

# NORTH

NORTHERN FIRST NATIONS HEALTH AUTHORITY NEWS | OCTOBER 2022

**IN THE GALLERY**  
HOT SHOT HUNTERS

**SHARING STRENGTHS**  
DAY LABOUR AND DROP IN  
SPACE GETS PEOPLE WORKING



**NORTHERN REGION**  
First Nations Health Authority

**BONFIRE CHAT**  
MEN'S WELLNESS  
INITIATIVES

**FROM THE LAND**  
CHECKING OUT  
NURSING FACILITIES



STORIES FROM THE LAND

# SHANE'S SUMMER AND FALL ROADTRIP

SHANE GAUTHIER, OUR FACILITIES COORDINATOR, SPENT HIS SUMMER DRIVING AROUND NORTHERN BC inspecting the FNHA's nursing stations, clinics and residences to ensure they get the maintenance, repairs and upgrades they need to continue providing quality health care.

Shane and his engineers are going into communities and checking everything from the roofing and the building envelope all the way to the basement with special attention paid to electrical and control systems in these vital installations.

"I can't believe I'm getting paid to do this," said Shane, during a brief visit to the Prince George office between road trips.

The highlights of his "work" trip include watching millions of salmon being counted at a fish fence on the Babine River and seeing moose and wood bison on the drive to Daylu Dena in the far north of our region. And let's not forget the wolverine that growled at him when he stopped for a bio break on the 6-hour drive from Fort Nelson.

But the biggest impact has come from the people he meets in the communities.



Shane saw goats, moose, sheep, bison and even a wolverine

"I've met incredible people doing amazing things," said Shane. "I am amazed at the ingenuity of the nurses to keep going during the pandemic."

His tour will continue until the end of November so we all hope he puts on winter tires, drives carefully and watches out for more moose.



Shane Gauthier inspects nursing stations, clinics and residences

Download a digital copy of NORTH:  
<https://fnha.bmeurl.co/E8BE2DF>

## SHARING STRENGTHS

# UNCLOGGING THE DREAM MACHINE

IN LESS THAN TWO YEARS THE NUMBER OF PEOPLE ON SOCIAL ASSISTANCE IN KITSELAS FELL FROM AROUND 50 TO 17.

In August 2020, with funding from the FNHA, Kitselas Health started the Day Labour and Drop-In Space. People came to access mental health services or to sign up for skills assessments, certifications and job placements to help them find work. It gave them choices.

The program was based on the Kitselas Five Tier System, a nationally recognized program for individuals to self-identify where their personal and work skills are at and what they can do to move forward.

The five tiers are simple.

- Tier 1 – A safe space for assessment
- Tier 2 – Essential skills
- Tier 3 – Work experience
- Tier 4 – Advanced training
- Tier 5 – Job placement (career development and entrepreneurial activities)

Services were provided at the K5T clubhouse located on the Skeena River where nature itself helped people reconnect with their healing land and their culture.

The key was a non-judgemental space to enable people facing multiple

health and wellness barriers to employment (poor mental health, substance use disorders, inconsistent nutrition, childcare challenges, precarious housing and economic insecurity) to begin a new work journey with support from peers, mentors and other community partners.

For one couple the program helped them get both their children and their home back after living unsheltered and with addictions. Another young woman graduated from high school, took work training, did a job placement and is now apprenticing as a carpenter.

More than 190 people accessed services between August 2020 and December 2021.

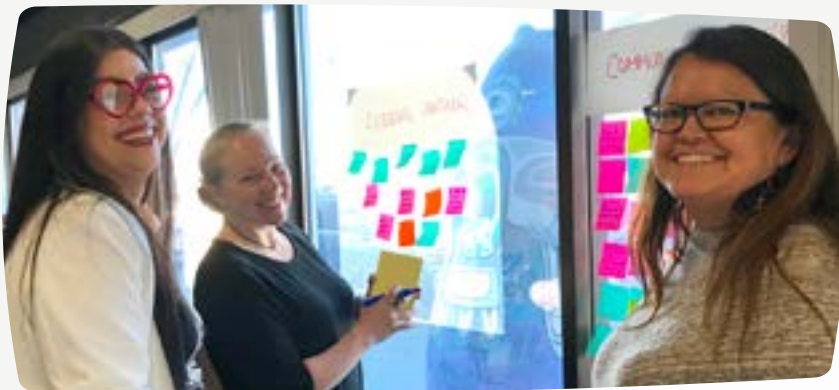
Kitselas is now supporting the Gitxaala Nation to start its own program in Lach Klan, Prince Rupert and Port Edward. The dream machine is going strong!

