

# NORTH

NORTHERN FIRST NATIONS HEALTH AUTHORITY NEWS | SEPTEMBER 2022

## SHARING STRENGTHS

NORTHERN YOUTH WINS  
LOGO DESIGN CONTEST!

## BONFIRE CHAT

IT'S OK NOT TO BE OK

## HAVE WE GOT A JOB FOR YOU!

DETAILS ON PAGE 4

## IN THE GALLERY

THE BEAUTY OF  
HARVEST SEASON

## FROM THE LAND

ROAD TRIP  
FOCUSES ON  
HARM REDUCTION



**NORTHERN REGION**  
First Nations Health Authority



## STORIES FROM THE LAND

# 25+ COMMUNITIES LEARN ABOUT HARM REDUCTION RESOURCES IN PERSON FROM FNHA STAFF

**AT THE 2022 NORTHERN SPRING CAUCUS COMMUNITY LEADERS ASKED FOR IN-PERSON SUPPORT AND RESOURCES TO COUNTER THE EFFECTS OF THE TOXIC DRUGS EMERGENCY.** FNHA harm reduction educator, Jody Youb, and addiction specialist, Anita Andreychuk responded and took to the road on what would be the first of over 25 northern community visits this summer.

In Prophet River Health Director Renee Lowmen and the community warmly welcomed the women. Renee is a strong, compassionate person, who radiates pride when talking about Prophet River, and while there is greatness to celebrate, this community has not been spared from the despair that the toxic drug crisis has caused.

The FNHA team hosted Naloxone training at the health centre and 75 folks turned up! Many were youth. They had lots of questions about harm reduction and found out how—with the help of Naloxone—they might save a life. Over 100 Naloxone kits were handed out.

Prophet River is a registered harm reduction site, which means they can order supplies directly like Naloxone kits, condoms, pipes, syringes, and tubes.

Community members found out about



Front: Toni MacDonald From left: Renee Lomen, Vern Ion, Jody Youb, Anita Andreychuk, Megan Bulley

the Opioid Response Framework. Using the framework, the team was able to share about specific services and supports for: prevention and promotion, overdose prevention, acute response, stabilization, treatment and recovery, long-term supports, and family and community supports.

Anita and Jody reviewed the Virtual Doctor of the Day program, which connects people with a primary care physician, as well as the Virtual Substance Use and Psychiatry Service, which provides individuals with access to specialists in addictions medicine and psychiatry as well as mental health and wellness care coordinators.

For those who are tech savvy, Anita and Jody highlighted overdose apps that are available to keep people connected when using drugs alone. They also discussed the Toward the Heart website and went over virtual training provided there. This site is a hub of information and training related to drug use for the general public and health professionals.

With such an enthusiastic engaged crowd, the FNHA team left Prophet River feeling good about the visit and the community now knows about the many resources that are available.

Download a digital copy of NORTH:  
<https://fnha.bmeurl.co/E59613F>

## SHARING STRENGTHS

# TWO SPIRITED CHILEAN/WET'SUWET'EN ARTIST SA'TSI NAZIEL WINS FNHA YOUTH LOGO CONTEST



Winning youth logo design for upcoming  
Healing our Spirit Worldwide

**THE TWO HANDS HOLDING A HEART EXPRESSES THE GIVING AND RECEIVING OF LOVE AND CARE** in a logo for Healing Our Spirit Worldwide, an upcoming global gathering to share and celebrate the healing power of traditional Indigenous knowledge and cultures.

Sa'Tsi Naziel used the traditional northwest coast native art style to create the design. They also took inspiration from their Wet'suwet'en heritage, which enhances and enriches their work with a culture that was almost lost.

"I wasn't expecting to win but I am so grateful I did," they said. "I've been painting and drawing since I was a young toddler, it's something I have always loved.

Their work is distinctive in a familiar way with bright colours and smooth lines shaped by curves that sway with determination across the canvas.

