

Ćećawət leləm - Helping House Community Health Updates



COVID-19 PANDEMIC INFORMATION

23 October 2020

Dear Community Members,

Once again, we are starting our COVID-19 Update with concerns about rising infection numbers in Canada and now also in BC.

Our community has done an outstanding job in following public health advice and keeping the Tsleil-Waututh people healthy. We are all so very tired of being restricted in our movements, our gatherings, and our celebrations. But, for our Elders and the generations to come after us, we need to persevere. You know what that means. Stay home and get tested if you feel sick with respiratory, flu-like or COVID-19 symptoms (We have been told that the testing backlog has been cleared and the wait time for test results is back to between 24-48h), stay consistently within your social bubble (Stick to Six), wash your hands frequently, don't touch your face, and wear a mask when you are around other people who are not in your bubble, i.e. in the grocery store or while using public transport.

This update contains guidance on how to safely celebrate Halloween, tips how to keep your teeth healthy, a COVID-19 advisory on sweat lodges and potlatches, thoughts around lateral kindness and COVID-19 testing, and another call for you to roll up your sleeve and get your flu shot.

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#LetOurNumbersBeZero

Please email communications@twnation.ca or call the Health Centre 604-929-4133 if you have any questions about COVID-19. More resources can be found at www.twnation.ca

Advisory on Sweat Lodges and Potlatches



A reminder from **Dr. Shannon McDonald, FNHA Acting Chief Medical Officer**, that gatherings, including sweat lodge ceremonies, should not be held during the COVID-19 pandemic.

We must practise other forms of culture and healing for now.

FNHA continues to strongly advise Indigenous communities in BC to postpone all gatherings until the pandemic has passed. **This includes sweat lodges and potlatches, even though they are key spiritual and cultural activities.**

The FNHA acknowledges their significance to our health and wellness, as well as the trauma caused by past banning of these activities. However, there is a time for everything, and now – during the COVID-19 pandemic – is *not* the time to hold or participate in these or any other kinds of group activities. Any gathering where close contact can occur can cause transmission and none of us are immune. Even if we are healthy, we should be thinking about not transmitting the infection to others around us – our Elders and those with underlying health issues.

It only takes one person – who may have no symptoms – to pass on COVID-19. A recent example of COVID-19 transmission at a gathering comes from the Tla'amin First Nation: see this cautionary [news story](https://www.cbc.ca/news/canada/british-columbia/tla-amin-nation-covid-survivor-1.5737550) (<https://www.cbc.ca/news/canada/british-columbia/tla-amin-nation-covid-survivor-1.5737550>).

The FNHA encourages communities to consider alternatives – for example, while we postpone sweats and other gatherings, we can still connect to the Creator through prayer or being on the land and focusing on our hopes for our future generations.

The following are some risks associated with sweat lodges and potlatches, as well as some alternatives.

RISKS OF SWEAT LODGES AND POTLATCHES:

- Going into a sweat lodge during COVID-19 would mean being in too-close physical contact and possibly breathing in the droplets in each other's breath.
- Even gatherings of fewer than 50 people (remember that the TWN COVID-19 Bylaw restricts gatherings of 10 and more) require an assessment of risk -- especially if the event will entail travel and people sharing accommodations.
- Being in a hot enclosed space, sweating in close contact with other people, is the perfect way to spread a virus.

ALTERNATIVES TO SWEAT LODGES AND POTLATCHES:

- Getting outside and spending time on the land and water (think “fewer faces, wide-open spaces”) is one of the most powerful ways to nurture health and wellness.
- Consider holding smaller events for now, with the larger event at a later date (when it's safer to gather again).
- If you are holding a smaller event, consider having bag lunches rather than shared meals, ensuring there are opportunities to wash and/or sanitize hands, and to practise physical distancing.
- Modify any ceremonies and cultural practices with public health recommendations, or conduct them just with the family you live with / your “bubble.” Your bubble should always be the same 5 or 6 people – those in your household for example, and they should not be in other bubbles with other people!

