

Newsletter

September
Edition



Q'wemtsin Health Society •
250.314.6732

130 Chilcotin Road,
Kamloops BC, V2H 1G3

qwemtsin.org

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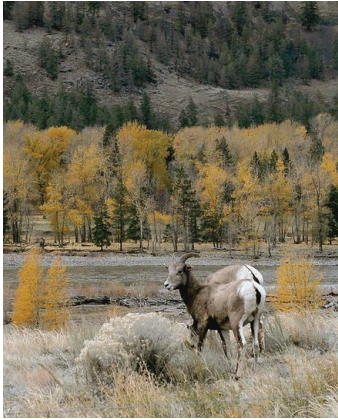
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Annual General Meeting

September Calendar





How do I/my family member/my client access services?

What services are available?

What are Interior Health and First Nations Health Authority doing to support culturally safer care?

Acknowledging that the journey to wellness and safety includes both capacity building & knowledge gathering, the intent of this series is to create an opportunity for those who provide care to Indigenous clients and families to learn about Interior Health and First Nations Health Authority mental health and substance use services as well as advances in care.

DATES AND TOPICS

- When:** The second Wednesday of every month from 10am-11am PST / 11am-12pm MST
Who: **Everyone is welcome and no registration is required!**
Format: The sessions will be interactive, including a 15-20 minute presentation followed by a group discussion.
How: Use this permanent link to access every session
<https://interiorhealth.zoom.us/j/69712762431?pwd=bk92SHpGVmFxbW5VRVYvVTF5d2ZOQT09>
*If you would like to request an invitation so you can easily add this to your calendar, please email: indigenusmentalwellness@interiorhealth.ca

September 11, 2024

What resources are available to support youth harm reduction?

October 9, 2024

What do IH Substance Use Day Treatment Programs look like?

November 13, 2024

Learning from each other - Community run substance use day treatment programs



**Save the winter dates: December 11, 2024, January 8, 2025, February 12, 2025
10-11am PST/11am-12pm MST**

For more information, contact:

Tannis Hiebert, Knowledge Coordinator, IH 778-694-0714
Destiny Dendewicz, Interior Region Mental Health and Wellness Liaison, FNHA 778-694-7204
Email: indigenusmentalwellness@interiorhealth.ca

We recognize and acknowledge that we are collectively gathered on the traditional, ancestral, and unceded territories of the Däkelh Dene, Ktunaxa, Nlaka'pamux, Secwépemc, St'át'imc, Sylix and Tšilhqot'in Nations, where we live, learn, collaborate, and work together. This region is also home to 15 Chartered Métis Communities. It is with humility that we continue to strengthen our relationships with First Nation, Métis, and Inuit peoples across the Interior.

Mental Health and Wellness

Taking Care of Yourself: Wildfires

Dākelh Dené | Ktunaxa | n. St'át'imc | Nlaka'pamux | Secwépmc | Syilx | Tsilhqot'in

Recognize the Signs of Stress or Anxiety Related to Wildfire


The impact of wildfires on our communities can be devastating, especially when people are evacuated and displaced from their homes, communities, and lands. The stress of not knowing what life will look like after a wildfire can be daunting and stressful. As we know, many stressors, such as loss of natural resources (berries, traditional medicines, hunting, harvesting), homes, medical issues, and community displacement, have an adverse impact on our mental health and well-being. Being able to recognize the signs of stress, or anxiety related to wildfires is the first step in being able to tend those feelings and in taking care of yourself.



Trouble sleeping, nightmares, rumination or circling thoughts related to wildfires.



Stress and anxiety about warming weather. Feelings of dread or doom, hyperawareness of weather conditions.




Depression and uncertainty. Uneasy or fearful feelings about the future.




Withdrawing from friends and family, avoiding leaving your home.


So, how can we take care of ourselves in these times?




Be gentle on yourself, know that these feelings are normal and how you feel and process them is unique to you.



Mindfulness. Remember to breathe, this is simple but effective. Breathe in for 5, hold for 3, release for 5, hold for 3, repeat.



Connect to the land, observe its resiliency, its ability to regrow. Go to the water, allow it to heal you and the earth around you.



