



2023
2024

Q'wemtsín Health Society

ANNUAL REPORT

Adapting in an ever changing world





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



Weykt

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, 2023, to March 31, 2024.

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'emlúps te Secwépemc, Skeetchestn, and Whispering Pines/Canton Indian Band. The board of directors meet 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.

In 2023 we worked in collaboration with the bands to complete a five-year evaluation. Evaluation methods included:

- 3 community feasts
- 187 surveys by community members
- Elder focus group
- 29 individual interviews with staff, partners and board members

With the recommendations that were presented from the evaluation we updated our community health plan (CHP), and we have now signed a 10 year contribution agreement. Both the evaluation and the CHP can be found on our QHS website.

Kukwstsétsemc to everyone for the feedback and suggestions!

And Kukwstsétsemc to the staff and contractors for another outstanding year.

Wishing everyone a safe and healthy year!!

Colleen Lessmann
Health Director





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Primary Health Care



Public Health Services

Circle of Life & Communicable Disease Program
Harm Reduction
Food Sovereignty

TEAM MEMBERS

- **Diane Procter** • Community Health Nurse Manager
- **Sarah Bennett** • Community Health Nurse
- **Bobbi Sasakamoose** • Harm Reduction
- **Laura Kalina** • Food Sovereignty
- **Lindsie Manywounds** • Community Wellness Champion

Circle of Life & Communicable Disease Program

Our Public Health Services include the delivery of the Circle of Life Program and the Communicable Disease Program. Through our Circle of Life Program, Community Health Nurses (CHN's) provide **pre- and post-support to individuals and families** and ongoing support to families as needed even beyond the immediate postpartum period. Our model is client-directed and CHN's offer both office and home visits as needed.

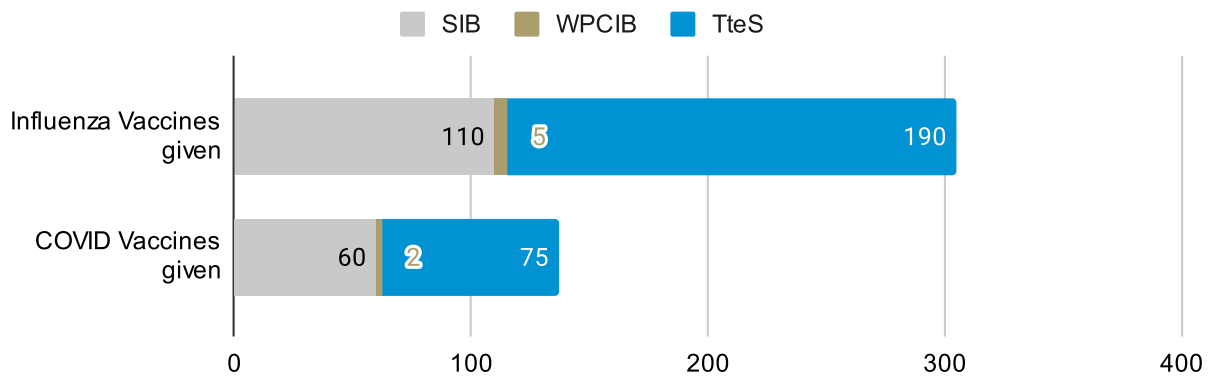
Our Community Health Nurses provide **routine immunizations** across the lifespan, including **seasonal influenza** and **COVID 19 vaccines**. We also provide **Tuberculosis screening and testing** as needed.



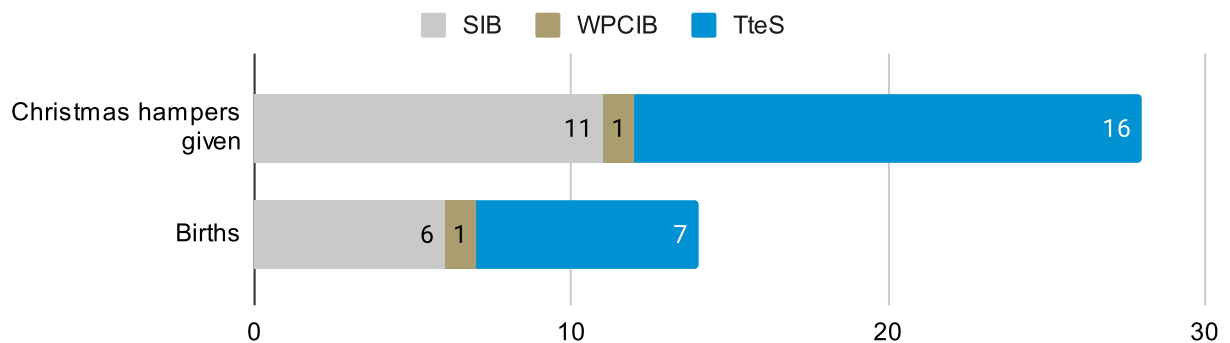
305
Influenza
Vaccines Given

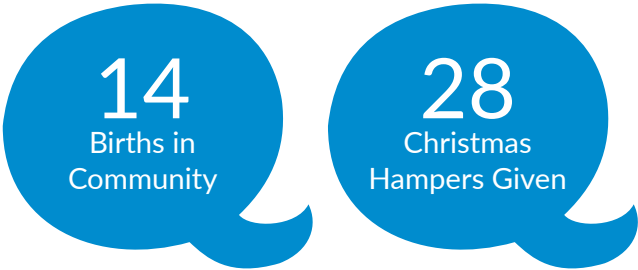
137
COVID-19
Vaccines Given

VACCINES



CIRCLE OF LIFE





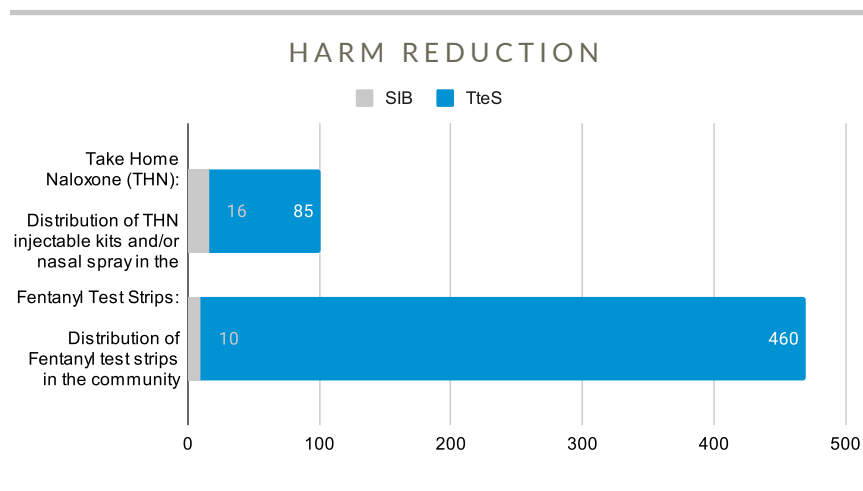
Name of Community-based Service	Location/Community	Description	# of Community Members impacted
Preschooler/Kindergarten Wellness Day	Q'wemtsin Health Society	A fun wellness day with great food, bouncy castle, face paint as well as services like audio screening and dental exams	30
Baby Welcome Celebration	Skeetchestn	Honouring babies born between April 1/2023 and March 31/2024. A dinner event including prayer, drumming and baby wrapping.	6
TteS Baby Welcome Celebration	TteS	Honouring babies born between April 1/2023 and March 31/2024. A dinner event including prayer, drumming and baby wrapping.	7





