

HESKW'EN'S CUTXE

February 2023

Monthly Newsletter

Vol 1 Issue 1



"Take care of yourself"



COMMUNITY EVENTS

Beading with Erin Aleck on February 9th at Cooks Ferry! Everyone is welcome from 1-3 pm.

10 YEAR HEALTH PLAN

We are excited to share that Cornerstone Planning Group will be developing our 10 Year Health Plan. Look out for community engagement dates and meeting with David and Darci!

FARMERS MARKET COUPONS SURVEY

We are signing up for BC Farmers coupons for the season! Starting in mid-June, interested households can receive \$27 of coupons to purchase from any participating farmers market in BC. Healthy local options!

CULTURAL TEACHINGS

As First Nations people it is important to share our teachings, you will find creation stories, traditional cultural practices, traditional harvesting practices and more on these pages. We welcome our members contributions, connect with Nadine or Corynn if you wish to contribute. Honoraria may be offered.

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HESKW'EN'SCUTXE MISSION

Serving the Cook's Ferry and Siska members living within these communities, Heskwen'scutxe Society pronounced wʔéxʷ weʔ áúʔ which means "take care of yourself" is focused on the well-being of its clients, offers various health services while honoring Nlaka'pamux traditions.

In line with the funding received from First Nation Health Authority, the mission and vision of the Society are to support community-based health programs and for people to maintain their independence and self-sufficiency.

- Access to External Health Care
- Communicable Disease Control
- Home Care
- Maternal Child Health Care
- Medical Travel
- Mental Health and Wellness



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- Cross Word Contest

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We embrace Nlaka'pamux traditions, culture and values. Our health services integrate modern medicines and methods to provide holistic wellness for our community members.

STAFF DIRECTORY

BOARD OF DIRECTORS



Lorette Edzerza
Cook's Ferry



Angela Phillips
Siska



Samantha Gush
Siska



Florine Walkem
Cook's Ferry



Tina Draney
Acting Health Manager
Finance



Scarleth Zwez-Ruiz R.N.
Community Health Nurse &
Home Community Care Nurse



Lisa Colwell LP.N.
Casual, currently at TRU
completing her Registered
Nurse Degree

Cooks Ferry



Nadine Methot B.A.
Administrative Assistant
Medical Travel Clerk

Siska



Corynn Reveley
Receptionist
Medical Travel Clerk

Home Care Aides



Clarissa Frederick,
Nursing Assistant / HCA



Jessie Munro



Danielle Munro
Returning in April

Medical Drivers



Hazel Billy
Custodian



Dayton Arnett



Martha Van Dyke

MANAGERS REPORT

By Tina Draney, Acting Manager

Hentla, we have passed the 10 week mark of the darkest time of the year! Much needed day light and sunshine are upon us. Take time to go outside, even if its only on your porch. Valentines, Family Day and Pink T-shirt days are coming up this month. I hope you make time for your loved ones and enjoy socializing.

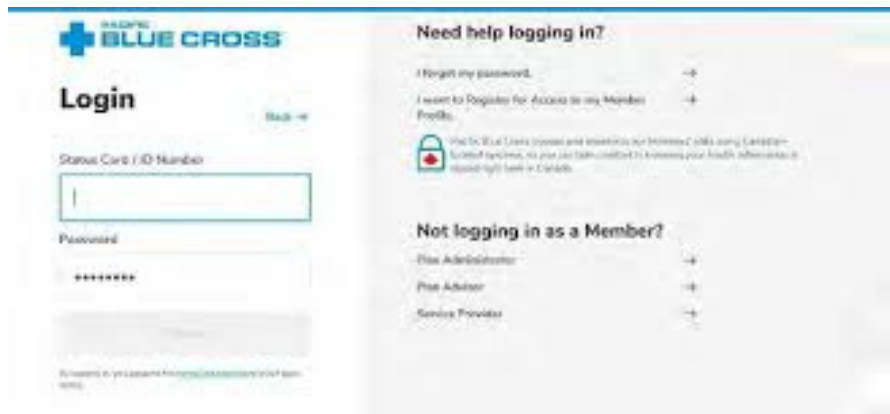
This month, I wanted to bring your attention to our medical travel program. We have had some challenges in finding medical drivers and our team is committed in driving you to your appointments when possible.

This being said, please take time to look at other traveling options available to you for a small fee and could possibly be fun, meeting people or just enjoying a scenic drive.

First Nations Health Authority has put in place a medical travel program that we administer on behalf of the organization.

For more information visit www.FNHA.ca

1. Search under the orange “Benefits” tab. You will find the “Medical Transportation” tab to click on.
2. There you will find the guidelines and criteria that HHSS must follow as administrators of the FNHA Benefits Program.
3. This program is for traveling to doctor appointments outside of your community.
4. The “Benefits” tab also has all the other health services and supplies that are available to you.



RESOURCES

You can find helpful resources both in our office and on our website. You can view more information here:

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Have you downloaded the “Blue Cross App” ?Once you are registered with your status card it links to your personal account. Go to pac.bluecross.ca/fnhaclient and [click I want to Register for Access to my Member Profile](#). Call or drop by our offices for assistance.

MANAGERS REPORT

By Tina Draney, Acting Manager

What is Health Connections?

It is a bus service that provides accessible transportation to non-emergency medical appointments. Although medical appointments have priority, everyone is eligible to use this service if space is available.

To book a trip:

1. call at least two days in advance of travel at 1-855-359-3935

Merritt residence have the option of family, friends, BC transit or taxis for appointments within Merritt.

1. Merritt Cabs 1-250-378-4444 or Leo's Taxi at 1-250-378-5555
2. BC Transit cash fare is \$2.00 no transfers.
3. Handy Dart Bus goes to Kamloops (*see Resources below for more information*).

Options to travel to Doctors appointments are:

Health Connections Bus-Siska, Spences Bridge and Merritt to Kamloops.

Cost is \$5.00 each way (covered by medical travel program if traveling to a Doctor appointment so keep receipts and submit to HHSS with the medical travel form)

www.bctransit.com/Kamloops/schedules-and-maps/health-connections/lytton-kamloops# or

www.bctransit.com/kamloops/schedules-and-maps/health-connections/merritt-kamloops

HHSS can provide some medical travel driving support. Its best to call for rides with as much advanced time as possible to allow our staff to schedule the vehicles and a driver.

PLEASE reach out to our offices for ANY questions and we will do our best to support and help navigate to find a solution for your needs.

RESOURCES

You can find helpful resources both in our office and on our website. You can view more information here:

Merritt Handy Dart Bus goes to Kamloops every Tuesday Pickup clients at the Nicola Valley Hospital at 8:30 am / Drop off in Kamloops at doctors or central location.

