



2025
2026

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 Indian Band (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



Hello Everyone,

I am honoured to present Q'wemtsin Health Society's annual report for 2025/26. In this report the reader will see that QHS provides a full range of services based on **wholistic health**. Over the years we have consistently added services and programs to better meet the needs of our clients and families.

We started with public health services and homecare. We added allied services over the years and a dental clinic in 2015. In 2026 we have created a primary health care department that is funded by the provincial government. This funding allows us to provide General Practitioner care along with the staff support and enablers to provide these services.

We deliver western model medicine and support our client's choice to use traditional medicine. We are lucky enough to have a staff member that is knowledgeable about making traditional medicines which has been very well received by all three communities. **Kukwstsétsemc Lindsie for sharing your knowledge.**

We are so grateful for our dentists **Dr. Corbin Sallis** and **Dr. Kelsie Gourley**. Our dental clients are treated with professional gentle care, so we are very grateful for this partnership. Oral health is the first step to good health, and this is evident in the decreased need for pediatric surgeries in our three communities. Our dental hygienist, **Crystal Chartrand**, has been managing the dental clinic and COHI program for 16 years and has set the example in best practices for dental care in the province. We are fortunate to have Crystal on our team!

I would be remiss if I did not mention the rest of our outstanding team. **We are truly blessed to have each and everyone of our staff and contractors that provide services and care to our clients and families.** We welcomed **Dr. Sean Whiting** this year who joined Dr. Selena Lawrie to provide primary health care for our clients. Sadly **Dr. Mark Langford** retired from QHS and he is missed.

[We look forward to another great year at QHS.](#)

Colleen Lessmann

Health Director





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Primary Health Care

Primary Health Care
Indigenous Patient Navigator
Naturopathic Medicine
Respiratory Therapy
Craniosacral Therapy
Clinical Pharmacist
Health Promotion

TEAM MEMBERS

Dr. Selena Lawrie • Family Physician
Dr. Mark Langford • Family Physician
Dr. Sean Whiting • Family Physician
Megan Rosette • Primary Health Care Manager
Bailie Stewart • Medical Office Administrator
Evelyn Scherer • Medical Office Administrator

Dr. Melissa Bradwell • Naturopathic Doctor
Sheryl Hamilton • Craniosacral Therapist
Kaden Romain • Respiratory Therapist
Lisa Laviolette • Clinical Pharmacist

1482
General Practitioner
Appointments

Primary Health Care Summary:

This year, Primary Health Care programs continued to focus on **improving access, quality, and patient-centered care** within the community. Efforts were directed toward reducing barriers to services, strengthening care coordination, and supporting culturally safe practices.

PRIMARY CARE STATISTICS

Primary Care	Stats by community	Skeetchestn	WPCIB	TteS	TOTAL
General Practitioner —Dr. Lawrie	# of individual clients	22	5	77	104
	# of appointments	43	36	372	451
General Practitioner —Dr. Langford	# of individual clients	43	5	65	113
	# of appointments	205	17	278	500
General Practitioner —Dr. Whiting	# of individual clients	27	10	129	166
	# of appointments	85	20	426	531

Indigenous Patient Navigator Summary:

The healthcare system can be complex and difficult to navigate for many patients. The Indigenous Patient Navigator helps reduce these challenges by **guiding patients through the system, coordinating care, and advocating for their needs**. By improving communication between patients and healthcare providers, this role supports more equitable and accessible care.





Naturopath Summary:

The 2025–26 year reflected continued growth and meaningful impact within the Naturopathic Medicine program at QHS. Now entering her 16th year with the QHS team, Dr. Melissa remains deeply appreciative of the trust her clients place in her care and values the opportunity to support health and wellness within the community.

Throughout the year, Dr. Melissa participated in community **outreach initiatives, wellness education sessions, and workshops** designed to increase awareness and understanding of Naturopathic Medicine and its collaborative role in modern healthcare.

Clinical focus areas continued to include:

- Women’s health and hormone balance, including perimenopause and menopausal support
- Digestive health and metabolic support
- Stress management, anxiety and sleep health
- Immune function and chronic fatigue care

The ongoing integration of Naturopathic Medicine at QHS continues to **highlight the value of interdisciplinary, patient- focused healthcare**. Dr. Melissa looks forward to building on this work in the coming year by continuing to support preventative care, chronic disease management, and individualized lifestyle focused treatment approaches.

