

**Nlaka'pamux Health Services Society**

# **Annual Report**

**2019-2020**



**Nlaka'pamux Health Services**

**Nlaka'pamux Health Services Society  
2088 Quilchena Avenue, P.O. Box 1624, Merritt, BC, V1K-1B8  
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## Executive Director- Tamara George

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I would like to start off by introducing myself, my name is Tamara George (Stirling) from the Nlaka'pamux Nation, a member of the Coldwater Indian Band. My parents are May Gilbert & Mike Smith, my grandma was Alice George (Justice) and my grandfather was David McCuish. My paternal grandmas were Mary- Ann Phillips & Annie May Jules and my grandpas were Larry Taylor & Larry Smith. I am the oldest of 2 other siblings Shayla George and Danton Smith. I am happily married to Dillon Stirling and the proud mother of my daughter Zakara Stirling.

In October 2018 I had taking on the role of Managing Nation Shared Services, and on this year November 7, 2019 Nlaka'pamux Health was officially incorporated into a non-profit Society named Nlaka'pamux Health Services Society. We are currently governed by five Board of

Directors.

I have worked in the field of Health for the past 10 years & it was been a great pleasure to work for my own Nation. It is paramount that we look at health for the future generations to come.

I graduated from NVIT in 2014 with Associate of Art degree majoring in General Arts and I have since graduated in October 2019 with my Certified Aboriginal Professional Administrator (CAPA) programs with AFOA.

I have participated in the following training and information sessions:

- Making Connections, First Nations Health Authority (FNHA)
- First Nations Accounting Fundamentals, Aboriginal Financial Officers Association (AFOA)
- Applied Suicide Intervention Skills Provisional Trainer, Living Works Education
- Living life to the Full, Canadian Mental Health Association
- CAHR Aboriginal Health, University of Victoria
- Health Non-Insured Health Benefits Medical Transportation Training, FNHA
- Critical Incident Stress Management: Group Crisis Intervention, UMBC
- Chemical Addictions studies, Nicola Valley Institute of Technology
- Band Social Development Worker Training Level 1, First Nations Social Development Society

### **Purpose of Nation Shared services**

To improve Health Services for Nlaka'pamux Nation members and to supplement and enhance current community programs and services.

Current role of NHSS Executive Directors has been to support the Nlaka'pamux Health Services & initiate health programs based on NLX Health plan aimed at Community wellness, mental health

and promotion of health. Engage & support community health initiatives, policy implementation and best practices for the nation as a whole. Over see the day to day operations of Nation Shared Services. Gathering information related to health matters; assist in coordinating meetings, events, training programs.

External Relationships – We continue to work with Interior Health Authority, First Nation Health Authority to ensure the best possible services are available to our membership. We collaborate closely with Scw'exmx Community Health, Scw'exmx Child & Family Services Society, Citxw Nlaka'pamux Assembly, Nlaka'pamux Child & Family, Lytton Transition house.

Interior FNHA – I attend the Nation CEC calls & various meeting with FNHA Interior Regional team.

Health Directors – I meet with the Nations Health Directors on a quarterly basis to identify gaps in services, to plan for program and service delivery enhancements.

Community Engagements – NHS plans community engagements twice a year to create space and opportunity to listen to the needs of membership. Community engagement also helps with planning for future funding opportunities.

#### Office Space

As of April 1<sup>st</sup>, 2020 NHSS, happily found an office rental space in Lytton & signed a one-year lease agreement. This was crucial for NHSS as we needed space to better serve the canyon bands including a confidential counselling space. Since then, we have moved to a bigger location across the street.

Staff Meetings – NHS staff meets monthly & departments also meet monthly.

Website – This year we final have a live website. [www.nlxhealth.com](http://www.nlxhealth.com) We are still continually updating.

#### Governance Update

At the Health Caucus/Nation Assembly on April 9, 2019 in Lytton we had 7 of the 12 Chiefs sign off supporting to move forward with the development of the NHSS Society. At that meeting leadership had decided to assign an interim Board. It was a volunteer board as NHSS had no funding to support governance work. The goal was to have the society developed within the next few months. By November 7, 2019 Nlaka'pamux Health Services Society was officially incorporated into a non-profit Society named Nlaka'pamux Health Services Society.

#### Nlaka'pamux Nation

##### **On Reserve/ Total Population**

1. Ashcroft Indian Band (78/272)
2. Boothroyd (89/283)
3. Boston Bar First Nation (96/266)
4. Coldwater Indian Band (388/831)
5. Cooks Ferry (82/347)
6. Kanaka Bar Indian Band (77/232)
7. Lower Nicola Indian Band (558/1226)
8. Lytton First Nation (886/1992)
9. Nicomen Indian Band (76/133)
10. Nooaitch (125/224)
11. Oregon Jack Creek (20/65)
12. Shackan (80/133)
13. Siska (104/314)
14. Skuppah Indian Band (66/119)
15. Spuzzum (50/273)

Indicates Bands not in Interior Region  
Funding

## NHSS Board of Directors

Nlaka'pamux Health services is still welcoming other Bands to appoint a Board member to join NHSS Board of Directors. The Board currently consists of the following people.

Name	Position	Community appointed by
<b>Jason Robertson</b>	President	Lytton
<b>Trish (Patricia) Munro</b>	Vice-President	Siska
<b>Chief Patrick Michell</b>	Treasurer	Kanaka
<b>Mary Angus</b>	Secretary	Shackan
<b>Sherry McIntyre</b>	Board of Director	Skuppah

Challenges- NHSS biggest challenge is finding sustainable funding that includes travel expenses. Most funders do not seem to understand the crucial need for travel dollars as we have a large demographic area to serve.

## The Mental Health & Addictions Department

Programs offered – (please see description of each program in the Mental Health Programs Report)

- Grief Recovery Edu-Therapy
- Applied Suicide Intervention Skills Training & SafeTALK
- Living Life to the Full - Adult
- Talking Hands: Self-Expression Through Art
- Mental Health First Aid
- Wellbriety

## **Building Capacity with Nlaka'pamux Nation by Training and Development**

NHSS offered training opportunity ITFL or ITOOLS (Exploring Indigenous Tools for Living) and started planning stages to offer IFOT (Indigenous Focusing- Orientated Therapy). Priority was given to members of the nation or front-line workers servicing membership.

### Exploring Indigenous Tools for Living

- Creating a protected land-based space for hearing, sharing and creating land-based ways of setting “*the load*” down.
- Sensing the difference between a reaction and an authentic ‘*felt sense*’; Hearing the wisdom of our collective knowing and ancestral shared trauma knowledge.



- Exploring the intergenerational benefits and necessity of that Critical Voice that tells you/us 'you can't' and using that 'critical voice' as a helper in finding our authentic personal and collective voices.
- Creatively finding your way around 'difficult people', while maintaining our truth and standing our ground and learning how to transform when needed.
- Collective and Personal *Grief & Loss* explored as Justice and Transformation to help move us personally and collectively forward.
- Exploring *Dreams & Twisted Thoughts* (day or night) as guides for resolving complexities and collective intergenerational connection.



**Participants will learn how to implement tools in community.**

#### Indigenous Focusing-Oriented Therapy & Complex Trauma Certificate (IFOT)

NHSS has partnered with Justice institute of Technology to offer a 21-day (10.5 credit) Indigenous Focusing-Oriented Therapy and Complex Trauma certificate using Focusing-Oriented Therapy as a safe and effective method of working with clients who experience complex trauma. This program emphasizes both knowledge and application through classroom instruction, clinical practice (logged and supervised therapy sessions) and clinical supervision/observation.

A variety of Aboriginal/ Indigenous treatment modalities are woven throughout the courses, including experiential exercises, storytelling, ceremonial processes and land-based healing techniques.

Programs April 01.2019 – March 31.2020	Nlaka'pamux Members	Non NLX member or Non-Status	<b>Total Participants</b>
IFOT- Cohort #1 & #2	30	10	<b>40</b>
ITFL	33	5	<b>38</b>
<b>OVERALL Participants this year</b>	<b>63</b>	<b>15</b>	<b>78</b>



External Contracts- NHSS has partnered with Lytton First Nations to host the Traditional Wellness Position and Street Angel position for the Canyon area. In the Merritt area we have partnered with Nicola Valley Shelter & Support Society for the street angel, peer outreach positions.

I would like to acknowledge our partnership with Scw'exmx Community Health Services Society for NHSS Finances. Including Jim Adams for his hard work assisting with chasing funding opportunities.

A special thank you to Ko'waintco Michel for sitting at the various health political tables, representing the NLX Nation and providing communication keeping our Chief & Councils informed.

And thank you to Bernadette Collins, our Nation Community Engagement Coordinator, for keeping myself and health directors informed of all health matters, her tireless energy put towards planning, communicating and collaborating.

I would like to extend my sincerest appreciation to all the managers and staff for their contributions to Nlaka'pamux Health Service Society.

It is crucial that we think of future generation when planning services & programs. At NHSS we are always looking to see how we can expand services by identifying health gaps and planning culturally appropriate health services and programs. I look forward to another year of opportunities and growth at Nlaka'pamux Health Services Society.



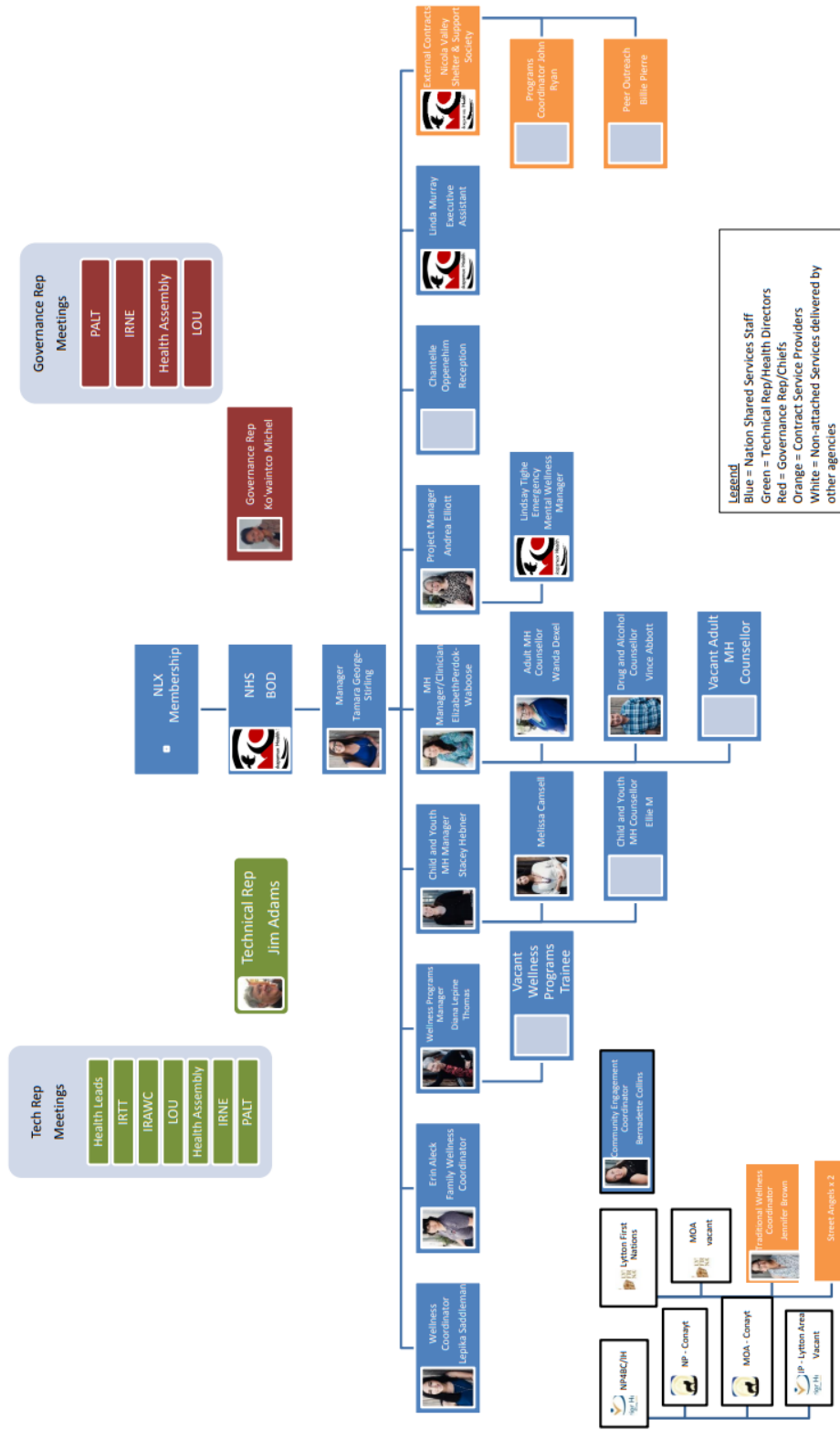
**K'uk'wscemx'w (Thank-you)**

**Tamara George**

**Executive Director**



## Organizational Chart


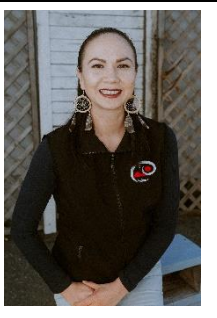


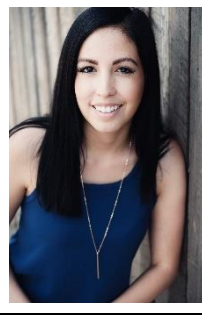






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## Staff Directory April 1<sup>st</sup> 2019- Mar 31, 2020

