

NORTH

NORTHERN FIRST NATIONS HEALTH AUTHORITY NEWS | JANUARY 2022

STORIES FROM THE LAND

DRONES ARE DELIVERING BEAR GREASE TO STELLAT'EN (FOR NOW)

HAVE WE GOT A JOB FOR YOU!

DETAILS ON PAGE 4

BONFIRE CHAT

OPTIMISM PREVAILS THIS NEW YEAR, WITH TEACHINGS FROM THE ANCESTORS

SHARING STRENGTHS

LONG TIME FNHA LEADER SAYS SO LONG



NORTHERN REGION
First Nations Health Authority

STORIES FROM THE LAND

PILOT PROJECT DRONES MAKING TEST RUNS TO STELLAT'EN FIRST NATION

BEAR GREASE AND TRADITIONAL MEDICINES AS WELL AS OTHER SUPPLIES are being delivered to Stellat'en First Nation by drone as often as seven times a day as part of a study into new ways of delivering healthcare supplies to rural and remote Indigenous communities.

The drones carry loads weighing up to nine pounds as researchers evaluate the feasibility of eventually delivering medications and other urgent supplies to communities. The project is a partnership between Stellat'en First Nation, the First Nations Health Authority, (FNHA), the Village of Fraser Lake, LifeLabs, UBC Pharmaceutical Sciences, RCCbc, Carrier Sekani Family Services and Northern Health.

"This is an example of how cutting-edge technology can be used to address health system inequity right now and an example of what real



Drone landing in Stellat'en

PHOTO: Kevin Wallace

partnership can do," said Dr. Teri Aldred, FNHA Northern Region Director of Primary Care.

Transport Canada is expected to soon approve the project to transport dangerous goods such as prescription medications at which point it will become possible to transport more medical supplies and equipment.



Chief Robert Michell cuts the ribbon

PHOTO: Kevin Wallace

The drone, named Sky Medic, travels between the Village of Fraser Lake and Stellat'en from special landing pads.



Mouse Mountain

PHOTO: Mark Glenning

Download a digital copy of NORTH:
<https://fnha.bmeurl.co/D5E8D78>

SHARING STRENGTHS

SO LONG FROM NICOLE CROSS

THE FOLLOWING IS A LETTER THAT FORMER REGIONAL DIRECTOR, NICOLE CROSS (NOXS NIISYUUS), SHARED WITH THE NORTHERN STAFF.

Dear Family,

You are the best team I could ever have dreamed of working with and I am going to miss working with you every day (including weekends) with all my heart.

On the bright side, we will continue to stay connected when I start as Indigenous Health VP at Northern Health. I have to trust that this is “the best use of me” as it will allow me to continue to support the work and each of you from inside the system where I can make a different kind of difference.

I have watched with pride as the Northern Team has continued to excel and grow under Julie’s leadership. These changes are full of opportunities and lessons for us all, and after ten years I am ready for this new challenge.

I could not have come this far without our communities and their leadership in this work. The Chiefs, Health Directors and all health staff have always inspired me to work harder and aim higher in support of their efforts. I hope to be able to count on them for their wisdom and perspectives in my new role as well.

Thank you all for trusting me as a leader, for encouraging me, guiding me and holding me accountable to our commitments and directives all these years. Thank you for loving, caring and supporting me and my family. I will carry all of that with me in the work moving forward.

Keep pushing limits, keep questioning, keep striving for better and being “awesome” as only the North knows how.

With a heart full of endless memories (and laughs) and a heart full of gratitude for each of you...

Nicole



She'll always be our very own Wonder Woman!



Nicole leaves the FNHA to join Northern Health as VP, Indigenous Health
Above: Richard Jock, CEO FNHA, Nicole, Cathy Ulrich, CEO Northern Health

HAVE WE GOT A JOB FOR YOU!



Drummers at the opening of the Lhoosk'uz Dené Nation's water treatment facility

- ✓ **POSITION:** FNHA Environmental Health Officer (EHO)
- ✓ **LOCATION:** Anywhere in BC
- ✓ Ideal for someone who enjoys science, culture, and travel in BC

AN FNHA EHO MAY SPEND HALF THEIR TIME VISITING COMMUNITIES (SOME QUITE REMOTE, OTHERS NOT). Consultations and inspections are the primary focus of a trip, related to housing, water safety, food premises, daycares, schools, and septic systems. And FNHA EHOs share in community living. How about being invited to witness a blanketing ceremony or watch someone tanning a moose hide? EHOs also tackle communicable disease control, provide training and once back in the office they do reporting. Pay is \$72,000-\$95,000 per year. Schools offering this training in the West are: [BCIT](#) and [Concordia University College of Alberta](#). Schooling is usually four years plus a practicum, then certification. Once you are certified, we have jobs for you right here in our region!

FNHA JOB OPENINGS IN THE NORTH (click for more info)

[Community Engagement Coordinator Gitxsan Wet'suwet'en Environmental Health Officers](#)
[Indigenous Educator, Harm Reduction](#)
[Manager eHealth Projects](#)
[Regional Financial Consultant](#)

[Regional HR Generalist](#)
[Regional Mental Health & Wellness Liaison](#)
[Sr. Business Analyst eHealth](#)
[Sr. Technical Analyst eHealth Specialist, Primary Care, Clinical Education & Training](#)

COMMUNITY HEALTH NURSES
[Gitanyow & Gitwangak](#)
[Fort St. John](#)
[Kwadacha Fort Ware](#)

[Kitkatla](#)
[Kwadacha](#)
[Telegraph Creek](#)
[Tsay Keh Dene](#)
[Lax Kw'alaams Port Simpson](#)
[Community Health Practice Consultant Prince George](#)

NURSES IN CHARGE
[Telegraph Creek](#)
[Gitga'at Hartley Bay](#)
[Tsay Keh Dene](#)

Check out all our jobs at
fnha.ca/careers

BONFIRE CHAT

WITH JULIE MORRISON VP REGIONAL OPERATIONS



I LIKE TO START THE NEW YEAR AND EVERY NEW DAY WITH OPTIMISM. And the resilience I saw in our communities as they faced the multiple challenges of a seemingly endless pandemic filled me with bright hope for 2022.

