



2021
2022

Q'wemtsín Health Society

ANNUAL REPORT





Q'wemtsín
HEALTH SOCIETY

We are an assembly of Health Care Professionals who believe in providing holistic health services to our three Secwépemc communities:

**Tk'emlúps te Secwépemc (TteS), Skeetchestn (SIB),
and Whispering Pines/Canton Indian Band (WPCIB).**



mission

Advancing holistic health
by providing programs,
services, and education

vision

Healthy Secwépemc
individuals, families,
and communities

Resilience and Teamwork

As an organization our mission is to “Advance holistic health by providing programs, services, and education”. I am pleased to present the Q’wemtsin Health Society (QHS) Annual Report which provides an overview of the programs and services delivered from April 1, 2021, to March 31, 2022. QHS works toward a vision of “Healthy Individuals, Families, and Communities”. Our goals are to:

- 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

QHS works in collaboration with our three member bands: **Tk’emlups te Secwépemc, Skeetchestn, and Whispering Pines/Clinton Indian Band**. The board of directors meets monthly and the staff at QHS often work with the band staff to offer events and ongoing educational opportunities. The bands provide the following five prevention programs: NNADAP, Brighter Futures, Mental Health Crisis, Solvent Abuse, and Community Health Services, while QHS offers numerous clinical services and programs. QHS signed our first health transfer agreement in 2001. In response to client evaluations and requests we have added allied services that offer our clients a Personal Care Network here at QHS. In addition to GP/NP services, QHS offers craniosacral therapy, respiratory therapy, dental care, diabetic education, foot care, mental health counselling, and naturopathic medicine, along with our public health and home care services.

We would like to acknowledge that Dr. M. Bradwell has been providing naturopathic medicine for 12 years here at QHS. We are grateful for her long years of service and are blessed to have her on our team.

As well we would like to acknowledge Dr. Ciriani, Dr. K. Sallis, and Dr. C. Sallis, for their ongoing support and service in our dental clinic. The success of the dental clinic is due to the humble commitment by these great practitioners. So again, we are grateful!

Since March of 2020 the world has been challenged with several waves of COVID-19 or a variant of the original virus. QHS has managed to provide services safely throughout the pandemic by following provincial public health orders, using strict universal precautions, and maintaining a spotless and sanitary environment.

As the public health restrictions are lifted and life returns to a new normal, we look forward to gathering with our families and hosting our annual events such as Baby Welcome, Kindergarten Day, and the fall Health Fairs. We will continue to work with our member bands to offer promotion and prevention programs, and events while maintaining a safe setting for those that attend.

As stated QHS must follow the provincial public health orders and therefore masks are mandatory in common areas, social distancing is still being encouraged, and all staff are required to be vaccinated. Our goal is always to keep everyone safe when they visit our facilities and access our services whether it is at the WPCIB band office, Skeetchestn Health Clinic or here at QHS.

I would like to thank our staff and health care providers for all their hard work during the ongoing challenges that the pandemic has caused over the last two years. Thank you all for staying the course and being available regardless of the risk to your own personal health and safety. QHS is truly an assembly of Health Care Professionals that believe in providing holistic health services regardless of the circumstances. Your care and dedication are appreciated!!!

Colleen Lessmann
Health Director



Tkémłups te Secwépemc

(Kamloops Indian Band)

OFFICE OF THE CHIEF

May 12, 2022

On behalf of Council, we just wanted to acknowledge **National Nursing week** by saying a big kukwstép-kucw to the amazing team of nurses at Q'wemtsín Health Society (QHS): Diane Procter, Sarah Bennett, Christine Lessmann, Aly Testawich, and Tim Clark.

We also want to specifically acknowledge and honour QHS's health Director Colleen Lessmann for her outstanding dedication and passion in her service to the membership of TteS, Clinton and Whispering Pines/Clinton. Colleen and her team of nurses are also supported by an outstanding administrative and support team at QHS.

We are so grateful that our membership has such a dedicated and caring team of nurses that know, and care for, our people day in and day out. The last two years have been especially challenging with the COVID-19 pandemic and we are so thankful for your ongoing resilience, compassion and pride in what you do. The QHS team always demonstrates a great level of professionalism and an outstanding level of care of service.

Our membership is truly thankful for you all!

This week, as always, we honour and celebrate you.

Respectfully,

Tkémłups te Secwépemc



Kukpi7 Rosanne Casimir
On behalf of Council

200-330 Chief Alex Thomas Way, Kamloops BC V2H 1H1
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TABLE OF CONTENTS

4

Public Health Services

Circle of Life & Communicable
Disease Program • 6

Harm Reduction • 8

Food Sovereignty • 10

14

Home & Community Care Services

Home Care
Diabetes Program
Foot Care

20

Dental Programs

Children's Oral Health Initiative
(COHI) Program • 22

Dental Clinic • 24

28

Primary Health Care

Craniosacral Therapy • 30

Naturopathic Medicine • 31

Mental Wellness • 33

Nurse Practitioner,
General Practitioner,
Respiratory Therapy • 34

Dietitian Services • 36



Public Health Services

Circle of Life
& Communicable Disease Program
Harm Reduction
Food Sovereignty Program

As part of the Communicable Disease program, **our team was able to provide COVID-19 testing services** to community members. The team collaborated with the CD Unit at Interior Health to support case management and contact tracing within the communities. A highlight of the pandemic response was the COVID-19 immunization clinics, which were offered in a timely manner over numerous days in all three communities. The Circle of Life program continued to offer support, with in-person visits to relocated community members as needed.

TEAM MEMBERS

Diane • Community Health Nurse | Public Health Manager
Sarah • Community Health Nurse

“We are so grateful that our membership has such a dedicated and caring team of nurses that know, and care for, our people day in and day out. The last two years have been especially challenging with the COVID-19 pandemic and we are so thankful for your ongoing resilience, compassion and pride in what you do. The QHS team always demonstrates a great level of professionalism and an outstanding level of care of service.”

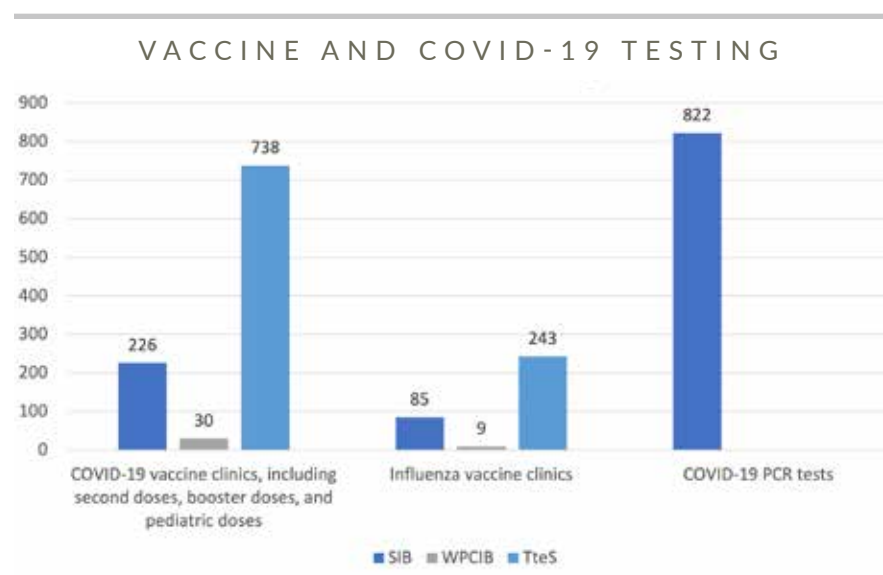
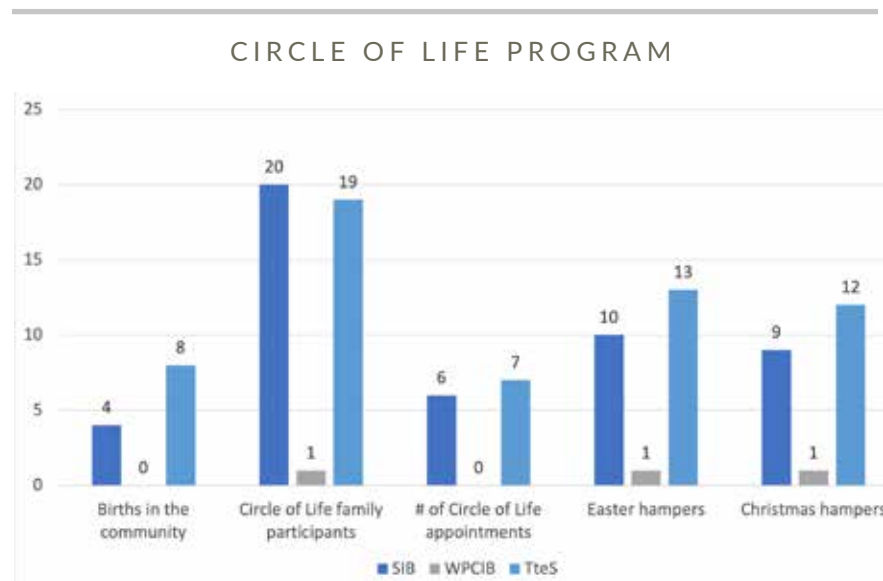
Kukpi7 Rosann Casimir | on behalf of Council



