

Newsletter

February 2021

T'IT'Q'ET FEBRUARY 2021 ISSUE:

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Mental health support and resources
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TO SUBMIT TO NEWSLETTER

Please email us at: reception@titqet.org
details on page 35




















February

Garbage Days

Mondays and Fridays
O&M will also pick up garbage
on recycling days

Recycle Days

Recycling will be once a week
and will have to be separated

SUN	MON	TUE	WED	THU	FRI	SAT
31	 1	2	 3	4	 5	6
7	 8	9	 10	11	 12	13
14 Valentine's Day	15 Family Day Closed- Stat holiday	16	 17	18	 19	20
21	 22	23	 24	25	 26	27
28	 1	2	 3	4	 5	6
7	 8	9	 10	11	 12	13

RECYCLE DAYS:

Feb 3–Plastics

Feb 10–Glass

Feb 17–Tins

Feb 24–Cardboard/Paper



Community Support Funds COVID-19 (329)

Revenue: \$82,653

Expenses:

Materials/Supplies	\$15,653
Honoraria/Council	\$ 5,000
Equipment	\$ 5,000
Food Security	\$52,000
Contracted Services	\$ 5,000
Total Expenses	\$82,653

From Nicole Napoleon



Podiatrist in the Community

Dr. Ray Bolen, Doctor of Podiatry

Next visit – February 05 2021

For an appointment – Please call the office and speak with or leave a message for Nicole Napoleon (250) 256-4118 ext.236 to set up an appointment.

Please call ahead to have your time slot set aside

EMERGENCY CARE FOR INDIGENOUS CHILDREN

INTERESTED IN EMERGENCY CARE?

The Emergency Care Provider takes in a child with very little advance notice (same day or less than 24 hours). Placement might be during usual working hours or, for those homes that are willing, late in the evening. The home is generally used while another placement is researched and found. An emergency placement lasts up to 14 days.

Contact our office to start the process by:
Completing the following forms: Criminal Record Check,
Prior Contact Check and Gathering information.
Once the information is reviewed and approved then a home
visit will be done by a Social Worker.



Kanukwa7staliha Family Services
'the one that is able to help'

Rosalinde Narcisse, Family Find Worker

650 Industrial Way, Lillooet, BC


Work: (250) 256-7525 EXT. 212 or Cell: 250-256-8633



email: rnarcisse@kanukwa7staliha.org

Need to See a Doctor?



Call the First Nations Virtual Doctor of the Day
service at 1.855.344.3800

With a computer, phone or tablet connected to wi-fi

STEP 1	STEP 2
 <p>Call 1.855.344.3800 to talk to a Medical Office Assistant and book your appointment. You will receive an email to confirm your appointment.</p>	<div>    </div> <p>Computer or Laptop</p> <p>When it is time for your appointment, click on the Zoom video conference link in the email to launch the Zoom app.</p> <div>     </div> <p>Smart Phone or Tablet</p> <p>Download the Zoom app from the App Store or Play Store. When it is time for your appointment, click on the Zoom video conference link in the email to launch the Zoom app.</p>

Helpful Zoom tips	<div>  <p>If the doctor can't hear you, unmute your microphone in the Zoom app.</p> </div> <div>  <p>Use a headset or earpods to remove echoes and protect your privacy.</p> </div>
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Over the telephone (no wi-fi connection)

STEP 1	STEP 2
 <p>Call 1.855.344.3800 to book your appointment. Let your Medical Office Assistant know that you need to make a telephone appointment.</p>	 <p>The doctor will call you when it is time for your appointment</p>

Hours are from 8:30 a.m. to 4:30 p.m., 7 days per week.



COVID-19 VACCINES

have arrived in First Nations across Canada



This document is a high-level summary of information on the COVID-19 vaccines. For more and up-to-date information, please contact your health care provider or visit the [Indigenous Services Canada COVID-19 webpage](#).

What you need to know:

- COVID-19 is real and spreading across Canada.
- The Federal, Provincial and Territorial governments are responsible for vaccine distribution and delivery to all Canadians, including for First Nations.
- Health Canada has approved two vaccines (Pfizer and Moderna) currently being administered in Canada. Vaccines are expected to become more readily available throughout 2021.
- Both the Pfizer and Moderna vaccines require two doses, 3-4 weeks apart, to produce a 90% protection rate against COVID-19.
- The vaccines (Pfizer or Moderna) should not be interchanged for the 1st and 2nd dose. Use the same vaccine for both doses, either Pfizer or Moderna, or what is available in your community.
- Tens of thousands of volunteers participated in COVID-19 vaccine clinical trials (43,000 participants for Pfizer and 30,000 for Moderna). These trials have demonstrated the vaccines are safe and effective.



When can I get the vaccine and where?

Myth busting about vaccines:

- COVID-19 is not the flu. The seasonal flu vaccine will not protect you from COVID-19.
- You cannot be infected with COVID-19 from the vaccines.
- Pfizer and Moderna vaccines do not change your DNA.
- There are no microchips in the COVID-19 vaccines.
- The vaccines do not include antibiotics, adjuvants, thimerosal, latex or metals.
- Vaccines are not mandatory.

- Everyone who wants a vaccine will have access to one.
- Depending on where you live, you will be given the vaccine available to you at your local clinic site. You may be eligible soon, or you may have to wait a few months.
- All COVID-19 vaccines are free in Canada.
- Priority access to vaccines is being provided to those at greater risk of poor outcomes (e.g. seniors and elders; those living far away from access to health care services) or those who are more at risk of exposure (e.g. health care workers). This differs slightly between each province and territory.
- Individuals 16 years and older are approved for the Pfizer vaccine.
- Individuals 18 years and older are approved for the Moderna vaccine.
- Individuals who are immunocompromised, pregnant or breastfeeding are cautioned against receiving immunization and are encouraged to speak with their health provider.

