



September 7th

# Grandparents' DAY



September 30th

## Every Child Matters



**IN THIS ISSUE**  
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**Crisis & Trauma Support**  
**Healing from Stress & Loss**  
**Free Fall Horse Club in Boston Bar**  
**Coloring Contest!**



**#residentialschools**  
**#reconciliation**  
**#neverforget**



w?éx<sup>w</sup> we? áu? ~ Take Care of Yourself



# HESKW'EN'SCUTXE MISSION

## 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**

**Website**  
**www.hhssbc.ca**

**Other Office Closures**  
**September 1: Labour Day**  
**September 17: In Service Day**

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



"HHSS MISSION AND VALUES: WE EMBRACE NLAKA'PAMUX TRADITIONS, CULTURE AND VALUES. OUR HEALTH SERVICES INTEGRATE MODERN MEDICINES AND METHODS TO PROVIDE HOLISTIC WELLNESS FOR OUR COMMUNITY MEMBERS."

National Day  
**for Truth and Reconciliation**

**Office Closure**  
**Tuesday September 30**



# COOKS FERRY & SISKA

Heskw'en'scutxe Health Services Society  
Home and Community Care Program

## Nursing Services Available

**MONDAY-FRIDAY**

*Except Wednesday*

### Nursing Services:

- Immunization (all ages) *Coming soon*
- TB Testing
- HIV/STD Counselling
- Birth Control Counselling
- Pregnancy Testing
- Prenatal Education Care
- Newborn Education/Care
- Breastfeeding Support
- Child Growth/Development Monitoring
- Blood Pressure Monitoring
- Diabetes Counselling
- Weight Loss Counselling
- Wound Care
- Home Care

### Also Available:

- Infant Weight Scale
- Adult Weight Scale
- Prenatal Vitamins
- Infant Vitamin D Drops
- Breastfeeding Supplies (breast pump, nursing pads, lanolin cream)
- Plug Protectors
- Children Toothbrushes
- Children's Vitamins
- Head Lice Conditioner & Combs
- Condoms

**To see a nurse contact the office to book a home or clinic appointment.**

# Home & Community Care Program

## What services are provided?

- Palliative care (specialized care aimed at providing relief from the symptoms and stress of serious illness)
- Home support (assistance with nutrition, hygiene, and bathing)
- Referral to dietitians, physiotherapists, and occupational therapists
- Transportation to medical appointments
- Medication administration
- Ostomy and catheter care
- Blood pressure monitoring
- Diabetes care/*Education*
- Wound care
- Foot care *by Suzanne Marcol*
- Post-surgical care



## How can I access these services?

1. Call Heskw'en'scutxe Health Services Society to book a home visit.
2. At the first home visit, usually 1 to 2 hours, a nurse will develop a care plan specific to your individual needs.
3. HHSS staff will be scheduled to provide services based on this care plan.
4. We are here to support you and you have the right to accept or refuse any of the care that we offer.

## September Awareness themes in Canada



Knowledge is power; here are some trustworthy health resources to explore:

### Arthritis

<https://arthritis.ca/>

### Sepsis

<https://www.worldsepsisday.org/sepsis>

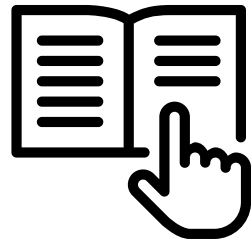
<https://www.sepsiscanada.ca/>

### Sexual Health

<https://smartsexresource.com>

## BC Centre for Disease Control

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



### IMMUNIZATION CLINIC WITH CARNATION

Carnation is recertifying for immunizations (standard process) and we are looking for 5 people to receive a vaccine this month!

Are you due for a tetanus shot, your child needs a vaccine, you just turned 60 and need the pneumococcal shot, or a shingles vaccines?(free for 55+ individuals) Please call the office to be added to the list. We will host a clinic in Siska on a Tuesday. Date to be confirmed.



### Free Drug & Alcohol Treatment Admission

HHSS has funds available to sponsor community members on and off reserve to enter a treatment center.

Please call the office and speak with one of our nurses. They will fill out the paperwork and support you on this journey.



# No Ambulance Fees For Anyone with Status!

Taken from the FNHA Website:

**If You Receive an Ambulance Bill in the mail:**



**The Health Benefits Program covers the cost of ambulance transport services in the following situations:**

- transport to a hospital in an emergency situation
- transport from a lower level care facility to a higher level care facility (e.g., a long term care home to a hospital)

**If You Receive an Ambulance Bill**

If you receive an ambulance bill, please send it to Health Benefits by email, fax or mail. **Or you can drop it off at the HHSS office and we will take care of this for you!**

*Please be aware that ambulance bills as a result of a motor vehicle accident or a workplace incident will not be covered by the Health Benefits Program, and should be forwarded to ICBC or WorkSafe BC, respectively.*

Coverage for ambulance transport services in BC is based on the rules and rates set out by BC Emergency Health Services.

Most ambulance bills will be sent to Health Benefits directly, **if you provide BC Emergency Health Services with your status number. Make sure to show your status card to the paramedics!**

**If you have any questions, please call Health Benefits at 1-855-550-5454 or HHSS offices.**

# SERVICES OFFERED

## Lab/Pathology on Wednesdays in Lytton!

To book a Lab appointment please call

1.844.870.4756 and ask for an appointment at the Lytton Primary Care Clinic or contact HHSS for support.

## Medication pick up reminders

HHSS picks up medications at Pharmasave Aberdeen in Kamloops every Tuesdays.

Please call the pharmacy/doctor to renew your prescription one week before your refills are empty.

**New:** Lytton Pharmacy pick up available upon request

## Shopping Days

Check the calendar for dates, please call the office to book a ride.

## Cohi with Michelle Beattie from FNHA

Michelle is available to see anyone in community to clean their teeth, take x-rays and answer any questions pertaining to their dental health.

She also sees children who have signed up for COHI in school or daycare every 3 months. We will connect with parents in September to renew their consent form for the school year.

## Counselling with Yolanda, Deborah and Kayla.

Call the office or the counsellor directly to book an appointment, no referral needed. Please see the poster with their contact information. We look forward offering workshops with them in the fall.

## Deep Tissue Massages with John Tai

John comes to Siska on the first Tuesday of the month and Cooks Ferry on the second Tuesday of the month. Check the calendar for dates and call the office to book one!

## Massages with Melanie Roberts

Melanie comes to Cooks Ferry once a month. She will return in the Spring after October.

## Footcare with Suzanne Marcel

Suzanne comes to both communities every weeks. Please call the office to book an appointment and look for the date on the calendar.

## Free activities sponsored by HHSS

### Bowling in Boston Bar at Canyon Lanes!



Reach out to the office to have your names added to the HHSS guest list, offered year round.

### Horse Club Drop in for all ages 6+ Grit Farm: Boston Bar



There are 7 badges to earn. Learn or improve your horse skills. Reach out to the office to have your names added to the list, drop ins are also welcome.

Transportation available and gas cards provided.

