

# HESKW'EN'SCUTXE

May 2024

Monthly Newsletter

Volume 2 Issue 4



## CULTURAL TEACHINGS

Stories from James Tait  
documenting Nlaka'pamux culture



## OFFICE HOURS

**Monday to Friday**  
**8:30am To 4:30pm**  
**Closed 12:00pm to 1:00pm**

**Cooks Ferry (250) 458.2212**  
**Toll Free: 1.866.458.2212**

**Siska: (250)455.6601**  
**Toll Free:1.844.255.6601**



## IN THIS ISSUE

Staff Directory  
Theme of the Month  
Speech/Hearing/Vision  
Introduction to New Health Manager  
Bladder Awareness  
COHI  
Mental Wellness Directory  
Programming Updates  
Job Posting/Medical Driver  
May Services  
FNHA Pages  
SAIL @Home Activities  
Red Dress Day May 5  
Recipe of the month  
Mother's Day Contest  
Coloring Pages

## HESKW'EN'SCUTXE MISSION

Serving the Cook's Ferry and Siska members living within these communities, Heskwen'scutxe Society pronounced wéx we? λú ? 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



## HAPPY NURSE WEEK MAY 6-12, 2024

We would like to extend our thanks and gratitude to all the staff that work at our office. They all work hard to provide for the communities.



*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



Mandy Cormier  
Health Manager



Tina Draney  
Assistant  
Manager/Finance



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



Pamela Jules R.N  
Community Health Nurse  
&  
Home Community  
Care Nurse



Cooks Ferry  
Nadine Methot B.A. MOA/  
Administrative Assistant  
Medical Travel Clerk



Siska  
Corynn Reveley  
MOA/Receptionist  
Medical Travel Clerk



Christy Whittaker  
Casual Support Worker,  
Newsletter Writer

## Home Care Aides



Clarissa Frederick, Nursing  
Assistant / HCA



Jessie Munro  
HCA



Danielle Munro  
HCA

## Medical Drivers



Jean Mckay



Martha Van Dyke  
Custodian



Theresa Michell  
Custodian

# Mandy Cormier – Health Manager



**Email: [mandy.cormier@hhssbc.ca](mailto:mandy.cormier@hhssbc.ca)**

**Phone: 778-209-5999**

Hello! My name is Mandy Cormier. I am grateful to be stepping into the role as the Health Manager for Heskwen'scutxe Health Services Society. I am from Northern British Columbia originally, and was raised on the traditional, unceded territory of the Sekani peoples.

Throughout my career, I have had the honor of working alongside Government and Board Committees in all areas of health, child and family well-being, crisis response, harm reduction, and more.

I come to this new role with previous experience as a Health Director and addictions counselor in Northern BC, before moving into my most recent role as the Director of Community and Social Development for Cook's Ferry Indian Band over the past year and a half. Throughout the last eight years, I have had the honor of walking alongside many Indigenous communities as they determine their own approaches to health and well-being for their families and communities.

In my work, I am passionate about providing land-based programming and holistic approaches to health that not only reflects in my training, but my personal experiences of being raised on the land. In my quiet time, you can find me out on the land harvesting, hunting, and trapping. I enjoy writing as a form of healing and am very active person that is always running, hiking, or cross-country skiing in the winter!

I believe that every individual has the right to access health services and knows what works best for them. In my role as the Health Manager, I am excited to support Siska Indian Band and Cook's Ferry Indian Band in developing and implementing health initiatives that serve the needs of their community members. I look forward to working alongside the amazing health team, building relationships, and being a helper for both communities we serve.

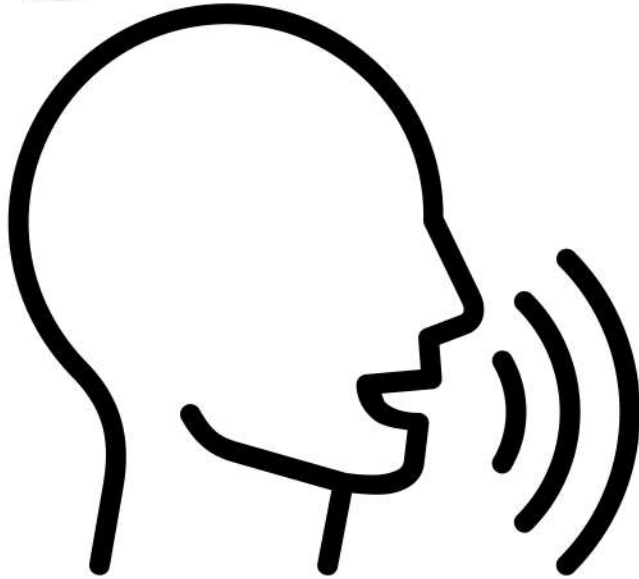
Please feel free to join me for a cup of coffee (or tea) anytime I am in the office.

k<sup>w</sup>uk<sup>w</sup>scémx<sup>w</sup>





# THEME OF THE MONTH



SPEECH

Hearing

Vision

By Christy Whittaker

Knowledge is power, following are reputable health links to a Speech/Hearing and Vision

## Links for Speech

<http://www.healthlink.bc.ca>

<https://speechlink.ca>

## Links for Hearing

<https://healthlinkbc.ca/health-topics/screening-hearing>

<https://www.hearinglink.org>

## Links for Vision

<http://www.healthlinkbc.ca/health-topics/eye-care>

[www.fnha.ca](http://www.fnha.ca)



It is an opportunity to shine a light on this common, yet lesser-known cancer. Throughout the month of May, we aim to bring awareness to bladder cancer, highlighting patient stories, experiences, stats and figures, as well as important information about this disease and its symptoms.



## Job Posting: Casual Part Time Medical Transportation

Heskw'en'scutxe Health Services Society is looking for a compassionate, responsible, and reliable person to join our team to fill the Casual Part Time Medical Transportation position.

Term: Casual Part Time Monday – Friday, Hours vary, some overnight stays Hourly wage: \$19.00

Location: We serve 2 locations, the communities of Siska Band and Cook's Ferry Band

Most travel is to Kamloops, Lytton, Lillooet, Merritt, Ashcroft, Kelowna, and Vancouver

It is critical drivers provide safe transportation, assist the passenger as needed and have compassion and understanding for the client. We are looking for someone who has the following qualities:

- Calm, mature and confidential
- Easygoing and personable
- Flexible, conscious of time constraints
- Empathetic

### Responsibilities:

- Maintain strict Confidentiality
- Ensure safe and timely transportation of clients to their scheduled appointments or special events
- Pick up clients at designated locations, transport to their medical location and return
- Maintain secure handling of all documentation
- Assist passengers with special needs through provisions of physical escort or other needs
- Obey all BC highway traffic laws
- Encourage and assist client's doctors to sign Confirmation of Attendance Forms
- Report any needed maintenance of the medical transportation vehicles
- Clean medical transportation vehicles after each use as per BCCDC standards
- Other related duties as assigned by the Health Manager or designate

### Credentials:

- Valid Class 5 Driver License and clean drivers abstract
- Clear Criminal Record Check
- First Aid/CPR certificate or be willing to take this training
- "As a requirement of this position, the successful candidate will need to provide acceptable proof that they have been fully vaccinated for COVID-19 or demonstrate that they are unable to be vaccinated against COVID-19 for reasons protected under the B.C. Human Rights Code. Heskw'en'scutxe Health Services will grant reasonable accommodation requests up to the point of undue hardship."

We thank all applicants however only those selected for an interview will be contacted.

Please submit a cover letter and resume with work related references

to: Mandy Cormier

Email: [mandy.cormier@hssbc.ca](mailto:mandy.cormier@hssbc.ca)

Heskw'en'scutxe Health Services Society  
3691 Deer Lane, Box 188 Spences Bridge, BC V0K 2L0  
Telephone 250.458.2212 Fax 250.458.2213  
[www.hssbc.ca](http://www.hssbc.ca)  
Closing Date: until filled



# May SERVICES

## Massages

### With John Tai RMT

Siska:  
May 8th, 22nd

Cooks Ferry:  
May 7th, 21

## Footcare With

### Suzanne Marcel LPN

Cooks Ferry:  
May 14th

Siska:  
May 16th



## Counselling with Yolanda

If you are wanting to book an  
appointment  
please call 778 554 2332

## Shopping Days

Cooks Ferry:  
May 29

Siska:  
May 1st

## Deadline to submit

### CONTESTS

May 22

PLEASE NOTE THE  
OFFICE WILL BE  
CLOSED MAY 17 FOR  
STAFF LAND-BASED  
EDUCATION DAY



# 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 FOR EVERYONE

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












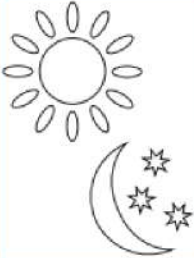






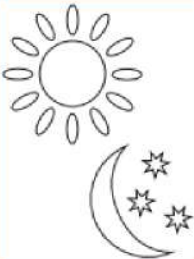



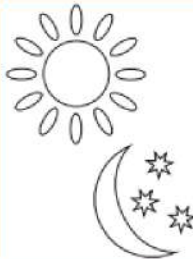


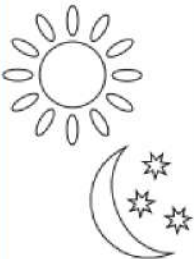



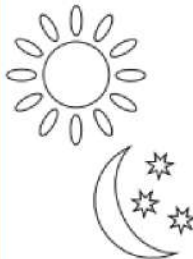






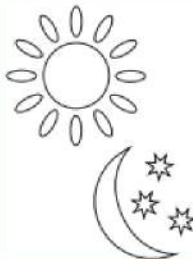


First Nations Health Authority  
Health through wellness

Children's Oral Health Initiative (COHI)

# Brushing Morning & Night

My name is \_\_\_\_\_ and I brush my teeth 2 times a day!

Colour in the sun and moon every time you brush, morning and night.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
						
						
						
						

# What Are General Symptoms of Mental Illness?

Signs of mental illness are sometimes subtle and gradual; other times sudden and dramatic. The signs and symptoms of mental illness can also vary on someone's age.

## Younger Children



**Excessive Worry  
or Anxiety**



**Poor Grades Despite  
Strong Efforts**



**Persistent  
Nightmares**

## Older Children & Pre-Teens



**Changes in  
Sleeping Habits**



**Abuse of Alcohol  
and/or Drugs**



**Excessive Complaints  
of Physical Problems**

## Adults



**Confused Thinking**



**Long-lasting  
Irritability**



**Denial of Obvious  
Problems**

Any of these behaviours on their own, and lasting for a short time, can be normal. However when behaviour continues it may be time to consider getting a professional assessment.

For more on this topic, please check out CMHA's full article on [teacherslife.com/readyforlife](https://www.teacherslife.com/readyforlife)



## Health & Wellness Supports in British Columbia Crisis Lines:

**Kuu-us Crisis Line Society:** 24/7 Crisis Line for Indigenous Adults and Elders.  
**1-800-388-8717**

**Métis Crisis Line:** 24-HR Crisis Line for Métis Adults, Elders and Youth.  
**1-833-638-4722 (1-833-MétisBC).**

**The Hope for Wellness Help Line:** 24/7 Immediate counselling/ crisis intervention for all Indigenous peoples across Canada. **1-855-242-3310** or connect to the online chat.

**Indian Residential School Survivors Society Crisis Line:** 24-HR Crisis Line for Residential School Survivors and Intergenerational Survivors. **1-800-721-0066**

**988:** Suicide Crisis Helpline, 24/7 call or text.

**Interior Health Crisis Line:** 24/7 via phone, chat and text for immediate assistance. Trained Crisis Line Responders provide emotional support, crisis de-escalation and intervention. You can also call for information on local services or if you just need someone to talk to. **1-888-353-2273**

## Virtual Mental Health Supports

★ **BC Gov Virtual Mental Health Supports:** This page has an **extensive list of MANY virtual services are available for British Columbians** who are experiencing anxiety, depression, or other mental health challenges. Probably one of the most thorough resources lists I have come across.

**Wellness Together Canada:** Wellness Together Canada was created in response to a rise in mental health and substance use concerns since the COVID-19 pandemic. It is funded by the Government of Canada. For additional information about available mental health and substance use resources and support call **1-866-585-0445** to speak with a Program Navigator. For other inquiries please see **contact page**.

