

FNHA Northern Office Update

SUMMER 2015

For the First Nations Health Authority, spring was filled with many activities and events including Gathering Wisdom VII. The event was at capacity and there was a great representation from the north at the gathering.



Photo: Performers with FNHC's Warner Adam just prior to bringing in Northern Delegation to Gathering Wisdom for a Shared Journey VII.

Moving into summer, communities are busy with celebrations like graduations and cultural events. The FNHA northern team has been supporting many health-related events that are taking place in communities including community engagement meetings, wellness activities and health fairs.

As the season proceeds, so does the work in partnership with communities. Regional and community-specific work is taking place across the north based on guidance and direction from leadership, health teams and First Nations citizenship from communities.

Mobile Support Teams (MST)



Following the approved Joint Project Board proposal submitted by FNHA and Northern Health Authority (NH) to support Mental Health and Primary Care, Project Advisory Committees (PACs) have been formed to lead the Mobile Support Team initiative that is moving forward in regions across the north.

Health representatives from northern BC First Nations, FNHA and NH are part of the PACs and are in the collaborative planning process to develop and implement the framework and service delivery of mobile support teams to support the unique health needs of their communities.

Currently, there are four PACs in the three sub-regions with initial meetings taking place over the summer in central locations to oversee Phase 1 of the MST initiative: Fort St. John, Quesnel, Dease River and Prince Rupert. Phase 2 of the initiative is envisioned to begin in early 2016. This is an exciting time for the North as we move forward with partners to permanent, community-developed and supported service improvements.

For more information about this initiative, please contact your Regional Health Liaison.

2015 First Nations Health Authority, Train-the-Trainer Programs



Food Skills for Families

Training in Fort St John

An exciting Food Skills for Families expansion initiative is underway in the north. The Canadian Diabetes Association (CDA) is pleased to have the support of the First Nations Health Authority (FNHA) to launch the Food Skills for Families Train-the-Trainer program closer to home in three Northern Region communities; Terrace, Fort St John and Prince George. Northern communities have identified food security and healthy eating as key goals for wellness through FNHA northern community engagement process.

"Was very great environment and the facilitators were awesome and on time. Very glad I took this program" - Attendee

The [Food Skills for Families](#) program is led by the [Canadian Diabetes Association](#) and delivered at partner agencies in communities throughout BC. This successful six-session program supports participants to gain confidence in the kitchen and to teach people how to make healthy meals, snacks and beverage choices. The aim of the program is to build healthier communities by:

- Connecting people in the kitchen
- Teaching fun hands-on cooking skills
- Making healthy eating easy, enjoyable and affordable

The first training session took place in Terrace during the week of July 22nd. With a full room of eager soon-to-be Community Facilitators, it was clear that everyone wanted to get the most out of the learning experience. One participant, at the end of training, expressed it like this: "Very inspiring! I look forward to teaching this back to our community. I definitely see a HEALTHY FUTURE!" The second training session took place on July 13-16th, in Fort St John and the final session starts in Prince George on Sept 28th. Following completion of their training, CDA will support the organization and new facilitators to plan and run a Food Skills for Families program. We look forward to ongoing conversation on the impact and outcomes of this collaboration.

For information on how to register please, contact Samantha Bissonnette, Program Coordinator, Food Skills for Families.

Email: Samantha.Bissonnette@diabetes.ca

Phone: 604.732.1331 Ext 248 - Fax: 604-732-8444

Support for these three training sessions is provided by the First Nations Health Authority. The Food Skills for Families Program is an initiative of the Canadian Diabetes Association and is delivered in partnership with organizations throughout British Columbia.

Northern Regional Table (NRT)

The Northern Regional Table continues to meet regularly in advance of Northern First Nations Health Partnership Committee (NFNHPC) meetings as well as caucus meetings; additional meetings are scheduled at the direction of the membership to support the growing work in the region. Their second meeting took place on May 11, 2015. A Planning Session for 2015-16 will take place July 21-23 and the next regularly scheduled meeting for the Northern Regional Table is September 2nd, 2015 in Prince George, just prior to the NFNHPC meeting.

