

2008

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[STO:LO NATION HEALTH SERVICES]



“Promoting Health & Wellness & Preventing Illnesses within the Sto:lo Communities”

OUR PROGRAMS

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Administration

Health Manager

Health Manager provides overall leadership and direction to the program supervisors and staff, specifically: management and supervision of staff day-to-day tasks, activities, and services; coordination, liaison and networking duties; implementation of programs for the benefit of the community members; and technical support and assistance to staff.

1. Evaluates the overall performance of health programs and services, in coordination with the program staff.
2. Ensures confidentiality of all records, materials and communication concerning clients

Health Administrator

Provides internal and external technical assistance and staff support to the Director of Health Services on: development, negotiation and management of Stó:lō Nation Health Services contracts; project proposal writing and funding sourcing; health research and database management; funding contracts monitoring and evaluation; report writing; and liaison with funding agencies. The Health Contract Administrator is a key member of the management team consisting of the Director of the Health Services, Health Supervisors and Coordinators.

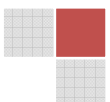
Administrative Clerks

Our Administrative Clerks assist in the administration and overall coordination of administrative tasks including general services for the Sto:lo Nation. They meet and greet the health clients and community members that come to Stó:lō for any health related services, answer and forward incoming telephone calls from clients to staff, confidentially maintain the administration and client files, confidentially maintain database services regarding client and patient information, assistance in the preparation of administrative reports and documents, provide information to the general public regarding our upcoming health events/workshops/clinics, coordinate health events and workshops, process any internal documents for health staff and provide administrative duties to all health staff

Community Health Program

Community Health Workers

Your Community Health Worker is usually the first person to refer you to health services. They will meet your needs at a personal level. Your community health Worker can assist you in many ways. The Community Health Worker provides the community member services such as:





- Administer NIHB
 - Care Card Applications
 - Medical Transportation
 - Inform you of Non-Insured Health Benefits
- Provide Health Awareness Workshops
- Assists Community Health Nurse at Clinics
- Schedule immunizations with CHN
- Bring outside resources to your community or family
- Assist you with Prenatal & Postnatal Requirements
- Refer you to Pediatrician, Family Doctor, Nurse Practitioner, Home Care
- Promote and inform of other health services
- Inform you of any health events

Community Health Nurses

Promote Wellness, prevent illness and identify good health practices for our Sto:lo Communities. Our

Community Health Program offers the following:

- Health Education Workshops
- Provide Health & Baby Clinics
- Promote & Provide Immunizations
- Hearing & Vision Screening
- Provide Pre/Postnatal Care
- Promote Good Nutrition
- Our Community Health Nurses make home visits to our communities with resources available in all of our services from infancy to elders.

Children's Oral Health Initiatives

COHI is a dental initiative designed to prevent and control tooth decay in young First Nations and Inuit children and to set the stage for a lifetime of healthy teeth.

Why do we need COHI?

- First Nation and Inuit children aged 0 to 7 years old.
- Parents/Caregivers of children aged 0 to 7 years old.
- Pregnant women.
- COHI works to improve dental health for children to reduce the risk of oral surgery under general anesthetic.
- Also to encourage parents and caregivers to:
 - Clean their children's teeth,
 - Keep their own mouth healthy,
 - Give children healthy drinks and snacks,
 - Use only milk or water in baby bottles,
 - Practice good feeding habits,
 - Enroll their children in COHI,

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Visit dental professionals regularly

Home & Community Care Program

Home & Community Care Program provides the following for community members who are referred by their doctor:

- wound management by RN
- home visits
- health teachings
- referrals to other health services, ie OT assessments for walkers, wheelchairs, etc
- home support with regards to managing chronic conditions
- personal care with baths/showers at home or the Century Tub at Stolo Health Centre
- foot care
- blood sugar & blood pressure monitoring
- intake-client/home assessments
- therapeutic care, including emotional support, pain management, supportive care

Eye Clinics

Eye clinics are set up monthly, at the end of each month. Optometrist is Dr Ahmad.

Admin support will ensure if you are eligible for eye exams and glasses. Call front desk for appointment at 604-824-3200 or 1-877-411-3200.