NATUROPATHIC MEDICINE STATISTICS

Naturopathic Medicine	Stats by community	Skeetchestn	WPCIB	TteS	TOTAL
Naturopathic Medicine	# of appointments	257	65	496	818

25
Spirometry
testings

Respiratory Therapy Summary:

The Respiratory Therapy 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
Respiratory Therapy	# of spirometry tests	7	4	14	25





377
Craniosacral
appointments

Craniosacral Therapy Summary:

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
Craniosacral Therapy	# of appointments	133	17	227	377

63 Clinical Pharmacist Appointments



Clinical Pharmacist Summary:

New to our clinic, our Clinical Pharmacist works directly with patients to **ensure safe, effective medication therapy.**

The pharmacist will review and manage medications, identify potential drug interactions with drugs, health conditions, or herbal medications. In addition, the pharmacist may collaborate with other healthcare providers to adjust treatment plans if necessary and will counsel and educate patients on their medications.

CLINICAL PHARMACIST STATISTICS

Clinical Pharmacist	Stats by community	Skeetchestn	WPCIB	TteS	TOTAL
Pharmacist Visit	# of clients/families	9	4	6	19
	# of appointments	11	10	10	31
Medication Review	# of clients/families	3	2	5	10
	# of appointments	5	12	15	32

Name of Community-based service	Location	Description	How many times was the event held in the year?	# of community members impacted
Elders Luncheon	TteS	Information booth, one on one presentations, and group presentation on medication review services, plan W formulary list, and compression socks	4	60
Health Access Day	WPCIB	Drop in day for WPCIB members to access pharmacist services such as medication review and drug information, or help with Plan W medications	1	4
Diabetic / Pharmacy Clinic	SIB	Presentation to SIB members over lunch by Dietitian and Pharmacist about Diabetes and the importance of a good diet and medication use	1	5
Health Access Day	TteS	Drop in day for TteS members to access pharmacist services such as medication review and drug information, or help with Plan W medications	1	3



Home & Community Care Services

Home Care
Diabetes
Foot Care

TEAM MEMBERS

Brianna Giese • Home Care Supervisor
Christine Mack • Registered Psychiatric Nurse
Morgan Grooms • Home Care Nurse
Tiger Sperling • Health Care Assistant
Kathrin Jules • Health Care Assistant
Tanya Seymour • Health Care Assistant

Shaunasee Manywounds • Health Care Assistant
Susan Johnny • Health Care Assistant
Christopher Anderson • Health Care Assistant
Diala Toulany • Certified Diabetic Educator/Dietitian
Suzanne Marsel • Foot Care Specialist

Home & Community Care Program Summary:

Our Home and Community Care (HCC) team remains committed to promoting the health, dignity, and overall wellbeing of community members within the three member bands which we serve. Whether individuals require temporary support or ongoing care, our services are grounded in respect, relationship, and an understanding of each person's unique circumstances. HCC continues to provide assistance with daily living, along with medical and emotional supports, while honoring the whole person and the families who support them.

Our team works closely with individuals and caregivers to develop care plans that reflect changing needs over time. We strive to offer consistent, compassionate support while connecting clients to trusted healthcare providers and community resources. Our ongoing collaboration with Interior

Health front-line staff remains invaluable, and we are thankful for their continued partnership in caring for our community members.

Over the past year, we experienced a decline in client numbers, largely due to the loss of some of our longest-serving participants, including our eldest community member at 101 years of age. Many of these individuals had been part of the HCC program since its early days, and their guidance, stories, and presence are deeply missed. We acknowledge this time of transition while also recognizing that the approaching baby boomer generation will soon increase the need for home and community-based care.

We extend our heartfelt condolences to the families and loved ones who have experienced loss. May strength be found in community, and comfort in remembering the lives, teachings, and spirits of those who continue to walk with us in memory.

Diabetes Program Summary:

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 Program Summary:

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 foot care 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.