More info on the First Nations Health Authority Northern Region and Northern Regional Table: www.fnha.ca/about/regions/north

First Nations Health Council (FNHC) news and information: www.fnhc.ca

First Nations Health Directors Association (FNHDA) news and information: www.fnhda.ca

Northern First Nations Health Partnership Committee (NFNHPC)

On May 12, 2015, the NFNHPC held its second meeting of the year. Reports were presented by working groups in the priority areas of the [Northern First Nations Health and Wellness Plan](#):

Under the theme of "Programs and Services," the following working groups meet quarterly prior to NFNHPC:

Primary Care
Cultural Competency

Population and Public Health
Mental Wellness & Substance Use

Together, these working groups support investment and enhancement of services for northern First Nations. An example of this is the Mobile Support Teams proposed through the Joint Project Board Process and The NFNHPC ensures the work in each priority area is supported and done in partnership (FNHA and Northern Health Authority). The next meeting for the Northern First Nations Health Partnership Committee is scheduled for September 3, 2015.

To read more about NFNHPC meetings, working groups and about the implementation of the Northern First Nations Health and Wellness Plan, please visit: <http://www.northernhealth.ca/YourHealth/AboriginalHealth/NorthernFirstNationsHealthPartnershipCommittee.aspx>

2015-16 Community Engagement Planning

To further enhance their skills and abilities to work with communities, Community Engagement Coordinators (CECs) took part in Community Engagement training this past June. With their new knowledge and tools, CECs are more equipped to support communities through communication and engagement.

First Nations leadership, health teams, staff and community members are welcome to contact their CEC for community health questions, comments and concerns. For more information, please contact your local [CEC](#) or Regional Health Liaisons, Brian Mairs (Northwest region) brian.mairs@fnha.ca or Renata Meconse (North Central / North East) Renata.meconse@fnha.ca.

First Nation Water Monitor Training in Prince George



Two training sessions took place last month through FNHA's Environmental Health office (EHO) in Prince George to certify water monitors working in communities across the north. This training that supports community-based water testing builds capacity and certification to work in partnership with the EHO to ensure communities have safe drinking water.

When there are a number of communities who require training, the EHO will coordinate group training in Prince George where trainees get hands on training in water monitoring, testing and safety. The first training session on June 6th, had nine communities represented and nine water monitors were certified. The second session took place on June 23rd, four water monitors were trained to test and monitor water in three communities. This training, delivered by the Environment Health Office includes lab work and working with testing equipment they use in the community.

One of the highlights in my training has been learning about the different types and incubation of coliforms as well as identifying E-coli.

-Art Auger, Water Monitor, Blueberry River First Nations

"I look forward to continuing to provide my skills in monitoring water in the community and gathering water samples with confidence.

-Tracy Baldwin

Water Monitor, McLeod Lake

This training provides the knowledge, skills and certification water monitors need to support safe drinking water in communities.

-Paul Broda, District Manager, Northern FNHA Environmental Health



Communities trained in this round of First Nations Water Monitor Training



**Blueberry River
Burns Lake
Lake Babine
Nations
McLeod Lake
Nazko
Tl'azt'en Nations
Tsay Keh Dene
Tl'etinqox't'in
Wet'suwet'en**



For more information about Environmental Health and contact information, please visit:

<http://www.fnha.ca/what-we-do/environmental-health>

FNHA and Red Cross Partner to Support First Responder Training For Northern Communities

In partnership with Red Cross, the FNHA is supporting a project that will provide First Nations in the Northern Region access to First Responder first aid training.

The goal of the project is to ensure we have trained First Responders (to an Emergency Medical Assistant (EMA) Licencing level) ready to respond to medical emergencies in the communities. These skills will enable the First Responders to extend the life of a critically ill or injured person until they can be transported to more advanced medical treatment.

It is vital that the right people are trained in locations where the need is great, and in communities that are ready. To be eligible for this project, communities must display a high degree of support from leadership and be committed to supporting First Responders with ongoing training (recertification), equipment storage, maintenance and possibly replacement (as equipment is used in treating patients). Highly qualified Red Cross instructors will teach the course and candidates will undergo extensive quantitative and qualitative evaluation before, during and after the training.

The first Northern training session took place in the North East Sub-Region (Fort St. John) July 5 – 13th. The next phase of training will take place in the Northwest Sub-Region, September 30 – October 8 in Terrace and in the North Central Sub-Region in Prince George from November 25 – December 3, 2015. If your community is interested please contact Becky Row at: becky.row@redcross.ca.

July 13th, 2015: First Responders from Blueberry River, McLeod Lake, Prophet River and Halfway River received their certification in Fort St. John. This is the first group in the north to receive First Responder Training!