<p><b>EXECUTIVE DIRECTOR</b>  <b>Tamara George</b>  O: 250-378-9772 ext. 119  <a href="mailto:george.t@nlxfn.com">george.t@nlxfn.com</a></p> <ul style="list-style-type: none"> <li>.. Manage Nation Shared Services</li> <li>.. Engage with Health Directors</li> <li>.. Develop Reports for NHSS</li> <li>.. Oversee Daily Operations</li> </ul>		<p><b>RECEPTIONIST</b>  <b>Chantelle Oppenheim</b>  O: 250-378-9772 ext. 101  <a href="mailto:mhreception@nlxfn.com">mhreception@nlxfn.com</a></p> <ul style="list-style-type: none"> <li>.. Administrative duties</li> <li>.. Interpersonal skills</li> <li>.. Customer service</li> </ul>	
<p><b>COMMUNITY ENGAGEMENT COORDINATOR</b>  <b>Bernadette Collins</b>  O: 250-378-9772 ext. 103  C: 250-315-5227  <a href="mailto:collins.b@nlxfn.com">collins.b@nlxfn.com</a></p> <ul style="list-style-type: none"> <li>.. Communication</li> <li>.. Collaboration</li> <li>.. Planning</li> </ul>		<p><b>ADMINISTRATIVE ASSISTANT</b>  <b>Linda Murray</b>  O: 250-378-9772 ext. 116  <a href="mailto:adminassistant@nlxfn.com">adminassistant@nlxfn.com</a></p> <ul style="list-style-type: none"> <li>.. Administrative support</li> <li>.. Communication</li> <li>.. Interpersonal Skills</li> </ul>	
<p><b>WELLNESS COORDINATOR</b>  <b>Lepika Saddleman</b>  O: 250-378-9772 Ext. 102  C: 250-378-7045  <a href="mailto:Wellnesscoordinator2@nlxfn.com">Wellnesscoordinator2@nlxfn.com</a></p> <ul style="list-style-type: none"> <li>.. Communication</li> <li>.. Collaboration</li> <li>.. Engagement</li> </ul>		<p><b>DRUG AND ALCOHOL COUNSELLOR</b>  <b>Vincent Abbott</b>  C: 778-254-0055  <a href="mailto:abbott.v@nlxfn.com">abbott.v@nlxfn.com</a></p> <ul style="list-style-type: none"> <li>.. Addictions Services Support</li> <li>.. Treatment Referrals</li> <li>.. Mental Health Support for adults</li> </ul>	
<p><b>MENTAL HEALTH &amp; ADDICTION CLINICIAN/ SUPERVISOR</b>  <b>Elizabeth Perdok-Waboose</b>  O:250-378-9772 ext. 108  C: 250-378-7596  <a href="mailto:perdok-waboose.e@nlxfn.com">perdok-waboose.e@nlxfn.com</a></p> <ul style="list-style-type: none"> <li>.. Mental Health Support for adults</li> <li>.. Community Based Programming</li> </ul>		<p><b>ADULT MENTAL HEALTH &amp; ADDICTIONS COUNSELLOR</b>  <b>Wanda Dixel</b>  O: 250-378-9772 ext. 109  C: 250-378-7631  <a href="mailto:dixel.w@nlxfn.com">dixel.w@nlxfn.com</a></p> <ul style="list-style-type: none"> <li>.. Mental Health Support for adults</li> <li>.. Community Based Programming</li> </ul>	
<p><b>ADULT MENTAL HEALTH &amp; ADDICTIONS COUNSELLOR</b>  <b>Grant Louis</b>  O: 250-378-9772 ext. 111  C: 250-778-254-2406  <a href="mailto:louis.g@nlxfn.com">louis.g@nlxfn.com</a></p> <ul style="list-style-type: none"> <li>.. Mental Health Support for adults</li> <li>.. Community Based Programming</li> </ul>		<p><b>PROJECT MANAGER</b>  <b>Andrea Elliott</b>  O: 250-378-9772 ext. 114  <a href="mailto:Elliott.a@nlxfn.com">Elliott.a@nlxfn.com</a></p> <ul style="list-style-type: none"> <li>.. Program Development</li> <li>.. Engagement</li> <li>.. Implementation of Service Delivery</li> </ul>	

<p><b>CHILD AND YOUTH MENTAL HEALTH MANAGER</b>  <b>Stacey Hebner</b>  O: 250-378-9772 ext. 106  <a href="mailto:hebner.s@nlxfn.com">hebner.s@nlxfn.com</a></p> <ul style="list-style-type: none"> <li>Manages Child &amp; Youth MH Department</li> <li>Mental Health Support for Children &amp; Youth</li> <li>Facilitate Group Therapy</li> </ul> 	<p><b>CHILD AND YOUTH MENTAL HEALTH COUNSELLOR</b>  <b>Melissa Dexel</b>  O: 250-378-9772 ext. 107  <a href="mailto:dexel.m@nlxfn.com">dexel.m@nlxfn.com</a></p> <ul style="list-style-type: none"> <li>Mental Health Support for Children &amp; Youth</li> <li>Facilitate Group Therapy</li> </ul> 
<p><b>TRADITIONAL WELLNESS COORDINATOR –Lytton area</b>  <b>Jennifer Brown</b>  <a href="mailto:j.brown@lfn.band">j.brown@lfn.band</a></p> <ul style="list-style-type: none"> <li>Traditional Wellness Programs</li> </ul> 	<p><b>EMERGENCY PLANNING &amp; COORDINATION MANAGER</b>  <b>Lindsay Tighe</b>  O: 250-378-9772 ext. 113  <a href="mailto:tighe.l@nlxfn.com">tighe.l@nlxfn.com</a></p> <ul style="list-style-type: none"> <li>Emergency preparedness</li> <li>Community Training</li> </ul> 
<p><b>FAMILY WELLNESS COORDINATOR</b>  <b>Erin Aleck</b>  O: 250-378-9772  C: 778-254-3607  <a href="mailto:Aleck.e@nlxfn.com">Aleck.e@nlxfn.com</a></p> <ul style="list-style-type: none"> <li>Collaboration</li> <li>Engagement</li> <li>Facilitates family program</li> </ul> 	<p><b>WELLNESS PROGRAMS FACILITATOR</b>  <b>Shayla George</b>  O: 250-378-9772 ext. 112  <a href="mailto:George.s@nlxfn.com">George.s@nlxfn.com</a></p> <ul style="list-style-type: none"> <li>Mental Health First Aid</li> <li>ASIST / SafeTALK</li> <li>Grief Recovery Edu-Therapy</li> <li>Talking Hands: Self Expression Through</li> <li>Living Life to the Full (adult &amp; youth)</li> <li>Walking Forward with Good Medicine (child/youth)</li> </ul> 
<p><b>WELLNESS PROGRAMS MANAGER &amp; FACILITATOR</b>  <b>Diana Lepine-Thomas</b>  O: 250-378-9772 ext. 105 C: 250-315-7  <a href="mailto:and@nlxfn.com">and@nlxfn.com</a></p> <ul style="list-style-type: none"> <li>Mental Health First Aid</li> <li>ASIST / SafeTALK</li> <li>Grief Recovery Edu-Therapy</li> <li>Talking Hands: Self Expression Through</li> <li>Living Life to the Full (adult &amp; youth)</li> <li>Walking Forward with Good Medicine (child/youth)</li> </ul> 	<p><b>LYTTON FIRST NATION CONTRACTS: STREET ANGEL</b>  <b>Regina Pierre</b>  <b>STREET ANGEL</b>  <b>Monica Munro</b>  <a href="mailto:streetangels@lfn.band">streetangels@lfn.band</a></p>

## Community Engagement Coordinator- Bernadette Collins








*NLX Tour with Interior Health Managers, First Nation Health Authority Health Benefits, and Divisions of Family Practice*

### Overview

This year has been very busy with Collaborations. We have been working towards our communications strategy and following through with action items and Nation health planning. Nlaka'pamux Nation - Community Engagement Coordinator

### Nation Meetings

Meetings	Date	Summary
Nlaka'pamux Health Caucus – Bi-Annually	Oct 24, 2019 – Shulus Hall  Figure 1 - NLX Health Spring Caucus	Election for NLX Health Governance Rep
Nlaka'pamux LOU Quarterly	October 10, 2019 – Cook's Ferry	Circle of care Discharge Planning Toolkit Nation Priorities LOU Evaluation PALT Evaluation
Nlaka'pamux Health Leads monthly	October 1, 2019 - Cook's Ferry	Nation Shared Services Updates Nurse Practitioner Community Paramedic Home Care Discharge Planning Art Initiative Traditional Wellness
Nlaka'pamux Knowledge Keepers quarterly	Oct 3, 2019 – Lytton Memorial Hall	Traditional Wellness Framework Videos Nlaka'pamux Elders Protocols Planning/Process

<p><i>Community to Community Service Providers Meeting</i></p>	<p>May 27, 2019</p>  <p>NLX Community to Community meeting</p>	<p>Planned and facilitated for NLX front line MHSU service providers, participants included Health Leads, Mental Health Counsellors/Clinicians, Drug and Alcohol workers, Nurses, Band Administrators, Presentations from IH and FNHA Reviewed structure and possible timeline of tables for Nation</p>
<p><i>NLX MHSU Service Resource Review meeting bi-annually</i></p>	<p>Oct 21, 2019 – Cook's Ferry</p>	
<p><i>NLX Primary Care Service Providers meeting bi-monthly</i></p>	<p>June 3, 2019 December 10, 2019 - Skuppah</p>	<p>NHS Manager, IH Managers, FNHA Practice Lead, FNHA NSS Manager</p>
<p><i>Community Engagements bi-annually</i></p>	<p>Nov 21, 2019 Cook's Ferry</p>  <p>Cook's Ferry Community Engagement</p> <p>Nov 28, 2019 Lytton Merritt</p>  <p>Merritt Community Engagement</p>	<p><i>Presentations:</i> <i>NLX Health</i> <i>On the Land</i> <i>Emergency Management</i></p> <p>Nov 25, 2019 Ashcroft Ashcroft Community Engagement</p> 

<p><i>IH Managers Tour Annually</i></p>	<p><i>June 17-19, 2019</i></p>	<p>With Direction from the NLX LOU table we collaborated on Planning and Conducting the IH Managers Tour On this tour to every community in the Nation, communities spoke about their unique challenges to accessing health care services, and partners got to meet the local Health Director and nursing staff. Some of the emerging themes were: The difficulty in recruiting and retaining nursing staff and primary care providers due to multiple factors such as housing shortages, complexity of care, etc. The untapped opportunity for virtual care as a viable solution to access gaps The need for additional diabetes support (foot care, certified diabetes educators, etc.) The need to develop discharge planning protocols that consider the unique socio-economic challenges faced by many First Nations community members The opportunity to better integrate primary care providers with Nation shared service providers, utilizing a multidisciplinary team-based model (example: Nation mental wellness clinicians, dieticians, nurses) A possible role for a health advocate position for more vulnerable Nation members, such as those with MHSU challenges. This position has been tried in Merritt and has been a welcomed by local physicians Need for increased outreach from allied health Need to improve cultural safety</p>
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#### **Other Meetings, Activities and Gatherings**

- Interior Region CEC meetings – bi-weekly
- Wellness and Collaboration within the Nation
- Managers Collaboration Table – Monthly
- Collaboration with RCMP, Conayt, NLX Health, FNHA, Phoenix Centre, SD #58, Upper Nicola Grandmothers Group
- Youth Collaboration Table - Monthly
- Giving Voice – 6 parts (monthly)
- Topics include: Colonization/Residential School, Social Media, Drugs and Alcohol, Youth, Parents, Wrap up
- Nlaka’pamux New Beginnings Celebration
- Check-ins with Manager - weekly



- Lytton NP meetings – as needed
- Presented at Elders Meetings – Lytton/Scw'exmx
- Assisted with Youth trip to Downtown Vancouver Eastside – Aug 13 – 15, 2019
- Participated in NLX Managers meeting – Sept 23, Oct 23, 2019
- Participated in NLX Health Team Meetings - Monthly
- Assist and Support with Interior Region Fall Caucus October 30 – Nov 1, 2019
- Interior Region Spring Health and Wellness Forum – April 16-18, 2019
- Supported planning and administration
- Aboriginal Health Partnership for Improved Services meeting – July 3, 2019
- See this table having reps that bring issues and concerns forward to IH/RIH
- Topics to be brought back to LOU and HL tables for further discussion
- Interior Region Spring Caucus – May 14-15, 2019
- Emergency Management breakout session with Chiefs and Health Reps – planned for EM meeting with Chiefs
- Assisted with facilitating Mental Wellness breakout session for Nlaka'pamux
- Interior Region Technical Table - quarterly
- Attend meeting along with NLX Tech rep
- Interior Region Aboriginal Wellness Committee/Partnership Accord Technical Table - quarterly
- Attend meeting along with NLX Tech rep
- FNHA Quarterly Nurses meeting - quarterly
- Direct connection with Interior Region Nurses helps me to ensure alignment with the Nation
- *Interior Rural and Remote Collaborative Services Committee meeting- quarterly*
- FNHA Provincial Primary Health Care Summit – May 22-24, 2019
- Discussions on Mental Health and Wellness and Primary Care
- Gathered information to bring back for the NHS team to utilize
- FNHA Interior Team meetings - Monthly
- FNHA Family Gathering October 29, 2019
- FNHA IMIT meeting
- FNHA Interior Region Staff Planning Session – Nov 12 – 14, 2019
- FNHA Occupational Health & Safety updates meeting – May 29, 2019
- Annual review with FNHA staff
- Gathering Wisdom

### **Administrative Supports**


- Minute Taking
- Taking care of meeting logistics: room booking, set up catering, set up and clean up, payables.
- Develop Annual CEC Budget
- Track issues and action items
- Updating Contact information for Chiefs, Health Leads, Health Staff, Band Staff, Service Providers
- Assist with interviews for NLX Health Services

### **Documents/Projects worked on and developing**

- Nlaka'pamux Health Plan
- Nlaka'pamux LOU Work Plan
- Orientation Package for all new Health staff, Chiefs, Health Leads, other service providers
- Nlaka'pamux Health Website





