

HESKW'EN'SCUTXE

November 2024

Monthly Newsletter

Volume 2 Issue 10



CULTURAL TEACHINGS

*Stories from
OUR TELLINGS
Interior Salish Stories
of the
Nlkapamux People*

Monthly Story

'Transformers' pg 76-77 (Our Tellings)

Told by *Louis Phillips*

'Transformers' pg 78-80 (Our Tellings)

Told by *Herb Manuel*



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

HESKW'EN'SCUTXE MISSION

Serving the Cook's Ferry and Siska members living within these communities, Heskw'en'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

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



STAFF DIRECTORY

BOARD OF DIRECTORS



Lorette Edzerza
Cook's Ferry



Angela Phillips
Siska



Samantha Gush
Siska



Florine Walkem
Cook's Ferry



Tina Draney
Finance &
Acting Health Manager



Angie Pigeon R.N.
Community Health Nurse



Nadine Methot B.A.
Administrative Assistant
Medical Travel Clerk

Cooks Ferry



Corynn Reveley
MOA/Receptionist
Medical Travel Clerk

Siska



Christy Whittaker
Newsletter Writer

Home Care Aides



Clarissa Frederick
Nursing Assistant / HCA



Jessie Munro
HCA



Danielle Munro
HCA

Medical Drivers



Jean Mckay
Medical Driver



Kurtis Legare
Medical Driver

Martha Van Dyke
Medical Driver



Dayton Arnett
Medical Driver



By Christy Whittaker

Knowledge is power, following are reputable health links to Diabetes, Stomach Cancer and Osteoporosis:

DIABETES

<http://www.diabetes.ca/resources>

<http://hopkinsdiabetesinfo.org>

STOMACH CANCER

<http://cmuat.cacer.org>

<http://www.mayoclinic.org>

OSTEOPOROSIS



Movember, the month formerly known as 'November', is a moustache-growing charity event that raises funds and awareness for men's health. Movember participants, known as Mo Bros and Mo Sisters, sign up on movember.com and then choose to Grow a moustache, Move by walking or running 60 km throughout the month, Host a Mo-ment by gathering friends or create their own challenge with Mo Your Own Way.

Thank you



Cook's Ferry
Indian Band
Nlaka'pamux Nation

Heskw'en'scutxe would like to express their gratitude to Nurse Scarleth who is no longer working for the Society. We would like to thank her for her dedication and care for the communities.

The staff will continue supporting all community members and refer to partner agencies when appropriate.

Please contact

911: For Emergencies

811: To speak to a Registered Nurse

Lytton Primary Care Centre: 250.455.2221

Ashcroft Primary Care Centre: 250.453.2211

HHSS Cooks Ferry: 250.458.2212

HHSS Siska: 250.455.6601



Meet Angie Pigeon, Heskw'en'scutxe New Registered Nurse

ýe tək siłq̄t ~ Good day

We are pleased to inform you that Angie Pigeon is HHSS new R.N. Angie was originally hired as a contractor in the Spring and is now our Home Care and Public Health Nurse. Angie will be in on Thursdays and Fridays working either in the office or from home.

Please call our offices to book an appointment or for any questions
Cooks Ferry: 250.458.2212
Siska: 250.455.6601

R.N.



Angie Pigeon

Meet Our Registered Nurse

Weyt-k! I am a Secwepemc Registered Nurse with 15 years nursing experience. I am from Esk'etemc, Alkali Lake and have 2 young sons and a husband. We live in Clinton. As a family, we enjoy hunting, fishing and being on the land. When I was a Health Director, I witnessed a growing need for nursing and health consulting services in many of our First Nations communities. I am happy to join HHSS as the Home and Public Health nurse and will be working in community or from my home on Thursdays and Fridays. Please reach out by booking an appointment with Corynn or Nadine. I look forward meeting all of you.

All my relations.

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


















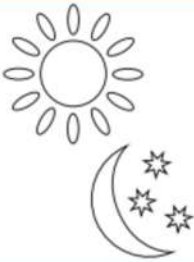



















First Nations Health Authority
Health through wellness

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
						
						
						
						
						

Free Electric toothbrush, water pic or denture supplies available



In collaboration with COHI, Heskw'en'scutxe would like to donate each household on reserve one electric toothbrush or (toothbrush head replacements) or one water pic (or head replacements) or denture supplies (cleaning tablets & a new case)



Please reach out to us if you are interested in receiving one of these gifts by November 29.



Your order will come in in December

Call Nadine 250.458.2212
or email
admin@hhssbc.ca



FREE SWIMMING IN MERRITT

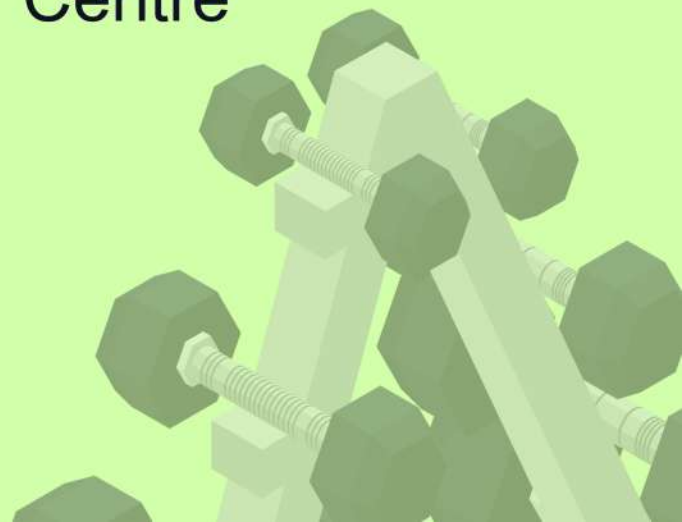
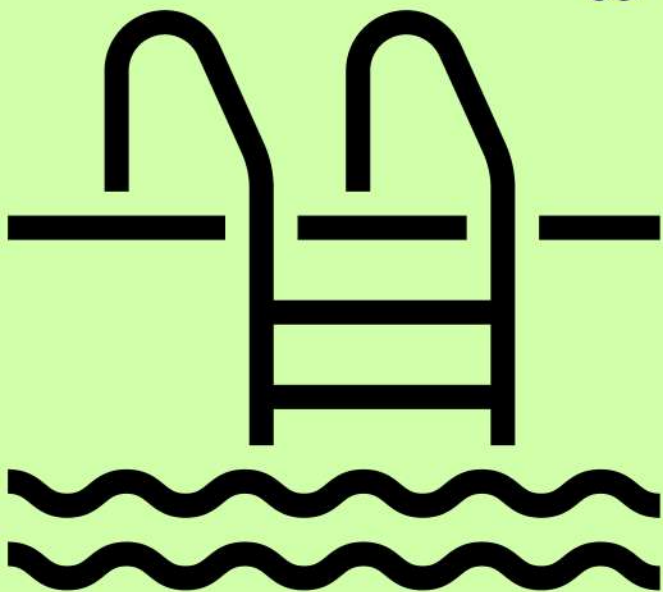
For on and off reserve community members