AFTER YOU GET VACCINATED:

- There may be local pain at the injection site, fever, chills or feeling tired after immunization. These are common reactions after vaccinations, and it means your body is responding appropriately to the vaccine. Ask your health care provider about any potential adverse reactions to watch for.
- Public health practices will continue even after you are vaccinated. Continue wearing a mask, handwashing or using hand sanitizer and keeping a 2-meter distance from others when away from your home.





WEEDS IN YOUR YARD? WHO YOU GONNA CALL?

Do you have an *annoying* weed in your yard? Most of us battle some weed or another. Winter is actually a good time to plot your plan of attack. LRISS can help. First, you need to figure out what the weed is & how it spreads. Where can you find info? We have the resources for you. Reach out. We are here to help.



Contact us directly by email:
LRinvasives@gmail.com or
call us up: 250-256-4292.



Website: LRISS.ca
Plant info, articles, links.



Social Media: Facebook,
Twitter, Pinterest, Instagram &
LinkedIn.



Follow us.



Articles: Monthly articles are
posted to our website &
community newsletters.



Apps: Free apps are available to
help you ID plants like iNaturalist.



ELDER ABUSE

What is it?

Elder abuse is violence or any other type of harm because of older age. It can be carried out by those who are close to older people, such as family and caregivers, or by social structures and institutions.



4%
reported

“My son persuaded me to sell my house to repay his debt...I agreed and now I’m left homeless.”
Woman, 70, Kyrgyzstan

1 in 6 older women and men worldwide experience abuse.

Despite this, elder abuse remains invisible. Only 4% of elder abuse is reported.

Types of elder abuse



Physical

Hitting, shoving, inappropriate use of drugs, restraints or confinement.



Emotional

Intimidation, humiliation, routine blaming, repeatedly ignoring the wishes of an older person or isolating them from friends or activities.



Sexual

Sexual harassment, sexual activity without informed consent, forcing an older person to watch sexual acts or to undress.



Neglect

Intentional or unintentional denial of food, water, shelter, clothing, assistance with daily living tasks and any other essential needs.



Financial

Using an older person's money or property, or making financial decisions, without their informed consent.

Elder abuse.
See it.
Expose it.

First Nations Virtual Substance Use and Psychiatry Service

Referral Guide for Health and Wellness Providers

The First Nations Virtual Substance Use and Psychiatry Service provides responsive, quality access to addictions medicine and psychiatry for First Nations people and their family members living in BC (even if those family members are non-status). The service is an additional tool to help build community health team capacity and enhance wholistic, wraparound care closer to home for substance use and mental health challenges.

1. What is the purpose of the First Nations Virtual Substance Use and Psychiatry Service?

1. To provide direct virtual access to addictions and psychiatric care for First Nations people and their families
2. To provide addictions medicine and psychiatry services where every client encounter is aligned with the principles and practices of cultural safety and humility
3. To provide addictions medicine and psychiatry services where collaborative care planning and wraparound care services are integral to all client encounters

2. Who is eligible for the service?

This is a referral-based service and is available at no cost to all First Nations people and their family members living in BC. Clients cannot self-refer to this service and are encouraged to ask a provider in their circle of care for a referral.

Health and wellness providers can also call the service for provider-to-provider consultation to support the needs of complex clients.

**Health and wellness providers
call 1-833-456-7655 for assistance**

3. Who can refer clients to the service?

Health and wellness providers who can refer clients to the service include, but are not limited to:

- General practitioners
- Nurse practitioners
- Registered Nurses, Licensed Practical Nurses, and Registered Psychiatric Nurses
- Addictions Workers
- Wellness workers
- Traditional medicine specialists
- Mental health counsellors
- Community health reps
- Treatment centre staff

Clients who are living away from home and do not have access to a community health and wellness provider can ask for a referral from the **First Nations Virtual Doctor of the Day** service.

If your role is not listed above and you would like to know if you are eligible to be a referring provider, call 1-833-456-7655

Please note that this service is not intended for supporting response to acute health emergencies. In case of emergency, health and wellness providers should call 911 or access existing emergency service pathways.

Frequently Asked Questions

4. How does it work?

Health and wellness providers call 1-833-456-7655, preferably with the client present. A Medical Office Assistant (MOA) begins the intake process.

If the referring provider is not a general practitioner or nurse practitioner, the MOA will be joined by a Care Coordinator with the First Nations Virtual Substance Use and Psychiatry Service to work through the intake process. The Care Coordinator is a unique and key role to help support intake, assessment, collaborative care planning, education, navigation, and connection to the service in a manner that is culturally safe and trauma informed.

The service is delivered through Zoom for Healthcare at a scheduled time that works for the provider and client. Attending an appointment on Zoom is simple. Clients and providers click the link in the invitation emailed to them by the MOA to launch the appointment.

5. What are the technical requirements for video conferencing?

Providers and clients will need access to a personal computer, laptop, tablet or smartphone. Although most computer devices can launch Zoom, it works best with:

- an internet connection: broadband wired or wireless (3G or 4G/LTE)
- a minimum bandwidth of 600kbps (1.5 Mbps. is recommended). Check internet bandwidth using **Speedtest**
- a device that includes a microphone and a headset/ headphone. Plugging in a headset prevents an echo in the Zoom meeting

6. What are the service hours?

- Substance Use / Addictions Medicine: Monday to Friday from 9:30 a.m. - 5:30 p.m.
- Psychiatry: Monday to Friday from 10:00 a.m. - 3:00 p.m.

7. When can I access this service?

The service will be open for referral from community providers starting at **10am on Monday August 24th, 2020.**

8. Why do clients need to attend appointments with their provider?

With the client's consent, the service encourages the referring provider or another community health support person to attend the specialist appointment with the client. This ensures that local knowledge is available to the specialist for care planning and that there is community-based continuity of care for the client.

Clients can work with their care providers to choose a location that works best for them. This may include a private room in a health centre or the client's home. Clients and providers can attend sessions together on Zoom without having to be in the same room.

Things to consider when choosing a location include client comfort and privacy, quality of internet connection, phone service, travel distances and provider schedules.