## Collaborative Services Committee/Local Planning and Visioning Tables

<i>Collaborative Service Committee Meeting</i>		Tables Include: Rural and Remote CSC, Merritt Chapter, Western Interior Chapter – includes Ashcroft and Lytton and any working tables that develop from these tables
<i>Lytton Local Planning Table bi-monthly</i>	Nov 22, 2019	On July 15 <sup>th</sup> , the first Lytton Local Planning Table will be held. Lytton is the largest of the Nlaka'pamux communities, and one of the largest First Nations communities in Canada. The meeting will be a visioning exercise between partners of what an ideal health system could look like locally. Lytton has a considerable housing shortage, making retention and recruitment of health services providers a challenge. This is why the participation of the Mayor in this initial meeting is so welcomed, as challenges will require solutions across sectors to address.
<i>Ashcroft Local Planning Table bi-monthly</i>	<p>June 26, 2019</p>  <p>Collaborative Services meeting in Ashcroft</p>	<p>On June 26<sup>th</sup>, 2019, the first Ashcroft Health Services Area Local Planning Table was held, including broad participation from Mayors and Council of Ashcroft, Cache Creek, Clinton, the Thompson Nicola Regional District, local physicians, First Nations Chiefs, Interior Health administrators and representatives from Patient Voices Network. The group agreed on the urgency of forming a collaborative table comprised of local health decision-makers to explore short and long-term solutions to current gaps in local health services. The group will meet regularly and initially focus on the recent challenges of staffing the emergency room resulting in temporary closures.</p> <p>Meeting was coordinated and facilitated by DoFP NLX Reps in attendance: David Walkem, Christine Minnabarriet, Angie Pigeon, Lisa Colwell</p> <p>Will be having a follow up meeting July 16<sup>th</sup> to discuss how to better address the closure of the Ashcroft Hospital Emergency Room</p>






## Wellness Coordinator- Lepika Saddleman

### Youth






April 3, 2019	Girls group in Douglas Lake. We had dinner, healthy boundaries, drumming, goal setting and a photobooth. Nlaka'pamux Health Services collaborated with Scw'exmx Child and Family, Scw'exmx Health Services and Upper Nicola Indian Band youth team to have this event for the girls. It is a great way to get the girls all together and social with one another. We also figured that having more girls in the circle asking questions about healthy boundaries would benefit them if they were too shy to ask on their own.	___ attended.
May 7, 2020	Scw'exmx Health Services had requested help with bringing youth to the aquatic centre. They stay for a couple hours so I pick them up right after school and we leave the pool at 430-5.	3
May 17, 2020	Mothers day. We did dinner and a movie in West Kelowna. We opened this up to grandmothers, aunts, mothers, any mother figure that the girls had in their lives. We had dinner at White spot and then traveled over to the movie theatre with the group. Everyone chose different movies, so some got to shop around the strip mall till their movie started or till others ended. We chose this outing because some of our youth and families don't get the opportunity to do these things and celebrate their mother figures.	24 attended.
May 14, 2020	Girls group for the younger ones. Tea party at the civic centre. Scw'exmx Health Services hosted a tea party at the civic centre with the girls ages 5-8 years.	
May 28, 2020	Sage picking and BBQ. Ages 10-18 years old. The Nicola valley girls and boys group collaborated to learn the canoe and harvest sage. 	
June 12, 2020	Year end BBQ at Monk Park	
June	Starting to plan Giving Voice events.	
July ____	Hike at Stein Valley.	7 in attendance.
August 8, 2019	Cultus Lake Water Park with Scw'exmx Health Services. Travelling to Chilliwack with 3 youth from Shackan and	




	Nooaitch.	
August 13, 14, 15, 2019	<p>Vancouver Youth trip. Kids on the skid's street tour and playland.</p> 	<p>23 in attendance and 2 elders attended.</p> 
August 28 2019	<p>Youth conference hosted by Lower Nicola Indian Band. Collaborated with SCFSS, SCHSS, NLX, Inspire Horsemanship and LNIB.</p> 	<p>105 youth</p> 
Sept 9, 2019	<p>Kumsheen River Rafting. Robin Humphrey had an amazing idea to do our Vancouver Youth Trip debriefing at Kumsheen River Rafting. We had our elder Sonny attend and speak to the youth. We had a quick lunch at the office, packed some snacks and then we had lunch at Nicomen and rafted down the river.</p>	<p>9 in attendance.</p> 
Sept 30, 2019	<p>Giving Voice event at MSS. We Collaborate the Giving Voice with Scw'exmx Health, Nlaka'pamux Health, Scw'exmx Child and Family, School District 58, LNIB, UNIB and FNHA. This topic was on Colonization. We had Elders come in and speak on Impacts of residential school, survival stories and teachings. We had Justin Young as our MC. We did an activity where a few youth stood up and were the "children" and then more youth stood up and they represented the "mothers and grandmothers" we then had more youth stand up and represent the men. We had youth workers come in and "take" the children. Lots of the students stood their ground and didn't want us to take their children. I think this gave them a great understanding of the children that were taken for residential school.</p>	<p>We had all the grade 8's and 9's that attend MSS join us for the day.</p> 



October 30, 2019	<p>LNIB Halloween Party was a great turnout. They just started having it at their Rocky Pines location and are already outgrowing the space. They have a haunted house at the youth centre in rocky pines and that is always the hit of the party. They had DJ Garcia there and had dance contests, good bags, dinner and games.</p>	
October 22, 2020	<p>3 Bars Farm Pumpkin patch with Scw'exmx Health Services. LNIB happened to be there at the same time which made for a bigger event. Each youth got to bring home a pumpkin, they had games, photo props and a small petting zoo.</p>	<p>3 that I drove but SCHSS youth workers each had their vans full.</p> 
November 18, 2019	<p>2<sup>nd</sup> Annual Self Defence from 5-8 with Melissa Moses. We played in her shoes game, provided to us by the RCMP, Melissa taught some self defence, we honoured the Missing and Murdered Indigenous Men and Women and we had pizza and prizes.</p>	
December 16, 2019	<p>Girls Group Christmas Party Selfie Station, Christmas dinner, 2 Christmas crafts and a cookie exchange. Collaboration with NLX, SCFSS, SCHSS, LNIB and UNIB.</p> 	


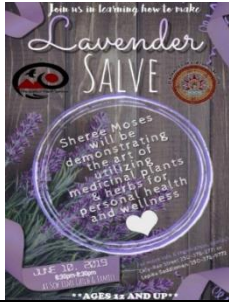

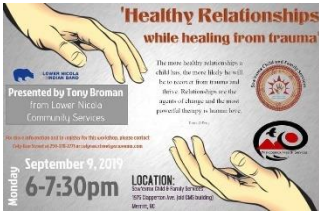


December 11, 2019	<p>Giving Voice. This topic was Shat is a healthy/safe relationship? We talked about dating violence, relationships and healthy love. We did a workshop where youth all stood at one end of the Gym and had a blindfold on. Every time they answered yes to a question, they took a step. We had questions like, have you been in a verbally abusive relationship? Have you been bullied before? ETC. Youth were amazed when they took their blindfolds off to see how many others had taken that many steps. I think it gave them a sense that they aren't alone in this and others are going through similar things. We had each student write down what Love meant to them and displayed them all on a board. We hosted this one at MSS.</p>	
December 12, 2019	<p>Little Girls Frozen Tea party hosted by Scw'exmx Heath Services. Hosted for girls ages 5-7. They had photo props, crafts, snacks, dress up party and hair braiding.</p>	
January 8, 2019	<p>Giving Voice. Our topic this time was the impacts of violence. We played the game, "in her shoes" with both genders.</p>	
January 11, 2020	<p>Family Fun Day at Lundbom. Collaboration with LNIB, UNIB, SCHSS, SCFSS and NLX Health. We had hot dogs, veggies, chips, water and juice boxes. We did door prizes, sledding and snowman building.</p>	<p>52 people attended this event.</p> 
January 23, 2020	<p>Harper mountain ski trip with Scw'exmx Health Services. I picked up two youth and drove them to Harper Mountain. I assisted youth with their gear, lunch funds, helping them find their correct ski/snowboard lesson and then drove them home at the end of the day.</p>	<p>2 youth.</p> 
January 29, 2020	<p>Aboriginal Youth Conference at MSS.</p>	<p>Any youth from MSS that wanted to attend the workshops could have.</p>

		
February 3, 2020	Youth Collaboration meeting	12 front line youth workers.
February 13, 2020	Harper Mountain with Scw'exmx Health Services for a ski day. It is great to see the youth improving each year. I know some of the youth don't get to go skiing unless it is with Scw'exmx Health. They are always very grateful to attend. I helped with rides to and from, helped with gear, directing them to the proper lessons and lunch.	4 youth. 
February 21, 2020	Giving Voice. This one was hosted at the civic centre. It was with families and parents. We had Billie Jean Gabriel come and take photos for this event. We had drummers and two ladies from the coast come down and speak to everyone. We made flags and wrote positive affirmations on them. They are going to be sewn together and displayed.	 This is a photo of some of the people on the Giving Voice committee. We have some staff that were missing from the photo.
March 2, 2020	Youth Collaboration meeting at Scw'exmx Health Services.	

An ongoing project with the youth is the river walk. Scw'exmx Child and Family, Scw'exmx Health Services, Upper Nicola Indian Band, School District 58 and Nlaka'pamux Health Services have collaborated on this so each organization takes turns on different days. The River Walk was developed so we can keep the youth from skipping school. We keep track of who we have seen or how many and report it to the Aboriginal Youth workers at Merritt Secondary School.

## Wellness Network Committee

April 8, 2020	First Nations Culture and Traditions Hosted at Scw'exmx Child and Family Services from 6:30-8:30.	
May 13, 2020	Foundations and True Colors. We had Monty Joseph from Scw'exmx Child and Family come in and teach people about their colours. He had everyone do a test and then explained each colour. Hosted at Scw'exmx Child and Family Services from 6:30-8:30.	5 attended 
June 10, 2020	Lavender Salve making with elder Sheree Moses. Hosted at Scw'exmx Child and Family Services from 6:30-8:30.	5 attended 
July 8, 2020	Hosted at Scw'exmx Child and Family Services from 6:30-8:30. Gaming and Gambling, cancelled.	
August 12, 2020	Brain Chemistry and addictions. Hosted at Scw'exmx Child and Family Services from 6:30-8:30.	
September 9, 2020	Healthy Relationships while healing from Trauma. Hosted at Scw'exmx Child and Family Services from 6:30-8:30.	

## Indigenous tools for living

Nlaka'pamux Health Services hosted the Itools training in Lytton on June 24, 25, 26, 2019 and August 6 & 7, 2020. I took care of the rooms, travel, meal funds, catering, registration forms and the training location.

Indigenous Tools for Living on March 9, 10, 11, 2020 in Lytton BC. This time I organized the rooms, travel, meal funds and the training location.

I did the planning and organizing for the ITOOLS that was supposed to happen April 20, 21, 22, 2020 but had to go back and cancel everything due to COVID19.

### **Aboriginal Focused Oriented Therapy and Complex Trauma**

May 30, 2019-June 1, 2019	December 5-7, 2019
August 8- 10, 2019	January 16-18, 2020
October 3-5, 2019	Mar 12-14, 2020


The above dates are when we hosted the Aboriginal Focused Oriented Therapy and Complex Trauma training in Merritt, BC. This was the first AFOT that would have finished May 16, 2020.


I took care of meal funds, travel funds, hotel bookings, booking for the training space, food platters and helped with the grad committee. The photo attached is the gifts the grad committee fundraised to give to the helpers and teachers.





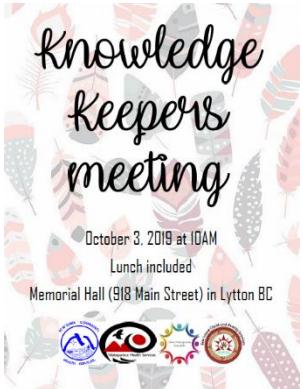
We started our second AFOT training with another group of people from the Nlaka'pamux Nation. They had their first module on February 6, 7 and 8, 2020. We had to cancel the April 2, 3, & 4, 2020 dates and will reschedule when possible.

### **Elders**




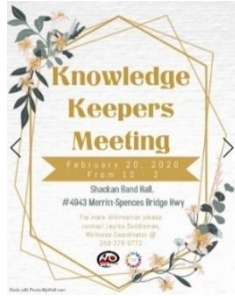
April 3, 2019	Nurses Review. Meeting at the old elders building, 2199 Coutlee Avenue. We met with Marilyn Ota from FNHA to discuss challenges and barriers that elders face.	16 in attendance.
April 10, 2019	Knowledge Keepers meeting	Unavailable.
April 15, 2019	Executive Elders meeting. To discuss the non-refundable deposits, Mandatory health insurance for our trip and a letter of request to the 3 bands.	2 attended.
April 17, 2019	Monthly Elders meeting. Discussion of the SD gathering, ceremony dresses, next fundraising idea and the upcoming elder's bingo.	27 in attendance
April 26, 2019	Elders Bingo. Partnership with Lower Nicola Indian band. Lower Nicola hosts a bingo once a month for their elders. I was approached by their elder's workers to collaborate. The elders loved it. We hosted it in the new Rocky Pines community building.	12 in attendance 
May 15, 2019	Monthly Elders meeting. We had Emma Joe come and discuss the silent speaker program at SCFSS, Billie Jean Gabriel to speak on the elders photography project, the upcoming youth and elders gathering at Anderson Creek, upcoming Elders tea at SCFSS and our next fundraisers.	33 in attendance

May 29, 2019	Elders focus group in Nooaitch. We met with Marilyn Ota from FNHA to discuss challenges and barriers that elders face.	8 in attendance
May 30, 2019	Elders focus group in Shackan. We met with Marilyn Ota from FNHA to discuss challenges and barriers that elders face.	5 in attendance
June 19, 2019	Monthly Elders meeting. We spoke on our upcoming fundraising ideas, elders focus group with Marilyn Ota, our trip to Seattle and we had Aliyah Rodominski, Technical Lead from CNA come in to speak with the elders.	24 elders in attendance
June 6-7 & 10-12, 2019	Elders photography. The Scw'exmx Elders met with the following organizations, Nlaka'pamux Health Services Society, Scw'exmx Child and Family, Scw'exmx Health Services and CNA, to propose an elder's portrait project. We had Billie Jean Gabriel from Oregon Jack Creek do the photography.	83 elders participated 
June 24, 2019	Elders focus group in Coldwater. We met with Marilyn Ota from FNHA to discuss challenges and barriers that elders face.	18 in attendance
July 24, 2019	Monthly elders meeting. We had Jim Adams, executive Director for Scw'exmx Health come in and speak to the elders. Kylee Street from Persistent training is wanting to start up an elder's mobility class at her gym. We handed out tickets and posters for our steak dinner fundraiser.	24 in attendance
July 4, 2019	NkshAytkn gathering at HVC	I brought two elders.
August 12, 2019	Elders steak dinner fundraiser at Nana's hitch'n post.	N/A
August 21, 2019	Monthly elders meeting. We did our draw for our Summer basket Raffle, Discussed our steak fundraiser and elder's photography. Shawn Swakum won the summer basket and Esther Voght won the 50/50.	35 in attendance