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



Services

Counselling with Yolanda
Nov 1, 29 (Siska)

Med Supplies pick up
On Thursdays Lillooet

Mobile eye clinic Siska Nov. 4 (9-5)
Restorative Massage with John
Cooks Ferry Nov 6, 20

Offices Closed for Remembrance
Day Nov. 11

Offices Closed for for Inservice Staff Days
November 15-18

Cooks Ferry Shopping Day
Nov. 27

Footcare with Suzanne Nov 31
(Siska)

Nurse Angie is in on Thursdays
Please call the offices for an appointment

Covid and Flu Vaccine Clinic in Cooks Ferry
November 7

MEd Supplies pick up on Tuesdays
Aberdeen Kamloops



**NOVEMBER
3RD IS
DAYLIGHT
SAVING DAY**

**OFFICE CLOSURE
ON MONDAY
NOVEMBER 11
FOR
REMEMBRANCE
DAY**

EYE MOBILE CLINIC



RURAL SIGHT

Website:
www.ruraloptometry.ca

EYE EXAMS AND GLASSES!

Date: **Siska November 4** **9:00 am to 5:00pm**

SERVICES OFFERED:

- Comprehensive Eye Exams
- Prescription Glasses
- Eye Health Education
- Treatment for Common Eye Issues

WHY REGULAR EYE EXAMS ARE IMPORTANT:

- Detect vision problems early
- Ensure children's visual development
- Maintain eye health

HOW TO PREPARE:

- Make a list of any vision problems or eye discomforts.
- Bring any current glasses or prescriptions.

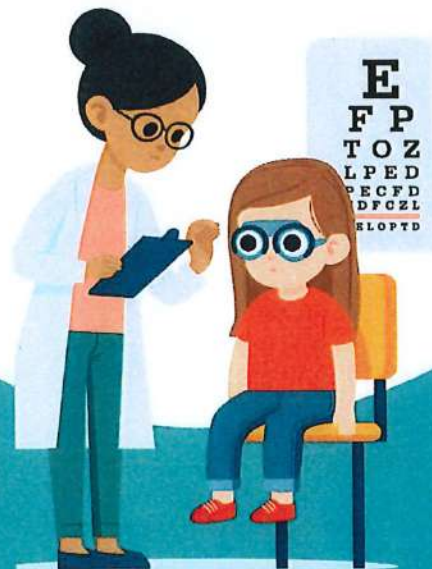
BOOK YOUR APPOINTMENT!

Call Heskw'en'scutxe Siska:
250.455.6601
OPEN TO ALL, INCLUDING
LYTTON, COOKS FERRY ETC

must provide your status
number, care card number, DOB

Please note that this is not a free service.

Please bring a form of payment (cash, debit and credit cards accepted).



Just the basics

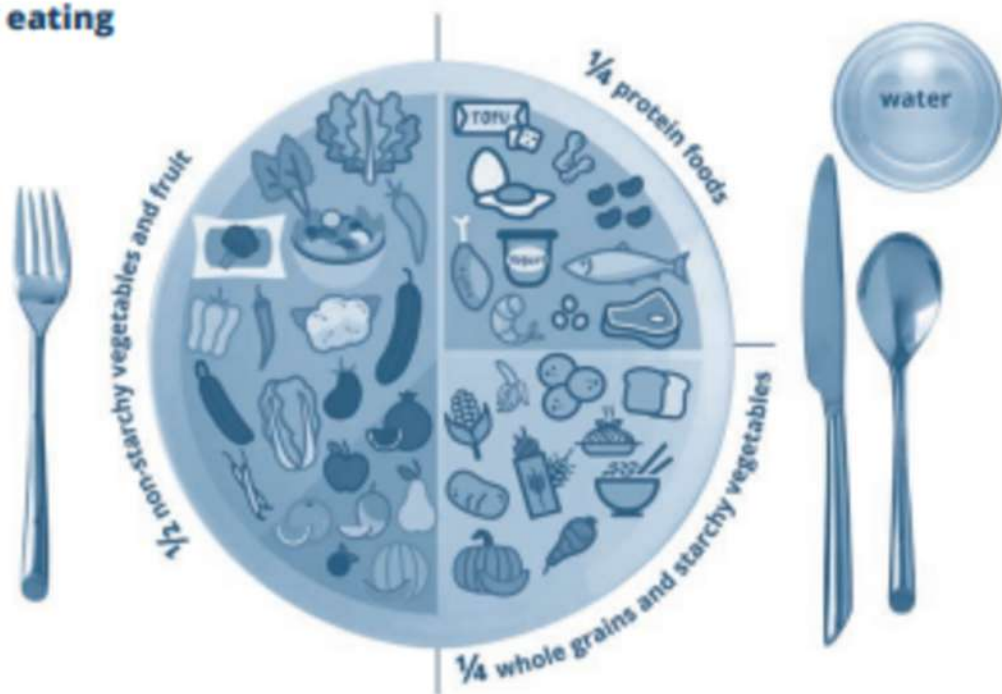
Diabetes is a condition in which your body cannot properly use and store food for energy. The fuel that your body needs is called glucose, a form of sugar. Glucose comes from foods such as fruit, milk, some vegetables, starchy foods and sugar.

To control your blood sugar (glucose) you will need to eat healthy foods, be active and you may need to take pills and/or insulin.

Here are some tips to help you until you see a registered dietitian.