Family Physician

Our Family Physician comes in once a week from 10am to 12pm on Thursdays Mornings. Dr. Fox will see community members who do not have their own family physician or if it is an emergency. To make an appointment, community members must contact our health facility at 604-824-3200 or 1-877-411-3200.

Nurse Practitioner

Sto:lo Nation health would like to welcome Anjie Gibson, NP to our program! She will be here offering

Family health care on: Fridays, 9am-12pm. The Appointments can be made by contacting the front desk

Please let the receptionist know if you would like a:

- General appointment
- Well Women's exam
- Well Men's exam

Nurse Practitioners (NP) can manage common acute and chronic illness and offer preventative health education and planning to help patients be as healthy as possible. NPs

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offer holistic health assessments and treatment plans and encourage clients to take an active role in health care decisions. They collaborate with all members of the health team such as: nurses, doctors, occupational health therapists, pharmacists, physical therapists, etc. If community members do not have a family Doctor, or would prefer a female practitioner, consider transferring your medical records to our Nurse Practitioner’s care. Nurse Practitioners are licensed through the College of Registered Nurses of BC(CRNBC) which is regulated by the Health Professions Act.

NPs can:

- Diagnose
- Prescribe medication
- Order tests (blood work, ultrasounds, etc)
- Manage illnesses & Pregnancy

Pediatricians

Our Pediatrician comes in once a week from 9am to 12pm on WEDNESDAY Mornings. Pediatricians are Dr. Harries and Dr. Ebash who alternate Wednesdays, will see children, birth to 18yrs of age. They do not need referral from family physician or if it is an emergency. To make an appointment, people must contact our health facility at 604-824-3200 or 1-877-411-3200.

Xyólhmettsel Syemyem (Parent, Child Assistant Program)

Xyólhmettsel Syémyem translated to English Means, “I am protecting my pregnancy.” *The Program is a model of the Parent Child Assistance Program*

The program will:

- Assist mothers in improving their lifestyle by incorporating the Sto:lo Culture and traditions.
- The mothers will get a better understanding of their roles in their families and communities.

The Goal of Xyólhmettsel Syémyem

The goals of the program are:

- To assist mothers to build and maintain healthy independent lives
- To promote a safe environment and appropriate health care for the children
- To prevent future births of alcohol and drug affected children.
- To assist mothers in obtaining treatment maintaining recovery and resolving problems associated with their substance use.
- To effectively link families with community resources, including cultural people

The Xyólhmettsel Syémyem Approach

- Advocates will provide assistance and long term support to women who are making fundamental changes to their lives and follow the mother and child for three years.
- Advocates will · Advocates will ASSIST clients to:





- Identify personal goals
- Obtain alcohol/drug treatment
- Stay in recovery
- Choose a family planning method
- Improve the health of the child including up to date immunizations
- Connect with service providers
- Transportation to appointments
- Resolve system service barriers
- Solve housing and child custody issues.

Support Services Program

Addictions Prevention Counsellors

Addictions Prevention Counselling is available to all on reserve residents of the communities that are members of the Health Transfer Agreement. They are able to provide (One on one counseling, Group Facilitation, Informational Workshops, Referrals to Residential Treatment Centers, Support for family members, Crisis Counseling & Youth Addictions)

Contract Therapy/Crisis Counseling

The First Nations and Inuit Health Branch contracted Sto:lo Nation to provide mental health counseling to on and off reserve clients located within the catchment area from Langley to Yale. Sto:lo Nation has contracts with ten therapists in the Mission, Abbotsford and Chilliwack areas who are approved by FNIHB to provide short-term crisis counseling. Community members can access this service by contacting the Health Intake Counselor.

It is available to all First Nations with status Off reserve and living on the following First Nation communities: Aitchelitz, Sumas, Tzeachten, Matsqui, Skowkale, Leq'a:mel, Popkum, Skawahlook, Shxwha:y, Yakwekwioose, and Squiala

Indian Residential School Resolutions Health Support Program

Stó:lō Nation has contracted with Health Canada to provide assistance to survivors of residential schools who need assistance and support in relation to the Indian Residential School Settlement Agreement. The program goes until the end of March and assists with accessing mental health and emotional supports to those who are engaged with the Common Experience Payments (CEP), the Independent Assessment Process (IAP), the Truth and Reconciliation Commission (TRC) and commemorative initiatives/events. In addition, there are referrals that can be made for legal assistance for those involved with IAP process and appeals. Community sharing circles and workshops are available upon request by the 11 bands who are part of Stó:lō Nation.