Lean on your friends, family and community for support. If you are struggling, the chances are that there are others that can relate to your feelings.

Mental Health and Wellness

Taking Care of Yourself: Wildfires



INTERIOR REGION
First Nations Health Authority

Dākelh Dené | Ktunaxa | n. St'át'imc | Nlaka'pamux | Secwépemc | Syilx | Tsilhqot'in

Resources for Communities and Organizations

First Nations Emergency Services Society (FNESS)

"We help First Nation communities find their way through the practical and financial reality of recovery and emergency response services. When you feel overlooked because your situation falls outside the standard guidelines, we'll do everything we can to connect you with the resources you need. We're here to help where and when you need us."

Toll-free: (604) 669-7305

Afterhours Assistance: (1-888) 822-3388

<https://www.fness.bc.ca>

Mobile Response Team (MRT)

MRT provides immediate, short-term psychosocial support to communities:

- Build skills and capacity.
- Enhance individual resiliency.
- Provide space for grief and loss.
- Offer supportive strategies for living with and responding to trauma.

Services are confidential and without cost.

Request services at: MRT@phsa.ca

Toll-free: (1-888) 686-3022

PreparedBC

PreparedBC provides a range of disaster readiness information, including a guide with specific information on Wildfire Preparedness. This guide provides information on what to do before, during and after a wildfire. Access the guide in full at:

<https://www2.gov.bc.ca/gov/content/safety/emergency-management/preparedbc>

Phone Supports

Tsow-Tun Le Lum Society

Counselling and Cultural Supports

Toll-free: (1-888) 403-3123

Indian Residential School Survivors and Family

Toll-free: (1-866) 925-4419

Hope for Wellness Crisis and Counselling Help Line

Toll-free: (1-855) 242-3310

KUU-US Crisis Line

Toll-free: (1-800) 588-8717

Youth line: (250) 723-2040

Kids Help Phone

24hr Counselling and Support

Call: (1-800) 668-6868

Text: TALK to 686868

National Suicide Crisis Helpline

24 hours, 7 days a week:

Dial 9-8-8

FNHA Virtual Doctor of the Day

7 days a week, 8:30 am to 4:30 pm

Toll-free: **(1-855) 344-3800**

Appointments are open to all First Nations people and their families living in BC. The program includes doctors of Indigenous ancestry. All doctors and allied healthcare professionals are trained to follow the principles and practices of cultural safety and humility.

Created: July.16th 2024

Naloxone saves lives



Naloxone is a safe and easy to use opioid overdose antidote available in your community through the **Take Home Naloxone (THN) program**.

Toxic drugs are circulating

Anyone using illicit drugs needs to take precautions

Recognize the signs of an overdose

- 1 Slow or no breathing
- 2 Gurgling, or gasping
- 3 Lips/fingertips turning blue
- 4 Difficult to awaken/non-responsive

If you are experiencing or witnessing an overdose, call **9-1-1** immediately.

If you're in crisis call **1-888-353-2273** for immediate assistance (24 hours, 7 days per week).
To learn more about mental health and substance use support call **310-MHSU(6478)**.



