

Goozih Dust'lus

Summer 2018



Photo Credit: David Luggi

Carrier Territory State of Emergency Community Unity in the Face of Disaster

Wildfires have forced the evacuation of many of our member communities, and some voluntary evacuations have taken place as community members scramble to get out of dangers way. Carrier Sekani Family Services has joined our citizens and other service providers in efforts to help one another, and share factual information during this crisis. Our CSFS health and wellness program is available for psychological support to

evacuees relocated to urban centers within the Carrier territory. For Critical Incident Stress Management (psychological) support, please contact Christina Dobson at 250-612-8698. For up to date information sharing, please refer to our Carrier Sekani Family Service Facebook page. We join everyone in hoping for the best and preparing for the worst. Stay safe out there!

CSFS AGA - Safe the Date!

The 27th Annual General Assembly for Carrier Sekani Family Services has been set. Save the date!

Oct 24 + 25

Healing Camp Survives Fires

The Ormond Lake Healing Camp miraculously survived the wildfires - mostly intact. See story and photos inside!

Page 4

Ying'hentzit Art Gala

The 4th annual Gala is set to take place in Prince George at the new Lheidli Teneh conference center— save the date!

Nov 17



New Primary Care
Medical Clinic in PG

CSFS is pleased to offer a new primary care medical clinic at our 987-4th ave office. Individuals who are unattached to a primary care home, family physician or nurse Practitioner are able to book appointments to see our Nurse Practitioner Sherry Sherba. Priority will be given to individuals from a Carrier – Sekani member Nation, who are indigenous, or from other underserved populations. A Nurse Practitioner can help with any medical issue you would see a doctor for! Appointments can be booked on business days Monday to Friday from 830am-430pm (closed from 12-1). Call 250-562-3591 to book an appointment.

Cultural Competency Training Education and Tools for Service Providers

We are pleased to announce that since rolling out our Nowh Guna Tseh Carrier Culture training for service providers, we have now provided the training to 75 CSFS staff and numerous professionals from outside agencies! We also have a few service providers from other organizations who are signed up to join us.

The Nowh Guna 'Our Way' training highlights and expands on areas touched in on in the Nowh Guna' printed resource book. Areas of the training include interactive and experiential exercises to learn about personal stereotypes and biases, and the local history of colonization. Participants also learn about the traditional Carrier world

view, governance and clan system.

External service providers are welcome to join us on a fee per seat basis in our future training sessions which will be located in Prince George, Vanderhoof and Burns Lake. Dates and locations are posted in the news and calendar sections of our website! We can also provide training to larger groups on a contracted basis, with all funds raised going toward our internal staff training costs.

For more information about the training, please contact:

lisa@csfs.org

marlaena@csfs.org or

barby@csfs.org

or call (250) 562 3591

4th Annual Ying'hentzit Art Gala November 17th in Prince George

Autumn is almost here, which means that it's time to get ready for our fourth annual Ying'hentzit Art Gala. This year we are super excited to be hosting the event at the new L'heidli Tenneh 'House of Our Ancestors' conference center in downtown Prince George.

We look forward to a full house this year with live and

silent art and artisan auctions, entertainment and a great meal. Ticket purchases will be announced soon! For art entries or ticket info, watch our website calendar at www.csfs.org, our CSFS Facebook page, or contact Tammy at TBelcourt@csfs.org 250-562-3591



Calling Back our Spirit

Community Participatory Action Research Project

'Calling Back Our Spirit' is a one-year research project focusing on the importance of spirituality in community health and wellness. The project utilizes a community-based participatory action approach to research by partnering with Nadleh Whut'en to develop a strategy for incorporating spiritual health into community wellness. Calling Back Our Spirit is funded by Canadian Institute of Health Research (CIHR).

Nadleh community members define spirit in a number of ways including cultural identity and belonging, mind body and soul, pride in yourself and community, being in harmony with the land, working together, caring for and helping each other, and being healthy and happy and in balance. Nadleh has taken the lead in this research by: integrating spirituality into community events, developing an advisory

committee to oversee the events associated with the project, and recruiting participants. Nadleh has taken great strides to improve community health through community events on the land intended to bring spirit back to community, such as collecting fire wood, berry picking, and kayaking.

CSFS continues to support Nadleh in the events that are taking place over the summer. The research team includes Drs. Travis Holyk and Henry Harder as well as Bianca Michell, Theresa Nooski, and Miranda Louie. The team is responsible for overseeing all project logistics and carrying out the research. The research is guided by a community advisory committee including Theresa Nooski, Miranda Louie, Damien Ketlo, Roy Nooski, Minnie Thomas, Marlene Ketlo and Alexa Tyler.

Healing Camp Survives Wildfire Disaster

Ormand Lake Camp is Largely Still Intact!