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, and lunch program	# of individual clients/families	10	3	34	47
	# of visits/tasks	231	53	3424	3708
Home Care Nursing Services: Acute and Chronic Health Management	# of individual clients/families	20	3	76	99
	# of visits/care coordination/tasks	226	78	1317	1621
Foot Care	# of individual clients/families	24	2	64	90
Nutritionist / Diabetes Educator	# of individual clients/families	7	0	47	54
Libre Program	Number of clients on program	3	0	19	22





Dental Programs

Dental Clinic

Children's Oral Health Initiative (COHI) Program



TEAM MEMBERS

Crystal Chartrand • Dental Programs Manager,
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

Dental Clinic Program Summary:

The Q'wemtsin Health Society dental clinic provides essential dental services to community members both on and off reserve, including Tk'emlups te Secwépemc, Skeetchestn Indian Band, and Whispering Pines/Clinton Indian Band. Services are delivered by a team of dentists, **Dr. Corbin Sallis** and his sister **Dr. Kelsie Gourley**, a registered dental hygienist, Crystal Chartrand, and certified dental assistants Kim Bartlett and Kelsey Whiting, with dentists visiting two days each month and hygiene services offered multiple times monthly. The clinic offers a wide range of care, including new patient and emergency exams, recall visits, oral cancer screenings, digital



X-rays, fillings, extractions, biopsies, oral sedation, dentures and adjustments, impressions, night guards, and preventive services such as scaling, polishing, desensitization, and fluoride treatments. The Q'wemtsin Health Society dental team works collaboratively with other health care providers to ensure comprehensive, high-quality, and patient-centered care tailored to individual needs. Congratulations to Dr. Kelsie Gourley on the birth of her second child, a daughter, Emilia, in April 2025.

DENTAL PROGRAM STATISTICS

Dental Program	Stats by community	Skeetchestn	WPCIB	TteS	TOTAL
Dental Clinic	# of individual clients/families	11	9	65	85
	# of new clients this year	0	1	9	10
	# of appointments/encounters	32	10	107	149



Dental Programs

Children's Oral Health Initiative (COHI) Summary:

The **Children's Oral Health Initiative (COHI)** is an early childhood program focused on preventing tooth decay in children aged 0–7 who live on or receive services on reserve. The program also supports parents, caregivers, and expectant mothers. The COHI team—comprised of a dental hygienist and trained COHI aides—**provides preventive dental care across several communities in the region including:** Tk'emlups te Secwépemc, Skeetchestn, Whispering Pines/Canton, Adams Lake, Little Shuswap, and Simpcw First Nation. Services are delivered in accessible settings such as schools, daycares, health centers, and community events. Over the past year, COHI has offered annual dental screenings, fluoride varnish applications, oral health education through engaging activities, client support and referrals, parent resource kits with age-appropriate materials, and essential oral care supplies like toothbrushes, toothpaste, and floss.



289

COHI Patients

COHI STATISTICS					
COHI	Stats by community	Skeetchestn	WPCIB	TteS	TOTAL
Children's Oral Health Initiative	# of individual clients/families	47	3	128	178

COHI	Stats by community	Simpcw	LSIB	ALIB	TOTAL
Children's Oral Health Initiative	# of individual clients/families	26	36	49	111





Public Health Services

Circle of Life & Communicable Disease Program
Harm Reduction
Health Promotion

TEAM MEMBERS

- **Diane Procter** • Community Health Nurse, Public Health Nursing Manager
- **Sarah Bennett** • Community Health Nurse
- **Christine Mack** • Registered Psychiatric Nurse
- **Lindsie Manywounds** • Community Wellness Coordinator

Circle of Life & Communicable Disease Program Summary:

Our work supports the **health and well-being of individuals, children, and families** through a wide range of community-based health programs. We provide pre- and post-natal care to promote healthy pregnancies, support new parents, and ensure infants have the best possible start in life. Our Communicable Disease services focus on prevention, education, immunization, and follow-up to reduce the spread of illness and protect community health. Through Maternal and Child Health (MCH) programming, we support child development, parenting, nutrition, and early intervention services. We also address Fetal Alcohol Spectrum Disorder (FASD) through prevention, education, early identification, and family support services that encourage healthy outcomes for children. **Rooted in Indigenous health principles**, our work honors culture, community strengths, and holistic wellness by integrating traditional knowledge with health services. Together, these programs promote healthier families, stronger communities, and equitable access to care across all stages of life.