## Aquafit in Merritt

We will be taking clients to Aquafit once a week starting in October at the Merritt pool! Call HHSS to be added to the list. The pool is closed for the month of September.

# Your Health and Where to get Help

Heskw'en'scutxe Society 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.

HHSS is **NOT** an emergency center, or doctors office or able to provide full time home care.



## Your Access to External Health Care

Communicable Disease Control

Home Care

Maternal Child Health Care

Medical Travel

Mental Health and Wellness

**Heskw'en'scutxe Society provides limited medical advice ONLY when a Registered Nurse is available.**

Monday & Tuesday 8:30 am - 4:30 pm

Thursday and Friday 10:00 to 4:30 pm

**For immediate response to a life-threatening situation call 9-1-1 and request an ambulance.**

**Here are some examples of when you should call 9-1-1 for emergency medical care:**

- When there is chest pain or tightness
- Choking or breathing difficulties
- Loss of consciousness
- Signs of a stroke
- Severe burns
- Convulsions that are not stopping
- A drowning
- A severe allergic reaction
- A serious head injury
- Major bleeding



## **Your Health and Where to get Help**

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**If you are NOT experiencing a medical emergency, below are Non-emergency alternatives for your health concerns:**

### **811**

Call 8-1-1 for confidential health information and advice,  
24 hours a day, seven days a week.

### **Health Link BC**

Visit the HealthLinkBC.ca website and use their Interactive Symptom Checker.

### **Urgent Care Centre/ Clinic**

Visit an urgent care centre or clinic if you can do it safely.

### **Pharmacist**

Call a pharmacist if you have a question or concern about a prescription.

### **Poison Control**

Call the B.C. Poison Control Centre if you suspect someone has been poisoned with a medicine, chemical or substance. 604.682.5050 or 1-800-567-8911

### **Mental health concerns:**

If someone is in immediate danger of hurting themselves,  
you should call 9-1-1 and get help.

For mental health support where there is no immediate risk to someone's safety,  
call the Crisis Centre's line at 310-6789 (no area code needed).

### **Suicide**

If you or someone you know is having thoughts of suicide, but it is not an immediate risk,  
they can call 1-800-784-2433 (1-800-SUICIDE) or call a local crisis centre.

# Feeling sick? Stop the spread

Lots of people are getting sick this season. It could be a cold, the flu, or COVID-19. If you're not feeling well – no matter what virus you have – help stop the spread.

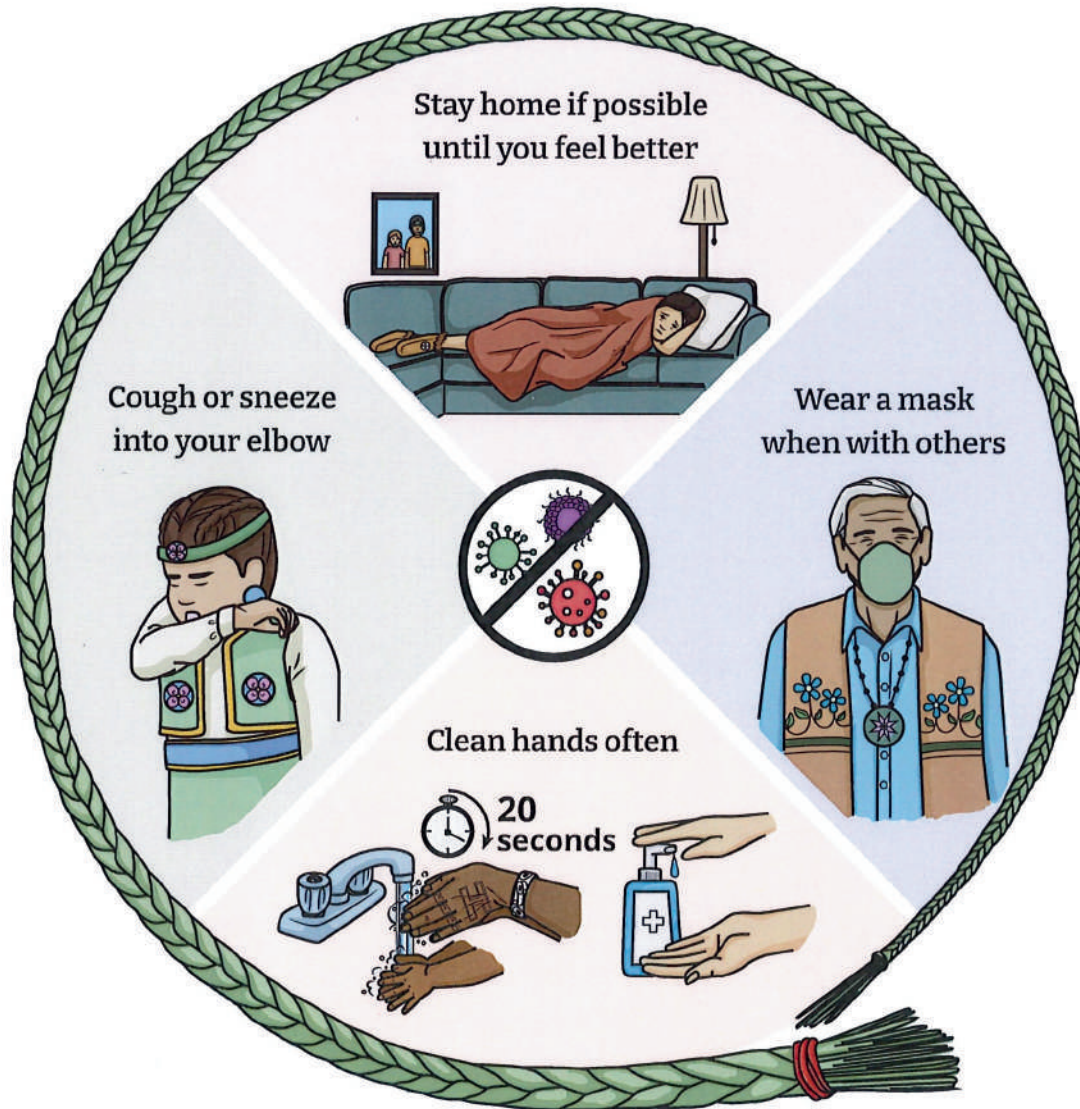


Illustration: Shoshannah Greene

**Keep up to date with your vaccines.**

Check with your healthcare provider for more information.