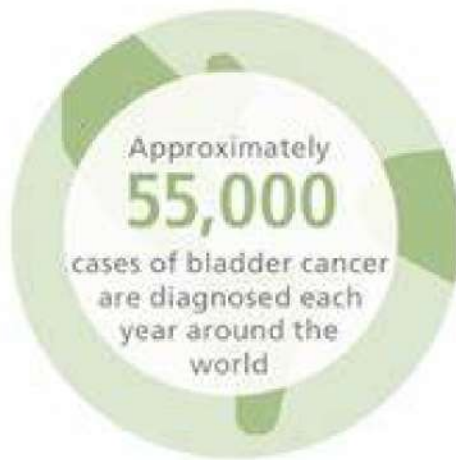
## Non-Emergency

**UWBC 211:** 211 is a free and confidential service that connects people to helpful and vital resources in their community. Navigators provide information and referral to a broad range of community, government, and social services that assist with: basic needs like food and shelter; mental health and addictions support; legal and financial assistance; support for seniors; and much more. **Call or ttext 211, available 24/7.**

## \*\*Bladder Cancer Awareness Month\*\*




### BLADDER CANCER AROUND THE GLOBE



Bladder cancer is reported to be the most common *urologic cancer* in China

*Eastern Asia* had highest incidence around the globe with more than **128,200 cases in 2018**

**10<sup>th</sup>** most common cancer worldwide

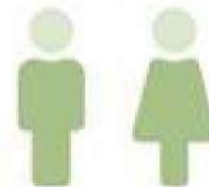
**6<sup>th</sup>** Bladder cancer is the 6<sup>th</sup> most common cancer in the United States 



# MAY

is Bladder Cancer Awareness Month

**6<sup>th</sup>** most common cancer in men and **17<sup>th</sup>** in women



About **1 in 100 men** and **1 in 400 women** will be diagnosed with bladder cancer sometime in life, worldwide

About  
**9 OUT OF 10**

9 out of 10 people with bladder cancer are over the age of 55

**Cigarette smoking** is the number one risk factor



Reference: Richter, A., Allen, F.R.H. & Klotz, L.A.L.M. The global burden of urinary bladder cancer: an update. *World J Urol* (2015). <https://doi.org/10.1007/s00145-015-02984-4>



# BC Routine Immunization Schedule

## SCHOOL AGE

Child's Grade

Vaccine (Click on the vaccine name to view the vaccine HealthLinkBC file)	Child's Grade	
	Grade 6 HealthLinkBC File	Grade 9 HealthLinkBC File
<b>Hepatitis B</b>	✓ 2 doses (if 3 doses not received in infancy) 2nd dose 6 months after 1st dose	
<b>HPV¶</b> (human papillomavirus)	✓ 2 doses 2nd dose 6 months after 1st dose	
<b>Varicella‡</b> (chickenpox)	✓ 1 or 2 doses‡ 2nd dose at least 3 months after 1st dose	
<b>Meningococcal Quadrivalent Conjugate</b>		✓ 1 dose
<b>Tdap</b> (tetanus, diphtheria, pertussis)		✓ 1 dose

**COVID-19 vaccination** is recommended and free for people 6 months of age and older. Get information about COVID-19 vaccines.

**Yearly influenza (flu) vaccination** is recommended for everyone 6 months of age and older. Appointments can be booked through the Get Vaccinated system.

¶ The HPV vaccine has been offered to boys in grade 6 since September 2017.

‡

Children who had chickenpox or shingles disease, confirmed by a lab test, at 1 year of age or older do not need the chickenpox vaccine. Children who received a single dose of chickenpox vaccine at a younger age only need 1 dose in grade 6. Children who have never received the chickenpox vaccine need 2 doses.



## SAIL© Home Activity Program – Level 3: Moving

**Do only the activities you feel safe and comfortable doing.**

- Stand tall through all the activities, feet • Over time, hold on less to the sink or shoulder width (about 12” or 30 cm) apart. counter.
  - Hold position means hold position for 3 • seconds (count thousand 1, thousand 2, thousand 3).
  - Over time, add more activities until you • are doing all 7 of them. •
  - Keep breathing normally. Do not hold • your breath.
  - If necessary, begin with a few of the activities • Over time, do more of each activity. but do them several times each day.
  - If any of these activities add to your pain or shortness of breath, stop and rest. Do less another day. Talk with your doctor or other health care professional.
- Hold on with one hand and only a few fingers of the other hand.  
Hold on with just a few fingers of each hand.  
Hold on with only one hand.  
Hold on with just a few fingers of one hand.  
Keep hands close to the sink or counter but don't hold on unless you need to.

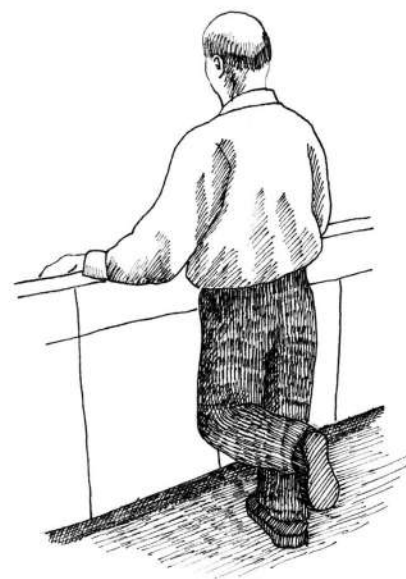
### 1. Standing on One Leg

Stand tall facing sink. Hold on with both hands.

1. Stand on one leg for 3-5 seconds. Rest.
- Stand on other leg. Do 2-3 more times each leg.

#### Too easy?

- Slowly stand on one leg longer (up to 30 seconds each leg.) Rest.
- Work up to standing on each leg for another 30 seconds.
- Slowly **hold on less** to the sink or counter.
- Sing a song or recite a poem while standing on one leg.







## SAIL© Home Activity Program – Level 3: Moving

### 2. High Stepping Sideways Walk

Stand tall facing sink. Hold on to sink/counter for support.

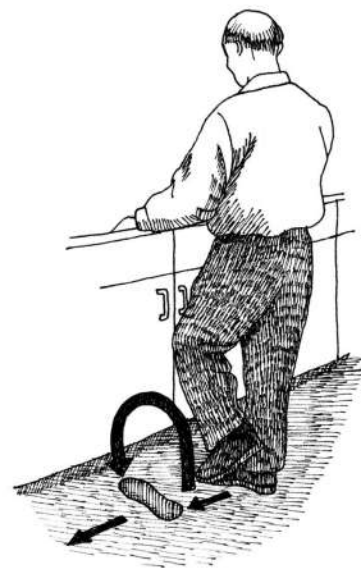
1. Take two high steps **sideways** to the left.

Move hands along the counter for support.

2. Take two high steps sideways to the right. Move hands along the counter for support.

#### Too easy?

- Slowly do more high steps sideways each direction as you have room and are able.
- Repeat up to 15 times.
- Say the days of the week forward, then backward, then the months of the year forward, then backward as you step.
- Slowly **hold on less** to the sink or counter.



### 3. Tap Dancing

Stand sideways to sink. Hold on with closest hand.

1. Tap **heel** of outside leg **forward** and **return, sideways** and return.

Tap **toes** of outside leg **backwards** and return. Relax.

Do 2-3 more times.

- Turn and face other direction. Repeat with other leg.
2. Tap **once** with one heel, then **once** with other **heel** at different spots all around you. Do 2-3 more times.

#### Too easy?

- Slowly do more (up to 15 taps with each foot. Rest. Work up to doing another 15 more with each foot).
- Slowly **hold on less** to the sink or counter.



### Wondering what equipment is covered under your plan?

Your plan covers certain MS&E items and services under the following categories:

- bathing and toileting aids
- braces and splints
- cushions and protectors
- diabetic and heart patient devices
- foot orthotics and orthopedic shoes
- general medical supplies and equipment
- hearing aids and repairs
- hospital beds
- lifting and transfer aids
- limb and body orthotics
- low-vision aids
- offloading boots (air casts)
- ostomy supplies
- oxygen, sleep and breathing aids
- prosthetics and supplies
- surgical stockings and pressure garments
- urinary supplies and devices
- walking aids and wheelchairs
- wound care supplies

If you have any questions about your MS&E plan, how to access coverage, or why a claim was denied, call Health Benefits at 1-855-550-5454.

You can find detailed information about your MS&E benefits through your PBC Member Profile, which you can access online or through the PBC app.

Info at: <https://www.fnha.ca/benefits/medical-supplies-and-equipment>



### MEDICATION PICK UP

Medication pick up is available for any client who calls the pharmacy and HHSS to notify that we will pick up on their behalf. Pick ups are done on Thursdays at the Pharmasave in Lillooet. Please call Corynn Reveley at 250.455.6601 if you have any medication that needs to be picked up, place an order or have any questions.







# Heskw'en'scutxe Health Services Society Medical Transportation Form

2024

**Client Name:** \_\_\_\_\_

**Mailing Address:** \_\_\_\_\_

Phone Number: [ ][ ][ ][ ][ ][ ][ ][ ][ ][ ][ ][ ][ ][ ][ ][ ]

**DOB** [ ][ ] [ ][ ] [ ][ ][ ][ ]  
Day Month Year

**Status Number** [ ][ ][ ][ ][ ][ ][ ][ ][ ][ ][ ][ ][ ][ ][ ][ ]

**Departure Date** [ ][ ] [ ][ ] [ ][ ][ ][ ]  
Day Month Year

**Return Date** [ ][ ] [ ][ ] [ ][ ][ ][ ]  
Day Month Year

**Departing Location:** CFIB  SIB  ANTKO  **Destination Location:** \_\_\_\_\_

**Requires Driver? (Circle) YES / NO** HHSS: \_\_\_\_ Other: \_\_\_\_ **Name of Driver:** \_\_\_\_\_

**Driver Mailing Address:** \_\_\_\_\_

*\*Please note that MT cheque will be made out to driver*

**Doctor Authorization Required for "Escort" - Provided (Circle) YES / NO**

**Reason for Escort:** (check one)

- 1) Not Required
- 2) Care Instructions Required
- 3) Language Barrier
- 4) Legal Consent Required
- 5) Medically Incapacitated
- 6) Person with Disability
- 7) Minor Child
- 8) Client is 65+ (no documentation is needed for escort in this case)

**Method of Travel:** (check one)

- Private Transportation
- HHSS Vehicle
- Bus
- Other: \_\_\_\_\_

**Check: Medical Trip 6 + hours:**  Diabetic  Hospital Parking Receipt (for short term medical apts)

**Referred By:** \_\_\_\_\_ **Health Purpose:** \_\_\_\_\_  or circle  
*(Please attach note/letter of referral) (Procedure or medical specialty)*

Dentist Cardiology Dialysis \_\_\_\_\_ Oncology \_\_\_\_\_ Ultrasound  
Lab/Pathology \_\_\_\_\_ Chronic Disease  
Radiation \_\_\_\_\_ Diagnostic Testing



**CONFIDENTIAL**

Date: \_\_\_\_\_

This note will confirm the client's appointment on the \_\_\_\_\_

above mentioned client's Doctor \_\_\_\_\_ at \_\_\_\_\_ Address \_\_\_\_\_

**I confirm this form is complete and accurate. Client Signature:** \_\_\_\_\_

**NOTE TO CLIENTS:** Confirmation of attendance is required to receive medical travel assistance. You must have this portion stamped/filled out by the medical office. Failure to submit the required confirmation will result in travel claim to be denied for reimbursement.



FNHA does not cover Medical Travel for clients attending appointments to see their family physician (unless client is mentally disabled); Medical Travel is provided ONLY to those clients that have been referred to a specialist by their family physician.

Circumstances **NOT** covered:

- To pick up prescriptions
- If it is not the nearest appropriate facility
- Or to return home in cases of an illness while away from home on personal or business reasons.
- The medical services are available/ regularly made available locally.
- The client discharges themselves and returns home (few exceptions),

The appointments/treatment **NOT** covered under the Medical Transportation benefits are:

- Special camps
- Chiropractors (unless MSP approved)
- Psychologists
- Dental/Orthodontics
- Non-surgical podiatry
- Weight loss clinics or screening programs
- Speech assessment and therapy
- Massage Therapy, and Naturopathy
- Physiotherapists (unless medically referred by physician)
- Appointments while outside of Canada
- A third party requested medical examination.

**Check Request – to be completed by HHSS Administration ONLY**

Code Acct: 5301-4000

Travel Receipts attached or Mileage \_\_\_\_\_ X \$0.29 = Transportation Cost: \$ \_\_\_\_\_

For overnight trips only

Accommodations (can only be arranged by HHSS) \_\_\_\_\_ # of days @ \$ \_\_\_\_\_ /day = \$ \_\_\_\_\_

Private Accommodations:  Weekly rate \$350 OR \_\_\_\_\_ # of days X \$50 /day = \$ \_\_\_\_\_

Daily rate Meal: (Same day 6+ hour trip) \$17.00 X \_\_\_\_\_ (w/ escort)  Diabetic Client = \$ \_\_\_\_\_

Weekly rate (7 nights+) \$283 per week per client = \$ \_\_\_\_\_

Weekly rate (7 nights+) \$425 per week per client with approved escort\* = \$ \_\_\_\_\_

Nightly Rate # of days (up to 6 nights) \_\_\_\_\_ X \$68 Adult/Child (5 yrs +) \$29 (0-4 yrs) = \$ \_\_\_\_\_

The rate of \$425 p/week is an inclusive rate for the Client & escort and applies only when the Client is an outpatient. An approved escort supporting a Client in the hospital will continue to access the weekly meal rate of \$283 p/week.

