



2024
2025

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/Clinton Indian Band (WPCIB).**



mission

Advancing holistic health
by providing programs,
services, and education

vision

Healthy Secwépemc
individuals, families,
and communities



Weykt

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, 2024 to March 31, 2025.

QHS works toward a vision of **"healthy individuals, families, and communities"**. As an organization our mission is to **"advance holistic health by providing programs, services and education"**.

QHS works in collaboration with our three member bands: Tk'emlups te Secwépemc, Skeetchestn, and Whispering Pines/Clinton Indian Band. The board of directors meet monthly and the staff at QHS often works 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 primary health care services, public health, home & community care, and several allied health services, including dental care.

We started off this year by signing a new 10-year contribution agreement with FNHA. At the same time, we updated and signed our Memorandum of Understanding with our three member bands. Some of the other highlights for this fiscal year were:

- Completing the school curriculum: Secwépemc Moons for Sk'elep and Skeetchestn community schools (lessons on growing & harvesting)
- Psychological First AID workshops
- Traditional Medicine making workshops
- Developed a Mental Health Therapy List from approved FNHA counselors

We continue to work in partnerships with Dr. Corbin Sallis and Dr. Kelsie Gourley in our dental department, and with Dr. Selena Lawrie and Dr. Mark Langford in our primary health care department. We want to express our gratitude for the outstanding care they all provide for our clients.

We would also like to take this opportunity to mention our partnership with the Supporting Team Excellence with Patients society (STEPS) organization here in Kamloops. STEPs have been extremely instrumental in assisting QHS to develop our primary health care program and services. It has been an invaluable partnership, and we greatly appreciate all of their time and effort they provide to us.

Wishing everyone a healthy, happy summer, and an excellent harvest season.

Wishing everyone a safe and healthy year!!

Colleen Lessmann
Health Director

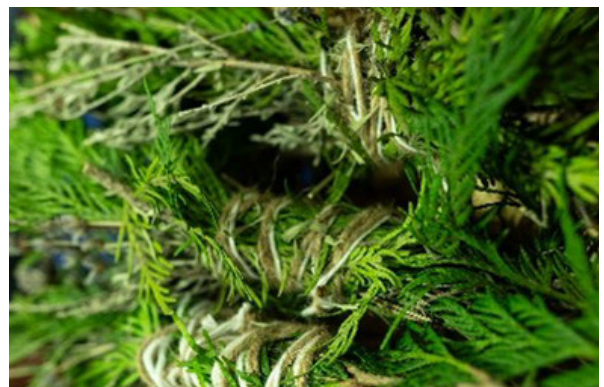




TABLE OF CONTENTS

4

Public Health Services

Circle of Life & Communicable
Disease Program • 4

Harm Reduction • 6

8

Home & Community Care Services

Home Care • 8

Diabetes • 9

Foot Care • 9

12

Dental Programs

Dental Clinic • 12

Children's Oral Health Initiative
(COHI) Program • 14

16

Primary Health Care

Primary Health Care • 16

Naturopathic Medicine • 17

Respiratory Therapy • 18

Craniosacral Therapy • 19



Public Health Services

Circle of Life & Communicable Disease Program
Harm Reduction

TEAM MEMBERS

- **Diane Procter** • Community Health Nurse (CHN), Public Health Nursing Manager
- **Sarah Bennett** • Community Health Nurse (CHN)
- **Bobbi Sasakamoose** • Harm Reduction
- **Lindsie Manywounds** • Community Wellness Coordinator

Circle of Life & Communicable Disease Program

The Circle of Life program, delivered by Q'wemtsin Health Society (QHS) Community Health Nurses, provides culturally safe, holistic care to families in member communities. The program supports Maternal and Child health through prenatal education, postpartum support, infant growth monitoring, and parenting guidance. It includes the **Canada Prenatal Nutrition Program (CPNP)**, offering nutrition support, grocery cards, and health education to expectant and new mothers. It raises awareness about Fetal Alcohol Spectrum Disorder (FASD), focusing on prevention, early identification, and family-centered support. The Circle of Life program also addresses **Communicable Disease Control** by promoting infection prevention, providing health education, and supporting outbreak response in collaboration with health partners. Immunizations are a key part of the program, offering accessible clinics for children, youth, and adults to protect against vaccine-preventable diseases. Rooted in Secwépemc values, the Circle of Life supports families across the lifespan with respectful, community-based health services.