Tips:	Reasons:
Eat three meals per day at regular times and space meals no more than six hours apart. You may benefit from a healthy snack.	Eating at regular times helps manage blood sugar levels.
Limit sugars and sweets such regular pop, desserts, candies, jam and honey.	Increased intake of sugar increases blood sugar levels. Artificial sweeteners can be useful substitutes.
Limit the amount of high-fat food you eat such as fried foods, chips and pastries.	High fat foods may cause weight gain. A healthy weight helps with blood sugar control and is healthier for your heart.
Eat more high-fibre foods such as whole grain breads and cereals, lentils, dried beans and peas, brown rice, vegetables and fruits.	Foods high in fibre may help you feel full and may lower blood sugar and cholesterol levels.
If you are thirsty, drink water.	Drinking regular pop and fruit juice will raise blood sugar.
Add physical activity to your life.	Regular physical activity will improve blood sugar.
Limit alcohol consumption.	Alcohol can affect blood sugar levels and can cause weight gain.

Plan for healthy eating



- Eat more vegetables. These are very high in nutrients.
- Choose lean animal proteins. Select more vegetable protein.
- Select plant oils such as olive and canola, and nuts instead of animal fats.
- Include low-glycemic-index foods such as legumes, whole grains, and fruits and vegetables.
- Consider learning about counting carbohydrates, and different types of eating patterns (e.g. Mediterranean, DASH) when you see a registered dietitian.

It's natural to have questions about what food to eat. A registered dietitian can help you include your favourite foods in a personalized meal plan.

Handy portion guide

Your hands can be very useful in estimating appropriate portions. When planning a meal, use the following portion sizes as a guide:



Grains and starches/Fruits

Choose an amount the size of your fist for grains or starches, or fruit.



Vegetables

Choose as much as you can hold in both hands. Choose brightly coloured vegetables (e.g., green or yellow beans, broccoli).



Protein

Choose an amount the size of the palm of your hand and the thickness of your little finger.

Drink up to 1 cup (250 mL) of low-fat milk with a meal.



Fat

Limit fat to an amount the size of the tip of your thumb.

- Diabetes Canada recommends that all people living with diabetes should receive advice on nutrition from a registered dietitian.
- Try to eat breakfast everyday. It provides a good start to the day.
- Try to prepare more of your meals at home and use whole, unprocessed ingredients.
- Eat together as a family more often to model healthy eating behaviours to children and teenagers.
- If you are planning on fasting, talk to your health-care team 1 to 2 months in advance.

Sample meal plan

For smaller appetites

Breakfast:

Cold cereal (½ cup, 125 mL)
 Whole grain toast (1 slice)
 1 orange
 Low-fat milk (1 cup, 250 mL)
 Peanut butter (2 tbsp, 30 mL)
 Tea or coffee

Lunch:

1 sandwich
 2 slices of whole grain bread or 6" pita
 meat, chicken or fish (2 oz, 60 g)
 non-hydrogenated margarine (1 tsp, 5 mL)
 Carrot sticks
 Grapes (½ cup, 125 mL)
 Low-fat plain yogurt (¾ cup, 175 mL)
 Tea or coffee

Dinner:

Potato (1 medium) or rice (2/3 cup, 150 mL)
 Vegetables
 Non-hydrogenated margarine (1 tsp, 5 mL)
 Lean meat, chicken, or fish (2 oz, 60 g)
 Cantaloupe (1 cup, 250 mL)
 Low-fat milk (1 cup, 250 mL)
 Tea or coffee

Evening Snack:

Low-fat cheese (1 oz, 30 g)
 Whole grain crackers (4)

Increase your physical activity

- Build time for physical activity into your daily routine.
- Try to be active most days of the week.
- Try to walk whenever you can, instead of taking the car.
- Start slowly and gradually increase the amount of effort; for instance, progress from strolling to brisk walking.
- Make family activities active; try swimming or skating instead of watching TV or a movie.
- Try new activities; learn to dance, play basketball, or ride a bike.
- Enjoy your improved sense of health and well-being.



Follow a healthy lifestyle

- Try to include a protein, carbohydrate/starch, and fruit and/or vegetable at every meal and snack
- Have portion sizes that will help reach or maintain a healthy body weight.
- Include high-fibre foods such as whole grain breads, cereals, and pastas, fresh fruits, vegetables and legumes.
- Make lower fat choices (e.g. use skim milk and lean ground beef, trim fat on meat, chicken etc., and use small amounts of added fat such as oil and salad dressings).
- Healthy eating habits should be built around a healthy lifestyle – keep active every day.

Sample meal plan

For bigger appetites

Breakfast:

Cold cereal (½ cup, 125 mL)
Whole grain toast (2 slices)
1 orange
Low-fat milk (1 cup, 250 mL)
Low-fat cheese (2 oz, 60 g)
Tea or coffee

Lunch:

Soup (1 cup, 250 mL)
Sandwich
 2 slices whole grain bread or 6" pita
 lean meat, chicken or fish (3 oz, 90 g)
 tomato slices
 non-hydrogenated margarine (1 tsp, 5 mL)
Carrot sticks
Grapes (½ cup, 125 mL)
Low-fat plain yogurt (¾ cup, 175 mL)
Tea or coffee

Afternoon Snack:

1 medium apple or small banana

Dinner:

1 large potato or cooked noodles (1½ cup, 375 mL)
Vegetables
Green salad with low-fat salad dressing
Lean meat, chicken or fish (4 oz, 120 g)
1 medium pear
Low-fat milk (1 cup, 250 mL)
Tea or coffee

Evening Snack:

Peanut butter (4 tbsp, 60 mL)
Whole grain crackers (4)
Low-fat milk (1 cup, 250 mL)

For additional meal plan ideas, go to <https://diabetes.ca/nutrition---fitness/meal-planning>.

Related articles: *Physical activity and diabetes, Glycemic index, Eating away from home, Alcohol and diabetes, Managing weight and diabetes*



diabetes.ca | 1-800 BANTING (226-8464)

Diabetes Canada is making the invisible epidemic of diabetes visible and urgent. Eleven million Canadians have diabetes or prediabetes. Now is the time to End Diabetes - its health impacts as well as the blame, shame and misinformation associated with it. Diabetes Canada partners with Canadians to End Diabetes through education and support services, resources for health-care professionals, advocacy to governments, schools and workplaces, and funding research to improve treatments and find a cure.

This document reflects the Diabetes Canada Clinical Practice Guidelines ©2023 The Canadian Diabetes Association. The Canadian Diabetes Association is the registered owner of the name Diabetes Canada. 111015 02/23

OSTEOPOROSIS and RELATED FRACTURES in Canada

2023

Osteoporosis occurs when bone tissue loss is faster than normal, causing it to become weak and fracture easily. Often people are not aware that they have osteoporosis until a fracture occurs. Common fragility fracture sites include forearm, hip, spine, upper arm and pelvis. Hip fractures are among the most serious.