Halloween



No, you don't need to cancel Halloween this year! Despite COVID-19, there are ways to stay safe during this fun celebration. Here is a message from **Dr. Shannon McDonald, FNHA Acting Chief Medical Officer**, explaining how to safely plan for Halloween:

"Keep it local, keep it small"

Every year, Halloween is a fun-filled finale to October that delights children and adults alike. However, many people have been asking whether celebrating this tradition can be done safely during the COVID-19 pandemic.

The answer is that people can participate in Halloween, but as with nearly everything else in 2020, we need to take some precautions and make some adjustments.

As Dr. Bonnie Henry announced this week, it is still possible for children to trick-or-treat safely as long as recommendations are followed. We ask that children stay with their bubble in their local neighbourhood and trick-or-treat in very small groups. Ideally, there would one guardian for one or two children as your group (to a maximum of six people) travels around your own block while maintaining physical distancing from others. Following are more tips:

If you and your children will be trick-or-treating:

- **Don't** go out in a large group, and definitely avoid crowded trick-or-treating areas— where many people are gathered, there is a "super spreader" risk.
- **Do** incorporate a mask into your child's costume. There are many ways to use a mask while letting Halloween-costume-making creativity shine.

- **Don't** let your child dig into bowls of loose candy. You don't want them touching things that may also be touched by many other people.
- **Do** bring hand sanitizer – and use it frequently.
- **Don't** crowd a doorway with other trick-or-treaters. Have your children wait their turn to walk to the house so that they can practise safe physical distancing.

If you're handing out candy to trick-or-treaters:

- **Do** have a table set up with pre-arranged candy so children can grab what they need without reaching into a bowl. If possible, set up closer to the road and not at your doorway.
- **Don't** give out any candy that isn't packaged.
- **Do** get creative in thinking of ways to hand out candy while practising safe physical distancing. You may be able to use a small bag of candy at the end of a hockey stick or a pole.
- **Don't** give out candy if you're not feeling well. Stay inside!

Halloween Parties

Please skip the parties this year. Indoor gatherings, whether large or small, put people at unnecessary risk of contracting COVID-19. Instead, watch a spooky movie, decorate your house, or participate in a social gathering online.

If you do hold a party, **keep it small** (<https://www.fnha.ca/about/news-and-events/news/keep-your-bubble-small-this-thanksgiving-and-into-fall-as-covid-cases-rise>) and keep it in your bubble (with six people maximum):

- **Don't** let people drop in, even if it might seem rude.
- **Do** follow the BC Centre for Disease Control recommendations on hosting [safer celebrations and ceremonies](http://www.bccdc.ca/health-info/diseases-conditions/covid-19/social-interactions/safer-celebrations-and-ceremonies) (<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/social-interactions/safer-celebrations-and-ceremonies>).
- **Don't** pass around snacks, drinks, smokes or vapes.
- **Do** avoid any Halloween decorations or props (like smoke machines) that could cause people to cough.

Halloween Candy: Dental Health Survival Guide



Halloween may look a little different this year, but it still comes with ghosts, goblins and goodies—and the sugar in those treats can play some unwanted tricks on your teeth if you're not careful.

Here's why: The bacteria in your mouth are probably more excited to eat

Halloween candy than you are. When the bacteria eat the sugar and leftover food in your mouth, a weak acid is produced. That acid is what can contribute to cavities.

But don't hang up your costume just yet. "Halloween is about candy, dressing up and having fun," says ADA dentist Dr. Ana Paula Ferraz-Dougherty. "It's OK to eat that candy on Halloween as a splurge as long as you're brushing twice a day and flossing once a day all year long."

To help you choose the best treats to chew, we have a rundown of some common candies and their impact on your teeth:

Chocolate

Chocolate is probably your best bet, which is good because it's also one of the most popular kinds of candy handed out on Halloween.

"Chocolate is one of the better candies because it washes off your teeth easier than other types of candy," Dr. Ferraz-Dougherty says. "Dark chocolate also has less sugar than milk chocolate."

Sticky and Gummy Candies

Be picky if it's sticky. These are some of the worst candies for your teeth. "This candy is harder to remove and may stay longer on your teeth, which gives that cavity-causing bacteria more time to work," Dr. Ferraz-Dougherty says.