Sept 11, 2019	<p>Monthly Elders meeting. We celebrated the Scw'exmx Elders 9<sup>th</sup> anniversary. Spoke about the upcoming Tulalip Trip, language computers from CNA, Upcoming movie night, elders' calendar for fundraising and a potential drop-in day for elders at Nlaka'pamux Health</p>	<p>36 in attendance</p> 
September 16-20, 2019	<p>Elders trip to Seattle. The Scw'exmx Community Elders fundraise throughout the year so they can have a yearly trip. This year they chose to go to Tulalip Resort for 5 days.</p> 	<p>27 elders attended 4 chaperones attended 31 in total.</p>
Sept 2019	<p>Tour with the elders and new staff member. We drove around Coldwater, Lower Nicola and Nooaitch Reserve. The band halls, schools, health centres and band offices. What different areas were called, example, meadows.</p>	<p>2 staff, 2 elders.</p>
October 3, 2019	<p>Knowledge Keepers meeting held at the Memorial Hall in Lytton. We spoke about the On the Land Funding, Elders photography, elders and youth trip videos and A Guide for Engaging Elders and Knowledge Keepers and upcoming events.</p>	<p>30 in attendance.</p> 
October 16 ,2019	<p>Monthly elders meeting.</p> <p>We had two representatives from SD58, Cheryl Rule and Travis Oppenheim come and talk about upcoming events.</p> <p>Trish Alexandruk from Stoyoma Dental came in to talk about new changes in dental plans.</p> <p>We had a catered thanksgiving dinner.</p>	<p>34 in attendance</p>




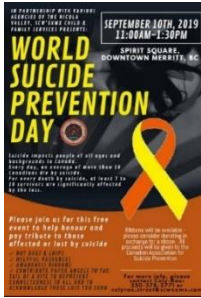

October 22-23, 2019	Elders photography for the Canyon Elders. We did the elders photography with the Scw'exmx Community Elders and had requests to do it in the canyon. We hosted it in our Lytton Office. I brought snacks and coffee on the first day. Organized the photographer and the prints and framing.	58 elders had their photography taken.  A poster titled "ELDERS PORTRAITS" with a purple and green background. It lists locations: INVITING ELDERS (60+) FROM LYTTON, COOKS FERRY, SISKIA, KANAKA, NICOMEN, ASHCROFT, SKUPPAH AND OREGON JACK CREEK. It says "Come get your professional portrait taken by photographer Billie Jean Gabriel on Tuesday, October 22, 2019 & Wednesday, October 23, 2019". It also mentions the location: "Portraits will be taken at the Nlaka'pamux Health Services building in Lytton (located at 280 Main Street) Media Release form will be required." and contact info: "Please preregister and if you have any questions please contact Erin Abach, Family Wellness Coordinator at 778-754-3607 or Lepika Saddleman, Wellness Coordinator at 250-378-9172."
October 29, 2019	Meeting at Nlaka'pamux Health Services to discuss Sacred Space at Nicola Valley Hospital.	18 in attendance.  A poster with a blue background and colorful fish-like shapes at the top. It says "WELCOMING ELDERS & KNOWLEDGE KEEPERS TO DISCUSS Sacred Space at the Nicola Valley General Hospital". The date is "OCTOBER 29, 2019 @ 1 PM" and the location is "NLAKE PAMUX HEALTH SERVICES BOARD ROOM, 2008 GULICHENA AVENUE, HEARNETT BC." It also includes contact info: "IF YOU HAVE ANY QUESTIONS PLEASE CALL LEPIKA SADDLEMAN, WELLNESS COORDINATOR FOR NLAKE PAMUX HEALTH SERVICES AT 250-378-9172."
November 14, 2019	Honouring elders from 10-2 at Nicola Canford. SD58 honoured Jimmy Toodlican and all the work he has done for the Nicola Valley. One of our elders, Dennis Saddleman wrote a poem, there was drumming, a giveaway, lunch and they unveiled a room dedicated to Jimmy.	 A photograph of a man in a blue shirt, identified as Jimmy Toodlican, speaking at a podium. He is in front of a crowd of people seated in a room.
November 20 2019	Monthly elders meeting. We discussed the elders bus decals, the Coldwater courtyard landscaping and the upcoming Christmas luncheons.	30 in attendance
December 2, 2019	Executive elders meeting	3 in attendance
December 4, 2019	Lytton elders Christmas party from 11-4 at the Stein Valley School. The Scw'exmx Community elders always look forward to this event and seeing friends and family from all over.	17 elders took the bus there and 20 on the way back. I drove one there and 3 back.  A photograph of a group of about 15-20 people, mostly elders, standing in front of a white bus. They are outdoors in a parking lot.
December 11, 2019	Coldwater Christmas party. This was hosted at the Coldwater Banquet room by Coldwater Indian Band. It was a great turnout. Santa came and gave	I attended to hand out some of the Scw'exmx Health Christmas gift cards.

	gifts; lunch was served, and door prizes were handed out.	
December 14, 2019	Elders dinner and a movie. We used the Scw'exmx Elders bus and went to Kamloops for dinner at Red Robins. Then we carried on to the movie theatre.	23 attended. 18 took the bus, I drove 2 and 3 drove on their own. 
December 18, 2019	Scw'exmx Elders Christmas party. I hosted this at the Comfort Inn since our numbers have been growing each year. We had a catered Christmas lunch and desert, a live band, door prizes, Indian bingo and lots of laughs and conversations.	56 elders attended and about 5 staff. 
January 15, 2020	Monthly elders meeting. We have started to discuss our next elders trip location. Lena Nicholson from CNA came to discuss the language computers, the upcoming eye clinic and Andrea Elliot come to speak about the Nurse Enhancement and Nation Share Services.	16 in attendance
February 19, 2020	Monthly elders meeting We had Jennifer Morison come to speak about the Salish Fire Keepers and Andrea Elliot to discuss the Nurse Enhancement and Nation Shared Services.	37 in attendance
February 20, 2020	Knowledge Keepers meeting. Nlaka'pamux Health and CNA hosted this meeting at the Shackan Band Hall. We had Lorraine Moses speak on the Guide to engaging elders and knowledge keepers. We had Jen Brown come in and speak on her funeral protocols. We identified other knowledge keepers and elders' groups and had Kristy Joe speak on the Ladies and Men's groups.	15 in attendance 
February 26, 2020	Executive elders meeting	3 in attendance
March 4, 2020	NkshAytKn Gathering in Lytton	3 elders traveled with me to attend.
March 18, 2020	Scheduled monthly elders meeting was cancelled.	0 – DUE TO COVID19






### **Collaboration and other events**


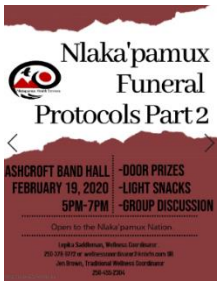

Date	Event	Collaboration with	
April 16-18, 2019	FNHA Mental Health Forum in Kamloops.	FNHA	N/A 
April 29, 2019	Cleanup of Jackass mountain. A popular fishing spot. We gathered two truck loads of garbage up. Lots of exercise carrying garbage bags up and down the hill. We made sandwiches for lunch.	CNA	15 attended 
May 4 & 5, 2019	Health and Wellness Conference at the Civic Centre. There was pow wow Zumba, Yoga, Massage therapists, traditional healers, acupuncture, reiki and more.	CNA	
May 9, 2019	Gathering things for a special purpose. Healing waters in Nicomen. We had Ursula Drynock show us the Healing waters. We started at the bottom and then traveled to the top. We continued on and had lunch in the cabin and made little medicine pouches.	CNA	I drove one elder from Coldwater. 
May 10, 2019	Jordan's Principle gathering at Civic Centre from 10-2:30. Face painting, door prizes, pizza, information sharing, play structures for the little kids, crafts (card making, mothers day crafts)	Jordan's Principle	
May 13, 2019	Wellness Collaboration within the Nation meeting. We collaborate with SCFSS, SCHSS, NLX, SD58, ASK wellness, UNIB, LNIB, Coldwater Band, Community Policing, RCMP and other local organizations.	SCFSS	11 attended




May 25 & 26, 2019	Youth and Elders trip at Anderson Creek Campground. We did story telling, games, tours, door prizes, breakfast, lunch and dinner.	CNA	Day 1 had 106 and Day 2 had 80. 
May 27, 2019	C2C Dialogue meeting in Lytton	FNHA	N/A
June 13, 2019	Gathering things for a special purpose. Othello Tunnels tour, teachings, went to hope to sit and enjoy dinner as Othello was under construction and had no available tables, we went to hope and enjoyed making our own sandwiches and learning introductions. We went around the circle and each did an introduction with who we are, our parents and grand parents.	CNA	I drove two elders from Coldwater. 20 in attendance 
July 6-7, 2019	Two rivers remix in Lytton BC. They needed office space so Deidra DeWolfe and myself rotated shifts of watching the Lytton Nlaka'pamux office, locking up as needed, making schedules, agendas, and any tasks that they needed help with.	Two Rivers Remix	
September 10, 2019	Suicide awareness day. This was a collaboration with SCFSS. We handed out hot dogs, chips and water. We had pamphlets to local organizations, did a drum circle and prayers, we gave out suicide awareness ribbons and gave people the opportunity to write on our flag.	SCFSS 	We did not do a sign up as we just wanted to spread awareness to the community, but we did hand out 240 hot dogs. 



October	Ashcroft Halloween party. 2 Staff from NLX Health helped with face painting and door prizes for the families. They did pumpkin carving, face painting, crafts, games and pizza.	Ashcroft First Nations	
October 4, 5, 6, 2019	C NA Hunting camp at Pimainus Lake. Meals were included. They taught gutting, skinning & quartering techniques, hand drumming, singing, archery, traditional games, firearm safety, and prizes.	CNA 	
October 12 & 13, 2019	Nlaka'pamux Days in Lytton. Hosted at the Stein Valley School. I helped with registration and any jobs they needed me to do. They had basketry, games, crafts, food and presentations.	CNA	
December 8, 2019	Ladies Christmas Party at Cooks Ferry. They played Christmas games, had door prizes, did a hot chocolate bar, had lunch and did some karaoke.	CNA	49 ladies. 
December 15, 2019	Oregon Jack Christmas Party. Drum, drumsticks and rattle making. Nlaka'pamux Health gave \$25 gift cards to members and donated a TV to draw.	Oregon Jack Creek	24 in attendance 

December 31, 2019	3 <sup>rd</sup> annual New beginnings celebration. People bingo, regular bingo, poker, door prizes, kids' room, selfie station, dinner and a band performed.	CNA	433 attended. Not including the staff, caterers or helpers. 
February 4, 2020	Funeral Protocols with Jennifer Brown in Ashcroft. We had members join us from LNIB, Lytton and Ashcroft to discuss the funeral protocols. Lots of information was brought up and memories were triggered once conversation around certain protocols were discussed.	Lytton First Nations, Ashcroft, NLX	9 in attendance.
February 19, 2020	Funeral Protocols with Jennifer Brown in Ashcroft. Only members from Ashcroft attended this event.	Lytton First Nations, Ashcroft, NLX.	6 in attendance. 
February 2020	Essential Oils with staff of NLX health. We made smudge blends and sage spray in the Nooaitch Band Hall. It was a great afternoon with laughs and good conversation.	NLX	8 staff for Nlaka'pamux Health Services got together. 
February 25 2020	Wellness Collaboration within the Nation. We have developed a Community Calendar for the Nation. Each organization wrote on a posted what their organization does and upcoming events.	SCFSS	9 attended. Scw'exmx Community Health Services, Scw'exmx Child and Family Services Society, Nlaka'pamux Health Services, Citxw Nlaka'pamux Assembly, ASK Wellness, Lower Nicola Indian Band, Coldwater Indian Band, School District 58,
February 26, 2020	Anti Bullying Day. We had a light lunch, encouraged all to wear pink and did a drum circle.	SCHSS, NLX, SCFSS, Upper Nicola Indian Band	

		and Lower Nicola Indian Band.	
March 5, 2020	Funeral Protocols with Jennifer Brown in Lytton. Jennifer requested my help in Lytton after we co-hosted this event in Ashcroft. I took notes for her, helped her with sign in, door prizes and hand outs.	Lytton First Nations, LNIB, NLX.	17 attended
March 7, 2019	Gathering of Nlaka'pamux Knowledge. Story telling, traditional teachings of crafts, language, spiritual healer, lunch and dinner. They had basket making, moccasin making, soap stone carving, ribbon skirt making, beading, dream catchers, massage and reiki available.	Lytton First Nations	179 attended on Saturday. 

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## Family Wellness Coordinator- Erin Aleck

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Listening to One Another-Zu? Zu? Twu?ix(Get Strong) , the Nlaka'mux version of LTOA- a community-driven and culturally adapted program for Indigenous families. The program is rooted in the principle that family wellbeing is a cornerstone of individual and community wellness. For that reason, each session includes activities designed for the family unit – for instance, meals, discussions, and games – as well as separate activities for youths and adults. Topics covered include community history and pride, emotional regulation, bullying, substance use, among others. A unique feature of this program is that each community culturally adapts the program to meet the community's needs and local context. The 14 sessions of the family program and the 6 sessions of the school program are delivered within the community

Ina Dunstan is a respected Elder from Siska Indian band. Where she enjoys reconnecting and taking part in cultural activities. Ina helped run Zu?Zu?Twu?ix and was the go-to elder for cultural adaptation and language translation. The process gave her a reason to improve her language skills,

examine and trust her feelings and empowerment. One thing that filled her heart was the transformation of how everyone talked with each other and strived to listen in order to become better, stronger people.

It was first run in Siska then Nicomen. I am in talks with Stein Valley school, LFN and Coldwater

Listening to one another- travel and training

Conora and Eskasoni- getting to help other communities start up their own versions of LTOA has not only showing me better way to implement and delivery but it has giving opportunity to start building a learning and medicines exchange network. By the time our Nicomen Get strong was coming to an end we received sweetgrass from Eskasoni. So, each participant received a braid as a parting gift and in return we will be sending Eskasoni sage gathered from around the nation. Both communities are now looking into making information videos on respectful gathering and preparation.