Let's talk about sex

# What if I test positive for an STI?

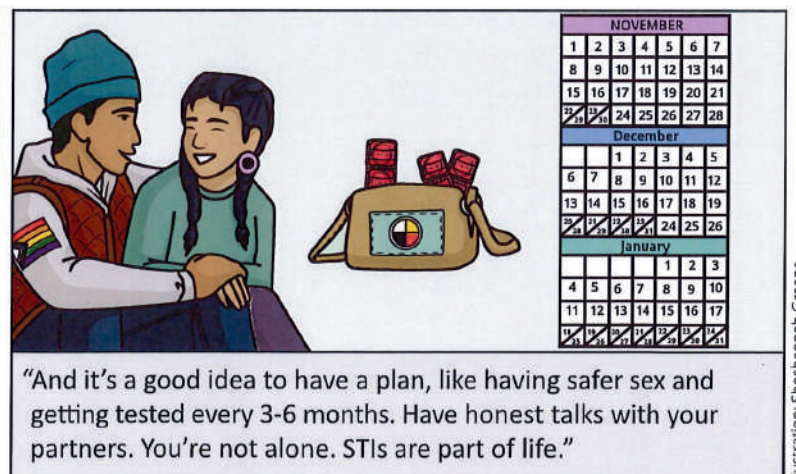
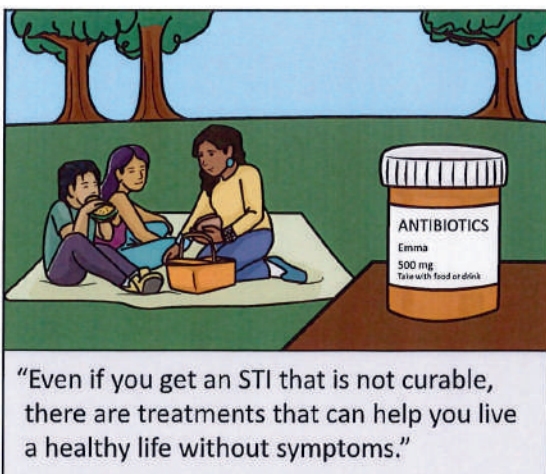
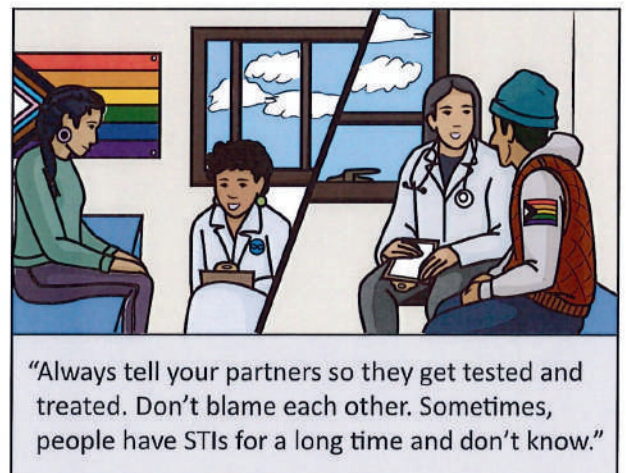
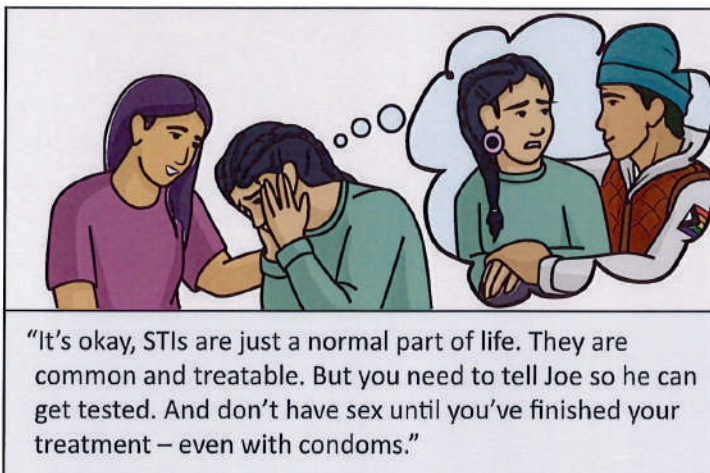
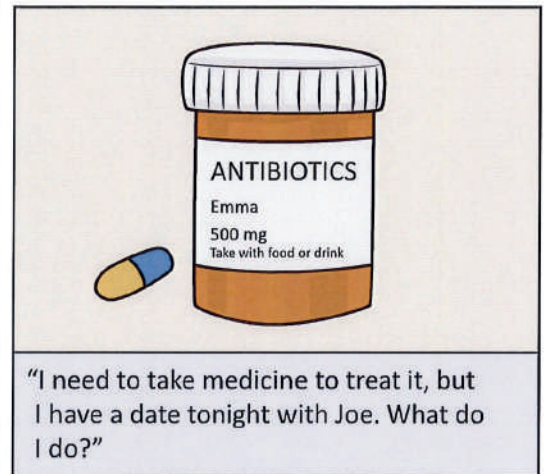


Illustration: Shoshannah Greene

Let's talk about sex

# How do STIs spread?



"Sue, your test results don't show any STIs. Do you have any questions about having safer sex?"

"Yes, how do I have safer sex? How would I know if I have an STI? I heard most STIs don't show symptoms."

**Use condoms correctly**      **Dental dams for oral sex**

"That's right. You can still pass an STI on to your partner if you don't have symptoms. STIs usually spread through intimate touching and vaginal, oral or anal sex."

**When to avoid sex:**

- Anal bleeding
- Rash
- Unusual discharge
- Blisters or sores

"If you notice signs of STIs on you or your partner, hold off on sex until you get tested (and possibly treated). Follow advice from a health practitioner."

**Clean sex toys before sharing:**

"Some STIs can be spread through blood or bodily fluids like semen and vaginal discharge. Some can be spread through skin-to-skin contact."

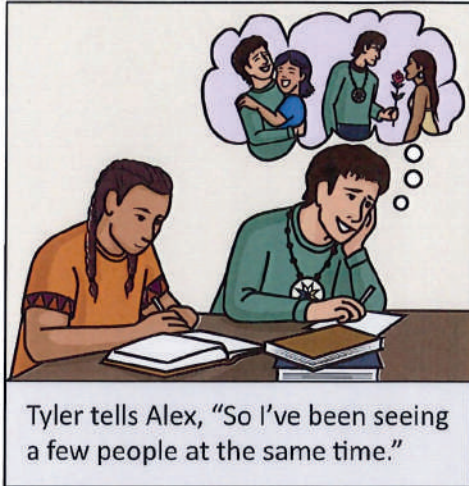
"STIs can be passed on to your baby during pregnancy and birth. STI testing is a part of prenatal care. If you are pregnant, getting tested can help protect you and your baby."

"Before having sex, talk to your partners about how you want to have safer sex. You can get reinfected even after you get treatment. Test every 3-6 months if you are having sex."

Illustration: Shoshannah Greene

Let's talk about sex

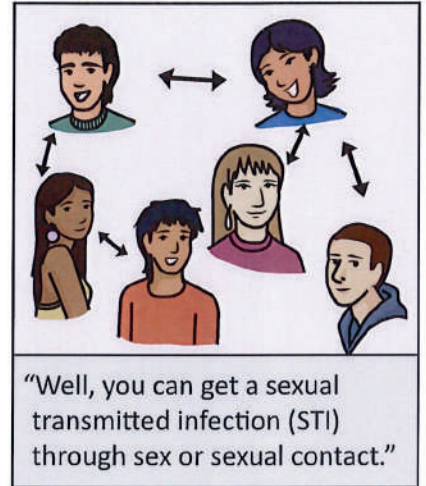
# Do I have an STI?



