

Goozih Dust'lus

Spring 2017



CARRIER SEKANI
FAMILY SERVICES

Addictions Recovery Camp Dates

The Ormond Lake Cultural Treatment Centre (a program under our Addictions Recovery Program) will be opening soon for the summer. It is a spacious facility at Ormond Lake (north of Nadleh Whut'en) where clients can receive addictions recovery within a traditional Carrier Cultural framework.

There are 5 sessions of 28 days throughout the summer: 1) May 1st-28th 2) June 1st-28th 3) July 3rd-30th 4) Aug 8th-Sept 3rd and 5) Sept 7th-Oct 4th.

Participants can expect to receive workshops on a diverse set of community derived modules and can expect cultural activities throughout their stay with the program. For more information, please see our website www.csfs.org , find one of our brochures, or contact the intake worker at 250-567-2900

Children who witness Abuse

A new Program from CSFS available in Prince George

Page 2

Civilian Review & Complaints

Mary Teegee meets with members of the Commission

Page 4

Bridging Burns Lake

Bridging 7 Burns Lake and dates for Bridging 8 including traditional summer activities

Page 6



Birch Bark Basket Making Course

Noeleen McQuary of Nadleh Whut'en is working with CSFS to teach a course on the art of making traditional birch bark baskets. This two week course started recently with students harvesting the bark, and gathering the roots to create their baskets. We are pleased to be able to offer this course through the CSFS William Teegee Arts and Music Bursary.



Saik'uz Elders Wanted for new Mentorship Program

The new Saik'uz Mentorship program will provide Saik'uz youth in care with opportunities for cultural permanency via Elder mentorship. This Youth Services expansion project aims to provide youth in care with access to elders and their cultural knowledge and teachings. Mentorship will take place through bi-weekly visits with the elders in their home community of Saik'uz.

A training event for the elder mentors has been scheduled for April 25, 26, and 27 in Saik'uz. Elder mentors who have signed up for the program need to contact Kayla (info below) to register for the training.

If you are an elder or knowledge holder who is interested in becoming a mentor but have not signed up yet, there is still room! Please touch base with Kayla and she can provide you with the details.

In addition to mentoring, the program will provide monthly youth events open to all youth in the Vanderhoof area. The next youth event is scheduled for the April 28th Pro D day and will consist of a capture the flag style 'nerf war'. For more information or to register, please contact Kayla Brownscombe at 250-564-5643.

Children Who Witness Abuse

Our new CWWA program is an 11-week Aboriginal specific program which uses psychoeducational methods to help children who have witnessed violence. Interventions include individual and group sessions through play, for a target group of 3 to 6 year olds. Children are guided through sharing circles where they learn how to establish healthy boundaries, self-care, how to express feelings, self awareness, and how to stay safe. The program also devotes one on one sessions for the caregivers, so they can reinforce what the children have been learning group sessions. The program ends with a celebration for the children and caregivers. For further info call 250-563-1281₂



Roots of Empathy Program

Teaching Kids to be Emotionally Resilient

The ideal time for individuals to learn skills needed to help them deal with emotions is during childhood. Learning how to identify and process emotions in the early years paves the way for healthy coping, empathy and relating skills in adulthood.

Trish and Brittany from the CSFS Aboriginal Supported Child Development Program (ASCD) facilitate the Roots of Empathy (ROE) program for two Kindergarten classes out of Mouse Mountain Elementary School in Fraser Lake and Evelyn Dickson Elementary School in Vanderhoof. The program teaches young children about emotions and supports the development of empathy for others. The course involves a trained instructor and a neighborhood infant (and parent) who visit

the classroom nine times over the course of a school year. The instructor coaches students to observe the baby's development and to label the infant's feelings and intentions. The goal of the ROE program is to raise levels of empathy in children, which results in more respectful and caring relationships and reduced levels of bullying and aggression in the classroom.

This program has been studied intensively and its effectiveness has been empirically proven. More information about the ASCD program and the roots of empathy program can be found on the Carrier Sekani Family Services website by visiting www.csfs.org.

