

# Nak'azdli Health AGA 2016

## Wednesday, July 13

Elders

Intuition

Introspection

Insight

Child

Intellect

Wisdom

Logic

NAK'AZDLI

WHUT'EN

Adult

Energy

Wellness

Physical

Youth

Vision

Inspiration

enlighten

# Honouring Our Traditions Our Roots Our Future







# Jenny Martin

## Nak'azdli Health Director

Annual General Assembly Report 2016

Hello. My name is Jenny Martin. I am a member of the Lusilyoo Clan. I have been working as Health Director since September 28, 2015, replacing Aileen Prince, who accepted the Capital Housing and Lands Administrator position.

I would like to express my condolences to the families who have lost loved ones in the past year. It has been a tough year for a lot of families, including my own. I am truly grateful for the Nak'azdli Health Centre. There are so many different programs and opportunities available to help our membership with a variety of wellness activities. We are so truly blessed to be from Nak'azdli.

I would like to thank the Band Council and the Health Centre staff for trusting me to take on such a role within the Band. I would also like to extend a huge thank you to Aileen Prince for helping me learn the political side of health and showing me all the hard work that is to be done for our people.

One of our biggest challenges this past year was the number of staff changes within Nak'azdli Health. These changes take a lot of time to resolve. I would like to thank Maureen Isadore, HR Manager for her assistance in filling our vacancies. She ensures that I have the proper documentation for anything related to human resources.

The following is a listing of Nak'azdli Health's current staff:

<b>Health Director</b>	Jenny Martin
<b>Administrative Assistant</b>	Carrie Nash
<b>Office Assistant</b>	Kimberly Pius
<b>Health Clerk</b>	Sherry Ostberg
<b>Patient Travel</b>	Jackie Antoine
<b>Community Health Nurse</b>	Lisa Sam
<b>Community Health Nurse</b>	Renada Walstrom (maternity leave)
<b>Home &amp; Community Care Nurse</b>	Jody Mann
<b>Home Support Worker/Homemaker Supervisor</b>	Lucy McKinnon
<b>Diabetes Educator/COHI/Home Support</b>	Nadine Button
<b>Homemaker</b>	Gina Joseph
<b>Homemaker</b>	Charlotte Johnny
<b>Community Wellness Worker</b>	Alexander Erickson
<b>Maternal Child Health Coordinator</b>	Caroline Bird
<b>MCH Home Visitor</b>	Raegan Julian
<b>MCH Home Visitor</b>	Dallas Sam
<b>Recreation Coordinator</b>	Winnie Sam
<b>Youth Centre Coordinator</b>	POSITION TO BE POSTED SOON
<b>Community Mental Health Therapist</b>	Heidi Kaseweter/Melanie Lansell
<b>Canoe Trip Coordinator</b>	Dennis Cumberland

Once again Nak'azdli Health has achieved accreditation status. I would like to congratulate the Nak'azdli Health staff and committee on achieving such a great honor with Accreditation Canada. Our staff work with a high set of standards to serve the Nak'azdli membership—not only the Health Centre staff, but also the hard-working Health Committee members. The Health Committee consists of Portfolio Councillor Ramona Joseph and Committee Members Susan Barfoot, Mary Lebrun, Louella Sam, April Thomas, and Greta Thomas.

Nak'azdli Health was approached by the Rural Coordination Centre of BC and the Ministry of Health to gain a better understanding of how rural health services function in BC, what works well and what issues actually get in the way of providing good health care to a rural population. They want to use Nak'azdli Health as a model for providing rural health services throughout British Columbia and Canada. Way to achieve such a distinction, Nak'azdli Health!

We are actively recruiting members to sit on a Hope Health and Healing Committee to look at the risks of suicide, intervention and prevention. Nak'azdli Health is reaching out to the neighboring communities to support one another as needed. We are always looking to partner and build relationships with other organizations, too.

I want to thank you for participating in the Community Health Survey that was completed last fall. We analyzed the information and hosted community workshops to address issues arising in the community. The highest priority identified in the Survey results is working with the elders and hiring a doctor at the Health Centre. I have been working with Shauna Hess, Nak'azdli's grant writer. She recently submitted the Community Action Initiative *'Us' Past, Present, and Future* grant, which is based on the need for an Elder's Drop-In program. Thank you to Lillian Sam for getting the surveys completed with such valuable information in a short period of time. We are very excited about this new program and hope to hear a favorable response soon.

I have had the honor of witnessing Todd Alec's graduation at UNBC in May. Wow! I cannot say enough how proud the Nak'azdli people are of him. I was fortunate enough to attend his celebratory dinner with his family afterwards. Todd and I discussed his commitment to the north and the fact that he is willing to come home and possibly work one day a week out of Nak'azdli Health Centre! I am now working with Northern Health to make this a reality.

Since I began working at Nak'azdli Health, we have worked with the First Nations Health Authority. Aileen and the staff previously worked under Health Canada. I cannot compare between the two, but I can tell that FNHA has provided so much support for us designing our own culturally-appropriate programming and creating agreements to improve the quality of care. FNHA is working hard to bring valuable training to communities—including cultural safety and humility, Postpartum Doula, Hope Health and Healing, etc. Most recently they held a Cancer Forum, Quality Improvement Forum and Data Governance Forum.

I wish you a safe and successful food gathering summer. Our doors are always open to the membership. I encourage you to come on in and have a cup of coffee, and learn about the different programs that we have here. If you are having a difficult time with anything, let us help you. I know the health care system can be daunting. Let us help be the voice for you.



# Cerry (Carrie) Nash

Gauthier



photo by Clayton

## NAK'AZDLI HEALTH ADMINISTRATIVE ASSISTANT

### ANNUAL GENERAL ASSEMBLY REPORT 2016

Hadih, My name is Carrie Nash. I have been welcomed to the Nakazdli Health team this year as of May 2016 as the Administrative Assistant. I will work in collaboration with Jenny Martin (supervisor) of the health management and responsibility of the staff members and client of the center.