34
Easter Hampers
given to families

22
Christmas Hampers
given to families

The following graphs show the number of participants in the Circle of Life program, and the COVID-19 vaccine and testing statistics:



Public Health Services

Circle of Life & Communicable Disease Program

	SIB	WPCIB	TteS	Total
Circle of Life Program: births in the community	4 births	0 birth	8 births	12
Circle of Life Program: number of families involved	20	1	19	40
Circle of Life Families—new this year	6	0	7	13
Circle of Life: Easter Hampers	10	1	13	34
Circle of Life: Christmas Hampers	9	1	12	22
COVID-19 Vaccine Clinics, including second and booster doses and pediatric doses	226	30	738	994
Influenza Vaccine Clinics	85	9	243	337
COVID-19 PCR tests	822			822





The COVID-19 pandemic has been a complex Communicable Disease (CD) situation with many challenges. Hundreds of COVID-19 tests were administered at our drive-in testing sites. With testing, staff offered education and support to those affected by COVID-19. At our immunization clinics, hundreds of community members were immunized against COVID-19. This accomplishment should be celebrated by communities as high immunization rates helped to reduce infection rates and lessened the risk of severe disease within the communities. Although physically socially distanced at times, individuals still worked together to be resilient in the face of this challenging time.

While navigating the pandemic, the communities were also impacted by fires, floods, and several other situations beyond human control. Our team adapted our Circle of Life and Communicable Disease programs to meet the needs of the individuals, families, and communities during these situations. While the way we provided services may have changed, the outcome remained the same. Basic childhood vaccinations and other vaccinations were maintained thus reducing the possibility of other CD emergencies.

As pandemic restrictions lift, there are many uncertainties regarding the present and future health of the populations we serve. As we look ahead, we may see the impact of COVID-19 as it relates to physical and mental health. COVID-19 has left some people with long-lasting health effects and post-Covid fatigue has left people tired. Isolation has kept people apart. We may see rates of depression and anxiety increase in people of all ages.

While there are many unknowns there is great hope for the future. As our service model shifts, we are safely welcoming people back into our physical spaces. We are reconnecting with clients and colleagues, and we are now starting to see people coming together as in past days and celebrating once again. There is laughter and life in communities and in our clinics once again.

It is testament to the resiliency of the individuals, families, and communities as we move forward.

Public Health Services

Harm Reduction

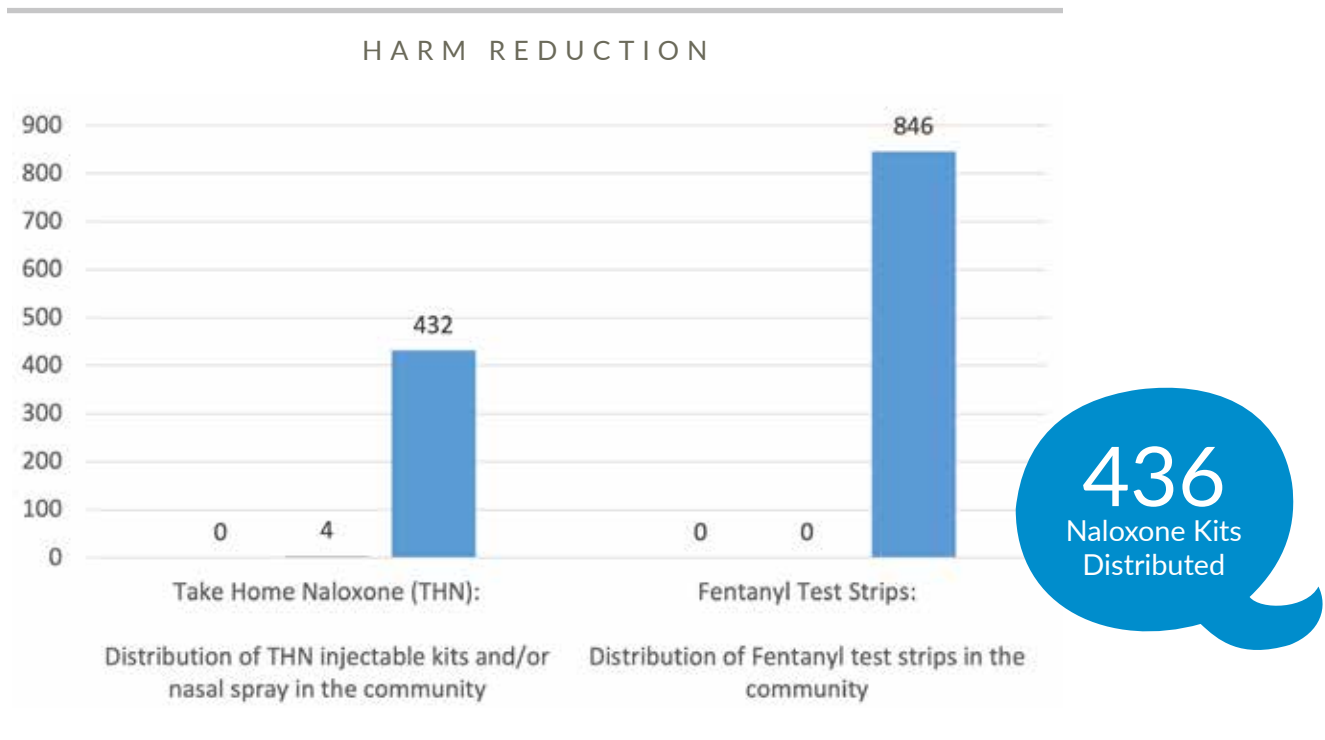


The QHS Harm Reduction program aims to provide **culturally sensitive and non-judgmental support**, through education and the distribution of Harm Reduction supplies to any individual within the community that may be impacted by substance use.

TEAM MEMBERS

- Diane** • Community Health Nurse | Public Health Manager
- Bobbi** • Community Wellnes Champion
- Natika** • Community Wellnes Champion

The following graph shows the number of harm reduction supplies that were distributed in communities:



	SIB	WPCIB	TteS	Total
Take Home Naloxone (THN): Distribution of THN injectable kits and/or nasal spray in the community	0	4	432	436
Fentanyl Test Strips: Distribution of Fentanyl test strips in the community	0	0	846	846

Community-based Service	Location/Community	Description
Sharps Education	TteS	An educational session for youth to learn about the proper collection and disposal of sharps and similar paraphernalia
Needle Clean-up Hotline	TteS	A clean-up hotline initiated by QHS in response to improperly discarded needles within TteS

During the past year, our primary project coordinator left QHS to take a brief maternity leave. Before the commencement of her leave, QHS wrapped up its involvement with the City of Kamloops Community Action Team's Indigenous Wellness Champions. In the last month of its operation, the committee packaged 400 harm reduction kits for distribution to community members both on and off reserve. Kits included take-home Naloxone, Fentanyl test strips, harm reduction supplies, harm reduction resources, masks, hand sanitizer, water, and snacks.

There has been much change in our environment, as a result it has been challenging to maintain consistent staffing for the Harm Reduction program and although still viable, overall program implementation has been minimal. With the recent lifting of provincial health restrictions and increased staffing QHS is hopeful to see movement in the program that is consistent with previous years.

Throughout 2021-2022 the number of overdoses in the province has continued to be exponential. However, with the lifting of provincial health restrictions less people are using substances in isolation and many of the resources which were forced to cease operations due to the COVID-19 pandemic have resumed, creating safer spaces for individuals who suffer from Substance Use Disorder.

QHS is hopeful to re-implement many of our harm reduction events, while providing education and resources on substance use, overdose and how it all pertains to health. The past year has presented our communities with many challenges which have the potential to negatively impact the mental health of our people. We are aware of these hardships and are striving to provide all the resources necessary to promote the health and wellbeing of each community member who may have felt those impacts.

“When I think about the harm reduction program at QHS, I think about meeting people where they are at and supporting them there. And that is the environment that best supports healing. We aren't coming in with an agenda to change anyone. That creates a lot of safety in the body.”

Meaghan Atchison | RMT (Previous Employee)



Food Sovereignty Program

The Food Sovereignty team at QHS strives towards **fostering a regenerative and sovereign food system by working in partnership with community members, chief and council, band staff from TteS, WPCIB and SIB.** The overall goal of food sovereignty is facilitated through land-based learning, mentorship, supporting traditional foods, gardening, and harvesting practices and developing a food economy.