Sign-up for alerts through the Toxic Drugs Alerts webpage

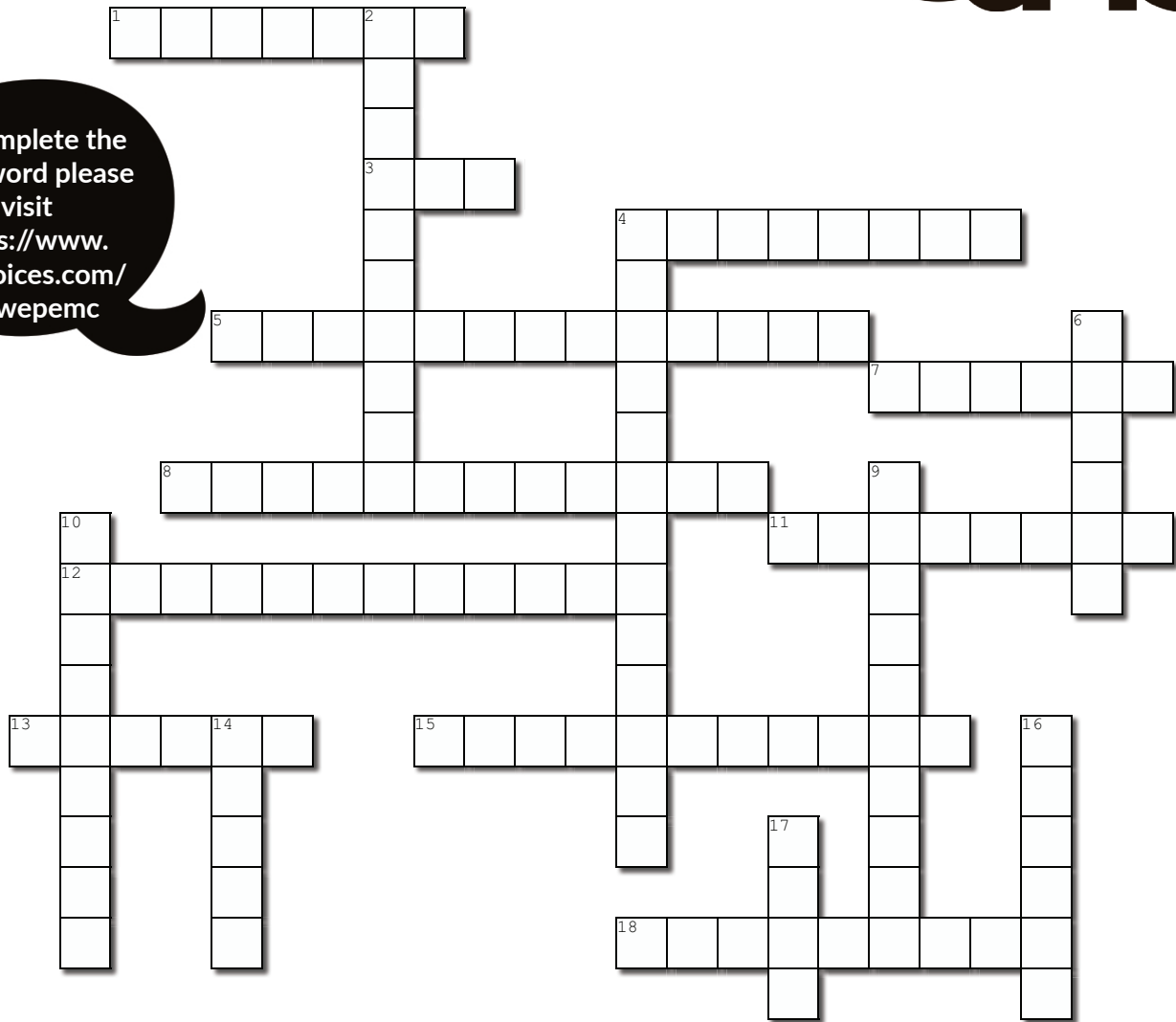


Learn how to respond to an opioid overdose



Substance use treatment options

To complete the crossword please visit <https://www.firstvoices.com/secwepemc>

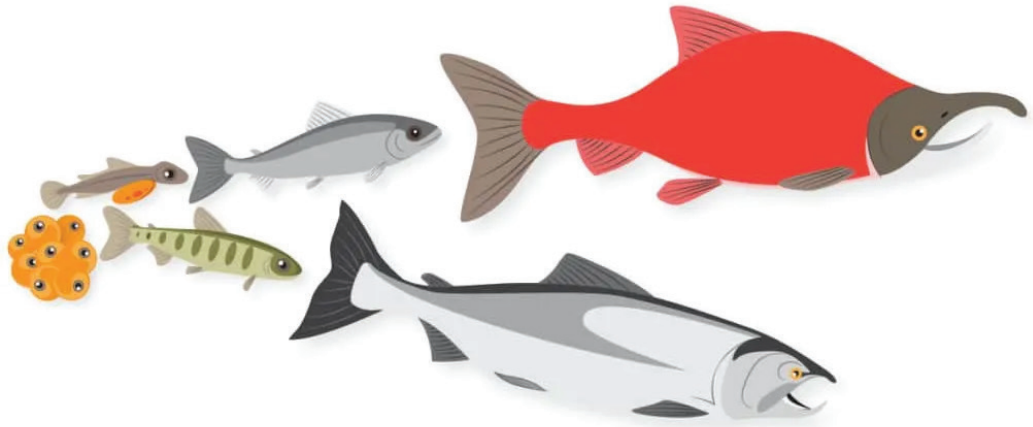


Across

- 1. Kokanee
- 3. Fish trap
- 4. Steelhead
- 5. Spawning Grounds
- 7. Dried Salmon
- 8. Fishing Spot
- 11. Salmon
- 12. Humpback Salmon
- 13. Coho Salmon
- 15. Spring Salmon
- 18. Dolly Varden trout

Down

- 2. Ling Cod
- 4. Sockeye Salmon
- 6. Fish Roe
- 9. Ice Fishing
- 10. Spawning fish
- 14. Fishing Rod
- 16. Trout
- 17. Sturgeon





Q'wemtsin
HEALTH SOCIETY

QHS Community Health & Wellness Fair

Wednesday, September 25th
Time: 11:00AM - 2:30PM
Place: 130 Chilcotin Road

**JOIN US AT OUR FREE EVENT
ALL COMMUNITY
MEMBERS WELCOME!**

For more information
Contact Lindsie at
250.314.6732
lindsie@qwemtsin.org

Health Screenings & Health Related Information



Health vendors
Food trucks
Bouncy castles
Swag Bags
Door Prizes



Substance Use

EDUCATION BULLETIN | AUGUST 2024

WELCOME TO THE SUBSTANCE USE EDUCATION BULLETIN

The aim of the Substance Use Team is to ensure all people who use substances in the interior health region receive safe, effective, and compassionate person-centred care and treatment, when, and where they need it.

PLEASE NOTE: Approval for time off to attend education opportunities is not done through our Knowledge Coordinators. Please communicate directly with your manager.



CCSMH
Canadian Coalition for Seniors' Mental Health
Connecting People, Ideas and Resources

Current ECHO Series

Considerations for Treating Youth Who Use Substances

Thurs, Sept 26, 24 12:00pm-1:00pm PT

[SIGN UP HERE](#)