Harm Reduction

The Q'wemtsin Health Society Harm Reduction program aims to **provide both education and resources** for individuals who have been impacted by substance use disorder. The program is delivered to all interested community members in a culturally safe manner with emphasis on creating a judgment free experience for all clients.



101

Distribution of THN injectable kits and/or nasal spray in the community

470

Distribution of Fentanyl test strips in the community

“As a community member who has seen the negative impacts of the toxic drug crisis firsthand, I appreciate the harm reduction programs at QHS. These supports are essential for the community!”

Anonymous Community Member

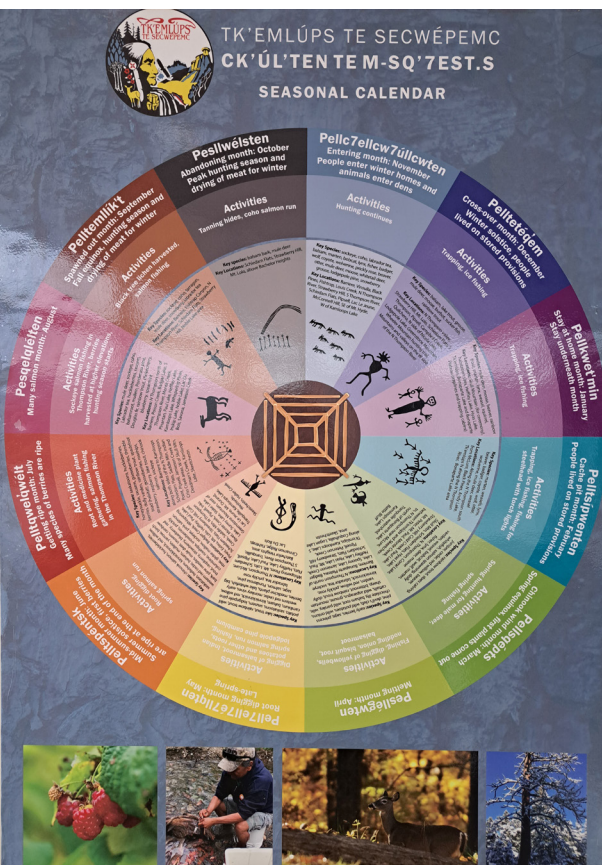
Food Sovereignty



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 Tk'emlúps te Secwépemc (TteS), Whispering Pines/Clinton Indian Band (WPCIB) and Skeetchestn Indian Band (SIB). Other partners include: Secwepemc 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, School District 73, Thompson Rivers University, Farm to School BC, and Farm to Cafeteria Canada. 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.

One of the major focus areas of Indigenous Food Sovereignty has been the **development of a curriculum** that will be delivered at community schools within the QHS service area. The need for a school-based curriculum around Indigenous Food Sovereignty was identified in the 2019 community learning circles, and the curriculum development has been rooted in engagement with local Elders, knowledge keepers, and educators.

Guided by a commitment to honoring Indigenous wisdom and cultural heritage, our curriculum is based on the framework of the **Secwépemc Seasonal Round**. For each moon, teachers can use a ready-made lesson to teach their K-8 students about the traditional activities of the Secwépemc people. There are accompanying lessons that are inspired by traditional knowledge and audio clips of stories shared by Elders. There are also lessons and activities based in the school gardens present at Sk'elep and Skeetchestn Community Schools. This project stands as a testament to the power of collaboration, the resilience of Indigenous wisdom, and the transformative potential of education when rooted in community and cultural reverence.







Adapting in an ever-changing world

Public Health services are provided to promote health and prevent illness, injury, and disease. Communicable disease control (CDC) is the main mandate to protect the population, along with pre/post natal care. At QHS these services include the following:

- Pre/Post natal care (Circle of Life program)
- Vaccination (seasonal influenza/ COVID 19, etc.)
- Scheduled infant & childhood immunizations
- Screening and testing for CDC
- Harm reduction
- Food Security & Sovereignty

In the last year, overdose deaths due to unregulated drug use have continued to increase. This has affected our communities directly. We are aware the epidemic of addiction is a result of unresolved trauma and the need for mental health services far exceeds the services that are available. As in all areas of health care, **there is a lack of qualified providers and with the ongoing natural disasters the need for mental wellness help continues to rise.** Mainstream services seem at a loss to address the issues and seem overwhelmed by the needs, and with a lack of qualified safe providers QHS along with our JPB partners attempted to find a solution.

In partnership with Bonaparte, High Bar, Simpcw and our three member bands **we explored other ideas for improving our mental and emotional wellness.** We have heard the idea of “on the land healing” and we wanted to understand what that meant. After engaging with community knowledge keepers, elders, and community members it was

clear that “the land” is medicine, and the following 12 traditional practises can heal emotions, help us adapt to stress, and facilitate healing:

- Running/Walking, dancing, & singing (we are meant to move)
- Sleep (Circadian rhythms)
- Laughing and humor
- Connecting
- Fasting & Intermittent fasting (done with medical guidance)
- Meditation/mindfulness
- Sweats (heat shocks proteins, helps decrease stress)
- Being outside, we are part of nature

These are ideas to help us feel better and practises that our ancestors used. We also had our mental health consultant develop a list of recommended counselors in our region that is available to assist clients to find a practitioner.

Another area of concern has been the **high-profile cyber attacks** that have been occurring. The Province of BC has the mandate for keeping track of all immunizations and therefore QHS has an information sharing agreement with the province. This means we share records, and all of this is done electronically and virtually. At QHS we have made it a priority to have the best cybersecurity systems and policies in place. We are trained annually in privacy, confidentiality and protecting client information. We take this responsibility very seriously and do everything in our power to protect client information.



