

# ćećawət leləm

## “Helping House” ANNUAL REPORT 2019-2020

### TSLEIL-WAUTUTH NATION HEALTH & WELLNESS DEPARTMENT

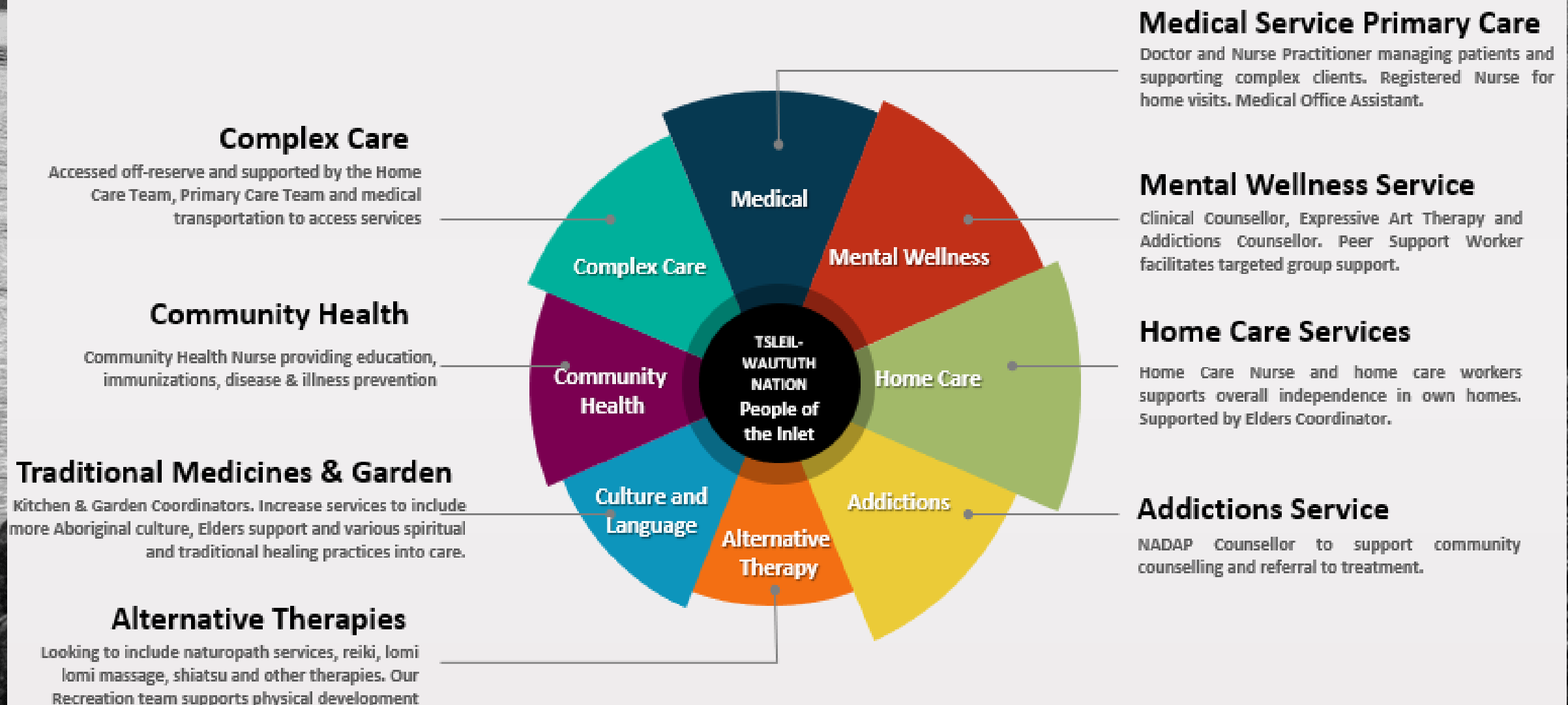
Tsleil-Waututh Nation Health Department (‘Helping House’) provides services in five areas: Primary Care, Public Health, Elder Care, Mental Wellness and Recreation. These services are primarily funded by the First Nations Health Authority, further supplemented by the Nation’s own funds, Vancouver Coastal Health, and other partners & agencies.

The Health Department’s primary goal is to provide health and wellness services on-reserve that are client- and family-centered, comprehensive, continuous, consistent, and culturally safe.