Tyler tells Alex, "So I've been seeing a few people at the same time."



Are you having sex? Yeah, why?

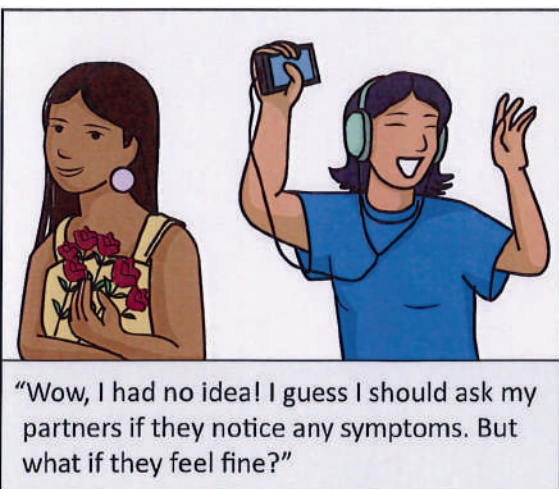


"Well, you can get a sexual transmitted infection (STI) through sex or sexual contact."

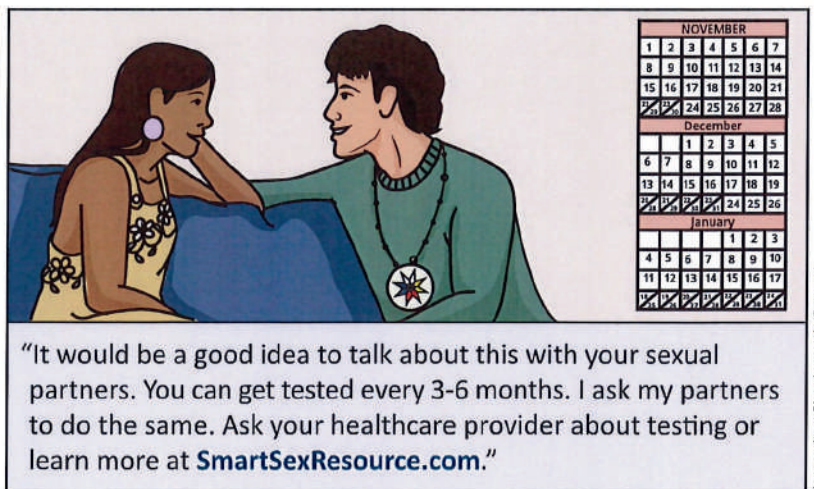
**Symptoms to look for:**

- Pelvic or testicular pain
- Painful peeing
- Muscle aches
- Painful sex
- Unusual bleeding
- Blisters or sores
- Rash
- Genital warts
- Unusual discharge

"There are lots of STIs. Sometimes you might have symptoms like painful peeing, rash, sores, unusual bleeding or discharge, pain during sex. But often, you won't notice anything. Some STIs can spread to different parts of the body that can lead to pain, infertility, pregnancy problems or cancer."



"Wow, I had no idea! I guess I should ask my partners if they notice any symptoms. But what if they feel fine?"



"It would be a good idea to talk about this with your sexual partners. You can get tested every 3-6 months. I ask my partners to do the same. Ask your healthcare provider about testing or learn more at [SmartSexResource.com](http://SmartSexResource.com)."

NOVEMBER						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
December						
	1	2	3	4	5	
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
January						
			1	2	3	
4	5	6	7	8	9	10
11	12	13	14	15	16	17

Illustration: Shoshannah Greene

Let's talk about sex  
**What is an STI?**



"Doc, I'm confused. What's the difference between STDs, venereal disease and STIs?"

"We used to say venereal disease and STD but now we call them sexually transmitted infections (STIs)."

"5 out of 6 people will get an STI in their life. Most STIs are caused by bacteria or viruses."

**Common STIs caused by bacteria**

**Syphilis**  
**Chlamydia**  
**Gonorrhea**

"STIs caused by bacteria can be cured with antibiotics."

**Common STIs caused by viruses**

**HIV**    **HPV**  
**Herpes**

"STIs caused by viruses can be prevented, treated or managed with medication."

"You can still have relationships and sex. Talking to your partners, education and practicing safer sex lowers the chance of getting and passing on an STI."

**Month 1**    **Month 2**    **Month 3**

"It's important to get tested by a health practitioner every 3-6 months if you are sexually active."

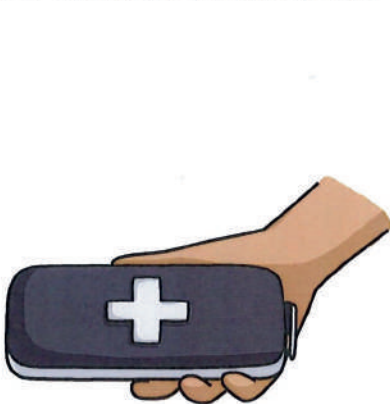
Illustration: Jess Sattinley

# Drug and Poison Information Centre (DPIC)



**Don't guess, be sure. Get help at 1-800-567-8911**

BC has a 24-hour telephone support line for adults and children who have been exposed to drugs or poisons. The lines are staffed with nurses and pharmacists who can help you, your family, and your friends deal with all sorts of emergencies. Call DPIC for:



**Overdose help**



**Eating unknown berries, mushrooms, or plants**



**Alcohol poisoning**



**Medication mix-ups and mistakes**



**Work exposures to chemicals**



**Splashing or inhaling chemicals**

DPIC staff will also follow up to make sure you're ok and to talk you through next steps if you need to see a medical professional.



604-682-5050  
1-800-567-8911

[dpic.org](http://dpic.org)

Illustration: Shoshannah Greene



First Nations Health Authority  
Health through wellness

# First Nations Treatment Centres in BC

Services for all genders, youth and families. FNHA funds 178 residential treatment beds in a number of treatment centres within BC.

Services for concurrent disorders; clients on Opioid Agonist Therapy; family treatment; couples counselling; pregnant women; and clients on psychoactive medications.

Services offer a variety of cultural and clinical interventions and support for First Nations in BC.



In British Columbia there are currently 9 residential treatment centres, funded through the National Native Alcohol and Drug Abuse Program (NNADAP).

Services are offered to males, females, youth (Nenqayni Wellness Centre) and families. Services offered at treatment facilities vary, but overall include services to clients with: physical disabilities; concurrent disorders; clients on Opioid Agonist Therapy; family treatment; couples counselling; pregnant women; and clients on psychoactive medications.