Good Food Box – Prince George



The Good Food Box is a monthly, bulk-produce buying program open to anyone interested in good nutrition and saving money. By pooling your \$20.00 with others, you can increase your buying power and can expect to save 30% - 40% on fresh fruit and vegetables. When local supplies are exhausted, purchases are made through local wholesalers.

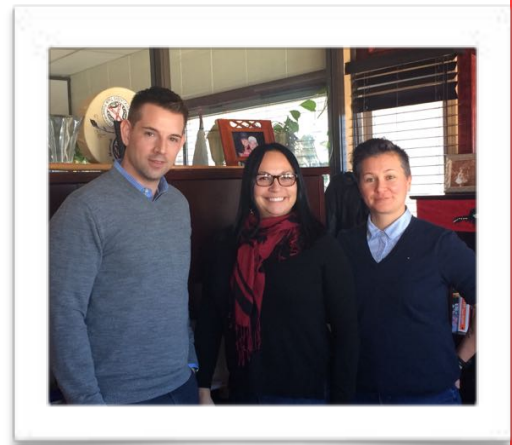
Participation in the Good Food Box ensures that you and your family will have affordable access to tasty, fresh and nutritious fruits and vegetables in your home. Our monthly newsletter also provides inspiration for meal and snack ideas through weekly recipes.

The Good Food Box prioritizes ordering produce from local and regional farmers. We also source from other places while always trying to get the best prices closest to home. To sign up you will need to pay the \$20 fee in cash and drop off two cloth grocery bags to our 835-3rd ave office by the deadline. More more information contact Alice at 250 563 1281 alice@csfs.org.



Civilian Review and Complaints

The Civilian Review and Complaints Commission recently released the Commission's report on complaints against the RCMP. The complaint and public interest investigation into policing in northern British Columbia final report came out in February 2017. Mary Teegee, Executive Director of Child and Family Services met with Michelle Cameron and Jason Galloway from the commission to discuss strategies to ensure community members know how to bring complaints about RCMP conduct forward. The Civilian Review Complaints and Commission is independent from the RCMP and now have an office in BC. To file any concerns or complaints against RCMP conduct, or to learn more about the program contact 1-800-665-6878 or visit their website at <https://www.crc-cetp.gc.ca>



Sons of Our Land Mens Group Programming

We are happy to announce the roll out of our new community lead project: the Sons of Our Land men's group. Carrier Sekani Family Services has worked hard to acquire strong leaders from most of the Carrier Sekani member communities. These gentlemen have been receiving training and will continue to receive training to help them deliver a men's group to each community within most Carrier Sekani Family Services Nations. The Sons of Our Land group facilitators will be hitting the streets soon to deliver stable men's group for community members to attend.

These groups will be personalized by the group facilitators to fit the community they are in. Carrier Sekani Family Services believes and holds to the philosophy that community lead programs, tailored to the community, by the community are the most effective. We hope to continue with this philosophy by supporting our group facilitators and attendees in their endeavours.

Carrier Sekani Family Services recognizes that the health of our men is important to our communities. With these groups we



hope to develop a positive social, supportive and educational resource for the men in our communities to reclaim their traditional roles.

Stay updated with the groups by following the Carrier Sekani Family Services Facebook page, and by keeping an eye on the Carrier Sekani Family Services calendar on our website at www.csfs.org, as well as keeping your ear on the ground in your community. For those who wish for more information or how to get involved, contact Brian Clyne at bclyne@csfs.org or call the Vanderhoof Carrier Sekani Family Services office at 250-567-2900.

CSFS Culture Blog Posts Wanted!



CSFS recently received a grant to provide honorariums for guest writers for our culture blog. We are always on the lookout for stories, photos and brief videos to share. Have a look at our Carrier Culture blog at www.csfs.org under culture - culture blog for ideas on the kinds of stories we share. If you have a story idea, send a brief outline to communications@csfs.org for our input / approval. All stories must be accompanied by 1-3 high resolution digital photographs relevant to the story's theme. Once your story idea is approved, you may write and submit it for final editing, publishing and payment! Email us your idea at communications@csfs.org.