35

Families in
the Prenatal
Program

10

Births in
Community

267

Flu
Vaccines

CIRCLE OF LIFE & COMMUNICABLE DISEASE PROGRAM STATISTICS

Public Health	TteS	SIB	WPCIB	TOTAL
Flu vaccines given 2024/2025	158	103	6	267
Covid vaccines 2024/2025 fall and spring campaigns (clinics were held in each community)	147	98	2	247
Births	7	3	0	10
Prenatals	3	2	0	5
Families in Canada Prenatal Nutrition Program	23	11	1	35

Harm Reduction

Community Outreach—Harm Reduction and Naloxone Workshops, as well as Naloxone Distribution.

Health Promotion—planning and coordination of all events, such as Ladies Day, Men’s Night, Health Fairs, Open Houses, and Psychological First Aid training.

Traditional Wellness—Harvesting and processing traditional medicines into teas, pain relief salves, distributing into community, and hosting medicine making workshops.

HARM REDUCTION STATISTICS

Name of Service	Stats by community	Skeetchestn	WPCIB	TteS	TOTAL
Intramuscular Naloxone	# of individual kits distributed	23	10	81	114
Nasal Spray Naloxone		21	10	65	96





30

Psychological First Aid Course Attendees

35

Medicine Making Workshop Attendees

Name of Community-based Service	Location/Community	Description	How many times was the event held in the year?	# of community members impacted
Harm Reduction Workshop at SCFS	Community Members/ Employees of SCFS	Facilitated a workshop at SCFS to train their employees on how to administer Naloxone.	1	9
Psychological First Aid Course	TteS	QHS teamed up with Valley First Aid for a 2 day Psychological First Aid course for our focus for National Addictions Awareness Week.	2	20
Psychological First Aid Course	SIB	Same as above	1	10
Medicine Making Workshop	TteS	QHS received funding via ISPARC to host our own Medicine making workshop for 8 weeks. Every Thursday community members would show up to the center and participate in a facilitated workshop to make salves and teas from our traditional medicine hosted by Lindsie.	8	12
Medicine Making Workshop	SIB	We hosted 4 workshops from January –May 2025—we did different salves which included Arnica, Juniper, Devils Club, Cottonwood Bud.	4	23



Home & Community Care Services

Home Care
Diabetes
Foot Care

TEAM MEMBERS

Christine Lessmann • Acting Home Care Manager

Brianna Giese • Home Care Nurse

Sophia Friesen • Health Care Nurse

Tiger Sperling • Health Care Assistant

Kathrin Jules • Health Care Assistant

Tanya Seymour • Health Care Assistant

Shaunasee Manywounds • Health Care Assistant

Evelyn Scherer • Health Care Assistant

Christopher Anderson • Health Care Assistant

Diala Toulany • Certified Diabetic Educator/Dietitian

Suzanne Marsel • Foot Care Specialist

Home & Community Care Program

QHS Home and Community Care (HCC) is dedicated to supporting the health and wellbeing of community members across the three Indigenous bands we serve. Whether care is needed for a short time or over the long term, our services are guided by respect, connection, and the unique needs of each individual and family. From helping with daily living to providing medical and emotional support, HCC offers care that honors the whole person.

Our team walks alongside individuals and families, helping to create personalized care plans, offering steady support through life's changes, and building bridges to trusted health providers and community resources. We work in close partnership with Interior Health front line staff and are grateful for their continuous collaboration in supporting our community members.

These past couple years, a few of our cherished clients who had been with us since nearly the beginning of QHS moved on to the spirit world. Their presence, wisdom, and connection to our program will be deeply missed. We send our heartfelt love to all families who have experienced loss. May you find comfort in the community, and peace in the enduring spirit of those we hold in our hearts.