Tsay Keh Dene Communities Train Their First Certified Care Aides

Eileen Ruth, Health Director for the northern community of Kwadacha, worked with FNHA Telehealth and Native Education College to develop and deliver training for Certified Care Aides for students in Kwadacha and Tsay Keh Dene.



With the help of Telehealth, community members were able to access training they wouldn't be able to do if they had to leave their communities. The students recently completed their home care practicums in Kwadacha and Tsay Keh Dene and are in the home stretch of doing a final clinical experience in a residential care facility in Prince George.

In July, Kwadacha will have its first two Certified Care Aides, Dana

McCook and Farrah Pierre. Elaine McIsaac will be the first in Tsay Keh Dene.

Isobel McDonald, FNHA's Home and Community Care Professional Practice Consultant, was invited to supervise the students during their home and community care practicum. "It was a pleasure to work with these students. They are so enthusiastic and committed to helping the Elders in their communities," said McDonald. "They have excellent skills. I hope they will consider taking steps towards RN training when they are ready."

Need To Get In Touch? Download Our FNHA Programs and Services Guide

The FNHA Programs and Services Overview and Contacts has been updated as a list of external facing FNHA contacts for First Nations communities in BC. [Download it here.](#)

Health Promotion in Communities

In support of communities having information for their use to promote health, wellness and prevention awareness in communities, the following health promotion dates are for use as opportunities to connect with communities on a variety of health issues. Local services and the FNHA can be helpful resources for communities to access more information and support for community members. Please contact your regional [Community Engagement Coordinator \(CEC\)](#) or [Regional Health Liaison \(RHL\)](#) if you would like support in accessing more information and related services for any of the promotion dates below that you would like to share with your community.

Health Promotion Dates For August – September, 2015

AUGUST

[World Humanitarian Day](#)

[International Overdose Awareness Day](#)

August 19

August 31

September

[Breakfast for Learning Month](#)

[Childhood Cancer Awareness Month](#)

[Men's Cancer Health Awareness Month](#)

[National Arthritis Month](#)

[Ovarian Cancer Awareness Month](#)

[Prostate Cancer Awareness Month](#)

[Blood Cancer Awareness Month](#)

[Acne Awareness Week](#)

[Growth Awareness Week](#)

[AIDS Walk for Life](#)

[Fetal Alcohol Spectrum Disorder \(FASD\) Awareness Day](#)

[World Suicide Prevention Day](#)

[Acne Awareness Week](#)

[Canadian Health Care Anti-fraud Association](#)

[World Alzheimer's Day](#)

[Terry Fox Run](#)

[World Rabies Day](#)

[World Heart Day](#)

September 14 - 20

September 13 - 19

September 12 - 20

September 9

September 10

September 14 - 20

September 16-17

September 21

September 20

September 28

September 29

Funding Opportunities

Early Years Centre Funding

Application Deadline – October 28, 2015

The Provincial Office for the Early Years has announced a second application process for BC Early Years Centres. For full details on the application process and requirements visit their website:

[Provincial Office for Early Years](#)

Information Sessions:

The Provincial Office for the Early Years will hold two (2) information sessions regarding the application process: Next Session

September 16th, 2015 2:00 PM PST

email EarlyYearsOffice@gov.bc.ca before 2:00 on September 9th, 2015 to register

EventHost BC

Eligible non-profits are invited to apply for up to \$5,000 per event, awarded on a first-come, first-served basis. This funding will be distributed based on British Columbia's six tourism regions. The initiative is to provide a stimulus for new events or to assist existing events that are currently ineligible for other provincial government funding. For more information, visit:

http://www.cscd.gov.bc.ca/arts_culture/EventHostBC.htm.

Healthy School Grants

School Grant Funding List from Healthy Schools BC (*varying dates*)

Healthy Schools BC is making it easier for schools to find funding opportunities and have developed an ongoing resource list of available grants. This is an excellent resource and we can all help keep it updated by sending new funding opportunities that apply to schools to: info@healthyschoolsbc.ca
[Healthy School Grants](#)

BC Government's Buy Local Program (additional funding released)

Submissions are due by 4:30pm (PST) on: June 15th and August 3rd, 2015

(These dates are subject to available funds – apply early!)

Funding is once again available for BC's agriculture, food and seafood sectors to enhance local marketing efforts to increase consumer demand and sales of BC agrifoods.

For further details: [Investment Agriculture Foundation of BC](#)