



First Nations Health Authority
Health through wellness



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We Are All on a Wellness Journey

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FIRST NATIONS HEALTH AUTHORITY

FNHA Health & Wellness Summit
April 4th, 2023

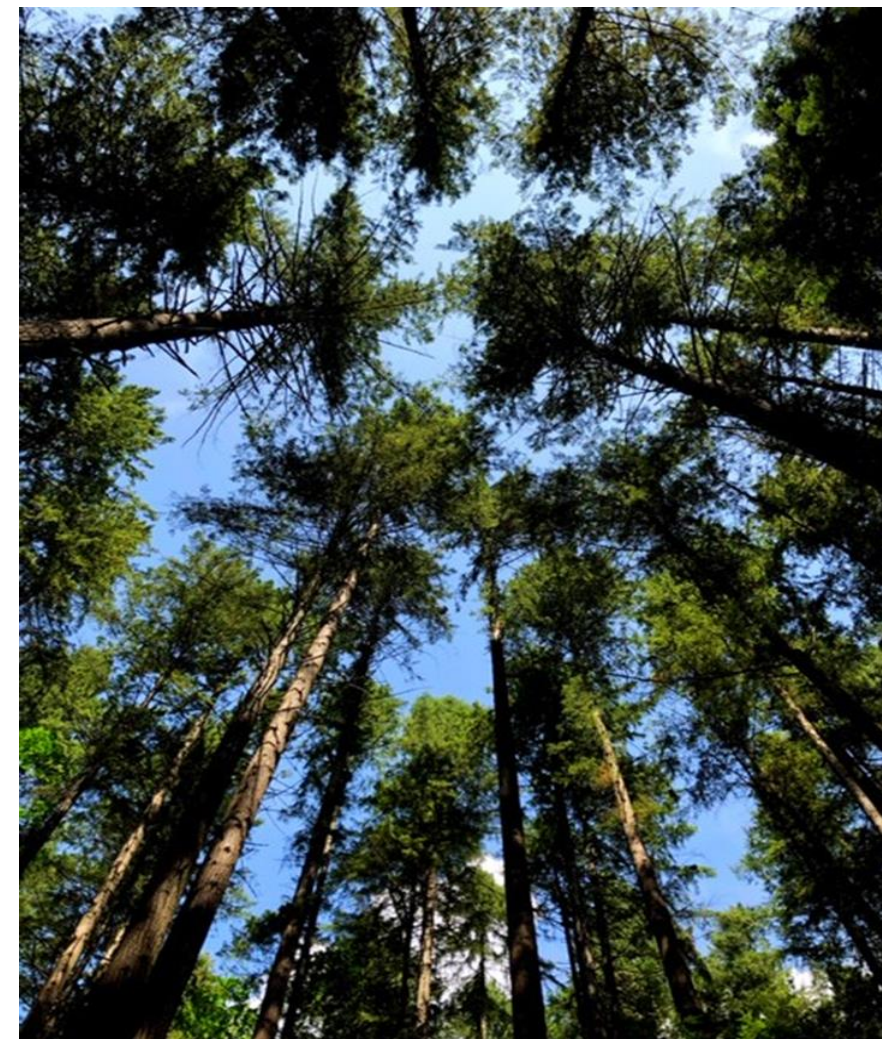




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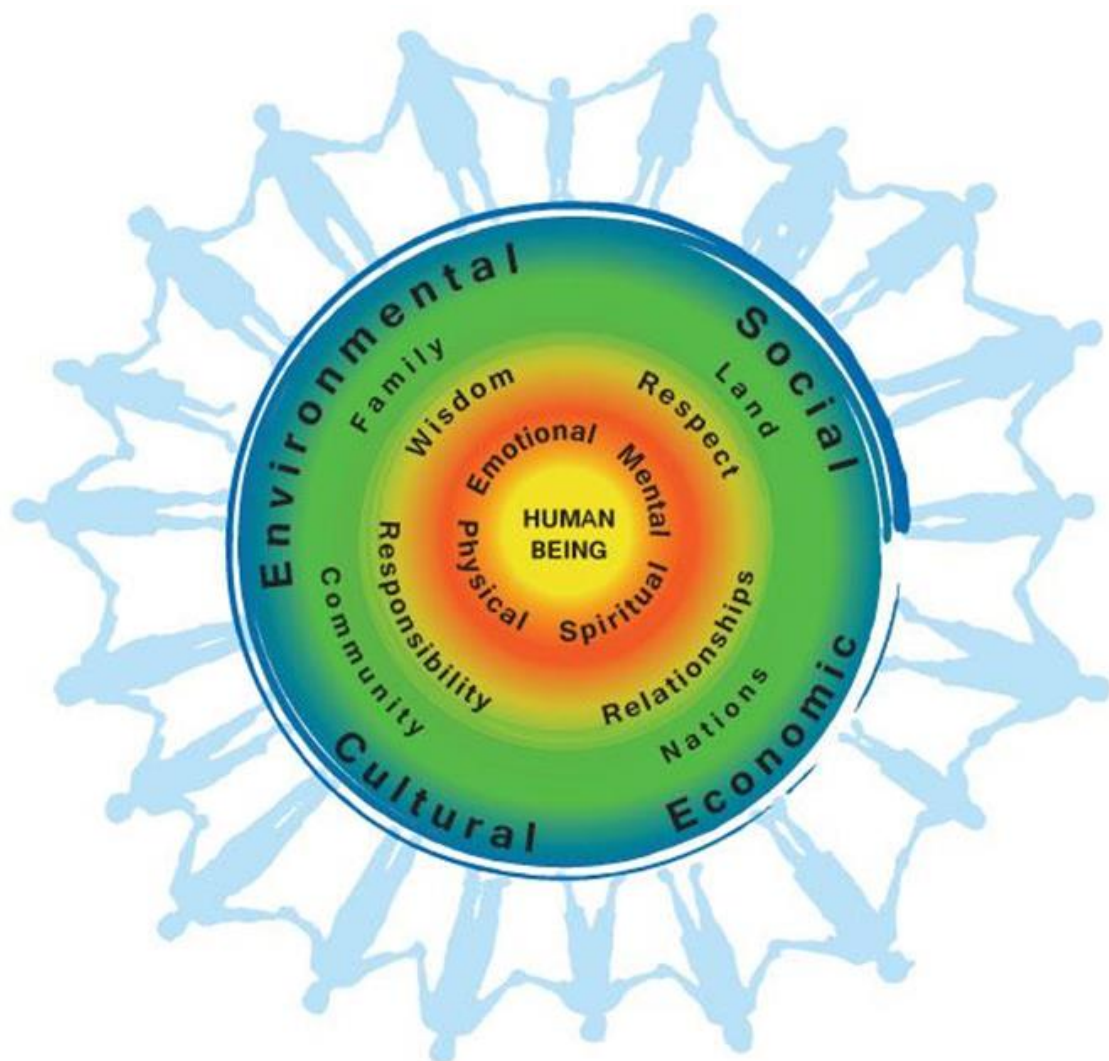
Territorial Acknowledgement

I am First Nations not on my ancestral territory and I respectfully acknowledge the land on which I work, live and play is the traditional, ancestral and continually occupied territory of the Coast Salish Peoples, including the unceded homelands of the x^wməθkwəy'əm (Musqueam), Skwxwú7mesh (Squamish), and səł'ílwətał (Tsleil-Waututh) Nations.





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What I wanted to be when I grew up....