We Are Allies website and social media campaign, launched July 2nd 2024. **We Are Allies** a **positive, strengths-based, awareness-raising** campaign focused on sharing various perspectives on how gender-affirming care and support improves the health and wellness of TTNB youth. The campaign builds awareness about the prevalence of health misinformation and the importance of learning accurate information by lifting up the voices of young trans people, supportive relatives/parents/caregivers, Indigenous leaders, healthcare providers and other experts.

We invite you to support and share the campaign by:

Following **We Are Allies** on social media: [Instagram](#); [Facebook](#); [TikTok](#)

CCSMH developed the **Cannabis and Older Adults e-Learning modules** to support healthcare providers to increase their knowledge and confidence in discussing cannabis with their older patients.

Examples of clinician topics include:

- Assessing Appropriateness of Cannabis Use for Older Adults
- Optimizing Communication with Older Adults About Cannabis
- Monitoring for Potential Adverse Effects of Cannabis Among Older Adults

[Cannabis Use - Professional Development - Canadian Coalition for Seniors' Mental Health \(ccsmh.ca\)](#)

INTERIOR HEALTH PSYCHOSOCIAL REHABILITATION CONFERENCE

September 12 & 13 8:30am- 4:30pm

Kamloops, BC – Registration Here:

[PSR conference peers](#)

[PSR conference staff](#)

What's happening in Substance Use?

Substance Use Care in Hospitals

The Ministry of Health released an updated policy for Substance Use and Addictions Management in Hospitals on May 1, 2024.

Interior Health has established a cross-portfolio working group including Harm Reduction, Substance Use Transformation, Addiction Medicine Physicians, Clinical Operations, and others to support staff to continue to deliver quality care while ensuring a safe and healthy workplace for staff.

The working group is committed to keeping you informed through the Substance Use and Addiction Care Portal.

Visit often to see up-to-date information, policies and procedures, and clinical resources and care pathways for substance use and addiction care.



If you have questions about this project, please contact me at Amanda.Kudelis@interiorhealth.ca

How do I get help for my acute care patient?