The most recent project designed to enhance Indigenous and local food sovereignty is the **forest garden/berry walk located at Tk'emlups te Secwépmc land next to the Sk'elep school of Excellence and the old Indian Residential School.** It is open to the public and will provide signage, self guided tours and a space to meet and learn. There are covered picnic table, benches and an information kiosk with a garden map. The garden is easily accessible for all visitors. This garden will provide the opportunity to **learn about traditional wild foods and cultivated fruit species,** as well as provide a showcase of how local food security can be achieved through designing ecological succession plantings that mimic nature and provide food, medicines, as well as habitat for humans and wildlife to coexist. **Our hope is this space will be used for workshops, gathering, harvesting, learning and supporting the environment.**



TEAM MEMBERS

- Laura** • Dietitian and Food Sovereignty Lead
- Bobbi** • Community Wellness Champion & Land to School Coordinator
- Shelaigh** • Permaculture Designer and Project Manager
- Jesse** • Everyone Eats Coordinator

126

Good Food Boxes
Delivered
(TteS)

380

Good Food Boxes
Delivered
(WPCIB)



35

Attendees at the
Everyone Eats
Luncheon Meeting

Community-based Service	Location/Community	Description	# of Community Members impacted
Everyone Eats Luncheon Meeting	TteS	A luncheon to share the achievements of the Indigenous Food Sovereignty Team and partners, and to identify next steps.	35
Food Sovereignty workshops	TteS, SIB, WPCIB	Hunting, traditional harvesting	10–15
School Health	TteS and SIB	Working in partnership with teachers, principals and students at Sk'elep and Skeetchestn Community School to support gardening and Food Forest Initiatives.	200
Skeetchestn Knowing our Roots Advisory Committee	SIB	Ongoing support for Food Forest and Food Sovereignty programming. Ongoing support and Mentorship for the Food Sovereignty Community Liaison and presentation to Chief and Council for Everyone Eats and program updates	50
TteS Food Sovereignty Team	TteS Sk'elep SIB	Support and mentorship to newly formed food sovereignty projects, including: Sk'elep School Garden, Berry Walk, greenhouse project, and Good Food Box program. Completed in partnership with Tapestry Evaluation for the QHS Food Sovereignty plan Elkstwecw ne Tmicw –Working together for the land Presented to Chief and Council –on zoom (10 plus in attendance)	350 125 50
WPCIB Greenhouse and Pelltiq't Gardening Project	WPCIB	As part of the funding from the First Nations Food Systems Project, partnered with band staff, Fred Fortier and the community, to expand/support the greenhouse/ gardening project and the good food box program. Ongoing Support for their application to Ag Canada Local Food Infrastructure and FNHA Climate Resiliency grants to support the Pelltiq't Garden and greenhouse.	50
Farm to Cafeteria Canada		Ongoing work QHS Gardening Video Series and Hunting camp	150
FNHA –Dietitians in Health		Liaising with this group and presenting on QHS Food Sovereignty programming	75

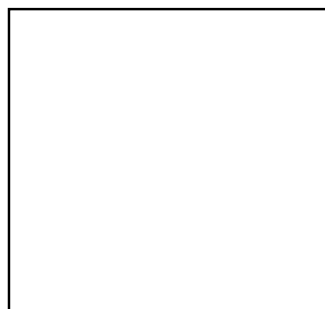
Food Sovereignty Program

In 2021/2022, the QHS team has provided leadership and support to each of the QHS communities' Food Sovereignty Coordinators to leverage COVID-19 relief/climate resilience funding and other infrastructure grants to support food security and cultural learning. In the Spring of 2021 a consultative process was undertaken to complete the Elkstwe'cw ne Tmicw—Working together for the Land Food Sovereignty Plan for QHS communities. This document was created with the support of Elders, Kukpi7s, and knowledge holders in the community and provides a plan that can be used to advance food security and leverage funding for our communities.

In addition, a series of QHS Indigenous Food Sovereignty videos has been created that provides information on food and gardening skills such as starting seeds, preparing a garden, transplanting and more. The videos are available here:



<https://www.farmtocafeteriacanada.ca/2022/05/qwemtsin-health-societys-indigenous-food-sovereignty-video-series/>



QR CODE

The Food Sovereignty program is led by Laura who plays an innovative role in the development, leadership and overall administration of QHS' Food Sovereignty initiatives in TteS, SIB and WPCIB. Laura provides consultation to the QHS communities for project management, funding proposal and partnership development, strategic planning and evaluation. This year Bobbi provided support to the Schools—Sk'e'lep and Skeetchestn—in program delivery, curriculum development and evaluation of QHS' food sovereignty programs. Shelaigh plays a key role in the Food Sovereignty team by providing professional expertise in garden design, installation, maintenance and volunteer and contractor coordination.

The team was excited to announce that we received a grant in August 2021 from Heritage Canada for the implementation of the Everyone Eats project. This project involves cooking classes and anti-racism training and dialogue among youth in our communities.

Other partners that have helped with the food sovereignty initiatives this year include: Secwépemc Health Caucus, Shuswap Nation Tribal Council, Community Futures Development Corporation of Central Interior First Nations, First Nations Health Authority, Kamloops Food Policy, Interior Health, City of Kamloops, and Thompsons Rivers University.





Home & Community Care Services

Home Care
Diabetes Program
Foot Care

Home Care

QHS Home and Community Care (HCC) department supports community members with **short term or long-term care**, depending on a person's expressed needs. HCC is a client-focused program and staff work with members to maintain their ideal level of health and wellbeing by:

- Implementing services to individuals and their families to develop and implement a care plan,
- Supporting clients, families, and communities through continual personal, health and environmental changes, and
- Introducing, educating, liaising, and advocating through various community services and Health Practitioners.

Our home care services assist members who are: aging and need assistance to live independently, are managing chronic health issues, are recovering from a medical setback, or have special needs or are physically challenged. **Home care encompasses supports that vary from meeting the most basic essential needs, to medical needs both physically and health related, to something as intimate and poignant as end-of-life care.** QHS HCC programs continue to see a rise in need within our communities and are committed to continue to do what it takes to provide appropriate support in the best possible way.

Diabetes

In the diabetes program, **support and education** is provided to those living with prediabetes and diabetes through one-on-one phone calls or visits. Seminars, and group workshops were not implemented during this time due to pandemic restrictions. There are also several community-based services and outreach activities that contribute to the program. Diala is our Certified Diabetes

Educator (CDE) and Registered Dietitian (RD) who supports our clients in the Diabetes Program. **Diala has extensive experience working with adults with Type I, Type II, and Gestational Diabetes.** Through her individualized approach, she supports clients to successfully manage their diabetes while making healthier choices. Diala is passionate about nutrition and healthy living and works with clients to help them meet their goals in managing diabetes. Diala is also continuing to research and find a way to have the Libre systems financially covered for our members as experience has proven the benefits this has on those living with diabetes. **The Libre program from the previous year extended into 2021 with a high impact on client's overall health pertaining to their lifestyle with diabetes.**

Foot Care

Suzanne provides foot care services for clients with health conditions that put the client at a greater risk for infections and/or complications relating to these compromised health conditions. Suzanne also promotes **healthy foot care practices and completes risk assessments and referrals** where necessary. Suzanne is a Licensed Practical Nurse with a Bachelor of Science of Podology with Advanced Foot Care training. She shares her knowledge with clients as well as staff to promote healthy feet which improves overall health.

TEAM MEMBERS

DeAnne • Home and Community Care Manager
Christine • Home and Community Care Nurse
Alyson • Home and Community Care Nurse
Tim • Home and Community Care Nurse

Diala • Certified Diabetic Educator
Suzanne • Foot Care Specialist

Alysha • Health Care Assistant
Evelyn • Health Care Assistant
Kathrin • Health Care Assistant
Tanya • Health Care Assistant
Tiger • Health Care Assistant



“We’ve learned patience, and the importance of holistic and trauma informed care. We learned how to listen to our clients’ words, and how to be more present during these times. We learned the importance of teamwork and communication, the negative effects of isolation, the importance of hand hygiene, infection control and how to adequately enforce it in home care settings.”