Experiences I have had in medicine:

- “you are one of the smart ones”/“a credit to your race”
- “given the work you do, you should have been a social worker”
- “I saw the movie ‘Black Robe’ & thought of you”
- “there’s too many chiefs and not enough Indians around here”
- “You’re a psychiatrist? Like, a psychiatrist? No, I mean, a ‘real’ psychiatrist?”
- “You’re an Indian, you can’t possibly know what you’re doing. I want to see a white doctor”
- Missed opportunities; overlooked for different career paths/advancement
- Thousands of hours of “volunteer” work in anti-racism, other educational areas – this emotional labour is not considered valid academic contributions
- Tokenism; being a “cultural tour guide”
- Not being treated as an equal in projects/unwillingness to share power





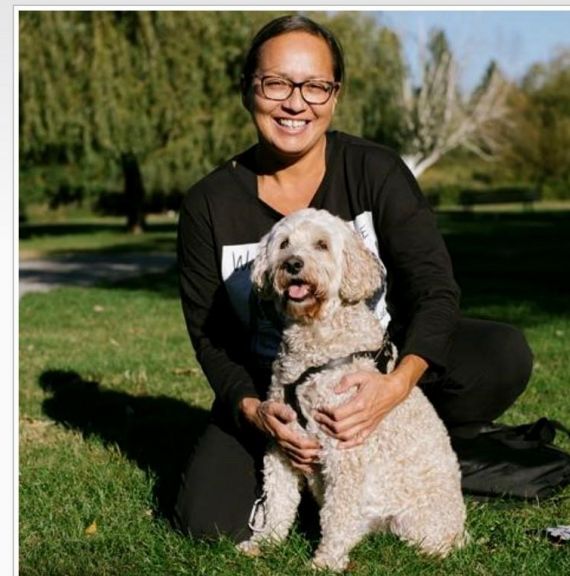
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Sober(er) for October: A Doctor's Journey to Overcoming Shame and Stigma

Oct 21, 2020



A message from Dr. Nel Wieman, FNHA Acting Deputy Chief Medical Officer

If you or someone you care about is struggling with substance use disorder, it is important to know that one of the biggest barriers to recovery is *stigma*. The concept of stigma means that others' negative perceptions about a given condition can make the person with the condition feel ashamed.





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Kintsugi

golden joinery



The ancient Japanese art of *repairing pottery with gold*.

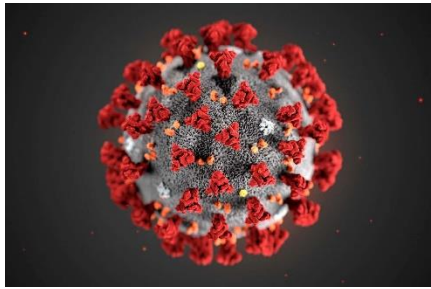
Like us, the bowl becomes more *beautiful* when we embrace its *history, quirks and changes*.

A wonderful philosophy to **bring to your next chapter!**

kintsukuroi

(n.) (v. phr.) "to repair with gold"

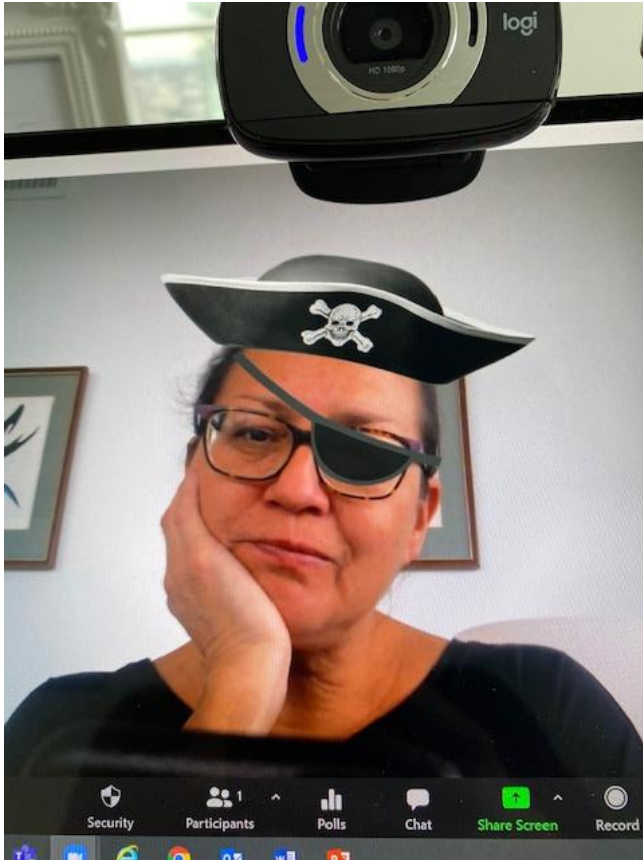
the art of repairing pottery with gold or silver lacquer and understanding that the piece is more beautiful for having been broken.