For those that do not know me I am a Nak'azdli member of the Lusilyoo Clan. My parents are Carl and Garland Leon. I have now been married to a gentleman by the name of Stuart Nash from Northwest Angle #33 reserve of Ontario for three years. I have a new little girl named Araina Neveah "Little Rain" Nash.

My job status requires me to provide a strong support team member to the Health Center and Management. To ensure the staff attendance and timesheets are submitted in a timely fashion. To help prepare events and meetings that involve health. Lastly, taking on the Accreditation Lead for the Health Centre. It's very important that the Nak'azdli Health staff are participating and following high standards and required operating practices in their daily work. To my understanding Nak'azdli Health has been accredited again for another four years thanks to all the hard work of the Health staff.

To all the Nak'azdli members and children I would like to wish a happy and safe summer holidays. As school is out many will be busy with summer activities. One of our important activities is preservation of our dak'elth food for the winter months. I know the hard and dedicated work that requires to preserve our food such as dry fish, moose meat, dry meat, and berry collecting. This is a commodity in our traditional way of life in Nak'azdli Whut'en. I love the fact that many of our families share these traditions with our younger generation. What we learn is not always taught in the classroom but through the eyes of our leaders and elders.

We encourage you to visit the health center for more information about the progress or programs, I'm sure one of our staff members will do their best to comply. Live and be a healthier you.

*"Leadership is about making others better as a result of your presence and making sure that impact lasts in your absence." – Sheryl Sandberg*

*"I alone cannot change the world, but I can cast a stone across the waters to create many ripples." – Mother Teresa*

Awetza,

Carrie Nash





# Sherry Ostberg

Nak'azdli Health Clerk

Annual General Assembly Report 2016

Hello every one, my name is Sherry Ostberg and I have been the Health clerk at Nak'azdli Health Centre since October 30, 2012. I am a member of the Okanagan Indian Band. It has been a great experience so far! I have enjoyed seeing how much the little ones have grown since I started here.

We have a nurse practitioner on site one day a week (Tuesday) and counsellors from Brazzoni and Associates five days a week. You can book appointments to see them through me. Please call to cancel if you cannot make your appointment this will free up the spot for someone else. No shows for appointments makes for a lot of wasted time! Time the Nurse Practitioner could be using to see people that want the appointment or NEED to see her.

The chart is for your review to show how much time is wasted when you don't cancel your appointment.

Date	# of no shows	time allotted for app.	mins/day missed	mins/month missed	hours missed/month
21-Jan	3 no shows	3x 30 min	90 min	120 min	2 hours
28-Jan	1 no show	1x 30 min	30 min		
here4-Feb	1 no show	1x30 min	30 min	330 min	5.5 hours
11-Feb	3 no show	2x 30 min, 1x 60min 3x 30 min, 1x 60 min	120 min		
18-Feb	4 no show	min	150 min		
25-Feb	1 no show	1x 30 min	30 min		
3-Mar	5 no show	1x 30, 1x 15, 3x45	180 min	270 min	4.5 hours
17-Mar	1 no show	1x 30 min	30 min		
24-Mar	2 no show	2x 30 min	60 min		
3-May	2 no show	2x30 min	60 min	315 min	5.25 hours
10-May	5 no show	4x30 min, 1x15 min	135 min		
17-May	2 no show	2x30 min	60 min		
31-May	2 no show	2x 30 min	60 min		
7-Jun	1 no show	1x 30 min	30 min	240 min	4 hours
14-Jun	2 no show	4x30 min	120 min		
15-Jun	1 no show	1x30 min	30 min		
21-Jun	2 no show	2x30 min	60 min		
				1,275 min	21.25 hours



# Kimberly Pius

## Nak'azdli Office Assistant

Annual General Assembly Report 2016

Hadi Nak'azdli Whut'en

My name is Kimberly Pius, my parents are Bernadette & Ron Sam, my biological Father is Earl Sutherland. My grandparents are the late Lazare & late Betsy Pius. I proudly come from Nak'azdli Whut'en from the Lht'sumusyoo Clan. My other half is Victor West from Takla Landing. I have a 22 year old son, Brandon, whom I adore and love unconditionally with all my heart. I have 2 brothers: Adrian Solonas & Sonny Sam, 2 Sisters: Vina Sam & late Veronica Sam. I am also blessed with 5 nieces, 5 nephews, 2 great nephews and 2 little angels. And some day along my journey, when I become a grandparent, I'm going to love them unconditionally too.

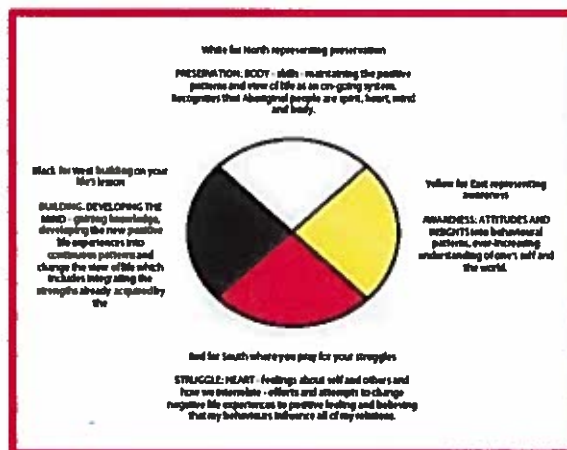
I was hired November 24, 2015 as the Health Assistant, I assist in the following...

- ☺ developing file management with other health staff
- ☺ prepare travel documents for processing
- ☺ general reception duties
- ☺ assist with setting up and organizing Health Centre activities
- ☺ undertake other duties, from time to time, as requested

I have great admiration to the Health Centre staff for there strive to bring in programs to the community because they honestly care for our community. Keep up the good work!

Life is never boring, we created the life we live in. The only thing constant is change, so you have to learn to embrace it. With that being said, I am going to stand outside, so if anyone asks I am Outstanding ☺

I am a beautiful loving woman!





## Renada Walstrom and Lisa Sam Community Health Nurse

Annual General Assembly Report 2016

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Most of you know already that Renada has been on a maternity since the middle of February. Talitha Noreen Mulroy was born on March 4, 2016. Both Talitha and Renada are healthy and enjoying their time together with family. All of our best wishes are with Renada and her family for a most enjoyable time away from work.

