

ACCESSING SERVICES

Our goal is to provide culturally appropriate support. Staff are trained to understand that each of the communities we serve has its own unique dialect, culture, and history. Our staff respect every person they serve regardless of the needs and issues that the person, family or community may be challenged by.

Through our policy of “every door is the right door” any of our services can be accessed by self referral, CSFS staff, or external referral from:

- ◆ Band Offices,
- ◆ Health Centres,
- ◆ Schools,
- ◆ Doctors,
- ◆ Community Health Nurses,
- ◆ Social Workers



Our services are provided in Reserve Communities*, Health Centres, CSFS offices, in home, and almost anywhere else that is a safe place to do so.

Services are available to individuals, families, groups, and communities. Needs are assessed and specific supports are provided based on needs.

Our services are mainly delivered between 830am-430pm, Monday to Friday. However, after hour appointments and workshops may be offered depending on individual and community need.

There are no fees associated with our services.

**Not all of our services are found in all of the ‘Carrier’ communities, some communities have their own services. Please contact your nearest CSFS office for more information.*



CARRIER SEKANI FAMILY SERVICES

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*Funded by the Province of BC &
the First Nations Health Authority*

HEALTH AND WELLNESS PROGRAM



Creating wellness together.



CARRIER SEKANI
FAMILY SERVICES

ABOUT THE HEALTH & WELLNESS PROGRAM

The Health & Wellness Program helps people of any age who are having a hard time finding balance in their life.

Examples of reasons that people access our services include:

- ♦ parenting support
- ♦ alcohol or drug dependency
- ♦ anxiety or depression
- ♦ stress



Our staff specialize in different areas, such as:

- ♦ Counseling for Children & Families
- ♦ Addiction
- ♦ Adult Mental Health
- ♦ Critical Incident Stress Management

We are also trained to do presentations and workshops on specific issues such as:

- ♦ Residential School Syndrome
- ♦ Grief & Loss
- ♦ Effective Parenting Ideas
- ♦ Stages of Change to Drug/Alcohol Misuse
- ♦ Critical Incident Stress Management

SERVICES AVAILABLE

Health & Wellness Program

The integrated Health and Wellness Program is delivered by our multi-disciplinary team in reserve communities and to off-reserve First Nations in Prince George, Vanderhoof, and Burns Lake. The program provides access to professional Mental Health Clinicians and addiction workers who provide a full spectrum of holistic, culturally appropriate counselling services for individuals, families and groups. We collaborate with traditional healers and knowledge holders to provide culturally appropriate services.

Community Mental Health

When member communities choose to be part of this service, a qualified therapist comes into community for a specified number of days each week. Community therapists work with the community wellness workers to provide psychosocial education and direct counselling services.

Addictions Recovery

During the summer months (from May to October), we offer residential treatment on Nadleh Whut'en territory. This program offers cultural healing combined with Western therapies. During the winter months (November to April), our team visits member communities by request, and offers educational and support services with a focus on addiction, and one or two week treatment programs. The Addictions Recovery service is fully accredited by *Accreditation Canada*.

Counseling for Children & Families

This service is offered by Counselors that work with children and their families who are experiencing severe challenges. Sometimes parents and children fight, children stop going to school, or start using drugs. Our Counselors work in 15 Carrier Communities with offices in Vanderhoof, Fort St. James and Burns Lake.

National Native Alcohol & Drug Abuse Mentorship Program

The objective of this service is to support the community in establishing and delivering culturally relevant, community based programs aimed at reducing substance misuse.

Critical Incident Stress Management

This service is designed to help communities manage the stress response associated with a critical incident. We provide a two day certification training to prepare staff and natural helpers in responding to an incident. All members of our team are trained in Critical Incident Stress Management (CISM) and can provide on scene support to member Bands.



Carrier Sekani Family
Services

Health & Wellness
Program