9. What if a client does not have a computer or internet access?

For reasons related to client safety, all initial consults for this service must be by video. Following the first appointment, specialists prefer to continue with visual appointments; however, phone appointments may be able to be arranged for clients who cannot visit a health centre or do not have easy access to video conferencing, and have consented to have a support person attend for the duration of the call.

**Health and wellness providers
call 1-833-456-7655 for assistance**



First Nations Health Authority
Health through wellness

FEWER FACES, WIDE-OPEN SPACES

A GUIDE TO GATHERINGS AND EVENTS DURING COVID-19

The FNHA acknowledges the significance of sweat lodges, potlatches and other cultural and spiritual gatherings to our health and wellness, as well as the trauma caused by past banning of these activities.

Even so, now is not the time to hold or participate in group activities. Following are some risks associated with sweat lodges and potlatches, as well as some alternatives.

RISKS



Going into a sweat lodge during COVID-19 would mean being in too-close physical contact and possibly breathing in the droplets in each other's breath.



Even gatherings of fewer than 50 people require an assessment of risk – especially if the event will entail travel and people sharing accommodations.

ALTERNATIVES



Getting outside and spending time on the land and water (think “fewer faces, wide-open spaces”) is one of the most powerful ways to nurture health and wellness.



Connect to the Creator through prayer and focusing on your hopes for our future generations.



Consider holding smaller events for now, with the larger event at a later date (when it's safer to gather again).



If you are holding a smaller event, consider having bag lunches rather than shared meals, ensuring there are opportunities to wash and/or sanitize hands, and to practise physical distancing.



Modify any ceremonies and cultural practices with public health recommendations, or conduct them just with the family you live with/your “bubble.” Your bubble should always be the same five or six people – those in your household for example – and they should not be in other bubbles with other people!

For more information, visit www.fnha.ca/coronavirus

HOW FAMILIES CAN TAKE CARE OF EACH OTHER'S MENTAL HEALTH DURING A SECOND LOCKDOWN

 @BELIEVEPHQ

TIME AND SPACE



Make sure you are giving each other time and space to relax

DAILY CHORES



Support and help each other with daily chores around the house

TEAMWORK



Work as a team and make decisions together so that everyone feels involved

PHYSICAL HEALTH



Encourage everyone to take care of their physical health. Make sure everyone is getting enough sleep and eating a well balanced diet

EXERCISE

Support and encourage each other to stay active and exercise.

POSITIVE RELATIONSHIPS



Encourage each other to maintain positive relationships by staying in regular touch with friends and family

TALKING



Encourage each other to talk about mental health. If you notice someone is struggling ask how you can help

CHECKING IN



Check in with each other on a regular basis - "how are you feeling today? is there anything I can do to help you?"

KINDNESS



Be kind and caring towards each other. Listen to each other and be understanding

LEARNING EXPERIENCES



Identify key learning experiences from the previous lockdown and identify some things you did previously that were helpful

SELF CARE



Identify some activities you can all do individually and as a family that will provide you with a sense of pleasure, achievement and relaxation

HELPFUL BEHAVIOURS



Encourage each other to identify helpful behaviours that you can engage in individually or as a family that will help reduce any stress, anxiety or worry



RESPITE CARE

FOR INDIGENOUS CHILDREN



How to become a Respite Caregiver:

Respite Care provides a short break for parents while the child is cared for in another home. These homes provide short-term care on an intermittent basis, taking children for a day or few days at a time (e.g. 2 days per week or 4 days per month). The child is not legally “in care” in this situation. This is family support service governed by a Support Service agreement between the child’s parents and the ministry or agency. In these cases, the child’s parents retain full custody and guardianship.

Kanukwa7stáliha Family Service and Ministry of Children and Family Development require the following:

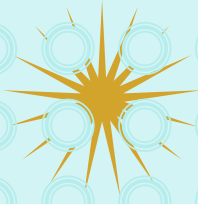
Contact our office to start the process by:
Completing the following forms: Criminal Record Check, Prior Contact Check and Gathering information.
Once the information is reviewed and approved then a home visit will be done by a Social Worker.

Kanukwa7stáliha Family Service

Rosalinde Narcisse, Family Find Worker:

Work: (250) 256-7525 Ext.#212 or Cell: (250) 256-8633

Email: rnarcisse@kanukwa7staliha.org



What are the steps?

There is an KFS Intake Form along with three documents required by MCFD: Prior Contact, Criminal Record Check, and Gathering Information.

Each person living in the household 18+ years will be required to fill out the Prior Contact, Criminal Record Check and Gathering of Information.

KFS & MCFD Social Worker will visit the home once the applicant is approved after the forms are returned and reviewed.

Interested in Kinship Care for Indigenous Children

What is Kinship care?

(Restricted Placement)

Care for children known or related to the caregiver. The agreement is restricted to specific child and ends when the child leaves the home or is no longer in care.

If you are interested, please contact our office.



Kanukwa7stáliha Family Service

Rosalinde Narcisse, Family Find Worker
Work: 250-256-7525 or Cell: 250-256-8633





First Nations Health Authority
Health through wellness

FIRST NATIONS HEALTH BENEFITS

Medical Transportation

First Nations Health Benefits (Health Benefits) provides medical transportation (MT) benefits to support clients accessing medically necessary health services not available in their community of residence. Eligible clients may be provided with funding for meals, accommodation, and transportation as required.

What is covered?