We are currently looking to hire a CHN to fill Renada's maternity leave. Since Renada has been away, I find that I am way busier. I am focusing my attention on the bare bones of programing. I am encouraging people to phone ahead and book appointments to see the CHN when you can. I don't want people walking in and I am not available to serve you when you come in. I am hoping this summer's lull (knock on wood) will give me time to catch up and get ready for the fall season which is usually very busy (again knock on wood).

Renada has STI certification which means she is able to test for and treat STIs and provide PAP tests. Since I do not have this certification I am **UNABLE TO PROVIDE THIS SERVICE**. The Health Center is working with Northern Health, First Nations Health and the Nurse Practitioner so I may be able to offer Point of Care HIV testing. In the meantime, people will have to book with the Public Health Nurses, the Nurse Practitioner or the Doctors for STI testing and treatment, including HIV testing and PAP tests.

I also want to remind people that I am not a medical Doctor and there are limitations to what I can do. Many times I am asked to diagnose or treat medical conditions, which I am not able to do. People can book appointments with the Nurse Practitioner through Sherry, the Nak'azdli Health Receptionist, or book with the Doctors at FSJ Medical Clinic. I encourage people to call 8-1-1, the 24 hour nurse line, look up the BC Health Guide Book, or look online at [healthlinkbc.ca](http://healthlinkbc.ca) for information to help.

In the past year Renada, along with Maria Willick, went to New Zealand in November 2015 for the "Healing Our Spirit Worldwide" Conference. There were over 200 sessions to participate in from Nursing, community and youth programming, women's and men's health and cultural teachings from around the world including traditional nutrition and language. All programs presented gave outside of the box ideas and best practices to help people achieve healthy mind, body, spirit and community.

Like previous years, the past year was filled with routine programing in many different areas such as vaccinating all ages, screening for different reasons, training nursing and medical students, to



providing and receiving education. Every day, every week and every month is so different from the last.

Some things we may do on any given day:

- Immunize all ages
- Training
- Teach at the schools
- Provide workshops to community
- Teach on many topics
- Clinical treatments
- Creating programs
- Work with many organizations
- Write reports
- Chart, chart, chart
- Update skills
- Contact Tracing
- Harm Reduction
- Counselling
- Pregnancy tests
- Working with Pre and Postnatal
- Create resources
- Meetings, meetings, meetings
- Harm reduction
- Work with other departments
- Advocate for community members
- Being a liaison for people

As we have stated in previous reports, our everyday activities consist of many topics that change from moment to moment throughout the day. Every day, we work with people of all ages, educate people on all sorts of health topics, provide nursing in many program areas, help people to navigate their way through the health care system, or sometimes we may be just sitting with someone having a difficult time, or listening to people talk about their successes. Many times we are learning ourselves, updating our knowledge through workshops and meetings, here in Nak'azdli, or away from the community. Every day is different, we can have something planned or we can have things just lands in front of us, either way we always seem to be busy. This is a very general overview of what we do on a day to day basis.

Please come in to see us, ask us questions, find out about resources and get as much information you can. Learn how you can take control of your own health. Ask me how I can help you and where I can't help, I know I can help you find the right resource to serve you.

Good luck to all of the candidates running for Chief and Council in the upcoming election. Thank you to all of the outgoing Council Members and Chief for all of your service and dedication to the members of Nak'azdli. When I go to meetings and say I am from Nak'azdli, people will always praise Nak'azdli, talking about how advanced and innovative we are in Health and other areas, this makes me proud. We are where we are because the leadership makes decisions based on the input of service providers and more importantly the voice and needs of the people.

I would like to end with a quote in the light of recent world events over the past year.....“Darkness cannot drive out darkness: only light can do that. Hate cannot drive out hate: only love can do that.”– Martin Luther King



# Jaqueline Rose Antoine

## Nak'azdli Patient Travel Clerk

### MEDICAL TRAVEL REPORT 2015/16

Hello everyone. Welcome to the 2016 AGA. I am sending my condolences to those that have lost someone this past year and also my thoughts and prayers to anyone that is struggling with their health.

I am the Nak'azdli Patient Travel Clerk. My job is to help Nak'azdli clients living on and off reserve in Fort St. James get to their out of town appointments. Travel consists of gas vouchers, flights, accommodations, meals, bus tickets, NH bus tickets and taxi through the First Nations Health Authority program. I really appreciate early notice of your appointments.

Contact numbers if you live off reserve outside of Fort St. James:

C.S.F.S Vanderhoof 1-866-567-2333

C.S.F.S Prince George 1-800-889-6855

F.N.H.A. Vancouver 1-800-317-7878

First Nations Health Authority website is [www.fnha.ca](http://www.fnha.ca)

Please feel free to drop by the Health Centre or call me if you need any information and I will do my best to assist you.

*Breakfast  
Lunch  
Dinner*



# **Nakazdli 2015 Fiscal Year Patient Travel Monthly Expenditures**

	Fuel	GH Bus	NH Bus	Airfare	Accom's	Meals	Other	TOTAL
APR	2957.25	49.46	100	909.09	1379.79	1019.83	201	6616.42
MAY	3388.87	190.89	40	1323.52	2046.35	1218	180	8387.63
JUNE	4394.77	30	49.46	1082.02	1937.1	1444.23	131	9068.58
JULY	3931.95	168.64	30	546.26	1661.1	1189.64		7527.59
AUG	2862.23	91.77		2092.64	1854.39	846.47	196	7943.50
SEPT	4509.64	115.82	20	2093.95	4577.51	1800.35	131	13248.27
OCT	3645.85		40	4997.85	2552.53	1339.85	462.9	13038.98
NOV	4141.21		60	4132.52	3605.11	954.36	491	13384.20
DEC	2763.03		10	1031.62	2521.78	830.18	262	7418.61
JAN	3055.46			1428.65	922.56	1410	219	7035.67
FEB	4503.97			3819.62	2271.32	1619.08	393.5	12607.49
MAR	3408.54	226.91		1695.74	5678.69	2230.14	376	13616.02