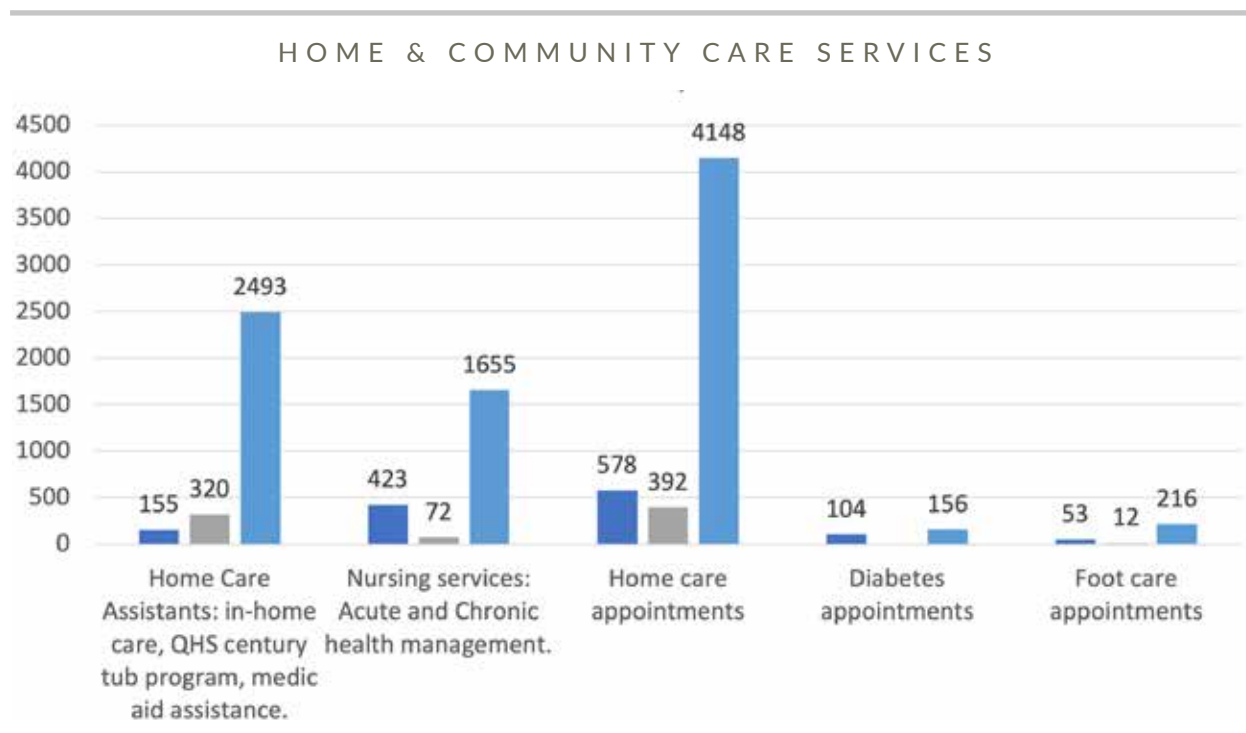
Aly | Home and Community Care Nurse

Home & Community Care Services

281
Foot Care
Appointments

Home Care / Diabetes / Foot Care

The following table summarizes the numbers of home and community care appointments in the QHS communities:



	SIB	WPCIB	TteS	Total
Health Care Assistants in-home care, QHS century tub program, medic aid assistance	155	155	2493	2968
Nursing Services: Acute and Chronic health management	423	423	1655	2085
Home Care appointments	578	578	4148	5053
Diabetes appointments	104	104	156	260
Foot Care appointments	53	53	216	281



5053

Home Care
Appointments



“...being understanding and compassionate and forgiving with each other...”

Kathrin | Health Care Assistant

Home & Community Care Services

Home Care / Diabetes / Foot Care

The COVID-19 pandemic and the restrictions continued to have an impact on the members that our department supported during this difficult time. Many, who already have limited social contacts, had fewer contacts with family and friends. Friends and families protected the frail and elderly by keeping their bubbles small which limited exposures. It was important for our department to support these clients to ensure that they maintained connections and received some support. As restrictions lifted, clients who had canceled services began to request support again as they felt comfortable. Our team continued to follow and enforce communicable disease protocols with the safety of the clients, families, and communities at the forefront of care.

Communities were also heavily impacted by fires and floods this year. Families were displaced from the comforts of their home for long periods of time. Home Care staff provided care where clients were at and adapted services the best possible way to meet the needs necessary of the clients and families during this time.

The combination of the pandemic, fires, and floods continued the concerns of social isolation and fear of loss which made an impact on communities holistically, directly affecting health in many ways, most predominantly mental health. Our home care team has witnessed acute to severe concerns for individuals within the program. It was important for our team to understand the critical importance that social distancing should not equate to social disconnection, and this was vital in our care for our members. As the restrictions lift, it is opening access to resources to support clients with these concerns and allowing our health care team to be physically present and supportive to our home care clients on a regular basis, slowly getting back to social norm as prior to pandemic times.

Our home care team would like to thank:

- QHS public health department for prioritizing communicable disease management and always keeping our team well informed and up to date so we were able to provide the safest care to communities.
- Health practitioners for meeting members where they were at and providing the best possible care during these times of struggle.
- The rest of QHS staff for continuously adapting to the times and always being a very strong support to our team in any way possible.

“Our care doesn’t stop even on the worst days with unexpected emergencies. We adjust effectively in all situations to best serve our community.”

Alysha | Health Care Assistant





Dental Programs

Children's Oral Health Initiative (COHI) Program
Dental Clinic

COHI (Children's Oral Health Initiative) is an **early childhood tooth decay prevention program that is offered to children between the ages of 0-7 years**, that are living on or receiving services on reserve. It is also for the parents/caregivers of this age group and expectant mothers as well. The COHI team consists of Crystal the Dental Hygienist, and Natasha, COHI Aide. Crystal and Natasha provide preventive dental care to 6 communities in our region: Tk'emlups te Secwépemc, Skeetchestn, Whispering Pines/Canton, Adams Lake (ALIB), Little Shuswap (LSLB), and Simpcw First Nation. The COHI team can be found delivering these services at **schools, daycares, head start programs, nursery programs, health centers and community events such as health fairs and kindergarten days**. The following is a list of the services that COHI has provided over the last year:

- Annual screenings
- Fluoride varnish applications
- Oral Hygiene Education
- Client support and referrals
- Parent resource kits
- Oral health care supplies (toothbrush, tooth paste and floss)

TEAM MEMBERS

Crystal • Registered Dental Hygienist, Dental Programs Manager
Natasha • COHI Aide



“ In our region and our world, we have seen and experienced great changes and great stresses over this last year. No one is immune from this heavy load that has been endured by many in our communities. In my daily interactions I am very cognizant of this load our clients must bear. It is very important to me that my interactions demonstrate compassion, kindness, and respect. It is also very important to me that our clients, all ages, feel safe. If I can create a trusting relationship with my clients then I know I can help them reach their health needs/goals and specifically dental health needs/and goals.”

Crystal | Registered Dental Hygienist

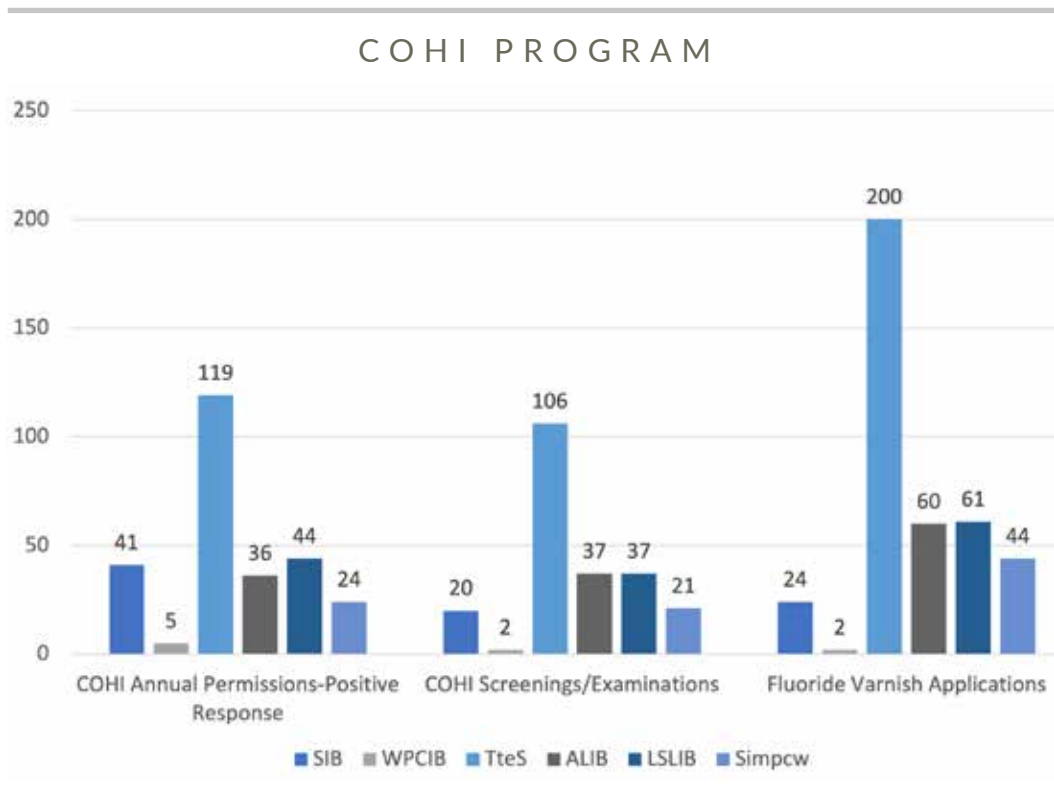


Dental Programs

Children's Oral Health Initiative (COHI)

223
COHI Screenings /
Examinations

The following table show the number of the COHI program statistics in the six communities this program serves:



	SIB	WPCIB	TteS	ASIB	LSLB	Simpcw	Total
COHI Annual Permissions –Positive Response	41	5	119	36	44	24	269
COHI Screenings/Examinations	20	2	106	37	37	21	223
Fluoride Varnish Applications	24	2	200	60	61	44	391

Community-based Service	Location/Community	Description	# of Community Members impacted
QHS Open House	QHS	Info, food, contests, handed out dental supplies	75
TteS Kindergarten Day	TteS	Dr. Ciriani did dental exams, Oral Health Initiative, parent resource kits	18
SIB Kindergarten Day	SIB	Dr. Ciriani did dental exams, Oral Health Initiative, parent resource kits	12

Having just completed year 2 into the COVID-19 pandemic we all have adjusted to our new normal. Although there have been a few changes over this last year such as lighter restrictions (no masking required at most of our locations and the return to full classroom size), the COHI team continued to provide the safest oral hygiene preventative services while maintaining strict infection prevention protocols. It appears that COVID-19 and its rapidly changing variants are going to be a part of our future and we are confident that by being vigilant with our infection prevention protocols we will be able to continue to provide COHI dental services to our communities.