Home & Community Care Services

Home Care
Diabetes
Foot Care

TEAM MEMBERS

Christine • Acting Home Care Manager/Nurse

Brianna • Home Care Nurse

Sophia • Home Care Nurse

Tim • Home Care Nurse

Tiger • Health Care Assistant

Kathrin • Health Care Assistant

Tanya • Health Care Assistant

Shaunasee • Health Care Assistant

Evelyn • Health Care Assistant

Chris • Health Care Assistant/MOA

Diala • Certified Diabetic Educator/Dietitian

Suzanne • Foot Care Specialist

Home Care

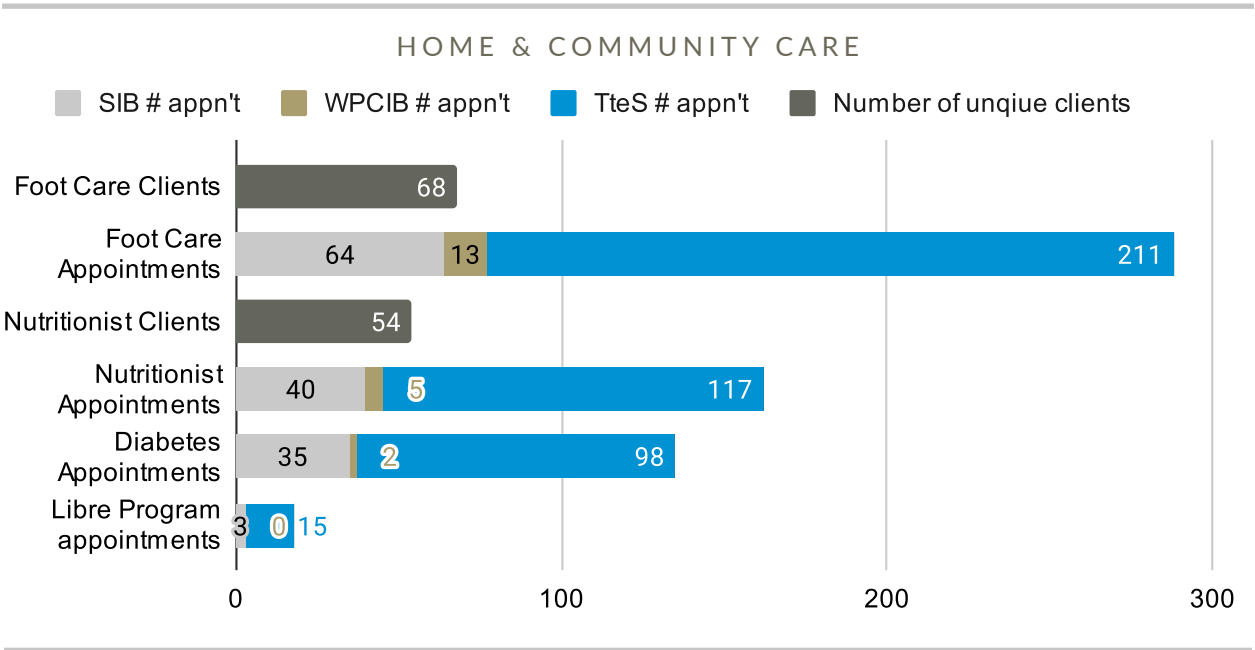
QHS Home & Community Care (HCC) department supports community members with short-term or long-term care, depending on a person's expressed needs. HCC is a client-focused program and staff work with members to maintain their ideal level of health and wellbeing by:

- 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.



3669
Total In Home Care
Appointments

Our home care services assist members who are: ageing and need assistance to live independently, are managing chronic health issues, are recovering from a medical setback, have special needs or a disability. 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**. The QHS Home & Community Care program continues 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** continues 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 footcare 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.



Adapting in an ever-changing world

Our QHS Home and Community Care team has grown in response to the ever-increasing need. We were able to provide more in-home nursing visits and we have initiated a regular lunch program once a week for our clients. We are very grateful to Tanya for suggesting this program and offering to plan, shop, and prepare these meals for our clients.

Our entire team tries to be as flexible as possible, and we respond as quickly as we can to meet the needs of our clients. We are a cohesive team, and we communicate well. Everyone has the same intention and that is to provide the best possible care.

As we adapt to the increased needs, there are other changes that are occurring in the health care system that create health and safety concerns for our clients. The main issues are a lack of support and external resources, and the on-going cybersecurity threats to our medical records and client information. The following is how QHS is addressing these changes to assist our clients.

The **lack of external resources and support** would include the following:

1. Accessibility to primary health care providers—there is a lack of general practitioners (GPs) and nurse practitioners (NPs) which makes chronic disease management very difficult.

QHS has been fortunate to have Dr. Selena Lawrie, Dr. Mark Langford, and Allen Lai, NP join our team this year. This is an outstanding team of primary health care providers, and we are extremely grateful that they have joined us.

QHS also has an outstanding team of Medical Office Administrators. Megan, Vinnita, and Chris go above and beyond to connect clients and families to resources and to assist in the daunting task of navigating the medical system. Our HCC team is very grateful for our primary health care team, they do everything they can to help our HCC clients.

2. Currently QHS is only funded and mandated to provide HCC services Monday to Friday 8:30 to 4:30. Interior Health Authority (IHA) is supposed to provide in-home care after hours, on weekends, and during holidays.

Often IHA does not have the staff to meet their mandate and they cancel care. This leaves our clients without care causing safety concerns. This is an ongoing issue and QHS advocates regularly on behalf clients and families.

The lack of health care staff has caused the families to take on the care and they are relied on heavily. Not all clients have healthy or available family members. There is a need for long term care for some clients and currently the waiting list can be 1 to 2 years.

QHS continues to advocate for more funding to increase our capacity and resources. Ultimately if we had the funding and resources, it would be beneficial for our clients and families if we provided care 24/7. If this is our goal, then it's important that we are encouraging our young people to think about a career in health. We need nurses, care aids, doctors, MOAs, and all other positions in health care.

QHS supports family members that provide care and support to their loved ones. Care provision is complex and presents many challenges for everyone involved. Increased funding would also allow QHS to offer respite care for the clients that have family members doing care provision.

The ongoing cyber security threats to our medical records and client information is a very serious challenge as the hackers seem to become more sophisticated in their attacks. QHS takes all available steps to improve how we protect client records and personal information. We engage in continuous training on an annual basis and as needed. We have excellent technical support and follow all PIPPA and FIPPA regulations.