FUEL TOTAL	GH BUS TOTAL	NH BUS TOTAL	AIRFARE TOTAL	ACCOM'S TOTAL	MEALS TOTAL	OTHER TOTAL	YEAR TOTAL
43562.77	873.49	349.46	25153.48	31008.23	15902.13	3043.4	119892.96



**Nakazdli OFF reserve 2015 Fiscal Year Patient Travel Monthly Expenditures**

	Fuel	GH Bus	NH Bus	Airfare	Accom's	Meals	Other	TOTAL
APR	667.61			860.47	138.1	403.8	153	2222.98
MAY	777.49		20		733.96	311.55		1843
JUNE	916.64	120.75			97.75	96		1231.14
JULY	1555.31	84.32			1280.83	623.93		3544.39
AUG	375.67	132.83		482.21	272.35	144	156	1563.06
SEPT	1060.11			694.57	660.76	236.34	142	2793.78
OCT	1120.6				412.98	197.82		1731.4
NOV	668.66			1486.27	1303.4	655.11	190	4303.44
DEC	1150.48				419.75	197.4		1767.63
JAN	747.38			532.87	575.43	288	153	2296.68
FEB	1461.83			299.51	285.3	246.96	131	2424.6
MAR	748.33			1267.08	1387.09	900.3	315.85	4618.65

FUEL TOTAL	GH BUS TOTAL	NH BUS TOTAL	AIRFARE TOTAL	ACCOM'S TOTAL	MEALS TOTAL	OTHER TOTAL	YEAR TOTAL
11250.11	337.9	20	5622.98	7567.7	4301.21	1240.85	30340.75



## Maternal Child Health



# M.C.H.

### Maternal Child Health Staff:

**Caroline Bird** Supervisor/ Prenatal Worker

**Dallas Sam** Parent Mentor

**Raegan Julian** Parent Mentor

### MCH AGA REPORT:

There have been a lot of staff changes in the MCH department , starting in September 2015. Beverly Prince, our Prenatal Outreach worker, left us to work at Nakal Bun Elementary School and then Jolene Prince left us also to work at Nakal Bun Elementary school. Inevitably we had to make changes in our MCH department. Caroline Bird stepped up to take Supervisor position as well as the Prenatal Worker position. Janessa Alexis was hired as the MCH Home Visitor to work along side Alexander Erickson. Janessa unexpectedly left to work in Tachie. In the search of a Home Visitor, we ended up hiring two Home Visitors Dallas Sam and Raegan Julian. Maria Willick, the Wellness Worker also is leaving us and Alexander Erickson is taking the Wellness position.

With all that, I am very excited about the changes that have come into place and the hiring of two very energetic and organized workers. Dallas and Raegan were hired while we were getting ready to do the Annual Baby Welcoming Ceremony. With high energy and good organizing skills, both have jumped in with both feet. Besides helping to finish off organizing the Baby Welcoming Ceremony, the pair have already completed two workshops to help them get started in the training of becoming Home Visitors. One of the important part of MCH is our 'Uloo Khoh Program (Parent-Child Mother Goose) which both have experienced as parents and now have the opportunity to experience the other side of the coin by planning and implementing the 'Uloo Khoh Program.

Dallas and Raegan also got to experience Medicine Picking with Nadine Button and Maggie Morris.

**It will be an exciting year of growing and learning together as the MCH team.**

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# Prenatal & Postnatal Drop In /Supervisor



**Caroline Bird**  
**Lusilyoo Clan**  
**MCH Prenatal & Postnatal /Supervisor**

This is Caroline Bird aka Gallolen. Her mother is the late Catherine Coldwell-Bird and her father is the late James Bird. She belongs to the Lusilyoo Clan. Caroline is also an 'Utsoo (grandmother) of five spunky, handsome and beautiful grandchildren. Caroline is the MCH Prenatal & Postnatal worker and Supervisor for the MCH program. The home visiting includes the Growing Great Kids Parenting Program and the Prenatal Program includes prenatal and nutritional teachings for pregnant women. This is where you will find Caroline sharing her traditional knowledge of culture and language with everyone who she crosses paths with. Caroline is such a loving and respectful woman of tradition. When you don't see Gallolen at work she is usually wrapping herself up in preparing for fish, moose or any kind of wild game or "BERRIES". She is such a devoted and hard worker.

## Here are a few of the educational teachings in the Prenatal & Postnatal Program that we have done

- Breastfeeding
- Intoxic Clock Program
- Self Care
- Cooking with your family
- Growing Great Kids Awareness
- Smoking Sue Doll Presentation
- Smoking Cessation
- Baby Welcoming
- Prenatal Vitamins & Vitamin C
- Sacred Journey to Nutrition
- Medicine Picking
- Berry Picking
- Emotional And Physical responses to pregnancy
- Postpartum Mothers' Checklist
- Building Strong Bond with Babies
- Blanketing Layers of Emotions on your baby and yourself.
- Reducing Your Stress
- Learning about Iron
- Gardening with your baby and children
- Juicing
- Post Partum Depression
- Prenatal Classes
- Cultural Practices and Beliefs Surrounding Pregnancy
- Preparing for your labor & delivery
- Baby Vest Making
- Regulate your Childs Engine



# Baby Welcoming Ceremony



The "2015/2016 Nak'azdli Baby Welcoming Ceremony" was a huge success and one of the biggest highlight of the year in the program.



**Maggie Morris & Violet Prince**



**Peter Erickson 'Tsoh Dai' told the story of the importance of twins in our culture.**

This year we had a lot of help with planning the Baby Welcoming Ceremony from Alyssa Krause and Beth Blew, Nak'azdli Band Communication and Events team.

We followed last year's lead and set up the Kwah Hall in a circle and presented in *Potlatch* style. With 2 seaters, and Dune za' and Tseke za' helping us, we welcomed our babies of 2015 & 2016. We also had some of the ts'atting stations, to help build baby's characteristics.