The bus picks up clients at 2:30 pm at doctors or central location and returns to Merritt.

Book 2 days in advance

<https://www.bctransit.com/kamloops/schedules-and-maps/health-connection> or call 250.376.7525



THEME OF THE MONTH

Healthy Hearts!



LINKS TO HEART HEALTH

By Corynn Reveley

Knowledge is power, following are reputable health links to a healthy heart!

<https://www.heartandstroke.ca/healthy-living>

<https://www.heartandstroke.ca/healthy-living/healthy-eating>

<https://www.canada.ca/en/public-health/services/diseases/heart-health.html>

<https://www.canada.ca/en/public-health/services/publications/diseases-conditions/heart-disease-canada.html>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2732371/>

<http://whhionline.ca/>

<https://www.becel.ca/en-ca/healthprofessionals/heart-health/what-is-heart-health>

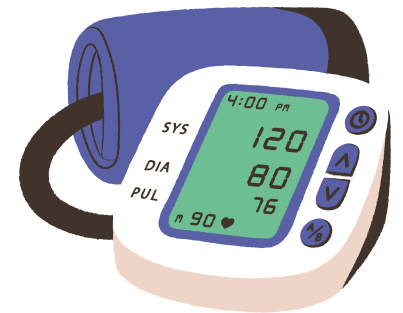
<https://ccs.ca/>

BLOOD PRESSURE CHART

Know how to read it

Hearth & Stroke Website:

<https://www.heartandstroke.ca/heart-disease/risk-and-prevention/condition-risk-factors/high-blood-pressure>



BLOOD PRESSURE CLINIC

Come to Cooks Ferry on Wednesday, February 22nd and have your BP and BS measured by Jessie and Scarleth from 11 a.m. to noon in the gymnasium. Goodie bag for each participant!

MENTAL WELLNESS SUPPORTS

MENTAL WELLNESS SUPPORT SERVICES AVAILABLE TO THE NATION

- Hope For Wellness Hotline: 1-855-242-3310
- Helpline offers 24 hour immediate mental health counseling and crisis intervention to all indigenous peoples
- Kuu –us Crisis Line at 1800-588-8717
- Toll free Aboriginal provincial crisis line 24 hours
- Indian Residential School Survivors 1-604-985-4464 or toll free 1800-721-0066
- Tsow-Tun Le Lum Society: 250-268-2463 24 hour support line supporting those struggling with addiction substance misuse, supports for trauma, and/or residential school survivors
- BC First Nation FNHA Mental Health Benefits 1-855-550-5454
- Stopping the Violence Counselling Program 250–378-6170



Nlaka'pamux Mental Health Services Mental Health and Addictions Services By appointment only. You do not need a referral to book an appointment.

Office: 250 378.9772

- Email: Wanda Dexel dexel.w.e@nlxfn.com
- Diana Lepine-Thomas and@nlxfn.com
- Stacy Hebner (Child counsellor) hebner.s@nlxfn.com
- Melissa Dexel (Child counsellor) Dexel.m@nlxfn.com
- Erin Aleck (Family Wellness) aleck.e@nlxfn.com



Hesk'w'en'scutxe Health Services Society has two counselors that offer in person, online or via telephone supports. Please contact them directly or call our offices for more information.

- Cooks Ferry Location: Ricardo Pickering (Counsellor) dickiepickeing@gmail.com
- Siska Location: Yolanda Hall (Counsellor) yjhall@telus.net



PROGRAMMING UPDATES



HEALTHY FOOD BAG

We will be doing a Save On Gift Card of \$50 for the months of February and March. Your card will be included with your newsletter. We will keep it at the office if you are not home on delivery day.

SHOPPING DAYS

We assist our members with rides to shop for groceries a couple of days per month. Below you will find our next shopping days. Please call to secure a seat for one of the upcoming shopping days.

Shopping Day Cooks Ferry: February 22, 2023

Shopping day Siska: February 1, 2023

FOOT CARE WITH SUZANNE

She will return in March

Call to book your appointment



MONTHLY MEDICATION PICK UP

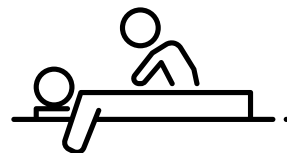
Medication Pick-up is every Thursday at Pharmasave in Lillooet. Remember to have your prescriptions refilled. Try to refill a week or two before running out.

RESTORATIVE MASSAGE

Cooks Ferry: February 21, 2023

Siska: February 23, 2023

Call to book your appointment



PHYSICAL WELLNESS

Join Mandy Cormier, Social Development at Cooks Ferry



FITNATION

Exercise Group

Fitnation started January 9th, 2023. This group is geared for all ages and will incorporate indoor walking and light exercise. This group is welcome to all fitness levels from beginning to advanced. Join us while we get active and share some laughs!

When: Mondays and Wednesdays

Where: Cook's Ferry Band Gymnasium

Times: 12 - 1 PM

*Please wear comfy clothes and bring your exercise shoes - water bottles provided!



PINK SHIRT

February 22, 2023

Anti-Bullying Day: . Moments of kindness, empathy and understanding that can mean so much to children impacted by bullying.



FAMILY DAY

February 20, 2023

Office Closure

Enjoy this special day with your loved ones. Check out our contest in this newsletter.



CHILDREN ORAL HEALTH INITIATIVE



SUBMIT YOUR CHILD'S TEETH BRUSHING SHEET FOR A GOODY BAG!

Every month your child can submit a tooth brushing sheet and receive a goody bag from COHI Michelle. Call our offices if you have any questions.

COHI

Children's Oral Health Initiative. If your child is enrolled in this program they will be seen in the clinics or at school.

Corynn and Nadine will reach out to the parents to inform and book appointments.

Please call the offices if you have any questions.



FREE DENTAL CARE

Open to all children and Adults living in Community. Free cleaning and healthy teeth services offered in Siska & Cook's Ferry locations.

Services include:

- Dental x-rays
- Dental cleanings
- Stain removal
- Tartar buildup
- Tooth polishing and fluoride application.
- Sealants for children to prevent tooth decay if needed

CALL TODAY TO INQUIRE OR
BOOK AN APPOINTMENT
SISKA: 250-455-6601
COOK'S FERRY: 250-458-2212

- Oral hygiene instruction.
- Tooth brushing.
- Flossing
- Denture cleaning

FARMERS MARKET COUPONS SURVEY



Heskw'en'scutxe Health Services Society would like to know if you would be interested in **FREE** farmers coupons worth \$27

Coupons can be used from July till December at participating farmers markets such as Lytton, Merritt, Kamloops, Hope.