72
Children in the
Circle of Life
Program

7
Births in
Community

254
Flu
Vaccines

CIRCLE OF LIFE & COMMUNICABLE DISEASE PROGRAM STATISTICS

Public Health Services	Stats by community:	TteS	SIB	WPCIB	TOTAL
Flu vaccines	# of immunizations	88	9	157	254
COVID vaccines	# of immunizations	76	4	131	211

Public Health Services	Stats by community:	TteS	SIB	WPCIB	TOTAL
Births	# of births by community	1	0	6	7
Pre-natals	# of pre-natal clients at the time of reporting	0	0	2	2
Canadian Pre-natal Nutrition Program (CPNP)	# of infants from birth to 18-months	5	0	19	24
Circle of Life (COL) Program	# of children from birth to 6-years	25	0	47	72

Harm Reduction Program Summary:

The Harm Reduction program is geared toward promoting a healthy lifestyle and **reducing the stigma associated with substance use disorders** to any First Nations person or community member from Tk'emlups te Secwépemc, Skeetchestn Indian Band, and Whispering Pines/Clinton Indian Band. Services include the distribution of take-home Naloxone kits, community sharps collection via the needle clean-up hotline, education on safe use and prevention.



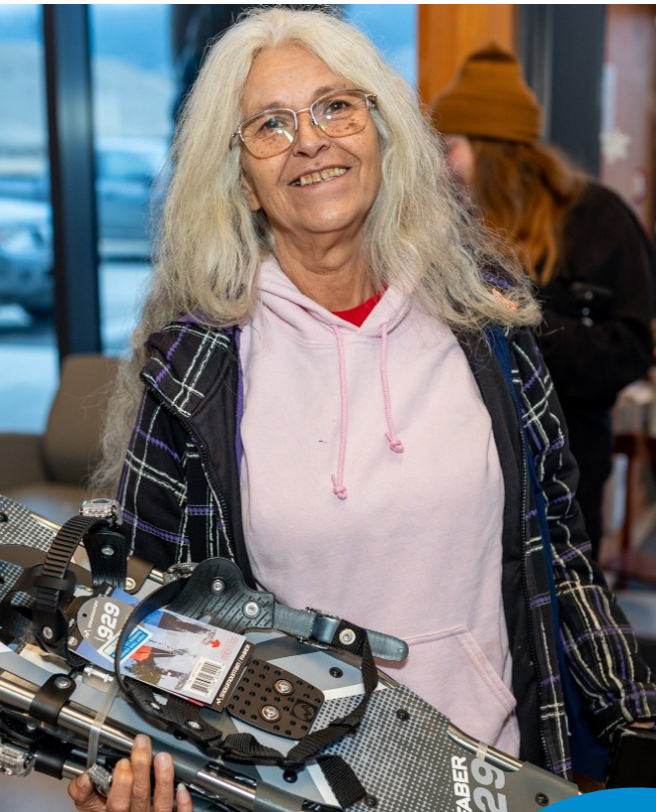


133
Total Intramuscular
Naloxone Kits
Distributed

109
Total Nasal Spray
Naloxone Kits
Distributed

HARM REDUCTION STATISTICS

Name of Service	Stats by community	Skeetchestn	WPCIB	TteS	TOTAL
Intramuscular Naloxone	# of individual kits distributed	73	5	55	133
Nasal Spray Naloxone	# of individual kits distributed	33	5	71	109



25

Attendees at the
TteS Basketball
Camp



Health Promotion Summary:

At Q'wemtsin Health Society, it is our vision to see healthy Secwepemc individuals, families and communities. In addition to the many wonderful services available through our team of healthcare professionals, our dedicated staff have collaborated to **host a variety of events geared at increasing education and awareness of key health topics and concerns**. As a team we have hosted various workshops, community gatherings, craft days, and sporting activities within the three member communities as we strongly believe that these efforts towards health promotion have a positive impact in reducing health inequities for our communities!

We extend special thanks to all our community partners who supported in the delivery of some of these events, and extra special thanks to all the community members that have participated in our events during this past year—we look forward to another year of connecting with you all!

