart of Tony's life, and to have had him in ours. We are blessed to have had his input when it came to selecting the various plants that we have planted around the clinic, as we feel that this is and always will be the mark that he left within the community. We will always cherish the good work that he has done; not only for the clinic, but for the community as a whole.

To honour this good work and to celebrate the life of Tony, QHS employees planted a commemorative Honey Locust tree within the centre of the QHS Healing Garden. Now there will forever be a piece of Tony within the heart of QHS.

Rest in peace Tony, you will be missed by many.



Community Gardens

Whispering Pines/Clinton Indian Band

The Whispering Pines/Clinton Indian Band garden first started development two and a half years ago; it started with garden boxes in 2018 and has since expanded to host a greenhouse and outdoor garden plots; it is estimated that 65% of the space is currently being utilized and there are plans in place for future development. In addition to grant funds the band has dedicated valuable resources to make this project successful and have reported that nineteen families have been receiving good food for boxes for eight weeks in a row!



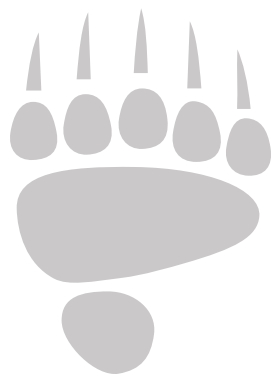
Sk'elep School of Excellence



The Sk'elep School of Excellence's Learning Circle Advisory Committee has had a busy summer developing the school's garden plans and putting everything in place before the school's doors opened to students this month. In collaboration with Thompson Rivers University's Women in Trades program nine raised garden beds with functional irrigation, a shed and processing bench have all been built on the school grounds. Volunteers from the Next Generation Naturalist Club joined committee members to stain the beds and then filled them with soil. Additionally, the Next Generation Naturalist Club donated various plants, which they planted in the garden for the students!

Skeetchestn Community School

The Skeetchestn Community School garden and food forest are both doing very well! In collaboration with SIB Social Development Department and QHS, staff are regularly maintaining the garden. Last month we had a mini garlic festival where staff from SIB, QHS and the school came together to harvest 65 lbs of garlic, which was then hung and dried within the SIB gymnasium for two weeks. Once cured, staff braided and dried the garlic, then distributed it to families within the community.



Swap the Pop!



THE CANADIAN DENTAL
HYGIENISTS ASSOCIATION
L'ASSOCIATION CANADIENNE
DES HYGIÉNISTES DENTAIRES

Tips to Help You Stop and Swap



- Limit the number of sugary drinks available at home
- Keep a full pitcher of water in your refrigerator
- Drink water with every meal
- Carry a refillable water bottle wherever you go
- Love soft drinks? Try sparkling water instead
- Flavour your water with fresh fruit (berries, cucumber, melon) or herbs
- Enjoy water hot or cold

What we drink and eat affects our oral and overall health. Dental hygienists, strong supporters of Canada's revised *Food Guide*, suggest we reduce our sugar consumption and make water our drink of choice.

Studies show that consuming too much sugar increases our risk for obesity, type 2 diabetes, heart disease, and tooth decay (cavities). Carbonated drinks—high in both sugar and acid—also contribute to the erosion of tooth enamel.

Protect your oral and overall health—cut back on sugary drinks of all types today.

Look for these common forms of added sugars on nutrition and ingredient lists:

- sucrose
- maltose
- agave
- glucose
- dextrose
- honey
- fructose
- syrups

There is a link between high sugar intake and tooth decay.

Ask your dental hygienist about healthy choices at your next appointment.



