

NEWSLETTER



HEALTH TEAM MESSAGE

Each of us has chosen to work in health care for different reasons, yet we all share a desire to serve our communities. Thanks to an incredible team working daily to provide the best for our clients and community, it will be a fantastic year of growth and opportunity at the health centre.

We are thankful to the people who trust us daily for their care or the care of their loved ones. It is an honour and a privilege to provide them with the high-quality care and emotional support they deserve and expect from us.

The Health Centre is available to on-reserve Band and Community members Monday to Friday from 8:30am to 4:30pm. Please feel free to call or drop in. If you would like to attend any services, please call the health center at 250-292-1478 to book an appointment.

We have a Traditional Medicines table with helpful literature for pick-up that explains how to harvest, prepare, and use for you and your family – pre-designed by USIB knowledge keepers.

*On occasion, we do have programming for off-reserve band members. Please stay up to date with the Band website.





Upper Similkameen Indian Band
CHUCHUWAYHA
Health Centre - Programming
x^wl'x^wal't

APRIL 2024

Acupuncture **EVERY MONDAY** – Acupuncture and Cupping are traditional Chinese methods to cleanse and alleviate pain. It can treat various physical, mental, and emotional conditions.

Shiatsu Massage **EVERY FRIDAY** – Shiatsu is a form of Japanese massage that applies direct pressure on various points or channels in the body and restores the energy balance and healing abilities of ones own body.

Reiki & Sound **EVERY THURSDAY, starting April 18th!** – Reiki, meaning 'spiritual or universal energy' is an energetic healing modality in which the facilitator channels the Reiki energy to the receiver. The purpose is to help people with personal healing, spiritual growth, meditation practices, healing of relationships, manifestation of goals and activating the divine healing power within all living beings. Reiki is an energy that works on the mental, physical, emotional, and spiritual levels.

Footcare – Sarah Antonick, our communities LPN also provides footcare services. Her service provisions include infection control and cleaning standards. Please call the Health Centre to schedule an appointment with Sarah directly.

Heartways Counselling – Mike and Aaron are in the community on a bi-weekly basis.

Elder's Social, April 11th – Our Elders Support Worker, Brenda, gathers the elders once a month to give everyone an opportunity to discuss upcoming events

Registered Dietician – Sabrina Harris is here **EVERY THURSDAY** and every third Friday.

*If you would like to schedule an appointment, please
call the Chuchuwayha Health Centre at 250-292-1478.*



We want to hear from you!

What programs and services would you like to see at the Health Centre?

Some ideas to get you started are: mobile dentists, physiotherapists, naturopaths, energy healing, workshops for moccasin/mukluk making? Would you like to participate in any on-the-land programs?

We encourage community to call the Health Centre with any and all ideas in the hopes to expand services that are of interest to you.

sčaʔáq^w iʔ sʔuʔms - Summer Words

yʔačíh - beach

pałplq́h - thimbleberry

kʰ maʔmsčút - I play cards

sǎ^wsmitk^w - foam berry drink

čiǎčǎxt - It's hot

kn' kskrmíxaʔx - I'm going swimming

Mental Health Supports and Resources

TELEPHONE AND ONLINE SUPPORTS

TSWO TUN LE LUM SOCIETY

Toll-free line
1-888-403-3123

KUU-US CRISIS LINE SOCIETY

Toll-free line
1-800-588-8717
Youth Line
250-723-2040

VSUPS | FREE

A referral-based service for First Nations people in BC and their family members. Health care providers, including the Virtual Doctor of the Day program, can refer you to this service. Available Monday to Friday. [FNHA.ca/VirtualHealth](https://fnha.ca/VirtualHealth)

KIDS HELP PHONE | 24/7

A National support service offering professional counselling, information and referrals and volunteer-led, text-based support to youth.
1-800-668-6868 or text the word "connect" to 686868 to access text support.


FOUNDRY | AGES 12-24 +CAREGIVE

Services and resources for young people ages 12 - 24 and their caregivers. No referral or assessment required. In-person: <https://foundrybc.ca/find-a-centre/>
Virtual: <https://foundrybc.ca/virtual/>

HELP IS AVAILABLE - AS OF NOVEMBER 30TH 2023

24HR SUICIDE AND MENTAL HEALTH CRISIS SUPPORT: CALL OR TEXT #9-8-8

Immediate, confidential, judgement-free and trauma-informed services provided by trained crisis responders, please reach out.



PACIFIC REGION
First Nations Health Authority

24/7

INDIAN RESIDENTIAL SCHOOL SURVIVORS SOCIETY

Toll-free line
1-800-721-0066

CANADIAN HUMAN TRAFFICKING HOTLINE

1-833-900-1010
24hours - 7 days a week

The Canadian Human Trafficking Hotline is a confidential, multilingual service, operating 24/7 to connect victims and survivors with social services, law enforcement, and emergency services, as well as receive tips from the public.

The hotline uses a victim-centered approach when connecting human trafficking victims and survivors with local emergency, transition, and/or long-term support and services across the country, as well as connecting callers to law enforcement where appropriate.



Mental Health & Wellness Supports

INTERIOR REGION

First Nations Health Authority

The *FNHA Interior Region Mental Health and Wellness Team* would like to share this resource for keeping you and your loved ones healthy

Access 24/7 Culturally Safe Support with the Following Agencies:



Tsow Tun Le Lum Society
Toll-Free Line
(P): 1-888-403-3123



Indian Residential School Survivors Society
Toll-Free Line
(P): 1-800-721-0066



KUU-US Crisis Line Society
Toll-Free Line
(P): 1-800-588-8717 Youth-Specific Line (P): 250.723.2040

FNHA Interior Region Community-Based Crisis Support

The Interior Region FNHA offers access to crisis support funds to stabilize a community during a crisis situation. The goal of this program is to support the utilization of external wellness resources for the community, including the supports such as crisis counseling, critical incident stress debriefing, and traditional wellness service providers.

To access this resource, please have your Chief and/or Health Director submit a Request to: 1-833-751-2525, or IRSupports@Fnha.ca (Monday-Friday 8:30-4:30).

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For a direct link to your local Interior Health Mental Health and Substance Use Centre, Call #310-MHSU (6478)