Any stay over 5 nights must be pre-approved by FNHA (fill Exception Benefit Form)

TOTAL COST: \$ \_\_\_\_\_

Certified by: \_\_\_\_\_ Date: \_\_\_\_\_

Health Managers Approval: \_\_\_\_\_ Date: \_\_\_\_\_

- Hearing tests (unless medically referred by physician)
- Where third party liability (such as ICBC) is involved
- Court-ordered treatment/assessment, or as condition of parole
- Client-initiated appointments for a second opinion

**Medical Transportation Benefit Guidelines** from the First Nations Health Authority (FNHA), Regional Director.

The FNHA governs the Patient Travel rules and conditions we implement in compliance with the Heskwen'scutxe Contribution Agreement. Following is a summary of the Medical Transportation guidelines as outlined in the Agreement:

- ✓ The objective is to provide **all status** Natives (regardless of their band affiliation) **living on reserve** at either **Cook's Ferry** or **Siska** locations with medical transportation benefits.
- ✓ Heskwen'scutxe must pre-authorize eligibility of applicants, use of an escort, and use of a private vehicle, unless in urgent circumstances and depending on the given situation, costs may be reimbursed if approved. Also, the health services required and covered by NIHB must be booked at the **nearest** appropriate facility to the clients.
- ✓ The most economical means of transportation is to be used, considering the urgency of the situation, and the medical condition of the client. When more than one client is traveling in the same location, maximum space in vehicles shall be used and the rate charged must be for one trip since individual charges for additional clients aren't permitted.
- ✓ Extended travel status for the use of an escort is permitted only in the circumstances such that the client has a disability which requires help with daily activities, or is medically unfit, or declared mentally incompetent by a court of jurisdiction, or to accompany a minor, or legal consent by a parent or guardian is needed, or when a language barrier prevents access to medically required services, or instructions.
- ✓ You may appeal if you feel your refusal is unjust. If you are unsure as to whether you can be covered for Patient Travel Please feel free to call or drop by the office and inquire.

**Travel Rates** Private Mileage Rate: \$0.25 cents per kilometer / \$0.29\* cents per kilometer. (\*Until March 31, 2025)

**Accommodation:** Hotel - HHSS is responsible for arranging accommodation for stays of five days or less. Approval from the regional office is required for anticipated stays of more than five days, upon approval, Heskwen'scutxe Health will make the arrangements in the usual way.

**Private Accommodation:** In order to encourage the use of family support systems, the rate for private accommodation is \$50/day (max. of \$350/week). Prior approval is required for stays of more than 30 days. **\*\*NOTE\*\* taxi fees will NOT be paid** as the rate of \$50 is inclusive of ground transportation to the hospital, etc.

**Meal Rates:** One to six nights/days: Adults /children 5+ - \$68 per day / Children (1yr - 4yr) - \$29  
Seven nights/days or more (Weekly Rate) Adults - \$283 per week - \$425 per week per Client and approved escort  
Any stay over 5 nights must be pre-approved by FNHA (fill Exception Benefit Form)

The number of overnight stays equals the number of days of meals allowance to be paid. No receipts are required for this meal allowance.

Heskwen'scutxe collects the details of each patient trip to submit them to the FNHA Program Services Officer each month.





**TRAVELLING TO AN  
APPOINTMENT AT THE  
HOSPITAL? DON'T  
FORGET TO BRING YOUR  
CARE CARD.**

**HOSPITAL** 

*If you have lost your Card  
Replacing Your BC Services Card with a Photo  
Report your missing card by phoning the ICBC driver licencing  
centre as soon as possible.*

*Victoria: (250) 978-8300*

*Elsewhere in B.C.: 1-800-950-1498*

*Get your card replaced by visiting an ICBC driver licencing office  
near you.*

# We want your input

On proposed health services and a new health facility in Lytton

## *You're Invited*

- Attend a community meeting April 30.
- Learn about what Interior Health has proposed for future health services in Lytton.
- Share your input and ask questions.
- Your feedback will help Interior Health finalize a new health services plan.



## Everyone in the area is invited to participate at the community meeting.

Highlights of Interior Health's concept plan include a focus on integrating culturally safe, team-based care, reduced wait times between lab testing and treatment, implementing new technology to improve access to services, incorporating a climate-resilient approach to construction, and more! We look forward to seeing you.

### Save the Date!

**April 30, 2024, from 4-7 pm**  
**Stein Valley Nlakapamux School**  
**1675 St Georges Rd, Lytton**

**Food and refreshments will be served.**  
**Door prizes!**

**Learn more: [EngageIH.ca/Lytton](https://EngageIH.ca/Lytton)**





## Tick Bites and Disease

### What are ticks?

Ticks are tiny bugs, about the size of a sesame seed, which feed on blood. Different ticks prefer feeding from different types of animals.

Sometimes, a tick will bite a person instead of biting an animal. While most tick bites do not result in disease, some do.

Ticks live in tall grass and wooded areas. They are easiest to spot on a person when they are actually sucking blood. Ticks burrow part way into the skin, bite, draw blood, and then drop off. The feeding tick's mouth will be under the skin, but the back parts will be sticking out. When they are full of blood they are usually blue-grey in colour. This is called an engorged tick.



**Immature tick**  
(approximate actual size)



**Female adult tick**  
(approximate actual size)



**Female adult tick**  
(approximately  
10 times actual size)

### What should I do if I find a tick on my skin?

If you find a tick on your skin, you need to remove it as soon as possible. Check your entire body and clothing. Do not stop when you find one tick. There may be more. Make sure the lighting is good, so you do not miss seeing the tick(s). If you cannot reach the tick or see it clearly, get someone else to remove the tick for you or see a health care provider to remove it. Be sure to check for ticks on your children and pets if they have been out in an area where ticks can live.

### When to see a health care provider to remove the tick

See your health care provider to remove the tick if it has buried itself deep into your skin. This happens if the tick has been on you for several hours or even a day or two. When a tick has burrowed deep into your skin, it is very hard to remove the tick without leaving some mouth parts behind, which can cause an infection.

### How to remove a tick yourself

If you can remove the tick yourself, follow these instructions.

1. Use tweezers to gently get a hold of the tick as close to its mouth as possible. The body of the tick will be above your skin. Do not touch the tick with your bare hands. Wear gloves if possible.
2. Steadily lift the tick straight off the skin. Do not squeeze the tick because this can force its stomach contents into the wound and increase the chance of an infection. Do not jerk, unscrew or twist the tick because this may separate the head from the body. It is very important to make sure that all of the tick, including the mouth parts buried in your skin, is removed.
3. Once the tick has been removed, clean the area with soap and water. You may also put a small amount of antibiotic ointment on the area. Wash your hands with soap and water.

You cannot remove a tick by covering it with grease or gasoline, or by holding a match or cigarette against the tick. This does not work and may increase the chance of getting an infection.

### What to do with the tick once it is removed

If the tick is alive, put it in a small container (e.g., a pill bottle) with a tight fitting lid along with a cotton ball dampened with water to keep it alive. Do not use rubbing alcohol or any other liquid. The



container with the tick can be stored briefly in a refrigerator. Speak with your health care provider as soon as possible to see if they want to submit the tick to the BC Centre for Disease Control for testing.

### How do I avoid getting bitten by a tick?

You can help protect yourself and your family against tick and insect bites by following these tips when you spend time in an area where ticks may live:

- Walk on cleared trails wherever possible when walking in tall grass or woods.
- Wear light coloured clothing, tuck your top into your pants, and tuck your pants into your boots or socks.
- Use an insect repellent containing DEET on your clothes and on all uncovered skin. Reapply it as directed on the container. For more information about insect repellents and DEET, see [HealthLinkBC File #96 Insect Repellent and DEET](#).
- Check clothing and scalp when leaving an area where ticks may live. Check in folds of skin. Have someone help you check young children.
- Regularly check household pets which go into tall grass and wooded areas.

### Which diseases can be spread by ticks?

Several diseases can be passed to humans from tick bites. The most well-known is Lyme disease.

*Borrelia burgdorferi*, the organism that causes Lyme disease, has been found in ticks collected from many areas of British Columbia, and dozens of Lyme disease cases have been identified in the past 15 years. Many people with Lyme disease have not travelled outside of the province, and it is likely they contracted the disease in B.C.

Not all ticks carry the bacteria for Lyme Disease, and there is only a very small chance of ticks

giving it to you. However, since Lyme disease is such a serious disease, it is worth taking steps to avoid being bitten.

Other diseases passed on by ticks include relapsing fever, tularemia, Rocky Mountain Spotted Fever (RMSF), Q fever, and anaplasmosis. All of these diseases are rare in British Columbia.

Certain ticks may release a toxin that can cause temporary paralysis. For this reason it is important to remove the whole tick as soon as possible.

### What are the symptoms of tick-related diseases?

If you have the following symptoms within days or weeks after being bitten by a tick, report them to your health care provider right away. Tell your health care provider when and where a tick bit you.

- General symptoms of fever, headache, muscle and joint pains, fatigue, or weakness of the muscles of the face.
- Skin rash, especially one that looks like a bull's eye, which may or may not be in the area of the bite.
- In very rare cases, paralysis may occur. The paralysis usually starts in the feet and legs and works its way up to the upper body, arms and head. The paralysis usually starts within a few hours to a day or two days after the bite.

### What is the treatment?

There are currently no vaccines licensed in Canada for any diseases passed on by ticks.

Lyme disease and other tick-related diseases can be treated with antibiotics. Early diagnosis and treatment can help prevent complications.



BC Centre for Disease Control  
An agency of the Provincial Health Services Authority

---

For more HealthLinkBC File topics, visit [www.HealthLinkBC.ca/healthfiles](http://www.HealthLinkBC.ca/healthfiles) or your local public health unit. For non-emergency health information and advice in B.C. visit [www.HealthLinkBC.ca](http://www.HealthLinkBC.ca) or call 8-1-1 (toll-free). For the deaf and hard of hearing, call 7-1-1. Translation services are available in more than 130 languages on request.



## Immunization Schedule for B.C. Adults, Seniors and Individuals at High Risk

Vaccine	Adult	65 Years and Over	High Risk Program <sup>†</sup>
<a href="#">Chickenpox (Varicella) Vaccine</a> (#44b) <sup>1</sup>	<input checked="" type="checkbox"/>		
<a href="#">Hepatitis A Vaccine</a> (#33)			<input checked="" type="checkbox"/>
<a href="#">Hepatitis B Vaccine</a> (#25a) <sup>2</sup>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>
<a href="#">Human Papillomavirus (HPV) Vaccines</a> (101b) <sup>3</sup>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>
<a href="#">Inactivated Influenza (Flu) Vaccine</a> (#12d) <sup>4</sup>	<input checked="" type="checkbox"/>		
<a href="#">Measles, Mumps, Rubella (MMR) Vaccine</a> (14a) <sup>5</sup>	<input checked="" type="checkbox"/>		
<a href="#">Meningococcal C Conjugate (Men-C) Vaccine</a> (#23a) <sup>6</sup>	<input checked="" type="checkbox"/>		
<a href="#">Meningococcal Quadrivalent Vaccine</a> (#23b) <sup>7</sup>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>
<a href="#">Pneumococcal Conjugate (PCV 13) Vaccine</a> (#62a)			<input checked="" type="checkbox"/>
<a href="#">Pneumococcal Polysaccharide Vaccine</a> (#62b)		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<a href="#">Tetanus and Diphtheria (Td) Vaccine</a> (#18a) <sup>8</sup>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
<a href="#">Tetanus, Diphtheria, Pertussis (Tdap) Vaccine</a> (#18c) <sup>9</sup>	<input checked="" type="checkbox"/>		

**Note:** The vaccine schedule can change. Speak with your health care provider, or call **8-1-1** if you have questions. This immunization table was developed and reviewed by HealthLinkBC, BC Ministry of Health and BC Centre for Disease Control.

**† High Risk Program:** British Columbia provides many vaccines free of charge to some people. For example, those with chronic illness or weakened immune systems may receive free vaccinations. Contact your health care provider, or call **8-1-1** for more information.

<sup>1</sup> Two doses of the vaccine are recommended for adults who have not been immunized. Some adults may not need the vaccine. If you had chickenpox or shingles disease after 1 year of age and had the disease before 2004, or it was confirmed by a lab test, you do not need the vaccine.

<sup>2</sup> The hepatitis B vaccine is provided free to people born in 1980 or later who have never received the vaccine or have not received the recommended number of doses for their age.

<sup>3</sup> The HPV vaccine is provided free to eligible adults 26 years of age and under.

<sup>4</sup> Yearly influenza immunization is recommended and provided for free. It is especially recommended for people at high risk of serious illness from influenza and those able to spread influenza to those at high risk.

<sup>5</sup> Anyone born in 1970 or later who has not been immunized or does not have immunity to measles, mumps and rubella should get 2 doses of the MMR vaccine.

<sup>6</sup> The Men-C vaccine is provided free to people born before 2002 who are 24 years of age and under and did not receive a dose of the vaccine on or after their 10<sup>th</sup> birthday.

<sup>7</sup> The meningococcal quadrivalent conjugate vaccine is provided free to people born in 2002 or later who are 24 years of age and under and did not receive a dose of the vaccine in adolescence.

