

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.

I am 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 maintenance 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.



PROGRAMS OFFERED AT THE HEALTH CENTRE

**Friendly
Reminder to
please show up 5
minutes early to
your appointment*

Acupuncture

Appointment Dates: January 8th, 15th, 22nd, & 29th

Shiatsu - EVERY FRIDAY!

Appointment Dates: January 5th, 12th, 19th, & 26th

Footcare

Please call Health Centre to schedule an appointment with Sarah Antonick

Heartways Counselling

January 9th & 23rd

Registered Dietician

January 4th, 11th, 18th, 19th, 25th

Elder's Social

There will be an Elders Social January 18th at the Health Center

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.

Please call Tierra at the Health Centre at 250-292-1478 or email tierra.mcivor@usib.ca with your ideas!!





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 \(6478\)](tel:310-MHSU)

Feeling sick? Stop the spread



Lots of people are getting sick this season. It could be a cold, the flu, or COVID-19. If you're not feeling well — no matter what virus you have — help stop the spread.

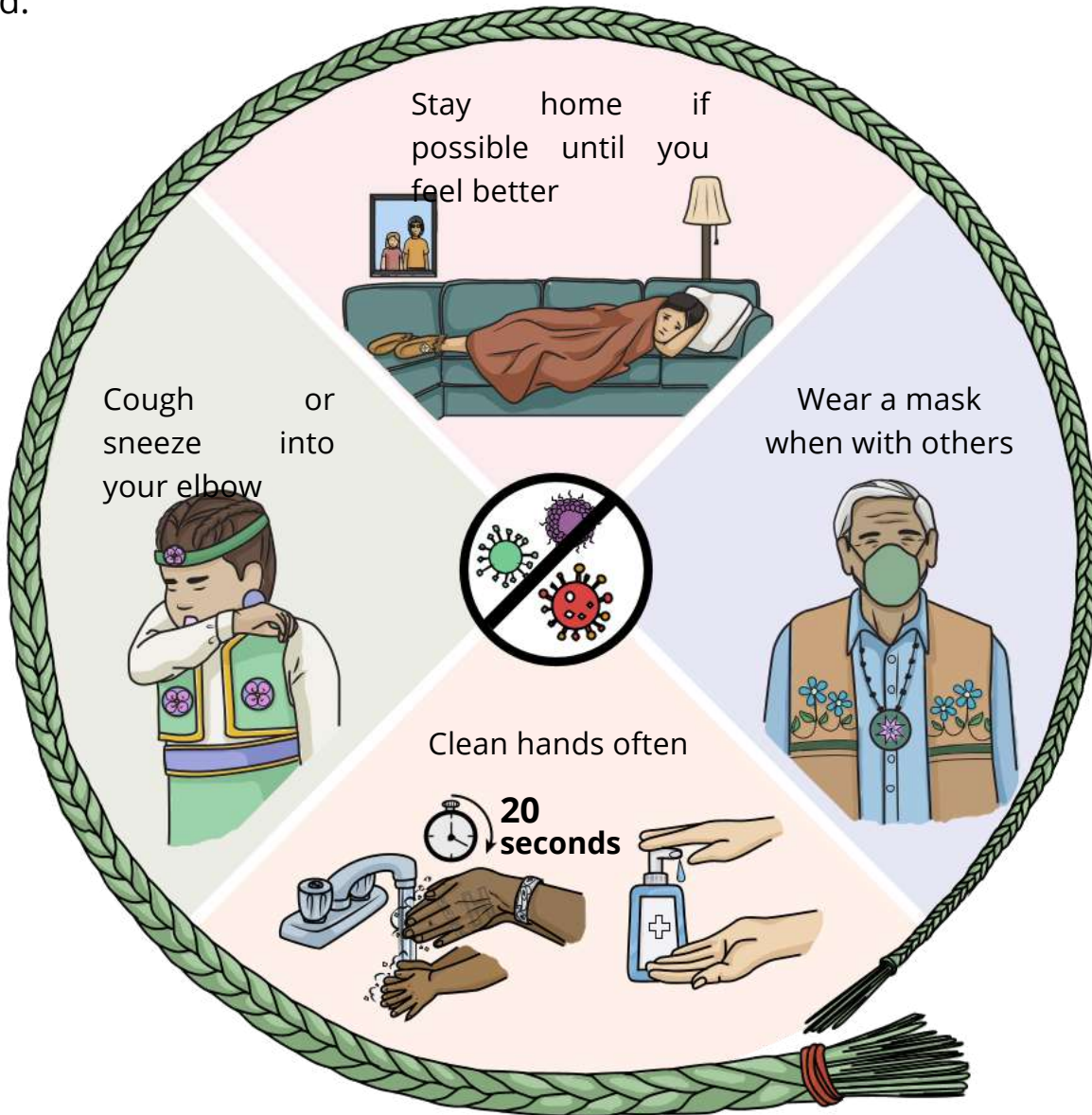


Illustration: Shoshannah Greene

Keep up to date with your vaccines.
Check with your healthcare provider for more information.





First Nations Health Authority
Health through wellness

SUPPORT TO SMOKING AND VAPING



FNHA HEALTH BENEFITS

Nicotine Replacement Therapy

nicotine patches, gum, lozenges, inhalers and mouth spray.

You can get these directly from visiting a pharmacist. Your Doctor, Nurse Practitioner or Pharmacist can help you choose which works best for you.

What coverage is available?

The BC Smoking Cessation Program pays for drugs and products to help you quit the use of commercial tobacco. First Nations Health Benefits through Pacific Blue Cross (PBC) pays for additional NRT products. You can get help from both programs at the same time.

Prescription medications: you must visit a doctor or nurse practitioner first.

MAKE A PLAN

The first step toward quitting commercial tobacco for good is to decide that you want to go for it. Once you have made that decision, the next step is to make a plan.

Set a date, be aware of your triggers (things that make you want to smoke, such as morning coffee, hanging out with friends and so on) and prepare healthy snacks and other items to help you through your quit.