Say No to Sugary Drinks

- soft drinks
- iced tea
- fruit juice and punches
- sports drinks
- energy drinks
- chocolate milk
- specialty coffees and teas



Say Yes to Water

- Drinking water keeps us hydrated without calories
- Fluoridated drinking water helps protect our teeth against cavities



DENTAL
HYGIENE
CANADA.CA

Learn more about oral health for better overall health at
www.dentalhygienecanada.ca

The Story Behind Orange Shirt Day

"I went to the Mission for one year. I had just turned 6 years old. We never had very much money, and there was no welfare, but somehow my granny managed to buy me a new outfit to go to the Mission School in. I remember going to Robinson's store and picking out a shiny orange shirt. It had eyelets and lace, and I felt so pretty in that shirt and excited to be going to school! Of course, when I got to the Mission, they stripped me, and took away my clothes, including the orange shirt. I never saw it again, except on other kids. I didn't understand why they wouldn't give it back to me, it was mine! Since then the colour orange has always reminded me of that and how my feelings didn't matter, how no one cared and how I felt like I was worth nothing. I finally get it, that the feeling of worthlessness and insignificance, ingrained in me from my first day at the mission, affected the way I lived my life for many years...I want my orange shirt back!"

This orange shirt taken from one child, is a symbol of the many losses experienced by thousands of students, and their families and communities, over several generations including: loss of family, language, culture, freedom, parenting, self-esteem and worth and painful experiences of abuse and neglect. Wearing orange shirts are a symbol of defiance against those things that undermine children's self-esteem, and of our commitment to anti-racism and anti-bullying in general.

The date was chosen because it is the time of year that children were taken from their homes to residential schools, and because it is an opportunity to set the stage for anti-racism and anti-bullying policies for the coming school year. Orange Shirt Day is also an opportunity for First Nations, local governments, schools and communities to come together in the spirit of reconciliation and hope for generations of children to come.

Wearing an orange shirt and promoting the slogan, Every Child Matters, is an affirmation of our commitment to raise awareness of the residential school experience and to ensure that every child matters as we focus on our hope for a better future in which children are empowered to help each other. Let's not forget the children but honour them on September 30th.

<https://www.facebook.com/orangeshirtdayeverychildmatters>

Learn more:

Legacy of Hope <http://www.legacyofhope.ca/>

Reconciliation of Canada <http://reconciliationcanada.ca/>





Orange Shirt Day Wednesday, September 30, 2020

Join us and hundreds of others across Canada and wear an orange shirt on Tuesday, September 30 to honour the children who survived the Indian Residential Schools and remember those that didn't. Every Child Matters. We will wear orange shirts in recognition of the harm the residential school system did to children's sense of self-esteem and well-being, and as an affirmation of our commitment to ensure that everyone around us matters.

Every Child
Matters.



qwemtsin.org



Q'wemtsín
HEALTH SOCIETY



Virtual Wellbriety Support Group

Open Daily Zoom Meetings

EVERYONE IS WELCOME TO ATTEND

Every Day, Monday to Friday

1:00 pm to 3:00 pm Pacific Daylight Time

*Join by clicking this link or copy and paste the link into
a web browser <https://us02web.zoom.us/j/84428458473>*

Dial in option: 1-778-907-2071

Meeting ID: 844 2845 8473

For more information contact:

**Dave Manuel, TteS Wellness Counsellor
250-372-5030 dave.manuel@kib.ca**

Me7 knucwentwécw-kp (help one another)

8

**Me7 yegwyúgwt-k ell me7 yegwyúgwt ke7 púsmen
(Keep healthy and strong in body and mind)**



THE SECWEP EMC HEALTH CAUCUS PRESENTS:

ON THE LAND MENTOR APPRENTICE PROGRAM

We are looking for Secwépemc members to participate in this program . Mentors and Apprentices will dedicate time together to practice and pass on teachings including:

Hunting | Fishing | Food Preservation | Traditional Medicines |
Crafts | Secwepemctsin | Ceremonies | Drumming | Land
Knowledge | and any other Secwépemc practices

Honorariums, travel, and material supports provided

TO SIGN UP PLEASE CONTACT: CARA BASIL
250-457-1808
or twlead@secwepemchealth.ca

Community Futures Development Corporation of Central Interior First Nations INVITES YOU!!!

Kweseltken Farmer's & Artisan Market



To support Indigenous grown, raised and crafted goods!

