

Goozih Dust'lus

Winter 2017



CARRIER SEKANI
FAMILY SERVICES



Treatment Aftercare Support

The most common time for people with addictions to relapse is when they return back to their communities from a treatment program. We recently held a planning session to discuss ways that we can better support people returning to their communities from treatment - to better equip them for success.

We are pleased to announce that the NNADAP workers will be working with support from our Addictions Liaison Worker and Addictions Recovery program to head up a new project

aimed at ensuring after care supports are in place. A toolkit will be developed which includes things such as food gift cards, journaling exercises, peer support numbers, lists of local resources, scheduled activities, and online support resources. In addition, the NNADAP team will organize potluck celebrations to welcome people back to the community once they have completed treatment. We look forward to working with the NNADAP workers to provide this much-needed service soon!

NEW! CSFS Pharmaceutical Services

The CSFS Primary Care Program now provides pharmaceutical services for complex medical needs.

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Winter Wellness Weekend Feb 3-5

The annual winter wellness games are set with various events taking place across the territory!

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How Far We Have Come – New Year's Reflections

A look back at our beginnings and how CSFS has fulfilled the vision of our founders.

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Children Who Witness
Abuse (CWWA)
Programming – Coming
to PG

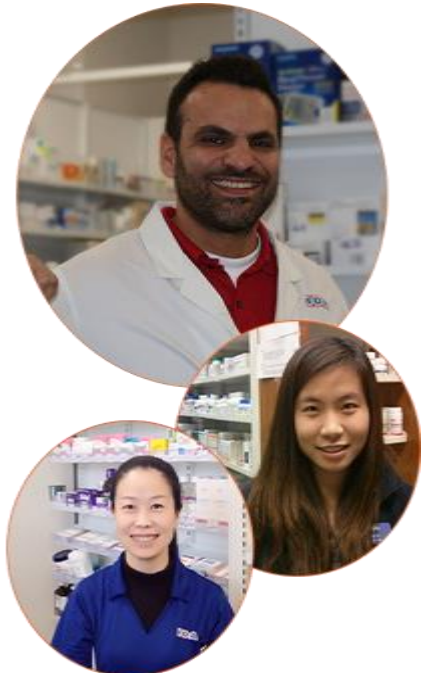
Our Family Support Program in Prince George is pleased to announce that two of their staff members have completed the CWWA Program training. CWWA helps children to address their holistic wellness needs following exposure to family violence.

Success by Six funding has been obtained to get the program up and running. The Family Support staff will be providing CWWA programming to children in the Prince George area in the up and coming months. Check into our website and social media sites for info!

Pharmaceutical Services Now Available For CSFS Health Transfer Nations

We are very pleased to announce that CSFS Health Transfer Nations will have pharmaceutical services in the very near future! CSFS has successfully negotiated funding to provide culturally safe medication management to community members based on the complexity of their medications.

So far we have hired Shadi Al-Hawari, a licensed pharmacist and pharmacy owner to work with our community members in Yekooche and Takla. Shadi owns the Lakeside Pharmacy in Fort Saint James and has worked hard to provide high quality services in the area. The Nature RX team includes pharmacy technician Beckie Chang and Pharmacist Joyce Lam. We are pleased to welcome Shadi and his staff to our Primary Care Team!



FLU SEASON HEALTH TIPS

Stay healthy through the flu season!

Cold and Flu season is upon us! Here are some tips to keep yourself and your family healthy!

- Always wash your hands with soap or with alcohol based hand jells or disposable wipes before eating or touching your face.
- Don't share things like lipstick, eating utensils, towels or toys, which could be contaminated.
- Stay home if you feel sick, drink lots of water and get lots of rest!





Winter Wellness Weekend

Saik'uz, Fraser Lake and Burns Lake Feb 3–5, 2017

Back by 'popular demand', we are happy to host the 5th annual Winter Wellness Games beginning February 3rd and ending February 5th 2017.

Events such as hockey and the 'Carrier Iceman' will take place in communities from Saik'uz to Burns Lake. We are planning this outdoor event to be fun for people of all ages and interests.

A health fair will be included in this year's festivities and will provide interactive exhibits and practitioners including traditional healers, and wellness checks with the Primary Care Teams. Workshops will be provided by our Maternal Child Health, Early Childhood Development, and Mental Wellness teams along with screenings to for mental, physical, spiritual and emotional well-

being. Medical professionals will be on hand to provide liver, and lung health checks, as well as hepatitis and diabetes screening. By focusing on various aspects of well-being during the weekend, we plan to provide a holistic approach to health and wellness that encompasses the body, spirit, and mind.

This event provides an opportunity for the various services at CSFS work together in a shared vision of integrated care in the promotion of wellness. We are continuing to build the event schedule. Keep updated on our events by following us on Facebook or checking into our events calendar on our website!

12 Days of Christmas & Hampers

Paying it forward!