Transportation to access medically necessary health services, which may include:

- ✓ Medical services insured through the BC Medical Services Plan (MSP)
- ✓ Publicly-funded diagnostic tests and preventive screening programs
- ✓ Services covered by First Nations Health Benefits (e.g., dental, vision, etc.)
- ✓ Traditional healers
- ✓ Treatment at the nearest appropriate facility in BC funded by or referred to by the National Native Alcohol and Drug Abuse Program (NNADAP)

Health Benefits may provide funding for accommodation, meals, and travel based on the following rates:

- Mileage rate for personal vehicles: 23¢/km
- Accommodation in private homes: \$30 per night, up to a max of \$100 per week
- Meals:
 - \$10 for same-day trips
 - \$25 per night for trips up to six nights for clients under nine years old
 - \$48 per night for trips up to six night for clients nine years and older
 - \$163 per week for trips seven nights or more, inclusive of escorts

Coverage may be available for clients to travel with an escort in cases where the client:

- Is a minor
- Requires assistance with activities of daily living such as dressing, eating, or bathing
- Is undergoing a medical procedure (e.g., day surgery) or has a medical condition that will result in the client requiring assistance
- Will receive instructions on specific and essential home medical or nursing procedures that cannot be given to the client only
- Faces a language barrier
- Is travelling to give birth, including travel to be near medical care while awaiting childbirth (prenatal confinement)

Health Benefits covers the most economical and efficient means of transportation, taking into account the urgency of the situation and the medical condition being addressed. Some types of travel not listed as a benefit may be covered on an exceptional basis. Please note that not all medical travel is covered. For a full description of the MT benefit, including benefit exclusions, please visit www.fnha.ca/benefits/medical-transportation.

Clients living on-reserve should contact their health centre about booking MT travel.

Documentation

Clients requesting MT coverage must provide the following documentation before travel can be arranged:

- A referral from a general practitioner or family doctor
- Confirmation of an upcoming appointment from the health provider or facility

For eligible, pre-approved MT trips, clients must provide confirmation of attendance (COA) from the health provider or facility after their appointment. Travel expenses will not be reimbursed without a written COA.



TSOW-TUN LE LUM SOCIETY

HELPING HOUSE

Developing Personal Wellness Program Outline

Developing Personal Wellness is a 3-week online closed group program offered by Tsow-Tun Le Lum to support our people and communities during the current COVID-19 restrictions. The group meets 4 days a week from 1:00 p.m. to 3:00 p.m. for a total of 24 hours in program. For this to be a successful experience, you are required to make a commitment to attend all sessions. Depending on the group facilitator, the days will be either from Monday to Thursday; or from Tuesday to Friday every week.

1. Consent and commitment are required to participate
2. A signed Confidentiality Agreement is required to participate

This group is not intended to facilitate deep processing. Individual counselling is available upon request.

This program introduces healthy coping skills to support individuals in their recovery. Some of the areas we will explore are:

- Self-Care
- Grounding
- Mindfulness Practices
- Setting Healthy Boundaries
- Identifying Personal Triggers
- Elders' Teachings.

PROGRAM SCHEDULE

Week 1	Zoom time is from 1:00 – 3:00 p.m.	
	<ul style="list-style-type: none">• Group introductions• Review program content	<ul style="list-style-type: none">• Self-care• Grounding• Personal awareness / Mindfulness
Week 2	Zoom time is from 1:00 – 3:00 p.m.	
	<ul style="list-style-type: none">• Share personal awareness• Explore communication skills	<ul style="list-style-type: none">• Identify personal triggers• Setting boundaries
Week 3	Zoom time is from 1:00 – 3:00 p.m.	
	<ul style="list-style-type: none">• Check in• Building Self-Esteem	<ul style="list-style-type: none">• Review of week• Share personal gains & closure• On-line Evaluation



APPLICATION

Developing Personal Wellness

Online Group Program

Thank you for your interest in our online group program, 'Developing Personal Wellness'. TTLL is excited to provide this new way of connecting with our people, and we appreciate your willingness to be a part of this program. Please answer the following questions and submit application by email to:

info@tsowtunlelum.org (or send by fax to: 250-390-3119)

Name:

Date:

Contact Information

Email address:

Phone Number(s):

Mailing address:

Counsellor/Community Support Information:

Name:

Phone Number:

Organization:

Email Address:

Mailing Address:

Personal Information:

Self-Identified Gender:

Date of Birth:

Status: ☐ Yes ☐ No

Are you: ☐ First Nations

☐ Metis

☐ Inuit

Status: ☐ Yes ☐ No

Band Name:

Status Number:

Have you been impacted by systemic, trauma-related histories and/or experiences? (e.g. foster care, intergenerational survivor, Indian Residential School, etc.) ☐ Yes ☐ No

If you feel safe to do so, please provide more information:

What is your date of last use?

Last date using Alcohol: _____

Last date using drugs: _____

Last date Marijuana, (or any Cannabis product containing THC): _____

During the duration of this online program, we ask you to abstain from using.

What interests you about this online program?

Do you know what triggers/stresses you, or what that means?

How do you usually cope with stress?

Healthy ways:

Unhealthy ways:

Have you participated in groups before?

What kind of self-care and support do you have at this time? (e.g.: Yoga, exercise, Traditional singing/dancing, Cultural practices)

Are you comfortable in asking for 1 to 1 session if needed?

Computer skills and equipment:

Are you able to navigate online? ☐ Yes ☐ No

Do you have access to emails? ☐ Yes ☐ No

Do you have access to texts? ☐ Yes ☐ No

Do you experience internet, Wi-Fi, or cell reception problems? ☐ Yes ☐ No

(if yes, is there a more reliable location you can use to ensure you can participate?)

To support this experience, we will hold an individual practice/orientation Zoom session with you. You will be contacted to arrange the date and time for this practice session.

Please Note:

The goal of this 3-week program is to provide helpful coping skills. We recognize that emotions may come up and we will honour that. We will not be doing any deep processing and ask that if you are deeply triggered, you will:

1. Do your best to ground yourself
2. Avoid leaving the video chat
3. We are aware that sometimes things come up – if you need to take a moment, please do that and let us know you are ok.

For your safety and well-being, we are here for you if you need individual counselling.



T'it'q'et

*P.O. Box 615
Lillooet, B.C.
YoKlYo*

*phone (250) 256 4118
fax (250) 256 4544*

Notice from T'it'q'et Council

November 26, 2020

The T'it'q'et State of Emergency remains in effect. With the coming holiday season, T'it'q'et Council would like to remind members to remain vigilant by practicing physical distancing (2 meters apart), wearing masks in public places, handwashing, avoiding large gatherings, allowing no visitors in your home and staying home if you do not feel well.