**Come experience a wide selection of our traditional ways of
growing, harvesting and preparing!**

LET'S KEEP OUR COMMUNITY SAFE

**CFDC of CIFn's mission is to provide a SAFE outlet to support local First
Nations production of food and creation of their traditional crafts.**

COVID-19 SAFETY MEASURES ARE IN PLACE

**Sundays
August 2 to September 27
Kamloopa Powwow Arbour
345 Powwow Trail, Kamloops, BC**

ABSOLUTELY NO DRUGS OR ALCOHOL ALLOWED AT ARBOUR

FOR MORE INFORMATION AND VENDOR APPLICATION INFORMATION:

Monica Parker, Project Coordinator

P: 250.828.9833

E: info@cfdcfcifn.com

George Casimir, General Manager

P: 250.828.9725

E: George@cfdcfcifn.com

Kweseltken Farmer's & Artisan Market



In collaboration with Tk'emlups te Secwepemc, Q'wemstin Health Society, and the Kamloops Food Policy Council, Community Futures Development Corporation of Central Interior First Nations is pleased to launch the first, ever, Kweseltken Farmer's and Artisan Market. The market boasts a variety of local, Indigenous artisans, farmers and various goods such as fresh produce, home canning, and crafts. The market operates every Sunday 8 a.m. - 2 p.m. The grand opening of the market was held on August 2nd and since then the market's growth has been exponential, seeing upward of 29 local vendors on site. The last market of the season will be held Sunday, September 27th. We hope to see you there!



Indigenous Wellness Champions

Wellness Kits

International Overdose Awareness Day - August 31, 2020



The Indigenous Wellness Champions is a sub-committee originating from the City of Kamloops' Community Action Team. The team is comprised of members from various organizations such as Q'wemstin Health Society, Tk'emlups te Secwepemc, Kamloops Aboriginal Friendship Society, Indian Residential School Survivor Society, Interior Health, The City of Kamloops, United Way, BC Responsible Gambling, AXIS Family Resources, and Lii Michif Otipemisiwak. In observance to International Overdose Awareness Day and with support from both ASK Wellness and Addiction Matters Kamloops, the team developed 100 wellness kits containing various harm reduction supplies and resources. These kits were delivered

to Tk'emlups te Secwepemc, Skeetchestn Indian Band, Kamloops Aboriginal Friendship Society, and The Loop for further community distribution. Each delivery was well received and the committee is looking forward to producing more kits for National Addictions Awareness Week in November.



DRUG ALERT

Date Issued: September 17, 2020

Community/Region: KAMLOOPS

Description of drug: Light brown/beige color. Causing memory problems, difficulty thinking, excessive sweating, and mild visual and auditory hallucinations (hearing and seeing things that are not there)

Sold as: DOWN

Tested at: ASK Wellness

Result: CONTAINS AMB-FUB (synthetic cannabinoid) FENTANYL, CAFFEINE

Risk: AMB-FUB can cause serious symptoms such as seizures, agitation, confusion, respiratory failure (stopping breathing), anxiety, hallucinations and death.

In effect until: September 24, 2020

Reduce the risk

- **Get your drugs checked** – see service information below.
- Avoid using different drugs at the same time or using drugs and alcohol together.
- Don't use alone or ask someone to check on you.
- If you must use while alone, consider using the [Lifeguard app](#) which can connect you with 911 emergency responders if you overdose. Download at the [App Store](#) or [Google Play](#).
- When using your substance start with a small amount, and then go slow.
- Use at an Overdose Prevention or Supervised Consumption Site, if one is near you.
- Know how to respond to an overdose - call 911, give rescue breaths and naloxone.

Naloxone Kits and Training available at:

ASK Wellness
IH MHSU and Public Health
IH Primary Care Centre (Lansdowne)
King Street
Various pharmacies

<https://towardtheheart.com/site-finder>

Supervised Consumption Sites:

ASK Wellness OPS, 433 Tranquille Rd
- Mon – Fri 8:30 to 4pm (closed 12-1pm)
Interior Health SCS
- 569 Seymour St (Crossroads Parking lot)
Mon – Fri 10am -6pm