Hard Candy

Hard candies are also ones to watch on Halloween. “They can actually break your teeth if you’re not careful,” Dr. Ferraz- Dougherty says. “You also tend to keep these kinds of candies in your mouth for longer periods of time so the sugar is getting in your saliva and washing over your teeth.”

Sour Candy

You might want to pass on things that make you pucker – especially if they are sticky and coated in sugar. “Sour candy can be very acidic,” says Dr. Ferraz-Dougherty. “And that acidity can weaken and damage the hard outer shell of your teeth, making your teeth more vulnerable to cavities.”

Popcorn Balls

Have some floss handy if you’re enjoying one of these fall favorites. “Kernels can get stuck in-between your teeth,” Dr. Ferraz-Dougherty says. “They are also sticky, sugary and can be hard.”

More from MouthHealthy

- [12 tips to a cavity-free Halloween](https://www.mouthhealthy.org/en/az-topics/h/halloween-tips) (https://www.mouthhealthy.org/en/az-topics/h/halloween-tips)
- [Download pumpkin carving stencils, Halloween activity sheets and more!](https://www.mouthhealthy.org/en/resources/activity-sheets/halloween) (https://www.mouthhealthy.org/en/resources/activity-sheets/halloween)

"Toothcraft"



DIRECTIONS: Print stencil and trace onto surface. Use a pen or sharp point to make a dotted pattern on the pumpkin, then follow the dots and cut out the areas shown in gray.

Send us a picture when it's complete! Share your photos with **#mouthhealthy** on Instagram or Twitter (Twitter.com/AmerDentalAssn). Then, tag us on Facebook (Facebook.com/AmericanDentalAssociation).



Influenza Season

Because of the additional risk of COVID-19, it is recommended that all community members 6 months and older get immunized against influenza this year.

Thanks to the many of you who already got their flu shot - either at the TWN Influenza vaccination clinic mid-October, or at another location on the North Shore.

If you have never gotten a flu shot before, this is the year to consider getting one, to protect yourself, those around you, and our community. Remember: Elders and infants are especially vulnerable to the flu virus. By choosing to get immunized, you're protecting your community and loved ones.



To make the procedure as easy and painless as possible, our Health Department is planning another outdoor tent clinic on November 4th from 3:00 to 6:00pm. Even better, children and youth 2 to 17 years

of age can receive either the shot or the nasal spray. If you are still sitting on the fence, come by, visit the bubble machine and talk to our Community Health Nurse.

Book your time slot with Krista at the Helping House (604-679 0782). If you can, please also fill out the attached form to minimize wait times and facilitate a smooth immunization clinic.



Tsleil-Waututh Nation

Cećawət leləm "Helping House"