Kukchem for letting us know. We are applying to the program and will let you know if our application is granted in March.

Yes, I would like coupons one a month

Yes, I would like coupons twice a month

No, I am not interested in this program

Please respond to our Facebook Page Survey or contact the office to let us know by Friday February 17

For more information go to <https://bcfarmersmarket.org/>
Coupons are good for meat, fruits/veggies/honey

COMMUNITY EVENTS ~ CONTEST RESULTS

FNHA RETURN YOUR MEDS CONTEST WINNERS

\$250 SAVE ON FOODS GIFT CARD

JEAN YORK AND FLORINE WALKEM

\$100 SAVE ON FOODS GIFT CARD

LORI MINNABARRIET

WILL PAUL

TAMARA MUNRO

BETSY MUNRO

REMEMBER TO DROP OFF ANY EXPIRED MEDS TO OUR OFFICES. WE WILL RETURN THEM TO ANY PHARMACY AND/OR SO CAN YOU.

Beading
With
Erin Aleck

LYTTON
Tuesday
Feb. 7th
5pm-8pm

NICOMEN
Thursday
Feb. 16th
1pm-3pm

COOKS FERRY
Thursday
Feb. 9th
1pm-3pm

Work on current or start a new project
Question contact
778-254-3607 Erin Aleck Wellness Counsellor
Future dates and locations to be determined



First Nations Health Authority
Health through wellness

FOOD SAFE COURSE



MARCH 10, 2023
COOKS FERRY
9 A.M. - 4 P.M.

PLEASE CALL THE
OFFICE TO REGISTER
(LIMITED SEATS)



OPEN TO ALL

250.458.2212

250.455.6601

RECIPE



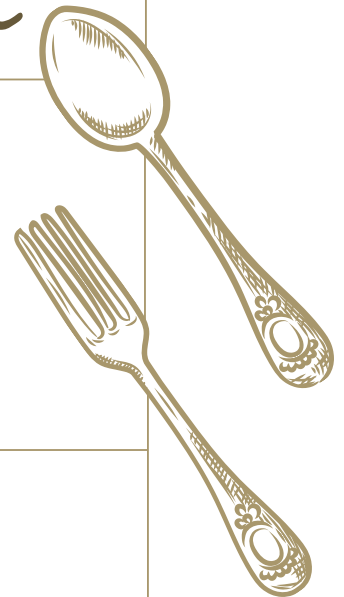
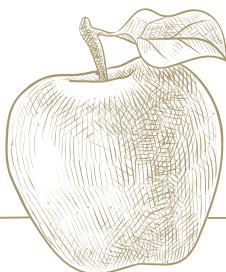
Smoothie Bowl

Ingredients :

- 1 cup organic frozen mixed berries
- 1 cup frozen banana
- 2 cup almond milk
- 1 scoop vanilla protein powder
- 1 cup mixed fruit
- 1 cup granola

Directions :

Add frozen banana and mixed berries to a blender, blend on low until small bites remain. Add almond milk and protein powder, blend on low again until the mixture reaches a soft serve consistency. Scoop into 1-2 serving bowls, topped with mixed fruit and granola.



FNHA's Quality Care and Safety Office and Interior Health's (IH) Patient Care Quality office have a process for managing care concerns. While operating as two separate and distinct entities with unique processes, both agencies work together to ensure that community members are heard in their concerns. The arrows below show a simplified outline of the processes that the offices use.

How can we reimagine this process to work better for families, communities, and nations in the Interior Region?

Step 1

Access and Story Sharing:

A community member contacts FNHA or IH and raises a care concern, and a staff member reaches out to gather more information and provide support

Step 2

Navigation and Review

FNHA provides navigational support and connections with agencies. IH begins their investigation process. The appropriate agency reviews the complaint or concern

Step 3

Follow-up and Resolution

The agency completes their review and responds to the community member. Resources and additional support are provided. The community member has a chance to respond back or appeal, if applicable



For more information about Interior Health's Patient Care Quality Office, visit interiorhealth.ca OR scan the QR code on the left.

For more information about FNHA's Quality Care and Safety Office, visit fnha.ca OR scan the QR code on the right.





Engagement: Feedback Process and Quality

Please take some time to consider the following questions:

- What are some of the current barriers to raising a care concern?
- What would help you feel safe enough to bring forward something that has happened to you?

- What parts of the above process could be safer or better? How?
- How can we support community Health teams when a community member raises a concern?
- How does your community Health Centre respond to complaints?

- How can we have a relational approach to addressing harms that happen in healthcare settings?
- What would be a good name for this process so that people know what it is and what we do? Could we incorporate Traditional Language?

Please feel free to write down or draw some responses. Once you're finished, you can choose whether you would like to share them with the group or share them with us privately after. There is no obligation to share your thoughts if you do not feel comfortable doing so.

FNHA HARM REDUCTION INFORMATION



First Nations Health Authority
Health through wellness



INTRAMUSCULAR AND NASAL NALOXONE COMPARISON

✓ An emergency treatment to temporarily reverse overdose caused by opioids.

✓ Recommended as a lifesaving option even if the drug causing overdose is not known.

✗ Does not work in overdose caused by non-opioid drugs like etizolam, clonazepam, alprazolam, lorazepam, alcohol

✗ etc. Not a substitute for emergency medical care. Call emergency response services in your area for every known or suspected overdose.

ROUTE	ONSET	DURATION ¹	ABSORPTION	ADMIN.	STORAGE ²	NOTES	KIT CONTENTS
Intramuscular naloxone injection (0.4 mg/ml) 	Less than 5 minutes (usually 2-3 minutes)	30-90 minutes Depends on various factors such as strength and quantity of opioid causing overdose	Consistent More easily absorbed into the bloodstream	Care provider may not be comfortable with drawing up or giving an injection	<ul style="list-style-type: none"> Store at controlled room temperature (15°C to 30°C or 59°F to 86°F). Store in a dry and dark place. Protect from light Naloxone remains effective in temperatures as low as -20°C (-4°F) for up to 2 weeks, or to spikes as high as 40°C (104°F) as long as it does not exceed 24 hours Naloxone and Temperature Information Sheet 	<ul style="list-style-type: none"> Less likelihood of precipitated withdrawal³ More effective for reversing muscle stiffness caused by fentanyl (related to the rate of ingestion and higher doses of fentanyl) 	<ul style="list-style-type: none"> 1 x Black case 1 x Pair of non-latex gloves 1 x CPR face shield with one-way valve SAVE ME instructions 3x amber vials of naloxone 0.4 mg / mL, 1 mL ampoules capped with plastic ampoule breakers 1x amber medication vial with label 3x Plastic ampoule breakers 3 x Alcohol swabs 3x Vanish Point® 3 mL syringe
Intranasal naloxone spray (4mg/0.1ml) 	8-13 minutes	125 minutes	May be inconsistent Depends on intra-nasal substance use or fractures which may have damaged nasal passages	Easy to administer	<ul style="list-style-type: none"> Store at controlled room temperature between 15°C to 25°C May be stored temporarily for short periods in temperature spikes up to 40°C Exposure to extreme temperatures may reduce effectiveness Avoid freezing; if frozen, may thaw at room temperature and still use if no other option is available Store in a dry and dark place. Protect from light 	<ul style="list-style-type: none"> Higher likelihood of precipitated withdrawal³ Less effective for reversing muscle stiffness caused by fentanyl Coughing and sneezing may occur. Take COVID-19 precautions to administer Effects of 1 spray are comparable to 5 naloxone injections Nasal naloxone may not work in all individuals. Encourage carrying kits of injectable naloxone in addition 	<ul style="list-style-type: none"> 1 x Black case 1x Pair of non-latex gloves 1x CPR face shield with one-way valve SAVE ME instructions 2x Naloxone 4mg/0.1ml sprays