HEALTH PROMOTION STATISTICS

Name of Community-based service	Location	Description	How many times was the event held in the year?	# of community members impacted
Naloxone Training	TteS	Naloxone training for staff	2	16
Naloxone Training	SCFS	Naloxone training for staff	1	10
Naloxone Training	TteS Women's Shelter	Naloxone training for staff	1	5
Preschool / Kindergarten Wellness Day	SIB	A fun wellness day: featured audiology screenings, dental kits, food, bouncy castles, and face painting	1	50
Baby Welcome	SIB	Welcoming celebration for three new babies	1	30
Baby Welcome	TteS	Welcoming celebration for eight new babies	1	40
Ladies Day	Delta Hotel	An event focusing on health promotion for the women of all three communities	1	100
Salve Making	Brock Secondary	Attended Brock Secondary School for National Indigenous Peoples Day to facilitate a Salve Making workshop with the school's Indigenous youth group	1	30

continued...



Name of Community-based service	Location	Description	How many times was the event held in the year?	# of community members impacted
Health and Wellness Fair	TteS	Health and wellness fair with educational booths, giveaways, refreshments, and door prizes	1	225
Health and Wellness Fair	SIB	Health and wellness fair with educational booths, giveaways, refreshments, and door prizes	1	100
Health and Wellness Fair	WPCIB	Health and wellness fair with educational booths, giveaways, refreshments, and door prizes	1	20
NAAW Celebration	TteS	Collaborated with LtMHS, SCFS, and TteS, to organize a celebration dinner for National Addictions Awareness Week where the RCMP presented on current substance use trends in the community	1	50
Basketball Night	TteS	Collaborated with LtMHS, SCFS, and TteS, to organize and host a Basketball Night at Moccasin Square Gardens for National Addictions Awareness Week	1	30
Healing through Hip Hop	TteS	Hosted a "Hip Hop Through Healing" with Kiva Morgan-Hall for National Addictions Awareness Week	1	15

Name of Community-based service	Location	Description	How many times was the event held in the year?	# of community members impacted
Dreamcatcher Workshop	SIB	Guided group session where participants made dream catchers	1	8
Cookie Baking	SIB	Guided group session where participants baked Christmas cookies	1	10
Christmas Open House	SIB	Open house to promote gathering and social connection	1	50
Christmas Open House	TteS	Open house to promote gathering and social connection	1	80
Grandmother's Circle	TteS	Collaborated with TteS to organize and host a grandmother's information circle	1	17
Valentine's Day Party	TteS	A fun filled day for the pre-school aged COHI kids which includes story time, crafts, photo booth, and lunch	1	40
Basketball Camp	TteS	Organized and hosted a Basketball Camp for TteS youth during Spring Break	1	25
Connection in the Kitchen	SIB	Weekly cooking class to promote healthy meal preparation	8	8



345

Attendees at 3
Health & Wellness
Fairs

100

Attendees
for Ladies Day

Community Reports





Brighter Futures

Brighter Futures funding played a key role in supporting the health and well-being of children and families through targeted wellness initiatives and responsive, needs-based assistance within the community. Funding contributed to addressing health-related needs while improving access to opportunities that enhance overall well-being and promote stability for families.

Through these supports, children and youth were assisted in accessing opportunities that encourage positive development, strengthen emotional well-being, and support safe and meaningful participation within their families and community. These supports helped build confidence, reinforce healthy relationships, and contribute to balanced growth across key areas of development. An important component of this work included creating opportunities for youth to connect with Elders, promoting the sharing of cultural knowledge and teachings from community knowledge keepers.

Funding also supported direct assistance to families to address immediate needs, helping to remove barriers and ensure access to essential supports. These efforts contributed to fostering a sense of belonging by helping individuals feel connected, valued, and supported, while promoting positive mental health and overall wellness.

By prioritizing early support and family-centered approaches, the program continues to play a meaningful role in strengthening resilience, supporting healthy lifestyles, and enhancing the overall well-being of children and families. These shared experiences help reduce isolation,

foster inclusion, and support a holistic approach to community wellness.

NNADAP—National Native Alcohol and Drug Abuse Program

The National Native Alcohol and Drug Abuse Program (NNADAP) funding strengthened the community's capacity to respond to substance use and mental health concerns by supporting dedicated, front-line services. Investments in staff wages and associated payroll costs ensured that individuals and families had reliable access to consistent supports addressing substance use, mental health, and related social challenges.