2020-2021 Annual Influenza Immunization Record



☐ 2nd dose required → Date to return to clinic for dose #2: _____

Date (YYY/MM/DD):		Tsleil-Waututh Nation	
<input type="checkbox"/> No cold, flu or COVID-19-like symptoms, even mild ones, no exposure to known COVID-19 case, no international travel within last 14 days.			
Client Please Complete This Section			
Full Name:		Do you identify as an Indigenous Person of Canada? (check all that apply)	
Address		<input type="checkbox"/> Yes <input type="checkbox"/> Prefer not to say <input type="checkbox"/> First Nations <input type="checkbox"/> Inuit <input type="checkbox"/> Métis <input type="checkbox"/> Status <input type="checkbox"/> Non-Status	
Street:		Do you reside in a First Nations Community?	
		<input type="checkbox"/> Yes <input type="checkbox"/> No	
City:		Health Card Number:	
Postal Code		Date of Birth (YYYY/MM/DD):	
Phone #:		Age:	
Please indicate if you have (or have ever had) any of the below conditions: We ask for this information to help your Nurse to determine if you are eligible for other vaccines or medical services.			
<input type="checkbox"/> Arthritis <input type="checkbox"/> Asthma <input type="checkbox"/> Cancer <input type="checkbox"/> Heart Disease <input type="checkbox"/> COPD (Chronic obstructive pulmonary disease) <input type="checkbox"/> Congestive Heart Failure (CHF) <input type="checkbox"/> Dementia <input type="checkbox"/> Diabetes <input type="checkbox"/> Allergies:		<input type="checkbox"/> Depression <input type="checkbox"/> Acid Reflux <input type="checkbox"/> Hepatitis B or C <input type="checkbox"/> HIV <input type="checkbox"/> High blood pressure (hypertension) <input type="checkbox"/> Osteoporosis <input type="checkbox"/> Currently pregnant <input type="checkbox"/> Stroke /TIA (transient ischemic attack) <input type="checkbox"/> Blood clots <input type="checkbox"/> Heart attack <input type="checkbox"/> Other chronic condition:	
Nurse To Complete Below Section			
Immunizing Agent:	Lot #:	<input type="checkbox"/> Consent Obtained Consent Obtained From: Relationship: Notes:	
<input type="checkbox"/> Fluzone Quadrivalent <input type="checkbox"/> Flumist Quadrivalent <input type="checkbox"/> Agriflu <input type="checkbox"/> Fluviral <input type="checkbox"/> Flud <input type="checkbox"/> Fluzone High-Dose	Dose: <input type="checkbox"/> 0.5mL <input type="checkbox"/> 2 nd dose required?		
	Route: <input type="checkbox"/> IM <input type="checkbox"/> IN Site: <input type="checkbox"/> Left Arm <input type="checkbox"/> Left Leg <input type="checkbox"/> Right Arm <input type="checkbox"/> Right Leg		
Immunizing Agent:	Lot #:	Administered by:	
<input type="checkbox"/> Pneumo-P-23	Dose: <input type="checkbox"/> 0.5mL		
<input type="checkbox"/> Chart or records reviewed, client is eligible for Pneumo-P-23	Route: <input type="checkbox"/> IM (preferred) <input type="checkbox"/> SubC. Site: <input type="checkbox"/> Left Arm <input type="checkbox"/> Right Arm		

Practise Lateral Kindness to Help Reduce Stigma and Fear of COVID-19

Most of us are doing our best to follow public health recommendations like physical distancing and frequent handwashing during this pandemic, and that is excellent. (Keep up the good work!) But did you know there are other very important things we as Indigenous people can do to help each other get through COVID-19 – and to help reduce its impact on our communities? Although perhaps not as obvious, *practising lateral kindness* is actually an essential part of nurturing and maintaining public health.

What are Lateral Kindness and Lateral Violence?

Lateral kindness is an approach to address lateral violence based on Indigenous values, which promote social harmony and healthy relationships. Lateral violence includes bullying, harassing, gossiping about or stigmatizing others, as well as other unkind behaviours. Lateral violence shows up in very painful ways among Indigenous people because of the impacts of colonization, racism, and intergenerational trauma. Experiencing lateral violence may cause people to be angry, depressed or stressed, which may lead to violent behaviours or substance use. In the context of COVID-19, people may feel they have to hide their illness to avoid discrimination and may put off seeking health care immediately.

Show Kindness and Stay Connected!

Since any one of us could get COVID-19, regardless of how careful we are being, it is important to remember how we would want to be treated if we or our loved ones were to be affected. We also need to keep in mind that the virus is the enemy -- not people with COVID-19! All people should feel safe and supported in their communities, especially if they're sick.

Fortunately, every one of us has the power to help practise and promote lateral kindness and stop lateral violence, including stigma related to COVID-19. Here are some of the ways we can do this:

- Get your facts from reliable sources like the [Centre for Disease Control and Prevention](#), and public health authorities like the [First Nations Health Authority](#) (not from Dr. Google or other non-experts)! Then share accurate information about how the virus spreads with others in your community. Education is one of the most important tools to fight stigma.
- Support and show empathy for those affected! Phone, video call or text friends, neighbours and co-workers – especially those who have been sick -- to check in on them. Talk openly about the challenges we are all facing during the pandemic, as this can help others feel they are not so alone and can promote positive coping and mental well-being.
- Realize that getting COVID-19 is not a matter of who didn't wash their hands long enough, who touched their face too much, or who didn't physically distance enough. These are necessary measures to take, but we could still do everything right and become infected with COVID-19. There is no “fault” when it comes to COVID-19!
- Speak out against negative behaviours, including negative statements on social media about groups of people.
- Be cautious about the images or messages you share relating to COVID-19. Make sure they do not reinforce stereotypes.
- Thank and show support for health care workers and responders. They should be praised and not stigmatized for having been in contact with COVID-19 patients.