## Helping House: Health and Wellness

Building a comprehensive multi-skilled integrated care team for Tsleil-Waututh Nation

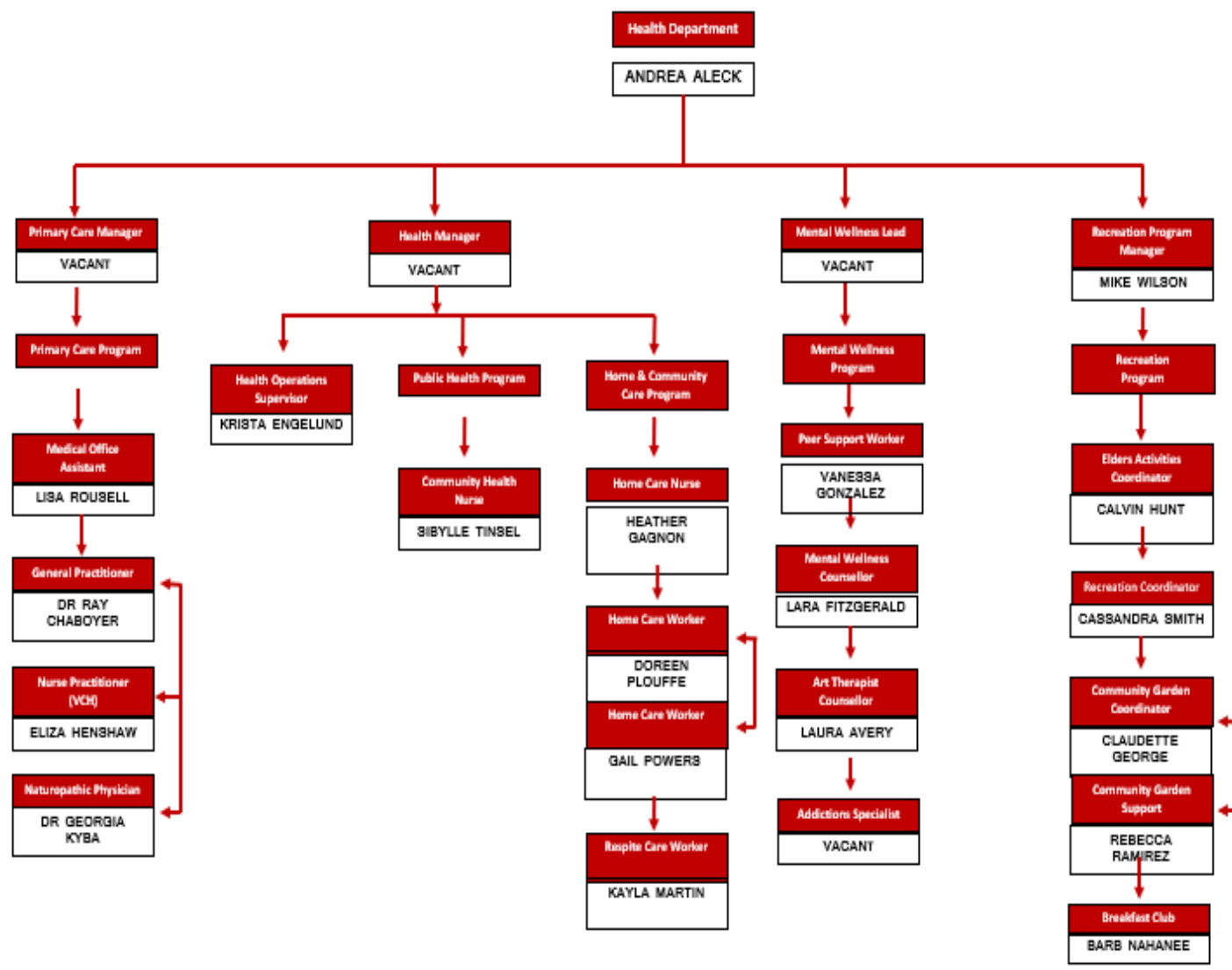




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### STAFF, EMPLOYEES & CONTRACTORS



#### STAFFING UPDATES:

- Former Health Director Peter Vlahos left 18 Oct 2019. Angela George covered between his departure and the appointment of our new Health Director Andrea Aleck who started 19 November 2019. Andrea was welcomed with a blanketing ceremony
- We sadly farewelled James Saunders, our Public Health Data specialist and Caitlyn (Kiki) George.
- We welcomed Heather Gagnon our Community Health & Home Care Nurse back from maternity leave.
- A huge loss for the entire Nation, and a very sad note for us here was the passing of the irreplaceable Luke Thomas – we acknowledge you for your contribution to so many people. He has left a very valued legacy.