T'it'q'et Administration office is closed to the public; however, if members need to meet with a staff member, please make an appointment. The stage is set up for one-to-one meetings if necessary. If you need to come into the office, please use the hand sanitizer when entering the building, wear a mask, and use hand sanitizer again when leaving the building.

T'it'q'et Council has agreed to align our prevention measures with the Provincial Health Order in effect until Dec. 7, 2020. (Council may extend to a later date)

These include;

- No social gatherings of any size with anyone other than your household or core bubble. Your core bubble may contain a partner, relative, friend or co-parent, who lives in a different household, to a maximum of two people that do not reside with you,
- Wearing masks in public indoor settings and workplaces. Masks should also be worn when providing services or visiting (within core bubble) any of our immune vulnerable residents and members.
- All non-essential travel should be avoided. This includes travel for vacation, or to visit friends or family outside of your household or core bubble, travel into and out of BC, and between regions or core bubble (ei. Travel from Interior Regions to Fraser Valley, Coast or North)
- Travel for work and medical appointments within your region is allowable but strict physical distancing measures should be practiced.

At this time, there are no confirmed cases within the T'it'q'et community. Chief Courteney will receive notice from First Nation Health Authority if a member or First Nation resident of T'it'q'et has tested positive. However, names of individuals who test positive are not provided. Active positive cases within the District of Lillooet are not provided to the public to protect the personal health information of individuals. Therefore, as individuals we must continue to practice the measures that are effective in reducing the transmission of the COVID-19 virus that were listed above. The good news is that vaccines are expected to be ready in 2021. Our People are strong and resilient. We will get through this pandemic together as a community and a Nation.

In closing, T'it'q'et Council would like to take this time to wish everyone a Merry Christmas and Happy New Year.

Eagle Spirit Counselling

Brandy Kane MSW RCSW, Ph.D Candidate

www.eaglespiritcounselling.com



Book your appointment with a registered clinical therapist.

Brandy Kane is booking counselling appointments for St'at'imc community members via online video counselling using Thera-link, or by phone. Due to the 2nd wave of the Covid outbreak, counselling sessions will be held virtually until further notice. In order to access free counselling through First Nations Health Authority, you will need to provide some basic information including your care card number and status number.

For a 15-minute consultation to see if we are a fit, call or email:
Cell number 604-728-1574 or brandy@eaglespiritcounselling.com

Attention

Re: Medical Travel

Medical Travel, I would like to remind everyone, requests are to be submitted a week in advance to ensure your travel cheque is ready in time for your appointment.

Cheques can be picked up **Wednesdays** and **Fridays** after 9am.

A photocopy or fax of your appointment/referral:

HEALTH FAX # 778-784-4070

Date, time and whose office you are going to see is required for me to submit your travel request. **It is your responsibility to provide this information to me.**

In addition, if a driver is required and/or an overnight stay is needed, *it needs to be stated on the Medical Application form.*

Please note that it is the client's responsibility to return the confirmation card to the medical clerk in order for upcoming medical to be funded

If a gas voucher is provided for an appointment, please remember to bring back the receipt so I can calculate if all funds were used in order to determine the proper reimbursement, this is your responsibility to submit the gas receipt to the medical clerk in order to receive the full reimbursement otherwise it may be considered fully paid out.

For T'it'q'et members the Top-Up rate has been adjusted and only one will be provided for coordinated family's appointments out of town, for Kamloops appointments the Top-Up is set at \$21.34, for Vancouver appointments the rate of Top-Up is \$26.88. As the medical travel, mileage adjusted from .20 cents to .23 cents back in October 2014.

May I please remind that the First Nations Health Authority does not cover client fees for exams only medical travel, accommodations, and meal allowances for the client and the medical escort if required. There is a \$10.00 meal allowance provided to all same day trips out of town

Questions or concerns, please contact me

Nicole Napoleon
T'it'q'et Medical Clerk
Medicalclerk@titqet.org
250-256-4118 ext. 241



Government
of Canada

Gouvernement
du Canada

Canada



JORDAN'S PRINCIPLE

ENSURING FIRST NATIONS CHILDREN HAVE
ACCESS TO THE SERVICES THEY NEED

Is a First Nations child you know getting the services they need?

JORDAN'S PRINCIPLE supports substantive equality for First Nations children when accessing government services, such as:

- Education
- Medical equipment
- Mental health
- Speech therapy

...and more

First Nations children living on and off reserve are eligible.

Service coordinators are available to ensure children have access to the services they need without delay.

Families are encouraged to contact us if they have questions or new information about any submitted or denied request under Jordan's Principle since 2007.

Phone **1-855-JP CHILD (1-855-572-4453)**

TTY **1-866-553-0554**

Visit **www.canada.ca/jordans-principle**



Appeals

When coverage for a benefit has been denied, the client, their parent or guardian, or their representative has the right to appeal the decision. This requires writing a letter of appeal that describes the situation in detail. Appeals must be submitted within 12 months from the date the benefit was denied.

Clients must include the following information in their letter of appeal:

- The condition for which the benefit is being registered;
- The diagnosis and prognosis, including what alternatives have been tried;
- Relevant diagnostic test results (e.g., dental x-rays); and
- Justification for the proposed treatment and any additional supporting information.

There are two levels of appeal available to Health Benefits clients. If an appeal is denied and there is new information that could support it, clients may escalate the appeal and ask for another review within 30 days of the appeal being denied. All appeal materials should be clearly marked “APPEALS – CONFIDENTIAL.”

Please call Health Benefits at **1-855-550-5454** if you have any inquiries regarding appeals.