Diabetes

The Diabetes Program continues to provide personalized support and education for community members living with prediabetes and diabetes. This is offered through one-on-one phone calls and in-person visits, allowing clients to receive care that fits their needs and comfort.

A key focus this year has been the **Libre Program**, which has made a significant difference for many clients managing diabetes. This technology has empowered individuals to better understand and manage their blood sugar levels, leading to noticeable improvements in daily life. The Libre Program continues to have a strong, positive impact on overall health and lifestyle for those living with diabetes in our communities.

Diala, our Certified Diabetes Educator (CDE) and Registered Dietitian (RD), brings deep experience and compassion to her work. She supports adults with Type 1, Type 2, and Gestational Diabetes through an individualized, holistic approach. Her guidance helps clients make healthier choices and feel more confident in managing their condition.

Foot Care

Suzanne brings skill, care, and a passion for prevention to her work in foot care. She provides specialized services for clients with health conditions, such as diabetes or circulatory issues, that increase the risk of foot infections or complications. Her goal is to help clients stay ahead of these risks through regular care and education.

As a **Licensed Practical Nurse** with a **Bachelor of Science in Podology** and **Advanced Foot Care training**, Suzanne combines medical expertise with a compassionate approach. She not only offers hands-on foot care but also promotes healthy footcare practices, completes thorough risk assessments, and makes referrals when needed.

Suzanne is committed to empowering both clients and staff with knowledge, sharing tips and tools that support strong, healthy feet, because caring for your feet means caring for your whole health.



28
Clients on
Libre Program

84
Foot Care
Clients

HOME CARE & COMMUNITY CARE SERVICES STATISTICS

Home & Community Care	Stats by community	Skeetchestn	WPCIB	TteS	TOTAL
HCA: in home care, QHS Century tub program, medic aid assistance	# of individual clients/families	9	3	24	36
Home Care Nursing Services: Acute and Chronic Health Management	# of individual clients/families	33	8	111	152
Foot Care	# of individual clients/families	19	3	62	84
Nutritionist / Diabetes Educator	# of individual clients/families	9	1	30	40
Libre Program	Number of clients on program	3	0	25	28





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

Wan Chung • COHI Aide

Dental Clinic Program

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. Corbin Sallis** and **Dr. Kelsie Gourley** along with their certified dental assistants Kim Bartlett, and Kelsey Whiting, provide dental services 2 Wednesdays each month. 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),



117
Dental Program
Clients

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 varnish applications. The health care team at Q’wemtsin Health Society and the dental clinic staff work together to provide every client with the highest level of holistic individualized care.

DENTAL PROGRAM STATISTICS

Dental Program	Stats by community	Skeetchestn	WPCIB	TteS	TOTAL
Dental Clinic	# of individual clients/families	21	6	90	117
	# of new clients this year	5	1	7	13
	# of appointments/encounters	50	15	147	212

Name of Community-based Service	Location/Community	Description	# of community members impacted
TteS Health Fair	TteS	Provide dental information, meal, contest, door prizes, hand out oral hygiene supplies	120
SIB Health Fair	SIB	See above	80
QHS Open House	TteS	See above	75



Dental Programs

Children's Oral Health Initiative (COHI)

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 Chartrand—Dental Hygienist, Lindsie Manywounds—COHI Aide and Wan Chung—COHI Aide. Crystal, Lindsie and Wan provide **preventive dental care to 6 communities in our region**: Tk'emlups te Secwépemc, Skeetchestn, Whispering Pines/Canton, Adams Lake, Little Shuswap 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:

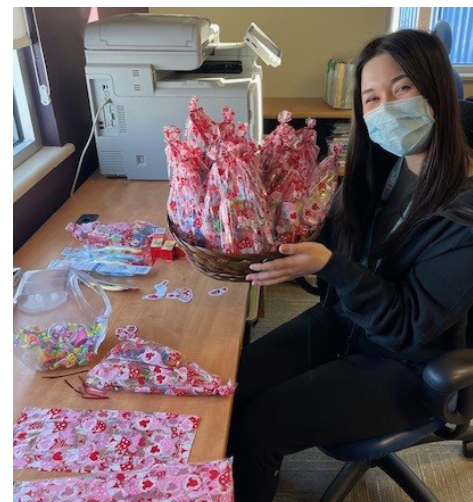
- Annual screenings
- Fluoride varnish applications
- Oral Hygiene Education
- Client support and referrals
- Parent resource kits
- Oral health care supplies (toothbrush, toothpaste and floss)

161
COHI Patients

COHI STATISTICS

COHI	Stats by community	Skeetchestn	WPCIB	TteS	TOTAL
Children's Oral Health Initiative	# of individual clients/families	38	3	120	161

Name of Community-based Service	Location/Community	Description	# of community members impacted
SIB Kindergarten Day	SIB	A fun wellness day with great food, bouncy castle, face paint as well as services like audio screening and dental exams	15
TteS Kindergarten Day	TteS	A fun wellness day with great food, bouncy castle, face paint as well as services like audio screening and dental exams	15
QHS Open House	TteS	Information, contests, door prizes, handed out oral hygiene supplies	75
SIB COHI Valentine's Day Party	SIB	A fun day for the COHI kids that attend preschool, daycare or stay home with parents, story time, crafts, photo booth, lunch	35
TteS COHI Valentine's Day Party	TteS	A fun day for the COHI kids that attend preschool, daycare or stay home with parents, story time, crafts, photo booth, lunch	25





Primary Health Care

Primary Health Care
Naturopathic Medicine
Respiratory Therapy
Craniosacral Therapy

TEAM MEMBERS

Dr. Selena Lawrie • Family Physician

Dr. Mark Langford • Family Physician

Allan Lai • Nurse Practitioner

Megan Rosette • Primary Health Care Manager

Bailie Stewart • Medical Office Administrator

Christopher Andersen • Medical Office Administrator

Dr. Melissa Bradwell • Naturopathic Doctor

Sheryl Hamilton • Craniosacral Practitioner

Kaden Romain • Respiratory Therapist

672

Naturopathic
Medicine
Appointments

Primary Health Care

Primary health care providers focus on supporting overall wellness and helping individuals stay healthy. These services **promote healthy living**, **prevent illness**, and **provide early treatment** for common health concerns. Care includes regular check ups, wellness visits, mental health support, and guidance on lifestyle choices like nutrition, exercise, and stress management. Primary care providers build long-term relationships with individuals to understand their unique needs and support their well-being. The goal is not just to treat illness, but to encourage balance in physical, mental, and emotional health. By focusing on prevention and wellness, primary health care helps people live healthier, fuller lives and reduces the need for emergency or specialist care. It plays a key role in building healthier communities.

PRIMARY CARE STATISTICS

Primary Care	Stats by community	Skeetchestn	WPCIB	TteS	TOTAL
General Practitioner –Dr. Lawrie	# of individual clients	24	5	77	106
	# of appointments				75
General Practitioner –Dr. Langford	# of individual clients	41	5	63	109
	# of appointments				201
Nurse Practitioner –Allan Lai	# of individual clients	45	15	117	177
	# of appointments				202

Naturopathic Medicine

2024–25 was marked with continued success in the Naturopathic Medicine program at QHS. Dr. Melissa has been a proud member of the QHS team for 15 years and continues to be humbled and honoured to work with her clients. Through [community events](#), [wellness talks](#), and [workshops](#), Dr. Bradwell educated the public on what naturopathic medicine is and how it differs from conventional care.

The integration of naturopathic medicine remains a benchmark for interdisciplinary, patient-first healthcare. Key service areas at the clinic included:

- Hormonal health and women’s wellness
- Digestive and metabolic conditions
- Stress, anxiety and sleep concerns
- Immune system support and chronic fatigue

Dr. Melissa looks forward to another year of holistic, patient-centered healthcare to improve access to preventative medicine, chronic disease management, and lifestyle-based interventions.