The HCC team must communicate throughout the day which requires the use of smart phones. The team share information and the schedule, and as things unfold during the day messages need to be sent. To improve security QHS has invested in a fleet of phones that are only used for these purposes, and for staff to check in and out of safety line. We are utilizing new secure technology that allows us to communicate more efficiently.



Dental Programs

Dental Clinic

Children's Oral Health Initiative (COHI) Program



TEAM MEMBERS

Crystal Chartrand • Dental Programs Manager
and Registered Dental Hygienist

Dr. Corbin Sallis • Dentist

Kim Bartlett • Certified Dental Assistant

Dr. Kelsie Gourley • Dentist

Kelsey Whiting • Certified Dental Assistant

Lindsie Manywounds • COHI Aide

Trynity Buis-Rosette • COHI Aide

Dental Clinic

The Q'wemtsin Health Society dental clinic provides basic dental services to our on and off reserve band members from Tk'emlúps, Skeetchestn and Whispering Pines/Clinton Indian Bands. Our dentists, Dr. Corbin Sallis and Dr. Kelsie Gourley (formerly Sallis), along with their certified dental assistants Kim Bartlett, and Kelsey Whiting, **provide dental services 2 Wednesdays each month**. Dr. Kelsie Gourley went on maternity leave from August 2023 to end of January 2024. Crystal Chartrand, 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/silver or composite/white 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'wemtsín Health Society's health care team members and the dental staff continues to ensure each client is receiving the best holistic individualized care possible.

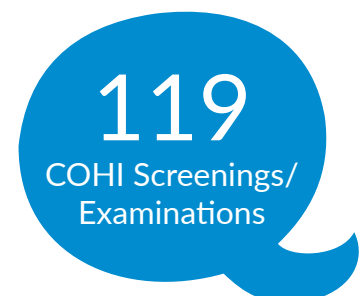
A big congratulations to both of our dentists as they both had baby boys last summer. Corbin and his wife Amanda had their baby boy at the end of July (little brother to their 3-year-old twin girls) and Kelsie and Liam had their first little boy the end of August. Also, a big thank you to Dr. Corbin Sallis for taking over as our COHI Dentist from Dr. David Ciriani, who retired last year.

Children's Oral Health Initiative (COHI)

The Children's Oral Health Initiative (COHI) 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 provides preventive **dental care to 6 local communities** in our region: Tk'emlúps, Skeetchestn, Whispering Pines/Canton, Adams Lake, Little Shuswap and Simpcw First Nation. The COHI team can be found delivering these services at elementary 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—COHI age appropriate
- Oral health care supplies (toothbrush, toothpaste and floss)
- Sealant Exams by Dr. Corbin Sallis
- Sealant application by Crystal Chartrand

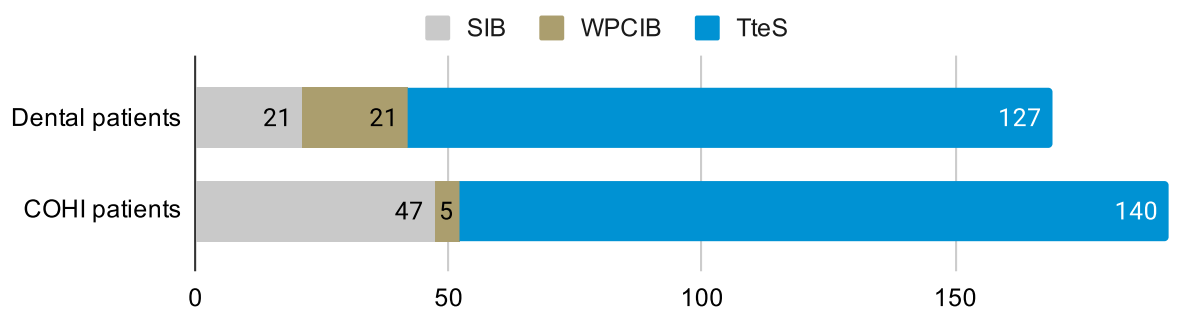


Dental Programs

192
COHI Patients

169
Dental Patients

DENTAL PROGRAMS



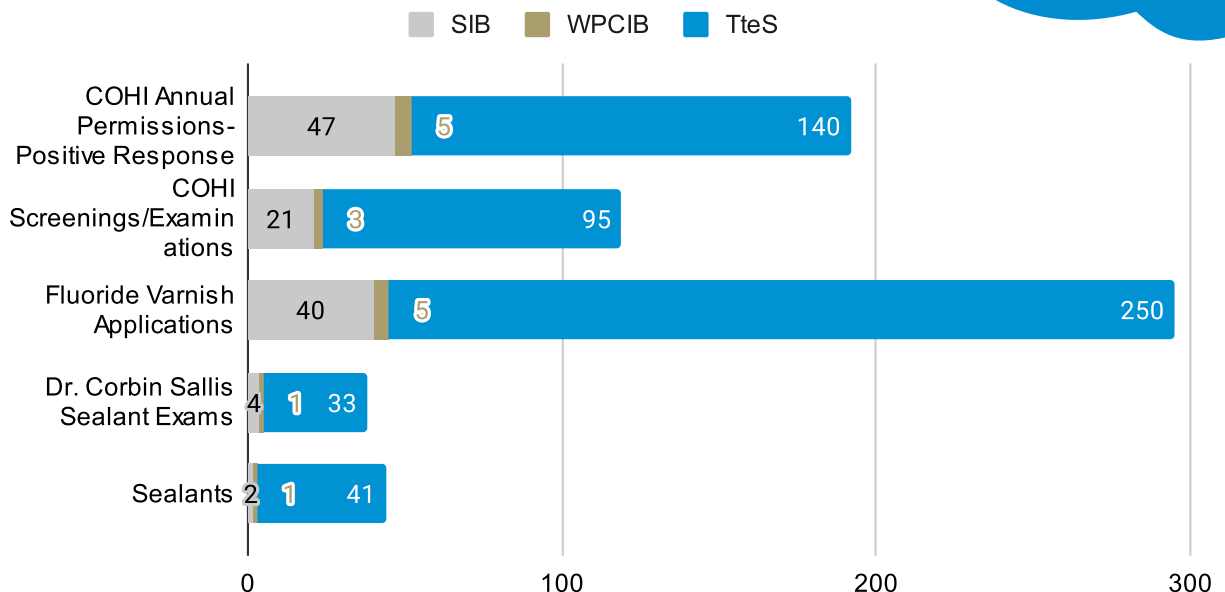
Services Offered	# of Patients
Recall Exams	63
Specific/Emergency Exams	23
NP Exams	7
Restorations	47
Extractions	11
Hygiene	58
Dentures	3
Denture Adjustments	3
Impression/wax bites/occlusal	5
Oral Sedation	1