According to the data from the Public Health Agency of Canada's Canadian Chronic Disease Surveillance System (CCDSS):¹

OSTEOPOROSIS BURDEN

In 2019–2020:

Almost **2.5 million** Canadians aged 40+ were living with diagnosed osteoporosis



About **81%** of those living with diagnosed osteoporosis were women

2x every **5** years

The risk of osteoporosis diagnosis doubles every 5 years, between the ages of 40 and 65

OSTEOPOROSIS CARE GAP

The Canadian clinical practice guidelines recommend:²



A bone mineral density (BMD) test in adults that had a fragility fracture after age 40



Osteoporosis medication for all adults aged 50+ who had a fragility fracture of the hip

The most recent data show a major gap between best practices and actual care. After sustaining a fracture at sites most attributable to osteoporosis:



Only **15%** of Canadians aged 40+ had a BMD test

Only **21%** of Canadians aged 65+ received a prescription for an anti-osteoporosis medication



Men are less likely to receive any intervention

PRIMARY COMPLICATIONS



In 2019–2020, there were:

156 hip fractures per **100,000** Canadians aged 40+

More than **1 in 5** Canadians with a hip fracture died of any cause within the following year

Sex differences:



Women were **2x** more likely to fracture their hip compared to men



Men were **1.5x** more likely to die of any cause within a year of a hip fracture compared to women

BONE HEALTH PROMOTION STRATEGIES

Prevent, delay or reduce bone loss by following a healthy lifestyle. Basic bone health includes:³



Balanced nutrition, ideally starting from childhood



Adequate calcium and vitamin D intake



Physical activity and resistance training exercises



Avoid smoking and excessive alcohol intake



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.

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.

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

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.

Carrier Sekani Family Services

provides health and cultural supports.
Phone: 250-567-2900
Email: slarocque@csfs.org.

Gitanmaax Health Gitxsan Health Society provides health and cultural supports. Phone: 250-842-6320 or
Email: healthdirector@gitanmaax-health.ca.

Gitanyow Human Services

provides health and cultural supports.
Phone: 250-849-5288
Email: 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.

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.

Nuu Chah Nulth Tribal Council

provides health and cultural supports.
Phone: 250-724-3939 or Email: sanne.vanvlerken@nuuchahnulth.org.

Okanagan Nation Alliance

provides health and cultural supports.
Phone: 250-826-7844
Email: Wellness.Manager@syilx.org.

Sik-E-Dakh Health Society

provides health and cultural supports.
Phone: 250-842-6876
Email: 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.

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>



MEET COOKS FERRY'S MENTAL HEALTH COUNSELLOR DEBORAH BARKOWSKY

Deborah Barkowsky, Holistic Counselling is one part of the new mental health program developed by Cook's Ferry. Deborah uses the Yellowhead Holistic Model, which is a holistic counselling program for individuals, couples, and families.

Who: Deborah is a clinical counsellor with a background in drug and alcohol treatment, parenting and family programs, health care, children and youth, education. She has a Masters degree in Neuropsychology and a Masters degree in Counselling Psychology.

Deborah uses the Yellowhead Holistic Counselling Model. Tony Martens, a clinical therapist, developed this holistic treatment program in the 1970's while working with communities in Hinton, Jasper, and Grande Cache. Since then, this program has been used in First Nations communities throughout Canada.

Deborah received intensive training and supervision from Tony from 2015-2023, and worked alongside Tony to conduct workshops and trainings for various communities. In 2017-2019, Deborah lived with her husband in the Nass Valley, where she was the Family Therapist for the community of Gingolx. Since 2019, Deborah has provided in-person and virtual therapy for various communities.

What: Deborah provides counselling to individuals and families who have experienced trauma, abuse, addictions, depression, anxiety, fear of leaving home, suicidal thoughts and attempts, self-harm, bullying, and other problems.

How can Deborah work with a family? Doesn't that break confidentiality?

- I work with each person on their own (not together with another family member) and I keep 100% confidentiality for each person - I do not tell one person what the other said.

- We have found that when one person in a family goes to counselling, it can be hard for them as they grow and become more aware, because they are the only person in the family doing this. If the others are not growing and learning in the same way, there can start to be increased stress and fighting in the family. So, when I work with more than 1 family member, I help them move forward at a similar rate, so they can support each other as they do their own process.

Where: The Band Office in Spence's Bridge, and the Band Office in Merritt

We can also meet by phone or zoom

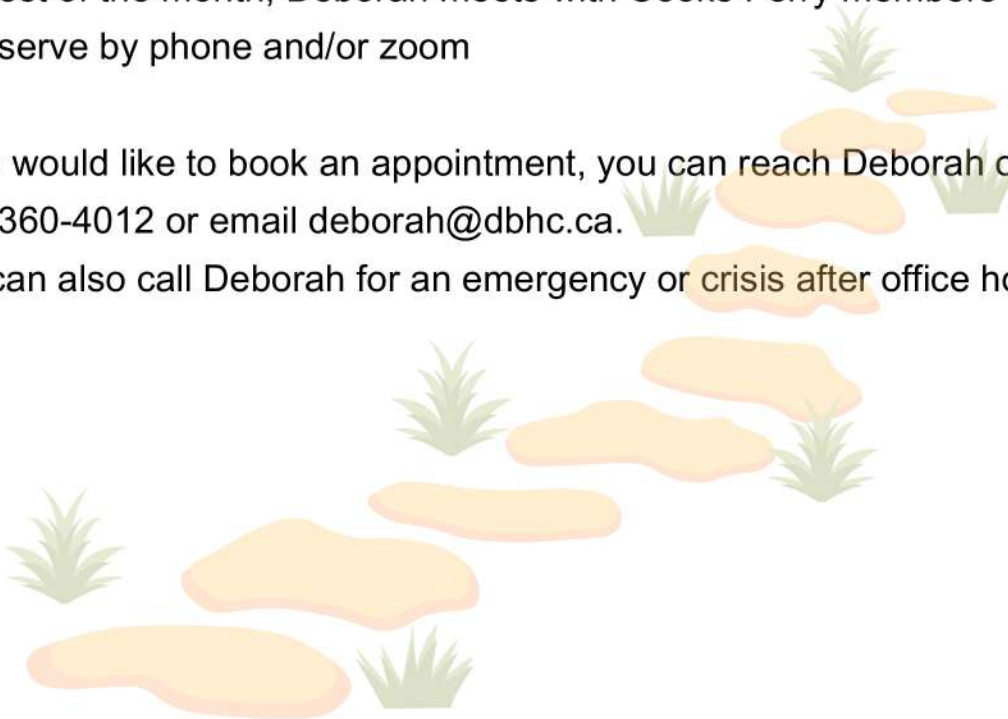
When: Deborah is in Cook's Ferry the 3rd week of each month

- Monday & Tuesday in Spence's Bridge
- Wednesday & Thursday in Merritt

The rest of the month, Deborah meets with Cooks Ferry members who live on- and off-reserve by phone and/or zoom

If you would like to book an appointment, you can reach Deborah on her cell at (604)360-4012 or email deborah@dbhc.ca.