NATUROPATHIC MEDICINE STATISTICS

Naturopathic Medicine	Stats by community	Skeetchestn	WPCIB	TteS	TOTAL
Providing primary care diagnosis, treatment and medical advice, along with complementary services like IV vitamin therapy and acupuncture	# of clients/families	38	4	70	112
	# of IV vitamin infusions	92	11	177	280
	# of acupuncture	22	0	37	59
	# of health consults	3	0	13	16

Respiratory Therapy

The Respiratory Program at Q’wemtsín Health Society focuses on **early diagnosis of respiratory conditions** as well as patient education for disease prevention. Community members with pre-existing lung conditions, smoking histories or anyone exposed to environmental air pollutants (Household or Work related) may benefit from pulmonary testing. A Respiratory Therapist can conduct a **Spirometry test** to see how efficiently a patient’s lungs and muscles of ventilation are working as well as seeing if certain medications benefit the patient or improve lung function.

From there patients can be diagnosed, referred for more specific tests or further education can be provided. The education covered can help patients deal with chronic respiratory conditions, prevent respiratory illness, educate patients about their current respiratory medications as well as smoking cessation.

RESPIRATORY THERAPY STATISTICS

Respiratory Therapy	Stats by community	Skeetchestn	WPCIB	TteS	TOTAL
Spirometry testing	# of clients/families	4	0	14	18





67
Craniosacral
clients/families

Craniosacral Therapy

Geared towards Elders and patients suffering in Chronic Pain, Craniosacral Therapy utilizes **a gentle holistic approach that helps to treat the entirety of an ailment**. Often, we will start treatment by looking at alignment and use specific positioning and gentle muscle contractions to bring joints into better alignment. With each treatment we are strategic in figuring out what is best going to help you in the moment. The treatment is generally quite gentle and effective.

This style of treatment is very effective at treating:

- Chronic Pain
- Headaches
- Neck pain
- Nerve pain/compression
- Numbness and tingling
- Any joint pain
- Back pain
- Hip pain

CRANIOSACRAL THERAPY STATISTICS

Craniosacral Therapy	Stats by community	Skeetchestn	WPCIB	TteS	TOTAL
	# of clients/families	14	4	49	67

Community Reports



Whispering Pines/Clinton Indian Band



Brighter Futures

The Brighter Futures funding was utilized to enhance overall wellness and development through funding assistance to assist with recreational fees, extracurricular activities, cultural/traditional practices, and health-related expenses.

These supports directly contribute to building strong and resilient children by aligning with the four pillars of well-being: mental, emotional, spiritual/cultural, and physical health. The funding supports enabled access to sports programs, art and music classes, tutoring, and other structured activities that promoted self-confidence, teamwork, and physical fitness. Health-related supports, including dental care and therapy services, ensured that children received early intervention and ongoing care, reducing barriers to their overall growth and well-being.

Parents and caregivers have reported positive impacts on children's behavior, emotional regulation, health and self-esteem as a result of participation within the program. By investing in the holistic development of children, the program continues to foster a generation of young people who are mentally strong, emotionally secure, spiritually connected, and physically healthy.

NNADAP—National Native Alcohol & Drug Abuse Program

During the reporting period, program expenditures under the National Native Alcohol and Drug Abuse Program (NNADAP) were primarily allocated to support wages for staff facilitating direct client services. These services included providing individualized support to clients seeking access to mental health, addictions, and other relevant health and social services. Staff worked closely with clients to assess their needs, develop care plans, and support them in navigating service systems to ensure they received timely and culturally appropriate assistance.

In addition to service facilitation, expenditures covered case management and referral coordination. Staff maintained active case files, tracked client progress, and followed up to ensure continuity of care. Referrals were made to detoxification centers, treatment facilities, counseling services, and community-based supports as appropriate. These activities were essential in supporting holistic recovery paths and promoting overall well-being among clients. All wage-related expenditures were in alignment with NNADAP funding guidelines and contributed directly to enhancing access and support for Indigenous individuals affected by substance use.