- [Addiction Medicine Consultation Services](#)
- [Substance Use Connections Services](#)
- [Virtual Addiction Medicine \(VAM\) Clinic](#)

How can I learn more?

- [Substance Use Care in Hospitals Toolkit](#)
- [FAQ - Substance Use Care in Hospitals](#)
- [FAQ - Decriminalization May 2024](#)
- [Illicit Drugs in Hospitals Poster](#)

[Click to](#)
Meet your MHSU Transformation
Substance Use Services Team

[Email us](mailto:IHSubstanceUseServices@interiorhealth.ca)
IHSubstanceUseServices@interiorhealth.ca



Substance Use Services
Robyn.Morrow@interiorhealth.ca, Regional Knowledge Coordinator
Sheri.Keetch@interiorhealth.ca, Coordinator

Tomato Basil Soup



Ingredients:

- 6 tablespoons butter
- 1 onion, thinly sliced
- 15 baby carrots, thinly sliced
- 2 stalks celery, thinly sliced
- 3 cloves garlic, chopped
- 1 (28 ounce) can tomato sauce
- 1 (8 ounce) can tomato sauce
- 1 ¼ cups chicken broth
- 2 tablespoons chopped fresh basil
- 1 tablespoon chopped fresh oregano
- salt and ground black pepper to taste
- 1 ½ cups heavy whipping cream

Directions:

Step 1. Melt butter in a large pot over medium-low heat; cook and stir onion, carrots, celery, and garlic until vegetables are tender, about 10 minutes. Stir in both amounts of tomato sauce, chicken broth, basil, and oregano. Increase heat to medium and simmer until soup is reduced, 10 to 20 minutes.

Step 2. Pour soup into a blender no more than half full. Cover and hold lid down; pulse a few times before leaving on to blend. Add cream. Continue to puree in batches until smooth, transferring creamy soup to another pot.

Step 3. Heat soup over medium-high heat until hot, about 5 minutes more.

Cook's Note

The basil-to-oregano ratio is always 2-to-1. Additionally, the blending step can be a little messy with the hot soup.



Sign Up Your Child For the 2024-2025 COHI Year

& Be Entered Into a Draw!



For a chance to win a Kids Oral-B Power toothbrush

For More
Information Please
Contact
Crystal or Lindsie
250.314.6732

Kamloops Indigenous Film Festival (KIFF): Short Film Challenge

The Kamloops Film Society is proud to present our Indigenous Short Film Challenge. Participants will be asked to create a short film based on a prompt/question provided below. These short film submissions will focus on an Indigenous perspective of our community and the world around us. Submissions are welcome and encouraged from first-time filmmakers, expert filmmakers and everything in between.

Rules & Guidelines:

Teams and Timeframes:

- Short films may be submitted by an individual or a group.
 - An individual or group can only submit one short film.
- Filmmakers must self-identify as Indigenous.
- Filmmakers of all ages are welcome to submit a short film.
- The short film must be no longer than 1-5 minutes in length.
- The short film must be submitted by September 6th, at 11:59pm either via:
 - email sent to kamloopsfilmfestival@gmail.com; OR
 - on a flash drive brought to the Paramount Theatre.
- The short film must be submitted in a **.mov** or **mp4** format.

Agreements and Obligations:

- The short film must be PG-appropriate and **must not contain**: nudity, sexual/violent scenes, offensive language, drug use, or promote discrimination in any way.
- Any individual or group that submits a short film and their short film is selected by the KIFF committee agrees to have their film screened during the Kamloops Indigenous Film Festival.

***Kamloops Film Society reserves the right to disqualify any films that are in violation of these guidelines.**

Short Film Prompts:

- What does your Indigeneity mean to you?
- What does home mean / look like to you?
- How can Indigenous ways of knowing be told through film?