We successfully met the vast majority of their requirements. Leadership have been working to complete the remaining items and seek final accreditation for each of the required areas:

- Client Safety and Quality Improvement
- Information Management
- Physical environment and equipment
- Infection prevention and control
- Medication Management
- Safe and appropriate service delivery
- Community health and wellness

#### OPEN HOUSE AND HEALTH FAIR

- On July 31st we hosted an Open House to encourage the community to come and visit with us and meet our team.
- We held our Health Fair on 28 October and thank you all for sharing what you want to see and access at our Health Centre.

#### ACCREDITATION CANADA

- The Health Department has been working hard to achieve accredited quality status from Accreditation Canada. In our previous year they undertook their first full survey of our Health Department.



## MENTAL WELLNESS

- Our Mental Wellness team (Mental Wellness Counsellor, Art Therapist and supporting clinicians) provided over 900 counselling sessions for community members during 2019 – 2020.
- We developed our Mental Wellness Strategy and actions going forward.
- The First Nations Health Authority approved the funding for our Mental Wellness Cultural Framework, and we are excited on how this will contribute to our Mental Wellness Strategy.
- We continue to contract our Art Therapist, Laura Avery who is doing wonderful work in the community and with our youth. She is currently in the process of obtaining her Masters – Good luck Laura.
- Our Mental Wellness team benefitted from the services of Traditional Counsellor Mahara Allbrett who provided very valued family constellation counselling.
- Our Peer Support Workers have been working with the Men's, Boys and Girls groups. There are such wonderful people in attendance who gather monthly to share stories and talk in circle while strengthening resilience and identity with each other. There are some amazing mentors in the community!



## RECREATION

## PRIMARY CARE MEDICAL CLINIC

Our Primary Care Clinic continues to grow to meet the demands of our community with the great work of Dr Ray Chaboyer, Eliza Henshaw our Nurse Practitioner and the rest of the amazing team at the clinic. This year the team conducted 1,768 clinic consultations. With the expansion of hours of our Nurse Practitioner, the number of new clients has increased. This year the clinic enrolled 249 new clients.

Between January and June 2019, we (with Squamish Nation) collaborated with the North Shore Division of Family Practice and Vancouver Coastal Health to develop a service plan to apply for more primary care resources to expand the hours of our clinic. The plan drew on the feedback from the community that our Health department received during community consultations and feedback forums. The proposal was approved by the Ministry of Health which means we can increase our clinic's services! Watch this space.

In October 2019, during our health fair, we reached out to the community to review what the top 3 health priorities were. They included:

1. Recruit a Traditional Healer and / or Naturopath
2. Increase Doctor's time and increase clinic hours
3. Increased access to Dental Care

Through the new funding we hope to recruit some of these positions in 2020. We are excited that more services will be available on-reserve.



In the 2019-2020 year, the Recreation Department was merged with the Health Department to form the new "Health and Wellness Department" acknowledging that physical wellbeing is very important to overall wellness. This year several programs were implemented:

- Chill Program: Tsleil-Waututh Nation and Chill Vancouver operate a 3- signature Positive at-risk youth (10-18y) development program
- The Youth Exchanges Canada program for groups of 10 to 30 participants (ag 12-17)
- Gathering Our Voices and Indigenous Bootcamps
- Aboriginal Run/Walk program
- Basketball and Soccer program
- Boys and Girls groups

Thank you  
to our  
funders &  
partners



Ministry of  
Health



Canadian Mental  
Health Association

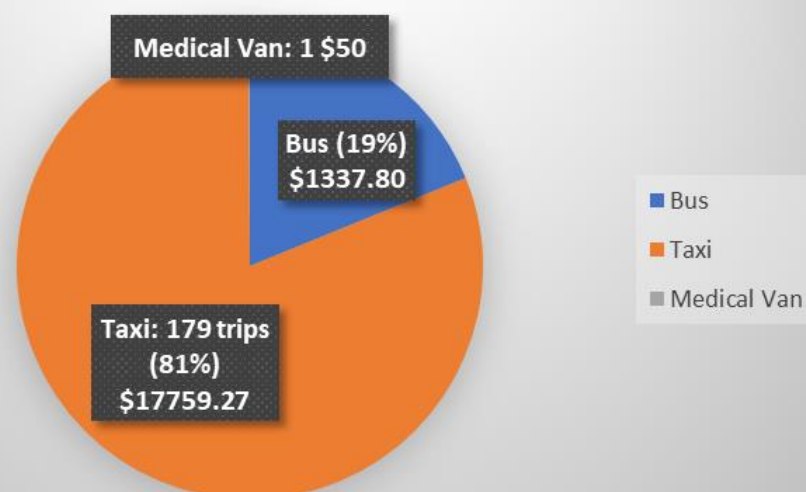


## MEDICAL TRANSPORTATION

- This year the Health Department supported 66 individuals with medical transportation support – valued at \$19,147.07 (compared to \$19,892 the previous year)
- The 66 individuals who were supported (compared to 61 clients last year) – undertook a total of 950 trips to access health care and specialists. Last year there were 931 trips. The top 10 reasons for travel are shown below. By increasing access to more services on-reserve, we hope this will help reduce the need to go off-reserve.
- The main mode of transport costs which were covered were taxi's, followed by bus