For more information about practising lateral kindness, read the [Declaration of Lateral Kindness](#) (<http://fnhda.ca/wp-content/uploads/2016/04/FNHDA-Lateral-Violence-Position-Statement.pdf>) and read the "[Let's use Lateral Kindness to lift each other up](#)" [message here](https://www.fnha.ca/about/news-and-events/news/let%E2%80%99s-use-lateral-kindness-to-lift-each-other-up) (<https://www.fnha.ca/about/news-and-events/news/let%E2%80%99s-use-lateral-kindness-to-lift-each-other-up>)

COVID-19: A Call for Kindness

It is essential that we all feel safe and confident getting tested for COVID-19, and that those who test positive still feel supported in their recovery and are not discriminated against.

The FNHA's Acting Chief Medical Officer, Dr. Shannon McDonald, has urged First Nations people to practise "lateral kindness" to help fight the stigma of COVID-19. Lateral kindness is an approach to address lateral violence based on Indigenous values, which promote social harmony and healthy relationships.

"I want to take a moment to thank and celebrate every person who experienced symptoms and got tested. You are helping to protect all of us!" says Dr. Shannon McDonald. "Remember, getting COVID-19 is not a matter of who didn't wash their hands long enough, who touched their face too much, or who didn't physically distance enough. These are necessary measures to take, but we could still do everything right and become infected with COVID-19. There is no 'fault' when it comes to this virus."

Practising lateral kindness is an essential part of nurturing and maintaining public health. Since any one of us can contract COVID-19, regardless of how careful we are, it's important to remember how we or our loved ones would want to be treated.



REMEMBER: THE VIRUS IS THE ENEMY, NOT THE PEOPLE WITH COVID-19. ALL PEOPLE SHOULD FEEL SAFE AND SUPPORTED BY THEIR COMMUNITIES, ESPECIALLY WHEN THEY'RE SICK. LET'S BE KIND TO EACH OTHER AND THANKFUL FOR ALL OF THE EFFORTS AND PROTECTIVE MEASURES THAT INDIVIDUALS AND COMMUNITIES ARE TAKING FOR THE SAFETY OF US ALL.

- [Read more](#) from Dr. Shannon McDonald.
- Download the FNHA's [lateral kindness poster](#).
- Visit the FNHA [COVID-19 web portal](#).

Resource Links and Numbers

TWN Helping House

- Lisa Rousell (Reception): 604-929-4133
- Sibylle Tinsel (Community Health Nurse): 604-353-5314
- Heather Gagnon (Home Care Nurse): 604-355-3507
- Laura Avery (Mental Health Team): 604-787-5468
- Calvin Hunt (Elders Groceries & Meal Program): 778-228-8471

COVID-19 FAQ's and Updates:

- <https://twnation.ca/about/twn-faqcovid19/>
- BC Centre for Disease Control:
<http://www.bccdc.ca/healthinfo/diseases-conditions/covid-19>
- FNHA: <https://www.fnha.ca/what-we-do/communicable-disease-control/coronavirus/public>
- COVID-19 Information Line: 1-888-COVID19 (1-888-268-4319)

Accessing Health Care

- North Shore Urgent Primary Care Centre: 604-973-1600
- First Nations Virtual Doctor of the Day: 1-855-344-3800
- BC Nurses Health Line: 811

North Shore Resources.