<sup>8</sup> The Td vaccine is given to adults who have not been immunized or whose immunization history is unknown. A booster dose of the vaccine is recommended every 10 years. If you have a serious cut or wound and are at high risk for a tetanus infection it may be recommended that you get the vaccine.

<sup>9</sup> The Tdap vaccine is provided free to adults who were not immunized in childhood or whose immunization history is unknown. The vaccine is also recommended and provided free to people who are pregnant in every pregnancy, regardless of their immunization history. The vaccine is recommended, but not provided free, for adults 18 years of age and older who were immunized against pertussis in childhood but have not received a pertussis-containing vaccine in adulthood.



## Emergency Care: CALL 911

Lillooet Hospital ER, 951 Murray Street  
Open 24 hours

### Lytton Primary Care Non Urgent

\*New Building across from TI'Kemtsin Health Centre\*  
1540 Silo Road, Lytton  
(250) 455-2221 | Fax (250) 455-6621  
Monday to Friday: 9 a.m. to 4 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.youthfoundry.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

TI'Kemtsin Health Centre (778) 254-2545

Lytton FNHA Health Centre (250) 455-2715  
Monday to Friday 8 a.m. to 4 p.m.

First Nations Health Benefits 1-855-550-5454 or  
[www.fnha.ca](https://www.fnha.ca) for prescription refilling, medical supplies and equipment

### Mental Health & Substance Use

Adult MHSU (250) 455-2221 ext 4  
Child & Youth CYMH (250) 256-2710  
Friendship Centre (250) 256-4146  
Nlaka'pamux Health Services (250) 378-9772

### 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/Wildfire Info

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

### Lillooet Pharmacies & Services

PHARMASAVE (250) 256-4262  
IDA (250) 256-7538  
\*Daily delivery now available to Lytton via Dynacare

### 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 (250) 455-2715  
Lillooet (250) 256-1314  
Ashcroft (250) 453-1940  
Merritt (250) 378-3400

### COVID Testing & Vaccination Information

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



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



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





# Are you looking for a doctor in Merritt?

The Coquihalla Primary Clinic

Tel: 778-661-0355

Address:

1802 Chapman Street, PO BOX 3090,  
Merritt, BC



Anyone looking for a doctor in Merritt needs to call 811 and get their name on the list. Indigenous People will be prioritize.

You can also register online

<https://www.healthlinkbc.ca/health-connect-registry>

A Nurse Practitioner is on duty and 3 doctors are coming to Merritt shortly and another Nurse Practitioner too!

**Please call the office if you need any assistance with registering**

## **CALL 811 TODAY!**



# RED DRESS DAY

## MAY 05

Red Dress Day was inspired in 2010 by Jamie Black, a Métis artist based in Winnipeg, Manitoba. Black hung hundreds of empty red dresses in public places to represent missing and murdered Indigenous women and girls and to bring awareness to the issue.

In a YouTube interview with Smithsonian, Black said the idea was to confront people with the violence that women are experiencing, and to create a space for women to tell their stories. “The chances are that if you know an Indigenous person, they’re related to someone who’s gone missing or murdered, that’s how common this is,” said Lori Campbell, associate vice-president for Indigenous engagement at the University of Regina.

“We say the spirits that have passed see bright colours the best, red in particular. So hanging the red dresses helps lost spirits find their way home to their loved ones,” said Campbell, who is Métis-Cree.

According to a report published by the RCMP in 2014, 1,017 women and girls who identified as Indigenous were murdered between 1980 and 2012 — a homicide rate roughly 4.5 times higher than that of all other women in Canada.

When the report was released, the minister for the status of women and the Native Women’s Association of Canada both said that due to a lack of data, the number was likely closer to 4,000.





# RECIPE



## Salmon with Blueberry Lavender Reduction

*Lavender arrived in North America with the earliest European settlers and made its way into First People's healing practises. The delicate purple blossoms of lavender are considered a symbol of cleanliness and purity. First Peoples used its essence to calm the mind.*

Cooking oil	1 tbsp.	15 mL
Fresh blueberries,	1 cup	250 mL
Champange vinegar	1 cup	250 mL
Granulated sugar	3/4 cup	175 mL
Dried lavender	1/2 tsp.	2 mL
Salt	1/4 tsp.	1 mL

Salmon fillets (6 oz, 170 g, each)	4	4
Salt, to taste		
Pepper, to taste		

Fresh blueberries, for garnish  
Lavender sprigs, for garnish

Preheat the grill to medium-high. Clean thoroughly with wire brush and grease with oil.

Combine blueberries, champagne vinegar, sugar, dried lavender and salt in small saucepan. Bring to a low simmer and cook until mixture is reduced by about half and coats back of spoon. Use wooden spoon to press sauce through fine-mesh sieve.

While sauce is reducing, cook fish. Season fillets with salt and pepper. Place on grill skin side down. Cook until thinnest edge becomes opaque, 3-5 minutes, depending on thickness. Slip long spatula under fillet from side, lifting entire fillet once, to flip. If fillet sticks, leave it for another 30 seconds before trying again. Cook on second side only to brown outside, about 2 minutes more.

To serve, place fillets on a plate and spoon sauce round fillets and over top. Garnish with fresh blueberries and sprig lavender. Serves 4

## XXXVI THE MOON

The moon was formerly an Indian, but was transformed to what he is at present. At one time his face was as bright as that of the Sun, if not more brilliant. It would be just as bright now, but his younger sister sits on it and darkens it. He and his younger sister now live together. Whenever it threatens to snow or to rain, he builds a house (the halo) and enters it. He is an inveterate smoker. The clouds are the smoke of his pipe. If the weather is quite clear and he begins to smoke, the clouds arise. He always holds his pipe in his hand. Therefore we always see the moon holding his pipe, and we also see the basket which he uses as a hat.

### THE MOON AND HIS YOUNGER SISTER

The moon was formerly a handsome, whitefaced Indian. The stars were his friends. The Hare was his younger sister. Once upon a time he called the Pleiades and all the other stars to his house, but only the star cluster came. They are named the Pleiades. Yet the house was crowded, so that some of them had no place to sit. After all the guests had arrived, the Moon sent his younger sister to fetch some water. She took her water-bucket and left. Ere long she returned carrying a bucket in each hand. When she had entered she said to her brother, "there is no place for me to sit." Her elder brother replied, "Sit here on my face, for there is no room elsewhere." His sister jumped on to his face. If the moon had not joked in this manner, he would now be much brighter, for his sister is darkening his brightness. The woman may still be seen sitting on the moon's face, holding her water-bucket; and because the Pleiades gathered in his house, they form a cluster up to this day, and travel the way they follow now. They are the Moon's closest friends.





# WINNER'S FOR THE FEBRUARY CONTESTS

## Cook's Ferry

Annette Albert  
Aiyana Albert  
Madelyn Albert  
Faro Albert  
Mary Ann Samaha  
Declyn Samaha  
Judy Service  
Joyce Walkem  
Wilfred Paul  
Kellen Paul  
Bernice Anderson  
Rose McCarty

## Siska

Hailey Billy  
Tammy Pierre  
Jody Cure  
Regina Pierre

# WINNER'S FOR THE MARCH CONTESTS



## Colonoscopy Quiz and Easter Coloring Winners

Bernice Anderson  
Jolene Peters  
Annette Albert

Each added a word in Nlaka'pamuxcin  
and received a bonus gift!

## RANDOM ACTS OF KINDNESS CONTEST

*From Siska:* My act of kindness wa paying for a photoshoot for my mom as a surprise with all her grandchildren and great grandchildren and taking them all to Jade Shaw Springs.

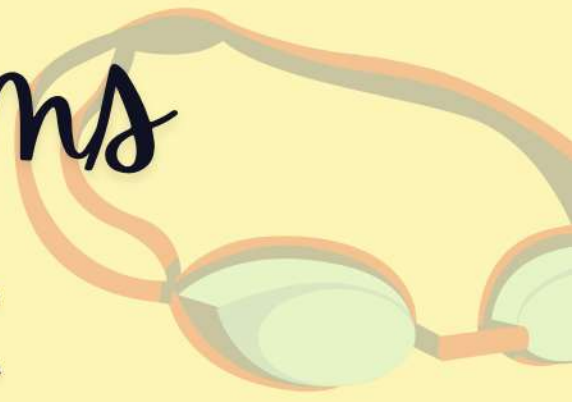
I was going through Hope and stopped to get a coffee and gave a homeless man and his dog \$20. I always carry cash to give out if I see someone in need.

*Cooks Ferry:* I am moved to tears and overwhelmed by the government by the generous gift of a beautiful quilt for each of us who were affected by the flood. A million thanks.



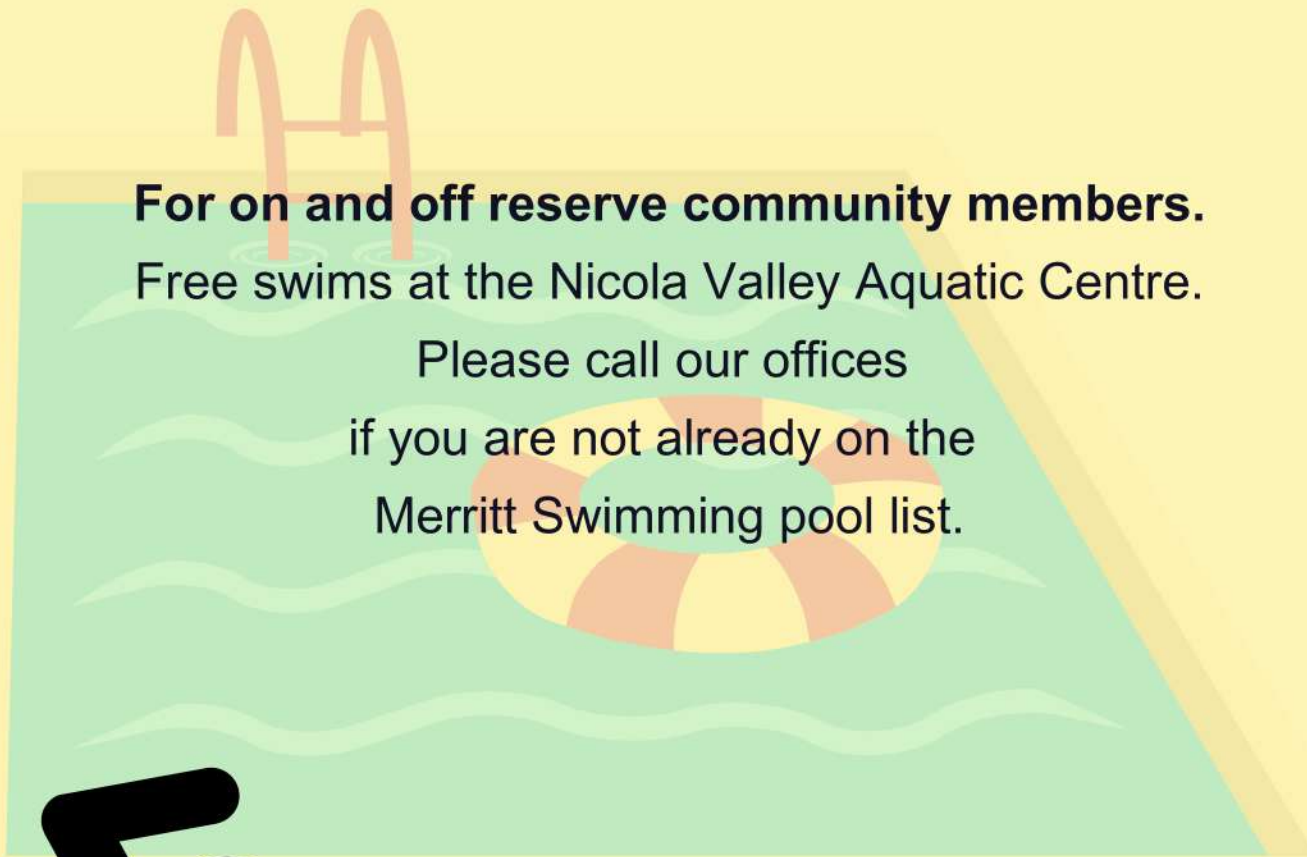
**Store is not accepting your gift card?  
Make sure they enter it as a credit  
card and not a gift card. If that does  
not work, please keep the card and  
return to our office.**

# Free Swims Merritt

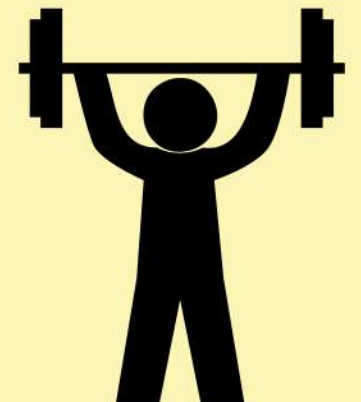


**For on and off reserve community members.**  
Free swims at the Nicola Valley Aquatic Centre.

Please call our offices  
if you are not already on the  
Merritt Swimming pool list.



