

# Goozih Dust'lus

Fall 2016



CARRIER SEKANI  
FAMILY SERVICES



## Burns Lake Area Funding Secured

For employment training and early years programming

We are very pleased to announce that funding has been extended for the Burns Lake Bridging to Employment Program and we have secured new funding for an Early Years Centre as well! The very popular and successful Bridging to Employment Program will reopen their doors for intakes on October 20<sup>th</sup> and the next program will start on November 14<sup>th</sup>.

We are very excited to have secured funding to start an early years center in Burns Lake! The program is just getting started and will be offering circle times, drop in parenting groups and a lending library. A grand opening will be scheduled soon, Watch our website and Facebook page for more information!

### HWY 16 Funding

\$800,000 has been committed to improve safe transportation from the BC Government

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### Addictions Recovery

Fall and winter community workshops are starting up again soon!

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### Youth Culture Camps

Our 2016 Youth Culture Camps were another hit this year

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### HWY 16 Transportation Funding

Our Executive Director of Child and Family Services and the Highway of Tears staff have advocated for funding to increase safety along the highway of tears. We are pleased to announce that the BC government of has committed \$800,000 to assist with the purchase of vehicles and/or operating costs of eligible services that improve transportation for communities along Highway 16. For more information on applying to the Community Transportation Grant Program, visit the BC Government Website, or find the link on our CSFS Facebook page.

## 26<sup>th</sup> Annual General Assembly Keynote: Madeleine Dion Stout

"Kitamahitowin or lateral violence mimics behavior that is not in keeping with our traditions and teachings. When we buy into lateral violence, we galvanize our power base by clawing back another person's human reserves in a bucket of diminishing returns. This bucket is our new arena of struggle. It is filled with scarcity, hierarchical authority, guilt, blame, criticism, right and wrong thinking and polarizing positions. While it may take a dominator and a subordinate to start this struggle, the tremors triggered by the power of collective energy soon enslave the minds, bodies and spirits of bystanders, including the innocents. In his book "My

"My Heart Soars", the late, great Chief Dan George wrote this: "my people's memory reaches in the beginning of all things". This suggests that Kitamahitowin, lateral violence doesn't stand a chance against the tightly woven blanket that decorates and wraps around true warriors who go into the abyss of the unknown to change our lives in a good way by leaning heavily against lateral violence and practicing kindness, natāwistamih kisēwatsiwin. Chief Dan George says so much in his book My Heart Soars: "Already signs of new life are arising among my people after our sad winter has passed. We have discarded our broken arrows and empty quivers for we know what served us in the past can never serve us again."

## 2<sup>nd</sup> Annual Ying'henzit Art Gala Prince George Civic Centre Oct 14

We hope to have another great turnout this year to our annual art gala fundraiser. This popular charitable event features a dinner, live and silent auction, and entertainment. We believe that art is at the heart of indigenous well-being and is an integral part of the rejuvenation or 'ying'henzit' of indigenous culture.

All funds raised will go to the

William Teegee Music and Arts Bursary to support First Nations students who are specializing in Indigenous Fine Arts.





## Maintaining Family Connections

With the Family Preservation Team

Our Family Preservation Team works to assist families to support family's holistic wellness and keep children in their care. We work through an engaging curriculum called "Growing Great Kids" which offers education and support in areas such as listening, routine, positive discipline, development, respect, family values and the importance of extended family. We have several families who have completed the program and had their children returned to their care!

When a situation arises where children cannot stay living in their home, we work closely with MCFD and families to develop a safety plan. In many instances family members have stepped forward to assist in caring for children. In these

agreements, the family takes on the day to day care for the children until the mom and/or dad can get back on a healthy path and are able to resume care of their children.

A child's connection to their family, culture and community is paramount to their mental, physical, spiritual and emotional well-being. The Family Preservation Team works to assist families to maintain safe and nurturing home environments for children and to keep children in the care of the family. For more information about our program, contact the Family Preservation Worker in your community, or visit the Carrier Sekani Family Services Website under Programs/Family Preservation.



## CSFS Emergency Fund Raising

Did you know that most of the CSFS staff contribute funds each payday to our CSFS Emergency Fund? The emergency fund was set up a number of years ago by CSFS staff to provide medical emergency funding to children and families when there is no other funding available.

In addition to payday deductions, we spearhead a number of other fundraising activities to contribute to the emergency fund. Our yearly CSFS Golf Tournament gives our

community partners and friends the opportunity help us raise money and have a great day on the fairway at the same time! Additionally, most CSFS staff pay a yearly fee to be able to wear jeans on casual Fridays.