Society for psychiatry and culture annual forum- I sat on a panel and did a Q&A. this was a three day conference that I was asked to be at to help promote Get strong and talk about not only how much this programs helps its participants but to also talk about how this program has affected my life and the way I work.

TESE & Aboriginal mental health national network – both conferences have been a platform for the listening to one another programs. TESE specially to highlight the development and share best practices as LTOA grows from nation to nation

Chiefs of Ontario health forum- two presentations one on the changes I saw as a facilitator and the other about why we need more programs like this one.

Aboriginal Focusing-Oriented Therapy (AFOT) and Complex Trauma certificate uses Focusing-Oriented Therapy as a safe and effective method of working with clients who experience complex trauma. FOT allows clients total control of the pace and the direction of their healing journey. It is particularly effective in the treatment and healing of complex trauma caused by accident, sexual, physical, emotional abuse or neglect.

This program emphasizes both knowledge and application through classroom instruction, clinical practice (logged and supervised therapy sessions) and clinical supervision/observation. A variety of Aboriginal/ Indigenous treatment modalities are woven throughout the courses, including experiential exercises, storytelling, ceremonial processes and land-based healing techniques.

‘Q’əmcín 2 Rivers Remix is a free outdoor feast of contemporary Indigenous music and culture at ‘Q’əmcín (aka Lytton) on Nlaka’pamux territory. Featuring BC Indigenous musicians creating an exciting new grassroots sound that empowers Indigenous people. Organized by 2 Rivers Remix Society, a new BC Non-Profit Society with a majority of First Nations directors and the following mandate:

To educate, empower and inspire all Indigenous people of all Nations – but especially our youth – to tell their own stories through contemporary Indigenous cultural expression.

To explore cultural collaborations, historical identities and intersectional stories through original contemporary Indigenous cultural performances, workshops and other activities on Nlaka’pamux territory.

Nlaka’pamux health provided the office space in Lytton to hold workshop and as a makeshift recording studio. I coordinated volunteers and security. We also had two other staff members help on event weekend.

Elder and youth gathering at Anderson creek- I brought a few people from around the nation. This gathering was focusing on language, traditional food and traditional games and activities for the youth.

Beading and art- there were two communities I was asked to come in and hold the space for people to come together and create. In Ashcroft I was holding biweekly beading classes and help bridge the community to other artist to hold different types of workshops. In Skuppah I was asked to do the same. I was also holding open beading at the Lytton office for whoever wanted to attend. the times in Lytton I found it a good opportunity for all sort of different people to come together and share time.

Thank-you,

Erin Aleck



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## Wellness Programs

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Hello everyone and welcome to the 2019-20 summary of all Nlaka'pamux Wellness Program activities. This past fiscal year has been another year full of change, growth, and a few significant challenges. The following information will provide you with a summary of all the measures that have been implemented and the work that has been completed within the Wellness Programs Department of the Nlaka'pamux Nation over this past year.

This fiscal year was the third year that my position was fully focused and funded for program delivery within all 12 communities of the Nlaka'pamux Nation, and it is the first year that the department has been expanded to incorporate wellness program trainee positions with the goal of eventually expanding the range and frequency of our program delivery. This of course cannot take place until the trainees are fully trained and competent to deliver our programs within community – as most of you are aware, many of our programs are certified and/or accredited, and therefore require stringent delivery protocols. To date our new trainees have been trained in two of our core programs but have not yet had an opportunity to delivery either. At the end of this report you will find a brief introduction and short report from each of the two new trainees with their respective statistics for their employment period.



of

It has been an extremely busy year for me with additions and changes to my responsibilities. Although Nation members and stakeholder organizations received opportunities to participate in multiple wellness programs/training, educational opportunities, and special events that were offered throughout the region, regular implementation was somewhat reduced to accommodate our new staff training initiatives. Unfortunately, in addition to this, the onset of the global pandemic COVID-19 also impacted our ability to provide program service delivery – 4 major programs that were scheduled for February, March and into April had to be cancelled as we were directed by our health officials to move into self-isolation mode. As you will see in the statistical reporting section, program completion numbers are somewhat lower than last year – yet, given all the changes and challenges we have faced this past year, you'll be happy to note that our program participation numbers remained substantial. Interest in our core wellness programs continues to be significant, and feedback from community members regarding additional needs and areas of interest subsequently led to implementation and/or alterations to multiple program opportunities.

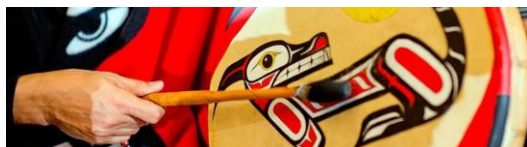
## ASIST 2-Day Training – SCFSS - 2020



Offering educational opportunities, activities and resources regarding mental health and wellness, and facilitating short and long-term wellness programs for the 12 bands continues to be my passion. It is both exciting and rewarding to witness community members overcoming challenges in their lives -- moving towards greater wellness and balance. I have had the privilege to observe an increased sense of community within participant groups, as well as the development of supportive relationships that continue long after the completion of a program. This is how we come together to heal ourselves and our communities, and as we move forward within our new reality of dealing with a pandemic, it has never been more important to explore ways to continue holding each other up.

In terms of the changes to my position which I mentioned above, I decided to go back to school this past year to complete graduate training in art therapy.

Since the summer of 2019, I have been in the full time (on campus and online) graduate art therapy program at the Kutenai Art Therapy Institute in Nelson, B.C. Art therapy is another passion of mine and starting last September I began incorporating regular 1:1 art therapy session into my current workload. As time progresses, and I graduate from the program (1.5 years from now) I will be taking on more of an art therapist role with NHSS and further reducing my program facilitation responsibilities. The new trainees will be taking over more of the implementation and facilitation aspects of program delivery as we move forward.



In addition to attending art therapy graduate training, I have had the pleasure of participating in the Aboriginal Focusing Oriented Therapy (AFOT) training which was also offered over the past year and sponsored through NHSS. This is another very valuable therapeutic process

that provides multiple tools for working with individuals with complex trauma from an Indigenous perspective. In addition, AFOT and Art Therapy are very synergistic, which enhances my learning and integration of both. I look forward to providing both independent applications, as well as a synthesis of these two amazing, trauma-informed and First Nations-informed therapeutic modalities.

## ASIST – 2 Day Training Program Lytton 2019



Below you will find a list of my program facilitation and participant activities delineated by the Nlaka'pamux regions over the past fiscal year.

Following that you will find a summary of each of the wellness programs currently being offered accompanied by a small snapshot of the associated pamphlet. The pamphlets are also available through your local band office, health office or by obtaining an emailed pdf copy through our main office reception by emailing: [mhreception@nlxfn.com](mailto:mhreception@nlxfn.com).

You will then find a list of some of the completed community engagement activities, information sessions, other duties/activities completed for all things program-related over this past year, all professional development/training hours, my clinical art therapy hours for work completed with individual clients, the introduction pages for our new Wellness Program Trainees who started work in November 2019, and then my final comments.

## Nooaitch Summer Literacy Camp 2019 – Self Expression Through Art



### *Program Facilitation and Participant Attendance 2019/20*

**162 community members** completed one or more of the **11 Nlaka'pamux Wellness Programs** offered throughout this past year, and over **135 hours** were spent in direct facilitation providing community members with **1,703 hours** of direct programming service. The following is a breakdown of delivery dates, program type and duration, delivery region and number of participants who completed each program.

Please note the program abbreviations below

<b>GRET</b>	(Grief Recovery Edu-Therapy)
<b>ASIST</b>	(Applied Suicide Intervention Skills Training)
<b>LLTTF</b>	(Living Life to the Full - Adult)
<b>TH:SETA</b>	(Talking Hands: Self-Expression Through Art)
<b>MHFA</b>	(Mental Health First Aid)
<b>SFTK</b>	(safeTALK)
<b>WF</b>	(Walking Forward with Good Medicine) *New for 2019/20
<b>SFT-FN</b>	(Strengthening Families Together – FN Edition) *New for 2019/20

<b>Date</b>	<b>Program &amp; Duration</b>	<b>NLX Region</b>	<b># Participants</b>
April 2019	SafeTALK – ½ day	FNHA -Region Mental Wellness Forum	10
May 2018	TH:SETA – Men’s Day Program	Cook’s Ferry Men’s Wellness Event	16
July 2019	SafeTALK - ½ day	Lytton/Siska/Cook’s Ferry	14
July 2019	MHFA – 2 days	Lytton/Siska/Cook’s Ferry	11
July 2019	TH:SETA – Children’s Day Program	Nooaitch Literacy Camp	15
July 2019	TH:SETA – Youth Day Program	Nooaitch Literacy Camp	8
Aug 2019	TH:SETA – Youth Conference Day Program	LNIB (Coldwater, Shackan, Lower/Upper Nicola, Nooaitch)	38
Sept 2019	TH:SETA – Women’s Day Program	Siska Women’s Wellness Event	14
Oct 2019	ASIST – 2 days	Lytton/Siska/Cook’s Ferry	12
Jan 2020	ASIST – 2 days	SCFSS - Merritt	12
Feb 2019	MHFA – 2 days	SCFSS - Merritt	12
		<b>TOTAL</b>	<b>162</b>



## NLX Wellness Programs 2019/20

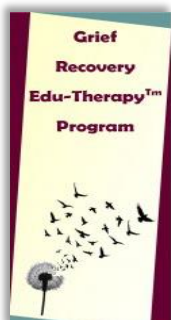


**Living Life to the Full:** 8-week interactive program for anyone 18+. In this program participants learn how to deal with their feelings when worried, stressed, hopeless or fed up. Specific skills and strategies are taught to help participants tackle life's problems. This program is for anyone but can be particularly helpful for those struggling with low level anxiety/depression, or for those needing better coping strategies overall.

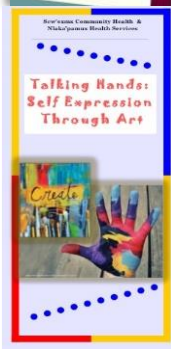


**ASIST:** 2-day interactive workshop for anyone 16+. Participants learn to recognize when someone may be at risk of suicide and to work with them to create a plan that will support their immediate safety. Participants learn how to complete all parts of a suicide intervention. This program is the Canadian standard for suicide intervention training.

**safeTALK:** a half-day (3.5 hrs.) interactive workshop in suicide alertness for anyone 15+. Participants learn how to recognize a person with thoughts of suicide and connect them with resources who can help them in choosing to live/stay safe.



**Grief Recovery Edu-Therapy:** 8-week interactive program for anyone 18+. This program is one of “action” that will assist participants in moving beyond losses they have experienced in their lives by working to complete the grief associated with these losses. For individuals who have suffered a significant loss, abuse, or other trauma, the program effectively eliminates the griever’s sense of isolation by actively engaging them in emotionally helpful exercises. This process helps participants to let go of their anger, guilt and fear while learning how to enhance their valuable memories.

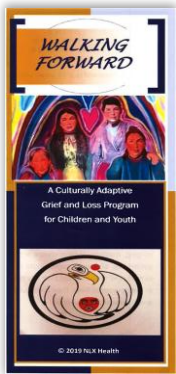


**Talking Hands: Self Expression Through Art:** A highly interactive program for all ages. This is a community-based program that provides participants with a safe space to explore, discover and express themselves using a variety of art materials and methods. This program is very flexible and can accommodate gender specific groups, various age groups, family groups, and can be delivered in a short (1-3 days) or extended format (6-8 weeks). This program can also be tailored (thematically) to meet specific requirements of a group.

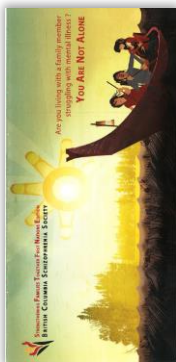


**Mental Health First Aid:** 2-day interactive workshop for anyone 18+. Participants learn how to help someone who is developing a mental health problem or is in a mental health crisis. This workshop covers four main mental health disorders – Substance-related disorders, mood-related disorders, anxiety/trauma related disorders, and psychotic disorders. This program is very informative and useful for family members, front line workers, friends and neighbors -- anyone who wants to be more informed about current mental health issues and strategies.





**Walking Forward:** 12-week culturally adaptive and highly interactive grief and loss program for children (5 to 12) and youth (13 to 19) years of age. This program embraces an Aboriginal world view and strives to provide a framework where self-knowledge, self-pride and self-identity are supported. It is based on the core cultural values of Wholeness/Connectedness, Balance, Healing, and Respect. Informed by these cultural values, the Medicine Wheel is also introduced to assist youth in seeking personal balance and establishing healthy boundaries. While the focus of the program is on grief and loss, the tone for the program is set by the work of Bendtro, Brokenleg and Bockern (2004) in the *Circle of Courage*. The *Circle of Courage* introduces the four core values of belonging, mastery, independence, and generosity, and encourages youth to look at how these values play key roles in their personal lives, their community, and their world as a whole



**Strengthening Families Together - First Nations:** This 10-week program provides families & caregivers a culturally safe and caring place of hope, learning and sharing. It is for all those supporting a loved one with a mental illness. Many people can get lost in the choppy waters of mental illness – the journey is often long and lonely. Strengthening Families Together provides an opportunity for families to walk together seeking support, guidance and understanding. The program helps families gather information about mental illnesses, share personal experiences, discuss challenges, and learn to cope. Together our stories can be heard, our journeys become easier, and we grow stronger.



**Community Engagement, Program Presentation & Information Sessions 2019/20**  
**Various Engagements – general set up**



Community engagement activities such as program presentations and information sessions regarding our wellness programs are a significant part of my position. These activities provide opportunities for me to share information about the mental health and wellness programs we offer, as well as gain insight into what additional programming services community members would like to see happen in their communities. Many of the programs I have facilitated this past year were initiated through conversations that started at a local community event.