16+ have free access  
to the gym at the Merritt Aquatic Centre







# Happy Mother's Day

So this month's contest will be as follows:  
We are asking that you submit a photo of your mother or a mother figure. This can be a photo of her with all of her children/grandchildren or just a photo of her. We will also accept a photo of a mother figure someone you believe to be your mother. If you do not have a photo we will also be accepting a little write up as to what you believe a mother is to you.

*Submissions can be sent through the NNHSS Facebook page messenger or to admin@hhssbc.ca no later than May 22*





Name : \_\_\_\_\_

Community : \_\_\_\_\_



# Color by Sight Words

- = four
- = have
- = he
- = no
- = under
- = went
- = yes

under under under under

no no no no

yes yes

no no no no

yes yes

no no no no

four four

no no no no

no no no no

have have

no no no no

yes yes yes yes

no no no no

no no no no

under under

no no

he he

no no

no no

have have

no no

went went went went went



# NEWSLETTER ACTIVITIES & GAMES

Name : \_\_\_\_\_

Community : \_\_\_\_\_

DEADLINE TO SUBMIT May 22

## Mother's Day Word Search

O H L V E Y J L D I D L K A V B J G  
 E U K V J I Z Y H V L B C M D J L T  
 I W T J J B U B E S P E C I A L S X  
 A G Q D Y N H O D M Q A C U D I P G  
 Q C O O K I N G W O P U Q S S F F R  
 R L O V E E L A J W J T F O E W G A  
 B L U A F E S C D S G I O J S I D N  
 J Y D I M W Z E C E Q F W W S S F D  
 Y F M D T I F H O C S U F S I D P M  
 L E V O U R V I M F Z L G G K O M A  
 I K F T D E R M U B Y I M O M M Y E  
 M M F I W H C T N K A E U Q S K O T  
 A S T A E T C C L S V T V J R H U C  
 F G H O U O U E S I L H T A I B G F  
 K U F R C M V P A H X D Q U O A T H  
 C H M H H R Z S R V V B L N J Z M I  
 N C X N P A R E N T N E P T X C H A  
 F S N U R T U R E K R C H N G U S Q



MOTHER  
 AUNT  
 FAMILY  
 RESPECT  
 COOKING



MOMMY  
 LOVE  
 PARENT  
 WISDOM  
 NURTURE



GRANDMA  
 SPECIAL  
 HUGS  
 KISSES  
 BEAUTIFUL

[www.thriftymommastips.com](http://www.thriftymommastips.com)

# May Market

Saturday May 11, 2024

from 10am to 2pm  
at the Cooks Ferry  
Chief Whitsemnitsa Complex  
3691 Deer Lane, Spences Bridge,

\$5 for a table  
Call 778.253.0277

Crafts • Quilts • Jewelries •  
Clothing • Fine Art •  
Housewares • Sweet Treats  
Concession • Silent Auction



Concession  
Chili and hot dogs





*The Nlaka'pamux Piecemakers  
Art Council invites you*



# Black Ribbon Skirt

## Elders Workshop

*Wear your skirt at the*

*Elders Gathering Conference*

**Class is full and there will be**

*With teacher Jean York*

**another date added soon**

Date: Saturday May 4, 2024

Location: Conyat Friendship Center

Address: 2164 Quilchena, Merritt

*(Please enter through the back purple door)*

Time: 9:30 am to 2:00 pm *(please be punctual)*

Limit of 6 Elders to this class

To register:

Text / call or email 250.280-2323 [jeanyork52@gmail.com](mailto:jeanyork52@gmail.com)

*Bring your own sewing machine if you have one*

Bring your lunch and snacks

Water, Tea and Coffee provided

All materials, supplies are included



**FIRST PEOPLES**  
CULTURAL COUNCIL



# Han Knakst Tsitxw Society's Annual Mother's Day Lunch

**WHEN: May 10, 2024 10am-2pm**

**WHERE: LFN Battlefield Community Hall  
(WOMEN ONLY EVENT)**

**GAMES**

**PRIZES**

**FLOWERS**

**FUN!!!**



Any questions or concerns Please  
Call: 1-877-359-3685 or 778-254-0217  
Email: [haven@hanknakst.ca](mailto:haven@hanknakst.ca)



---

# List of FNHA Approved Therapists

---

Qwemtsin Health Centre  
Authored by: Tracey Strain - Eustache



---

## Trauma Treatment

SHAWNA CALHOUN CCC (778) 257-4092 Waitlist less than 1 month She utilizes interventions from, CBT (Cognitive Behavioural Therapy), ACT (Acceptance & Commitment Therapy), Narrative Therapy, Mindfulness, and EMDR (Eye Movement Desensitization and Reprocessing). Shawna is a Basic EMDR Trained Therapist who is a member of EMDR Canada & EMDRIA. When working with children and youth she also uses age-appropriate play, art, and expressive therapy. Shawna has a Masters Degree in Counselling and is a Canadian Certified Counsellor (CCC). I am an allied, white settler of Scottish and English decent. I am humbled, and honored, to call Tk'emlups te Secwepemc territory my home. Recommend. Ally. Suggest for clients with PTSD.

ANDREA CAMPBELL RCC; Master Practitioner in Clinical Counselling and RSW (250) 554-4747 Accepting new clients immediately Andrea uses a grief-informed and trauma-informed lens in her work with clients. She has specialized training in both **Eye Movement Desensitization and Reprocessing (EMDR)** and **Observed & Experiential Integration (OEI)**, two approaches that are very useful to reduce the impact of traumatic experiences and address symptoms of anxiety and post-traumatic stress disorder. Andrea also has certification in **Safe and Sound protocol, a sound therapy program** that helps retune the nervous system to help it become more regulated and resilient. Andrea also draws from other counselling modalities, including cognitive-behaviour therapy (CBT), dialectical-behaviour therapy (DBT), compassion-focused therapy, acceptance and commitment therapy (ACT), and more, to deliver an integrated and personalized treatment approach for each client. Andrea provides counselling for concerns related to grief & loss, suicide & self-harm, depression, anxiety, infertility, adoption, birth trauma, intergenerational trauma, relationship struggles and more. Specialized training in trauma & addiction counselling has equipped Andrea to work with individuals, couples, and families whose lives have been impacted by intergenerational trauma and substance use. Recommend. Suggest for PTSD clients.

CATHERINE CURRELL Psychologist ☎ (604) 788-7288 Dr. Currell's training includes: Cognitive-Behavioural Therapy Cognitive Processing Therapy (CPT), Dialectical Behavioural Therapy (DBT), **Eye-Movement Desensitization Reprocessing Therapy (EMDR)**. Having a wide range of therapeutic techniques at her disposal allows Dr. Currell to collaborate with the client to



---

choose the one best suited to the needs of the individual, rather than adhering to a one-sized-fits all method. Her overall approach is always a kind and compassionate one. Dr. Currell's education includes degrees from York University (B.A., Psychology), City University of New York/John Jay College of Criminal Justice (M.A., Forensic Psychology) and Central Michigan University (Ph.D., Clinical Psychology). Recommend. Check if accepting new clients and suggest for PTSD.

ANGELA DAVIS RCC (778) 990-6232 Accepting new clients immediately. First Nations Woman. I am a Registered Clinical Counsellor (RCC) with a Master's degree in Psychotherapy & Spirituality from St. Stephen's College, Edmonton AB. I am a Certified Hakomi Practitioner and Trainer and I love teaching and group facilitation. I have training in **EMDR**, Narrative Therapy, Solution Focused Therapy, Feminist Approaches, and Trauma-informed practice. Recommend. Suggest for PTSD clients and Two Spirit. ( ask where she comes from?)

MARILEE DRANEY RSW (778) 257-2433 Accepting new clients immediately **First Nations Woman** I am an Aboriginal counsellor in the field of practice for the past 20 years. I am of Thompson and Cree decent from the N'lakapamux nation. As a Registered Clinical Counsellor, **EMDR trained** and Co-Active Life Coach, my practice is to walk alongside, together with clients, supporting and healing in areas of anxiety, depression, healthy relationships, childhood trauma, addictions, grief & loss. Clients will experience a relaxed, safe and supported environment, with a culturally sensitive lens from an Aboriginal perspective. Recommend. Suggest for PTSD and depression.

VICKI FARNELL RCC (250) 318-9553; (250) 828-2698 Waitlist less than 1 month MA, RCC Vicki Farnell is a therapist at Lighthouse Therapy in Kamloops, BC. She is passionate about working with birthing people, parents and adults to support understanding and healing. Vicki's practice combines many theoretical frameworks to best suit the needs of the client and family. She works holistically, recognizing and supporting the benefits of integrating left and right brain experiences and somatic energies. Vicki's practice is rooted in the ideas of attachment and connection. She is trained in Eye Movement Desensitization and Reprocessing (**EMDR**) and uses this tool to support folks who are struggling with PTSD or C-PTSD. She works with the client to allow them to guide their healing while providing supportive strategies and nudges forward. Recommend. Suggest for PTSD and postpartum depression.

**JOAN FLETCHER** RSW (250) 828-2698 Waitlist less than 1 month **First Nations Woman** (high bar) Joan devotes a lot of her practice to children and youth but does also work with parents and adults. Her approach with adults is holistic and strength based. She understands trauma and inter-generational trauma. She also understands the importance of culture when it comes to healing. There is always the opportunity to incorporate meaningful cultural practices or



---

rituals if appropriate. Conventional talk therapy can be utilized but this can also be integrated with other expressive therapies based on clients wants and needs. Therapy can include art therapy, play therapy, sand tray, storytelling, movement, imagery/visualization, sewing/beading/felting, music/dance, talk. Her hope is that whoever she is working with; child or adult will discover or reignite their light within. She believes that healing happens through having compassion for ourselves and self acceptance. Recommend.

KELSEY GRIMM RCC ☎ (778) 860-3120 Accepting new clients immediately. Interdisciplinary BA in Psychology, Sociology and Philosophy; Masters in Leadership; Masters in Psychology Counselling, Registered Clinical Counsellor through the BC Association of Clinical Counsellors. Trauma Counselling, Attachment, Somatic Experiencing, **Eye Movement Desensitization and Reprocessing**, Acceptance and Compassion Therapy, and Gottman. When working with children and youth I use age-appropriate art, play and explorative therapy. Applied Suicide Interventions Skills Training; Infant Mental Health; Trauma Informed Practice; Core Addictions Practice; Motivational Interviewing I; Therapeutic Crisis Intervention. Recommend. Suggest for clients with PTSD.

JOLENE LINDSEY RSW (250) 554-4747 Waitlist less than 1 month. Jolene is a Master's Level, Registered Social Worker (#09027) with the BC College of Social Workers and an active member of the BCASW. She has been practicing since 2006. Jolene has a Bachelor's Degree of Social Work from Thompson Rivers University and a Master's Degree of Social Work from Dalhousie University. She came to us from Mental Health and Substance Use services where she had over 12 years of experience working with **complex concurrent psychiatric and substance use conditions**. She specializes in **EMDR** (Eye Movement Desensitization and Reprocessing) and OEI (Observed and Experiential Observation) trauma treatments, Motivational Interviewing which is effective in assisting those with substance use struggles, or those contemplating any changes in their lives. She also has experience in Cognitive Behavioral Therapy, Dialectical Behavioral Therapy, Bio-psycho-social-spiritual models, Emotion-Focused Family Therapy approaches. Jolene is also trained in Usui Holy Fire Reiki – Levels I, II & III (Masters) and uses this energy to holistically enhance the healing process and transformations that occur during the therapy process. These modalities combined make for a very effective, efficient, and transformative journey. Jolene sees individuals of all ages in her practice. Some areas of special interest are grief/loss, suicide, relationship traumas, divorce, postpartum adjustment, and birth trauma, 2SLGBTQIA+, men's health, Indigenous populations and intergenerational trauma, as well as, performance enhancing treatments for athletes, students, professionals, workplaces, etc. Jolene has also created group workshops that are run at various times of the year which are great ways to begin your journey and to start working with her if you are awaiting a spot on her waitlist. From forests to rivers and



---

mountains to lakes, Jolene has always appreciated the opportunities the Tk'emlúps territory offers for pleasure, exploration, healing and growth. Jolene is grateful to be a part of the healing community here in Kamloops, feeling as though this process has come full circle in her own journey of healing. Having lost her father to suicide at the age of 17, Jolene brings with her an integrated understanding of the complexities that grief can hold within someone. This, complemented with years of education and clinical experience, allows Jolene to draw upon a vast set of skills when personalizing treatment approaches and providing therapeutic healing interventions. As a social worker, she is also acutely aware of the larger systemic and structural barriers that can negatively influence a person's well-being and will work holistically to address the impacts of these in ones' healing journey. Jolene believes strongly that people truly know what is best for themselves and is privileged to walk alongside them in their journeys of reaching their full potential. Jolene is a warm, charismatic and playful person. Humor has always held a healing and joyful place in her life. Recommend. Suggest for trauma treatment, addictions, suicidal clients, and grief and loss.