- What cultural practices do you partake in? Why are they important to you and your identity? (eg. dance, drumming, singing)

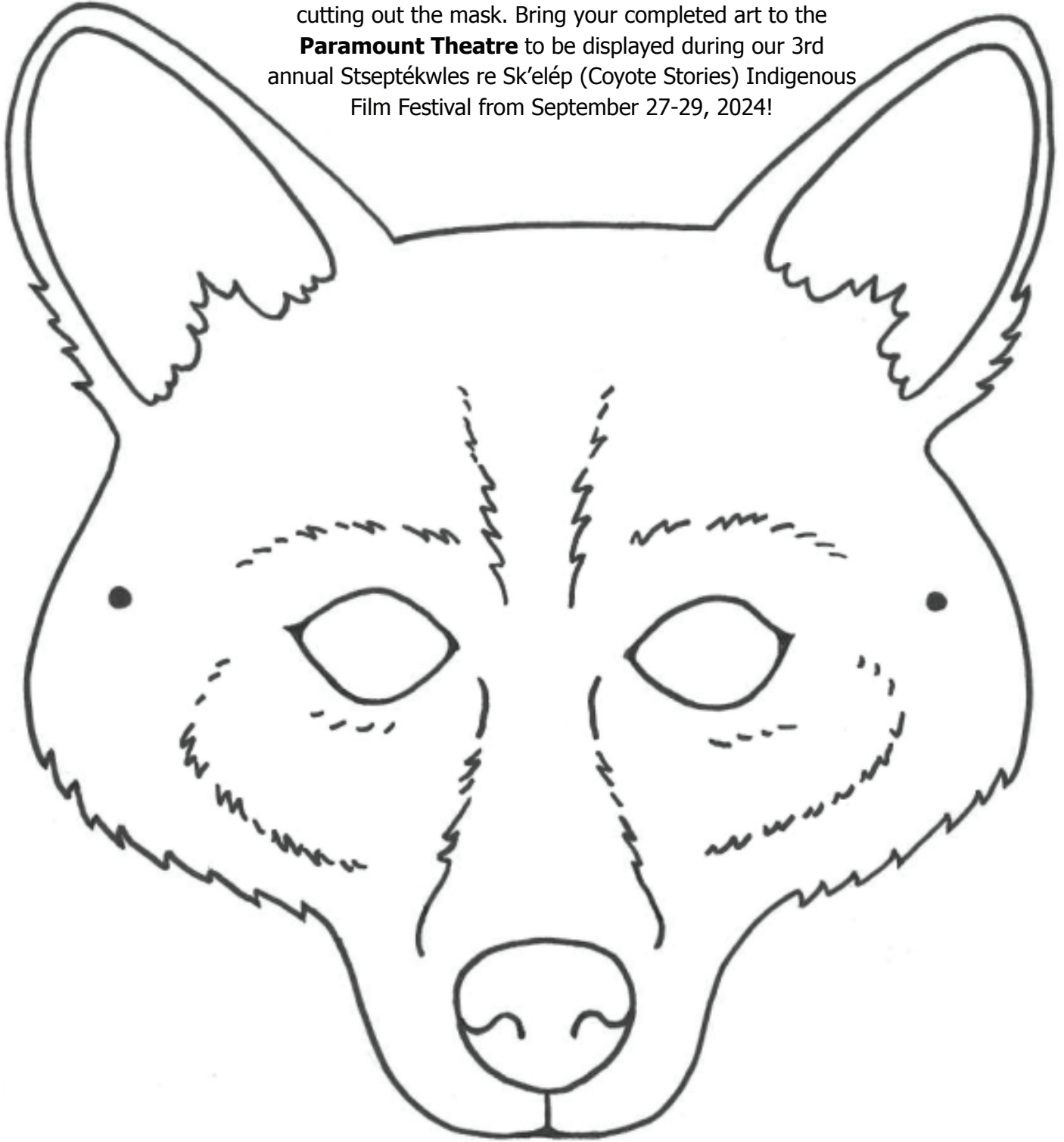
Short Film Resources:

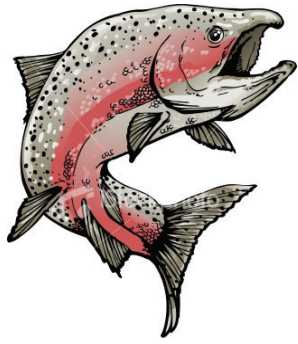
Here are some links to filmmaking resources on the web:

- [TechSmith](#) – A great collection of how-to videos.
- [Camera guide](#) – A quick camera guide for beginners.
- [FilmSourcing](#) – Lots of free documents from Shot List, to Actor Release forms.
- [Soundcamp](#) – Information on sound from a TRU Workshop.
- [Videocamp](#) – Information on video from a TRU Workshop.
- [Behind the Scenes](#) video of a short film shot entirely on an iPhone6.
- [Stillmotion](#) – A small film company passionate about teaching others about stories with heart.
- [Frugal Filmmaker](#) – great DIY tips on building gear for cheap.
- [Videomaker](#) – 5 quick tips from a guy with very intense eyes.
- [Ridley Scott](#) on Filmmaking.
- [Top 15 Mistakes Beginner Filmmakers Make](#) – Tips for beginner filmmakers on how to shoot films.
- [FilmRiot!](#) – YouTube Channel serving as an on-demand film school, this series is both useful and entertaining.
- [Basic Filmmaker](#) – YouTube Channel offering filmmaking tutorials with 137K subscribers
- [Film Studies for Free](#) – Web Archive of film and audiovisual media studies resources of note.
- [Resources for the Student Filmmaker: Scholarships, Grants, Tools, & Resources](#) – Developed by Octane Seating, a premier theatre seating company.

MAKE A COYOTE MASK

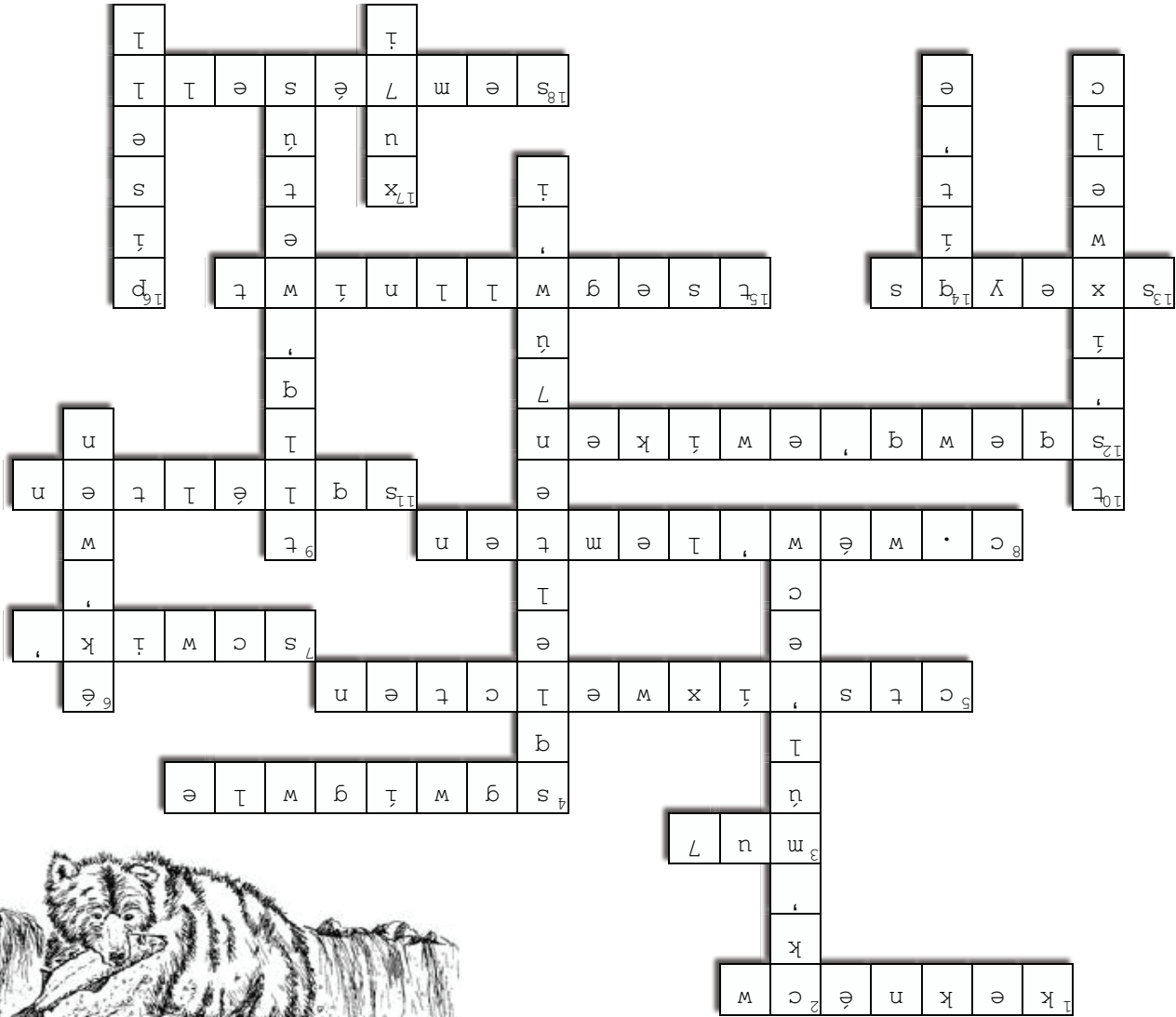
Pretend to be one of these clever animals by coloring and cutting out the mask. Bring your completed art to the **Paramount Theatre** to be displayed during our 3rd annual Stseptékwles re Sk'élep (Coyote Stories) Indigenous Film Festival from September 27-29, 2024!