You can also call Deborah for an emergency or crisis after office hours.



RICARDO PICKERING IS BACK!
COUNSELLING PSYCHOLOGIST & MENTAL HEALTH CLINICIAN

Ricardo offers free services and invoices FNHA. Please connect with him directly to book a session and or to inquire about his services.

dickiepickering@gmail.com

(250) 842-8552



:'you are':
NOT ALONE
• in this •

Are You Registered In

ImmsBC ?



First Nations Health Authority
Health through wellness

Why you should register:



ImmsBC will send you notifications when you are eligible to book vaccines, such as COVID-19, flu or HPV.

Registering allows you to manage your immunizations. You can book online or by phone at local pharmacies or public health units. You can also start a conversation about upcoming immunization clinics with your local health centre.

Already registered with ImmsBC? Did you know you can also review your immunization history, lab and X-ray results in Health Gateway?

www.healthgateway.gov.bc.ca

HOW TO REGISTER

Online: www.getvaccinated.gov.bc.ca

Call: 1-833-838-2323 (toll-free)

MEDICAL TRANSPORTATION GUIDELINES



At Hesk'wen'scutxe we work hard to provide services to the communities. Our Medical Transportation program continues to be an important service we offer to members. As of May 28, 2024, please see the updated guidelines below.

- Please book any appointment where you require our service five (5) days in advance.
- Please book appointments no later than 1:30-2:00pm if travelling to Kamloops or Merritt.
- As COVID-19 restrictions have been lifted, shared medical travel may be required.
- Always be kind and courteous to all the staff.

Thank you from the Health Manager and Hesk'wen'scutxe staff.

To book:

Cooks Ferry 250-458-2212

Siska 250-455-6601

MEDICAL TRANSPORTATION UPDATES

You live on reserve and you are travelling yourself to a medical appointment or getting a ride from a friend or family member?

You are eligible for mileage refund (0.29) per kilometer

How do I get a refund?

You can pick up a HHSS/FNHA Medical travel form at our office and have it stamped when you visit the provider. The form can also be downloaded on the HHSS website in the downloadable section.

You forgot the form, cant download? No worries, provide us with a confirmation of the appointment after your visit (a letter, email or fax) sent to our office and we will take care of having your submission submitted for refund.

Note some conditions apply, if you are unsure that you are eligible, please call our offices.

HOTEL PARKING IS NOT COVERED UNDER THE MEDICAL TRANSPORTATION PROGRAM

We regret to inform you that hotel parking is not an eligible benefit and is not covered. Only hotel, meals and hospital parking are covered.

For any questions, please reach out to our medical travel clerks

250.458.2212

250.455.6601

Merritt Regional Transit System



Antko Community: Request a Bus Ride!

On-Request Service

Bus service includes a curb-to-curb, shared transit service on-request to and from destinations in the Merritt area. All customers are eligible to use this service.

This is not handyDART service. If you need assistance from another person to board or exit the bus, please have an attendant with you to assist. Maximum of 18 seats per trip and 2 wheelchairs access.

Pick-up: Call 24 hours ahead to book. Bookings received less than 24 hours ahead will be subject to availability.

Drop-off: Ask the driver when you board.

Examples of locations: a house, childcare centre, or employment site.

Service Hours

Monday to Friday, with trips operating at 8:45 am, 9:45 am, 12:45 pm and 2:45 pm.
No service on weekends and Christmas day.

Office Hours

Monday to Friday, 9:00 am to 4:00 pm

Book your trip including return @: 250-378-4080

Lytton Primary Care Clinic:

Public Notice

Effective November 15, 2024 at 4pm.

Lytton Primary Care will no longer be receiving prescriptions/medications from the DynaCare delivery program from Lillooet IDA and Lillooet Pharmasave.

Please make alternate arrangements.



HAPPY
GRAND
PARENTS
DAY

Happy Grandparents contest winners.

Congratulations to the Bolan's family in
Siska

& The Peters family in Cooks Ferry

Each family received a \$50 Canadian Tire
Gift Card



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

KIDS CRISIS LINE 1-800-668-6868

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

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

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



First Nations Supports

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 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





LYTTON Primary Care Clinic

Call to book an appointment to see a primary care provider at the Lytton Primary Care Clinic
250-455-2221



Primary Care

Physician
Health Care for all ages,
acute and chronic illness
care & management



Public Health

Registered Nurse
Promotes Health &
Wellness



Primary Care

Registered Nurse
Assessments &
Coordination of Care



Mental Health

Psychiatric Nurse
Mental Health &
Substance Use



Home Care

**Registered Nurse
& Health Care Aid**
Intake for Home Health &
Community Care



Lytton Primary Care Clinic Services

In person and Virtual options Monday - Friday 9AM - 3PM
BOOKED appointments only

- Primary Care
- Chronic Disease Management
- Opioid Agonist Treatment (OAT)
- Ambulatory Care
- Home Health and Wound Care

Our Care Team: Physicians, Registered Nurses & Clinic staff



If you need emergency medical care **PLEASE CALL 911**

Deer Meat Chop Suey



- 4 tbsp - olive oil
- 4 - stalks of celery chopped
- 1 - can mushrooms or use 1 1/2 cups fresh mushrooms
- 1 1/2 cups - deer stock
- 3 cups - cooked diced deer meat
- 3 tbsp - cornstarch
- 3 tbsp - soy sauce
- 1 med - onion
- 1/4 tsp - salt
- 1/4 tsp - pepper
- 1 can - bean sprouts drained (optional)
- 1 tsp - sugar
- 3-4 cups - cooked rice

Brown meat until tender, heat oil over low heat in heavy saucepan, add onions, celery, and mushrooms. Cover and cook over low heat until celery is almost tender, about 10 minutes, add stock, salt, pepper, simmer for 5 minutes. Mix in cooked deer meat and bean sprouts remember these are optional. Mix cornstarch and sugar with water and add soy sauce. Cook while stirring constantly until mixture is thickened. Serve with rice.