NADINE MATHEWS RSW (250) 314-0298 Waitlist 1-2 months Nadine (she/her) is a registered social worker (#08802) with a masters degree in social work and post graduate certificates in emotion focused family therapy, trauma informed interventions, including **EMDR** and Aboriginal Family Systems. Nadine brings to the team counselling approaches that are person centred, response-based and which locate the problems people experience within the sociopolitical context of our society and community. Nadine attends regular therapy and clinical consultation to best serve her clients. Nadine also volunteers on the crisis line for the local **domestic violence sexual assault response team**, is a member of the Canadian Fertility and Andrology Society, the Kamloops Sexual Assault Counselling Centre and works with both Crime Victim Assistance, Veterans Affairs, and First Nations Health Authority. Nadine has been working in the counselling field since 2001, primarily with individuals and families responding to oppression, abuse, neglect, trauma, anxiety, depression, grief and loss, in both non profit and private practice settings. She feels a deep privilege to give back to the community through these efforts of joining people in a counselling relationship. Recommend. Suggest for clients who are victims of crime, sexual assault survivors and PTSD.

SEAN MONAGHAN RCC (250) 314-0298 **Not accepting new clients** I have a Masters in Counselling and am a Registered Clinical Counsellor (#5304) with training in the following approaches: Cognitive Behavioral Therapy, Acceptance and Commitment Therapy, Motivational Interviewing, **Eye Movement Desensitization and Reprocessing**, Family Therapy, Couples Therapy, Substance Use Counselling, and General Mental Health Counselling. I specialize in helping couples (improving communication and attachment, healing from affairs/trust breaches, conflict resolution, and improving sexual intimacy), individuals (addictions, depression, anxiety, and improving self-worth/self-compassion), families



---

(parenting, communication and general interdynamics) and youth. Recommend. Suggest for PTSD and couples.

MARK MOODY RSW (250) 889-5278 Accepting new clients immediately I specialize in anxiety, depression, and the effects of trauma. I provide a client centered approach to counselling that utilizes my training in Cognitive Behavioral Therapy (CBT), as well as EMDR. I have a strong focus on attachment and how we view ourselves in relation to others. I am a Registered Social Worker (RSW) with a specialization in clinical counselling. I have a Master's degree in Social Work (MSW) as well as specialized training in cognitive behavioral therapy (CBT), eye movement desensitization and reprocessing (EMDR), Indigenous cultural safety training, and recognizing and responding to suicide risk training. Recommend. Has a solid educational background, **EMDR** trained and Ally. Suggest for acute PTSD.

SHERRY MOORE RSW (788) 765-4282 Accepting new clients. Immediately Therapeutic Approaches - Sensorimotor Psychotherapy, Transformational Systemic Therapy, **Eye Movement Desensitization & Reprocessing**, Dialectical Behavioral Therapy, Cognitive Behavioral Therapy, Solution Focused Therapy, Motivational Interviewing. Recommend EMDR trained. Suggest for PTSD.

RACHAEL PASEMKO RSW (250) 828-2698 Waitlist more than 2 months Rachael is committed to offering the best work she can to the people she supports so she engages in ongoing learning. She works to keep relevant in the quickly expanding field of neuroscience and therapy. Registered play therapist and is open to the neuroscience of our work. Recommend. Suggest for children, PTSD and addictions.

JASON PETERSON RCC (250) 571-9825 I am a registered EMDR Therapist (both Internationally and in Canada), a Gotman therapist, and I have worked in the mental health field for over 30 years, I have served in the Canadian Military, as a Municipal Fire Fighter, and First Responder. Recommend. Great educational background and has EMDR training.

SUSAN PETERSON RSW (250) 319-5317 Accepting new clients immediately Sue has completed specific postgraduate training in trauma intervention, EMDR (eye movement desensitization reintegration), cognitive behavior therapy, interpersonal psychotherapy, suicide risk assessment and intervention, attachment interventions, and dialectical behavior therapy. Sue has also worked extensively with children using a combination of both cognitive behavior strategies and play therapy. Sue also works with individuals to address symptoms of depression or anxiety. Sue is also trained in Neurosequential Clinical Supervision, developed by Kristi Brandt and Bruce Perry. Recommend. Suggest for children and PTSD.



---

BARRY REITER CCC (250) 319-7775 Waitlist less than 1 month My therapeutic toolkit includes: Cognitive behavior therapy (CBT), Eye-movement desensitization and reprocessing (EMDR), Motivational interviewing, Brief solution-focused approaches, Family systems, and Clinical hypnosis. I will soon be adding EEG neurofeedback and transcranial direct current stimulation (dTCS) to the services I can offer. Recommend. Suggest for PTSD and addiction.

LORI SEELEY RSW(778) 220-7707 Accepting new clients immediately. These include sensory and somatic based approaches, EMDR, relational counselling, family therapy, play based therapy and expressive therapies. I work with clients of all ages, but I always say "teens are my jam" and quirky and nerdy teens hold a special place in my heart. This translates well to supporting adults who have received diagnoses of neurodiversity later in life. We can work through exploring identity with this new lens. Recommend. Suggest for PTSD and children/youth who are on the spectrum.

USMAN SHARIF RCC (778) 220-2361 Accepting new clients immediately My focus is on trauma-focused therapies, including EMDR, ACT-Trauma, and CBT-Trauma, which have been specifically designed to help individuals overcome the effects of trauma. Additionally, I'm skilled in general therapy and have helped countless individuals overcome a wide range of mental health challenges. Recommend. Specializes in trauma-focused therapy. As a lifelong learner, I'm always seeking to improve my skills and knowledge in the field of psychology. I'm dedicated to staying up to date with the latest research and techniques and regularly attend workshops and conferences to expand my knowledge. Recommend. Suggest for PTSD.

SHARON TODD RSW (250) 320-8615 Waitlist 1-2 months **I am an Indigenous woman** of Cree Metis ancestry. I have been a counsellor for twenty + years. I have extensive experience providing therapeutic counselling services to children, youth, adults, families and Elders. I believe in the strength and resilience that each client brings to session, and work to guide clients to a path of hope once current challenges have been resolved. Approach to therapy is holistic and clients are well supported through a variety of therapeutic approaches based on the needs of the client. Therapy includes short term solution-focused crisis intervention counselling or long term trauma-focused therapy. Recommend. Indigenous

CHERYL WHITEHEAD RCSW ☑ (250) 819-2738 Accepting new clients immediately. Cheryl prefers a deeper, gentler, more effective approach that is achieved by using EFT (Emotional Freedom Technique) for all types of trauma, negative emotions, unhelpful behaviours (addictions, food cravings etc.) and understanding the deeper unconscious influences. Emotional freedom technique (EFT) is an alternative treatment for physical pain and emotional distress. It's also referred to as tapping or psychological acupuncture. In your hour long session, Cheryl will spend time talking to her clients and offering support in areas such as addictions, relationships, mood disorders, abuse and trauma, family matters and anyone



---

struggling with LGBTQ issues. Cheryl will then begin the tapping portion of the therapy session and provide you with resources to empower you to take control of your wellness. A typical EFT session is half talk therapy and half tapping/treatment. Recommend. Suggest for those that have PTSD that are interested in alternative therapy. This technique can work for those that are interested in learning how to self regulate symptoms of PTSD.

VIVIANE WINGERAK RCC ☎ (250) 314-0298 I work with both children and adults, dealing with a wide range of emotional difficulties including depression, anxiety, personal and work-related stress, trauma, parenting and separation, as well as relationship challenges. I also have a passion for helping clients who have experienced abuse, neglect and other significant psychological trauma, offering EMDR treatment (Eye Movement Desensitization and Reprocessing), which is a widely researched and effective treatment for post-traumatic stress, and other types of distress/ anxiety, such as specific phobias. Has a solid educational background. Recommend. Suggest for PTSD.

URSZULA ZAWADZKA. BSc-Psyc, MSc-Psyc, MA, RCC, CCC (250) 377-5433 Waitlist less than 1 month. In her counselling work Urszula applies a client centred approach, and uses CBT, DBT, EMDR, and Brief Solution Focused Therapy. She also applies the principles of Feedback Informed Therapy to ensure that the sessions meet clients' goals and expectations. Master's in counselling as well as a Masters in Psychology of Sport and Performance. Recommend. Suggest for PTSD

### **Children and Youth**

ROBIN COLLINS RCC ☎ (778) 257-1150 Not accepting new clients. First Nations Woman. I began my education here in Kamloops. I received my Bachelor of Arts from Thompson Rivers University; I have a double major in psychology and sociology. I then attended Prescott College in Prescott, Arizona. I graduated with a Master of Science in Counselling specializing in Clinical Mental Health with a concentration in **Equine Assisted Mental Health**. I am now a member of the B.C. Association of Clinical Counsellors with the designation. The Neurosequential Network acknowledges that Robin Collins of Collins Counselling in Kamloops BC has completed NMT Training Certification through the Phase I level (The **Neurosequential Model** is not a specific therapeutic technique or intervention; it is a way to organize a child's history and current functioning. The goal of this approach is to structure assessment of a child, the articulation of the primary problems, identification of key strengths and the application of interventions (educational, enrichment and therapeutic) in a way that will help family, educators, therapists, and related professionals best meet the needs of the child). Highly recommend. Suggest for children that have experienced trauma.



---

COLE LEVITT (888) 369-2878. Cole's career has been as an elementary educator, child and youth mental health clinician, and clinical counsellor. Specifically, he has experience as a behavior specialist which has provided him with unique insight into children who use their behavior as language, often instead of their words. The foundation of Cole's work is based on the assumption that when people experience suffering, it is common to feel overwhelmed, anxious, sad, or confused about what to do. It is at this place that he can be helpful by engaging in meaningful conversations and contributing to change. Recommend. Suggest for Children that need diagnosis and community debriefing.

KATHERINE GULLEY BA.Psyc., MCC, CCC; RCC (250) 819-2989 Accepting new clients immediately M.Ed., BA, RCC, CCC. Katherine began her career working with children diagnosed with autism spectrum disorder and joined Child and Youth Mental Health in 2007, where she worked as a mental health clinician for four years and a clinical supervisor for eight. She started her private practice in 2015, working with children, youth, adults, and families with concerns ranging from anxiety and depression to complex developmental trauma. Katherine is a neurodiversity-affirmative therapist who focuses on strengths and building resilience. She is passionate about working with neurodiverse children, youth, and adults. She is especially interested in helping clients understand themselves in the context of their relationships and is passionate about developing resilience in children and youth. Katherine is a certified coder of the Adult Attachment Interview and a certified trainer in Modified Interaction Guidance. She has extensive training in Cognitive Behavioural Therapy, Complex Developmental Trauma and EMDR, Mentalization-Based Treatment, Suicide Risk Assessment, Mental Health Assessment, Expressive Therapies, Clinical Supervision, and Autism Spectrum Disorder. Recommend. Suggest for children that need a diagnosis.

LORI SEELEY RSW(778) 220-7707 Accepting new clients immediately. These include sensory and somatic based approaches, EMDR, relational counselling, family therapy, play based therapy and expressive therapies. I work with clients of all ages, but I always say "teens are my jam" and quirky and nerdy teens hold a special place in my heart. This translates well to supporting adults who have received diagnoses of neurodiversity later in life. We can work through exploring identity with this new lens. Recommend. Suggest for PTSD and children/youth who are on the spectrum.

ALEXA TYLER RCSW (250) 819-0212 Accepting new clients immediately. I am a Registered Clinical Social Worker. I have expertise in mental disorder assessment, diagnosis, and treatment. I am a play therapist certified in the US and Canada. I have worked with Indigenous families across BC. I have experience with hundreds of individuals in BC and nationwide. Recommend. Suggest for children and those that require assessment and clinical direction.



---

SUSAN PETERSON RSW (250) 319-5317 Accepting new clients immediately Sue has completed specific postgraduate training in trauma intervention, EMDR (eye movement desensitization reintegration), cognitive behavior therapy, interpersonal psychotherapy, suicide risk assessment and intervention, attachment interventions, and dialectical behavior therapy. Sue has also worked extensively with children using a combination of both cognitive behavior strategies and play therapy. Sue also works with individuals to address symptoms of depression or anxiety. Sue is also trained in Neurosequential Clinical Supervision, developed by Kristi Brandt and Bruce Perry. Recommend. Suggest for children and PTSD.

JENNIFER CANE RSW, MSW UBC (250) 314-0298 As a social worker and counsellor, Jenn places importance on the ways in which social and environmental factors (ie: family dynamics, culture, socio-political context) affect the experience and well being of individuals. Her therapeutic approach is tailored to the needs, goals, and values of each client. Her most used modalities are **narrative therapy**, acceptance and commitment therapy, and solution-focused therapy, with a strong foundation in trauma-informed and strengths-based practice. Jenn also possesses extensive knowledge of **child and youth development** and offers expressive play therapy for her elementary school-aged clients. Passionate about offering decolonized mental health supports, Jenn welcomes opportunities to co-create safe and meaningful healing environments with First Nations, Metis, and Inuit individuals and families. She offers culturally safe services for refugees, immigrants, and people of diverse cultural and religious backgrounds. Recommend. Ally. Suggest for children and that have complex life circumstances.