¹ Repeated doses are often required because opioids have longer duration of effect than naloxone. Monitor for rebound overdose as naloxone may wear off faster than the opioid

² Naloxone kits must be replaced if they are past the expiry date and/or have been known to be outside of the recommended storage temperatures. While the effectiveness of naloxone may be reduced after its expiry or exposure outside storage temperatures, it will still have an effect. It should be administered if no other options are available

³ Precipitated withdrawal happens when overdose is reversed too quickly with naloxone. This results in opioid withdrawal symptoms or "dope sickness" which may cause cravings and more opioid use

Naloxone and Temperature

The following information addresses frequently asked questions related to Naloxone and Temperature.

DOES NALOXONE WORK IF IT GETS REALLY HOT OR COLD?

Unlike vaccines where cold chain is vitally important to maintain effectiveness of the product; we do not routinely monitor naloxone temperatures. Naloxone is recommended to be stored at controlled room temperature between 15°C-30°C and to be kept in a dark place (away from light).

NALOXONE EXPOSURE TO HEAT

Naloxone can be kept at 25°C without concern. Temperatures at 30°C, especially during the shipping process, are also acceptable as long as the average temperature does not exceed 25°C. Temporary spikes up to 40°C are permitted as long as they do not exceed 24 hours.

Advice to individuals: during hot weather avoid leaving your naloxone in a car for an extended period of time. Naloxone ampoules should be kept out of direct sunlight.

NALOXONE EXPOSURE TO COLD

Naloxone can be kept in a cool place or refrigerated at 2°C to 8°C.¹ The concern is with THN kits in sub-zero temperatures which occur in some areas of BC during winter. Teligent, the current manufacturer of naloxone in the BCCDC THN kits, has performed stability studies and determined that the product remains stable after exposure to freezing temperatures as low as -20°C for up to 2 weeks.

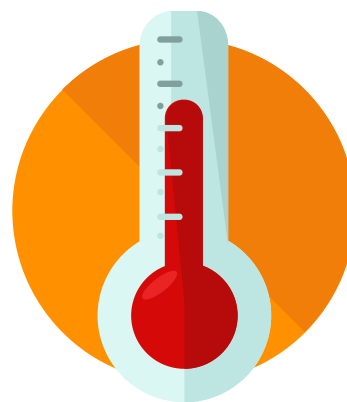
Shipping naloxone kits to Northern communities: Transportation of THN kits to our Northern communities may take 8 or 9 hours in the back of an unheated truck with outside temperatures of minus 30°C. Therefore a temperature controlled courier service was introduced so the temperature of naloxone can be maintained during shipping - during the winter months only.

Advice to individuals: If you carry naloxone in the winter keep your naloxone kit near your body such as in a pocket or attached to your belt under your jacket or coat. Do not leave your kit in a backpack outside or in a car for a long time where temperature may be sub-zero for extended periods.

WHAT TO DO IF NALOXONE GETS TOO HOT OR TOO COLD?

Research has shown naloxone can be safely used after hot and cold stresses.² Drug temperatures beyond the manufacturers recommended storage ranges do not affect the chemical structure of naloxone. However, if the naloxone is repeatedly outside the recommended temperature range, we advise going to a THN site and replacing the ampoules. The replacement process for expired naloxone should be followed for more details see <http://towardtheheart.com>

If the **only naloxone available is known to have been outside recommended temperatures** (or is past its expiry date) **use it**. It may not be as effective but **Do Not Delay** and wait for additional help to arrive. If someone is having an opioid overdose they need naloxone as soon as possible.



1. General notices and requirements. Applying to standards, tests, assays, and other specifications of the United States Pharmacopeia. USP 33-NF 20 Reissue. General Notices.
2. Küpper, T., Schraut, B., Rieke, B., Hemmerling, A., Schöffl, V. and Steffgen, J. (2006). Drugs and Drug Administration in Extreme Environments. Journal of Travel Medicine, 13(1), pp.35-47.
3. Johansen RB, Schafer NC, Brown PI. Effect of extreme temperatures on drugs for prehospital ACLS. Am J Emerg Med 1993; 11: 450-452.



INTERIOR REGION

First Nations Health Authority

What to Include in a Harm Reduction Kit

Every kit can be tailored to the individuals need. The numbers are just a suggestion!



Scan the QR code for Harm Reduction Sites across the Interior Region.

Inhalation Supplies

- 1-5 straight glass pipe
- 1-5 glass bubble pipe
- Aluminum Foil
- Alcohol Wipes
- A pack of screens
- Small plastic tubing or a mouth piece, this avoids any damage or burning to the lips or mouth
- A small wooden stick, often called a push stick



INTERIOR REGION

First Nations Health Authority

What to Include in a Harm Reduction Kit

Snorting Supplies

- 5-10 straws in various colours to reduce the sharing of supplies.
 - The varying colours help individuals who are taking substances together to keep track of who's straw is whose, reducing the risk of blood borne pathogens.
- Saline solution, typically in a blue plastic ampule.
 - This supports nasal health as after the substance has been snorted the individual can use the water to rinse their nose, thus reducing the risk of irritation or infection.
- A plastic card to crush substances

Injection Supplies

- 5-10 needles
- A tie to support vein health
- 5-10 cookers and sterile water to liquefy substances
- Alcohol wipes to clean the area prior to injection
- Ascorbic Acid to breakdown crack or heroin
- A small sharps container for on the go disposal



INTERIOR REGION

First Nations Health Authority

Harm Reduction & Blood-Borne Pathogens

Engaging in substance use can increase an individual's risk of blood-borne pathogens, resulting in conditions such as: HIV and Hepatitis B & C. Taking a harm reduction approach to substance use can significantly lower an individual's risk of contracting a blood-borne pathogen.