COVID-19



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My 2020 passport stamps



Our Wellness During COVID: Encouraging Indigenous Strengths & Resilience



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FNHA Wellness Partner

Overwork, Exhaustion, Burnout,
Stress, Anxiety, Depression,
Substance Use, Suicide



FNHA.ca/cannabis #IndigenousStrengths

Reconnecting at FNHA



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Finding new ways to
work together –
in-person & virtually



OCMO Team Wellness



SUN, OCT 4 AT 6:00 AM
42 Clicks to Xwáyxway
Gate to the Northwest Passage · Vancouver

Going Maybe Can't Go More

Gate to the Northwest Passage
Vancouver, BC, Canada

About

Private · Hosted by Jordie Misery Johnson

The team acknowledges this walk will take place here at Xwáyxway and Senákw on the unceded territory of the Coast Salish peoples - skwxwú7mesh Úxwumixw (Squamish), xʷməθkʷəyám (Musqueam), and selilwítlh (Tseil-Waututh) nations whose historical relationships with the land continue to this day.





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OCMO Team Personal Wellness





Combining work
and play

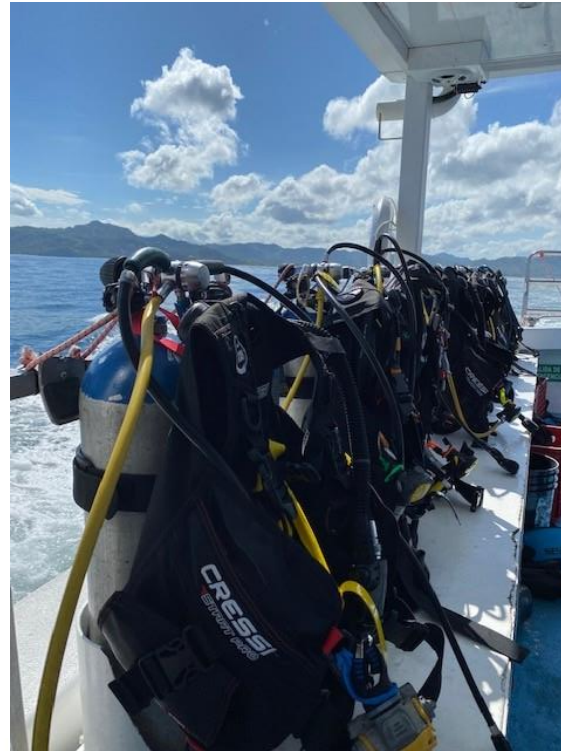


Family Time with Sawyer Chief Barking Officer





Begin Adventuring Again



Kalalau Trail, Kauai – March 2022





Nurturing Spirit



From Disconnection to (Re)Connection





New Years Eve

While studies vary, it is estimated to take between 59-70 days to form a new habit.





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IF YOU DONT MAKE
TIME FOR YOUR WELLNESS
YOU WILL BE FORCED TO
MAKE TIME FOR YOUR
ILLNESS. READ THAT
AGAIN.



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Thank You

Gayaxsixa (Hailhzaqvla)
Huy tseep q'u (Hul'q'umi'num)
Dun'kwu (Haida)
Gilakas'la (Kwakwaka'wakw)
Kleco Kleco (Nuu-Chah-Nulth)
kwuk^wstéyp (Nlaka'pamux)
Snachailya (Carrier)
Woliwon (Wolastoquey/Maliseet)



Mussi Cho (Kaska Dena)
Tooyksim niin (Nisga'a)
Kukwstsétsemc (Secwepemc)
čěčəhaθεc (Ayajuthem)
Sechanalyagh (Tsilhqot'in)
kw'as ho:y (Halq'eméylem)
T'oyaxsim nisim (Gitxsan)
Meegwetch (Anishinaabe)