## Men

CHIDUZIE EZEDEBEGO RCC; RSW ☐ (250) 614-8113 Waitlist less than 1 month Chiduzie holds a Bachelor of Science degree in Finance from Nigeria, a Bachelor of Arts degree in Justice Studies from Royal Roads University, and a Master of Social Work Degree from the University of Northern British Columbia. He is a registered Social Worker with the BC College of Social Workers, and a Professional Member with the Canadian Counselling and Psychotherapy Association. Chiduzie worked for five years with the BC Ministry of Justice Adult Custody Branch as a Correctional Officer before joining Northern Health in 2012. Since joining NH, Chiduzie has worked as a clinician in the Adolescent Psychiatry and Assessment Unit, the Acquired Brain Injury Program, and as a Community Social Worker with the Elderly Services Program. Chiduzie has also worked as the UNBC Counsellor InResidence and as a Counsellor in the UNBC Wellness Centre. Chiduzie looks forward to providing psychosocial support to cancer patients and their families in Northern BC and working closely with both Patient and Family Counselling staff and other staff. Recommend. Suggest for cancer patients and abused men.

## Alternative Therapy



---

MAGDALENA TORNYAI CCC; RCC (250) 554-6663 Magdalena is a Registered Clinical Counsellor (RCC) and Certified Canadian Counsellor (CCC) with the British Columbia Association of Clinical Counsellors and the Canadian Counselling and Psychotherapy Association. Magdalena lives on the beautiful North Thompson Riverside in Kamloops, BC and owns and operates Safe Haven Holistic Counselling located there. Magdalena Tornyai is trained and certified in the current, most advanced approach to therapy called Interpersonal Neurobiology. She helps her clients on their healing journey by building on the solid and empirically supported treatment approaches developed by pioneers such as Daniel Siegel, PhD., Allan Schore MD, Steve w. Porges PhD., and Professor Iain McGilchrist. Apart from being certified in Interpersonal Neurobiology, Magdalena is also a Creative Art Therapist using all forms of self expressive therapies such as drama, psychodrama, art, music and play therapy. She likes to encourage her clients for feedback after every session. Magdalena likes to use short term solution focused therapy but is also committed to her clients for long term therapy as well. Recommend. Suggest for those that are interested in exploring expressive therapies.

BOBBIE RASMUSSEN-MERZ RSW (250) 879-2244 Waitlist more than 2 months At Art & Possibility our approach is unique in that we are able to draw on a variety of methods from the fields of talk, art and expressive arts therapy. While many believe that talk therapy and the arts do not mix, standard treatment methods can easily be used within an art therapy session. Likewise, the arts can be utilized within a talk therapy session simply by using the imagination. Recommend. Strong ally and is open to understanding Indigenous “neuro-decolonization”. Currently works at Hillside and has a strong practice background. Recommend for those that are interested in exploring Art Therapy.

ALEXIS Gosselin RCC (250) 666-0039. Accepting clients immediately. I am Registered Clinical Counsellor who has expertise in Trauma and Art Therapy to help individuals heal their mental and emotional health. My approach to counselling is humanistic and person centered, Which means that I prioritize your needs, goals and values. Art therapy is a powerful tool for healing from trauma and other mental health concerns. By using art-making as a form of self-expression, you can tap into your inner resources and creativity and explore your thoughts and emotions in a non-verbal way. I draw on a variety of art therapy techniques including, mindfulness art-based art therapy, trauma-informed art therapy, and expressive art therapy. Recommend. Suggest for those that are interested in art therapy.

JENNIFER CANE RSW, MSW UBC (250) 314-0298 As a social worker and counsellor, Jenn places importance on the ways in which social and environmental factors (ie: family dynamics, culture, socio-political context) affect the experience and well being of individuals. Her therapeutic approach that is tailored to the needs, goals, and values of each client. Her most used modalities are **narrative therapy**, acceptance and commitment therapy, and solution-



---

focused therapy, with a strong foundation in trauma-informed and strengths-based practice. Jenn also possesses extensive knowledge of child and youth development and offers expressive play therapy for her elementary school-aged clients. Passionate about offering decolonized mental health supports, Jenn welcomes opportunities to co-create safe and meaningful healing environments with First Nations, Metis, and Inuit individuals and families. She offers culturally safe services for refugees, immigrants, and people of diverse cultural and religious backgrounds. Recommend. Ally. Suggest for children and those that have complex life circumstances and those that would like try narrative therapy.

SIERRA HAW RCC (250) 819-6333 Waitlist 1-2 months I have worked across the span of the education system for the past thirteen years as a classroom teacher, inclusive education teacher, behaviour specialist and counsellor and am a member of the BC Association of Clinical Counsellors (RCC) and British Columbia Association of School Counsellors (BCASC). I hold a Bachelor of Science Degree, Bachelor of Education Degree, Master of Education Degree and a Diploma in Inclusive & Special Education. Additionally, I have specialized training in Gottmans' Couples Therapy and Eye Movement Desensitization and Reprocessing (EMDR). Art Therapy is a powerful tool for healing from trauma and other mental health concerns. By using art-making as a form of self-expression, you can tap into your inner resources and creativity, and explore your thoughts and emotions in a non-verbal way. I draw on a variety of art therapy techniques, including mindfulness-based art therapy, trauma-informed art therapy, and expressive arts therapy. Recommend. Suggest for clients with PTSD that want to try art therapy.

ASHLEIGH KNIGHT. Bachelor of Arts in Psychology, Master of Arts in Counselling Psychology; RCC. I am a Registered Clinical Counsellor who finds joy in connecting deeply with other humans. I can offer support as you navigate your life's natural ebb and flow, welcoming both the highs and the lows as each can provide meaning and perhaps undiscovered opportunities. In the spirit of non-judgement, I encourage embracing the full emotional experience, believing it adds to the richness of imperfection that is being alive. Allowing yourself to feel, to think, to act, to learn, and to grow in new ways is more manageable when accompanied by others who accept you fully with compassion and kindness; I hope to one of those people for you. Therapeutic Approaches: Compassion Focused Therapy, Emotion Focused Family Therapy, Acceptance and Commitment, Mindfulness, Ego-State Therapy, and Cognitive Behavioral Therapy. Recommend. Ally. Suggest for someone that is wanting to understand mindfulness, self improvement and enjoys talk therapy.

JAMIE HOLLOWAY RSW (250) 293-6492 Waitlist less than 1 month. Jamie's work history includes private practice, child and youth mental health, adult mental health, and medical social work. Jamie has a special interest in working within and supporting Indigenous



---

communities. Jamie is currently supporting a pilot project in partnership with Lower Similkameen Community Services Society (LSCSS) partnering local Indigenous elders, healers and mentors and mental health professionals to support Indigenous families in cultural support and connecting them to their medicine while engaging in therapeutic intervention. Jamie's work experience offers clients wrap around support in navigating systems, holistic healing, and an understanding of the many current and historical challenges that individuals and their families are presented with when addressing their mental health healing journey. Recommend. Suggest for clients that have complex social barriers and PTSD.

KYM DALEY RCC (236) 852-1431 Accepting new clients immediately " I am also driven by my love of the earth both in my mindfulness work and in my work as a therapist. We can use the planet as our resource to do better and to feel better." At the Centre for Response-Based Practice, we aim to provide and promote socially just and effective responses to violence and other forms of oppression and adversity, through direct counselling services, education, research, supervision, and advocacy. Recommend. Ally. Suggested for clients that want to understand mindfulness.

SIERRA HAW RCC (250) 819-6333. B.Sc., M.Ed. Waitlist 1-2 months. I have worked across the span of the education system for the past 13 years as a classroom teacher, behavior specialist, and counsellor and a member of the BC Association of Clinical Counsellors and BC Association of School Counsellors. Training in Gottmans Couples Therapy and EMDR. Art therapy is a powerful tool for healing from trauma and other mental health concerns. By using art making as a form of self-expression, you can tap into your inner resources and creatively, and explore your thoughts and emotions in a non-verbal way. I draw on a variety of Art Therapy techniques, including mindfulness-based art therapy, trauma informed art therapy, and expressive arts therapy. Recommend. Suggest for those with PTSD that want to try art therapy.

### **Addiction**

BARRY REITER CCC (250) 319-7775 Waitlist less than 1 month My therapeutic toolkit includes: Cognitive behavior therapy (CBT), Eye-movement desensitization and reprocessing (EMDR), Motivational interviewing, Brief solution-focused approaches, Family systems, and Clinical hypnosis. I will soon be adding EEG neurofeedback and transcranial direct current stimulation (dTCS) to the services I can offer. Recommend. Suggest for PTSD and addiction.

LOLINA KOOPMANS (604) 312-4371 Bachelor of Arts with a Major in Psychology. Master of Education with a focus in Counselling. Registered Clinical Counsellor (RCC) through the B.C.



---

Association of Clinical Counsellors (BCACC) Therapeutic Approaches: Person-centred, culturally sensitive, trauma-informed lens. Carl Rogers' unconditional, positive regard. Additional Training: Gabor Mate – Healing Trauma and Addiction, Brene Brown – Shame and Resilience, Indigenous approaches to therapy. Recommend. Ally. Suggest for depression and alcoholism.

PETE GRINBERG RCC (250) 318-9455. Accepting new clients immediately. Alcohol and/or drug issues can take over our lives. If any of this resonates with you it maybe a good time to consider counselling. I have a passion to journey with people who struggle with chronic anxiety, aging gracefully, faith issues, addictions, depression, and relationship strife. I also work with blended families, those who struggle with work/family balance, and adults suffering from angst as they become empty nesters. Recommend for men with addictions, and/or connected to the criminal justice and/or street involvement.

ROBIN ENGEN-JOHNSON RCC (778) 586-5348 Accepting new clients immediately No Registered Clinical Counsellor with 25 years of experience working with youth, adults and families. She is passionate about working with youth who are experiencing persistent symptoms of concussion and related problems such as depression, anxiety and addiction. Robin completed her Bachelor of Arts, Psychology from the University College of the Cariboo and went onto complete her Masters in Counselling Psychology from the University of Victoria in 2002. She completed her Masters thesis on Dialectical Behaviour Therapy (DBT) - a Facilitator's Experience. She continues to have DBT influence her practice, along with other modalities including Cognitive Behaviour Therapy (CBT), Solution-Focused Therapy, **Motivational Interviewing**, and a strong Mindfulness approach. Robin has taken extensive professional development as a trainer in Applied Suicide Intervention Skills Training, Critical Incident Stress Debriefing, neurobiology of addiction and brain injury and concussion. See if she can provide training on Suicide intervention skills. Suggest for those with addiction and suicidal ideation.

SUZANNE McCABE RSW (250) 318-6268 Waitlist less than 1 month Susie holds a Bachelor degree in Social Work from Thompson Rivers University and a Master degree in Psychology and Counselling from Yorkville University. She has 18 years experience working with people in therapeutic settings. Her experience ranges from working with families, couples, individuals, and youth. Susie has a unique skill set and personality that allows her to relate to hard-to-reach clients. Most of her interventions are based on enhancing relationships in the lives of her clients. She strives to build capacity in my clients that enhance their relationships long term. Susie's training is in Attachment Interventions, Modified Interactional Guidance, Watch Wait and Wonder, **Motivational Interviewing**, Cognitive Behavioral Therapy, Infant Mental



---

Health, Emotional Family Focused Therapy, Suicide and Threat Risk Assessment. Recommend. Suggest for clients that have depression and/or alcoholism.

JOLENE LINDSEY RSW (250) 554-4747 Waitlist less than 1 month Jolene is a Master's Level, Registered Social Worker (#09027) with the BC College of Social Workers and an active member of the BCASW. She has been practicing since 2006. Jolene has a Bachelor's Degree of Social Work from Thompson Rivers University and a Master's Degree of Social Work from Dalhousie University. She came to us from Mental Health and Substance Use services where she had over 12 years of experience working with complex concurrent psychiatric and substance use conditions. She specializes in **EMDR** (Eye Movement Desensitization and Reprocessing) and OEI (Observed and Experiential Observation) trauma treatments, Motivational Interviewing which is effective in assisting those with substance use struggles, or those contemplating any changes in their lives. She also has experience in Cognitive Behavioural Therapy, Dialectical Behavioural Therapy, Bio-psycho-social-spiritual models, Emotion-Focused Family Therapy approaches. Jolene is also trained in Usui Holy Fire Reiki – Levels I, II & III (Masters) and uses this energy to holistically enhance the healing process and transformations that occur during the therapy process. These modalities combined make for a very effective, efficient and transformative journey. Jolene sees individuals of all ages in her practice. Some areas of special interest are grief/loss, suicide, relationship traumas, divorce, postpartum adjustment and birth trauma, 2SLGBTQIA+, men's health, Indigenous populations and intergenerational trauma, as well as, performance enhancing treatments for athletes, students, professionals, workplaces, etc. Jolene has also created group workshops that are run at various times of the year which are great ways to begin your journey and to start working with her if you are awaiting a spot on her waitlist. From forests to rivers and mountains to lakes, Jolene has always appreciated the opportunities the Tk'emlúps territory offers for pleasure, exploration, healing and growth. Jolene is grateful to be a part of the healing community here in Kamloops, feeling as though this process has come full circle in her own journey of healing. Having **lost her father to suicide** at the age of 17, Jolene brings with her an integrated understanding of the complexities that grief can hold within someone. This, complemented with years of education and clinical experience, allows Jolene to draw upon a vast set of skills when personalizing treatment approaches and providing therapeutic healing interventions. As a social worker, she is also acutely aware of the larger systemic and structural barriers that can negatively influence a person's well-being and will work holistically to address the impacts of these in ones' healing journey. Jolene believes strongly that people truly know what is best for themselves and is privileged to walk alongside them in their journeys of reaching their full potential. Jolene is a warm, charismatic and playful person. Humor has always held a healing and joyful place in her life. Recommend. Suggest for trauma treatment, addictions, suicidal clients, and grief and loss.