<b>Date</b>	<b>Event</b>	<b>NLX Region</b>	<b>Hours</b>
<b>April</b>	<b>FNHA Wellness Forum</b>	<b>Kamloops</b>	<b>6</b>
<b>May</b>	<b>Stakeholders Collaboration Mtg</b>	<b>Merritt &amp; area stakeholders</b>	<b>3</b>
<b>June</b>	<b>Heskw'en'scutxe Community Development Activity</b>	<b>Cook's Ferry</b>	<b>3</b>
<b>July</b>	<b>Community Youth Event Plan</b>	<b>LNIB</b>	<b>4</b>
<b>Aug</b>	<b>Community CISM Response</b>	<b>Lower Nicola</b>	<b>5</b>
<b>Sept</b>	<b>Collaboration (prg promo)</b>	<b>Merritt</b>	<b>2</b>
<b>Oct</b>	<b>Dissemination/Collaboration Correlation/Info pkg</b>	<b>Merritt</b>	<b>9</b>
<b>Nov</b>	<b>Dissemination/Collaboration Correlation/Info &amp; pkg</b>	<b>Lytton</b>	<b>6</b>
<b>Nov</b>	<b>Stakeholders Collaboration Mtg</b>	<b>Merritt &amp; area</b>	<b>3</b>
<b>Dec</b>	<b>Collaboration (prg promo)</b>	<b>SCFSS</b>	<b>2</b>
<b>Jan</b>	<b>Collaboration (prg promo)</b>	<b>Siska, Kanaka Bar</b>	<b>4</b>

**Finding Your Inner Warrior - Men's Wellness Program – Cook's Ferry – 2019**



**Finding Your Inner Warrior - Women's Wellness Program – Siska – 2019**





### **Program Related Duties/Activities - 2019/20**

Within my position a large portion of time is spent with other duties that are either directly or indirectly linked to delivery of our wellness programs. This year my position changed to include my ongoing graduate art therapy education, AFOT training, and the establishment of individual clinical art therapy (counselling) for Nlaka'pamux community members. A significant amount of time was also spent in acquiring program training for the new trainees in our established wellness programs. Subsequently, there was an increased level of organization (and time) required for the delivery/revision of programs and general scheduling, including the creation and dissemination of information. Below are the hours I spent completing all educational requirements, providing 1:1 art therapy (counselling) and supervision, and all other program-related duties.

<u><b>TASK/DUTIES</b></u>	<u><b>HOURS</b></u>
Meetings (all)	137
Program Development, Preparation, Revision & Information Development	238
Statistics and Reporting	71
Research & Development	47
Administrative Work (general)	197
Trainee Supervision (programs)	37
Graduate School – Clinical Art Therapy Program	268
Aboriginal Focusing Oriented Therapy Training	127
Other Program & Training (SFT-FN, IRMWF)	51
1:1 Clinical Art Therapy with Clients	212

### **Applied Suicide Intervention Skills Training – 2 Day Program – January 2020**



## New Wellness Programs Staff – Shayla George – Introduction and Stats

Hello/ henle? everyone,



I would like to start off by introducing myself. I am **Shayla George**, a proud Coldwater band member from the Nlaka'pamux Nation. My parents are May George and Mike Smith. I am the middle child of my 2 other siblings, Tamara George and Danton Smith. I was born and raised in the Nicola Valley. I grew up learning traditional practices from my family and community. My goal is to become more connected with my cultural roots and community to ensure the importance and preservation of tradition and health. I am committed to promoting health and well-being in my professional and personal life. I have dedicated myself to community development and engagement to help create positive change within the Nlaka'pamux Nation. I am currently enrolled into the Associates of Art program through NVIT.

In November 2019, I was hired at Nlaka'pamux Health Services Society as a Wellness Programs Facilitator Trainee. Once I am fully certified to provide wellness program services, I will deliver them to the 12 Nlaka'pamux bands. As of right now, I am trained to deliver the Living to the Full Program and Grief Recovery Edu-Therapy.

Within my position a large portion of time is spent on duties related to the delivery of our wellness programs. Throughout the past 5 months a significant amount of time has been spent on program prep, session development, general administrative tasks, meetings, research, professional development/program training, stats, and reporting. I have attached a table of hours spent on each task/duty related to Wellness Programs. Unfortunately, due to the COVID19 Pandemic, our programs have come to halt, and our time has been allocated to updating community members and self-isolation.

In the 2020-2021 fiscal year my goal is to become trained and accredited in our Wellness Programs. I look forward to working with the 12 Nlaka'pamux Bands in the new fiscal year.

K<sup>wuk</sup>wscemx<sup>w</sup>  
(Thank-you)

Respectfully  
submitted by:

Shayla George,

Wellness Programs  
Facilitator Trainee

Task/Duties	Hours
<b>Program Prep/Information/Session Development/Travel:</b>	<b>193</b>
<b>Meetings:</b>	<b>59</b>
<b>General Administrative:</b>	<b>107</b>
<b>Stats and Reporting:</b>	<b>50</b>
<b>Professional Development:</b>	<b>189</b>
<b>Research &amp; Development:</b>	<b>26</b>
<b>Other: (COVID19)</b>	<b>42</b>
<b>Total:</b>	<b>666</b>



## New Wellness Programs Staff – Alisha Sterling – Introduction and Stats



I would like to start off by introducing myself, my name is **Alisha Sterling**. I am from the Nlaka'pamux Nation, a member of the Lower Nicola Indian Band. My parents are Lisa DeWinter, Jason Sterling, and my stepdad, Simon Cisco. My grandma is Noella Garcia, and my Grandpa is George Garcia. My paternal grandma is Marsha Sterling (Jones) and my grandpa is Greg Sterling. My step grandparents are Maggie Shuter (John) and Francis Shuter. I am one child out of seven. I was born in Kamloops and raised in the Nicola Valley. My goal is to become more connected with my cultural roots and community to ensure and preserve the importance of health and tradition. I am committed to promoting the importance of health and well-being in this position, as well as in my personal life. I graduated from the Nicola Valley Institute of Technology in 2019 from the Bachelor of Social Work program. I have two cats and one day hope to own some cows and chickens.

I started working at Nlaka'pamux Health Services Society in November 2019 as a Wellness Programs Facilitator Trainee under Diana Lepine-Thomas, Manager of the Wellness Programs Department. Once I am trained and fully certified, I will be qualified to deliver wellness programs to the 12 Nlaka'pamux bands. Right now, I am trained to deliver the Living Life to the Full and Grief Recovery Edu-Therapy programs.

My position requires a lot of time spent on certain tasks and duties related to the delivery of the wellness programs. Below provides an outlook on where my time has been spent over the past five months. Unfortunately, due to the Coronavirus (pandemic), program delivery has come to a halt and we have now put our time towards updating community members about the COVID-19 and self-isolating.

In the 2020-2021 fiscal year, my goal is to deliver wellness programs to all Nlaka'pamux Nation members. I look forward to the new year!

Thank you,

Submitted by Alisha Sterling, Wellness Programs Facilitator Trainee

<b>Tasks/Duties</b>	<b>Hours</b>
<b>Program Prep/Information/Session Development/Travel:</b>	<b>209.5</b>
<b>Meetings:</b>	<b>30.50</b>
<b>General Administrative:</b>	<b>186.5</b>
<b>Stats and Reporting:</b>	<b>39.00</b>
<b>Professional Development:</b>	<b>50.00</b>
<b>Other:</b>	<b>7.5</b>
<b>Research &amp; Development:</b>	<b>18</b>
<b>Staff/Program Supervision/Training:</b>	<b>46</b>
<b>TOTAL:</b>	<b>587</b>

### **Summary and Looking Forward to 2020-21**

This past year saw many planned changes such as increased training/education and the addition of new wellness programs facilitator trainees, as well as some unforeseen circumstances that dramatically impacted any immediate training for new staff and all program and service delivery to our community members. The 2020-21 fiscal year will provide further opportunities for our staff to develop increasingly creative ways to work with community members while maintaining the health and safety standards provided by our local health authority, and the recommendations from individual health leads, bands, and our NHSS board of directors. Community members will still have a chance to explore some of our new and existing programs even though participating in a group program may look and feel a little different due the rules regarding physical distancing – at least for the time being. However, where there's a will, there's a way, and as long as we can all stay open to trying new ways of doing things, then things will get done!!

Some of our programs remain accredited programs, meaning that trainers/facilitators require certification and have minimum yearly delivery requirements, but others that we offer are not (including two of the newer ones) and in many ways, are a lot more flexible in terms of delivery. It's good to have this variety, and for the next year we will be busy exploring ways to implement whatever program is needed, wherever it is needed.

In terms of the ASIST Program (Applied Suicide Intervention Skills Training) which requires two facilitators, some of you may be aware that Rose Kramer (nurse at Scw'exmx Community Health) stepped up to the plate over a year ago and became an accredited facilitator so that she could join me in delivering this program in the northern region (Merritt area). Rose will continue to be my co-facilitator in the coming year – mostly in the Norther region, but sometimes in the South also. However, as soon as Shayla George is trained in ASIST, she will become my new co-facilitator for the Southern region. With all training on hold right now due to the pandemic, we unfortunately cannot predict when that will be.

Lastly, with new wellness program trainees now hired, I will be able to focus further energy on providing an increased level of individual clinical art therapy (counselling) for community members within the Nlaka'pamux Nation. I look forward to offering this new service as well as Aboriginal Focusing Oriented Therapy (AFOT) in the New Year.

### **Art Therapy Space (office)**



## Mental Health First Aid Training – 2 Day Program – February 2020



In closing (and I know I say something quite similar every year, but it's so important that I'm going to reiterate it once again) I would like to take this opportunity to thank our community partners within the Nation who often assisted in organizing, loading, providing snack/meals, and sometimes even helped in the set-up of many of the southern-region programs that took place this past year. Because our main office is in Merritt, it is significantly more difficult to complete "remotely" some of the more detailed and site-specific tasks required to get a program going. It is crucial for us to have "champions" of our wellness programs within each community who can assist in these areas. In this regard, a very special thank-you goes out to the community service organizations, health offices, and community members who got busy, got involved and made things happen for their communities. This is how we work together to help one another, and this is how we heal! I am looking forward to building on the relationships that have been formed over the past few years, as well as establishing new relationships and new ways of moving forward with wellness programs within all Nlaka'pamux communities.

Respectfully Submitted: Diana Lepine-Thomas,  
Manager/Facilitator Wellness Programs,  
Nlaka'pamux Health Services



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## Project Manager- Andrea Elliott

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Andrea Elliott has been working in Health Care for over 35 years and in First Nations Health since 2003. She is originally from California where she worked with persons with disabilities and later in Cancer Research as a Certified Cancer Registrar. She has earned her Bachelor of Science in Computer Information Systems, specializing business systems analysis.

Andrea started working on Reserve as Program Coordinator for the Saanich Collaborative Head Start Project, serving three First Nations communities on the Saanich Peninsula, on Vancouver Island. She served as Health Director for Tsartlip First Nation for four years, bringing them through health transfer.

In 2015, Andrea moved to Nlaka'pamux Nation territory with her husband to work as the Health Director for Heskwen'scutxe Health Services.

Andrea has joined the team as Project Manager for Nlaka'pamux Health providing program development and delivery of community-based projects in support of the 12 Nlaka'pamux Nations. She will be assisting with all aspects of culturally sensitive projects and delivery to the 12 Nlaka'pamux Nation Bands throughout the Nicola Valley and Fraser Canyon Regions.

### Project Manager Annual Report June 24, 2019 to March 31, 2010

#### 1. Attended Internal & External Program Planning Meetings

- Community Engagements:
- Monthly Staff meetings and biweekly Management meetings
- Child and Family Community Presentation – Equine Therapy Program
- Wellness and Collaboration Meetings
- Elder's meetings: Nurse Enhancement Review
- Primary Care Service Meetings
- Emergency Mental Wellness Management
- LOU meeting for Jim Adams
- Health Leads meetings

#### 2. Attended, Organized Events and Projects

- Set up of the new Lytton office, Open House
- Nonviolent Communication workshop
- Louise Hays workshop
- Huckleberry Picking for Kanaka Bar
- Pavilion Lake Ice Fishing Derby
- Canyon Elders Photos

### 3. Administration/Management Support

- Event Planning & Support
  - Created an Excel Program for organizing IFOT/ITFL program expense tracing and cost projections
  - Created an Excel Program for Event Planning & loading participants for Mental Health Programs
- Created a Password Encrypted Reporting Tool for Mental Health Practitioners “Daily Log”
- Grant review and application submissions:
  - ISC: Emergency Management Community Training with Holistic Emergency Preparedness & Response – Awarded
  - ISC: Off Reserve Covid-19 Outreach – Awarded
  - Nurse Enhancement – Home Care Support proposal – Awarded
  - Canadian Frailty Network, Funding for Caregivers Training & Support – Pending
- Policy Writing: researched, reviewed with management and prepare DRAFT copies for Executive Director and Board of Director’s review and approval
  - Employee Manual
  - Finance Policy and Procedure Manual
  - Code of Ethics and Code of Conduct
  - Workplace Violence
  - Social Media and Data Security
  - Communications Strategic Plan
  - Orientation Check List
- Nursing Enhancement
  - Reviewed Nursing Services Report presented by Marilyn Ota, August 2019 for Nursing Enhancement
    - Compiled data from report for statistical organization and created a graphical presentation for community use. “Needs Assessment for Nursing Enhancement”
    - Presented “Needs Assessment for Nursing Enhancement” to elder’s groups, per request.
  - Used “Needs Assessment for Nursing Enhancement” report to for support documentation for proposal writing applications for funding.
    - Proposal for Home Care Support, assisting gaps for communities without HCNs (Home Car Nurses)
    - Proposal for First Nations Health Authority, Funding for Caregivers Training & Support
  - Admin Support of Nation Shared Home Care Program
    - Job Descriptions and Interviews for recruitment of a Registered Nurse
    - Job Description research for Home Care Aid and LPN positions
    - Research and Review for Nation Electronic Medical Records systems – Juno & MedAccess
    - Research & Admin support for Meditech access
    - Prepare privacy and Security Policies for Meditech’s 101 compliance items
  - Medical Supply Grant – Nursing Enhancement for Elder’s support
    - Reviewed previous work completed for the medical supply project
    - Communicated with each community nursing program to request medical supply needs
    - Created an ordering list of common Home Care medical supplies



- Ordered supplies per the needs of each community Home Care program, deliveries started
- Interim and Annual Reports
  - Mental Health,
    - for AFOT/ITFL
    - New Mental Health Interim Report
  - On the Land, Interim and annual report
  - Opioid Funding, Interim Report

#### **4. On the Land**

- Worked with Management to prepare “On the Land” workplan
- Developed an OTL Proposal Writing Tool Kit, with one-page application, budget and reporting templates
- Created and Event Planning tool for communities
- Created Power Point presentation for Community Engagement
- Meet with Heath Directors & Community Members regarding On the Land applications
  - Community Engagement: Merritt Area, Ashcroft, Lytton, Nicomen
  - One-to-One Meeting(s): Nooaitch, Skuppah and multiple individuals inquires
- To date, received and supported proposals for seventeen projects, with funding distributed for event activities including: eight individual community projects, including four collaborative projects, and nine Nation based projects, with two additional projects pending approval.