295
Fluoride Varnish Applications

COHI PROGRAM SERVICES



Dental Programs

30

Valentine's Day
Party Attendees



Name of community-based service	Location/Community	Description	# of Community Members Impacted
QHS Health Fair	QHS	Held in the fall, all QHS depts and other related health care vendors showcase their programs, door prizes, lunch, hand outs	150
QHS Open House	QHS	Held in December, displays, door prizes, hand outs (toothbrush goodie bags), lunch	100
COHI Annual Valentine's Day Party	QHS	A fun day for COHI families to come to QHS to receive COHI services (dental screenings, oral health education, fluoride treatments) play games, arts and crafts and have lunch	30
Kindergarten Day	SIB/TIB	A fun day full of exciting activities (bouncy castle, arcade games, clown, crafts) and lunch in addition to oral health screenings and promotion	24/40



Adapting in an ever-changing world

The COHI program fortunately has not seen a large change over the last year. The COHI team has continued to be able to deliver the program effectively to the children aged 0–7 years of age. We continue to be supportive and understanding to all COHI children and families as we recognize that some of their medical needs may not be being met outside of the COHI program. Not being able to access medical services when needed, or even in a timely manner, can place additional stress upon the individual and their families. **By keeping the COHI program and its services provided running smoothly, we can contribute to one's overall wellness.**

One of the key things we are adapting to is the increasing data security risk. QHS has implemented a **robust cybersecurity protection plan** that ensures that client information remains secure amidst any growing threats. Protecting our client's personal health and dental information has always been a top priority for QHS. We ensure that all staff have regular cybersecurity training sessions, and by embracing new technologies and continuous education together we can create a secure path towards wellness for our clients. Overall, improving cybersecurity in healthcare and dental is critical to protect client data and ensure the continuity of services amidst growing cyber threats.

“The last 4 years have taught me that we have to be adaptable. Being adaptable to me means being open and flexible to new situations. Sometimes being adaptable can mean being resilient or mindful to our surroundings. In dental and health care we need to listen to our clients, not only with our ears but also our hearts. Our clients have endured great challenges and had to adapt as well. By developing these skills we become more adaptable and better able to navigate the complexities of a rapidly unpredictable changing world in which we can better serve our clients.”

Crystal Chartrand



Primary Health Care

TEAM MEMBERS

Dr. Lawrie • Family Physician

Dr. Langford • Family Physician

Allan Lai • Nurse Practitioner

Megan Rosette • Medical Office Assistant/ Office Manager

Vinnita Lamarche • Medical Office Assistant

Tracy Davison • Mental Health Counsellor

Melissa Bradwell • Naturopathic Doctor

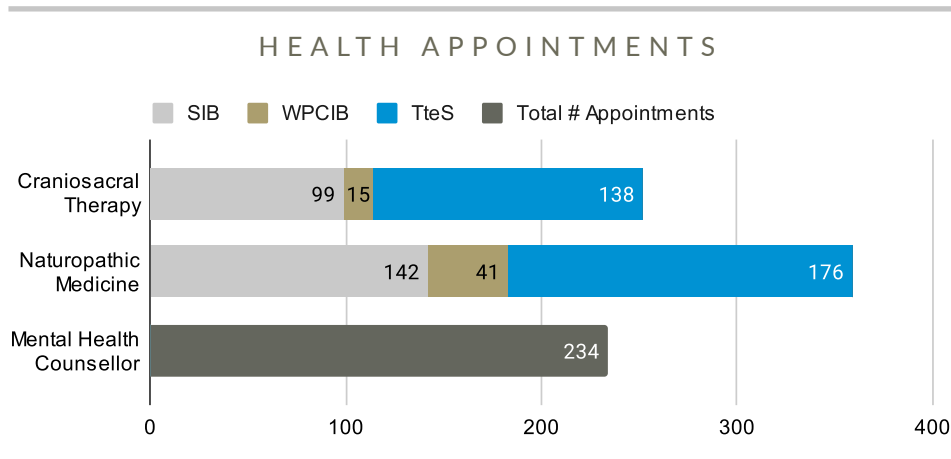
Sheryl Hamilton • Craniosacral Practitioner

The Nurse Practitioner/General Practitioner Services Program provides patients with primary health care services and attachments to a Primary Health Care Provider. We also provide **craniosacral therapy**, **naturopathic medicine**, and **mental health counseling**, although in October 2023 our mental wellness provider retired.