Submitted by Eileen Aljam / Coldwater Indian Band



łwéy'st *(thl-way-sht)*

Fall/ Autumn



Transformers

Told by Louie Phillips

WELL, UP HERE IN SHAW SPRINGS, you go a mile up further - landslide there [this place is known as Zexzex or Mudslide]. Transformer and his brothers were going up that way and Coyote was spearing fish across the river between them two little tunnels. You can see a little hollow there yet - between the tunnels where Senk'iyap [Coyote] was lying against a bluff with his spear. Steelhead go through, he would spear them out, and these transformers seen him there.

There's three brother's, and they tell each other, 'We're going to go up.' That land still comes down once in a while. They get up on top, Senk'iyap would hold his spear and they would kick the dirt from way up on top - it slides down. Buried him up and the river washed the dirt away - dirt's all gone. 'Goddamn! Senk'iyap's still holding his spear!' They can't do nothing with him.

So they came down to the river and the oldest one is thinking how he's going to catch Senk'iyap. He always uses his little brother for something. He says, 'I am going to make a bridge out of you. We're going to go over - steal his spearhead'. So he just grabbed his little brother and shook him across the river and there's a bridge - a bridge across - the little brother was a bridge! They go over, get there, and he tell his little brother, 'Now we're to take the bridge off, make tsugwlha7 [steelhead] out of you. Your fur is going to change into flints like arrowheads - all your fur. Going to be steelhead. You go up the river, he's going to spear you, and you're going to fight around. You cut the hemp that's attached to the spear and come back.

So his brother's went up. Senk'iyap sees a big tsugwlha7 coming up and he spears him. He pull around a little bit - the little brother took the spearhead off. Senk'iyap went back. He's got a den up there on a hillside, where he lives. His wife is up there.

So the boys went up - make lots of wood for the old woman. Pack some water - got to pack water from the river just as Senk'iyap wouldn't kill them - they pack water and they make lots of wood.

He got there and his wife asked him, 'How did you make out?'

'Got a big steelhead!' he said, 'He fight - he break the hemp *from my spearhead! He took my spear! They were talking there for a while.*

They boys said, 'There was a steelhead lying on the beach. We picked him up, looked at him. He's got a spearhead in him.'

He looked at it 'Oh!' he says, 'Thank you! Thank you! That's my spearhead that steelhead took away from me!' And he was happy - he didn't harm the boys. But the old woman was scared, she thought he was going to do something wrong to those boys because he's a mean old devil. So the boys left.

Transformers

Told by Herb Manuel

DURING THE TIME that Coyote was transforming he brought the salmon up from the Coast and then he veered off and went north up the Fraser River and up the Thompson River - and went through the Shuswaps and then he went across the border and brought the salmon up the Columbia River. He done that river all the way up to the Rockies. He led the fish over there as far as they can go - different species of fishes, as he went by.

Like the Columbia, much the same story of the Nlha7kapmx, where the salmon came this way. But when he was bringing the salmon towards Okanagan he stopped off at Okanagan Falls and he seen woman swimming in the river down there. He asked them, 'You woman want the salmon up your country?' These woman were from the Similkameen area.

'Ah, Coyote!' they said, 'we don't want no salmon! We're people that eat the muscle part of the back behind the horns of the mountain sheep. That's what our men get us for a delicacy here.'

Coyote said, 'Alright, just for that you are going to wear out many moccasins before you see the salmon.'

But anyways, during this time, there were four brothers who done some transforming. They came straight up the Fraser River. They just stopped at different places. And right here at Nicola Lake, it's the only place where they did some transformations here.

There were two cannibals there and the trail went down the middle, straight down there,

right where the lakes narrow down there. Right there on the other side up the mountain, just above Monch Park [at Nicola Lake] that man lived over there. His name was Stemalst, and on this side Sxwitl'ats'ank - the Nlha7kapmx name for the mountain goat. So that was his sister, the mountain goat - but she was a beautiful female.

So whenever people travelled along, especially men, she would lure them into his house, which after that was only known as nxa7xa7atku - sacred waters [Nicola Lake]. Before that lake was formed, there was just a flat down there. He had a door on the side, and, right under the road where the sharp corners are - there was another door. She would invite them in for something to eat and her brother would kill them and eat them. The whole outside was a pile of bones. The Transformers came by from the Coast and they were suspicious of this thing, and they knew in their minds what was happening there. The youngest had not tested his powers yet. So the youngest of the four wanted to test his powers before they went back to the Coast on their last mission. So he went ahead to be grabbed by Stemalst. So he was invited in by Stemalst's sister and after they had a meal Stemalst killed him and ate him up and threw his bones out. That's when his brothers transformed Stemalst into a stone mountain over there, and his sister - the same - on this side.

And Stemalst had two dogs on the other side - they wouldn't let the traffic go by. When the people were coming, these dogs would block the passage. The mountains were so steep they couldn't go by the other way. They would have to go way far around. The only way he would call his dogs back was if they came in to eat. One was a grizzly bear and one was a rattlesnake.

So when they were transformed and petrified - the sister being on the south side and the brother being on the north side - their dogs were also transformed. And the Transformers built a lake between them, because the man was fooling around with his sister. That's what the Transformers didn't like - that's why they put the lake between them. The dogs were transformed into some type of serpent that stayed under the water. It had the body of a snake and the head of a grizzly.



nkshAytkn

Ross Lake

ING

Aytkn Sep/Oct/Nov

Weaving Supn' September, 04, 2024

It'll be at the Skuppah Indian Band Hall 10:00 Am to 3:00 Pm

Tumplines, Bring your gun straps and photos if you have any. Lunch will be a 12:00 PM bring your utensils and plates.

Ross Lake October, 04, 2024

We'll be heading to Ross Lake for a day visit and Picnic. Lunch will be a 12:00 PM bring your utensils and plates, bring your own Chairs. Will Depart Resource Office in Lytton by 9:30 AM

UBC Museum of Anthropology November, 04, 2024

We'll be heading to UBC Museum of Anthropology to look at weaving, tumplines, baskets, etc.