#### **Nation Led Programs (8):**

##### **Traditional Communication**

In this 3-day workshop, held twice, the cultural identification of indigenous languages spoken by native peoples prior to colonization reflected an attitude of inclusion and respect for others discussed with an understanding that following colonization, this consciousness of unity was replaced with that of a language of domination. Since then the education of domination thinking, has continued to educate our people in this way. Wellness and self-actualization and confidence are renewed the cultural teachings that support speaking in ways that are life serving, connected to culture and land-based traditions. Confusing feelings with thoughts, disguised as feelings, keep us out of touch with our unmet needs. This course restores connection to traditional values in communication balanced with strategies to meet those needs. It is not enough to define lateral violence and understand it in an historical context but rather to identify how we contribute to it. This workshop provided process to participants to regain connection to traditional language processes through cultural grounding and practices.

##### **Canyon Elders Portrait Project**

Connecting to Elders and empowering them as vital leaders in the community, honoring & treasuring them with professional portraits which will connect future generations to their ancestral history.

##### **Smudge Kits – Gathering Incentives**

Materials gathered to build smudge kits & distributed to community members for teaching ceremonial use of herbs connecting to land-based culture and traditional healing.

##### **Canyon Wellbriety Sweat Lodge**

Supporting ongoing mental wellness and additions programming through traditional teachings and experiential connection to sweat lodge ceremonies.

##### **Dennis Saddleman Word Warrior**

Supporting stories and poems describe through personal journey with residential school experiences, alcoholic and drugs. Books purchased to help persons identify with the recovery process and writing as a healing tool.

#### **NLX Ice Fishing Derby at Pavilion Lake**

On the land activity to connect community members of the Nlaka'pamux Nation with Land-based healing through activities that connect with traditional food harvesting activities.

#### **Knowledge Keepers & NLX Language & Culture Moqwx**

Contribution made to these two events, included catering costs and gifts for elder's participation for bringing traditional knowledge to these events.

### **Community Implemented programs (9):**

#### **Lytton Equestrian Youth Project**

Equine assisted healing and youth leadership program, (implemented three times). Focus on both therapeutic healing and the development of youth leadership skills. The connection between land-based cultural programs and equine assisted healing provides for a natural, symbiotic animal to human relationship with the added effect of facilitating participants to get to know their lands and territory of the Nlaka'pamux territory.

#### **Coldwater First Fish Ceremony**

Stories of our Elders told and carried out through traditional protocols to re-awaken the "First Fish Ceremony" of our people. A process that recognized and acknowledged the values and traditions of salmon fishing as a traditional food. It is a part of who we are, medicine to our spirit and land-based connection through access and passing down teachings to maintain traditional fishing sites that has been used for thousands of years.

#### **Scw'exmx Salish Fire Keepers**

Education and training of youth in an Indigenous environmental context with primary focus on ethical forest management for health and sustainable eco-systems, management of non-timber wild crops, wild animals, and wild foods, medicines, tools & cultural implements. Increase public awareness and advocate teaching for Cultural Burning methods and Tmixw ways and knowledge, eco-cultural activities and climate change.

#### **Oregon Jack Creek - Drum Making Workshop**

Allows individuals to connect to the tradition of drum making, connect to the practice of traditional drumming using a handmade drum. Participants will develop the tools to participate in drum circles, cultural ceremony and to connect to the vibration of the land through traditional songs and practicing speaking through the vibration of the drum.

#### **Nicomen - Skeesht Cultural Class**

Family cultural class meeting weekly to connect collaboratively in sharing traditional knowledge of art, such as pine needle and cedar weaving, Nlaka'pamux language and food.

#### **Ashcroft - Woodcarver, Beading & Drum**

In a five-part series of workshops, participant experienced making traditional woodcarvings, learned to making their own drums, made decorative protective drum bags using local traditional techniques. Then came together to share food and knowledge of traditional songs in the drum circle(s), connecting to culture and healing through the hands-on experience of earthly elements from the land and vibrational healing energy of traditional song.

#### **Lytton - New Year Community Event**

A traditional community gathering to bring families together to celebrate and share cultural heritage traditional values through connection to land based healing, stories and food.

#### **Coldwater - C'eletkwmx an Nle'ekpmx People**

To increase the awareness, knowledge and revitalization the language and culture, connecting experienced individuals with the members of our communities so they can focus on the revitalization of the language and culture together as a Nation.

#### **Elder Event to Spirit Ridge in Osoyoos Contribution**

Contributions were made in support of this event which created a space for elders to gather to connect and socialize in a supportive environment: Honoring elders and cared for them through activities of holistic healing and other cultural wellness opportunities.

- Due to Covid-19, all pending On the Land applications have been suspended.
  - The format for “On the Land” activities has changed due to assure social distancing measures are observed.
  - The “On the Land” workplan has been adjusted in support of community members receiving On the Land activities in a manner that supports Covid-19 protocols

## **5. Support for Wellness Coordinator – Networking with On the Land activities**

- Meeting with Jennifer Brown and Geraldine Trimble – program workplan support
- Created an Event Log for Reporting – management support

## **6. Attend Emergency Mental Health and Emergency Management Program Development Meetings**

- Emergency Management Program Development Meetings
- Emergency Management Community engagements meetings with Skuppah & Kanaka Bar
- Community Training: HEPR - Nlaka'pamux EM Planning/Training – (2 Days)

## **7. Supported Mental Health AFOT & ITFL (administration support)**

- Organized program expense tracking
- Took on & organized cheque requisition system for expense payments
- Budget projection costs and management to propose to support additional programing

### **“On the Land” Equine Therapy**



## Salish Firekeepers



## Elder's Photos





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## Emergency Program & Coordination Manager- Lindsay Tighe

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New to the nation as of September 2020, its been an interesting 8 months. Understanding the new roll and how it was going to benefit 12 communities has been an interesting challenge. To start this roll one of the first tasks was to contact all 12 communities and learn where they were at for emergency preparedness, this was done by review most community's emergency

plans and completing a questionnaire. Most of the communities had an emergency plan and most needed updating of some type.

Thru the questionnaire we also managed to see what training requirements might be need and we submitted a request to ISC for training dollars for three training sessions in basic emergency management and emergency social services as well as EOC training. We were successful in our request and had our first training session in March 2020, a three days session which was completed virtual due to COVID-19. We had 23 participants which included 10 of the 12 communities. The remaining two sessions will take place in May and June of 2020. The goal is to have 18-20 folks from all the communities trained and do the training together in the hopes of one day of being able to work collectively as one in an EOC environment.

I have learned that a lot of are communities aren't prepared for emergency events mostly on a level of trained members most have one or two members trained. Moving forward it would be a recommendation to have the leadership meet and discuss emergency management and response as a nation and how we can all work together.

I have traveled to most of the communities and I see we all some of the same hazards and risk, fire being one of the biggest risks. As these events happen more regular now one of the goals, we should ensure is that when events happen within the territory, we are represented at the table to ensure our interest are being considered. This new position allows the nation to have a voice for events that happen outside our reserve boundaries.



Over the past 8 months I have attended several meetings some of the larger ones were on the modernization of the province's emergency act, where the major change is including first nations and the definition of emergency. Thru these meetings I've been asked to be part of the tripartite agreement working group which meets monthly. I have also participated in a tabletop exercise with HVC.

The last month has been a trying month as we all try and understand and deal with covid 19, I have been reaching out to the communities ensuring they know that I'm hear to help and I usually receive calls daily requesting some support for various things or questions. One thing I have learned is its become very difficult for our small communities to support an EOC, I would recommend in the future or now that there should be discussions to work together and have joint unified EOC to help those who require assistance.

I believe this covid crisis will carry on thru freshet and fire season which will task our resources to the max as well as all the other provincial resources. I would strongly suggest that our leadership look at these upcoming potential threats to our members and start discussing the idea of joint eons and support having them become operational to ensure we are ready to help our people and our resources are protected during these emergency events. I have been asked by communities to be part of there EOC's and I inform them that I need to be able to assist all the bands and not just one or two, we have members with great training and experience in emergency management and we could build a great team which would allow us to ensure we have the required resources but also be able to manage and not overwhelm our trained people.

We have a great opportunity with the creation of this new position but I would also like to have the leadership push for one more position for our nation as we are the second largest nation in the interior region with 12 communities and that is a very large area for one person. I encourage the leadership to push hard for this as most of the other nations are 4-7 bands in size and they were given the same resource as us. The current funding also doesn't include operational costs, they only cover wages which I feel we need operational dollars to be included.

I look forward to my continued work with the communities and contact's I've made within communities. I look forward to building a nation team concept to one day allow us to work together during emergencies. Any question or concerns please call or email me.

Thanks,

Lindsay Tighe

## Child and Youth Mental Health Counselling

**Stacey Hebner: Full time Counsellor April 1, 2019-March 31, 2020**

Community	Direct Client Contact Hours	Travel Time
<b>TOTALS:</b>	<b>337</b>	<b>206</b>

**Melissa Dexel: Full time Counsellor June 2019-March 31, 2020**

Community	Direct Client Contact Hours	Travel Time
<b>TOTALS:</b>	<b>145.5</b>	<b>133</b>

**Eleanor Madeley: Full time Counsellor September 2019-January 2020**

Community	Direct Client Contact Hours	Travel Time
<b>TOTALS:</b>	<b>99</b>	<b>101</b>

**Kelleigh Myers: Full time Counsellor April 2019-June 2019**

Community	Direct Client Contact Hours	Travel Time
<b>TOTALS:</b>	<b>43</b>	<b>62</b>

<b>CYMH Team Totals</b>	<b>Total Clients</b> 82	<b>Direct Client Contact:</b> 630 hours	<b>Travel Time:</b> 502 hours
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### **Waitlist Trends:**

The waitlist has varied from 2 children/youth waiting for services up to 22 awaiting counselling. The average over the course of the year was 11 on the waitlist.

The program receives the most referrals for children/youth from southern communities, likely due to fewer local mental health resources. In the Merritt area we often receive referrals from other agencies for children aged 3-7 that would benefit from play therapy. It appears that we are one of the few agencies able to accommodate counselling for very young children.

The time a child/youth spends on the waitlist varies depending on counsellor's current caseload and staffing. The typical wait time is one to two months, although we do check in on those clients during the wait time.

Referrals mostly come from schools, delegated child protection agencies, parent/caregivers.

### **Client session synopsis:**

Clients sessions take place in schools, local health centres, Nlaka'pamux Health Office, in community, occasionally in home.

Reasons for seeking counselling (this list is not inclusive):

Indicators of trauma: 100%

Suicidal ideation/suicide attempt: 37%

Self Harm: 17%

Indicators of anxiety: 77%

Indicators of depression: 58%

Addiction: 21%

Disordered Eating: 11%

General Behaviour Concerns: 42%

Sexual Identity Confusion: 12%

**Community Education Provided:**

**February 2020:**

Co-facilitation of a grief workshop at Conayt Friendship Centre: **12 participants**

**October-December 2019:**

Co-facilitation Get Strong Group in Nicomen: **34 participants over 3 months**

**January 2020:**

Art Therapy Group for children who experience the 2017 Wildfire: **5 participants in two sessions**

**January 2020:**

Group facilitator at Kumsheen Secondary suicide awareness event, organized by N7: **50 students participated**

**Ongoing:**

Complex Care Intervention Coach in partnership with SCFSS: **1 client from May 2019 to present, 67 hours have spent on the case.**

**Training and Workshops Attended by Staff:**

Whitecrow Village FASD Intensive Workshop

Expressive Play Therapy Certificate (JIBC)

Indigenous Focusing Orienting Therapy: Module 1-6 (JIBC)

Non-Violent Communication

Trauma Informed Practice with Indigenous Youth (JIBC)

Addressing Youth and Social Media Concerns

**Community Events Attended/Participated:**

Mental Health and Substance Use Providers Meeting (Shulus)

Child and Youth Mental Health discharge meeting (Lytton)

Suicide Awareness Day

Knowledge Keepers Meeting

Various Community Luncheons

Nlaka'pamux Days (Stein Valley School)

Youth Collaboration Meetings

Anti-Vaping Meetings

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## **Jordan's Principle Child and Youth Counselling Services**

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Clients were seen in all twelve communities of the Nlaka'pamux Nation for a variety of mental health concerns, including but not limited to:

Depression

Anxiety

Suicidal Ideation/Suicide Risk/Past or current suicide attempt

Identity/Sexual Identity

Trauma (abuse, neglect, and other)

Disordered Eating

Social Isolation/Relationship

Issues/Attachment concerns

Grief and loss

Safety: Drug use/drinking/risky behaviour

**Counselling Modalities:**

We practice goodness of fit and counselling modalities/techniques are chosen based on counsellors' skills and client need. Some modalities used:

Expressive Play Therapy

Art Therapy

Indigenous Focusing Oriented Therapy

Cognitive Behavioural Therapy

Mindfulness

Motivational Interviewing

Clients are mainly seen in at their community schools. Over the summer months the children and youth were seen in their communities, mostly at health centres. Direct client contact is much more successful during the school year.



### **Group and Community Work:**

May 2019- Ongoing:

Complex Care Intervention: Stacey Hebner is a co-coach for a CCI case involving a local child with complex needs. **64 hours** have been dedicated to this process.

January 2020:

Art Therapy Group: Two sessions of group format art therapy were completed to support children who are experiencing ongoing mental health issues related to the 2017 Ashcroft Wildfire. There were **4 participants**.

February 2020:

Assisted with a mental wellness event at Kumsheen Secondary. Acted as a facilitator in breakout groups after the showing of the movie Grizzlies. **50 youth** were present for this event from various communities in the canyon area.

March 2020:

Assisted in an event supporting Elders in working through grief at Conayt Friendship Centre. **12 people** participated.