TREATMENT CENTRES	DESCRIPTION
<p><b>Carrier Sekani Family Services Addictions Recovery Program</b>            P.O. Box 1219            Vanderhoof, B.C. V0G 3A0            Phone: (250) 567-2900            Toll-free: 1-866-567-2333            Fax: (250) 567-2975</p>	<p>We believe the Carrier Sekani culture and spiritual way of living, which honours and respects all of creation, will empower our communities and strengthen our First Nations. The integrated Health and Wellness Addiction Recovery Program, "Lhet'sut'en" is delivered by our multidisciplinary team consisting of clinical counsellors and cultural knowledge holders. We believe culture is healing and incorporate a blend of traditional healing practices along with evidence based best practices in addictions treatment reflective of our program's vision statement: "Culture is Healing."            Residential from April to October only.</p>
<p><b>Gya' Wa' Tlaab Healing Centre</b>            P.O. Box 1018            Haisla, B.C. V0T 2B0            Phone: (250) 639-9817            Fax: (250) 639-9815</p>	<p>The Gya' Wa' Tlaab Healing Centre offers this Early Recovery/Stabilization Program to all First Nations, Inuit and other people of Canada. This program can be defined as an assessment, orientation, and readiness phase to treatment.</p> <p>The Program utilizes the following program resources to assist clients: Acu-Detox, Physical Fitness, Psycho-educational group facilitation, Mental Health Counselling, Methadone Maintenance Support, Attending Physician, Attending Pharmacist, and Culturally Appropriate Ceremonies.</p>
<p><b>Kackaamin</b>            7830 Beaver Creek Road            Port Alberni, B.C. V9Y 8N3            Phone: (250) 723-7789            Fax : (250) 723-5067</p>	<p>Kackaamin employs Certified Addiction Counsellors that facilitate educational workshops that broaden the knowledge of our adult clientele on a variety of topics and issues. Weekly individual, couple, and family counselling along with community capacity building support sessions.</p>
<p><b>Namgis Treatment Centre</b>            P.O. Box 290            Alert Bay, B.C. V0N 1A0            Phone: (250) 974-5522            Fax: (250) 974-2257</p>	<p>To meet the goals of the program, a variety of themes are introduced during the six-week program. The program is designed to ensure maximum flexibility to meet client needs within theme areas:</p> <ul style="list-style-type: none"> <li>• Physiological and psychological effects of mood altering substances</li> <li>• Family dynamics</li> <li>• Historical influences on substance abuse</li> <li>• Abstinence from alcohol and addiction as a way of life</li> <li>• Spirituality</li> <li>• Self-help programs for after treatment (e.g., Alcoholics Anonymous, Narcotics Anonymous, Adult Children of Alcoholics)</li> <li>• Self-awareness in the cycle of change</li> <li>• Trauma and its long-term and short-term effects</li> </ul>

**Nenqayni Wellness Centre**

P.O. Box 2529  
 Williams Lake, B.C. V2G 4P2  
 Phone: (250) 989-0301  
 Fax: (250) 989-0307

To achieve a safe team environment where employees respect one another, communicate effectively, and are able to efficiently carry out their duties and responsibilities" (Staff Purpose - Developed in 2011).

Staff are certified by the Canadian Council of Professional Certification and receive ongoing training relating to their positions and as required by accreditation and licensing.

**North Wind Wellness Centre**

**Mailing Address:**  
 PO Box 2480 Station A  
 Dawson Creek, B.C. V1G 4T9

**Physical Address:**  
 5524 235 Road  
 Farmington, B.C. V0C 1N0  
 Phone: (250) 843-6977  
 Fax: (250) 843-6978

The effects of alcohol and drug addiction are often devastating to individuals, families and communities.

The North Wind Wellness Centre offers a 45-day, culturally based, residential treatment program for ages 19 and up. Youth and Land-based programming take place locally within our Treaty 8 Member First Nations Communities that offer them.

Each day begins and ends with smudging and prayer. Sweat lodge, Blanket, and Pipe Ceremonies introduce and reinforce the concept of sacredness by means of traditional culture.

**Round Lake Treatment Centre**

200 Emery Louis Road  
 Armstrong, B.C. V0E 1B5  
 Phone: (250) 546-3077  
 Fax: (250) 546-3227

**1. 35-bed Treatment Centre**

6-week Treatment Program addresses the impact of historic and intergenerational trauma by guiding participants through activities and ceremonies that help to resolve trauma, grief, and shame. Emphasis in the healing circle is on safety, trust, and self-care and facilitates wellness for indigenous trauma survivors.

**2. 10-bed Recovery Home**

Post treatment home for clients who require more assistance to further strengthen their wellness and recovery.

**Telmexw Awtextw Treatment Centre**

4690 Salish Way  
 Agassiz, B.C. V0M 1A1  
 Phone: (604) 796-9829  
 Fax: (604) 796-9839

**Outpatient / Community based**

Accessible to clients with physical disabilities, Pregnant women, Court referral or Corrections clients, Clients taking other psychoactive medications

Transportation provided to outlying community members to enable attendance at the Day program.

**Tsow-Tun Le Lum Society**

699 Capilano Rd  
 Lantzville B.C. V0R 2H0  
 Phone: (250) 390-3123  
 Fax: (250)390-3119

Tsow-Tun Le Lum means "helping house." We provide programs that address the issues of addictions, and healing survivors of trauma and residential schools. Our mission is to strengthen the ability of First Nations people to live healthy, happy lives and to have pride in their native identity. Tsow-Tun Le Lum is a registered non-profit society operating a fully accredited treatment centre in Lantzville, on Vancouver Island, British Columbia.

**Wilp Si'Satxw House of Purification**

Box 429, Cedarvale-Kitwanga Rd  
 Kitwanga, B.C. V0J 2A0  
 Phone: (250) 849-5211  
 Fax: (250) 849-5374

**Program length: 42 days**

In-patient / Adult co-ed

- Residential schools
- On-the-land
- Gender-based
- Family treatment
- Child counselling
- Couples counselling
- Clients with physical disabilities
- Pregnant women



First Nations Health Authority  
Health through wellness

501 - 100 Park Royal South  
Coast Salish Territory  
West Vancouver, BC  
Canada V7T 1A2

Telephone  
**604.693.6500**

Toll-Free  
**1.866.913.0033**

Fax  
**604.913.2081**

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

In British Columbia, the First Nations Health Authority funds 9 residential treatment centres through the National Native Alcohol and Drug Abuse Program (NNADAP). These treatment centres offer a variety of cultural and clinical interventions and support for First Nations in BC.

Services are offered to males, females, youth (Nenqayni Wellness Centre) and families. Services offered at treatment facilities vary but overall include services to clients with: physical disabilities; concurrent disorders; clients on Opioid Agonist Therapy; family treatment; couples counselling; pregnant women; and clients on psychoactive medications.

August 2024

# FOLLOW THE **SAVE ME** STEPS BELOW TO SAVE A LIFE.



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



**STIMULATE**  
Unresponsive?  
**CALL 911**



**AIRWAY**  
Check and  
Open



**VENTILATE**  
1 breath every  
5 seconds



**EVALUATE**  
Breathing?



**MEDICATION**  
1 dose of  
Naloxone



**EVALUATE  
& SUPPORT**  
Wait another  
3 minutes.

Another dose? Alternate  
nostrils with each dose

## HOW TO GIVE BREATHS

1



Tilt head back  
to open airway

2



Pinch nose.  
Cover mouth with  
mask or clothing

3

Give  
1 breath  
every 5  
seconds

**BREATHING CAN SLOW DOWN DURING AN OVERDOSE BUT THE HEART IS PROBABLY STILL BEATING - GIVE BREATHS TO KEEP THEM ALIVE**

## HOW TO USE NALOXONE

1



Peel package open. Avoid touching  
the tip. Do not press until ready to  
give Naloxone.