The Shovel lake wildfire has caused extensive damage to the forests in the Carrier territory this summer. Carrier Sekani Family Services operates an addictions treatment center and healing camp on the Nadleh traditional territory along the shores of Ormand Lake, a sacred site where the Nadleh people have been going for healing for generations.

On Tuesday August 14th Nadleh Community members were joined by CSFS staff in mourning what they thought was a fiery end to the camp as the flames engulfed the area. When the fire finally ran its course in the area, everyone was shocked to see that only a few of the buildings had been lost, and most were still largely intact!

We will be working with insurance adjustors to assess the damages. The camps are running as scheduled out of an alternate area for now. We believe that the ancestors were watching over the camp and are so grateful that some of the buildings were spared. Mussih cho to everyone for your prayers!



Bridging to Employment PG

Get the Training to Get the Job!

9 weeks, September 17 – November 19

1145 second ave intakes Sept 4 – 14

call 250-563-5530 and get applications at

<https://www.csfs.org/services/bridging-to-employment>

First Aid, WHIMIS, computers, financial literacy, first host, resume and cover letter skills, communication and conflict resolution, self-esteem training and more!

Summer Nature Camp Early Childhood Development

This July, the Early Childhood Development department ran their free "Nature Camp" program in Vanderhoof for the third year in a row. This year's camp involved therapeutic activities that could be modified for each child around their abilities. Some of the activities included art lessons, obstacle courses, and animal therapy with horses, goats, and other farm animals. Horseback riding was the most popular session with the kids, which gave 20 children from nearby communities (including Saik'uz, Stellat'en, and Nadleh) the opportunity to groom, walk, and ride horses.

Therapy with animals has been shown to help children build empathy, social skills, confidence, communication, and provides an overall relaxing experience for the body. Many of the children who attended the camp had not seen farm animals before. Through this camp, the children were exposed to an exciting multi-sensory experience with new sounds, smells, textures, and sights. A Farrier taught the children how to fit horseshoes on the horse's feet.

With the horseback riding, children were challenged to use their gross and fine motor skills, build trunk stability and pay attention to



to the horse. There is also evidence that horseback riding stimulates the cerebellum (balance center) in the brain.

The ECD team hopes to bring animal therapy to more communities to allow children to experience horseback riding and the benefits that it can bring. Special thanks to Bits N' Boots for providing the horses, handlers, and activities for the day!



HIV Coalition Drawing to a Close

Program Goals Have Been Completed with Doors Closing Aug 31st

The CSFS hosted HIV Coalition, will be drawing to a close on Aug 31, 2018.

During the past few months Program Coordinator Collette Plasway has been finishing up programs by providing updated healthy Sexuality kits to Community Health Representatives (CHR's) and completing work on two educational videos for youth.

Updated kits have been provided to CHR's who received the original kits in 2016. The updated kits include brochures, books, exercises and PowerPoint presentations to help CHR's address community educational needs. A final webinar or video will be recorded to updated CHR's on the kits to ensure that CHR's have the info they need to share the toolkit info in a way which is useful to communities.

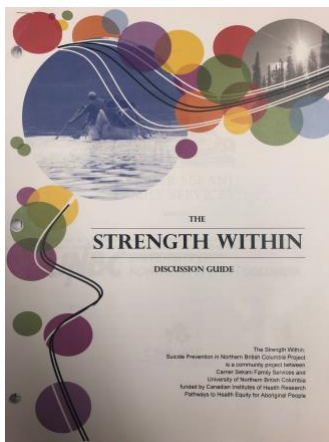
Sexual Health Education sessions were provided to Yekooche on July 18 + 25, and Skin Tye on Aug 8th. The sessions focused on HIV

And Hep C prevention and treatment.

Two video projects, "Our Children Our Future" and "Facts and Fears: healthy Living and Leadership" aiming to provide youth with education around healthy living have also been completed and shared on social media. We are thankful to the past staff of the coalition for all the work they have done to promote wellness in our communities!



The Strength Within Wellbeing +Suicide Prevention Education



The 'Strength Within' is a workshop to facilitate wellbeing promotion and suicide prevention for adults aged 24-45. Three-day workshops have already taken place in Cheslatta, Lake Babine, Takla and Nadleh, and a session is scheduled for Sept 11-13 in Yekooche. Feedback is gathered from each session to present to the host community, Strength Within Advisory Committee (consisting of representation from 11 Carrier Nations) and to revise and improve the workshop. The project is conducted in partnership between UNBC and CSFS and funded by the Canadian Institute of Health Research. Facilitation, meals, refreshments and learning activities are provided along with consent forms for all participants. To book a workshop or learn more about the project, contact travis@csfs.org, Henry.Harder@unbc.ca, or Tina.Strudsholm@unbc.ca