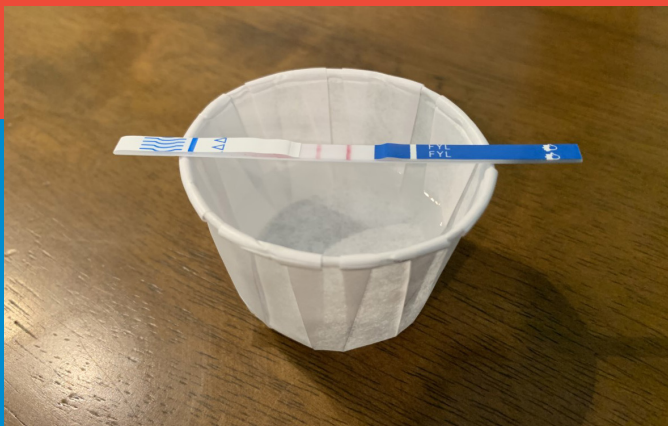
Drug Checking Services:

ASK Wellness FTIR Drug Checking & Take Home Fentanyl Test Strips @ 433 Tranquille Rd (ASK Wellness)
- In person: 2-6pm Wednesday's
- Drop in: text 250-299-7219 1-4pm Mon/Thurs
- Drop off Mon-Fri 8:30-4:30 and receive results same day. Instructions for sample drop off provided on site



Fentanyl Test Strip Program

Q'wemtsin Health Society is now offering Fentanyl testing strips to member communities. If you're interested in learning more about the operation of Fentanyl testing strips and receiving some to use at your own discretion, please contact Bobbi Sasakamoose at 250-314-6732 or bobbi@qwemtsin.org



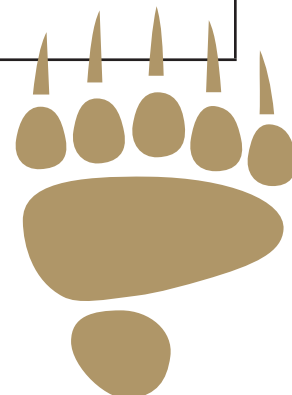
 [qwemtsin.org](https://www.qwemtsin.org)



Q'wemtsín
HEALTH SOCIETY

September 2020

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Doctor @ QHS	2 NP @ QHS Naturopath @ QHS	3 NP @ SIB	4 Doctor @ QHS
7 Office Closed Labour Day	8 Doctor @ QHS	9	10	11 Doctor @ QHS
14 NP @ QHS Foot care @ QHS Naturopath @ QHS	15 Doctor @ QHS	16 NP @ QHS Dental Day	17 NP @ SIB	18 Doctor @ QHS
21 NP @ QHS Naturopath @ QHS	22 Doctor @ QHS Foot care @ SIB	23 NP @ QHS Dental Day	24 NP @ SIB Diabetes Libre Workshop	25 Doctor @ QHS
28 NP @ QHS Foot care @ QHS	29 Doctor @ QHS	30 NP @ QHS Naturopath @ SIB		





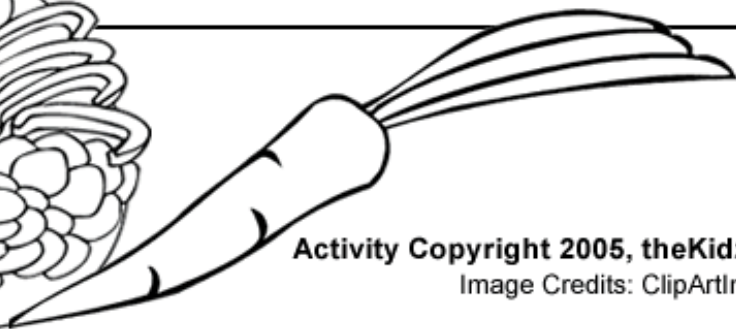
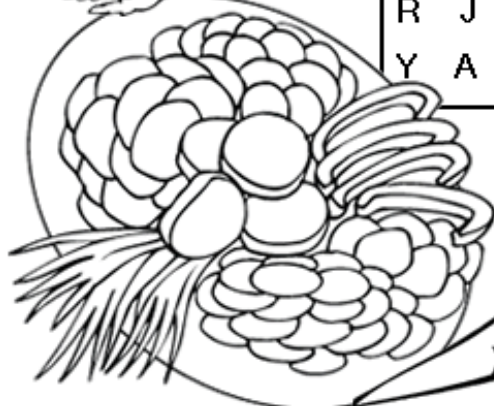
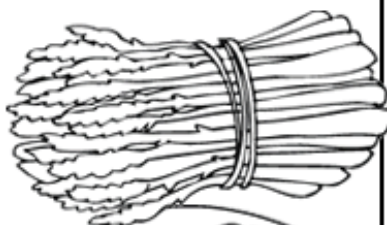
Vegetables Word Search

Search the puzzle for the words shown in the word list. Circle each word that you find until you find all of the 24 vegetable-related words.