2



Place the tip in the nostril.

3



Press firmly. Dispose of used  
naloxone spray safely.

# NALOXONE: SAVE ME STEPS TO SAVE A LIFE



Naloxone is an antidote to opioid overdose. Taking too much of opioid drugs (like morphine, oxycodone, methadone, heroin, or fentanyl) can slow down or stop breathing. Naloxone may restore normal breathing and consciousness within 1 to 5 minutes of injection. Giving naloxone and rescue breathing can prevent death or brain damage from lack of oxygen during an opioid overdose.

## SIGNS OF OPIOID OVERDOSE



**Not moving and can't be woken**



**Slow or not breathing**



**Blue/grey lips and nails**



**Choking, gurgling sounds or snoring**



**Cold or clammy skin**



**Tiny pupils**

CALL 911 or the emergency response number in your community. The Good Samaritan Drug Overdose Act can protect people from arrest for simple possession.

**TELL ATTENDANT:** Person is not responsive and not breathing.

HealthLink BC: 8-1-1  
BC Drug & Poison Information Centre:  
1-800-567-8911



First Nations Health Authority  
Health through wellness



# Mental Health Supports offered

**Yolanda Hall**  
**Mental Health**  
**Counselling Support**  
**[yjhall@telus.net](mailto:yjhall@telus.net)**  
**778-554-2332**



**Ricardo T. Pickering**  
**MC (Counselling Psych.), R.P,**  
**C.C.C, C.C.C-S**  
**[dickiepickering@gmail.com](mailto:dickiepickering@gmail.com)**  
**(250) 842-8552**



**Kayla McBee**  
**Clinical Counsellor**  
**250.378.9772**  
**[mcbec.k@nlxfn.com](mailto:mcbec.k@nlxfn.com)**



**Deborah Barkowsky, MA, RCC, CCC**  
**Clinical Counsellor, ACS-C**  
**Phone: 604-360-4012**  
**Website: [www.deborahbarkowsky.ca](http://www.deborahbarkowsky.ca)**  
**[info@dbhc.ca](mailto:info@dbhc.ca)**



**FNHA Mental Health Providers**  
**<https://www.fnha.ca/benefits/mental-health-providers>**  
**[provider@fnha.ca](mailto:provider@fnha.ca)**

**Interior Health Region Phone: 310-MHSU (6478)**

# Mental Health Supports and Resources

## TELEPHONE AND ONLINE SUPPORTS

### TSWO TUN LE LUM SOCIETY

Toll-free line  
1-888-403-3123

### KUU-US CRISIS LINE SOCIETY

Toll-free line  
1-800-588-8717  
Youth Line  
250-723-2040

### VSUPS | FREE

A referral-based service for First Nations people in BC and their family members. Health care providers, including the Virtual Doctor of the Day program, can refer you to this service. Available Monday to Friday. [FNHA.ca/VirtualHealth](https://fnha.ca/VirtualHealth)

### KIDS HELP PHONE | 24/7

A National support service offering professional counselling, information and referrals and volunteer-led, text-based support to youth. 1-800-668-6868 or text the word "connect" to 686868 to access text support.

### FOUNDRY | AGES 12-24 +CAREGIVER

Services and resources for young people ages 12 – 24 and their caregivers. No referral or assessment required. In-person: <https://foundrybc.ca/find-a-centre/>  
Virtual: <https://foundrybc.ca/virtual/>

HELP IS AVAILABLE - AS OF NOVEMBER.30TH 2023

**24HR SUICIDE  
AND MENTAL  
HEALTH CRISIS  
SUPPORT:  
CALL OR TEXT  
#9-8-8**

Immediate, confidential, judgement-free and trauma-informed services provided by trained crisis responders, please reach out.



## INDIAN RESIDENTIAL SCHOOL SURVIVORS SOCIETY

Toll-free line  
1-800-721-0066

## CANADIAN HUMAN TRAFFICKING HOTLINE

1-833-900-1010  
24hours – 7 days a week

The Canadian Human Trafficking Hotline is a confidential, multilingual service, operating 24/7 to connect victims and survivors with social services, law enforcement, and emergency services, as well as receive tips from the public.

The hotline uses a victim-centered approach when connecting human trafficking victims and survivors with local emergency, transition, and/or long-term supports and services across the country, as well as connecting callers to law enforcement where appropriate.



Illustration: Shoshannah Greene and Jess Stanley | Art direction: Estella Lum

# We are all people

People who use substances are our relatives. They are our sisters, brothers, fathers, mothers, aunts, uncles, cousins, loved ones, friends, and neighbours. Together, we become our stories, our histories, our memories, and our future. We sit across from each other at the table and at the drum circle. Let's remember our teachings: respect, truth, courage, humility, wisdom, honesty and love. We are all people.



Need help?



In collaboration with PEEP



Illustration: Shoshannah Greene and Jess Stanley | Art direction: Estella Lum

# We are all in this together

Everything is connected — our histories, families, stories, and ways of being. We live in relation with one another and with the lands, waters, and creatures around us. Substance use connects us all too. We stand in community to support, care, and protect each other. We are strong and we are all in this together.



Chee Mamuk



BC Centre for Disease Control  
British Columbia Health Services Authority



First Nations Health Authority  
Health through wellness



Need help?



In collaboration with PEEP



Illustration: Shoshannah Greene and Jess Stanley | Art direction: Estella Lum

## Support saves lives

Support is critical to our journey in life. Everyone needs support in their own way and in their own time. We might reach out, or we might not. Support can be a helping hand, a cup of tea, or a kind word. It can be a passing moment or a commitment every day. Having support changes how we move through the world and how connected and safe we might feel. Support saves lives.



Need help?



In collaboration with PEEP



Illustration: Shoshannah Greene and Jess Stanley | Art direction: Estella Lum

## We each have our own journey

There are many paths to wellness. We all swim in the same stream and we all meet challenges differently. No one way is the right way. Substance use might be part of our stories, but it does not define us. We can use more wisely, we can take our time, and we can choose the path that is right for us. We each have our own journey.



In collaboration with PEEP



Need help?





Illustration: Shoshannah Greene and Jess Stanley | Art direction: Estella Lum

# Community saves lives

We are all part of a shared community. We come together for ceremony, mourning, celebrations, gratitude, harvest, support, and belonging. Together, we have a responsibility to understand how substance use can impact our loved ones and what it means to be there for those who need us — what it means to paddle when someone else can't. We must paddle together, work in rhythm, and become part of a greater whole. Community heals and community saves lives.



Chee Mamuk



BC Centre for Disease Control  
Provincial Health Services Authority



First Nations Health Authority  
Health through wellness



Need help?





