

Carrier South Communiqué

Fall 2015



First Nations Health Authority
Health through wellness

INTRODUCTION

The Carrier South Region includes six communities: Nak'azdli, Saik'uz, Tl'azt'en, Lheidli T'enneh, Nazko and Nadleh Whut'en. From our last Regional Caucus, I have continued working with our six communities to ensure that we are moving forward based on their health priorities. We have also added priorities as they arise. I have also continued to support our communities through community visits and individual meetings to ensure that each community has support as they require.



COMMUNITY ENGAGEMENT

I have had meetings in each of our communities to ensure that I am on track with my workplan and community priorities. If there is an issue or need, the communities have, and are invited to contact me and let me know if any support is needed.

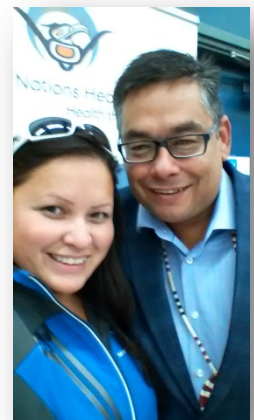
I have worked with each community in regards to the Traditional Wellness funding so to ensure our communities Traditional Wellness priorities are supported. Related to Traditional Wellness, Nak'azdli has developed a Best Practices Guide that will be shared with each of our communities in our region. I have done Traditional/Maternal Birthing Practices information gathering in Tl'azt'en with a group of elders as well. This will be shared back with the community after I have completed the report. I have also attended the Traditional Parenting at Lheidli T'enneh and provided support to Louella Nome, Health Director for Lheidli T'enneh.

WORKPLANS

When I started my position as the CEC I met with all the communities to populate my work plan for the year and as time went on, we have added or completed some of the tasks.

These are some of the priorities for our Communities:

- Community Health Center Lheidli T'enneh
- Alcohol and Drug Issues for communities
- Dental Visits for communities
- Diet, Nutrition and Exercise for communities
- More staff wellness for health workers in the communities
- Aboriginal Infant Development



- More training for staff and community members (parenting, FASD)
- Violence in communities
- Suicide Prevention/Intervention
- Emergency Planning

SUPPORTING COMMUNITIES

Events I have participated in and have attended in community:

- Traditional/Maternal Parenting
- Mapping sessions with AHICs
- Culture Camp Nadleh
- Lheidli T'enneh AGM
- Baby Welcoming Ceremony Nak'azdli
- Information Gathering Tl'azt'en Elders



I have also continued to support communities by phone calls and emails to members on updates at the FNHA. Also, if I hear or any type of crisis in community I ensure that I give a phone call to the community to see if there is any more support I can offer.

Aboriginal Health Improvement Committees (AHICs)

I continue to attend AHIC's in the Quesnel, Prince George and Ominica areas and have been engaged and involved in activities with each. There have been many different projects that have come out of the AHICs through Northern Health from the 2014 Gathering. There has been support for several mapping sessions and traditional healing support for each AHIC. Prince George AHIC will be planning their mapping session in the coming month following the return of these meetings.

Conclusion

I have enjoyed working in the communities in supporting them with traditional healing practices as well as supporting them with the different working groups I have been assigned to such as the Mobile Support Team in Quesnel. There has been much work happening in each community over the past year including AGMs, Health Fairs and Cultural Camps. Our region has been extremely busy with different initiatives and it will likely continue in the coming months as work together on Northern Regional Envelope Funding planning.



CONTACT INFORMATION

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