Mail all Appeals to:

FNHA Health Benefits Program
540 - 757 West Hastings Street
Vancouver, BC V6C 1A1

Orthodontics Appeals

In addition to the letter of appeal and supporting documentation, orthodontic appeals should include the following information provided by the orthodontist or dentist:

- Orthodontic Summary Form, with HLD Index results;
- Diagnostic test results, including:
 - o Cephalometric radiographs with associated scale for calibration;
 - o Frontal and profile photographs;
 - o Intra-oral photographs depicting the right, left, and anterior occlusal relationships;
 - o Panoramic radiographs; and
 - o Diagnostic orthodontic models.
- Treatment plan, estimated duration of active and retention phases of treatment, and an outline of billable costs; and
- Signature of parent or guardian, including their Band name and status number.

T'ÍT'Q'ET LANDS AND NATURAL RESOURCES

Newsletter

February 2021

The T'ít'q'et Lands Committee has been meeting regularly on Telus businessconnect. These meetings were hosted by Shawn Speirs of the Lands Advisory Board Resource Centre. The committee members take turns serving as the meeting chair.

- **Lands Committee**

The committee is reviewing its work plan and is going to develop a strategic plan. Funk Signs in Kamloops were commissioned to produce 4 warning signs that will be posted around the wetland on IR #1. There is a lot of wild parsnip growing in and around the wetland. The Lands Committee will meet with a representative of the Lillooet Regional Invasive Species Society and representatives of the Ministry of Transportation and Infrastructure and the Ministry of Forests regarding this matter. The Committee has sent a letter to T'ít'q'et Council advising them that a new member could be appointed to fill a vacancy on the committee.

The Environmental Site Assessment Phase 2 project is ongoing. The consultants, Teranis, will be working within the T'ít'q'et community, and in conjunction with a T'ít'q'et member, inspecting Areas of Potential Environmental Concern beginning in mid to late February.

- **Law-Making**

Patrick Kelly will be meeting with T'ít'q'et Council to discuss law development.

- **Lands and Natural Resources Administration**

The Lands and Natural Resources Director is speaking with a contractor about renovating the Resource Room in the P'egp'ig'lha Community Centre to turn it into the new Lands and Natural Resources Office.

- **Organization Study/Human Resources**

The Lands and Natural Resources Officer and Lands Committee Coordinator will review their job descriptions. Also, the organization chart of the department will be reviewed in light of our operational land code.



S'tat'imc Nation

Stay safe within your bubble

Family

Self

You make the difference

Steps to become a Family Foster Care Provider



Rosalinde Narcisse,
Family Find Worker
Kanukwa7staliha Family
Services (KFS)

Tel. (250) 256-7525
Cell: (250) 256-8633
Email:
rnarcisse@kanukwa7staliha.org

Here are some things to consider for yourself and your family before you take the next steps to become a caregiver for a child who may need a place for temporary care or permanent place.

- In good physical and emotional health to cope with the added stress of taking care of a child placed in your care.
- Financially stable without the foster care payment as there will be times when there are no children placed in your home or children will be moved unexpectedly and payments will end.
- Be willing to attend mandatory training as there is a 'pre-service training' to help prepare prospective childcare provider for the challenges of taking care of a child placed in your care.
- A child may live with you for an unknown period of time, help that child grow and be able to let that child go on short notice.
- Work with the social workers and other professionals and work cooperatively with them even if there may not always agree on what is best for the child.
- Be a family that uses positive parenting techniques and no physical discipline with the child placed in your care.

The steps after filling out an Intake form, Criminal record check, Consent to Collect Information and Prior Contact check:

- Answer some questions, as a Social Worker will visit the home.
- Be willing to work with Kanukwa7staliha Family Services (KFS), the child's family & community representative, and MCFD Social Worker
- If the references, criminal record check, medical report & assessment interview are satisfactory, the home is approved then a Family Care Home contract will be signed.
- Based on discussions and assessment regarding your abilities, the Social Worker will talk with you about specific children who may be appropriate for you and take into account your preferences.



Xaxli'p / Xwisten / Tsal'alh / T'it'q'et / Ts'kw'aylaxw / Sekw'el'was



ST'ÁT'IMC OUTREACH HEALTH SERVICES

LILLOOET TRIBAL COUNCIL

PO Box 1420 | 650 Industrial Place | Lillooet, BC V0K 1V0

Phone:(250) 256-7530 | **Fax:** (250) 256-7535

statimhealth.net

HOURS OF OPERATION

Monday – Friday

8am – 5pm (closed for lunch from Noon–1pm)

Closed on Statutory Holidays

URGENT or CRISIS LINE PHONE NUMBERS

Mental Health and Addiction Services:

Lillooet Hospital and Health Centre, 951 Murray Street, Lillooet, BC

- Health Centre, Intake and Urgent Response, Monday to Friday, 8:30–4:30pm, 250-256-1343
- **Lillooet Hospital, 24 Hour Emergency, 250-256-4233**

Ministry of Children & Family Development, 514 Main St., Monday-Friday, 9:00-4:00, 250-256-2710

Crisis and Health Lines – Toll Free:

- Kuu-us Crisis Line, Provincial Aboriginal Crisis Line 24/7.....1-800-588-8717
- Native Youth Crisis Hotline, 24/7, Canada & USA.....1-877-209-1266
- Interior Crisis Line.....1-888-353-2273
- Crisis Intervention & Suicide Prevention, 24/7.....1-800-784-2433
- Adult & Youth Distress Line.....1-866-661-3311
- Alcohol & Drug options for treatment.....1-800-663-1441
- Kids Help Line, for children & youth,24/7, phone..... 1-800-668-6868
or by text, CONNECT 686868
- BC Nurses Line, Health questions.....811
- Indian Residential School Crisis Line, 24/7.....1-866-925-4419
- VictimLINK, 24 Hour help & Information.....1-800-563-0808
- Kamloops Sexual Assault Counselling Centre.....250-372-0179
or ksacc@ksacc.ca
- Women's Emergency Shelter.....250-455-2284
or toll free 1-800-318-4455
- BC COVID 19 Mental health Network..... bccovidtherapists@gmail.com
With name contact info and availability for free online appointment