Illustration: Shoshannah Greene and Jess Stanley | Art direction: Estrella Lum

## Setbacks happen

In the game of life, setbacks on the path to wellness from substance use are normal. Wellness looks different for everyone, and it's okay to have ups and downs along the way. They are stepping stones to success. Every step forward — no matter how small — is a victory. Celebrate every step forward on your journey to wellness.



Need help?



In collaboration with PEEP

# Have questions? Need help?

We're here for you.



## Available to First Nations (status and non-status), Inuit, and Métis:

### United Way alcohol & drug information and referral service

Education and prevention resources, support groups, and counselling and treatment services.

1-800-663-1441 | Lower Mainland: (604) 660-9382

### HealthLink BC

Call or text 2-1-1 for reliable non-emergency health information and advice in BC.

### Wellness programs and harm reduction resources



Opioid treatment  
1-833-804-8111

### BC Mental Health and Substance Use Services



Crisis line  
310-6789

### KUU-US (Indigenous) 24/7 crisis lines

Toll free: 1-800-588-8717

Youth line: 250-723-2040

Adult and elder line: 250-723-4050

Suicide crisis helpline: Call 9-8-8

Mental health line: Call 3-1-0

Kids Help Phone: 1-800-668-6868

Text: 686868

## Available to all First Nations living in BC:

### First Nations Health Authority

Indigenous virtual doctor of the day

1-855-344-3800

FNHA-approved treatment centres



Application to FNHA-approved treatment centres



## Available to all Métis living in BC:

### Métis Nation BC

Mental health and harm reduction



24/7 crisis line

1-833-Metis-BC (1-833-638-4722)



# Pathways to healing from stress and loss



Max feels sad and empty. Max has little energy to do anything and can't sleep well.  
Max talks to Kookum about it.



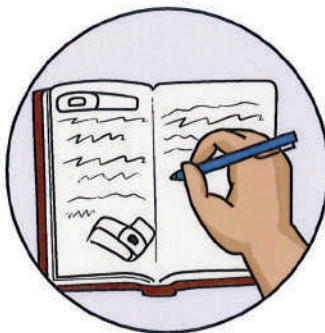
Illustration: Shoshannah Greene

# Pathways to healing from stress and loss



To heal the mind, I write down my thoughts and talk to someone. Talking to a Knowledge Keeper helps me reflect and understand my feelings.

Write in a journal



Talk to a counsellor or friend



Join a healing circle or support group



Try a hobby



Listen to or play music



Meditate or practice deep breathing



Illustration: Shoshannah Greene

# Pathways to healing from stress and loss



Walk or exercise



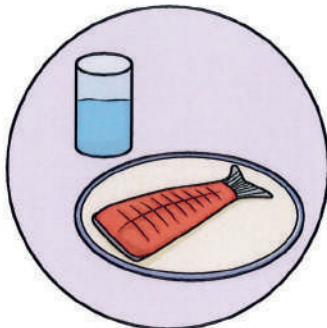
Spend time in nature



Take a shower



Eat well



Set a routine



Join local community programs



Illustration: Shoshannah Greene

# Pathways to healing from stress and loss



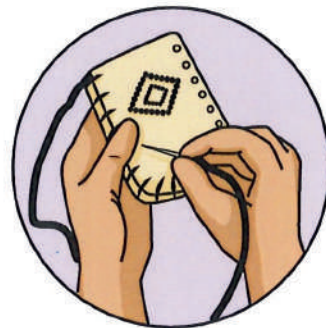
Brush with cedar



Take a dip in water



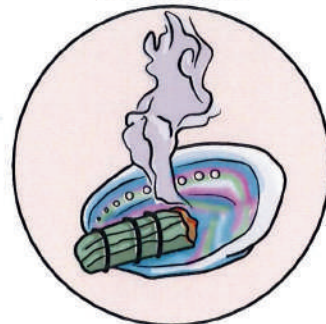
Make a medicine pouch



Spend time with loved ones



Honour lost loved ones



Seek wisdom from an Elder



Illustration: Shoshannah Greene

# Pathways to healing from stress and loss



## FREE SERVICES



**BC Kuu-us 24/7 Crisis Line**  
 1-800-588-8717 | Adults/Elders: 250-723-4050  
 Child/Youth: 250-723-2040 [kuu-uscrisisline.com](http://kuu-uscrisisline.com)

**Métis Crisis Line**  
 1-833-638-4722  
[mnbca.ca](http://mnbca.ca)

**National Hope for Wellness 24/7 Online Chat**  
 1-855-242-3310  
[hopeforwellness.ca](http://hopeforwellness.ca)

**FNHA Virtual Doctor of the Day**  
 1-855-344-3800  
[fnha.ca/virtualdoctor](http://fnha.ca/virtualdoctor)

### Mental Health and Cultural Supports:

- List of treatment and healing centres: [fnha.ca/Documents/FNHA-COVID-19-Mental-Health-and-Cultural-Supports.pdf](http://fnha.ca/Documents/FNHA-COVID-19-Mental-Health-and-Cultural-Supports.pdf)
- Fact sheets and posters on coping with COVID-19: [fnha.ca/what-we-do/communicable-disease-control/coronavirus/mental-health-and-wellness](http://fnha.ca/what-we-do/communicable-disease-control/coronavirus/mental-health-and-wellness)
- Métis Nation BC Mental Health Resources: [www.mnbca.ca/mnbca-ministries/mental-health](http://www.mnbca.ca/mnbca-ministries/mental-health)
- Contact your local Friendship Centre: [www.bcaafc.com/friendship-centres](http://www.bcaafc.com/friendship-centres)

Questions? Call Healthlink BC at 8-1-1



First Nations Health Authority  
Health through wellness

## CRISIS AND TRAUMA

# Reactions to Crisis



### REACTIONS TO CRISIS

When big things happen in our lives that are beyond our control, we respond to this uncertainty and change in a variety of ways. Both our bodies and our minds can be overwhelmed by what is happening due to the areas of our brains that are activated by these difficult events. When we decide that it is time to do the healing work, we can help to reduce this brain response. Healing work can include:



- Engaging in cultural and spiritual practices
- Talking with Elders for guidance
- Practising healing rituals and ceremonies
- Connecting with nature
- Seeking out counselling

Similarly, when big things happen to us that are unexplainable and beyond our control, our brains step in to protect our bodies. You may have some of the following experiences:

- Feeling foggy or like nothing is real
- Having a hard time focusing or concentrating
- Feeling numb or exhausted
- Feeling okay one minute then horrible the next minute
- Feeling like you can't trust anything or anyone
- Having a hard time getting to sleep or staying asleep
- Eating more than normal or eating mindlessly
- Having a hard time remembering to eat



Remember to ask for help when you need it. If daily routines are feeling overwhelming, we can turn to our family and friends, as well as trusted people in our communities and ask for guidance. We can also seek professional help from outside sources.