Word List

brussels sprouts	
potato	cucumber
pumpkin	lettuce
alfalfa	parsley
artichoke	pepper
asparagus	rhubarb
avocado	carrot
broccoli	radish
cabbage	beans
cauliflower	spinach
celery	zucchini
corn	yam
	pea

Y	A	M	B	R	O	C	C	O	L	I	R	B	A	G
C	A	U	L	I	F	L	O	W	E	R	D	Q	L	P
C	U	C	U	M	B	E	R	N	Z	T	T	C	F	A
Y	Y	N	S	P	I	N	A	C	H	S	J	O	A	R
Z	R	O	A	E	C	A	B	B	A	G	E	R	L	S
M	Z	O	R	A	D	I	S	H	M	V	B	N	F	L
K	A	A	S	P	A	R	A	G	U	S	G	X	A	E
R	F	A	Q	M	B	P	U	M	P	K	I	N	Y	Y
B	R	U	S	S	E	L	S	S	P	R	O	U	T	S
C	Q	O	P	N	A	L	E	T	T	U	C	E	L	M
E	K	G	O	S	N	A	R	T	I	C	H	O	K	E
L	O	U	T	I	S	R	H	U	B	A	R	B	D	T
E	B	F	A	L	Y	Z	U	C	C	H	I	N	I	H
R	J	V	T	C	A	R	R	O	T	T	N	E	F	F
Y	A	V	O	C	A	D	O	G	P	E	P	P	E	R



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Safety First: Let's protect our children from ingesting hand sanitizer

A message from Dr. Unjali Malhotra and Dr. Kelsey Louie, FNHA Office of the Chief Medical Officer

Since the outbreak of COVID-19, we've all been buying and using hand sanitizer much more frequently to protect ourselves and our children. Because of this, it is important to keep in mind that the alcohol content in hand sanitizer can cause alcohol poisoning, and that we need to always keep it out of reach of children and pets. Drinking even a small amount can be dangerous and cause alcohol poisoning.

The BC Poison Control Centre reported that they received three times more calls in the month of April regarding accidental ingestions. And the Drug & Poison Information Centre at the BC Centre for Disease Control says calls have jumped from less than two a week in January and February to an average of seven per week in April, all involving children under five.

Toddlers and children mimic adults, so there is a chance they could be drawn to the sanitizer when they see adults using it often. What's more, some sanitizers are brightly packaged or scented, and this could make them attractive to toddlers and children. If your child is old enough to understand, talk to them about the risks of consuming alcohol-based products.

Although there are alcohol-free sanitizers, only those that are at least 60% alcohol are effective at killing most germs and viruses, so alcohol-free sanitizers are not recommended for protection against COVID-19.

Each of us plays a role in protecting our community and loved ones. Remember to wash your and your children's hands frequently and thoroughly with warm (not cold) water and soap; this is the most effective way to kill the virus as it removes oils that can harbour germs. If you are out somewhere and can't wash your or your children's hands, then hand sanitizer is the next-best option.

When applying hand sanitizer to children, remember:

- Only a dime-size amount is needed.
- Apply to dry hands.
- Rub their hands together until completely dry.
- Ensure they keep their hands from their mouths and eyes.



The bottom line is that hand sanitizers can be used safely on children, with supervision, as the benefit of reduced illness transmission outweighs potential for toxicity from accidental ingestion.

If you think someone has swallowed any amount of hand sanitizer, call your local poison control centre. For the BC Drug and Poison Information Centre, call 1-800-567-8911.

QHS • SERVICES



Did you Know?

You can request to have our newsletter sent directly to you!