- Down**
- 2. Ling Cod (ckmülecw)
 - 4. Sockeye Salmon (sqelent7uwl)
 - 6. Fish Roe (ékwen)
 - 9. Ice Fishing (ilqiwetus)
 - 10. Spawning fish (tsixwelc)
 - 14. Fishing Rod (qite)
 - 16. Trout (piseil)
 - 17. Sturgeon (xuzi)

- Across**
- 1. Kokanee (keknecw)
 - 3. Fish trap (mu7)
 - 4. Steelhead (sgwigwie)
 - 5. Spawning Grounds (ctsixwelc)
 - 7. Dried Salmon (scwik)
 - 8. Fishing Spot (c.wewemten)
 - 11. Salmon (sqelten)
 - 12. Humpback Salmon (sqewqewiken)
 - 13. Coho Salmon (sxeyqs)
 - 15. Spring Salmon (tsegwlliwit)
 - 18. Dolly Varden trout (sem7esell)



Swewil - Fish

Answer key





NOTICE OF ANNUAL GENERAL MEETING

Notice is hereby given that the Annual General Meeting of the members of Qwemtsin Health Society will be held as follows:

DATE: Friday, September 13, 2024

TIME: 1:00 pm to 3:00 pm

PLACE: Qwemtsin Health Society Boardroom
130 Chilcotin Road, Kamloops, BC

For the purpose of:

1. Receiving the report of the Society Auditor and reviewing the financial statements for the year ended March 31, 2024.
2. Appointment of the Society Auditor for the ensuing year.
3. Receiving the report of Directors.
4. Transacting such further and other business as may properly come before the meeting.

DATED the 22 day of August, 2024.

On behalf of the Board of Directors



Q'wemtsin
HEALTH SOCIETY

Skeetchestn Community Health & Wellness Fair

Thursday, September 19

Time: 11:00 AM - 2:30 PM

Place: Skeetchestn Powwow Arbor

**JOIN US AT OUR
COMMUNITY HEALTH FAIR!**

**For more information
contact Lindsie at QHS 250.314.6732 or
Lee-Anne at Skeetchestn Health Cen-
ter 250.373.2580**

Health
Screenings &
Health
Related
Information

Health Vendors
Catered Lunch
Bouncy Castles
Swag

 qwemtsin.org

September

Pelitemlíkt

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2 Office Closed	3 Massage	4 Naturopath	5 NP	6 NP Respiratory	7
8	9 Dr.L Massage Foot Care	10 Massage NP	11 Naturopath	12	13	14
15	16 Dr. L Foot Care	17	18 Naturopath	19	15	21
22	23 Dr. L Foot Care	24	25	26 NP	27	28
29	30					

ATTENTION FOOT CARE CLIENTS

As of September 26, 2024 our foot care program will run on Thursdays weekly rather than Mondays caring forward.

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If you have any questions please contact

250.314.6732