Our region has been through a lot over the last 2 years. Many of our families are being hit hard by multiple events in their lives at the same time. We have seen world pandemics, devastating floods, fires, the opioid crisis, and the heart breaking find of the 215 children's graves at the Tk'emlups Residential School. More than ever, we need to show compassion, kindness, understanding and respect to all our clients. We need to listen with not only our ears but our hearts as well.

Over this last year, we have seen more clients receiving or about to receive the dental care they need. One of the biggest goals of the COHI program is to have our children free from disease and pain. Even though the pandemic slowed access to some of these treatments, whether it was the shutdown of hospital operating rooms and surgical centers or the shutdown of dental clinics, we are finding that many of our COHI children are getting their dental needs met. A child that has good oral health, free from disease or pain, is more likely to have good overall health. A child that is free from disease or pain, can sleep better, is less likely to struggle with eating food, and is better able to learn at school. We are hopeful that we will continue to see this trend going forward.



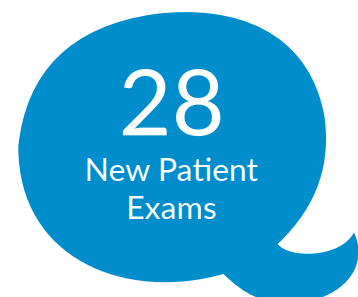
Dental Programs

Dental Clinic

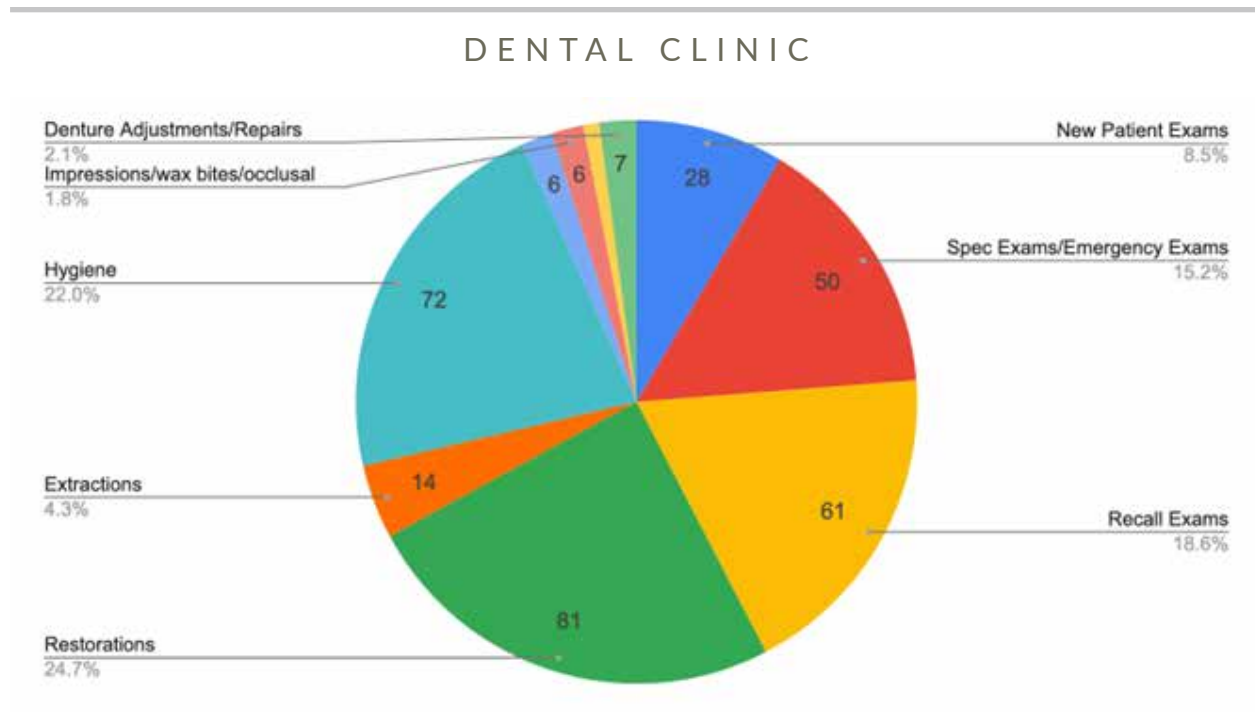
The Q'wemtsin Health Society dental clinic provides **basic dental services** to our on and off reserve band members from Tk'emlups te Secwépemc, Skeetchestn, and Whispering Pines/Clinton Indian Bands. Our dentists, Dr. D. Ciriani, Dr. C. Sallis and Dr. K. Sallis along with their certified dental assistants Allysa, Kim, and Kelsey provide dental services 2–3 Wednesdays each month. Crystal, our Registered Dental Hygienist, provides dental hygiene service 2–3 Fridays each month. **The basic dental procedures that are routinely done at QHS are as follows:** new patient exams, specific or emergency exams, recall exams, oral cancer screenings, digital imaging (x-rays), restorations (amalgam or composite fillings), extractions, biopsies, oral sedation, impressions, night guards, complete dentures, partial dentures, denture adjustments, denture repairs, desensitization, scaling, polish and fluoride applications. The collaboration between Q'wemtsin Health Society's health care team members and the dental staff help to ensure each client is receiving the best holistic individualized care possible.

TEAM MEMBERS

Crystal	• Registered Dental Hygienist, Dental Programs Manager
Dr. D. Ciriani	• Dentist
Dr. C. Sallis	• Dentist
Dr. K. Sallis	• Dentist
Allysa	• Certified Dental Assistant
Kim	• Certified Dental Assistant
Kelsey	• Certified Dental Assistant



The following table shows the numbers and proportion of dental services provided to the QHS communities:



	Skeetchestn	WPCIB	TteS	Total
Total Dental Clinic visits per community	22	13	103	138

	Total
Total Dental Clinic visits per community	138
New Patient Exams	28
Spec Exams/Emergency Exams	50
Recall Exams	61
Restorations—amalgam or composite fillings	81
Extractions	14
Hygiene—scaling, polish, fluoride varnish treatments, oral hygiene instruction, periodontal disease maintenance	72
Oral Sedation	6
Impressions/wax bites/occlusal	6
Night guards	3
Denture Adjustments/Repairs	7



Dental Programs

Dental Clinic

Last year's challenges have been difficult for our communities. I think it is safe to say that between the world pandemic, fatal heat wave, catastrophic fires, atmospheric rivers and flooding, opioid crisis and the devastating residential school finds, that our clients are resilient and steadfast. It has not been an easy year for anyone. All these combined events, in such a short period of time, require the dental staff to be flexible, gentle and accommodating when it comes to service delivery. The rigid schedule of most dental clinics may not be able to take into consideration what has been occurring in our communities and that is what makes Q'wemtsin Health Society stand out. We can provide high quality dental care while acknowledging the many challenges surrounding our clients.

One of the changes I have noticed in our client's health is that I feel they are much more aware of how they are presently feeling. I feel that COVID-19 has brought upon us a heightened awareness of one's own immediate health. I have had many clients phone in before their dental appointment when they have noticed a change in their health. They may report that they are not feeling well enough to attend their appointment, or they are noticing a change in their current health status. It could be anything from a new cough, sore throat to headaches. I feel hopeful when our clients are comfortable enough to tell me they need to reschedule their dental appointment and that they will be checking in with their medical doctor or nurse practitioner.

I feel that providing dental care during these uncertain and changing times is of the utmost importance to our clients who need it, when they need it. Dental discomfort can be excruciating at any age and can arise without notice. Unmet dental needs can exacerbate elevated stress levels, especially in today's uncertain times. By being flexible and accommodating, as much as possible, we are more likely able to calmly address the unmet dental needs of our clients, thus helping them reach their oral health goals. I love hearing from clients after their appointments when they tell me they were so nervous to come in but once they did it was way better than they thought. It makes me happy knowing that when they go home, and the anesthetic wears off that they won't be in pain or discomfort anymore.



