

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

MARCH 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.

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, March 14th – 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.

****Friendly reminder to please show up 5 minutes early to your appointment.**

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.

sqipč i? sʔuʷms - Spring Words

sqipč - spring

smúk^waxh - arrow leaf balsam root (sunflower)

sknirmh - buttercup (first sign of spring)

ćkiñ i? sʰlʰʂalt t spiʔscít? - what was the weather like yesterday?

ćniwt - it's windy

ćk^wək^wlal - it's sunny

FNHA INDIGENOUS HARM REDUCTION: RELATIONSHIP AND CARE

MYTH 4: "IF YOU
REALLY LOVED ME,
YOU WOULD STOP
USING."

People experiencing
addiction do care for
their loved ones and
deeply understand
that their
substance use causes
their family, friends
and community pain
and guilt.

**FACT: ADDICTION
IS NOT A CHOICE**



- Ending addiction is much more complicated than "just saying no". One of the most important things we can do is support the people we care about along their healing journey.
- Have open conversations and talk about substance use.
- Learn more about addiction and harm reduction.
- Recognize that abstinence may not always be the end goal and that there are many ways that a person can heal that doesn't always end in treatment

THE WOLF: RELATIONSHIPS AND CARE

- Acknowledging family relationships, community, Nation, and land.
- Outreach services for people who do not access site based services: food, safer smoking/injecting kits, condoms, etc.

ACTIVITIES FOR MENTAL HEALTH AND FAMILY CONNECTION

What does connection look like for your family?

Family can look different for everyone, whether it is maternal, paternal, or chosen. The ways that families connect and spend time together can also look different for everyone, think of some ways you could make time and space to connect with your family, here are some ideas!

Learn the Language

First Voices is an Indigenous-led website with an easy-to-use platform with demonstrations of pronunciation, stories in both English and your chosen language, and games. There is also a section just for kids! [Click the photo to the right to be taken to the First Voices website!](#)



Spend Time Outside

With all the fresh snow in the interior, there are lots of activities to be enjoyed on the land. Sledding and tubing is an affordable activity that can be fun for everyone in the family! Look into what your local ski hill offers or just drag your sled to the top of that hill behind your house and enjoys some laughs with your loved ones.

Share the Joy of Food

Find some time to share a meal with family or have lunch with someone you love. Sharing food is a great way to facilitate conversation and connection. Cooking may not be for everyone, but eating sure is!



Spend Time With Your Animals

Our animals are also part of our family, spending quality time with them is important. Whether it is with your horse, dog, cat, or bird, finding space and time to connect with them is good for the soul.



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/>



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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.



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)