We would like to thank everyone who joined in our online fun with the 12 Days of Christmas Facebook contest. We so enjoyed getting into the spirit of the holidays with all of you and getting to know your holiday traditions. We were able to give away \$1500 in gift cards this year thanks to the following CSFS programs who sponsored days: Primary Care, Justice, Family Preservation, Family Support, Guardianship, Foster Parent Resources, Early Childhood Development,

First Nations Health Benefits, Best Beginnings Outreach, Addictions, Recovery, Communications and Admin.

The staff in our Prince George, Vanderhoof and Burns Lake offices banded together on fundraising to bring hampers and gifts to families in need. Twenty families supported by our Vanderhoof and Burns Lake offices received hampers. In addition, all of the families supported by our Prince George Family Support team received gifts.



Foster Families Wanted!

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

Addictions Recovery Program

Soon offering Victim Services in Yekooche

CSFS is pleased to announce a proposal has been accepted for a victim services pilot project in Yekooche. This project will begin in January and will include a community engagement session and orientation with village leadership, residents and elders.

Critical Incident Level 1 training will be provided for all Yekooche Health Centre Staff to provide immediate response for victims of crime; this will be in addition to their existing functions within the Health Centre. Trauma Informed support will be provided through the project for individuals, families and elders who are working through inter-generational trauma. Utilizing the Two-Eyes Seeing Model - A model which includes both culturally appropriate and western counselling methodology to help support the client(s) through holistic healing.

The project has been funded by the Ministry of Public Safety and Solicitor General. Please contact the Addictions Recovery Program in Vanderhoof at 1-866-567-2333 for more information about this new initiative.

How Far We Have Come

New Year's Reflections - Looking Back

As we start on a new year, it's a good time to time to stop, reflect and reenergize for the year ahead. Our founders saw that an integrated and culturally specific service delivery approach was needed to address the wellness needs of our people. Our founding members including Ray Prince, Sophie Thomas, Betty Patrick, Celena John, Murphy George, and Winnie Marcellais, held a strong vision for a brighter future.

Twenty-seven years later our founders may not have imagined that the organization would have grown from a staff of 3 to almost 200 and would have a full complement of holistic wellness services. Would they have imagined that we would have our own child welfare, prevention and support programs to ensure our children and families are supported and safe? Would they have projected that we would have our own Doctors, nurses, counsellors, early childhood programs on staff, along with the supporting infrastructure to keep it all going?

One of greatest keys to our success has been our ability to provide integrated services across sectors with a strong infrastructure to ensure quality and accountability. This Infrastructure has been built through sound strategic planning in adherence to the initial

vision of our founders. Our organizational infrastructure includes accounting, research, quality assurance, communications, human resources, and information & technology departments, all built on the most promising practices. Through our strong infrastructure and clear vision we are able to meet a high level of standards, while ensuring that programs remain accountable to our member Nations.

The competency we have built within the organization, along with our strategic partnerships and strong infrastructure ensures quality services can be delivered which meet the holistic wellness needs of our citizens. And as for our founders? We are sure they would expect no less.



CSFS Vanderhoof Office, Wall of Fame

Honoring Carrier Health Care Professionals - from our Nations!

The Vanderhoof CSFS office will be putting up a Wall of Fame including a brief biography and photo of professionals who have graduated from a post-secondary program, and are living in one of our 10 Health Transfer Nations. We are looking to recognize our community members in their achievements! If there is a community member you would like to

recognize for their health profession post-secondary achievements please send the following information to inooski@csfs.org: Name of program completed, community, Post-secondary institution, year of graduation, current employment, why they chose their field, what clan they are from, and a graduation photo.



First Nations Health Benefits – Travel Policies

Connecting Northern Patients to Medical Services

Patient travel services are provided to First Nations members registered as Status First Nations. The program assists BC First Nation clients, by supplying supplementary funds for travel to medically required health services that cannot be obtained on the reserve or in the community of residence. Assistance can be offered in the form of mileage, accommodations, and meals at set rates. In order to determine eligibility for medical transportation, the FNHB Clerk requires the following:

- Confirmation of the appointment on physician's letterhead, noting the date, time and location of the appointment. If an escort is required the letter needs to outline this along with the medical need for the escort.
- If the travel requested is not to the

closest service provider, please have the physician include a letter explaining why you are being referred outside of your immediate region.

- For all appointments, please provide five days notice when travelling inside of your region and ten days notice for travel outside of your region.

The First Nations Health Benefits team works hard to ensure that patients can access health care. All appointment information can be faxed to 250-567-5745 or emailed to FNHB@csfs.org.



Child Welfare Equity Advocacy for First Nations



The actions required to remedy the discrimination referred to in the Canadian Human Rights Tribunal (CHRT) Ruling concerning First Nation children and family services has still not been fully undertaken by the Canadian Government. CSFS Child and Family Services Executive Director Mary Teegee has been appointed to the National Advisory Council as a technical representative for BC. An additional political table comprised of Chiefs and Leadership will also be appointed. Mary will be working with Cindy Blackstock to provide input on changes made to funding formulas to ensure that Children in the Care of Indigenous and Northern Affairs Canada (INAC) have access to the same services and funding as children who are funded under the Ministry of Children and Family Development (MCFD) provincial policies. Progress on this important work will be reported on our website and social media.