- North Shore Resource Directory <https://nsem.info/resources>
- Older Adult Mental Health Team - North Shore: 604-982-5600
- Seniors' One Stop: 604-983-3303 and nsrc.bc.ca

Mental Health Resources

- **First Nations and Inuit Hope for Wellness Help Line and On-line Counselling Service:** 1-855-242-3310 and www.hopeforwellness.ca
- **Kuu-Us Crisis Line:** 1-800-588-8717, <https://www.kuu-uscrisisline.ca/>
- **Kids Help Phone:** 1-800-668-6868 and <https://kidshelpphone.ca/>
- **Indian Residential School Survivor Society:** 604 985 4465 or Toll-free: 1 800 721 0066 and <http://www.irsss.ca/faqs/how-do-i-reach-the-24-hour-crisis-line>
- **The Foundry – North Shore:** 604 984 5060 and <https://foundrybc.ca/northshore> (for youth – ages 12 – 24 years)

Substance Use Services

- **Canadian Addictions Certification Federation**
<https://caccf.ca/see-a-councilor-now/> (Offering free 1 - 1 counselling sessions)
- **NA/AA Support**
 - Online support groups:
<https://docs.google.com/document/d/1a71ccw7ihaWelksKwOp4AzAkYIVqSoKiN6Gsm38bKMU/mobilebasic>
 - By phone through 604-434-3933 or
<http://www.vancouveraa.ca>
- **Alcohol & Drug Information Referral Service:** 604 660 9382



First Nations Health Authority
Health through wellness

Mental Health & Cultural Supports

AVAILABLE DURING THE COVID-19 PANDEMIC



TELEPHONE AND ONLINE SUPPORT

First Nations and Inuit Hope for Wellness Help Line and On-line Counselling Service

The Hope for Wellness Help Line offers immediate mental health counselling and crisis intervention to all Indigenous people across Canada.

Toll-Free: 1-855-242-3310

Hope for Wellness Chat Line:

www.hopeforwellness.ca

Kids Help Phone

Kids Help Phone is a 24/7 national support service offering professional counselling, information and referrals and volunteer-led, text-based support to young people in both English and French.

1-800-668-6868 to speak to a professional counsellor.

Text the word "connect" to 686868 to access text support.

KUU-US Crisis Services

The KUU-US Crisis line is available 24/7 to provide support to Indigenous people in BC. For more information visit: <http://www.kuu-uscrisisline.ca/>

Toll Free: 1-800-KUU-US17 (1-800-588-8717)

Adult/Elder: 1-250-723-4050

Child/Youth: 1-250-723-2040

National Indian Residential School Crisis Line

Indigenous Services Canada offers a national Indian Residential School Crisis Line to support former Residential School students. The crisis line provides emotional and crisis referral services 24 hours per day.

Toll-Free: 1-866-925-4419

Provincial Alcohol and Drug Information Referral Service

This Service provides free, confidential information and referral services to British Columbians in need of support with any kind of substance use issue (alcohol or other drugs).

Toll-free: 1-800-663-1441

Lower Mainland: 604-660-9382

FNHA MENTAL WELLNESS & COUNSELLING SUPPORT THROUGH HEALTH BENEFITS

Health Benefits provides clients with access to Mental Wellness and Counselling services from a qualified mental health provider. All services require prior approval. A list of providers registered with Health Benefits, including those available to provide support over the phone or internet, can be found by visiting the FNHA First Nations Health Benefits Mental Health [Provider List](#) or by contacting **1-855-550-5454**.

INDIAN RESIDENTIAL SCHOOL RESOLUTION HEALTH SUPPORT PROGRAM PROVIDERS (IRS RHSP)

The IRS RHSP offers emotional and cultural support through approved partners across the province. You can contact IRS RHSP partners directly through the contact information listed below or you can call First Nations Health Benefits at **1-855-550-5454**. If you contact an IRS RHSP provider directly, the provider will be required to submit an approval form to Health Benefits.

Adah Dene Cultural Healing Camp Society

Margo Sagalon: 250-996-3813

Admin.elders@telus.net

Tracey Charlebois: 250-996-1475

Nakazdlielders@telus.net

Carrier Sekani Family Services

For Vanderhoof: Catherine Lessard:

250-567-2900 (office) or 250-996-8090 (cell)