Emergency – Call 911 in service area

or

Stl'atl'imx Tribal Police – 250-256-7767

RCMP – 250-256-4244

Ambulance – 250-256-7111

Cultural Wellness/ A & D/ Mental Health Supports

Lillooet Friendship Center: Working at office & by phone, online		
Victim Services	Violet Dunn (working in office) Stop the Violence/ SAFE Home Program	250-256-4146 stv@lfcs.ca
Addictions & Mental Health	<ul style="list-style-type: none"> Carol Camille Riley Aleck 	Cell #'s <ul style="list-style-type: none"> 250-256-4146 250-256-9336
Cultural Wellness	Riley Aleck – Counselling Support	Cell: 250-256-3086
Shelter Support & Food Bank	Everett Tom	Cell: 250-256-1574 Office: 250-256-4146
PEACE (CWWA) Prevention, Education, Advocacy, Counseling, Empowerment for children and youth experiencing violence.	Karen Kauffman	250-256-4146 karen@lfcs.ca
EYSC Engaging Youth for Stronger Communities	Gail Kreiser-Leech: Job Coach	250-256-8893 eysccoach@lfcs.ca
Private Practitioners:		
Eagle Spirit Counselling	Brandi Kane MSW, RCSW	604-728-1574 brandy@eaglespiritcounselling.com
	Yolanda Hall MSW, RCSW Private Clinician/ Counsellor Lillooet (Mondays and some Tuesday afternoon)	1 (866) 414-2300 yjhall@telus.net
Askom Counselling	Joanne Warren SSW, BA, MLIS, MACP, RCC	Office: 250-256-4906 Toll Free: 1 (866) 884-5990 counsellor@askomcounselling.org
Interior Health, Lillooet Hospital and Health Centre		250-256-4233
Mental Health & Substance Use Monday–Friday 8:30am–4:30pm Clinician 1 on site/1 working remotely. Both are available M-F	AJ – 250-256-1319 Allanah – 250-256-1343 Currently offering phone and Zoom app'ts to existing clients. In-person app'ts are on case-by-case. New intakes being screened via phone on a priority basis. Crisis response to Lillooet ED in person. Mandate: Moderate to Severe Mental Illnesses, including psychiatry referrals to Kamloops. Substance Use services, including referrals to treatment centers.	OAT Clinic (Phone app'ts only) 250-256-1345

St'at'imc Health Outreach: Working in Shifts & from Home, phone & online 250-256-7530		
Cultural Support	Darrell Bob	<u>Cell:</u> 250-256-3086
Day Treatment Manager	Christian Ahrenkiel	<u>Office:</u> 250-256-7530 <u>Cell:</u> 250-256-3625 daytreatmentmgr@statimchealth.net
Adult Mental Health Clinician	Ricardo Pickering	rpickering@statimchealth.net
Addictions Supports	Matilda Brown	<u>Office:</u> 250-256-7530 Ext. 209 mbrown@statimchealth.net
Mental Outreach Health Clinician	Cole Levitt	<u>Cell:</u> 778-220-1410 clevitt@statimchealth.net
Youth Clinician	Ellie Madeley	778-209-8552 youthclinician@statimchealth.net
Peer Supports	Rocker Brady	rbrady@statimchealth.net
T'i'tq'et Health: Working from Home, phone & online		
Community Wellness Counselling & Addictions Supports	Juanita Jacob	<u>Office:</u> 250-256-4118 250-256-9410 wellnesscoordinator@titqet.org
Sekw'el'was Health & Wellness: Working from Home, phone & online		
Mental Health & Addictions Support	Andrea Lebourdais	<u>Office:</u> 250-256-4136 Ext: 216
Counselling Supports for Community members		<u>Office:</u> 250-256-4136 <u>Cell:</u> 250-267-3389 mp.levitt@outlook.com
Xaxlip Health & Wellness: Working In Office		
Cultural Wellness, Addictions & Mental Health	Linda McDonald	250-256-4800 mentalhealth@xaxlip.ca

Xwisten Health & Wellness: Phasing Out of Office to Work at Home		
Mental Health & Addictions Counselling Support	Gary Dunn	250-256-7423 communitywellness@xwisten.ca
Cultural Wellness	Andrew Tom	250-256-7423
Ts'kw'aylaxw Health & Wellness: Working from Office 250-256-4204		
Health Admin.	Shannon McDonald	250-256-1459
	Stella Aleck	250-256-4204 culturalwellness@ts'kw'aylaxw.ca
Shalalth Rose Casper Health: Working from Home		
Contracted Support from SOHS Addictions counselling support	Matilda Brown	250-259-8232 mbrown@statimchealth.net
Kanukwa7staliha Family Services: Working from Home, phone and online		
CYMH Clinician	Sean O'Donaghey	<u>Office:</u> 250-256-7525 <u>Cell:</u> 604-722-1453



https://www.virtualhospice.ca/en_US/Main+Site+Navigation/Home.aspx

Foundry's Virtual Services

Foundry's virtual services include drop-in counselling, peer support and drop in groups. Services are available to all BC's young people ages 12-24 and their caregivers. No previous access to Foundry's services required.

**No referral or assessment required.
Services are free and confidential.**

Sessions available through chat, voice-only calls or video calls. Internet access is not required to receive Foundry's virtual services.

Visit foundrybc.ca/virtual for detailed information.

Services available include:

- [Drop-in counselling for young people and their caregivers](#) — single session drop-in counselling with a Foundry clinician
- [Peer support for young people and their caregivers](#) — connect one-to-one with a trained Peer Support Worker. Peer Support Workers are young people and caregivers who identify as having lived/living experience of mental health and/or substance use challenges.
- Groups and workshops [for young people](#) and [for caregivers](#)
- Primary Care services coming in Fall 2020.

To book an appointment:

- Call 1-833-F0UNDRY (that's F0UNDRY with a zero or 1-833-308-6379) between 1:15-7:15PM Monday-Friday.
- Email online@foundrybc.ca or [register online to book an appointment](#) anytime.

