

Mental Health Substance Use: Penticton Indian Band





PIB Health Department Vision

Our vision for the future is to have culturally safe, high quality mental health and substance use services that are accessible to Penticton Indian Band members within the South Okanagan.

We are committed to working together with our partners to continue the path forward to identify ways that we can improve existing programs and create new programs that will meet the health needs of the community.

With the shared vision, expertise and resources, the Penticton Indian Band and our partners believe that collaborative improve the health status of our community. And that when there is a barrier or gap in service delivery, we will work together to find innovative solutions.





PIB Mental Health Substance Use Program

- Penticton Indian Band Health Department has established a new Mental Health Substance Use program for the community in March 2022.
- Our goal is to support individuals of all ages and families that are dealing with mental health and/or substance use issues using a wrap-around and cultural approach.
- We provide referral services for counselling and substance use, group support programs, and community-based activities and programs.
- Our vision is to take a holistic and cultural approach and programs for all age groups.
- We work in collaboration with PIB social and education departments to ensure that the individual and families are getting the services and support that they need.



PIB Mental Health Substance Use Program Statistics

Mental Health Substance Use Statistics since April 1, 2022

Population on Reserve: 1100

Total Client Files: 158 clients

Total Clients for Mental Health & Substance Use Counselling: 125 clients

Total Clients for Detox/Treatment: 33 clients

Average 3 to 4 new Referrals each week

OAT Therapy – Nurse Prescriber

OAT program assists individuals wanting to quit opioids by assessing needs, prescribing suboxone, maintaining methadone treatment regimes and providing education and support to clients in community.

Program Start Date – June 2022

Total Clients: 8 clients





Mental Health

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Support Services available from PIB Health Services:

- Assessment of individual needs and development of a treatment plan
- Referral to licensed counsellors
- Referral to traditional counsellors
- Referral to physician, psychologist or psychiatrist if required
- Referral to Nurse Practitioner if individual does not have a family physician





Mental Health Referral Process

Anyone can make a referral for themselves, a family member or a friend.

Once the referral is received, the MHSU team will:

- Connect with the individual to assess the person's needs
- Collaborate with individual to develop a plan of support
- Work closely with the family to provide support to access counselling and/or medical support

We also work closely with partners on an integrated Case Management Process with Interior Health, MCFD, RCMP, ONA and allied agencies in the South Okanagan.





Substance Use Program

Substance use refers to the consumption of alcohol, cannabis, opioids or other drugs.

- Substance use may lead to substance use disorders, addiction, overdose, infectious diseases or other complications.
- Reducing the harms associated with substance use can prevent injury, illness or death.
- We provide expertise and tools to help individual and families access substance use programs and support.

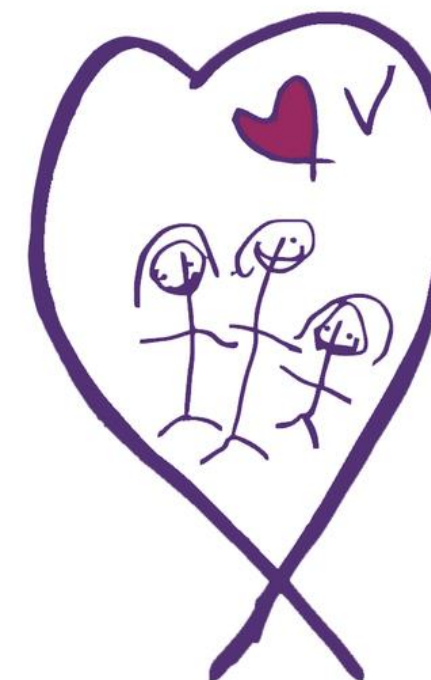
We have developed strong working partnerships with Interior Health and other agencies in the town of Penticton to ensure that individuals are able to access medical and addiction services. We routinely make referrals and collaborate with Interior Health staff to make the process less complicated and to shorten wait times.



PIB Substance Use Program Services

Referrals accepted from anyone for themselves, family members or friends

- Initial assessment including the types of substances used and level of use
- MHSU staff and individual develop a treatment plan and identify all areas of support required
- A referral for medical assessment, and may include:
 - Substance use counsellor
 - PIB Nurse Prescriber
 - Nurse Practitioner or Family Doctor
 - PIB Health Nurse
 - Alcohol disorder program (Interior Health)
- Referral to detox and/or treatment facility
- Complete medical assessment, TB test, COVID vaccines, and counselling support prior to treatment
- After-care to support on-going recovery



#Theirfightisourfight



Community Programs

- Community based programs and support groups are an important part of building a culture of well-being within the Penticton Indian Band community.
- It is also important to hear from community members about what programs, services and informational activities are a priority.
- We also partner with Interior Health, First Nations Health Authority, Canadian Mental Health Association, Okanagan Nation Alliance and local Penticton Agencies so that we can offer a variety of programs and services for community members.





PIB Health Community Programs

- Culture of Wellbeing—people with lived experience peer support program
- Men's Talking Circle
- Mental Health and Physical Health Weightroom and Fitness program
- Safe talk training
- ASSIST training
- Harm Reduction Program
- Integrated Community Outreach Team (ICOT)
- Living Life to the Fullest (CMHA)
- Big Worries Child/Parent Anxiety program (CMHA)
- Substance Use Education Program (Lunch time zoom sessions)
- Nutrition Education Zoom series
- Family Recovery Group
- Fitness/Yoga Zoom series
- Mental Health Fitness program (iSparc)
- Wellness Through Fitness program
- Naloxone Training Series for staff and leadership
- International Men's Day
- International Overdose Awareness Events
- NAAW Sobriety Event
- Honor Your Health Program (iSparc)
- OAT Therapy – Nurse Prescriber (Interior Health)
- On-The-Land Cultural Training



Integrated Community Outreach Team (ICOT)

The team consists of a partnership with RCMP, Emergency Services, Interior Health and PIB MHSU team. The activities include outreach to community members that are actively using substances. Our goal is to get to know these members, provide harm reduction supplies, mental health/substance use support information, reduce stigma, and to create a trusting relationship between these members and the RCMP, Emergency Services, Interior Health and PIB Health Department. This year PIB has had 35 overdose incidents, and 3 deaths due to substance use. This program is critical to ensuring the safety of the community.



ICOT stats

ICOT has been operating for 14 weeks to date and will continue indefinitely

146 contacts made (Average 10 to 12 people per week)

131 Harm Reduction and resource information kits handed out

104 Naloxone kits given out

Water, snacks and other items will be provided when possible.



THANK YOU!

Any Questions, please contact:

Jacki McPherson
Health Manager

jmcpherson@pib.ca

Cell: 250-274-2523

Brenda Baptiste
Mental Health Substance Use Lead

bbaptiste@pib.ca

Cell: 250-274-2598