According to the [Centers for Disease and Control \(CDC\)](#), there are many reasons substance use can increase the risk of infections; these reasons include:

- Pathogens on the injection site
- Soiled hands
- Contaminated substances
- Contaminated supplies (needles, pipes, etc.)
- Sharing supplies
- Poor personal hygiene
- Skin wounds
- Lack of access to hygiene facilities

Increasing access to substance use supplies is key in reducing this risk among individuals who use substances. For more information on where/how to access substance use supplies in the Interior Region please use the contact information below.

Sadie Bedard

C: (250) 215-4390

Sadie.bedard@fnha.ca

FNHA Interior Region Harm Reduction Educator



INTERIOR REGION

First Nations Health Authority

Opioid Agonist Therapy

Opioid Agonist Therapy (OAT) is the leading standard for withdrawal management and provides a regulated (i.e. safer) approach to engaging in substance use.

Buprenorphine/Naloxone (Suboxone), Methadone and Slow Release Oral Morphine (Kadian) are the most common OAT. All are taken by mouth.

Buprenorphine/Naloxone is the recommended first treatment option!

Buprenorphine/naloxone is fully covered by First Nations Health Benefits and is the most available option for individuals living in remote and rural First Nations communities.

Methadone comes in a liquid form and is also effective at reducing opioid use, but it can be challenging to maintain someone on Methadone in rural and remote communities.

Slow Release Oral Morphine (SROM) is a long-acting morphine medication that prevents a person from experiencing opioid withdrawal. This medication is usually taken once a day and is initiated at a low starting dose, slowly increasing over time with the supervision of a healthcare professional.

OAT has been shown to be superior to withdrawal management in terms of:

- Harm reduction
- Remaining in treatment
- Reduction of illicit opioid use
- Decrease risk of fatal toxic drug poisoning

For more information on OAT in the Interior Region please scan this QR code to access FNHA OAT information page!





Types of Toxic Drug Poisoning and How to Identify Them

Opioid Poisoning

What is an Opioid?

They are a type of depressant that slow the body down and have a sedative effect, creating a feeling of euphoria and calmness in the individual taking the substance.

Common Opioids: heroin, fentanyl, oxycodone, codeine, morphine, methadone and hydromorphone.

Symptoms of Opioid Poisoning:

- Non-responsive: *The person will not move and cannot be woken up*
- Slow or no breathing
- Making Sounds: *Choking, gurgling or snoring.*
- Blue lips and Nails
- Cold or Clammy Skin
- Dilated pupils

Benzodiazepine and The Toxic Drug Crisis:

Benzodiazepines (benzos) have been found in drug supplies at an alarming rate. Benzo's create a sedative effect and when combined with opioids, the risk of toxic drug poisoning rises.

Benzo's do not respond to naloxone! Continue to provide rescue breaths until paramedics arrive and when in doubt always follow the SAVE ME Steps.

Scan the QR Code for information on using Naloxone!



If you suspect someone has been poisoned by toxic drug supply follow the SAVE ME steps below!

Follow the **SAVE ME** steps below to respond.



If the person must be left unattended at any time, put them in the recovery position.



Toxic drug poisoning can be traumatic for both the person responding and the person who was poisoned. Always reach out for support and do not use substances alone!

Tsow-Tun-Le-Lum Society (cultural support and counselling): 1-888-403-3123
KUU-US Crisis Line Society: Adults and Elders at 250-723-4050 | Children and Youth at 250-723-2040 | Toll-Free at 1-800-588-8717

Stimulant Poisoning

What is a stimulant?

A stimulant is used to speed the body up and give the individual energy. Stimulants are often referred to as “uppers”.

Common Stimulants:

Amphetamines, crystal meth, cocaine, MDMA, Ritalin and caffeine.

Symptoms of Stimulant Poisoning:

- Rigid, jerking limbs or seizures
- In and out of consciousness
- Fast pulse or chest pains
- Psychological distress
- Skin feels hot/sweating

How to respond:

- Call 911
- If the heart has stopped provide chest compressions
- Apply a cold compress, have them drink water and remain calm

Scan the QR code for Supervised Consumption Sites in the Interior Region

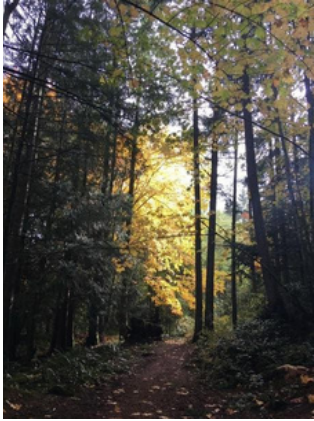


Scan the QR code for Harm Reduction sites across the Interior Region



Sadie Bedard
C: (250) 215-4390
Sadie.bedard@fnha.ca
FNHA Interior Region Harm
Reduction Educator





How do I/my family member/my client get Interior Health services?

What is Interior Health doing to support culturally safer care?

What substance use services are available?

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

DATES AND TOPICS

- When:** The second Wednesday of every month from 10-11
- Who:** **Everyone is welcome and no registration is required!**
- Format:** The sessions will be interactive, including a 15-20 minute presentation followed by a group discussion.
- How:** Use this permanent link to access every session
<https://interiorhealth.zoom.us/j/67220030351?pwd=Rk1ONENyWW1QV0sxUWtEeDN2cVU2Zz09>
 *If you would like to request an invitation so you can easily add this to your calendar, please email: aboriginalmentalwellness@interiorhealth.ca



Winter Feb, 8 2023

What is Opioid Agonist Treatment (OAT)?
March 8, 2023

FNHA-funded pathways for substance use treatment



Depending on group recommendations and ideas, possible future topics could include: outpatient withdrawal management (detox), opioid agonist therapy (OAT), Aboriginal Patient Navigators, discharge planning and improving transitions back to community.



Spring April 12, 2023

Triage - Why are there such long waits in the emergency department
May 10, 2023 FNHA Harm Reduction Education



For more information, contact:

Audrey Ward, Practice Lead 778.257.0341
Danielle Kreutzer, Project Lead 250.319.8421
Email us: aboriginalmentalwellness@interiorhealth.ca

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



Emergency Care: CALL 911

Lillooet Hospital ER, 951 Murray Street
Open 24 hours

Lytton Primary Care Non Urgent

Tl'Kemtsin Health Centre
1535 St Georges Road, Lytton
(250) 455-2221 | Fax (250) 455-6621
Monday to Friday: 9 a.m. to 3 p.m.