Burns Lake Bridging 7

Bridging 7 is well underway in Burns Lake with twelve participants working hard to complete the program. After only three weeks, the students and facilitators have already gained momentum, assuring this session will be nothing short of fantastic and memorable. With all that is still ahead, BL Bridging 7 has signalled yet another success story for this program.

The summer session, which is scheduled for a June 26 start date, promises to be a great one. Bridging 8 will take part in the annual fish harvest, with participants learning how to prepare fish from the elders of our community. In addition, our participants will also learn life skills and employment skills to help them excel in their future careers! For more information or to submit an application, please call John Patrick at 250-692-3586 or visit our Bridging page on the CSFS website at www.csfs.org.



Intensive Family Preservation

The Intensive Family Preservation Services program is excited to announce we have hired two new staff members; Thomas Oikerhe and Jeanette Wiens. Both are currently working on their Masters of Social Work degrees at UNBC and both have previous experience with Carrier Sekani Family Services. Jeanette as a Guardianship worker and Thomas as a practicum student in the Communications department.

The Intensive Family Preservation Services team works with families whose children are at immediate risk of removal by helping them address MCFD concerns. Referrals are made by MCFD child protection workers. In 2016 we supported families to prevent 59 children from being removed - this program has been a huge success!



CSFS Safe House Update

Carrier Sekani Family Services (CSFS), in partnership with Lake Babine Nation is excited to be moving ahead on securing the final funding commitment to build a shelter to address family violence on the Woyenne Reserve. Women and their children who identify as First Nations and are fleeing family violence from anywhere in Northern British Columbia will be welcomed to stay at the shelter.

The shelter will be located in a residential neighborhood. The central location along the Highway of Tears was chosen to address the significant need and gap for culturally specific safe house services along the central area of the Highway 16 corridor. The modestly designed 4500 sq. foot, shelter will accommodate up to 23 occupants. Site preparation for the project is scheduled to start soon with a targeted completion date for mid to late 2018.

We will work together with CSFS member community knowledge holders and professionals to design Carrier specific, trauma informed, harm reduction focused safe house services. Through programming at the safe house, we will empower women to live healthy lives, and build healthy relationships and circles of support. The program will employ a holistic scope, inclusive of programming to help men address violence through outreach services, while providing increased opportunities for family unity and wellness. Programming will be designed using a blend of evidenced based best practices blended with traditional healing approaches for First Nations people. This integrated culturally specific approach across sectors will be the first of its kind for Carrier families.

The shelter will create approximately 10 jobs in the Burns Lake area. We will require a full-time supervisor and compliment of 24-hour support staff to work at the shelter. Applicants for these positions would require experience and education in a social work setting. Funding for the building is being provided through the Canadian Mortgage and Housing Corporation. The operating funds will be provided through Indigenous and Northern Affairs Canada. For more information about this project contact Marlaena at 250-562-3591 or email

marlaena@csfs.org



From left to right:

Bernard Patrick LBN,
Warner Adam CSFS,
Marlaena Mann CSFS,
Clara Williams LBN,
Barbra Tom LBN, Derek
MacDonald LBN, and Rod
Hill CMHC.



The original CSFS 'Healing the Healers' group – taken in 2004

Healing the Healers 2.0

CSFS is pleased to announce that we are moving ahead with a “Healing the Healers” part 2. Through this project, two Jr. Elders were selected by each community to join our new Healing the Healers Group. This group will be trained to provide healthy direction and support in their home communities. Over three years, our new group will go through a process of:

- Education and discussions regarding the events of colonization and the impact these events have had on them and their communities’
- Training on effective communication.
- Training on workshop presentation delivery.
- Discussions and building of traditional parenting support and traditional community relationships.
- Individual emotional support offered by the community mental health clinician.

This project will run from February 2017 through March 2020 with meetings taking place every three months as a group. The group will be supported by the CSFS Health and Wellness Team. We are very excited to be able to provide training our ‘Jr. Elders Heal the Healers group 2’ to help them support health and wellness in our communities!