*Healing Our Spirit Worldwide—The Ninth Gathering will take place in Vancouver, Canada, from September 11-15, 2023.*

# HAVE WE GOT A JOB FOR YOU!



- ✓ **POSITION:** Aboriginal Head Start Advisor
- ✓ **LOCATION:** Prince George BC
- ✓ Collaborative, supportive, resourceful and culturally safe

You're guided by the Aboriginal Head Start On Reserve program criteria

**YOU WANT KIDS TO HAVE THE BEST START IN LIFE.** And you are a specialist in this area. First Nations communities that provide early child learning and development programs can count on you to work with them. How? You'll develop resources they can use. You'll nurture supportive networks in communities to encourage people to be successful when working in this field. You'll be there for families and communities who want the best for their children. Child care staff will look to you to develop and deliver training that is relevant to their work. And that all this is done in a way that respects and incorporates culture and is provided in a safe way. Does this sound like you? If so, check out [www.fnha.ca/about/work-with-us](http://www.fnha.ca/about/work-with-us).

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

[Aboriginal Head Start Advisor - Lheidli T'enneh \(Prince George\)](#)

[Clinical Counsellor, Mental Health and Wellness - Lheidli T'enneh \(Prince George, BC\)](#)

[Community Engagement Coordinator - Term to March 2024 - \(Prince George, BC\)](#)

[Coordinator, Men's Health & Wellness - Term to March 2024 - Lheidli T'enneh \(Prince George, BC\)](#)

[Dental Hygienist - \(Term to April 2023\) - Terrace, BC](#)

[Financial Consultant \(Regional\) - Northern Region](#)

[Indigenous Educator, Harm Reduction - Term to March 2023 - Lheidli T'enneh \(Prince George, BC\)](#)

[Medical Office Assistant \(Assistant Primary Care Response\) - Term to March 31st, 2023 \(Anywhere in BC\)](#)

[Officer, Environmental Health - \(Anywhere in Northern Region, BC\)](#)

[Program Coordinator, Traditional Wellness - Term to March 2023 - \(Anywhere in Northern Region BC\)](#)

[Project Coordinator, eHealth - Term until February 2025 \(Anywhere in BC\)](#)

[Project Manager, Land Based Healing - Term to March 2024 - Lheidli T'enneh \(Prince George, BC\)](#)

[Regional Addictions Specialist - Term to March 2024 - \(Prince George, BC\) 2 positions](#)

[Regional Coordinator, Urban Away From Home - Lheidli T'enneh \(Prince George, BC\)](#)

[Regional Planner - Lheidli T'enneh \(Prince George, BC\)](#)

[Senior Administrative Coordinator, Term to March 2024 - Lheidli T'enneh \(Prince George, BC\)](#)

[Wellness Systems Quality Care Coordinator - Term until September 2023 - \(Prince George, BC\)](#)

[eHealth Trainer - Term until 2025 \(Anywhere in BC\)](#)

### REGIONAL LOGISTICS ASSISTANTS

[Kwadacha Hartley Bay Kitkatla](#)  
[Lax Kw'alaams \(Port Simpson\)](#)  
[Tahltan Tsay Keh Dene](#)

### NURSING

[Community Health Practice Consultant - Term to November 2023 - Northern Region](#)

[Senior Clinical Nursing Advisor, Nursing Operations - Term to March 2023 - Lheidli T'enneh \(Prince George, BC\)](#)

Check out all our jobs at  
[fnha.ca/careers](http://fnha.ca/careers)

# BONFIRE CHAT

WITH JULIE MORRISON, VICE PRESIDENT REGIONAL OPERATIONS



## **ANOTHER YOUNG MAN TOOK HIS LIFE THIS MONTH**

because the pain became too much for him and he was not able to reach out for the helping hand that would have saved him. He leaves behind a loving and grieving family.

It's a dreadful waste to have someone leave us just because—for one desperate moment—there was nobody there and nobody knew.

It was Suicide Awareness Day on September 10 so it is a good time for us all to reflect on how we can help prevent tragedy happening to those who are or used to be close to us.

Let's remember it's OK not to be OK.

Along with the pain epidemic we are seeing a disconnection epidemic. People are isolating and feeling very alone. And that is something we all have the power to change with a few loving words.