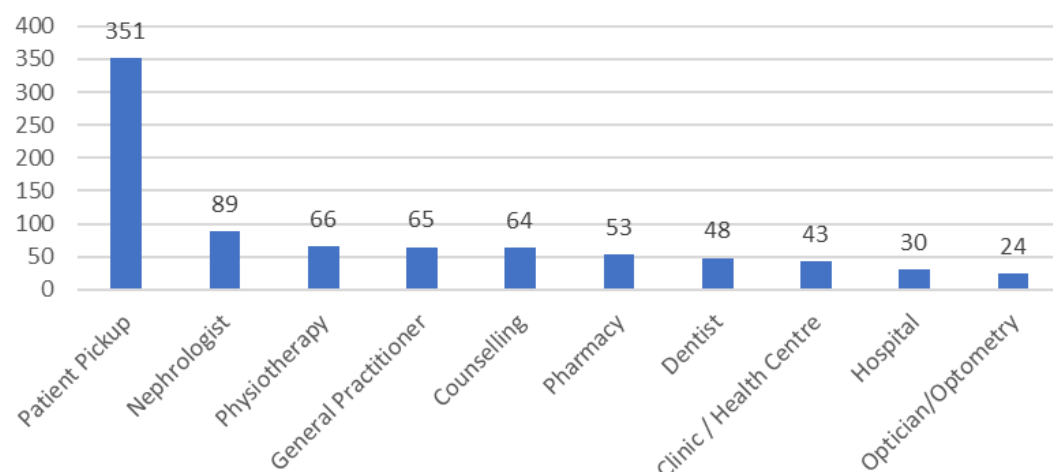
### Medical Transportation 2019-2020

Type of Travel (Number trips & Value Paid)



### Top 10 Medical Transportation Claims: 2019-2020

[Number]



## ELDERS' COORDINATOR

Thanks to the coordination of our Elders Coordinator, there were numerous Elders activities held in the past year including:

- 27 Arts & Crafts twice weekly workshops (approximately 14 Elders per session). This included the learning and creating cedar hats – see picture
- Elders Gathering – 40 TWN Elders joined 1,800 Elders from across the province
- White Rock Sea Festival day trip
- Lummi Tribal Canoe Journey – 35 TWN Elders joined 10,000 people in Bellingham for 5 days witnessing over 100 ocean canoes
- Other activities: Squamish Elders lunch and Capilano party; RCMP Fraud Prevention lunch; Grandchildren Pumpkin carving ; Traditional plants and herbal medicine workshop; Xmas craft fair and dinner events.



## NEW HEALTH CENTRE

### Part of the Tsleil-Waututh new administration building

In 2018-2019 the Health Department moved into the new Tsleil-Waututh administration building. Since then we have continued to grow the team and services and update equipment. We now operate our primary care clinic from the site, along with other programs and services. With our own patient entrance, the health centre is a welcome addition and it is wonderful to be co-located with our Nation's other programs.