Q'wemtsin Health Society staff are able to email a virtual copy or mail a hard copy of our newsletter to ensure that all of our community members have the opportunity to keep up to date with our services and valuable health related information.

For more information
or to request your own
copy of the newsletter call
Q'wemtsin Health Society at:

250-314-6732



qwemtsin.org



Q'wemtsín
HEALTH SOCIETY



Flu Clinics

Q'wemtsin Health Society will be taking a different approach to flu clinics this year. Due to COVID-19 we cannot accept walk-in clients; all flu shots will have to be done on a scheduled appointment basis.

Please stay tuned for more information on available dates!

For more information
or to book an appointment
call Q'wemtsin Health Society:

250-314-6732



First Nations Health Authority
Health through wellness

Telehealth for Mental Health

What is Telehealth?

Telehealth is the use of virtual technology to deliver health care services. If you are unable to attend an appointment in person, the First Nations Health Authority can support you to receive mental health counselling through telehealth.

Counselling sessions delivered using telehealth can be done over the phone or using video conferencing (e.g. [Zoom](#), [Skype](#), [FaceTime](#)). The FNHA does not consider texting and emailing to be telehealth.

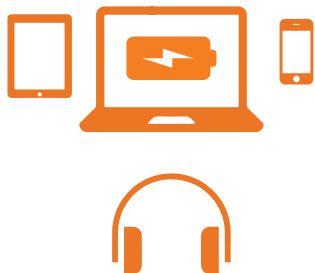
How Do I Set Up a Telehealth Appointment?



STEP 1

Contact your mental health provider to ask about a virtual counselling appointment. Discuss which telehealth option they prefer and which you feel most comfortable using.

As long as you are seeing a [mental health provider who is registered with Health Benefits](#), all telehealth sessions are fully covered.



STEP 2

Prepare for your telehealth appointment:

- Have a fully charged device.
- Find a private space where you feel comfortable and won't be overheard.
- Use a headset or earbuds to avoid echoes and protect your privacy.



STEP 3

Follow any instructions from your provider about downloading or logging on to the video conferencing system.

It is important to remember that not being available for the call or video as planned is considered a no-show appointment. Clients may need to pay for no-show appointments.

To find a registered mental health provider, visit fnha.ca/benefits or call **1.855.550.5454**

Youth and Substance Use

Written by: Tracy Davison, QHS Mental Health Clinician

Long ago in our history substances were used for ceremonial purposes. Their use was limited to ceremonies and usually only occurred in group settings with carefully measured amounts that allowed people to experience visions which were interpreted for their meaning. Colonization and the outlawing of our ceremonies likely played a part in changing how substances are used now, but there are other factors at play as well.

Many of us are aware that our youth are at risk of using substances that can cause serious harm to the user. We have been hearing about overdoses on the rise in our communities. We are all very worried about our youth and substance use, even though we know experimentation is often part of growing up. However, the substances today's youth might experiment with have drastically changed, as has the ability to acquire these harmful substances. This may be due to the ability to make these substances and distribute them, as well as the low costs of the substances, and the influence the people who offer these drugs have over our youth. It seems to be a losing battle in keeping our youth safe due to these points. There is something we can do at another level though.

Remember when our people, not so long ago, practiced "it takes a community to raise a child"? That is what happened in my generation. Community members were not afraid to confront youth if they saw them using substances like tobacco, alcohol, or cannabis. There were a thousand eyes on us. As youth, we felt accountable to everyone from the garbage man, and grocer to the lady down the street, as well as your doctor, teacher, and even adults you did not know. They all kept their eyes on us and did not hesitate to correct us for any wrongdoing, and then they would often tell our parents what they saw! Not only did this make using difficult, it made you feel cared about (as much as we thought we did not like this we did) and we were constantly reminded that this behaviour is not acceptable, hence creating that value/belief. Research shows that those two factors go along way in reducing the probability of youth using.