## TRAUMA

There are many different kinds of incidents that can cause trauma. For First Nations people, the impact of colonialism has been traumatizing for individuals, families, communities and Nations. When we experience trauma or if something reminds us of our past trauma, we may experience:



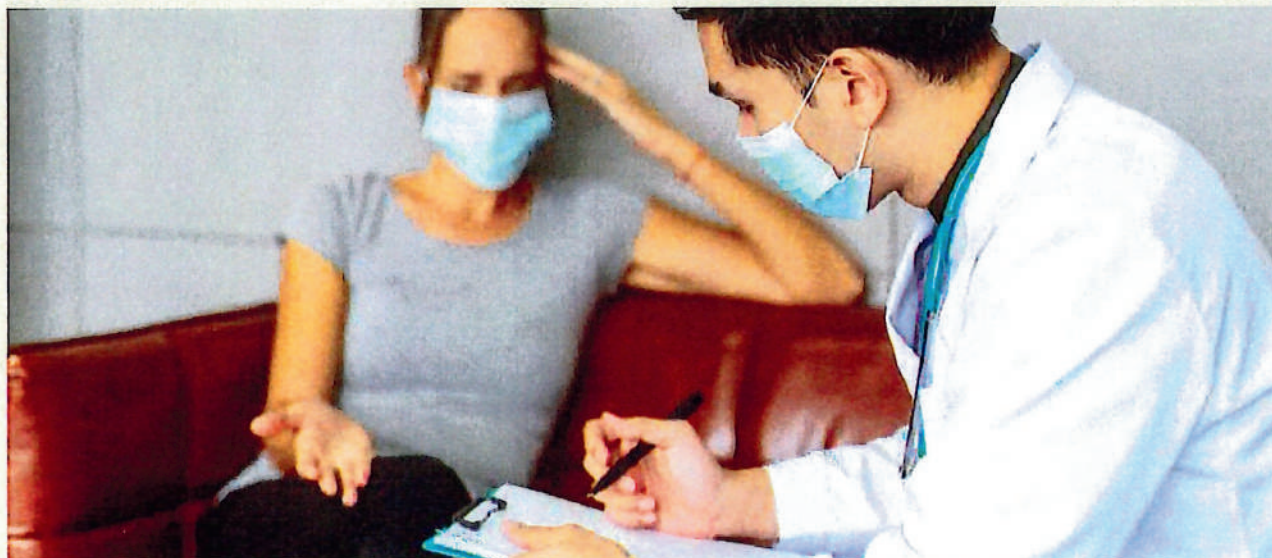
- Difficulty concentrating
- Having a hard time staying focused
- Restlessness, irritability or anger
- Hypervigilance - being on "high alert" all of the time
- Body aches and pains
- Feelings of hopelessness and despair
- Difficulty talking about traumatic feelings and experiences
- Difficulty with relationships and intimacy

Trauma is serious but we can heal. Therapy can include our cultural and spiritual practices. There are other strategies and tools that can help too.

### THINGS TO THINK ABOUT AS YOU MOVE FORWARD

Acknowledge that trauma has occurred. Know that what you are thinking and feeling is because of trauma. You can explore what self-care looks and feels like for you. Try different strategies to support healing from trauma. Self-care practices can include:

- Cultural practices and ceremony, including personal cleansing, taking a walk with the intention to heal, or praying
- Strong social connections with family and friends
- Healthy routines and healthy eating habits
- Exercise
- Counselling





# Grounding Techniques

## THE BENEFITS OF DEEP BREATHING

One way that you can re-set your body and help to move out of the fight, flight, freeze or trauma response, is to practice deep breathing and other grounding techniques.

Simply take a deep, slow breath and continue to inhale slowly until you can't breathe in anymore. Then start to breathe out slowly. At the end of your exhalation, you can continue to hold your breath for a count of six.

If you want to increase the effect on your body, hug your arms around yourself while you are doing this deep, slowly breathing. Even three cycles of deep breathing can help to reset your body and will only take a minute or two.



## TRADITIONAL PRACTICES

Some practices include attending ceremony, smudging with sweet grass and sage, cedar brushings, or brushing with an eagle feather. Each practice can provide grounding and promote wellness.

## AFFIRMATIONS ARE POWERFUL!



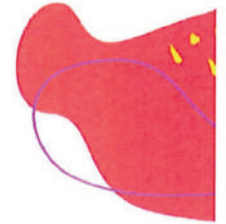
Our thoughts are powerful tools and can change how we feel and behave. What we say has an energy to it and affects ourselves and those around us. Speaking positively is like making a request to the universe.

Affirmations can be positive reminders or statements that we use for feeling secure, increasing self-esteem, and becoming more positive, to name a few.

Affirmations can come from within ourselves (by creating them to fit what we need at the time) or they can be something that resonates with us.

# 5

## Important Nutrients For The Body



### Carbohydrate

This one nutrient has an important role, especially in providing energy to the body. Carbohydrates are needed to provide fuel for the body which converts the glucose component in carbohydrates into energy.



### Protein

Protein is a long chain of amino acids which are the basic building blocks of the body. Protein is very good for the health of muscles, bone cells, skin and hair.



### Vitamins

Vitamins are one of the most important nutrients, namely in various chemical processes in the body, maintaining organ function, and increasing the body's immunity against disease.



### Minerals

Minerals function in building strong bones and teeth, regulate metabolism, and keep the body well hydrated. Some of the minerals that are widely known are calcium, iron, and zinc.



### Fats

Fat helps maintain organ function and assists in the process of absorbing nutrients, blood clotting, cell formation, and muscle movement. Even consumption of good fats can help the body control blood sugar, reduce the risk of heart disease, etc.



# Mastering Meal Planning

## A STEP-BY-STEP GUIDE

### Why Meal Planning?



Saves  
Time



Reduces  
Stress



Saves  
Money



Promotes  
Healthy  
Eating



Reduces  
Food  
Waste

### Getting Started

#### Step 1

##### Set Your Goals

- Define dietary preferences
- Determine nutritional needs

#### Step 2

##### Take Inventory

- Check your pantry, fridge, and freezer
- List items you already have

#### Step 3

##### Plan Your Meals

- Choose recipes for the week
- Consider batch cooking and leftovers

### Meal Prep Tips

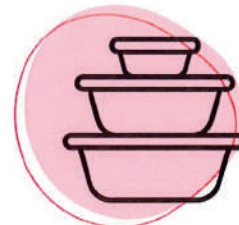
#### Prep in Advance

1. Wash and chop veggies
2. Cook grains and proteins in bulk



#### Storage Solutions

1. Use clear, labeled containers
2. Store items properly to maintain freshness



Rides can be arranged and or gas cards available



# Horse Club

Open to everyone 6yrs and older

Adults & Dropin's are Welcome!

August: Monday & Thursdays 10am-noon

September - December: Saturdays 10am -noon

Happening weekly at

50690 Hwy. 1, Boston Bar

## Connection & Friendship

- Leadership
- Courage & Communication
- Awareness of self & others
- Fitness in body, mind and spirit
- Mobility
- Strength
- Balance
- Coordination



Levels 1-7 and beyond:

Trail & Endurance Riding | Vaulting | Jumping