CHR—Community Health Representative

During the reporting period, funding was allocated to support part-time wages for a key position dedicated to providing comprehensive support services to clients. This role included transportation assistance, ensuring clients could access vital services such as medical appointments, dental care, and mental health support. By offering consistent and reliable transportation, the position helped reduce barriers to care, particularly for individuals with limited mobility or lack of access to personal transportation. In doing so, the position contributed directly to improving health outcomes and promoting equitable access to essential services both within and outside the community.

In addition to transportation, the staff member provided individualized client support through referrals to appropriate resources, assistance with navigating service systems, and direct advocacy on behalf of clients. This role also involved facilitating community-based programming that addressed wellness and cultural connection, further strengthening individual and family resilience. The combination of logistical support, case management, and advocacy helped ensure clients received the care and services they needed while also building trust and engagement within the community. This position remains a vital part of the broader wellness strategy, providing both practical and relevant support and advocacy to community members.

Mental Health Crisis and Solvent Abuse

Mental health crisis and solvent abuse funding was used to provide immediate and ongoing support to individuals experiencing acute mental health challenges and those affected by solvent abuse. Crisis intervention services included access to on-call mental health professionals, culturally safe crisis response, and coordinated referrals to detox, treatment facilities, and emergency counseling. Individuals were supported through referrals, advocacy, and case management to ensure they received appropriate and timely care.



Brighter Futures

- Food sovereignty program is still up and running and is a beneficial program for the community, partnering with various departments within Community Services. Children are receiving the nutrients required for their health, at home and at the youth centre.
- Traditional teachings—rattle making and drums as well as beading with the youth utilizing members as well as outside resources. Also, attend local programs when invited to do so, the youth enjoy getting out and meeting new people and learning new things.
- Youth also participate in outings to local water parks, trampoline park, wildlife park, hockey tournaments, youth conferences locally.
- Continue to encourage youth and Elders for sharing circles story telling.

NNADAP—National Native Alcohol & Drug Abuse Program

- Continue to provide supports to members for counselling and referrals, providing full wrap around supports. Working closely with local resources.
- Treatment referrals and counselling in house.
- Continuing to establish relationships with outside resources, for example, Car 40, Ask Wellness, Maverick.
- Hosting sessions in office to provide awareness on effects of Alcohol and Drugs.
- Working closely in house as well to provide the best possible outcomes for membership.

CHR—Community Health Representatives

- Assist members needing to access health care services, being an advocate for them with RIH, IH, FNHA, Urgent Care, as well as long term and assisted care facilities.
- Completing necessary paperwork when required for members.
- Continuation of services for all members, for transportation, medical, dental, optometry and any FNHA funded programs members are utilizing.
- Supporting members in Health-related meetings.
- Assisting members to appropriate medical appointments.
- Arrange and support for out-of-town appointments.
- Homemakers program; homemakers' makers provide services to clients daily.
- Maintaining bridges between government resources.
- Essential services driver facilitation.
- Pharmaceutical collaborations.
- OT/PT facilitation—mobility assessments.
- Equipment assessment and in house equipment loan program.
- Dietary assessments and supports.
- Independent living supports for Elders and clients with life limitations.
- Generalized holistic supports for Ttes Community in entirety.
- Community education and provision of updates from current health reports.

Mental Health and Solvent Abuse:

- Continue to support individuals to appropriate counselling centres.
- Assist members with Detox as well as Treatment Centres. Continued home visits with clients and supporting through the process.
- Providing monetary assistance when needed, or referrals sent to appropriate departments or resources.
- Participated in National Addictions awareness week, hosted events for awareness, brought in guests.
- A variety of events, resources and good things happening to assist members with their mental health.
- This department is fast paced and a wide range of services and wrap around supports are available. Members are accessing this service daily.

QHS Board Members



Tk'emlúps te Secwépemc

Councilor Vicki Manuel
Councilor Myron Thomas



Skeetchestn

Councilor Tracy Hewitt
Councilor Andrew Karas



Whispering Pines/Clinton Indian Band

Councilor Mathew Lewis
Tasha Cunningham, 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
130 Chilcotin Road, Kamloops BC V2H 1G3

qwemtsin.org