---

CHARLOTTE VOSSEL RCC (778) 299-2532. I am grateful to be able to conduct work and be located on the traditional, ancestral, and unceded territory of the Tk'emlúps te Secwepemc. I am a positive and empathetic counsellor that works exclusively with children and youth. I focus on helping you find strategies to help yourself, adapting to the unique needs of each client and creating a comfortable and safe space to talk openly about difficult topics. While I work directly with my young clients, I recognize that children and youth grow up in a variety of family environments. Where appropriate, I encourage the implementation of strategies developed during therapy into each individual family system. I encourage parents and guardians to become co-therapists and embrace the role they play in helping their child develop new strategies and improve overall mental health. Therapeutic Approaches: Cognitive Behavioural Therapy for Children and Youth, Dialectical Behavioural Therapy, **Play therapy**, Nature therapy, Mindfulness, Acceptance and Compassion Therapy, Schema-Therapy Skills (Jeffrey Young). Recommend. Ally. Suggest for children and youth for self regulation.

RACHAEL PASEMKO RSW (250) 828-2698 Waitlist more than 2 months Rachael is committed to offering the best work she can to the people she supports so she engages in ongoing learning. She works to keep relevant in the quickly expanding field of neuroscience and therapy. Registered play therapist and is open to the neuroscience of our work. Recommend. Suggest for children, PTSD and addictions.

JENNIFER FRIEND RSW (250) 828-2698 Waitlist more than 2 months As an uninvited settler on the traditional and unceded territory of the Tk'emlúps te Secwépemc peoples, reconciliation is another important aspect of her practice. Jennifer has experience working with Indigenous peoples, particularly with respect to issues of gendered violence and trauma. Works with children and women that have experienced family violence. Recommend. Ally. Suggest for women and children that have experienced violence.

## Other

MATT McLEAN RCC ☎ (250) 320-0846 I offer free counselling supports for Gamblers and Video Gamers through the BC **Responsible Gambling Program**, as well as Status Indigenous Peoples` who reside in BC. My expertise is in managing addiction, depression, anxiety, grief, anger, and conflict. Recommend. Suggest for those that have a gambling addiction.



---

REBECCA SANFORD RSW (250) 574-7664 Accepting new clients immediately Rebecca L. Sanford, PhD is a Lecturer in the School of Social Work at Thompson Rivers University in Kamloops, British Columbia. Rebecca's research and clinical interests are in the area of **suicide prevention and suicide bereavement**. She has provided individual and group interventions for those who have lost a loved one to suicide, and she is involved in community outreach efforts to promote awareness of suicide. Her research interests include the suicide bereavement trajectory, disenfranchised grief and ambiguous loss, and the development and dissemination of interventions for the bereaved, particularly peer-based support for suicide loss. Recommend. Suggest for family that have lost members to suicide. Recommend. Education and work with other Indigenous people. Suggest for community members that are seeking support around suicide and community intervention.

CHRISTA VAN ZYL RCC ☐ (250) 320-2747 Accepting new clients immediately I specialize in youth, young adults, adults, couples and families. I have a special interest in collaborative problem solving and the voice of the child. I also focus on those clients struggling with building connections, mood disorders, borderline personality disorder, trauma, interpersonal violence, eating disorders, self-harm, and suicidal thoughts. Recommend. Ally. Suggest for those that are wanting to change behaviors and/or have difficulty with emotional regulation.

KIMBERLY VANDEPEEAR RCC (778) 586-5348 Accepting new clients immediately MindSET was created to support individuals and families who have experienced brain injury and stroke or persistent concussion symptoms. Our clients are assisted to maximize functioning, build competencies, and enhance well-being. Recommend. Suggest for **post OD clients**. Contact to talk about the possibility of working with post overdoes clients.

PATRICIA WHITE CCC (833) 630-2010 Accepting new clients immediately. Anxiety and related disorders (e.g., panic disorder, generalized anxiety disorder, social anxiety disorder, obsessive-compulsive disorder, etc.) and symptoms of anxiety. Association of Partners of Sexual Addiction Trauma Specialist. Not all addiction is created equal. Partners and spouses of those struggling with chronic problematic sexual behaviors have a particularly difficult road to walk. They have suffered a betrayal trauma that hits at their core. There are special skills needed to walk with these brave souls and I've been trained in the Multi-dimensional Partner Trauma Model and am currently in the process of certification. I do not believe partners are automatically codependent. I run a support group for spouses and partners that have been betrayed by their significant person. I do not embrace the codependent model. I also do coaching for those who have done the betraying to help them repair the damage they have caused. Recommend. Suggest for those that are in relationships that are difficult to leave.



---

VICKI FARNELL RCC (250) 318-9553; (250) 828-2698 Waitlist less than 1 month MA, RCC Vicki Farnell is a therapist at Lighthouse Therapy in Kamloops, BC. She is passionate about working with birthing people, parents and adults to support understanding and healing. Vicki's practice combines many theoretical frameworks to best suit the needs of the client and family. She works holistically, recognizing and supporting the benefits of integrating left and right brain experiences and somatic energies. Vicki's practice is rooted in the ideas of attachment and connection. She is trained in Eye Movement Desensitization and Reprocessing (EMDR) and uses this tool to support folks who are struggling with PTSD or C-PTSD. She works with the client to allow them to guide their healing while providing supportive strategies and nudges forward. Recommend. Suggest for PTSD and postpartum depression.

COLE LEVITT (888) 369-2878. Cole's career has been as an elementary educator, child and youth mental health clinician, and clinical counsellor. Specifically, he has experience as a behavior specialist which has provided him with unique insight into children who use their behavior as language, often instead of their words. The foundation of Cole's work is based on the assumption that when people experience suffering, it is common to feel overwhelmed, anxious, sad, or confused about what to do. It is at this place that he can be helpful by engaging in meaningful conversations and contributing to change. Recommend. Suggest for Children that need diagnosis and community debriefing.

### **Victims of crime**

RISSA NEUFELD CCC; RCC (844) 472-5473 Waitlist less than 1 month. I am a Family Systems trained therapist specializing in relational therapy and the treatment of trauma. It is my passion to help my clients uncover their own wisdom and innate ability to heal so that they can live their best lives and experience fulfilling relationships. Recommend. LGBTQTS+ and Indigenous ally. Suggest for victims of crime.

JENNIFER FRIEND RSW (250) 828-2698 Waitlist more than 2 months As an uninvited settler on the traditional and unceded territory of the Tk'emlúps te Secwépemc peoples, reconciliation is another important aspect of her practice. Jennifer has experience working with Indigenous peoples, particularly with respect to issues of gendered violence and trauma. Works with children and women that have experienced family violence. Recommend. Ally. Suggest for women and children that have experienced violence.





First Nations Health Authority  
Health through wellness

# Mental Health Supports

## Hope for Wellness Help Line

offers immediate mental health counselling and crisis intervention by phone or online chat.  
Phone (toll-free): 1-855-242-3310  
Website: [hopeforwellness.ca](http://hopeforwellness.ca).

## KUU-US Crisis Line Society

provides crisis services for Indigenous people across BC.  
Phone (adults and Elders): 250-723-4050  
Phone (Youth): 250-723-2040  
Phone (toll-free): 1-800-588-8717  
Website: [www.kuu-uscrisisline.com](http://www.kuu-uscrisisline.com).

**Métis Crisis Line** is a service of Métis Nation British Columbia.  
Phone: 1-833-MétisBC  
(1-833-638-4722)

**VictimLink BC** Immediate 24 hours, 7 days a week, crisis support or victims of family or sexual violence. This service also provides [information and referrals](#) for all victims of crime. Phone: 1-800-563-0808  
Email: [VictimLinkBC@bc211.ca](mailto:VictimLinkBC@bc211.ca)

## 9-8-8 National Suicide Crisis

**Helpline** offers immediate support anytime for support in English or French.

**1-800-SUICIDE** offers support for those experiencing feelings of distress including thoughts of suicide. This phone line is available in over 140 languages.  
Phone: 1-800-784-2433

*Indian Residential School (IRS) survivors and impacted family members can access supports directly from the IRS service providers listed below.*

## Adah Dene Healing Society

provides health and cultural supports. Phone: 250-996-5024  
Email: [nakazdli.elders@outlook.com](mailto:nakazdli.elders@outlook.com).

## Carrier Sekani Family Services

provides health and cultural supports.  
Phone: 250-567-2900  
Email: [slarocque@csfs.org](mailto:slarocque@csfs.org).

## Gitanmaax Health Gitxsan Health Society

provides health and cultural supports. Phone: 250-842-6320 or  
Email: [healthdirector@gitanmaax-health.ca](mailto:healthdirector@gitanmaax-health.ca).

## Gitanyow Human Services

provides health and cultural supports.  
Phone: 250-849-5288  
Email: [director@gitanyowhealth.ca](mailto:director@gitanyowhealth.ca).

## Indian Residential School Survivors Society (IRSSS)

is a partner with the FNHA in providing access to counselling, cultural and emotional support services to former students of residential and day schools, and their families, regardless of status.  
Phone (toll-free): 1-800-721-0066  
Website: [www.irsss.ca](http://www.irsss.ca).

## Indian Residential School Crisis Line

is a national service for anyone experiencing pain or distress as a result of their residential school experience.  
Phone (toll-free): 1-866-925-4419.

**Kispiox Health** provides health and cultural supports.

Phone: 250-842-6236 Email: [tbaskin@anspayaxwhealth.ca](mailto:tbaskin@anspayaxwhealth.ca).

## Nuu Chah Nulth Tribal Council

provides health and cultural supports.  
Phone: 250-724-3939 or Email: [sanne.vanvlerken@nuuchahnulth.org](mailto:sanne.vanvlerken@nuuchahnulth.org).

## Okanagan Nation Alliance

provides health and cultural supports.  
Phone: 250-826-7844  
Email: [Wellness.Manager@syilx.org](mailto:Wellness.Manager@syilx.org).

## Sik-E-Dakh Health Society

provides health and cultural supports.  
Phone: 250-842-6876  
Email: [andrew@sikedakh.org](mailto:andrew@sikedakh.org).

## Tsow-Tun Le Lum Society

provides confidential outreach services such as counselling, cultural supports and personal wellness programs.  
Phone (toll-free): 1-888-403-3123  
Website: [www.tsowtunlelum.org](http://www.tsowtunlelum.org).



**BC Alcohol & Drug Information Referral Service** provides information about substance use treatments or supports in your area.  
Phone: 1-800-663-1441  
Phone (Lower Mainland): 604-660-9382

**BC Seniors' Distress Line** offers support for Seniors or anyone who is concerned about an older adult.  
Phone: 604-872-1234

**Foundry virtual access** [province-wide virtual services](#) for youth under 24 and their caregivers. All services are free and confidential, and may be accessed through the Foundry BC app or chat. Phone: (1 833 308-6379) or video calls.

**310 Mental Health Support** offers emotional support, information and resources specific to mental health. This phone line is available in over 140 languages.  
Phone (no area code): 310-6789.

**Child and Youth Mental Health (CYMH) Community-based teams** offer mental health counselling for children and youth and their families across BC from the Ministry of Children and Family Development. Virtual care is available by phone and online. Call your [closest Child and Youth Mental Health clinic](#).

**Kids Help Phone** Get 24/7, immediate counselling, support, information and referrals. Phone: 1 800 668-6868 or  
Text: TALK to [686868](#)  
Texting support for adults available by texting TALK to [741741](#)

**Youth in BC** offers crisis support available for youth 25 and under.  
Website: [youthinbc.com](#)

*The following regional health authority supports are available to all BC residents.*

### **Fraser Health**

Phone: 1-866-766-6960  
Website: <https://www.fraserhealth.ca/health-topics-a-to-z/indigenous-health/indigenous-mental-health-and-wellness>

### **Interior Health**

Phone: 310-MHSU (6478)  
Website: <https://www.interior-health.ca/health-and-wellness/mental-health-and-substance-use/mental-health/adult-mental-health-services-and-resources>

### **Island Health**

Phone: 1-888-885-8824  
Website: <https://www.islandhealth.ca/our-services/mental-health-substance-use-services>

### **Northern Health**

Phone: 310-6789  
Website: <https://www.northern-health.ca/services/mental-health-substance-use/get-help-now>

### **Vancouver Coastal**

Phone: 8-1-1  
Website: <https://www.vch.ca/en/health-topics/mental-health-substance-use>