Why has the relationship between community adults and youth changed so that we are afraid to speak up to youth when we see them doing something we know they should not be, like using substances? There are many reasons for this, most of which you likely already know, and you could add to the list, I am sure. I will point out a few:

- Adults do not have the influence we use to have over youth. This is due to children being raised by media and the strength of peer influence over adult influence. We need to hang on to our children longer so that we adults have the greater influence for a longer time.
- Adults are afraid of being charged if their concern about a youth is misinterpreted as a threat against the youth.
- We are afraid to interfere or approach the parents of the youth in question, as we may upset them.
- Adults are too busy and stressed.
- We are not a tightly knit community as we once were, and often we do not even know who the child is, but this should not matter.
- We may be worried about gang involvement, etc..

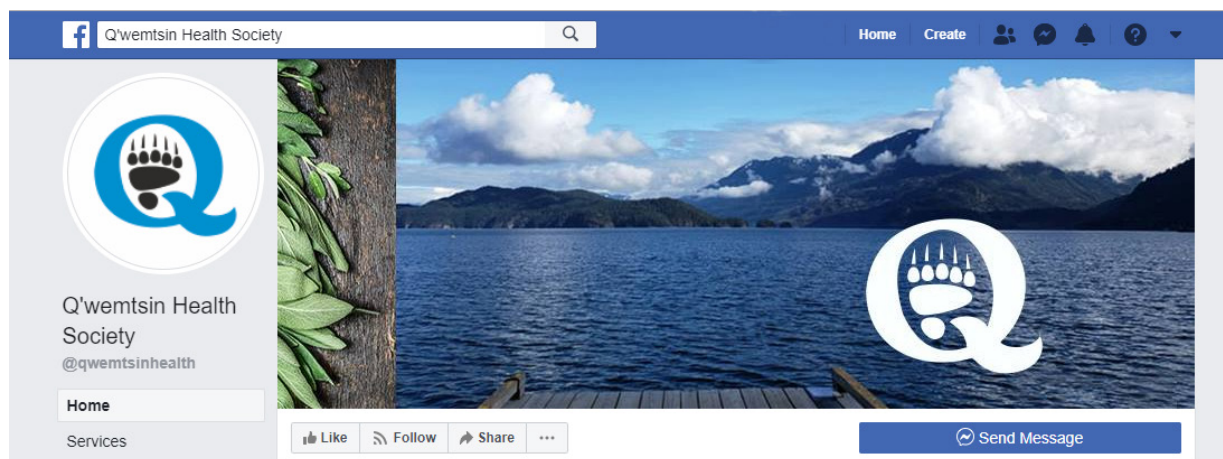
These are all valid reasons for hesitating, but we can approach in a safe and caring way. This has been shown to be an important factor in limiting substance use in youth. A warm and caring caregiver, or any safe, adult community member whom the youth feels safe in disclosing their substance use to is also a strong preventative factor. This allows a discussion to occur around substances that may prevent a disaster. Also, if youth see family members addressing or even trying to address their substance use, the youth is more likely to abstain themselves! Even for youth to hear family members talking about wanting to stop using has a positive affect on the youth's attitude towards substances! Also, it has been shown that caregivers who are mentally well are better able to encourage discussions with youth and therefore youth disclosure is more likely to occur, enabling the adult to guide the youth to safe choices. We all struggle at times feeling mentally unwell, especially in todays world. If this is the case for you, don't be afraid to reach out. It does not mean you are weak; it actually shows strength!

There are many families who would really like the old system of "It takes a community to raise a child". I especially feel for single parent families who have so much on their plate. Maybe you could pick something from this article that you would be comfortable doing to help our communities youth reach positive outcomes!

The information in this article is from extensive research I did a few years ago to help guide future direction for a program assisting youth with substance use issues. Thanks for reading and wanting to make your community stronger!



Find us "Qwemtsin Health Society" on Facebook. This is where you will see current events, workshops, reminders and photos of recent fun activities with youth and in the 3 communities.



Resource Numbers



Q'wemtsín
HEALTH SOCIETY

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
HealthLinkBC.....	811

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
White Buffalo Aboriginal & Metis Society	250-554-1176
Secwepemc Cultural Education Society	778-471-5789
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

Summit Medical Clinic	250-374-9800
Kamloops Kinetic Energy	250-828-6637
Kamloops Urgent Care.....	250-371-4905
North Shore Health Science Centre	250-312-3280
Kamloops Urgent Primary Care & Learning.....	250-314-2256

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)