There was a lot of refreshments and there was no worry of anyone going hungry, because there was lots of bannock.

We also had a play area for the babies because we know it's hard for some babies to sit still for such a long period of time.







## 'Uloo Khoh Program



### What is the 'Uloo Khoh Program?

'Uloo Khoh is a group experience for parents and their babies and young children. The program introduces adults and children to the pleasure and power of using traditional rhymes, songs, and stories together.

Parents gain skills and confidence which can enable them to create positive family patterns during their children's crucial early years. Children benefit from enjoyable, healthy early experiences with language and communication.

**Where: The Nak'azdli Health Center Playroom**

**When: Every Thursday from Sept—June**

**Time: 10 am till Noon**

Everyone is welcome...Grandparents, Uncles, Aunties, Mommies, & Daddies... anyone can come. So come out and join us when you can.

**Snachailya from the MCH GANG.**





**Alex Erickson**  
**Lhts'umusyoo Clan**

## Men of the North

Alexander Erickson is in the Lhts'umusyoo clan. His Mother is Eleanore Erickson and his Father is Darby Maitland from Haisla. Alexander is the Home Visitor with the M.C.H. department. He is here to assist new or previous father's that would like to learn any new tools about parenting. He is a single father to three children. One Girl and two boys ages 10, 8 and 4. This is Alexander's second year on the team and he has undergone some training courses. The courses include:

PIP Coordinator

Wellbriety Facilitator

And various workshops to further his academic skills

Alexander is also an artist who loves to create new pieces whenever available. He loves to learn and is eager to pass on what he knows as a Father, Man, and Student.



Where can you find men of  
the north meetings

**Every Thursday evening**

**At the Health Center**

**From 6:30 to 8:30 pm**

## Some Information about the group

The group is based on the medicine wheel. To balance out emotionally, spiritually, physically, and mentally. The group meets every Thursday to discuss what needs the community is asking for and what we, as a group, can do about it. We encourage any man to come join us and see what they can do for their community. There are no dues or fees, just participation is encouraged.

Along with this great undertaking, the men have side projects. One you know of, Jolene Prince's sweat wood shed. Secondly, we are repairing our boat to which we have purchased a new boat motor and soon to take community members out fishing. We have been approached by 5 community members to build wood shacks and smoke shacks. Also, Nakalbun has approached our group to do some much needed work for them. So as you can see we are quite busy.

They want to do their very best for you (membership) but this program has been running just over two years and still needs a little work. Its not perfect but no program is. It's just right where it is suppose to be, and that is being there for the men, brotherhood, community and the land where they seem to heal the most. They would like to thank you from the bottom of their hearts for all of you showing them how you support them in the men's program.



## Men of the North Transitioning

The Men of the North have been through a lot in the last year. Finding a stable location has proven a stressor on the guys and have seen a decrease in numbers. We had out meetings at Nakalbun and one concern with that was transportation for members or new members. We moved over to the Youth Centre and then moved back to the Health Centre.

Not only have there been changes to the group, but also within the group. As of September, Alexander was voted President of the group. Soon after, Jolene Prince stepped down as Coordinator and that position was handed over to Alexander as well. Alexander wasted no time in gathering feed back from the guys on what to do and how to move forward.

Our first order of business was how to give back to Jolene. She started the group and showed dedication to the group and passion. So, the group decided on building her a wood shed for her sweat lodge. She loves it.

Secondly was to arrange a walk that had been discussed in our first year, the Nyan Wheti Trail.

## Nyan Wheti Trail from Sowchea to Nadleh

The Nyan Wheti Project, which runs from Sowchea to Nadleh, was on the back burner from our first year. Alexander sat with this and listened to the community and surrounding community on the needs of the people. He seen we needed unity. Acquiring new knowledge, as well as passing of knowledge. The trail project itself proved a perfect project to address many issues. The Project was inspired by a small group in the Yukon Territory that made a similar venture, which they titled, Walking in the footsteps of our ancestors.

The project consists of three phases. The first phase is networking with surrounding communities to share a vision, also to clear the trail. A few members have been working hard on the clearing. Alexander has been working hard on the networking.

Phase two is to bring in a Traditional Survival Training. Which also was on the back burner from the second year. Sakej Ward, is a traditional warrior and Veteran. He served on both North American Militaries. He will be taking the men and youth out for 11 days of survival training.

Phase three is the walk from here to Nadleh. Along the way small teaching camps where the youth from P2 will teach their new knowledge to others. As well , there will be a spiritual component consisting of smudges, talking circles, and sweats along the trail. Upon arrival in Nadleh, there will be a gathering of nations, breaking the borders down and celebrating together.

Alexander is working out the logistics of Phase 2 and soon to work on Phase three.



# MARIA C. WILICK AGA REPORT 2016



## LIFE IS A JOURNEY

### Nak'azdli Wellness Coordinator Report

Welcome to 2016 AGA. Another year has gone; time flies so fast. This past year, there were so many great things that happened in my program and so many changes. There is a few members that have achieved success in life and have reached another milestone. During June 2015 – July 2016, we have seen a great deal of activities and awareness programs that have developed. We have many successful events and programs from the Wellness department.

## NEW SUCCESSFUL PROGRAM

- **12 week Physical Wellness Program** – which involves a variety of daily exercises and weekend challenge. We had 30 participants. Co-Facilitated by Community Wellness Assistant.
- **Friday Wellness Workshop** – Every 2<sup>nd</sup> Friday, I have facilitated a Women in Sobriety in partnership with The Key. 3<sup>rd</sup> Friday, facilitated a Healthy Bonding Workshop and 4<sup>th</sup> Friday, facilitated Anger Management Skills.
- **Women's Wellness Group** – Ladies meet every Monday at 5pm at the Cultural Centre. Ladies are grateful to Georgina Thomas for having a safe place to meet. Ladies do a small catering as their fundraising. They are raising funds for wellness retreat next year.
- **Soup and Bannock Tuesday** – homemade soup and bannock available for community members during wintertime co-facilitated by Community Wellness Assistant.
- **Toastmaster** – Gathered few community members to attend toastmaster in Vanderhoof on Wednesdays at 7pm/ twice a month. Hoping to start one in Fort St. James.