It'll be a day trip and we'll be leaving from the Resource office in Lytton by 6:00 Am.


Sign up **REQUIRED** to go.

NAME:

DATE:

REMEMBRANCE DAY WORDSEARCH

Find the words hidden horizontally and vertically in the grid below.



p	l	a	s	t	p	o	s	t	c
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Armistice

remember

November

silence

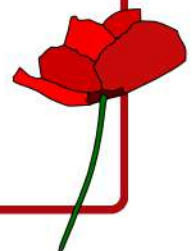
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poppy

soldiers

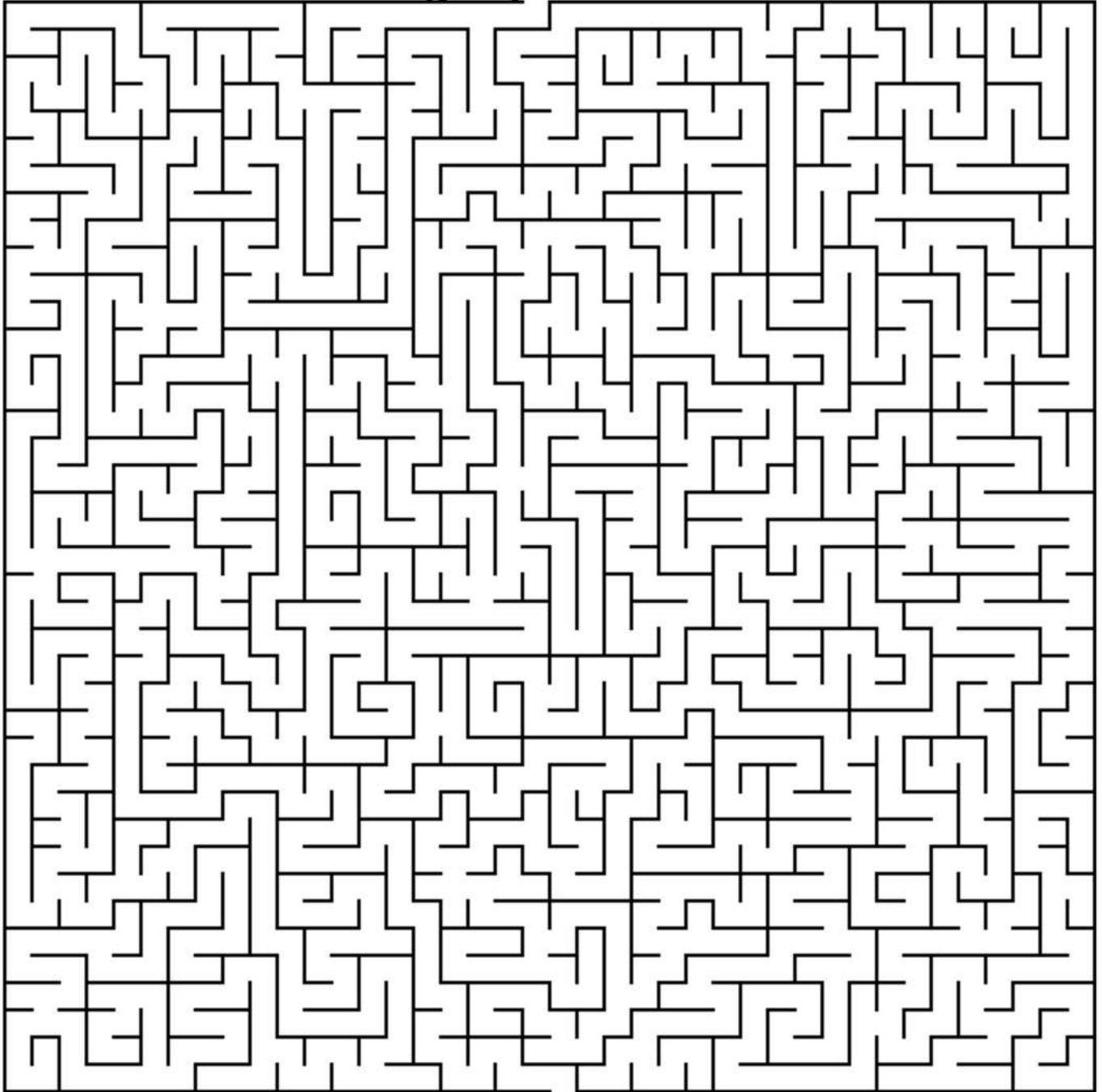
memorial

peace



HELP

PENNY PENGUIN FIND HER
DIABETES BAG!



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.



Mental Health & Substance Use Fact Sheet

MOBILE APPS / VIRTUAL TREATMENT

This Fact Sheet is a compilation of Mobile Apps and Virtual Treatment Options.



MOBILE APPS / VIRTUAL TREATMENT

Mental Health and Substance Use support can come in many forms. This fact sheet provides a list of virtual supports that can be accessed through an internet connected device so information and wellness ideas can be accessed whenever and wherever they are needed.

The following guides may help you decide the **best app for you**:

- ◆ [Digital Mental Health Tools \(CAMH\)](#) to support clinical practice
- ◆ [Mental Health Apps: How to Make an Informed Choice](#) (Mental Health Commission of Canada)

If you are in crisis, and not able to visit or get in touch with your [local MHSU Centre](#), please contact the [Interior Crisis Line Network](#) (24 hours) at [1-888-353-2273](tel:1-888-353-2273) for immediate assistance.

Click on the links below to review Mobile Apps, App Directories and Virtual Treatment options.

Overdose Prevention	App Directories
Lifeguard Digital Health Harm Reduction App	Digital COVID-19 and Mental Health Resource List Centre for Addiction and Mental Health (CAMH)
Be Safe Digital Safety Planner App	Best Apps to Stop Drinking Alcohol Medicine News Today
National Overdose Response Service Overdose Prevention Hotline	Addiction and Mental Health Mobile App Directory (2019) Alberta Health Services
Virtual Treatment	Mobile Tools to Promote Mental Wellness Alberta Health Services
Wellness Together Canada Government of Canada/Kids Help Phone	Healthy Living Apps & Tools (Foundry) Active Living Healthy Eating Mindfulness Sleep Relationships Sexual Wellness Technology & You
eHealth & Virtual Health First Nations Health Authority	Substance Use Apps & Tools (Foundry) Alcohol Cannabis Opioids Vaping & Tobacco
Kelty's Key Free Self Help Courses Vancouver Coastal Health	Mental Health Apps & Tools (Foundry) Anxiety Stress Psychosis Depression Body Image & Eating
Bounce Back Canadian Mental Health Association (CMHA)	Tough Topics (Foundry) Bullying Loss & Grief Violence & Abuse Self-Injury
Foundry Virtual Health Virtual Drop-in sessions for ages 12-24	Help Lines Fact Sheet Directory of Provincial Help Lines

Please note that these links are being provided as a convenience and for informational purposes only; they do not constitute an endorsement or an approval by Interior Health, of any of the products, services or opinions of the corporation or organization or individual. Interior Health bears no responsibility for the accuracy, legality or content of the external site or for that of subsequent links. Contact the external site for answers to questions regarding its content.