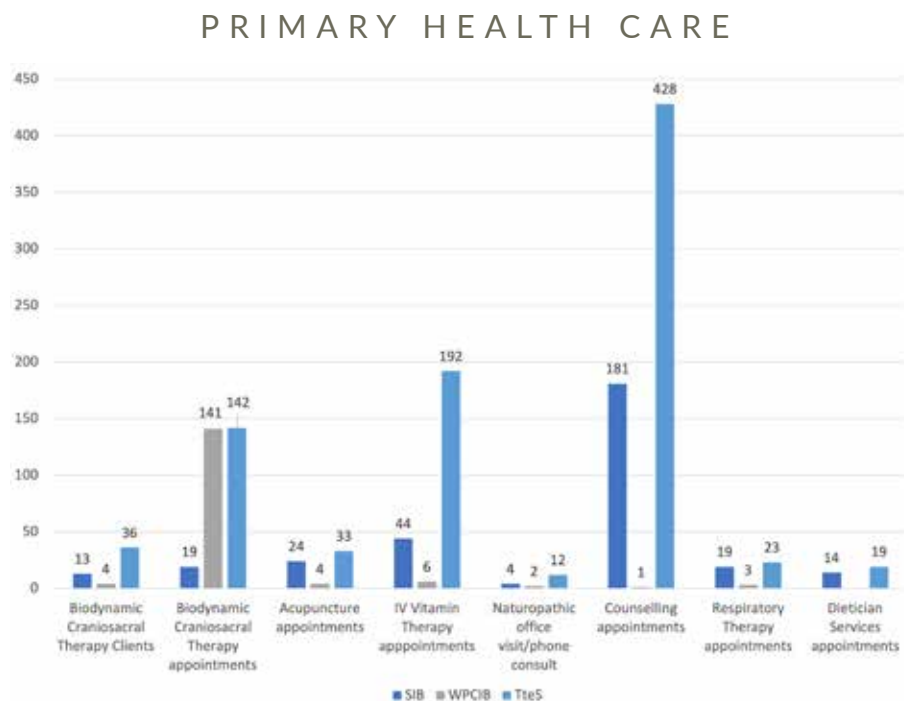




Primary Health Care

Craniosacral Therapy
Naturopathic Medicine
Mental Wellness
Nurse Practitioner
General Practitioner
Dietitian Services

Primary Health Care is composed of Craniosacral Therapy, Naturopathic Medicine, Mental Wellness, Nurse Practitioner (NP) and General Practitioner (GP) Services, and Dietitian Services. The following graphs show the combined numbers of patient appointments that were made in 2021:

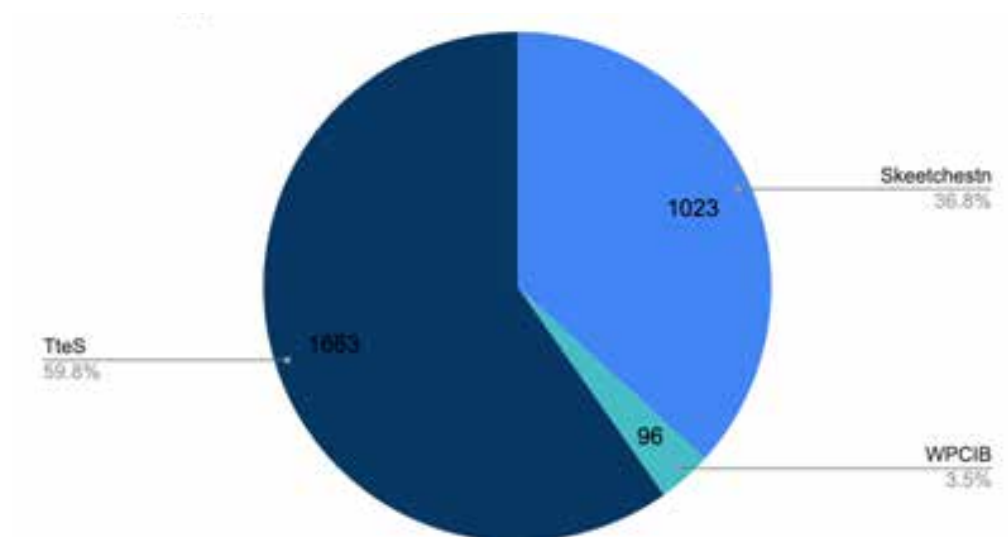




1663

TteS
Appointments

NP / GP APPOINTMENTS



“The most important thing I have learned over the past year, especially in relation to helping people recover from very significant trauma, is the importance of staying oriented to health. Confronted with a deepening understanding of the historical events of KIRS it would be easy to become entirely focused on the trauma and lose track of the health. I have found that staying focused on the health of the clients has helped them remain resourced as they process these events. It is my experience that survivors of KIRS and their families have huge resources of health in their systems. Orienting to this health has been of benefit to them and, also, a great inspiration to me professionally.”

Sheryl | RMT, BSc, RCST ®

Craniosacral Therapy

Biodynamic Craniosacral Therapy is offered to the community members to support them in achieving their health goals. This approach uses **gentle, neutral contact to support relaxation and recovery in any tissues of the body**. Patients' objectives in accessing this therapy often include pain and trauma reduction, improved function, and improved mobility.

TEAM MEMBERS

Sheryl, RMT, BSc, RCST® • Biodynamic Craniosacral Therapist

		SIB	WPCIB	TteS	Total
Primary Health Care: Craniosacral Therapy Program	Biodynamic Craniosacral Therapy Clients	13	4	36	53
Primary Health Care: Craniosacral Therapy Program	Biodynamic Craniosacral Therapy Encounters	19	141	142	175

There were many challenges confronted in the past year including the pandemic, the discovery of the children at TteS, and the threat of flood and fire at Skeetchestn.

A high standard of hygiene including mask wearing by patients and therapists, rigorous hand hygiene, as well as disinfecting high touch surfaces was maintained throughout the past year to prevent the spread of COVID-19. Several patients contracted COVID-19 over the course of the year, so some patients requested assistance in overcoming lingering symptoms due to infection by COVID-19 including shortness of breath and pain.

Additionally, the discovery of the children at TteS heralded a challenging time for survivors of KIRS and their families, affecting, in some cases, their health. Some of this emotional tone was occasionally expressed by recipients of the therapy.

There was some concern that there could be flooding at Skeetchestn, and, also, the very real threat of fire, both of which negatively impacted the emotional well being of some clients due to stress. This created an additional background tone of tension for some clients.

Despite the rather serious events enumerated herein, it was inspiring to see how people rallied in the face of these challenges and remained hopeful and were, in most cases, able to find the resource to overcome these challenges. Although the discovery of the children at TteS was challenging for some clients, they were in all cases able to confront and overcome these challenges in healing ways. It has been a source of constant hope to hear people speak of their healing process around these events.

Primary Health Care

Naturopathic Medicine

Naturopathic medicine is a complementary primary health care service offered at QHS. Dr. M. Bradwell, ND has been working alongside the medical doctors and nurse practitioners at QHS for 12 years and **the program continues to flourish and provide care** to members of the three member bands.

TEAM MEMBER

Dr. M. Bradwell, ND • Naturopathic Physician

	SIB	WPCIB	TteS	Total
Acupuncture	24	4	33	71
IV Vitamin Therapy	44	6	192	244
Other: Office Visit/Phone consult	4	2	12	18



Acupuncture and IV vitamin therapy continue to be the most common treatments that Dr. M. Bradwell sees patients for. Food sensitivity testing, hormone testing, nutritional counseling, and immune system support are just a few of the other services provided.

Currently, Dr. M. Bradwell sees patients on site at QHS and SIB and averages around 10 patients each day. With the pandemic, appointment times were spaced to reduce the amount of traffic in the clinic but we will hopefully be opening the schedule up to pre-pandemic levels soon.

Last year was a challenging one. With so much change and grief and loss within the communities, Dr. M. Bradwell is so proud of her colleagues and team at QHS for the support that our clients have been given. And the internal strength exhibited by her patients was very commendable. With the challenges, stress and anxiety levels have increased bringing with them systemic changes in the health of so many. With that, the treatment principles of naturopathic medicine and its preventative approach have become more important than ever and Dr. M. Bradwell looks forward to another rewarding and fulfilling year ahead.



Primary Health Care



Mental Wellness

Tracy works with QHS **three days per week** providing counseling for clients who are experiencing mental health concerns, assessing clients, creating treatment plans, following them revising as needed, making preliminary diagnosis, referring to other health professionals and facilities, charting, making a variety of clinical decisions in clients care such as frequency of sessions, type of sessions and if client is benefitting from same.

TEAM MEMBER

Tracy • Mental Health Clinician

	SIB	WPCIB	TteS	Total
# of individual clients/families	26	1	27	54
# of counseling appointments	181	1	428	610

All mental health services have been delivered virtually since the pandemic was announced. This was for safety reasons and now the clients are very comfortable with accessing services virtually. Although we have found a safe way to deliver these services, the challenge is the unending need. The communities are met with fires and floods annually on top of the ongoing opioid crisis and pandemic.

It’s been a very difficult year regarding mental and emotional health. With the discovery of the 215 unmarked graves at Tk’emlups te Secwépemc, the ongoing challenges of the fires and floods, as well as the isolation from the pandemic, we are very concerned.