Ashcroft Urgent and Primary Care Centre

700 Ash-Cache Creek Hwy
(250) 453-2211 | Fax (250) 453-1921
Monday to Sunday: 8 a.m. - 8 p.m.

Provincial Resources

YOUTH [Foundry.ca](https://www.foundry.ca)
[Kelty Mental Health](https://www.keltymentalhealth.ca)

KIDS CRISIS LINE 1-800-668-6868

ADULT [BouncebackBC.ca](https://www.bouncebackbc.ca)

CRISIS LINE 1-833-456-4566 / text 45645

Hope for Wellness 1-855-242-3310
Domestic Violence 1-800-563-0808



First Nations Supports

Lytton FNHA Health Centre (778) 254-0167
Monday to Friday 8 a.m. to 4 p.m.

First Nations Health Benefits 1-855-550-5454 or
www.fnha.ca for prescription refilling, medical supplies and equipment

LFN Home & Community Care
Micha Kingston (250) 256-8182
Email: micha.kingston@lfnhealth.com

Mental Health & Substance Use

Adult MHSU (250) 455-2221 ext 4
Child & Youth CYMH (250) 256-2710
Friendship Centre (250) 256-4800
St'at'imc Outreach (250) 256-7530

811 Nurse

[FNHA Virtual Doctor of the Day: How it works](#)
1-855-344-3800

Mental Health Supports

[FNHA COVID-19 Mental Health and Cultural Supports](#) Opioid Agonist Treatment (250) 256-1585
FNHA Mental Wellness Inquiries 1-833-751-2525

Travel/Flood Info

[BCRFC Warnings](#) [Drive BC](#)
[FNHA Flood Safety](#) [Wildfire Status](#)

Lillooet Pharmacies & Services

PHARMASAVE (250) 256-4262
IDA (250) 256-7538
FNHA (250) 256-7071 8 a.m. to 4 p.m. Monday to Friday

Lab Services

Book lab appointments
1-844-870-4756
<https://www.labonlinebooking.ca>



Home & Community Care

Central Intake 1-800-707-8550
Lillooet (250) 256-1326
Ashcroft (250) 453-1939
Merritt (250) 378-3238

Interior Health

[MyHealthPortal](#)



Public Health

Lytton FNHA (778) 254-0167
Lillooet (250) 256-1314
Ashcroft (250) 453-1940
Merritt (250) 378-3400

COVID Testing Clinics & Vaccination Information

[IH COVID Testing Clinics](#)
1-877-740-7747



[IH COVID Vaccine](#)
1-800-833-2323



[FNHA COVID-19 Testing](#)
(250) 455-2715



[BC Centre for Disease Control](#)
(604) 707-2400





COYOTE AND WOOD TICK

Told by Herb Manuel from "Our Tellings"

Coyote was always a poor hunter - he was absolutely no good at anything. He was hungry, walking alone, and he seen smoke coming up. He edged his way along the rocks - got closer to the rocks. He could smell something - 'Fresh meat"! He changed himself from his ugly, usual self - he made himself presentable. He put on some clean clothes, walked over there, and asked, 'What are you doing?'

'Oh, I live here by myself - I eat a lot'. That was Wood Tick.

Oh', he said, 'let me help you with that meat you're skinning there. If i help you,

will you let me eat with you?'

So he told him, 'Okay'.



So they started a fire, and Coyote went down to skin. Got the skin off, and they cooked the whole deer up and they ate it through the night. In the morning, Wood Tick went out to get another deer. Coyote told him, 'I'll tan these hides for you. All of these hides I'll tan for you, if you let me stay with you - just eat with you'.

'Okay, you can tan hides all you want, eat, go up the hill'. All Wood Tick had was his staff, and he went to this big bluff. At the bottom of this big bluff he would hit his staff on the ground. Down came a deer. It was dead. He took it home. Not long he was home and Coyote was starting to get a little fatter. Coyote, a little bit lively, 'Gee whiz, you know, big chief like you shouldn't drag that mawits (Chinook for deer) home like that ! Let me go with you, see how you do it, and I'll drag the mawits! You're a big chief - you don't have to do anything'! So Coyote convinced him of that.

OUR STORIES AND NLAKA'PAMUX CULTURE

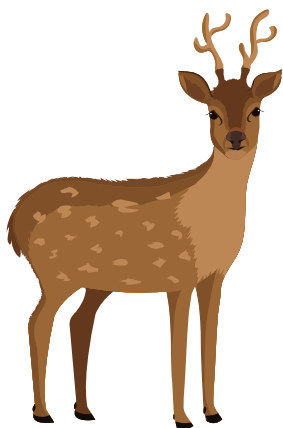
They went up there, Wood Tick struck the staff on the ground again. Down came a deer, Hauled it home- skinned it out. Coyote said,

'Lay down over there. I'll do the cooking, you're a big chief now'. - I know how to do all this now. He did the cooking.

This went on pretty good for a while. Wood Tick was getting a little lazy and Coyote was doing a pretty good job. He seemed to be an honest guy. Coyote told him, "You know, a big chief like you shouldn't even have to go up there and kill them deer. Lend me your staff, and I'll bring one down. Just tell me how you do it'.

Wood Tick said, 'Well, don't hit more than once on the ground'. He said, 'One a day - just one. Bring it back and put it here, in that corner'. 'Okay', Coyote said. Coyote tried, he struck the staff on the ground. 'Gee, that's great! Down came a deer. He gutted it out-dragged it home. This went on for a few days. One day, "Bang, Bang!" - just kind of slipped. Down came two but nothing happened.

Wood Tick already knew about it, Warned him, 'Coyote', he said, I told you just one' Coyote said, 'Last day, I slipped. I didn't know the stick went down again - I pretty near fall on my face trying to brace myself'. 'Okay', Wood Tick said, 'don't let it happen again, or you're a goner!'



OUR STORIES AND NLAKA'PAMUX CULTURE

That's okay, I won't let it happen again'. Coyote said, making new moccasins, making his partner new clothes, making him feel good. Wanted to gain his trust every time he went hunting. Until one day he got into his foolish mood again, This is foolish, crazy coming over here once a day! he said 'I'm going to bring home a week's supply and I won't have to walk over here every day.'