Optimism is what makes change possible and what sees us through the darker times. It fills our hearts with strength and courage even as the road ahead looks hard. Mine comes from watching people in hospitals, at home, in communities and nursing stations all over the North as they came together and stood tall as a virus spread and wildfires threatened. It is an optimism rooted in experiences.

This is why our communities have been able to move forward with purpose even in the time of COVID-19, even amidst the many losses we have experienced at a time when we are cut off from our traditional ways and our gatherings. And thanks to those who came before we have ceremonies and traditions that will help us heal from the losses we have not yet been able to fully grieve.

What I learned and experienced last year also reminded me of the importance of looking after ourselves. I am resolved to tend to my wellness and the wellness of all around me at home, at work and in community. I will start by being gentle with myself and taking care of the little things.

"OUR ANCESTORS LEFT US THE TOOLS WE NEED TO OVERCOME DIFFICULTIES, THE TOOLS THAT GOT THEM THROUGH ILLNESS AND HARSH WINTERS WITHOUT PARKAS AND CENTRAL HEATING."

So I want to begin the year by thanking all those who worked so hard to support our communities last year – all the health workers and community members who led us through a challenging time. They showed me again that our ancestors left us the tools we need to overcome difficulties, the tools that got them through illness and harsh winters without parkas and central heating. They left us wisdom and teachings that are the key to thriving, not just surviving.

It is important we look after ourselves and stay strong. After all, the one thing we can be sure of is there will be challenges to face this year, and we need to be well to pick up the tools of our ancestors and put them to use once again.

Email SubscribeNorth@fnha.ca
to sign up for our eZine

FNHA FUNDING

Details of the following four grants are being sent out to health leads the first week of February, all in one package. Look for it in your email.

1 \$5000 direct award to each of our 55 Nations for a Community Crisis Response Acknowledgement, Recruitment and Retention Grant
No application required.

2 \$10,000 direct award to each of our 55 Nations for a Cultural Healing Grant
No application required.

3

Community Health Team Wellness Grant
Grants of \$7500 available for health teams of 15 or less; \$10,000 for teams of more than 15 people. Deadline: Feb. 18

4

Community Based Smoking Gazebo Grant (up to \$10,000) to reduce 2nd-hand smoke outside public spaces. Limited number of grants. Deadline: Feb. 18

5

The goal of the \$50,000 [Rural, Remote and Indigenous Food Action Grant](#) (in partnership with Northern Health) is to improve food security within the region. Deadline: Feb. 17
Contact Jessica.Hart@fnha.ca

PROGRAMS AND SERVICES FOR YOU

Are you interested in helping develop culturally safe dental practices for Indigenous people?

If you are First Nations and have used dental services (whether culturally safe or not), or if you've had challenges accessing dental services, or are afraid to because of intergenerational trauma, you are invited to apply.

Participants will be compensated \$50/hour.

Contact Connie.Chong@fnha.ca or call 604-230-8332.

On the cover

Takla Elder and Bear Clan member, Cecilia Williams has been beading a long time. The cover shows details from a pair of mukluks that she made.



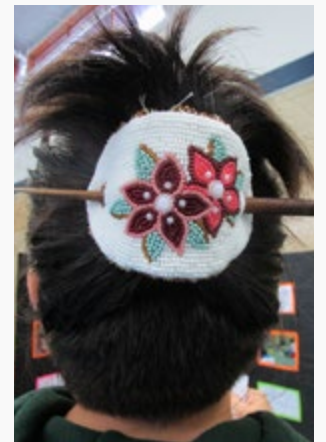
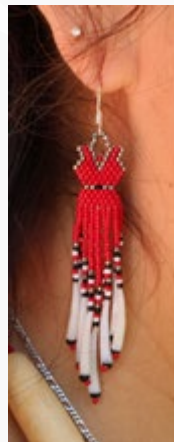
Have a great picture for our cover or a story idea? Send to SubscribeNorth@fnha.ca

STAFF CHANGES

- The North once again has a dedicated nurse manager, **Laura Moore**, who comes to us from the FNHA central office.
- Rounding out the trio of regional planners, who are busy assisting communities with funding applications and other items, is **Diana Kutzner**.
- **Shane Gauthier** takes on a brand new role as facilities technician, looking after FNHA buildings in the North.
- **Shannon Hall**, community engagement coordinator for the True North, has been redeployed until April 2022 doing engagement for the Northern Biobank Initiative.

THROUGH NORTHERN EYES

FEATURING BEADWORK



Next month we're showing off northern drums.
Send photos of your drum to SubscribeNorth@fnha.ca

IMPORTANT CONTACT INFO

FNHA Virtual Doctor of the Day
1-855-344-3800

First Nations Health Benefits
1-855-550-5454

**National Indian Residential
School Survivors Society**
1-800-721-0066

Kids Help Phone
1-800-668-6868
Text "connect" to: 686868

KUU-US Crisis Response
1-800-588-8717

Mental Health
(no area code needed)
310-6789

Health Link BC
811

BC Suicide Line
1-800-784-2433
<https://crisiscentre.bc.ca/get-help/>

Northern BC Crisis Line
1-888-562-1214

**Northern BC YOUTH
Crisis Line**
1-888-564-8336
Text: 250-564-8336