Foundry offers young people ages 12-24 health and wellness resources, services and supports — online and through a network of integrated service centres in communities across BC. Visit foundrybc.ca to [find a Foundry centre in your community](#).

For Foundry's COVID-19 resources visit: foundrybc.ca/covid19



Click here for a downloadable image with information on Foundry's virtual services. Feel free to promote on social channels!



North St'at'imc

COVID-19 Testing

Have you been experiencing the following symptoms?

Mild Symptoms:

- ✓ Low-grade fever
- ✓ Cough
- ✓ Malaise (overall discomfort)
- ✓ Muscle aches
- ✓ Runny Nose
- ✓ Nasal congestion
- ✓ Loss of sense of smell
- ✓ Painful swallowing
- ✓ Loss of appetite
- ✓ Fatigue
- ✓ Sore throat
- ✓ Nausea, vomiting, and/or diarrhea

Severe Symptoms:

- ✓ *Fever
- ✓ *Shortness of breath
- ✓ *Difficulty breathing
- ✓ *Chest pain

**If you are having any of these severe symptoms please go to your nearest emergency department*

If you are experiencing any of these symptoms you are eligible for COVID-19 screening and/or testing

Contact: 250-256-1381 OR 250-256-7017 to book an appointment

February 2021 Horoscopes



Aquarius (Jan 20–Feb 18)

Marital life will be harmonious and enjoyable. Family life will face unexpected challenges. Health and career will be in turmoil and full of problems. Business travel will give good returns, but students will face a lot of difficulties in their studies.

Aries (Mar 21–Apr 19)

Based on the Aries star sign 2021, planetary aspects are favorable in February 2021. Married life will be more friendly than passionate. Health and career prospects are fabulous. Finances are comfortable, while academic growth and travel activities are not encouraging.

Taurus (Apr 20–May 20)

Love and affection will be missing in love relationships. Singles are in search of temporary relationships. Health and financial prospects are wonderful. Academic development of students will be encouraging and travel activities are exceedingly beneficial.

Gemini (May 21–June 20)

Planetary aspects are beneficial for social activities and you will explore new areas of life. Love life will be very romantic, and singles will find partners in social circles. Prospects for profession and finances are a little difficult. Family relationships will be chaotic.

Cancer (Jun 21–Jul 22)

Married life can be made sweeter by going on pleasure holidays. Family relationships will be pleasant and health prospects are excellent. Career growth will be good and travel prospects are encouraging.

Leo (Jun 23–Aug 22)

Love life will be both romantic and sensual with scope for pregnancy. Family relationships present a pretty picture and health prospects are encouraging. Career development will be quite good and financials can be problematic. Travel and educational fields will face rough weather.

Virgo (Aug 23–Sept 22)

Love relationships will be both romantic and sensual. Health will not be posing any problems during the month. Educational prospects are wonderful. Professional growth will be retarded. Finances and travel activities will not be propitious.

Libra (Sept 23–Oct 20)

The month is dominated by very good marital bliss. Health will not pose any problems. Students will excel in their studies. Financials and professional growth will face tough conditions. Travel engagements will not have any beneficial effects.

Scorpio (Oct 23–Nov 21)

Love relationships will face problems during the initial parts of the month. Career development and financial prospects will face difficulties. Family relationships will be problematic and health will be tentative. Considerable gains from travel activities are likely.

Sagittarius (Nov 22–Dec 21)

Love relationships will be fabulous this month. Career prospects will suffer due to problems in the workplace. Family affairs and health will not pose any difficulties. Travel activities do not promise any benefits while the academic growth of students will be admirable.

Capricorn (Dec 22–Jan 19)

Single persons are looking for fun in relationships. Relationship with children will be marvelous. Health will be splendid and career growth will be fabulous. Students will excel in their studies. Financials and travel plans are not gainful.

Pisces (Feb 19–Mar 20)

Singles will find love partners through good communication. Family relationships will be volatile. Professional growth will be excellent and financial flow will be copious. While travel engagements will be beneficial, educational prospects are not encouraging.



Weekly Event Calendar

Nukw7antwál' Day Treatment



Monday Jan. 18 2021	Tuesday Jan. 19 2021	Wednesday Jan. 20 2021	Thursday Jan. 21 2021	Friday Jan. 22 2021
<p>Morning:</p> <p>Morning Medicine 9-9:30 Facebook Live Click here to access.</p> <p>Medicine Wheel Goals 10:30-11:30 Zoom Click here to register.</p>	<p>Morning:</p> <p>Morning Medicine 9-9:30 Facebook Live Click here to access.</p>	<p>Morning:</p> <p>Morning Medicine 9-9:30 Facebook Live Click here to access.</p> <p>Self Love Letter 10:30-11:30 Zoom Click here to register.</p>	<p>Morning:</p> <p>Morning Medicine 9-9:30 Facebook Live Click here to access.</p> <p>Peer Visiting Online 10:30-11:30 Zoom Click here to register.</p>	<p>Morning:</p> <p>Morning Medicine 9-9:30 Facebook Live Click here to access.</p> <p>Service Day Volunteer Opportunities Coming Soon!</p>
<p>Afternoon:</p>	<p>Afternoon:</p> <p>Online Fitness 1:30-2:30 Zoom Click here to register.</p>	<p>Afternoon:</p>	<p>Afternoon:</p> <p>Online Fitness 1:30-2:30 Zoom Click here to register.</p>	<p>Afternoon:</p>

March 2021

Newsletter Submission Deadline

Friday, Feb 19th at Noon

*anything submitted outside of this date will not be included in the newsletter.
The deadline is shortened due to the office closing over the holidays.*

Want to submit to the newsletter? Please email us at
reception@titqet.org

(PDF or Word documents are preferred)



TRIBAL POLICE
(250) 256-7767

RCMP
(250) 256-4244

FIRE DEPT.
(250) 256-4225

AMBULANCE
(250) 256-7111

POISON CONTROL
1 (800) 567-8911

REPORT WILDFIRE
1 (800) 663-5555



*Please post where visible in case of emergency

EMERGENCY CONTACTS