Substance Use Services | Mental Health & Substance Use Network

Developed by: Substance Use Resources Working Group | Approved by: Substance Use Services Manager

Developed: 31/03/21 | Revised: 03/09/21



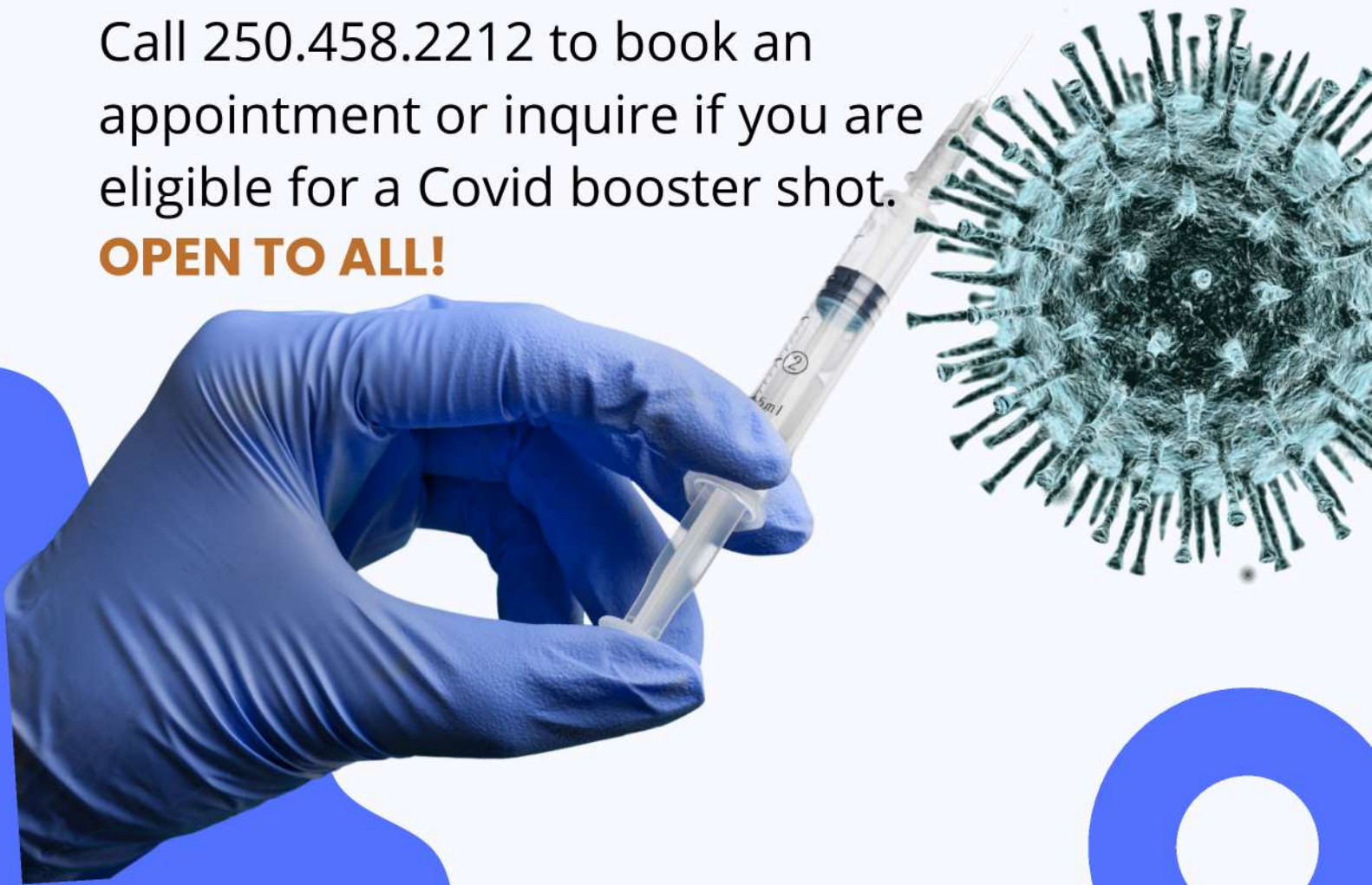
FLU VACCINE & COVID BOOSTER CLINIC

**Thursday November 7th, 2024
3691 Deer Lane, Spences Bridge
10:00 a.m. to 4:00 p.m.**

We are running another clinic in case you missed the one in October.

Call 250.458.2212 to book an appointment or inquire if you are eligible for a Covid booster shot.

OPEN TO ALL!





New Cooks Ferry Massage Schedule with John Tai, RMT Starting on October 23

Wednesdays

1:00 pm - 1:45 pm

1:45 pm - 2:30 pm

2:30 pm - 3:15 pm

3:15 pm - 4:00 pm

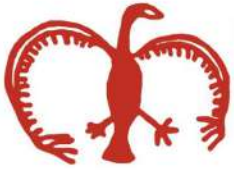
We received requests for
afternoon bookings.

Please call the office if
you wish to book an
appointment.

250.458.2212

**Open to all members living
on and off reserve
including Siska**





Cook's Ferry
Indian Band
Nlaka'pamux Nation

CHRISTMAS MARKET

FOOD | GIFTS | CRAFT
CONCESSION
CHILI OR SQUASH SOUP \$5.00



ALL PROCEEDS TO SUPPORT THE
COOKS FERRY ELDERS GROUP

SATURDAY NOVEMBER 30
10:00 A.M. TO 2:00 P.M.

COOKS FERRY - 3691 DEER LANE,
SPENCES BRIDGE, BC

\$5.00 A TABLE
JUDY 778-253-0277