Staff engagement remained central to program delivery, with a strong focus on providing individualized support. Staff worked closely with clients to assess needs, develop support plans, and connect individuals with appropriate services, including treatment programs, counselling, detoxification supports, and community resources. Ongoing follow-up and coordination strengthened continuity of care and supported improved outcomes for individuals and families.

In addition to direct service delivery, NNADAP funding supported men's-focused community engagement through a Father's Day wellness event, which created space for fathers and male role models to connect in a supportive and positive environment. This initiative encouraged meaningful interaction and strengthened relationships by providing an opportunity for men to come together in a safe and inclusive setting

Community Reports—WPCIB

that promotes both individual and collective well-being. The programming supported healthy relationships, encouraged open dialogue, and contributed to prevention efforts by fostering connection, mentorship, and a strong sense of belonging within the community.

These combined efforts strengthen men's wellness and support broader initiatives aimed at increasing engagement of men in health and wellness services in a culturally relevant and meaningful way. Overall, NNADAP continues to provide accessible, culturally grounded services that respond to community needs while supporting long-term wellness and recovery.

CHR— Community Health Representative

Health Services funding supported the Community Health Representative (CHR) role, which remained a key point of access for front-line health services within the community throughout the fiscal year. A significant portion of funding was allocated toward staff wages and associated payroll costs, ensuring consistent capacity to provide direct support and respond to the needs of community members.

The CHR provided essential services including transportation coordination and assistance for medical, dental, and mental health appointments, helping to reduce barriers and improve access to care. These supports also included direct client assistance to ensure individuals were able to attend appointments and maintain continuity of care. Ongoing client advocacy, service navigation, and referrals ensured individuals were connected to appropriate services in a timely and supportive manner.

In addition to direct services, funding supported training and professional development, including First Aid certification. This enhanced the ability to respond to health-related situations and

strengthened the overall quality and safety of service delivery.

Through the combination of staffing, direct client supports, transportation services, and training, the CHR role continues to strengthen access to care, improve health outcomes, and support the overall well-being of individuals and families within the community.

Mental Health & Solvent Abuse

Mental Health and Solvent Abuse funding supported a coordinated and community-centered approach to wellness through program resources, service delivery, and engagement initiatives.

Funding contributed to maintaining essential program infrastructure, including insurance, equipment, and resources required for effective service delivery. Consultant services were also utilized to support program development and planning, strengthening overall capacity to respond to community mental health and substance use needs.

In addition to operational supports, funding contributed to community-based wellness sessions that promoted participation, connection, and positive mental health. These opportunities provided safe and supportive environments for individuals to engage, helping to reduce isolation and strengthen community connections.

Together, these efforts support a proactive and responsive approach to mental health and substance use by ensuring appropriate services and resources are accessible within the community. This integrated approach contributes to improved access, increased awareness, and stronger overall community wellness.

Prepared by: Jennifer Edwards, Health Director



Introduction

The Community Services Department remains committed to supporting the health and wellness of Tk'emlúps te Secwépemc members through culturally safe, holistic, and community-driven services. Throughout the 2025–2026 fiscal year, the department continued strengthening partnerships, expanding programming, and providing wraparound supports to members of all ages.

This report highlights the achievements and ongoing work within the following funded programs:

- Brighter Futures
- National Native Alcohol and Drug Abuse Program (NNADAP)
- Mental Health and Solvent Abuse
- Community Health Representatives (CHR)

Brighter Futures

Program Overview

The Brighter Futures Program continued to provide culturally appropriate programming that supports the physical, emotional, mental, and spiritual wellness of children, youth, and families while strengthening cultural identity and community connections.

Highlights

- Continued the Food Sovereignty Program in collaboration with Community Services departments to improve food security and access to nutritious foods.
- Updated food hamper contents based on members' nutritional needs and feedback, with a particular focus on supporting the healthy growth and development of youth.

- Supported healthy meals and nutritious snacks during youth programs, community events, and seasonal activities.
- Hosted weekly Elders and Youth Craft Sessions every Thursday, providing opportunities for intergenerational learning, relationship building, traditional teachings, and creative engagement.
- Delivered cultural programming including:
 - Drum making
 - Rattle making
 - Beading workshops
 - Traditional teachings from Elders and Knowledge Keepers
 - Storytelling and sharing circles
- Increased collaboration with community organizations to expand youth opportunities.
- Supported community cultural celebrations and wellness events.