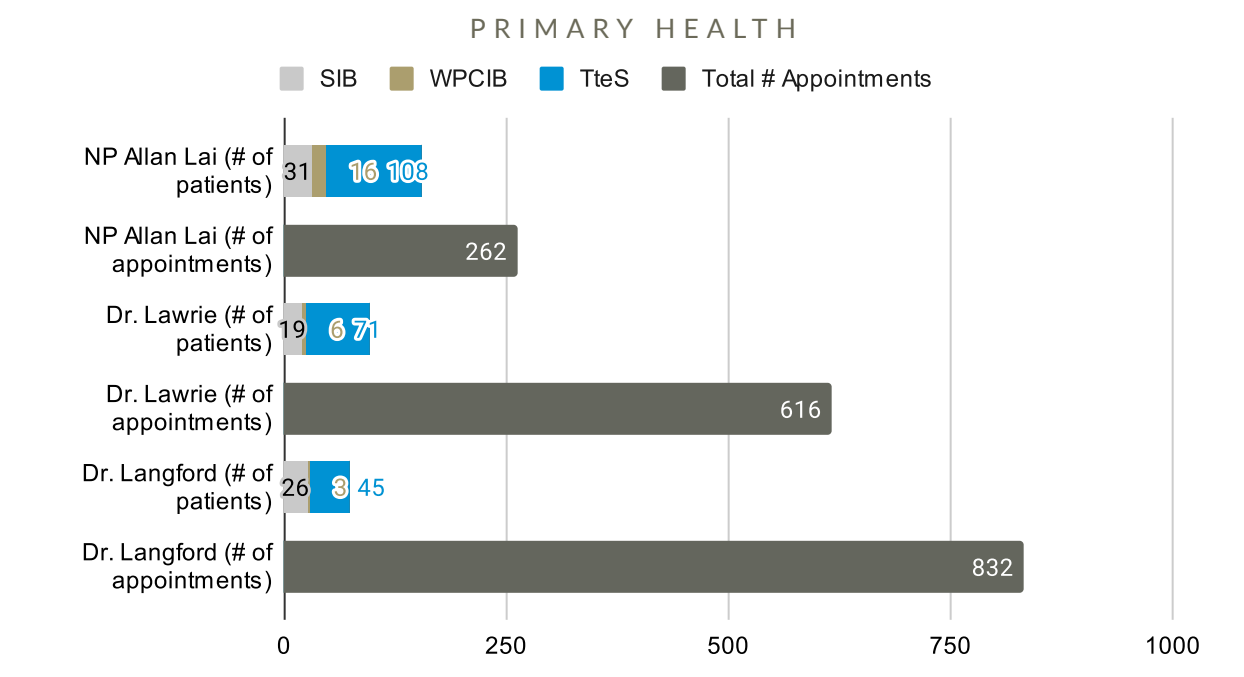
252
Craniosacral
Appointments





359
Naturopathic
Medicine
Appointments

234
Mental Health
Counsellor
Appointments



Adapting in an ever-changing world

Some of the biggest changes we have seen over the last year is the need for a **patient health navigator**. It is hard for patients to navigate the health system when everything is so complicated. Wait times for certain procedures and tests are getting longer and longer, and clients are lost to the wait times. We need more primary health care providers to support our community's needs.

Our team is adapting to the changes by **educating ourselves about support services that are available to our clients**. For example, we help clients who are navigating cancer diagnosis and treatments. Our team is hopeful that more primary physicians come available to provide primary health care.



Appendix A



Whispering Pines/Clinton Indian Band Annual Health Report

2023-2024

Report submitted by Leah Briault,
WPCIB Community Health & Social Development Manager

Preface

The Whispering Pines/Clinton Indian Band #4, (WPCIB) is located approx. 35 km north of Kamloops on Westsyde Road. WPCIB is one of the 17 bands within the Secwepemc (Shuswap) Territory. Traditionally from the Clinton area, WPCIB membership includes ancestral lineage from both the Pell'iq't te Pésllkwes (People of the White Earth/Kelly Lake) and Steke'7ús (People of the Little Hanging Bridge/Big Bar).

In 1972 the Province of British Columbia displaced the Band from Clinton to build a hydro station on their traditional lands. The Band was forced into a land exchange that involved moving members to Whispering Pines, 35 km north of Kamloops. As a result, Band members have had to travel approximately two hours to gather berries, fish, and hunt on their traditional lands.

Today, there are approximately 223 Band members, with 50-55 living at home. This is an increase from approximately 100 in 2016. These numbers have fluctuated due to Covid, the healthcare bill, recent increase in births, seasonal employment, and with students on/off. This population increase has significant implications for health and wellness service needs.

With 25% of the community members living at home and 75% living away from home, there is limited accessibility to funding supports with FNHA/QHS. Currently with the minimal operational facilities at Whispering Pines, WPCIB at home members are encouraged to access any or all services offered through Q'wemtsin Health Society and First Nations Health Authority that may be required.

In addition, with more housing being built, the community anticipates rapid further growth in the coming years. Chief and Council, along with staff, now include away-from-home members in all programming, activities, and funding applications, to the best of their ability and where resources allow.

The goals of QHS and WPCIB for the community and members continue to focus on assisting with providing opportunities for learning, programs and services through a trusting, open and professional environment. The pandemic restrictions have had lasting effects, affecting all generations, in every aspect of our lives, especially those of health and well being, both physical and mental. With the recent growth of the community with new residential and health care buildings there is an increased engagement and gathering in all aspects of community focus. The Whispering Pines / Clinton Band has various recreational activities and special events, including on-the-land programming with Elders and youth connecting with culture.

We are working and partnering with the Le7 te Melamin Society, FNHDA Association, FNHA, Interior Health and neighboring Secwepemc Communities strive to promote "Holistic" Health through Information and Education for our Community.



Whispering Pines/Clinton Indian Band Annual Health Report

2023-2024

The 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
- FASD
- Mental Health
- Maternal Child & Health
- Solvent Abuse

Other funding is received through sources such as Le7 te Melamin Society, and grants and donations that have greatly supported the four pillars of health, in particular food sovereignty.

Health Services

In 2023-2024 we saw an increase in visits to the QHR clinic with the addition of a new GP and NP at the QHS. The other QHS Health Services accessed in 2023/2024 include: dietician, diabetic specialist, foot care, massage therapy, dental care, naturopath, respiratory assessments and elder care in-home care. In 2023-2024 an elder bathing/wellness bi-weekly program was initiated for elders.

Transportation

- We provide transportation and drivers as needed for those without their own vehicle.
- Members are encouraged to utilize virtual appointments if possible, but WPCIB transports members when requested for general and specialist appointments, grocery shopping, wellness events, health fairs, etc.
- We have upgraded new van to help support the growing needs for the community and added staffing to assist this growing need

Elders and Community Services

- Covid-19 Booster and flu vaccination clinics were held within the community jointly organized by the QHS team for community, at home and urban members.
- Footcare and home care nursing services provided to members in need in the community on an ongoing monthly basis.
- Hearing tests/ hearing aid maintenance held in the community for at home and urban members
- Upgrades to hall – A/C- heating systems, seating for elders, refrigeration and water coolers

Other supports

- Split firewood delivered to homes.
- Bottled drinking water delivered weekly to the door by water company- 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.
- Household garbage removal increased recycling options for the community.



Whispering Pines/Clinton Indian Band Annual Health Report

2023-2024

- Routine water testing and servicing of the community well & treatment facility.
- Assistance with in-home care applications and funding sources for adaptive care supports like chair lifts and other OT supports.
- Air quality assurance in air purifiers/replacement air filters.
- Emergency preparedness in first aid and fire extinguishers for all homes

Special events

- Carnival Days – opened to all at home and urban members to attend under the Brighter Future Funding
- Easter, mother's & father's day, education/honoring the children, aboriginal day halloween, christmas and birthdays-celebrated with gatherings and gifts,
- 2023-2024 biggest attendance at the Christmas gathering that has led to sourcing a bigger venue for 2024-2025!!
- Over 8 jointly coordinated events focused on Children/Elders in 2023-2024 with Health, Stsmemelt, Education and Social Services Departments.
- A variety of educational/cultural events, training, workshops, gatherings and activities were provided including the Youth Summer Cultural Camp that saw an increase in programming and attendance in the 2023-2024 year.

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.
- Many community members were connected to services they did not previously know of by the Health Director who attended health forums and caucuses to promote a continuum of knowledge and care.
- The PCN is getting closer to being finalized and that will have a trickle down effect for WPCIB in future within the next 5 years as the community grows.