TALK TO SOMEONE

It is always helpful to talk about your decision to quit with a health professional, a quit coach, an Elder or even a family member or friend.

Talk to someone who knows what you are going through and can give you support and guidance. Professional "quit coaches" are available by phone or instant chat, 24 hours a day, on the website QuitNow.ca, BC's free quitting resource site.

NEVER GIVE UP!

It generally takes at least three serious attempts at quitting before a person becomes a lifetime non-smoker and for many people it takes six or more tries. If you are not successful the first time you try to quit, don't give up.

Learn from the experience and get back on track right away. Some people can quit on the first try and some find it takes many attempts before they are successful.

CHALLENGE YOURSELF

December 11-17th, 2023



Quit Week BC lets you make attempts at quitting AND participate in a contest to win one of three \$150 prizes!

Sign up using the QR Code!

For more information or questions contact



First Nations Health Benefits
Phone: 1.855.550.5454
oEmail: HealthBenefits@fnha.ca

www.fnha.ca



THE SIX STAGES OF CHANGE

ONE:

PRECONTEMPLATION

Characteristics: Ignoring or denying the problem

Strategies: Rethink your behavior, analyze yourself and your actions, assess risks of current behavior.

Two:

CONTEMPLATION

Characteristics: Ambivalence and/or Conflicted emotions

Strategies: Weigh pros and cons of behavior change, confirm readiness and ability to change, Identify barriers to change

Three:

PREPARATION

Characteristics: Experimenting with small changes, Collecting information about change

Strategies: Write down your goals, prepare a plan of action, make a list of motivating statements

FOUR: ACTION

Characteristics: Direct action toward a goal

Strategies: Reward your successes, & seek out social support

FIVE: MAINTENANCE

Characteristics: Maintenance of the new behavior & avoiding temptation

Strategies: Develop coping strategies for temptation & remember to reward yourself

SIX: RELAPSE

Characteristics: Disappointment, frustration, feelings of failure

Strategies: Identify triggers that lead to relapse, recognize barriers to success, reaffirm your goal and commitment to change

(Source:<https://www.verywellmind.com/the-stages-of-change-2794868>)

Respecting
Tobacco



CONTACT
harmreduction@fnha.ca