## COMMUNITY EVENTS:

- **Nak'azdli Blue Monday Event** – January 25, 2016. Blue Monday is a name given to a day in January (typically the third Monday of the month) reported to be the most depressing day of the year. We had coordinated a family fun day for everyone to have fun. It will become an annual event.
- **Addictions Awareness Week** – April 17–23, 2016. This years theme was about 'Breaking the Chain' – A weeklong event about health and wellness. We had "Its about me day" with massage, hair cut; Community Smudged, Welcome Home Dinner, and Information session about Living with an addict, and Fentanyl a deadly drug ever. We have partnered with the RCMP, The Key, Mental Health Therapist, Mother's Against Drunk Driver, and many community volunteers.
- **Womens Wellness Retreat** – April 15–17, 2016. It's about me day. A weekend at Echo Lake with 12 ladies for self-care and loving me day. Some of the women's feedback:

*" Today I woke up stress free, feels funny having to wake up and do stuff for myself and just to relax"*

*" OMG! Slept right through the night never woke up once! Never felt SO GOOD and RELAX in such A LONG TIME! I am grateful and thankful for this WEEKEND!!"*

*" Our last night spending together, even though it was just the weekend, it was amazing to get away and relax."*

*" I had a wonderful time, learning about myself, more like FINDING myself again. I am very grateful for this weekend"*

**From June 2015 to June 2016 I have, connected, assisted, and provided services to over 800 community members from age 1 years old to beyond through my daily interactions, workshop, events, and programing.**

## FAREWELL

This is my last year doing the Nak'azdli AGA Report as your Community Wellness Coordinator as I have given my resignation in June 2016. I have enjoyed my employment with Nak'azdli Health Centre and I have loved my job very much. Seeing you all getting healthy and wanting positive changes in your life has given me happiness everyday. I am grateful to each and every one of you for welcoming me to your community and believing in me. I am grateful for all of my co-workers and my supervisor for giving me a freedom in my creativity and their support on my programs. I will be working with Tl'azt'en Health Centre as the Mental Health Supervisor. I will miss you but will see you again sometime. Take care everyone and have a wonderful day.. Much love Maria Willick



# Nak'azdli Home & Community Care

## Jody Mann – Home Care Nurse



Hi, my name is Jody Mann and I am the Home Care Nurse for the Nak'azdli Home and Community Care Program. I graduated from UNBC as a Registered Nurse in 2011 and returned to my community in Fort St James to work as a RN at Stuart Lake Hospital. As of last summer in 2015 I joined the amazing team here at the Nak'azdli Health Center. During this past year I attended the 2016 BC Aboriginal Diabetes Conference, participated in events held by Nak'azdli, as well as our Home Care team hosted a Health Check Fair this past spring. My role as a Home Care Nurse is to provide wound care management, pain management, medication administrating/ monitoring, hospital discharge planning and follow up care, palliative care, and providing health teaching to client's and their families while also continually assessing and updating client's care plans to meet their health needs. The Nak'azdli Home Care team work in collaboration with one another and other health care professionals to assist client's to achieve optimum health while living safely in

their home with the support of their family.

## Lucy McKinnon – HSW / Homemaker Supervisor



Lucy McKinnon graduated from the HSW/PCA program in May 2003. She is the supervisor to the Homemakers. Lucy remains working full time for Nak'azdli Health & continues to remain as casual at Stuart Lake Hospital. She is currently doing her Long Term Care Administrator course. Some of her duties include weekly Elders Tea, assisting clients with personal care, home maintenance & management, transportation assistance, updates with physicians, reassessment & reviews of medication & various other ADL's. Lucy belongs to the Lhts'umusyoo clan, daughter to Shirley Prince & Ben McKinnon, has 1 daughter Desiree Whitely, and she enjoys cooking, hunting, fishing, and listening to elders past time stories.

Lucy states: *"With the summer months upon us, please ensure that your seniors, children & pets have adequate amount of fluid intake and understand the S&S of heat stroke, heat exhaustion & heat cramps"*

## Nadine Button – Diabetes Educator / HSW/COHI



Welcome everyone!! I am a Nak'azdli Band member and belong with the Lusilyoo Clan. We currently have 28 known diabetics. This year we sent 2 people to the Aboriginal Diabetes Conference in Penticton. We had Carrier Sekani Mobile Diabetes Team here in Nak'azdli for 2 days. I have done random screenings at the Health Centre and the Band Office. I help every Friday with Elder's Tea and I am also a casual for Lucy when she is away. I have enjoyed being involved in community events over the past year. Some of them include Elder's Tea, Christmas parties, Kwah hall events, medicine picking, and berry picking. Children's Oral Health Initiative: This is a very exciting program we offer to

Nak'azdli and is set up in the Nak'azdli Health Centre. This program is provided to children to help establish and maintain healthy teeth and gums. The services provided include:

- Oral health screening
- Fluoride applications to prevent cavities
- Education and information regarding oral hygiene

### Gina Joseph – Homemaker



Gina Joseph belongs to Lusilyoo Clan. She is married to Gary Joseph & has 4 children. Gina is the daughter of the late Harold Isaac, grand-daughter of the late Agnes & Seymour Isaac. Gina was raised right here in beautiful Nak'azdli. Gina has been working for the Nak'azdli Health Center as a Homemaker for 18 months now. Gina has quite the workload and has definitely been keeping busy. With the summer months here upon us, the Homemakers will be off for July & August. The Homemakers look forward to returning back to work in September to the beloved clients. Gina states: *"All clients hold a special place in my heart & I will continue to do my best to ensure their home is clean and safe."*

### Charlotte Johnny – Homemaker



Charlotte Johnny is a member of the Lhts'umusyoo clan, and is daughter to Richard & Violet Prince. Her paternal grandparent are Pius & Agnes A'Huille & her maternal grandparents are Michelle & Catherine Morris. Charlotte has been with the Homecare team for 7 months now. Charlotte is a vibrant positive (but shy) individual who works hard along with her co-worker Gina. Charlotte states: *"I enjoy listening to their stories, laughing with the clients & getting to know them. I look forward to returning in the fall."*



## Nak'azdli Recreation AGA Report 2016



Hadi Nak'azdli

I would like to welcome you all to the Annual General Assembly

Nak'azdli Recreation & Nak'azdli Health work together and come up with ideas to plan/create activities for the Spring/Summer programs for our youth.