Through these fundraising efforts we have been able to help many children and families facing emergency health issues. As a charitable organization, we are always willing to accept donations to help this worthwhile cause!



## Addictions Recovery Program Fall & Winter Workshops

Our Addictions Recovery Program 28 day camp season is coming to a close with our last camp currently in session until October 19, 2016.

During the autumn and winter months, we offer our outreach program from October to March. We can provide a variety of workshop topics by request to communities. These topics can include; grief and loss, trauma, Indian residential school, and more. We can also develop workshops to meet the specific needs of the community.

To access our outreach program, please contact our intake worker to book a workshop for your community. Visit our webpage on the CSFS Website under, Programs/Addiction Recovery Program to find the community request form at the bottom of the page. Once filled out, scan and email the form to [rjohn@csfs.org](mailto:rjohn@csfs.org) or fax it to 250-567-2975; attn.: Intake Worker. For more information about our program, please call 250-567-2900 and ask to speak to the Intake Worker.

### Thinking About Fostering?

We are always on the lookout for loving caregivers to foster our Children in Care in their home communities. We have many flexible options including full time, part time and respite care. Our foster parents receive lots of support and ongoing training to ensure that they can be the best caregivers possible. For more information on how you can become a foster parent, or to ask questions about our program or intake process, please call Vivianne Vanderpool at 1-250-563-3360, ext. 122. Vivianne can also be reached by email at [Vivianne@csfs.org](mailto:Vivianne@csfs.org)

## Honoring Our Strength: Culture as Intervention Research

The Addiction Recover Program was involved in a three-year research project starting in 2012. This was a joint partnership between the Center for Addiction and Mental Health, National Native Addictions Partnership Foundation, The Assembly of First Nations, and the University of Saskatchewan. The project ended in the spring of 2015.

This project's aim was to gather evidence to support what we know as Indigenous people; that culture is healing.

CSFS's Health & Wellness Addiction Recovery Program has been using culture as intervention in communities and in our Ormond Lake Treatment Center for over 2 years. Therefore we were pleased to be included in this national study. Our Health and Wellness program meets with Elders and traditional healers once per year to seek ongoing guidance in our work. Our program is reflective of this uniquely Carrier First Nations' culture. Results of the Honoring our Strengths project showed the cultural views and although each Nation in every region is unique, there were many similarities in views and practice. For example, a view of connectedness was consistent across the country. All centres



person is connected in all aspects of self (mind, body sprit) and how connectedness to community and environment is important. Cultural activities that promoted this connectedness and promoted wellness included smudging sweat lodge, hunting and gathering activities.

In all treatment centres, Ormond Lake included, a "Two Eyed Seeing" approach is used. This approach uses the best of mainstream practice with the best cultural practices of the Nations being served.

Imperial evidence such as this can be used to support and guide the cultural wellness work we are doing.



### Premiers Award – Partnership Finalists

Carrier Sekani Family Services, Native Friendship Center & Lheidli T'enneh

During the Canada Winter Games 2015, CSFS worked with the Native Friendship Centre and Lheidli T'enneh First Nation to provide youth with an opportunity to volunteer and gain work experience. This life changing opportunity for youth ended up being a finalist in the BC Premiers Awards this past month.

Our project competed against many others in the Partnership category. Although we did not win, we are honored to be nominated and work along side our patterns to provide this experience to our youth. A video of the awards ceremony is available on the Native Friendship

# Youth Culture Camps 2016

## Adventures in Culture and Learning

We were very fortunate to have 10 boys and 10 girls join our culture camps this year at Donald's Landing. The boys and girls learned hunting and fishing skills and how to preserve fish - they did lots of canning! The girls enjoyed had a surprise visit from LBN Chief Wilf Adam and AFN Regional Chief Shane Gottfriedson.

Both groups loved the presentation by CSFS Indian Residential School Program staff Michael Johnson. Everyone had a great time; we look forward to doing it again



## A Big CSFS Welcome to Dr. James and Dr. Rebecca!



We are very pleased to welcome two Physicians to the CSFS Family! Dr. James has been travelling with Dr. John since graduating from the UBC residency program and has decided to stay! He will travel to Stellaquo, Fort Babine, Tachet, Yekooche and Takla, as well as being available to the rest of our member Nations via telehealth appointment.



Dr. Rebecca is of Cree-Metis and Mixed European decent from Stony Plain Alberta. She has worked along side Dr. Terry and Dr. John in First Nations Communities on Vancouver Island and will serve in the Burns Lake area with Dr. Bryan as well as the rest of our Nations via telehealth appointments. To book a telehealth appointment in your community, please contact your CHR or call Cindy or Michele at 1-800-889-6855.