We have lost many lives to the opioid crisis and our families and clients have been devastated by the discovery of the children. The emotional turmoil and the effects of trauma are evident, but amongst all of this we witness resiliency. Our clients and families continue to move forward; together, using their connection to the land and each other to heal. We are blessed to be a part of this healing journey to learn from our clients and families that regardless of the circumstances we always have hope.

Primary Health Care

NP / GP & Respiratory Services

Nurse Practitioner L. Creelman and General Practitioner Dr S. van der Merwe provide our clients with a multitude of primary health care services ranging from **prescription refills to routine screening to minor procedures**. We were fortunate this year to be able to add an extra day of clinic services to Dr van der Merwe's schedule allowing more access and availability for our clients. Services are provided at both QHS in Kamloops and our Skeetchestn Health Clinic by both providers on a regular basis.

Respiratory Testing was conducted using Spirometry which measures the lung volume and output. By offering this service directly at QHS and Skeetchestn, we are able to provide appointments quicker, avoiding longer wait times for our clients. All of Spirometry reports are forwarded directly to a **Register Respiriology Specialist** for interpretation and sent back to us, allowing clients to follow up with their regular provider for results instead of having to make a separate specialist appointment. COVID-19 protocols were followed for all Respiratory Appointment to ensure the ongoing safety of both clients and the practitioner. Appointments and schedules were also adjusted to allow for added cleaning and sanitizing between clients.

TEAM MEMBERS

- Dr S. van der Merwe** • General Practitioner
- Lisa** • Nurse Practitioner
- Katie** • Medical Office Administrator
- Vinnita** • Medical Office Administrator
- Kaden** • Respiratory Therapist

	SIB	WPCIB	TteS	Total
# of individual clients for NP/GP	219	19	336	352
# of encounters (visits) for NP/GP	1023	96	1663	1755
# of Respiratory Therapy Appointments	19	3	23	45

“ I really love working at Q’wemtsin Health Society. We have a great team of staff working with us and it makes all the difference! I look forward to coming to work because I enjoy the interaction I have with the other staff members (so many of whom go above and beyond for their clients!). When the rest of the province’s doctors seem to be complaining of poor support and toxic workplaces, I’m still smiling because I get to work with so many amazing people. I have enjoyed getting to know so many interesting people through both the patients and staff and have been made to feel very welcome by the communities we serve. Thank you for a great workplace!”

Dr S. van der Merwe | General Practitioner

Primary Health Care Services are always evolving to better suit the needs of our clients as well as adapt to ongoing Environmental Impacts. This year we were able to support our clients not only in the clinics, but also by offering telephone and virtual appointments. By expanding our accessibility, we were able to still provide support to those clients who were evacuated due to fires or flooding, as well as those unable to come into the clinic due to illness (such as COVID-19). Our practitioners had to get creative sometimes to come up with ways to best support our clients in ever-changing environments.

COVID-19 protocols were used for all in office visits to assist keeping our staff and clients safe. Medical Masks were required to be worn by all clients, and all clients were screened at the door. Our NP and GP had to get creative sometimes to best assist clients while keeping themselves safe at the same time.

We have noticed our clients showcasing a willingness to engage in shared care relationships that have been designed to best suit their individual needs. Many new and continued relationships were strengthened this year to help promote healthy living and healing. One change we are seeing in Health Care is longer wait time to access routine services. By bringing as many of these services under the QHS banner, as well as working closely with other health care providers, we have continued to support our clients in the services they require in a timely manner.



Primary Health Care

Dietitian Services

As part of the QHS health care team, a dietitian provides nutrition assessment, counseling, and self-management support to help clients address their health and eating-related concerns, such as those related to:

- Health and wellness
- Healthy weights
- Chronic disease prevention and management including diabetes and cardiovascular disease
- Low iron and anemia
- Gastrointestinal issues /celiac disease
- Food allergies or intolerances
- Pediatric nutrition
- Cooking and traditional foods
- Sports nutrition
- Vegetarian or vegan nutrition
- Osteoporosis or low bone density
- Pregnancy and infant nutrition

TEAM MEMBER

Diala, Registered Dietitian • Certified Diabetes Educator

	SIB	WPCIB	TteS	Total
Home and Community Care: Dietitian Services	14		19	33

“I really appreciate what you’re doing, helping me alot. I have very good things to say about your services. I’ve come a long way. Very happy with the results. I hope you stick around.”

Dietitian Client



Adjustments were made to continue client services safely by switching to virtual visits or Telehealth. This has helped address some barriers that clients may have faced in the past such as eliminating the need to travel to appointments. It also allowed more flexibility in booking shorter, more frequent visits as needed, especially during stressful times. Despite the unfortunate events where some clients had to evacuate, they were still able to attend visits virtually or by phone.

A number of our clients accessing the Dietitian Services Program and Diabetes Program have found that using Flash Glucose Monitoring and consistent follow-up with a dietitian/CDE has helped not only with chronic disease management but also with lifestyle modifications such as healthy eating and physical activity both for client, and family members. To have coverage for such devices would be very valuable for clients.

“It’s a great service. Whenever I need help, I get it. It’s been really good. You go above and beyond. I mean who does that? It’s exactly the kind of services we need in our community, especially during this busy time for medical services. We really appreciate your work.”

Dietitian Client

Appendix A



147-345 Chief Alex Thomas Way
Kamloops BC, V2H 1H1
Phone: (250) 828-9700
Email: info@ttes.ca

Flow Through Funding - Tk'emlúps te Secwépemc 2021-2022

Tk'emlúps te Secwépemc (TteS) flow through funding through Q'wemtsín Health Society Service is administered through the Community Services Department. Each fiscal year the Community Services team strategizes both internally, and with other community departments 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.

This past year, working through Global Pandemic, we faced huge challenges as we work through the Pandemic COVID 19. The Pandemic has more than changed the service delivery of the mandated services of Tk'emlúps Secwépemc Community Services department. Face to face contact had to be curtailed and alternatives needed to be formulated ie) strategies that followed social distancing guidelines with limited in-person interactions were implemented. Staff were working remotely with very limited face to face contact with clients, and co-workers. Working from home whilst working with clientele had challenges.

During this Global Crisis Tk'emlúps te Secwépemc was further challenged with a vacant position of a Community Services Manager. Management and Leadership was handled by the Executive Director of Member Services.

Brighter Futures, NNADAP, Community Health Representative, Mental Health, and Solvent Abuse funding is then administered based on the planning. With an increase in the need for crisis support and one-on-one counselling there was a rise in Mental Health funding that was needed due to an increase in Community Health needs during the Pandemic.

Mental Health

Mental Health funding is directed for prevention, intervention and postvention, education and resource supports. 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 to access alternative and traditional healing sources.

During the global pandemic, Mental Health brought forth social isolation, loneliness, stress and anxiety, domestic abuse, bereavement, financial difficulties, unemployment, and severe COVID-19 infections are all factors that have caused people's mental health to deteriorate." Mental Health challenges were at their greatest during this period. With the funding TteS was able to secure a Counselor to mitigate some of the bigger issues that were being raised by the community.

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. Though the Fentanyl crisis still plays 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.

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.

Brighter Futures also helped support community programs such as 2BBoys and Girl Power youth programs (10+ youth each), and Full Circle Youth Centre programs.

Funding was also used to off set wages for employees in the delivery of Brighter Futures programming.

Solvent Abuse

Solvent abuse goes largely unreported in the TteS community, so we focus on causes and prevention with the funding. Funding was utilized for resource materials for family support, training the Ttes workers in drug prevention.

Community Health Representative (CHR)

Anne Leonard, the CHR for TteS, continued following the Strategic Objectives set out by TteS in the health sector by attending hospital stays and medical appointments with band members (based on request).

Anne provided travel, lodging and food costs, for individual band members throughout the year when needed for medical reasons.

Community Health Representative was tasked with meeting with families that had their family members in Palliative Care. Due to many restrictions this task became a huge challenge.

Appendix B



WHISPERING PINES / CLINTON INDIAN BAND

615 Whispering Pines Drive
Kamloops, BC
V2B 8S4

Phone: (250) 579-5772

Fax: (250) 579-8367

June 20, 2022

ANNUAL HEALTH REPORT 2021-2022

Preface

The Whispering Pines/Clinton Indian Band #4, (WPCIB) (located approx. 35 km north of Kamloops, Westsyde Road, British Columbia) had 50-65 Community Members living on-reserve, these #'s fluctuated due to Covid issues and with students on/off. Community Members include Status, Non-Status and Other members. WPCIB Health Department receives FNHA flow-through funding from Q'wemtsin Health Society (QHS) for the following health programs: Health Services-CHR, NNADAP, Brighter Futures, Mental Health and Solvent Abuse. Other funding is received through Other Resources, Grants and Donations.

Health Services

The continuing Covid-19 Restrictions and Regulations affected all Health Services, requiring adjustments to delivery of Services throughout the 2021/2022 Fiscal Year. Services and activities were only accessible on a limited basis due to the Restrictions.