Each month a calendar is submitted in the Dustl'us, posted on our facebook site, and on the bulletin board.

Ts'oodune Recreation Society sponsors our Youth/Kids/Adults by paying registration fees to participate in sports...TeamBC tryout camps...tournaments and more



During the School & Summer months recreation pays for our children to join in various sports such as:



Minor hockey, girl guides, taekwon-do, soccer, skiing, dance & more. There are activities such as swimming, camping, picnics, hiking, berry & medicine picking, field trips to Prince George or Vanderhoof for swimming & swim lessons, movie, bowling, badminton, basketball, and volleyball. There are various activities held at the Nak'azdli Youth Centre such as baking/cooking, drop in, board games...You may already know that the Nak'azdli Youth Centre is closed because it is under construction at this very moment 😊

During the summer months the Syaz Yaz Drumming/Singing is held at the Spirit Square (if the weather is nice) or Kwah Hall every Tuesday & Thursday from 6:00pm - 7:30pm; there is also ladee musjek and bannock to enjoy as we listen to some good stories 😊

The home bingo is to fundraise for the Youth/Kids Spring Break. Now that the N.A.I.G. is coming up in July 2017, we are switching the fundraising to go towards the youth that are trying out at various I.D. camps. From there, if they are picked to be on TeamBC, they will attend their team camps and practice. Then they are on their way to N.A.I.G.





We were fundraising for a trip to the PNE 2016 (ages U12) & Fright Night in Vancouver (ages U19); unfortunately, this has been cancelled as the support wasn't there to help with the fundraising. The money has been put aside until there is a better plan in place.

### Talo Travel Club

At the Ts'oodunne Recreation Society AGM last October 2014, it was brought up that we form a travel club. So it began with fundraising at the bingo bake sales, raffles, loonie auctions, grant writing & our sponsors Nak'azdli Band & Nak'azdli Elders Society ☺ There were 40 Nak'azdli participants that went to Edmonton, ALTA from August 17-21, 2015

**Now there are 21 families that are in the Talo Travel club with a total of 131 participants**



### SunRun 2016

There was a 13 week Walking Program that followed the sun run learn to walk/run 10k program prior to the SunRun. This year we had up to 30 participants that went to Vancouver for the SunRun2016 ☺ we hope to have more attend next year. We also held the annual Nak'azdli Walk/Run one week later with some brave people coming out to Walk/Run in the cold rainy weather. Way to participate Nak'azdli!

During the winter months the Kwah Hall is open Monday, Tuesday & Thursdays from 2:00 - 9:30/10:00 (time and days may change due to other scheduled events)





Nak'azdli Kids/Youth

T-Ball was scheduled for twice a week.... end up having it every day ☺

Softball was scheduled for twice a week.... end up having it every day ☺



Mussi to all the volunteers that have taken the time to come out and help coach/teach our Youth/kids and to all the parents that come out and cheer them on



## Upcoming Events

National Aboriginal Day Celebration

Canada Day (float)

Nak'azdli Sports Days

Annual Summer Camping

Family Halloween party/dance

Sports Day in Canada - November 21<sup>st</sup>

Mussi to All the Beautiful Volunteers ..... Believe me you are so much appreciated



"Peace is always  
Beautiful"

-Walt Whitman

Winnie Sam

Recreation Coordinator

# Mental Health Services Summary Report for Service April 1, 2015 through March 31, 2016

Nak'azdli First Nation

**BRAZZONI & ASSOCIATES**

June 15, 2016

Authored by: Dr. Christina Dobson Brazzoni

# Mental Health Services Summary Report for Service April 1, 2015 through March 31, 2016

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## Nak'azdli First Nation

### Services Summary

Brazzoni & Associates (B&A) has provided services to Nak'azdli since 1995, with this most recent contract in effect since October, 2011. B&A provides a range of mental health services to Nak'azdli including psychosocial education, prevention, intervention, and staff training on mental health related issues. The topics of prevention and training topics are based on collaboration with health staff and on client presentation.

Direct client intervention can be in the form of individual, couples or family counselling. We can also provide therapeutic group work on request by the community and at the discretion of the therapist. B & A also provides a full range of Critical Incident Stress Management (CISM) services; this includes response, as well as certified training.

When a community contracts with us, we provide a regular therapist in community for a designated number of days. The community also has at its disposal a number of qualified therapist who can cover any leave by the usual therapist, crisis calls, and skilled training, as requested.

Heidi Kaseweter, MCC, CCC has been our designated therapist in community since this beginning of this most recent contract. Heidi was

joined in January of 2015 by a second clinician, Melanie Lansall, MSW, RSW to provide the requested five days per week service. Heidi and Melanie provide coverage Monday through Friday. These clinicians share the week with 2-3 day rotating split. Heidi focuses on seeing adult clients at the health center, while Melanie focusing on seeing children at the school and parents and families in the late afternoon/evening at the health center. Both clinicians provide psychosocial education and training. Heidi and Melanie provide crisis support to any client when they are in the community.

As always, Nak'azdli can call upon additional support through the B&A office at any time. Christina Brazzoni (Clinical Director) and Laurie Zoppi (Assistant Director) have come into community a number of times to cover one of the regular therapists or to provide an in-service training.

Our service is holistic in nature in that we provide more than scheduled office therapeutic appointments. Although this is a large part of our practice, we also engage with the community and provide home visits, school visits, and interactions with the health staff and community regarding community based wellness. We are very pleased with the way the community has come to trust and utilize this service.

There were not any requests for CISM response during this 2015 – 2016 program year.