So let's reach out and tell each other that we will listen with love and no judgement in those dark moments. It could save a life.

And if you want to go further, make a TikTok or a Facebook video telling people help is a post away and share it online.

**"IT'S A DREADFUL WASTE TO HAVE SOMEONE LEAVE US JUST BECAUSE—FOR ONE DESPERATE MOMENT—THERE WAS NOBODY THERE AND NOBODY KNEW."**

We know that many in our communities are suffering from pain, a lot of it from past and present traumas that are not their fault. But society often tells us it is. So when the pain overwhelms, those suffering may not reach out for fear of being judged and shamed.

But most of us have experienced moments of desperation and despair and many of us have felt a hand reach out to us and a voice tell us we are not alone and we are loved. We can all be that hand and that voice.

Email [SubscribeNorth@fnha.ca](mailto:SubscribeNorth@fnha.ca)  
to sign up for our eZine

# FYI

## EVENTS, FUNDING, ETC.

### FALL 2022 SUB-REGIONAL CAUCUSES

**Northwest:** Kitselas Hall, 1561 Kulspai Cres Terrace Oct 4-6

**Northeast:** Northern Grand Hotel  
Fort St. John, Oct 18-20

**North Central:** Coast Hotel  
Prince George, Nov 1-3

Political leads, health leads and technical leads will have travel and expenses reimbursed.

**REGISTER NOW!**



**Northern Sky Traditional Wellness Circle**  
First Nations Health Authority  
Health through wellness

For Northern First Nations health and wellness leadership, staff, and cultural workers  
Every Thursday 10:30-noon on Zoom

<https://fnha.zoom.us/j/6285563040>

Wellness basket draw once per month!!

Ceremony ~ Songs ~ Wellness Challenges  
Guest Speakers ~ Engaging Discussions ~ Sharing Successes

Every week is a new adventure...so grab a cup of tea and come join the conversation!!

## PROGRAMS AND SERVICES FOR YOU

### Finding our way through grief

Free virtual healing circle facilitated by Sandra A. Martin, Wet'suwet'en Indigenous Focusing Oriented Therapy practitioner.

Open to front line health workers, health leads and community members. No registration.

<https://fnha.zoom.us/j/6285563040>

Or call in 1-855-703-8985  
Meeting ID: 628 556 3040

**Oct. 14, Nov. 18, Dec. 9 10:30-Noon (Pacific)**

### On the cover

Summer and fall are always busy for our traditional wellness specialist, Carla Lewis. Not only does she harvest, teach, prepare and preserve, she has an amazing eye. See more of Carla's images in our gallery this month and on Instagram @carla\_lewis\_photography



*Have a great picture for our cover or a story idea? Send to [SubscribeNorth@fnha.ca](mailto:SubscribeNorth@fnha.ca)*

### STAFF CHANGES

- **Brady Thompson** joins the harm reduction team. Welcome back Brady!
  - Switching roles, **Reilly Kluss** is now a senior clinical nurse advisor. Congrats!
  - Welcome to new advisor for crisis and emergency response: **Justin Grenier**
  - Longtime True North community engagement coordinator **Shannon Hall** has moved on. All the best to you!
  - **Jadyn Koldeweihe** takes on a new role as practice consultant for harm reduction and substance use. Way to go!
  - So many new nurses! Yay!
- |                            |                           |
|----------------------------|---------------------------|
| <b>Andrea Dawes</b>        | <b>Tara Claxton</b>       |
| <b>Kerrin Miller</b>       | <b>Catherine Marion</b>   |
| <b>Sarah Russell</b>       | <b>Joanmargaret Laine</b> |
| <b>Priyanka Prabakaran</b> |                           |
- To support the nurses we welcome **Kalaya Camren** as admin assistant

# THROUGH NORTHERN EYES

## HARVESTING FOOD AND MEDICINE

PHOTOS BY CARLA LEWIS



**NEXT MONTH:** Have you been out hunting?  
Send us your photos to [SubscribeNorth@fnha.ca](mailto: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**