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# Nlaka'pamux Mental Health Services Program

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## 1. PROGRAM TO DATE – April 2020

### 1.1 Goals

- To provide consistent services to the communities on a weekly basis - ongoing
- To review and assign ongoing referrals in liaison with health services within community – ongoing
- To continue professional training/development to reflect community collaboration - ongoing
- To provide trauma informed support and interventions to community members reflected within the Indigenous complex trauma model of care – ongoing
- To ensure our clinical/counselling services reflect the needs of community – ongoing
- To build capacity within communities

### 1.2 Objectives

- To develop liaison with Scw'exmx Child and Family Services Team to support Children and Youth in our Nlaka'pamux Nation – development, planning stages – **monthly ongoing collaborative meetings**
- To work collaboratively with Health Leads and Elders within communities to incorporate communities' voices and to integrate evidence-based practices and cultural practices in the Nlaka'pamux mental health programming – **ongoing**
- To secure office space that supports confidentiality and accessibility for clients; office space secured in all nine communities (some challenges re: office space and confidentiality for clients) - ongoing
- To secure new office space in Lytton BC 2020 - **completed**
- To provide training and workshops to community members that are indigenous focused – **Indigenous Oriented Focusing Therapy, (IFOT) and Indigenous Tools for Living (I Tools) - ongoing**
- To develop awareness of our services by participating in functions that are community based – **ongoing**
- To hire an additional child and youth counsellor - **posted**
- To hire one Adult MH Counsellor - **competed**

## 2 Challenges to Service Delivery (limited human resources)

- Working in isolation regarding recent COVID-19 pandemic
- Travel Time
- Increased caseload (optimum number of clients is 12 per therapist) current caseload 17 and 21 per clinician/counsellor

- Client needs – Complex Trauma therapeutic support, i.e. Eye Movement Desensitization Reprocessing, (EMDR) and Indigenous Oriented Focusing Therapy (IFOT) increases session times; sessions increase from hourly sessions to 1 1/2-hour sessions
- Addressing staff wellness
- Time constraints (travel to and from communities)
- Lack of transportation for clients to access support groups (e.g. Wellbriety, NA, AA)
- Client *readiness* for therapy.
- Clients availability within working hours

### 3 Steps to Strengthen Mental Health Services (what have we worked on to date)

#### *Evaluation Framework*

NMHS clinicians are working alongside April Mazzuca to create an evaluation framework to assess the impact of our services with our clients. Over the course of the summer, we will be working with her to co-create indicators of wellness. These measures will be used to track client process and assess the impact of our practice with individuals in our communities. April will gather feedback from Elders, youth, Community Health Workers and Wellness Workers about the evaluation tool to assess its acceptability. Evaluation tool will be modified based on feedback – **completed**

#### Family Therapeutic Programming

Our Program has developed a culturally adapted Family/Youth Program called, *zu? zu? twu?ix – Get Strong Family/Youth Program* A description of the Program is as follows: -

The zu? zu? twu?ix – Get Strong Family/Youth Program was successfully delivered and completed in Siska First Nation. The zu? zu? twu?ix – Get Strong Family/Youth Program is now being delivered in Nicomen First Nation with the goal to deliver the Program in all 12 Nation communities.

The Listening to One Another Program is a universal program that was originally designed for the general public. However, because of the benefits that were reported by youth and families a decision was made to culturally adapt the Program for our First Nation Communities.

It was decided that cultural adaptation was essential for our communities as it provided autonomy to each community that wanted to participate in the training and delivery of this Program. Cultural adaptation is of utmost importance: -

“as it reflects historical context and current living conditions of local populations. Cultural assertion is an important health determinant. Years of oppression and cultural depreciation had some repercussion on health of Indigenous People around the world” (Mental Health Promotion for Aboriginal Youth, 2015).

Each session of the program has been translated into the Nlaka'pamux Language with an Elder present during the sessions. There are 14 sessions in total with differing themes that pertain specifically to the communities' requests. There are historical videos imbedded in each session that speak to culture and tradition of this territory.

Here are some examples of program content that other communities have developed: -

Session 3: The Talking Circle

Session 5: The importance of Tobacco

Session 7: Learning skills 'How to help yourself and your friends'

Session 8: Learning skills 'How to solve problems'

Session 9: The Culture Tree

***Roots:** the history and ancestors of our tribe.*

***Trunk:** the values that our tribe lives by.*

***Leaves:** the visual aspects of our tribe that everybody sees or doesn't see.*

Session 10: Learning skills 'Qualities of friendship'

These are of course, examples for what some FN communities see as valued topics for youth and families to explore. However, it is recognized that not all communities want to use these topics for discussion; it is important to note that this is a community driven program, one that will be given to the community once the sessions are completed. The community owns the Program and can continue to deliver the program ongoing. The most important aspect of this Program is to bring youth and families together to support communities in strengthening the family connection. Learning the Elder's wisdom, being together, supporting open communication, and our family values build strong family connections that help to build strong communities.

#### **4 Trainings to Date**

Lending support to our community by building competency in delivering a trauma informed program as follows: -

- **Aboriginal Oriented Focusing Therapy (AFOT)** is an aboriginal psychotherapy that looks at the interconnectedness of complex trauma, intergenerational trauma and collective trauma through an indigenous lens
- **Indigenous Tools for Living (ITOOLS)** – This Program was developed by Shirley Turcotte, ITOOLS reflects each module of AFOT and builds community capacity for front line workers and community members
- **Complex Care Intervention Model (CCI)** caseload (current caseload 2 clients for an 18-month care team commitment) – **ongoing**
- **Eye Movement Desensitization Reprocessing (EMDR)** – completion January 9, 2017 – Basic Training – **completed**
- **Eye Movement Desensitization Reprocessing (EMDR) children and youth** – November 2017 - **completed**



- **Addiction Certificate Training** – Justice Institute - **completed**
- EMDR Certification – 50 client hours and 12 additional consultation hours – Specialized training - **ongoing**
- **CYMHC** – Transformational Systemic Therapy; Satir Family Systems Training Level I **completed**
- **Complex Care Intervention Model** – Collaborative Model of Care for Children, youth, families, extended and otherwise
- **Expressive Play Therapy Training Dates:**
- April 2-5: Expressive Play Therapy 1 and 2
- June 11-13: Expressive Play Therapy: Grieving Child
- July 15-18: Sand Play Therapy 1 and 2
- September 24-26: Final Project
- Workshops sponsored by Interior First Nations Health Authority: 1) Critical Incident Group Debriefing, 2) Crisis Response Planning and 3) Trauma: Strategies for Resolving the Impact of Post-Traumatic Stress. All workshops offered through the Crisis & Trauma Resources Institute
- **Somatic Experiencing (SE)** training On February 7<sup>th</sup>, 2020, in Kelowna BC. This program was created by Trauma Therapist Peter A. Levine and offers an intermediate and advanced levels for certification. Like IFOT, SE is a body-centered therapy

## 5 Workshops and Community Training/Highlights

A narrative on our most recent Program – Listening to One Another, *zu? zu? twu?ix* , - as follows: -

Listening to One Another-Zu? Zu? Twu?ix (Get Strong) , the Nlaka’pamux version of LTOA- is a community-driven and culturally adapted program for Indigenous families. The program is rooted in the principle that family wellbeing is a cornerstone of individual and community wellness. For that reason, each session includes activities designed for the family unit – for instance, meals, discussions, and games – as well as separate activities for youths and adults. Topics covered include community history and pride, emotional regulation, bullying, substance use, among others. A unique feature of this program is that each community culturally adapts the program to meet the community’s needs and local context. The 14 sessions of the family program and the 6 sessions of the school program are delivered within the community

Ina Dunstan is a respected Elder from Siska Indian band where she enjoys reconnecting and taking part in cultural activities. Ina helped run Zu?Zu?Twu?ix and was the go-to elder for cultural adaptation and language translation. The process supported her in improving her language skills, to examine her feelings when addressing topics in our session discussions. What filled her heart was the transformation of how individuals talked with one other and strove to listen to one another, which, in turn supported them to become stronger individuals. The Program was first run in Siska and then Nicomen. We are developing a school program and I am in talks with Stein Valley school, Lytton Elementary School and Coldwater School.

## Listening to one another- travel and training

Conora and Eskasoni- getting to help other communities start up their own versions of LTOA has not only shown me a better way to implement and deliver the Program, it has given me an opportunity to start building a learning and medicines exchange network. By the time, our Nicomen Get Strong Program was coming to an end we had received sweetgrass from Eskasoni. Each participant received a braid as a parting gift and in return we will be sending Eskasoni sage gathered from around our Nation. Both communities are now looking at preparing information videos on respectful gathering and preparation.

## Society for Psychiatry and Culture Annual Forum

I attended and participated in a panel discussion with other First Nation community members and other professionals. I was asked to help promote Get strong and talk about how this program can help participants talk about how it can help them in their daily lives. It also helped me to change the way I work in our communities.

## Indigenous Focusing-Oriented Therapy and Complex Trauma Certificate (IFOT)

Nlaka'pamux Health Services Society's (NHSS) training cohort started with **20 participants** and currently has **one** potential participant who may not be completing the training program. Since the start date of May 30<sup>th</sup>, 2019, the program has completed six (18 days) of the seven (21 days) modules required for the certificate through the Justice Institute of British Columbia. This has involved numerous hours of administration and support from Lepika Saddleman, NHSS's Wellness Coordinator, Andrea Elliot, NHSS's Health Services Manager, Tamara George, NHSS's Executive Director and Jim Adams, Scw'exmx Community Health Services Society's (SCHSS) Executive Director.

NHSS's *second IFOT training cohort has 20 participants* and has completed their first (3 - days) of 7 (21 – days) modules. The start date for this cohort was February 6<sup>th</sup>, 2020. Again, many hours of planning and coordinating have gone into the training program and was made possible with the support of those identified in the former acknowledgment. Two additional colleagues have joined the IFOT teaching team as helpers, Erin Aleck, NHSS's Family Wellness Coordinator and Melissa Dixel NHSS's Child & Youth Mental Health Counsellor

Dates	Indigenous Focusing-Oriented Therapy (IFOT)	Nlaka'pamux Band Members	Status/Non-Status	Total Participants
May 2019 - May 2020	Merritt	15	5	20
February 2020 - February 2021	Merritt	15	5	20
<b>IFOT Total</b>	<b>2</b>	<b>30</b>	<b>10</b>	<b>40</b>

NHSS has also delivered its *third* and *fourth Indigenous Tools for Living (ITFL)* training programs in June/August 2019 and March 2020, with a total of **38 participants** between the two training opportunities.

Dates	Indigenous Tools for Living (TFFL)	Nlaka’pamux Band Members	Status/Non-Status	Total Participants
June/August 2019 (5-day program)	Lytton	17	2	19
March 2020 (3-day program)	Lytton	16	3	19
<b>ITFL Total</b>	<b>2</b>	<b>33</b>	<b>5</b>	<b>38</b>

Between the two programs, from April 01, 2019 to March 31, 2020, there have been 78 participants, with 63 Nlaka’pamux band members and 15 status or non-status participants.

Programs April 01.2019 – March 31.2020	Nlaka’pamux Band Members	*Status/Non-Status	Total Participants
IFOT	30	10	40
ITFL	33	5	38
<b>OVERALL Participants</b>	<b>63</b>	<b>15</b>	<b>78</b>

\* Some of these participants are status and are registered to other bands outside of the Nlaka’pamux territory and few are Metis or non-indigenous.

On February 27, 2020, NHSS’s mental health staff delivered their first trauma informed grief workshop- based on ITFL curriculum- to elders and staff at Merritt’s Conapt Friendship Center, with **Thirteen participants**.

## 6 Community Events

- Community Engagements
- Lytton Addictions Week, Booth presented to Community both Adult and Child and Youth Programs – **well attended**
- Fishing derby March 29/19 -**20 participants**
- Yuwipi Ceremony 2020 -**50 participants**,
- Women’s Wellness Day Siska & Cooks Ferry - **45 participants**
- Wellbriety 12 step program starts Oct 31/19 – **4 participants**
- Skuppah band Community fire - Feb 27/20 - **9 members**
- Fishing Derby Pavilion lake Feb29/20 - **42 Participants**
- April 10/2019 – December 13/2019 Nicomen FN – **40 participants**
- Nov. 27, 2019- NAAW beading, Lytton B.C. – **20 participants**
- Nov. 29, 2019- Elder beading, Ashcroft – **7 participants**

- Dec. 11, 2019- Beading, Lytton B.C.- **6 participants**
- Jan. 23, 2020- Beading Siska – **2 participants**
- Feb. 10, 2020- Craft day, Ashcroft – **6 participants**
- Feb. 20, 2020- Elder beading, Ashcroft – **7 participants**

<b>Total Adult MH Clients from 2019-2020 – 09 Nation Communities North to South</b>
<b>TOTAL 93 Clients</b>

## New Hires

Our Program posted for one new Adult MH Counsellor - **hired**

## Anecdotal Synopsis for our Program Delivery

Over the past year our Program has grown significantly as indicated by our client numbers, new staff hired and our new office building. Our Program delivery is community driven and all staff strive to deliver the best support we can our community members, clients and health leads. We work collaboratively with agencies within the Nation including our urban centres. We work towards building relationships that are based on our knowledge keepers, our Elders.

We continue to build on our skills so that we can provide support that builds on the strengths within our Nation. Our skills are built on the principles that we as First Nation people hold within our culture and traditional knowledge. We, as counsellors and clinicians, are mindful of intergenerational trauma, complex trauma and collective trauma. Our ongoing training shows a model of care that mirrors relational healing through an Indigenous Lens, which, is being supported through Indigenous Focusing Oriented Therapy and Indigenous Tools for Living. As we continue to serve our communities, we continue to take great pride knowing that we are supported by the people we work with and for! K<sup>w</sup>uk<sup>w</sup>scémx<sup>w</sup> to our Nation Communities!

We also want to express our gratitude to all the frontline workers in our communities who tirelessly continue to workday and night as we fight the COVID-19 pandemic. As counsellors and clinicians, we also continue to support our community members as we continue to work daily via phone or virtually to support our clients and our vulnerable community members.

**IFOT Cohor 1, Merritt, BC**



**Morning Check In**

**Forth ITFL, Lytton BC**



**Third ITFL Cohort, Lytton BC**





**IFOT instructors/coaches/participants**



**Leaning into the Land Grief Activity**



**Grief Basket**



**Community Grief Workshop**