Bang!, Bang!, Bang!, and down came the deer and the stick wouldn't quit bouncing. The deer just fell all over him - landed on top of him and squashed him down on the bottom, and then he jumped up and he ran because he broke the spell of the stick. The deer ran right by the camp. And all the old bones that were laying down there jumped back together and all the skins went to their own bones and they were all mended together and they ran, Coyote was grabbing for one chunk here, trying to take a bite, Taking bites of deer going by, but they stampeded on by him. There were all gone. Wood Tick jumped on the last deer going by- that is when he turned into a wood tick. He jumped and landed behind the deer's ear- carried himself a ways. The wood tick is always there now.

Coyote looking around there. There were a bunch of bones over there. "They couldn't have gone". He looked over there and they were gone. Buried some over there, he looked and they were gone. All my lunch - at least I'll eat that dried meat'. The dried meat was gone- everything. It all went back together and left. Coyote was taking advantage of Wood Tick's kindness and courtesy. So Coyote, because of his greed, was punished.

THE END.



HEART HEALTH MONTH Contest



Win a Visa Prepaid Gift Card!

Share a picture of yourself doing any one of these activities below, showing how you support your heart this month!



Physical Activity

Spread kindness by helping someone in your community



Share a gratitude affirmation



Cook a healthy meal

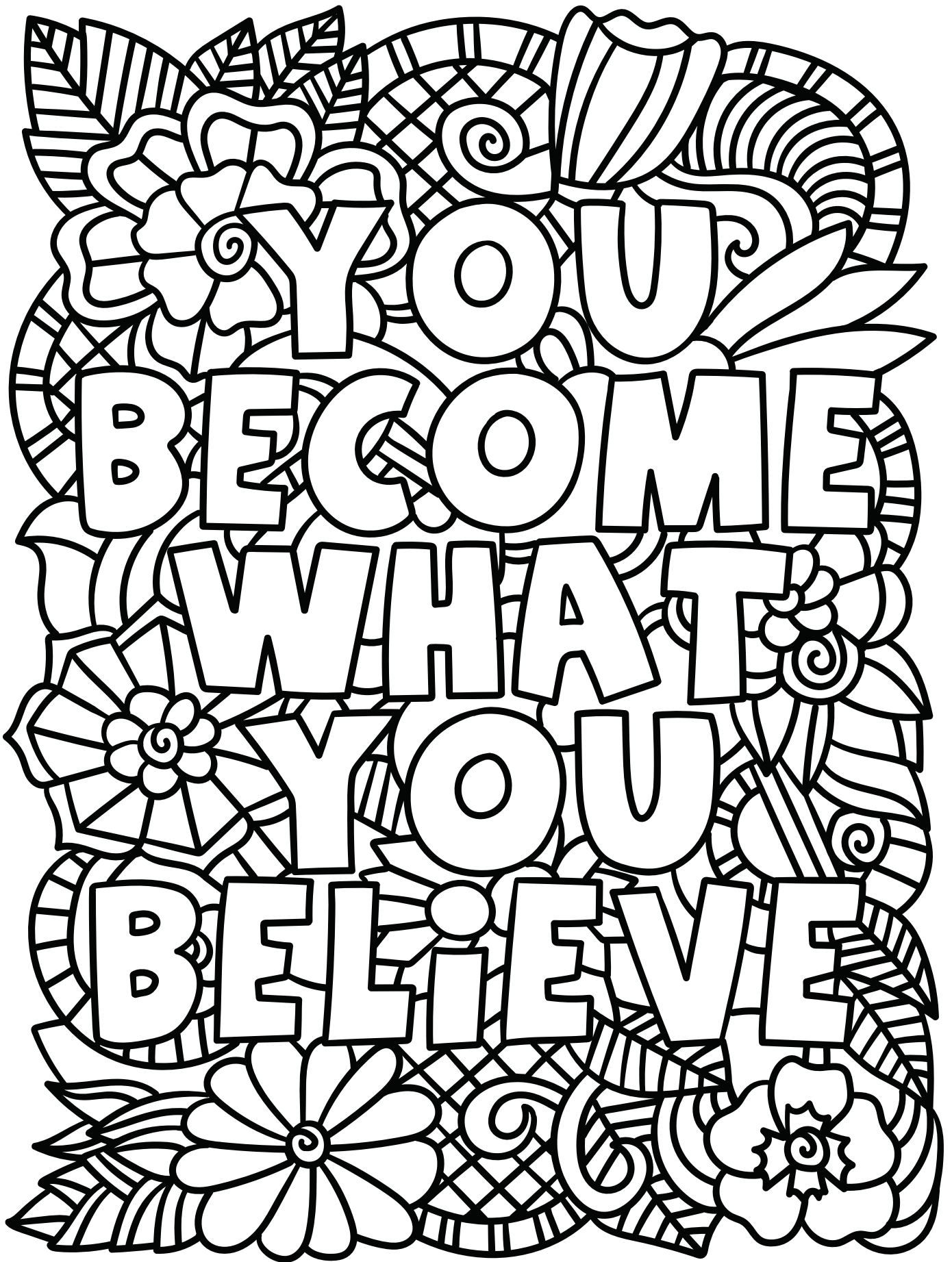


Bonus Entry

What is the word for heart, kindness, or healthy in Nlaka'pamux?