Mental Health and Wellness and Counselling Services

- Successful transition into wellness camps and housing for young adults at risk in community
- Successful support for increased need for members living away to access FNHA services and assist to get counsellors vetted on FNHA contract process for ongoing supports with trusted practitioners.
- Detox services accessed with collaboration with IHA/QHS, interior Indigenous focused treatment centers and local providers
- Accessed virtual counselling through QHS, FNHA, Kamloops Friendship Society or Contracted Approved Counsellor Services.
- Following the 'residential school discoveries' requests for MHW sessions have increased again this year.



Whispering Pines/Clinton Indian Band Annual Health Report

2023-2024

- An outreach MH and Wellness Worker was hired part time with funding from QHS/SCFSA/FNHA to support wellness checks and initiatives for programs in the community for youth/elders.
- Transportation for health services for in-person appointments was provided as needs increased for members traveling to local treatment camps/programs away from home.

Addictions and Abuse

- Focus is on “causes and prevention” through providing updated information, virtual and in-person workshops and Professional Services. Increase attendance at the Le7 te Melamin events, caucuses and forums with WPCIB staff and CNC has brought more awareness and shared understanding to what is available for to support at such a tender time.
- First Nations Policing Services increasingly utilized for bi- monthly community activities and presentations of drug & substance use information. An increased attendance for the First Nations RCMP with BBQ hosting/food sharing at all events has strengthened the relationship with the community.
- Naloxone and crisis intervention training held in the community for increasing awareness and decreasing stigma for MHSU supports.
- Men's/woman's nights held with joint participation of SCFSA and supports with QHS to assist with social connections and sharing stories for young adults/parenting
- International Overdose Awareness Event – jointly supported by Social Development, Health and Education with funding from FNHA to hold a let their spirits soar day to honor those we have lost to overdose.
- Harm Reduction events and activities – FNHA funding secured and accessed in 2023-2024- FNHA will use WPCIB report for a communication success story from funding in the 2024-2025 year.
- Due to 'small' numbers (easily identified) for the sensitive areas of health services, our numbers are not reported 'per' program area. The number of community residents has remained relatively stable however the number of members utilizing services has increased from previous years.

Brighter Futures / Cultural and Traditional and Food Security Practices

- The Pelitq't Community Garden was challenged by the 'heat-dome' in our area. Workers and fruit and vegetable production was affected by temperatures and availability of water.
- There was a group harvesting of berries and salmon caught in Clinton area and canning of the local produce led to deliveries to all 20 homes at home.
- The produce harvested was distributed, when available, to community and urban households by outreach workers and cultural/food sovereignty team members on a more frequent weekly basis.

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Whispering Pines/Clinton Indian Band Annual Health Report

2023-2024

- We had continued consultation and training from gardening specialists who added their expertise to the project.
- The Garden Project from seed to table remains a main component of the plan. The community kitchen and education center provides space for the preparing, preserving and uses of food produced as well as presenting small workshops for training.
- The Youth Cultural Camp saw Elders attending to host cooking, baking and canning sessions with the youth attending and was well received. A virtual family fun cooking program will be initiated in 2024 to link all members to coming together.
- Education Department hosts learning Sunday sessions for members to come together to cook and prepare traditional foods.
- The QHS/Thompson Rivers University/Community 'Everyone Eats Program' provided assistance, grant funds and knowledge for Health Programing/ Food Sovereignty.
- IHA/TRU Food Sovereignty Sponsored Training program – supported 2-4 community members to gain skills in Grant Writing, harvesting, on the land traditional plant identification for healing/medicine.

Other Activities

Grants and Other Funding

- Nation/community shared services funding was received through Le7 te Melamin (SHC) provided FNHA funds for land based healing, opioid awareness and mental health & wellness.
- FNHA provided a grant for harm reduction, International Overdose Awareness Day and trauma training.
- Critical response/opioid awareness/trauma informed training was held in community for staff members

First Aid Training

- Organized and hosted by Health and the Stsmemelt Department for Community preparedness for on reserve & urban members. Level 3 training was supported in the 2023-2024 fiscal year.
- First responder program info sessions held with CnC and community to look at building a team in the future. Road access and house mapping was completed with BCEAS joint venture within this connection in the 2023-2024 year.

Healthy Activities

- Due to limited facilities in the community, the Health Department assists with requests towards healthy activities such as gym passes and outside events for children, youth, and band/community members within budgets with funding is available.
- Held healthy heart/diabetics sessions, financial literacy/taxes, hearing test sessions, first responder sessions

Pelltiq't Pear Lake AGM Gathering (within our Traditional Territory)

- One week camp in August for members and community to camp, attend AGM, visit, participate in fishing and processing as well as gathering of traditional medicines for



Whispering Pines/Clinton Indian Band Annual Health Report

2023-2024

preserving/processing. A two day Youth Summer Cultural Camp held on site with staff that included child minding

- SCFSA hosted drum making
- Sunshine ceremony was held
- Fuel/grocery gift cards provided for attendees.
- Lodging provided for families/Elders as needed.
- All meals were provided, bottled beverages, fruits and snacks
- Safety and first aid provisions with fully qualified staff
- Our community is grateful to be able to access salmon from the net catch through the Shuswap Nation Fisheries program, this will continue in the 2024 year. Community members participated in the netting of the trout at Kelly Lake and Green Lake.

Maternal Child & Health

- 2024-2023 saw an increase in babies at home and urban members. This increased the need for this funded program, for WPCIB transitions with its rapid growth in the future.
- Circle of Life Program was accessed by membership and baby welcome ceremony was held for WPCIB for the first time in a long time.
- MHC- a key element of the program is home visiting by nurses and family visitors (experienced mothers in the community), who provide information, support, and linkages to other services; integrating culture into care is a key aspect of the program. By increasing participation of on-reserve community members in planning and developing services, increasing coordination of services for on-reserve clients, WPCIB sees an increased use for this funding.

Elders

- 2023-2024 has shown an increase with engagement that has led to a decrease in social isolation and acceptance to the act of visiting
- Elders who have gardens were encouraged and assisted with their individual gardens, food preparation and preserving.
- Education days at the hall have elders attending regularly
- Youth and Elder worker is now assisting with wellness checks/health appointments, food deliveries and more.
- Elders invited to participate in prayer and welcome songs/drumming with all events.
- Elders involved in new Le7 te Melamin welcoming ceremony, grand march flag bearing ceremonies and at the youth winter gathering pow wow.
- Increase in attendance at Elder forum and engagements away from the interior with funding and supports
- BC Healthy Communities Aging Friendly Grant of \$25,000 awarded to build capacity with the CCP/Health & Wellness Plan participation info gathering and community gatherings
- Requests for trauma informed healings for residential school survivors increased focus
- Elders participated in traditional wellness by sharing their knowledge and experiences of gathering of medicines and preparing them for use, story-telling and other 'on-the-land' activities.