Outcomes

- Increased youth participation and engagement.
- Strengthened relationships between Elders and youth through weekly cultural activities.
- Enhanced cultural identity and traditional knowledge.
- Improved access to nutritious foods and healthier food hampers.
- Strengthened family and community connections.

National Native Alcohol and Drug Abuse Program (NNADAP)

Program Overview

NNADAP continued to provide confidential, culturally safe, trauma-informed, and client-centered addictions support for community members experiencing substance use challenges.

- **Individual Counselling:** Provided confidential one-on-one counselling to support members experiencing substance use challenges. Services focused on recovery planning and overall wellness.
- **Treatment and Detox Referrals:** Assisted members with referrals to detox and treatment centres while providing ongoing support throughout their recovery journey. Follow-up services helped ensure continuity of care.
- **Recovery Planning:** Worked collaboratively with members to develop personalized recovery plans that addressed their individual goals and needs. Ongoing support promoted long-term wellness and stability.
- **Family Supports:** Provided guidance and referrals to family members affected by substance use. Services encouraged healthy relationships and strengthened family support systems.
- **Community Awareness:** Delivered educational sessions and community awareness activities focused on substance use prevention, recovery, and available resources. These initiatives helped reduce stigma and increase community understanding.

Mental Health and Solvent Abuse Program

Program Overview

The Mental Health and Solvent Abuse Program continued providing holistic, trauma-informed, and culturally safe supports to members experiencing mental health and substance use challenges.

Services

- **Mental health assessments:** Connected members with appropriate mental health assessments and referrals based on their individual needs. Services supported timely access to professional care.
- **Counselling referrals:** Assisted members in accessing counselling services through community and external providers. Referrals ensured members received appropriate mental health support.
- **Wellness planning:** Supported members in developing personalized wellness plans focused on improving emotional, mental, and spiritual well-being.

Treatment navigation

- **Home visits:** Conducted home visits to provide ongoing support, wellness checks, and assistance for members requiring additional care. These visits strengthened relationships and improved service accessibility.
- Financial assistance where appropriate
- Referrals to internal and external supports

Activities

- Hosted community wellness events promoting mental health and resilience.
- Organized and hosted National Addictions Awareness Week (NAAW) events, providing education, community engagement, and awareness on addictions, recovery, and available supports.
- Increased collaboration with community agencies and healthcare partners.
- Continued providing wraparound supports for members with complex needs.

Outcomes

- Improved access to mental health and addictions services.
- Increased community awareness surrounding mental health and substance use.
- Increased member engagement in wellness initiatives.
- Enhanced collaboration between internal and external service providers.

continued...

Community Health Representatives (CHR)

Program Overview

Community Health Representatives continued serving as advocates, navigators, educators, and supports for members accessing health services while promoting healthier lifestyles throughout the community.

Services

- Medical transportation coordination
- Hospital advocacy
- Medical appointment support
- Long-term care support
- Assisted living coordination
- Health-related paperwork
- Medical travel assistance
- Dental and optometry coordination
- FNHA benefit navigation
- Mobility assessments
- Pharmaceutical coordination
- Occupational Therapy referrals
- Physiotherapy referrals
- Dietary supports
- Homemaker Program coordination
- Independent living supports
- Elder wellness supports

Community Health Promotion

- Delivered nutrition awareness initiatives to encourage healthy eating and informed food choices.
- Provided health and safety awareness education through community events and outreach to promote healthy lifestyles, injury prevention, and overall wellness.
- Supported community members with health education and preventative care information.

Outcomes

- Improved member access to healthcare services.
- Reduced barriers to medical care.
- Increased advocacy and support for members navigating healthcare systems.
- Increased community awareness of nutrition, health, and safety.

Submitted by: Andrea LeBourdais

Tkemplúps te Secwépemc (Community Services Department)



QHS Board Members



Tk'emlúps te Secwépemc

Councilor Vicki Manuel
Andrea LeBourdais, Health Director



Skeetchestn

Councilor Tracy Hewitt
Councilor Andrew Karas



Whispering Pines/Clinton Indian Band

Councilor Judy Sturm
Jennifer Edwards, 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.



Primary Health Care

Home & Community Care Services

Dental Programs

Public Health Services



Q'wemtsín
HEALTH SOCIETY

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