For Prince George: Rhonda Hourie or

Cheryl Thomas: 778-675-0419

Gitanyow Human Services

Wanda Good: 250-849-5651

Wanda.e.good@gmail.com

Gitsxan Health Society

Ardythe Wilson: 250-842-8251

irsmanager@gitxsanhealth.com

Pam Torres: 778-202-1355

irsmhsupport3@gitxsanhealth.com

Gary Patsey: 778-202-1703

irsmhsupport1@gitxsanhealth.com

Nuu Chah Nulth Tribal Council

Vina Robinson: 1-250-724-3939

vina.robinson@nuuchahnulth.org

Daily Elliott: 250-720-1736

Indian Residential School Survivors Society

Stu Mitchell: 604-985-4464 or

Toll-free: 1-800-721-0066

Okanagan Nation Alliance

Rachel Marchan: 1-250-470-7048

earlyyears@syilx.org

Tsow-Tun-Le-Lum Society

Rebecca Visschere: 1-250-268-2463

Toll-free: 1-888-590-3123

FNHA TREATMENT AND HEALING CENTRES

FNHA supports ten residential treatment and healing centres across BC. During the pandemic, Round Lake Treatment Centre and Gya'waa'Tlaab House of Purification are maintaining a live-in treatment program with additional precautions taken to abide by physical distancing and associated safety requirements.

The balance of FNHA's treatment centres have moved to providing virtual support to individuals and families who have attended their programs previously and/or are responding to new requests for emotional and cultural support from First Nations people. You are welcome to reach out directly to the centres below.

Carrier Sekani Family Services

Call: 250-567-2900 and ask for an ARP Team member

Email: rjohn@csfs.org

Kackaamin Family Development Centre

Call: 250-723-7789 or

Toll-free: 1-833-205-6946

Namgis Treatment Centre

Call: 250-974-8015

Nenqayni Wellness Centre

Call: 250-989-0301

North Wind Wellness Centre

Call: 250-843-6977 or

Toll-free: 1-888-698-4333

Telmexw Awtexw (Sts'ailes First Nations)

Call: 604-796-9829

Tsow Tun Le Lum

Call: 250-268-2463 or

Toll-free: 1-888-590-3123

Wilp Si'Satxw Healing Centre

Call: 778-202-0162 or 778-202-1349

All information in this document is accurate as of April 3, 2020.

Women's Support Services

- **BC Battered Women's Support Services:** 604 687 1867, toll free at 1-855-687-1868, or text 604 652 1867 or intake@bwss.org.
- **Atira Help Line:** 604-800-8881
- **Rape crisis line** (24 hours): Phone 604-872-8212.
- **Women against Violence against Women:** Phone 604-255-6344 / Toll-Free 1-877-392-7583.
- **VictimLink BC:** Phone 1-800-563-0808.
- **Women's Crisis Lines:** 604-687-1867 / Toll-Free 1-855-687-1868.

FNHA Community Resources

This community resource compilation has been put together for Chiefs, Health Directors, Health Leads and First Nations community members to ensure access to timely and helpful information. This has been updated (the first was sent out in April) and contains new information.

Public Health Notices and Articles:

- [Immunizations Keep Adults Healthy Too!](https://www.fnha.ca/about/news-and-events/news/immunizations-keep-adults-healthy-too)
(<https://www.fnha.ca/about/news-and-events/news/immunizations-keep-adults-healthy-too>) A message from Dr. Helena Swinkels, Office of the Chief Medical Officer and Marion Guenther, Clinical Nurse Specialist for Immunizations, CDPPH office of the Chief Nursing Officer (Sept. 17)
- [FNHA/FNHC/FNHDA Public Health Notice](https://www.fnha.ca/about/news-and-events/news/the-fnha-fnhc-fnhda-urge-nations-to-protect-each-other-by-cancelling-or-postponing-gatherings-and-ceremonies)
(<https://www.fnha.ca/about/news-and-events/news/the-fnha-fnhc-fnhda-urge-nations-to-protect-each-other-by-cancelling-or-postponing-gatherings-and-ceremonies>): Nations Urged to Protect Each Other by Cancelling or Postponing Gatherings and Ceremonies (Sept. 11)
- [My Heart Breaks](https://www.fnha.ca/about/news-and-events/news/my-heart-breaks) (<https://www.fnha.ca/about/news-and-events/news/my-heart-breaks>): A personal reflection for International Overdose Awareness Day by Riley David, Regional Addictions Specialist for VC region, FNHA