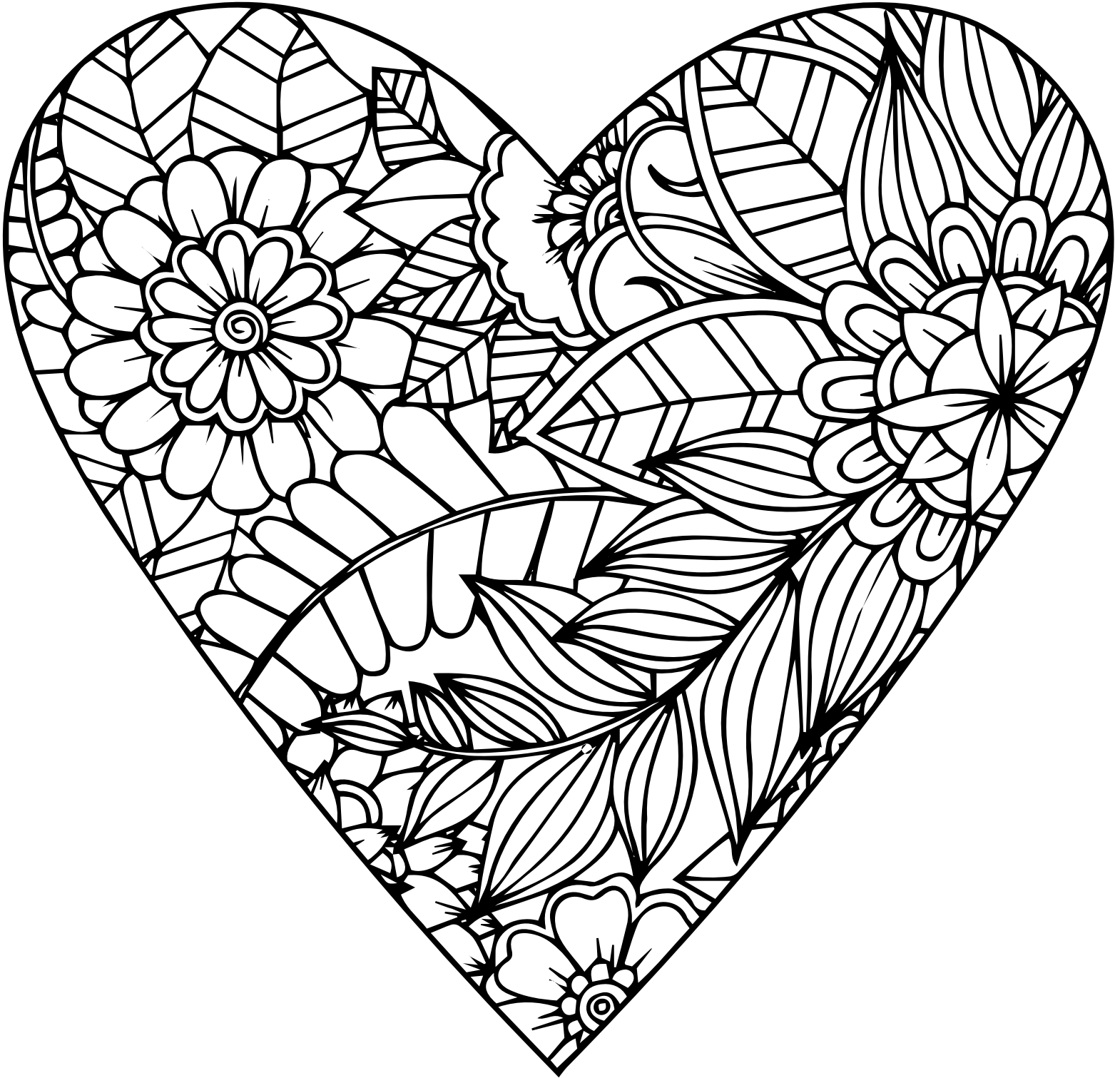
Deadline to submit your entries is February 27

Open to all community residents of all ages!





NEWSLETTER ACTIVITIES & GAMES

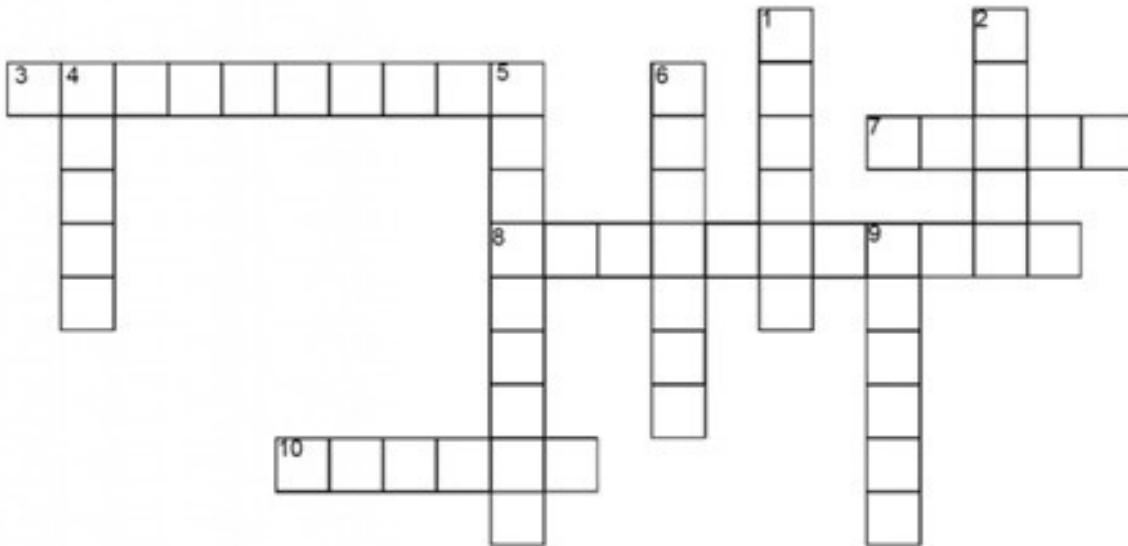


NEWSLETTER ACTIVITIES & GAMES



CONTEST, RETURN TO OUR OFFICE AND WIN A PRIZE!

Healthy Heart Puzzle



Directions: solve this crossword puzzle and learn to keep your heart healthy for life!

Across

3. Eat lots of fruits and _____ to get many of the nutrients you need for good health.
7. Staying at a healthy weight, avoiding excess sodium, and getting enough regular exercise can help keep your _____ pressure right where it needs to be.
8. _____ fat is good for your heart, as long as you don't eat too much of it. It's in things like olive oil and fish.
10. Blood carries _____ to the heart.

Down

1. When fat, cholesterol, and other things build up in your bloodstream, they can form _____, which sticks to your artery walls and makes it harder for blood to move around.
2. When in doubt, choose _____ grains, which are great sources of heart-healthy fiber.
4. When you eat, choose foods that are full of nutrients, not _____ calories.
5. _____ fat is not good for your heart. You can find this kind of fat in full-fat dairy and fatty meats.
6. According to the American Heart Association, "Using ANY _____ product damages nearly EVERY organ in your body and can cause heart disease and cancer." Even "smokeless" versions cause damage.
9. Staying _____ every day with fun exercises will help keep your heart in tip-top shape.

Return your filled form by February 24 2023

9 *Self-Love* AFFIRMATIONS

1. LIFE DOESN'T HAVE TO BE PERFECT TO BE BEAUTIFUL.
2. I AM MORE THAN ENOUGH.
3. MY NEEDS MATTER.
4. PEACE AND HAPPINESS ARE INSIDE OF ME.
5. I AM KIND TO MYSELF.
6. I FOLLOW MY OWN HEART, NOT THE EXPECTATIONS OF OTHERS.
7. I AM GENTLE WITH MYSELF AND MY MISTAKES. I UNDERSTAND THEY ARE A GREAT WAY TO LEARN.
8. I LOVE THE PERSON THAT I AM AND THE PERSON I AM BECOMING.
9. I AM NOT LESS FOR MAKING MISTAKES. I AM MORE. I LEARN FROM THEM.

LEARN MORE!

WWW.HEALTHYHAPPYIMPACTFUL.COM