Eligibility for IAP

Did You Know?

You are eligible for IAP if you experienced sexual abuse; serious physical abuse, or other wrongful acts that caused serious psychological consequences when you were a student or resident of a listed Indian Residential School and you did not decide to opt out from the settlement agreement which created the IAP.

Or

You are not a former student or resident, but you experienced: sexual abuse, serious physical abuse; or other wrongful acts that caused serious psychological consequences when you were allowed to be on the grounds of a listed Indian Residential School to take part in an authorized activity (for example, a sport event), and you were under 21 when the abuse happened. In addition, you must not have received settlement monies for your abuse claim and your abuse claim was not dismissed at a trial.

For more information on CEP reconsideration and appeals, IAP, TRC, please contact Eddie Gardner at 1-877-411-3200 or at 604-824-3200. For further assistance, you may want to call the following Toll-Free numbers:

Crisis Line 24 H	Indian Residential Schools
1-866-925-4419	1-866-879-4913

Stay posted for more news in future newsletters

Day Treatment Program

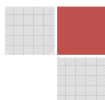
This program is sponsored in part by Fraser Health and is part of a continuum of health and wellness services and program offered by Sto:lo Health. In partnership with Community Corrections, the Substance Abuse Management Program (SAM) is integrated with the Day Treatment Program that focuses on traditional and wellness practices of aboriginal people. It is also a good alternative to residential treatment for those who do not want to leave home and family or are not ready for a residential treatment center.

Goal

- To empower First Nations people to live healthier lifestyles and gain strength from their rich cultural heritage and spirituality.

Objectives

- Education – about substance misuse and its effects and individual recovery strategies
- Group Support – sharing and caring provides encouragement that you are not alone
- Life Skills – teach new ways to cope with life’s challenges
- Build on Strength – participants learn to value their gifts, self-worth and inner strengths
- Relapse prevention – by making better choices and learning to say no to alcohol and drugs





Guidelines for Participation

- Confidentiality; respect and sharing makes this a safe place to learn and grow
- Have an active commitment to work on changes for recovery
- Be willing to develop new habits for physical, mental, emotional and spiritual well being.
- request

Styles Youth Program /Canoe Journey

Styles Youth Program is a substance abuse program for youth and our goal is to provide our youth with a safe and non-judgmental place to spend time with one another as well as healthy role models. We want to prevent and educate our youth about alcohol and drugs to teach them to be strong and healthy by saying no! Styles is supported by the Stolo Nation Addictions Prevention Team and other Health Staff. The centre is located on our central site in trailer #2. The centre will be open Thursday evenings from 5pm to 7pm.

Contact: Rhoda Ledoux or Shannon Campbell

Sto:lo Nation Grounds Trailer #2

Aboriginal Mental Health Liaison

The **Aboriginal Mental Health Liaison Worker** can assist you in accessing Mental Health Services from Burnaby to Boston Bar and achieves this through:

- Public Awareness Activities
- Workshops/ Information Session/ Education & Training
- Support Groups
- Case Management & Advocacy
- Referrals
- Traditional Aboriginal Healing & Wellness
- Other Aboriginal Cultural Awareness & Resources

Workshops, Education & Training Sessions and Support Groups can be designed to reflect your community's specific need. If you would like any of the workshops in your community please contact Sto:lo Nation Health Services.

Tele-health Program

For many First Nations and Inuit communities, the nearest hospital, doctor or nurse may be hundreds of kilometres away. In many cases, this gap can be bridged using telehealth - technology that allows patients, nurses and doctors to talk as if they were in the same room.

Tele-health can be:

- *Two physicians discussing a patient's problems by telephone;*
- *Medical information being transferred, safely and confidentially, between computers via high-speed telephone lines;*

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- *A patient getting a face-to-face examination by a remotely located doctor, through interactive video-conferencing; and*
- *Medical images previously photographed and stored on computers, being forwarded later to remotely located professionals.*