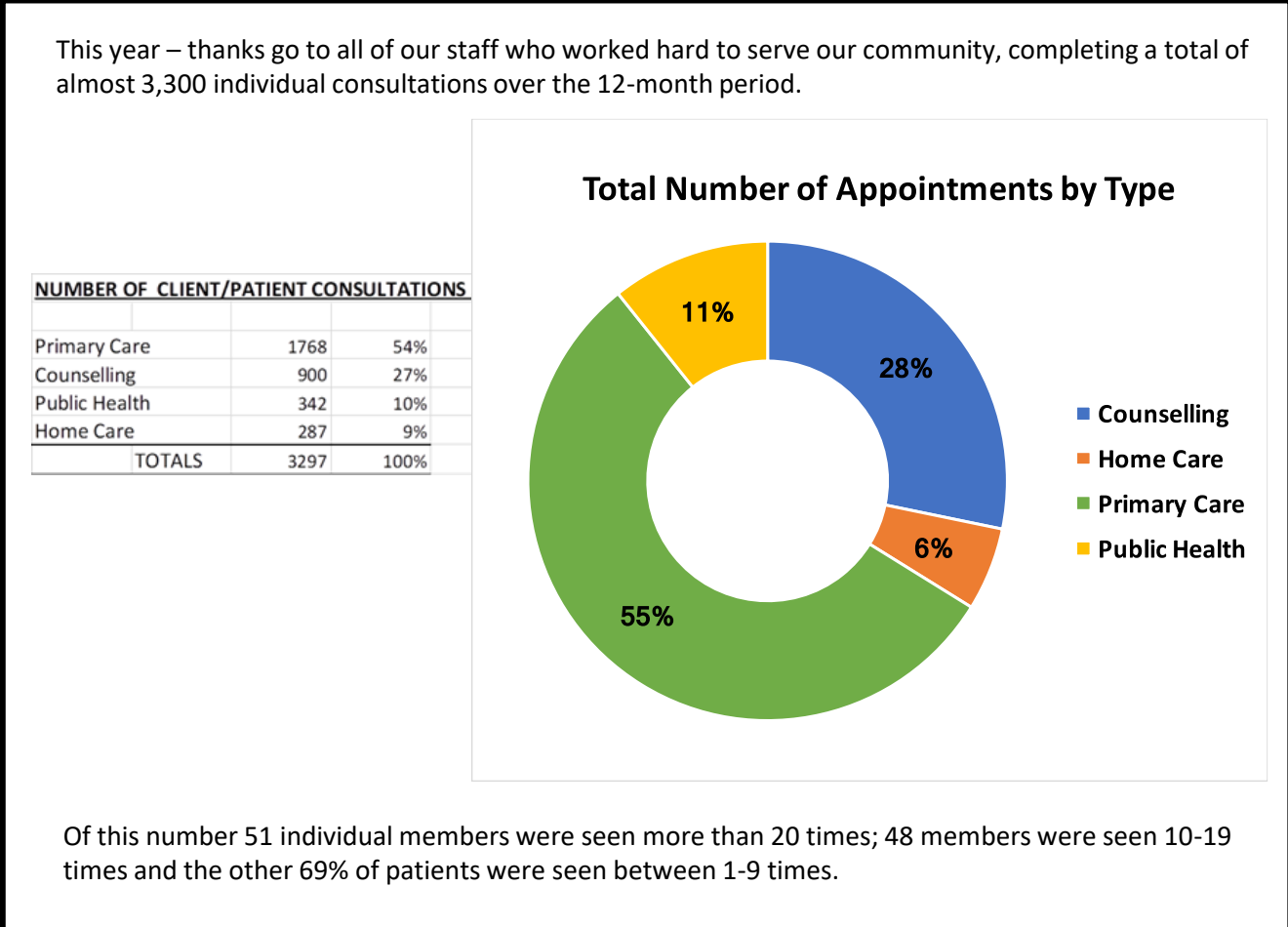
## HOME AND COMMUNITY CARE

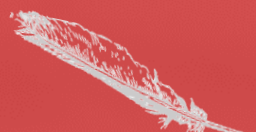
Home Care includes undertaking assessments to determine eligibility for Home Care, developing Care Plans, In-Home Respite Care and follow up for Home Care services by home care workers. This program is provided with the additional support of Vancouver Coastal Health’s home health team. The home care team also helps community members to access medical equipment (e.g. wheelchairs, walking aids, oxygen) and other things they need to manage chronic conditions or disabilities.

This year the Home Care team undertook 287 consultations with clients in the community who need support in the home.



## HUMBLY SERVING OUR COMMUNITY





## PUBLIC HEALTH: Preventing disease and illness and promoting wellness

- A Community Health Fair was held on 28 October 2019 with very good attendance. Thanks go to all our partners in particular the Community Health team from Vancouver Coastal Health
- Barbara Nahanee has been undertaking the daily breakfast club for children and this has been deemed a great success. It is great to see our children going to school on a full stomach.
- The Community Garden is still active and has been producing some amazing products for our local families including beets, lettuce, carrots, tomatoes, zucchini, cabbage, radishes, kale, green onions, tubers and dill



Sibylle Tinsel, our Community Health Nurse covered while Heather Gagnon was on maternity leave and was kept very busy. The CH Nurse focuses on communicable disease control including, but not limited to, a focus on influenza, HIV, Hepatitis A, B and C, Sexually Transmitted Infections, Tuberculosis (TB) and vaccine preventable diseases. The CH Nurse also provides maternal and Newborn Health including prenatal and postnatal and newborn education and support programs, as well as immunizations. Other work includes screening aimed at early intervention for vision, hearing, speech and language development and physical growth, as well as education and support for parents.



**PLEASE DO NOT HESITATE TO CONTACT US** for any enquiries regarding this Annual Report or the Health & Wellness Department:

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