## Usage Summary

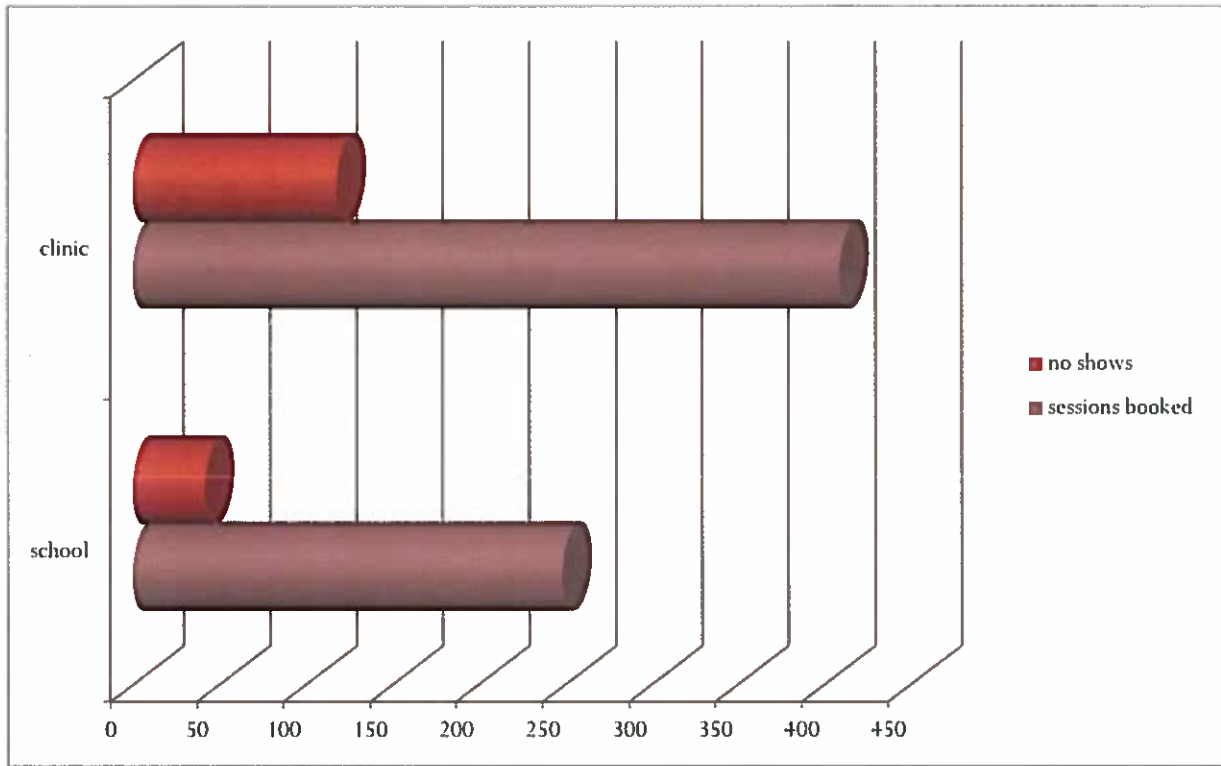
The attached statistics represent the formal counselling sessions conducted. These numbers are not reflective of informal contact with community and staff (a necessary part of any mental health service), liaison and networking with staff and other professionals, or collateral contact with family members (i.e. as in the talking with a parent of a child client).

In total, there were **657.5** sessions booked in this fiscal year. This number has more than doubled from the 311 clinical hours booked in last year. No shows are down slightly this year with 25.7% no shows last year compared to 24.3% no shows this year.

This year staff offered **58** psychosocial information sessions or workshops. A total of 117 hours were used facilitating these workshops with **285** people in attendance. This number does not include the five sessions that were offered in school or for the entire community. Numbers were not recorded at these events.

Overall, usage statistics represent a strong mental health program in the Nak'azdli community. We are pleased that we have been able to offer consistent services with consistent clinical staff at the direction of community leadership and the Health Director. We feel that this has been instrumental in helping members invest trust in their clinician, an important factor in successful therapeutic relationships. We would like to take this opportunity to thank the Health Director and all of the health center staff for a terrific working relationship.

## Clinical Sessions and No Shows



## Workshops and Information Sessions

Name of Event	# in Attendance	Hours
Loss & grief	2	2
Loss & grief	1	1
Loss & grief	0	1
SONAR Fair	FSJSS	6
art of feelings (kids)	2	2
parent group	0	2
self esteem	0	2
self esteem	0	2
art of feelings (kids)	0	0
kid power youth centre	0	2
walking group	2	2
Ace program bullying	16	2
parent group	1	2.5
walking group	1	2.5
walking group	2	2.5
parent chat	1	2
walking group	1	2.5
parent chat & bullying	1	2
walking group	1	2
walking group	1	2
walking group	0	0.5
mindful meditation	1	0.5
mindful meditation	2	1
mindful meditation	1	0.5
mindful meditation	2	1.5
bullying nakal bun	22	1.5
mindful meditation	1	1
bullying nakal bun	10	1.5
meditation-mindful	1	1
bullying nakal bun	20	1.5
bullying nakal bun	18	2
Bullying-blade runners	7	2
The Cost of Caring	10	3
mindful meditation	1	0.5
mindful meditation	1	0.5
mindful meditation	0	0.5
self care-blade runners	8	2
mindful meditation	1	1
mindful meditation	1	1
Lateral Violence	10	3
Grade 7 boys - role models	12	2.5



Grade 7 boys -bullying	6	2.5
suicide awareness info	30	5
Rainbows for Grief	4	2
Rainbows for Grief	1	1
Rainbows for Grief	1	1
Debriefing @ School	5	1
Post Partum Depress	5	1
Health Fair/ Breathing for life	community event	6
Elders Fair/ Breathing	community event	6
SONAR Fair	community event	6
Grief and Loss	community event	1
Walking Group (Cover for melanie)	2	1
Presented @ AGA	10	1
Suicide Awareness	7	2
MON Suicide Support	38	4
Blade Run - Trauma	6	2
Healing Circle - Soc Dev	9	4
<b>Total</b>	<b>285</b>	<b>117</b>