T'kemplúps te Secwépemc (TteS) Annual Report to Q'wemtsín Health Society

2023-2024

Report provided by Anne Leonard

Brighter Futures

- Our Indigenous Food Sovereignty programs have been very successful; we have developed and maintained a hothouse near Little Fawn Daycare, a greenhouse and garden on Kamloopa Way, and Berry Walk garden next to Sk'elep School of Excellence
- Hunting camp held October 16th to 20th, that included canning, meat cutting, processing deer and moose. Elders were engaged to deliver education, and received honoraria for their work
- On the land learning workshops every Thursday during the spring and summer months
- Full Circle Youth Centre "On the Land Week" that involved delivering land-based learning activities to the youth summer camps and to all community members. Activities included drum making, crafting and beading.
- Procurement of cultural and on-the-land equipment including a canoe, and truck to tow canoe, fishing net, meat cutting equipment for hunting
- We made many referrals to QHS for baby programs, COVID shots and other health services

National Native Alcohol and Drug Abuse Program (NNADAP)

- Jay Bearhead and Rachel Kilback were coordinators for this program, working in conjunction with the Community Health Rep to service clients coming through with health and dental issues.
- Clients were referred to Mental Health and Addictions coordinator to provide wraparound supports

Mental Health Crisis and Solvent Abuse

- Rachel Kilback worked with clients to help them access wrap-around supports. We partnered with Seasons Health Therapy to provide counselling services.
- We helped to fill out applications for detox to other locations such as Pheonix Centre, Round Lake, Telmexw Awtexw Treatment Centre; Tso-w-Tun Le Lum Society. We provide meals, transportation, and accommodation to help the clients arrive at the facilities.
- United Way introduced the *211 program to help clients access services, and we integrated this into wellness and mental health and addictions clients, as well as all band members as they came in for assistance

Community Health Representative: Health Services

- We help clients needing to access health care services, by advocating for them to Royal Inland Hospital, First Nations Health Authority, Interior Health Urgent Primary Care, Pacific Blue Cross and long term care facilities. This includes:
 - Advocating for families that needed care
 - Researching prices and availability for long term care



Tkemlúps te Secwépemc (TteS) Annual Report to Q'wemtsín Health Society

2023-2024

- Going along with families to important health meetings to support them
- Helping people understand options and make decisions about health care services
- We attended tours of facilities and introducing families to care support options
- We are constantly interacting with Jordan's principle, working alongside with family support services to ensure they are receiving the care they need.
- We engage in interdepartmental sharing of information, and making referrals to different departments for clients
- We arrange medical and dental transportation for out of town appointments
- We ensure community members received transportation services with drivers
- We ensure assisted living clients were accommodated with the Homemakers program, which includes:
 - Left to right observation (going in the home, scoping the room for health and safety concerns)
 - Reporting on the health of clients to the Community Health Rep
 - Reporting to housing in terms of the safety and health concerns in the home (i.e. shower bars, stairs etc)
- We were approved for funding for a large purchase of medical equipment for a loaning program
- We advocated to change the annual health/medical/dental benefit from \$1000 to \$1200 per year per Band member
- We make periodic visits to care facilities and home visits, based on Homemakers reports on needs



Skeetchestn Annual Report to QHS 2023-2024

Overview

The Skeetchestn Indian Band Social Development Team's focus in 2023-2024 was: mental health, spiritual and physical well-being by creating and delivering 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 deliver effective and efficient programs and services.
- More effective and efficient communication methods.
- Emergency plan for the 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

Our focus is on children in care, family dynamics, mental health, and healthy relationships. Our 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. We also provide drug and alcohol treatment referrals, service referrals in Kamloops area and implement programs relevant to the community needs.

Youth Cultural Coordinator

Erin Hewitt

The focus for the year was implementing a program for the youth and teens in our community along with administering and delivering the programs to the youth of all age groups via;



Skeetchestn Annual Report to QHS 2023-2024

arts-based activities, health and well-being activities, cultural activities and outdoor education and sports/fitness activities. We went to Gathering Our Voices this year with our teens and implemented a life skills program where they learned budgeting, sexual health, basic car maintenance and job readiness.

We developed a culture based summer school program called Summer Adventure Club where we focused on community connections with traditional land based learning, connecting with elders and field trips. We had 40 kids registered.

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/Kate David/Corinne

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.

We provided light home making services to elders who live alone. We celebrated elder's birthdays quarterly with a big birthday party.

Language

Sincere Simon

We have developed monthly cooking in secweptmecstin classes for the community.

BSDW

Elizabeth Etienne

We hosted a budget workshop for clients on SA.



Skeetchestn Annual Report to QHS 2023-2024

Preschool

Melissa Cummings/Trinity Hewitt

Our preschool has been open since Sept 2023. We offer a 4 days/week program to prepare our kids for kindergarten readiness. In the summer we focus on more free play and on-the-land exploration.

Social Development Manager/Family Support

Nicole Doyon/Mia Dunbar

Our team provided support to our community and health clinic. We programmed for preschoolers, youth, teens and elders. We implemented a music therapy program called Music Togetherness once a week for an hour for moms and kids under 5. We implemented a community culture day once a week where community members come and work on beading projects. We hosted various cultural events such as winter wellness, Indigenous day mini pow wow celebration. We have a back to school bash every year. We are doing an outdoor movie night. We are planning an event for truth and reconciliation where we do cultural activities, eat traditional food and in the evening dance and sing with an Indigenous DJ. We implemented a fitness program called *Let's Move Skeetchestn* where we focused on health and fitness for people age 16+. We have weekly healthy eating meal kits for the participants as well as weekly fitness classes in our SIB gym. We booked out the gym at the health clinic once a week to provide personal training. We also booked various fitness facilities in Kamloops for people to sample such as yoga, hot yoga, spin class and pilates. As well as outdoor activities such as paddle boarding and hikes in the area.

We are always focused on the needs of our community and always trying new things to keep people engaged.

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
Leah Briault, Health Director

On behalf of the Board of Directors we would like to take this opportunity to let all the QHS Staff know that we truly appreciate all their efforts in getting the work done to support our families with their health care needs.



Public Health Services

Home & Community Care Services

Dental Programs

Primary Health Care



Q'wemtsín
HEALTH SOCIETY

Q'wemtsín Health Society • 250.314.6732
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