Transportation: Elders & Community:

- Transportation and Driver provided as needed for those without their own vehicle.
- Members were encouraged to utilize Virtual Appointments if possible.
- WPCIB transports members twice a week for general and specialist appointments.
- added costs of sanitizing of vehicle upon return due to Covid Requirements.

-QHS Health Services normally accessed:

- Physician, Nurse Practitioner, Dietician, Diabetic Specialist, Foot Care, Massage Therapy, Dental Care, Naturopath, Respiratory assessments and Nursing Care
- access limited due to Restrictions.

Covid-19 Vaccination Clinics were held within Community jointly organized by the QHS Team for Community. On and Urban Members.

Community Services: Elders and Community

- split firewood delivered to homes.
- bottled drinking water delivered weekly to Elders, Disabled and Families with children
- stairs and sidewalks cleared of snow for Elders and Disabled.
- all homes have chimneys serviced professionally – Fire Prevention Preparedness
- maintenance of septic systems for cleaning and assessment for safety.

Special events:

- Easter, Mother's & Father's Day, Education Achievements, Aboriginal Day, Halloween, Christmas and Birthdays-celebrated with Gatherings and Gifts,
 - jointly coordinated with Administration, Education and Social Development Departments.
- Due to the Pandemic, Educational events, training, workshops, and activities were a challenge to provide for our Children, Youth and Elders due to Covid-19 Restrictions.

NNADAP, Mental Health/Wellness, Solvent Abuse

The health of community members is an on-going process, utilizing QHS Services/Programs and Staff, accessing further Information, keeping in contact and active with various Health Agencies and other communities, to promote a continuum of Knowledge and Care.

-Mental Health and Wellness and Counselling Services:

- accessed Virtually through QHS, FNHA or Contracted Approved Counsellor Services.
- following the 'Residential School Discoveries' requests for MHW sessions increased.
- Transportation for health services for in-person appointments was provided as needed

Addictions and Abuse:

- Focus is on "causes and prevention" through providing updated information, virtual workshops and Professional Services.

Due to 'small' numbers (easily identified) for sensitive areas of Health Services, the numbers are not allocated 'per' Program area. Community Residency remains relatively stable and participants in these areas remains approximately the same as previous years.

Brighter Futures / Cultural and Traditional and Food Security Practices

The Pelltiq't Community Garden Workers and the growth of Produce were majorly challenged with the 'Heat-Dome' that covered us for many weeks..

- produce harvested was distributed weekly to Community and Urban households.
- Master Gardener Fred Fortier and QHS Dietician Laura Kalina. Continued consultation and training from other Specialists added their expertise to the project.

The Garden Project from seed to table remains a main component of the overall plan. The Community Kitchen - Education Center provides space for the preparing, preserving and uses of food produced as well as presenting small workshops for training.

Grants and Other Funding:

-Due to limitations from Covid-19 Regulations, these Phases continue to be 'In Progress'.

-Project Expansion:

-development of a Root Cellar Storage area

- Wallapini (greenhouse-lower half in the ground) to provide an additional growing area

-These (2) structures will be connected to an existing building which will provide further space for preparation and working areas

First Aid Training/Certification:

-Tuition/Fees were reimbursed upon request.

Due to limited facilities IN Community, the Health Department assists with requests towards Healthy Activities such as Gym Passes and Outside Events for Children, Youth, and Band/Community Members.

Food Security:

-Food Boxes delivered to Community and

The disasters created by Wildfires and the Heat Dome caused the Fraser River Salmon runs to have limited availability for Salmon fishing from our Fishing Sites.

Our Community was again grateful to be able to access some salmon from the net catch through the Shuswap Nation Fisheries program. Community members participated in the netting of the fish, followed by processing for pick up by Community Members, Elders and some Urban/Away Members and Families.

Elders

Elders and those without their own means of Transportation were the most affected by the Covid-19 Restrictions. Those with gardens were encouraged and assisted with their Individual gardens, Food Preparation and Preserving. Traditional Wellness in the Gathering of Medicines, Story-telling and 'On-the-Land' Activities to share knowledge and experiences was very challenging for all.

Due to Covid-19, the opportunity to share knowledge/experiences as well as being able to gather with friends and family was very restricted.

Summary:

The Goals of QHS and WPCIB for the Community and Members providing opportunities for learning, programs and services through a trusting, open and professional environment. The current Pandemic Restrictions has challenged and affected all generations, in every aspect of our lives, especially those of Health and Well Being, both Physical and Mental.

Due to the small 'numbers' of Community members and minimal operational facilities at Whispering Pines, WPCIB members are encouraged to access any or all Services offered through Q'wemtsin Health Society, that they may require.

Working and partnering with the Secwepemc Health Directors and Health Caucus, FNHA, Interior Health and neighboring Secwepemc Communities we strive to promote "Holistic" Health through Information and Education for our Community.

WPCIB Health Director:

Orla LeBourdais



Appendix C



Annual Report to QHS for FNHA 2021-2022

The Skeetchestn Indian Band Social Development Team's focus in 2021-2022 was: Mental Health, Spiritual and Physical Well-being by creating and delivery outcome-based programs, services, and activities.

Our strategic goals and objectives are to be able to provide professional and efficient service delivery within, a safe, respectful, and uplifting environment

- Ensuring SIB has strong, capable staff to delivery effective and efficient programs and services.
- More effective and efficient communication methods.
- Emergency plan for community in case of potential disasters.
- Help reduce barriers to women returning to work.
- Enhance or strengthen our outreach programs for greater utilization of health-related facilities.
- Ensure proper staff are in place to support wellness.
- Increase the health/nutrition knowledge for our families.
- Build and practice cultural knowledge.
- Create activity groups.

Skeetchestn Social Worker and Referral Workers

Aman Madan and Tabatta Butler-Smith

Focus is on children in care, family dynamics, mental health, and healthy relationships.

Their primary role is to support children and families in their interactions with Secwepemc Child and Family Services and the

Ministry of children and Family Development. They also provide some counselling services, drug and alcohol treatment referrals, service referrals in Kamloops area and implements programs relevant to the community needs.

Youth Cultural Coordinator

Julie Sprigett and Roxanne Jim

The focus for the year was on assisting and developing and implementing program for the youth in our community along with administering and delivering the programs to the youth of all age groups via; arts-based activities, health and well-being activities, cultural activities and outdoor education and sports/fitness activities.

Skeetchestn still has a partnership with Right to Play Canada, through the play program we receive additional funding to enhance the educational outcomes and improve physical and mental health in our youth.

Elders Coordinator, Homemaker and Patient Travel Worker

Jennifer Camille

Focus for the past year is to continue to offer support and services to our elders and assisting community members to attend medical appointments at our health clinic on-reserve and other medical appointments in Kamloops.

During this past year we had to change the way we provide services due to Covid-19 and ongoing education to the members on the transmission and containment of the outbreak, trying to prevent further spread.

Social Development Manager

Lisa McColl

Over the past year the team supported the Skeetchestn Health Clinic while they provided information on the Pandemic, vaccine clinics and provided services to the community.

Our departments had to find new ways to continue to delivery program and services to the community, while ensuring our own occupational health and safety as well as the occupational health and safety of other employees was not affected.

During the summer of 2021 the community was evacuated due to the Sparks Lake Wildfire, the evacuation lasted for more than 30 days before the Chief and Council were able to rescind the evacuation.

During the evacuation our members were in several areas in Kamloops and Kelowna we were able to act swiftly and develop our own First Nations Navigators which were both community members and staff to do daily check ins with the members.

We were fortunate to have made the decision prior to the evacuation order to have our elders and vulnerable population relocated into a hotel in Kamloops. As a major group of members, were located at the Coast Hotel in Kamloops, we set up an information centre to share daily and check in with members.

We were very grateful to those that remained in the community to protect our homes and assets. We feel our members are resilient and resilient people emerge stronger after such difficulties.

QHS Board Members



Tk'emlúps te Secwépemc

Councilor Morning-Star Peters
Councilor Dave Manuel



Skeetchestn

Kukpi7 Darrel Draney
Councilor Tracy Hewitt



Whispering Pines/Clinton Indian Band

Councilor Mathew Lewis
Orla LeBourdais, Health Director

On behalf of the board of directors we would like to thank the staff for all their hard work and for their diligence in keeping our families and communities safe during this very difficult time. Please adhere to social distancing, wash your hands, wear a mask when necessary, and keep yourself and your family safe.



Public Health Services

[Circle of Life & Communicable
Disease Program](#)

[Harm Reduction](#)

[Food Sovereignty](#)

Home & Community Care Services

[In-Home Care](#)

[Diabetes Program](#)

[Foot Care](#)

Dental Programs

[Children's Oral Health Initiative
\(COHI\) Program](#)

[Dental Clinic](#)

Primary Health Care

[Craniosacral Therapy](#)

[Naturopathic Medicine](#)

[Mental Wellness](#)

[Nurse Practitioner,
General Practitioner,
Respiratory Therapy](#)

[Dietitian Services](#)



Q'wemtsín
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