*Funding is still available to First Nations communities through the Tripartite MOU on Mental Health and Wellness. Contact [mhwmou@fnha.ca](mailto:mhwmou@fnha.ca).*



75 people benefitted from the Day Labour Program

# HAVE WE GOT A JOB FOR YOU!



You support your communities and facilitate key communications.

**THE FNHA IS COMMUNITY-DRIVEN AND NATION-BASED.** That means that our work at the FNHA is directed by what our Nations tell us are priorities for them. As a community engagement coordinator (CEC), you are integral to this. You facilitate engagement sessions in communities or at meetings and report back so we are clear on our direction. And you do a lot more. No two days are alike. Do you enjoy meeting people? Gathering and sharing information? Working with a team? Each CEC is connected to several communities so you have an opportunity to develop strong relationships. Join us and make a difference. Check out [fnha.ca/careers](https://fnha.ca/careers).

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

[Aboriginal Head Start Advisor](#)  
[Clinical Counsellor](#)  
[Community Engagement Coordinators:](#)

- [Burns Lake](#)
- [Prince George](#)

[Community Health Practice Consultant](#)  
[Coordinator, Men's Health & Wellness](#)  
[Dental Hygienist](#)  
[eHealth Trainer](#)  
[Environmental Health Officers](#)  
[Indigenous Educator, Harm Reduction](#)  
[Financial Consultant](#)  
[Project Coordinator, eHealth](#)  
[Project Manager Land Based Healing](#)  
[Regional Addictions Specialist](#)  
[Regional Nurse Advisor Communicable Disease Emergencies](#)

[Regional Planner](#)  
[Senior Administrative Coordinator](#)  
[Specialist Health Emergency Management Training & Exercise](#)  
[Specialist, Health Informatics](#)  
[Wellness Systems Quality Care Coordinator](#)

#### REGIONAL LOGISTICS ASSISTANTS

- [Kwadacha](#)
- [Anahim Lake](#)
- [Hartley Bay](#)
- [Kitkatla](#)
- [Tahltan](#)
- [Tsay Keh Dene](#)

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

# BONFIRE CHAT

WITH KEITH HENRY, MANAGER REGIONAL FUNDING INITIATIVES & PROJECT DEVELOPMENT



**ONE OF THE BEST THINGS ABOUT WORKING AT THE FNHA FOR ME HAS BEEN THE MEN'S HEALTH INITIATIVE,** which provides funds to support spaces in communities for men to gather and speak about their health and wellness in a safe and supported way. This initiative is in partnership with the DUDES Club.

It all began at the Northern Indigenous Guys Gathering in 2017 when we invited men from across the North to join us and talk about challenges and how the FNHA could best support them.

Many find this process empowers them, reigniting the spirit inside and getting them back to themselves. It is very rewarding to see men overcoming their challenges.

The FNHA Northern Region has now put in place a team of planners to support communities with grant applications amongst other supports. We provide up to \$7,500 a year for your men's group to host regular meetings and to cover coffee, honorariums and even fishing supplies.

**"...FOR MANY MEN THIS IS THE ONLY SAFE SPACE THEY HAVE TO SHARE THEIR WORRIES OR TALK ABOUT THEIR TRAUMA OR ADDICTIONS..."**

By the start of the pandemic in 2020 there were 32 men's groups meeting regularly in the region. And I remember one man, a residential school survivor who was struggling with trauma and addictions, who began his healing journey then. He is now a respected leader in his community.

The model for men's groups is to have a facilitator to guide a discussion in a safe place and an Elder who can share teachings and lead ceremony. Communities have the flexibility to adjust as they see fit.

For many men this is the only safe space they have to share their worries or talk about their trauma or addictions in a supportive and non-judgmental environment.

I would like to end by thanking the FNHA for this work opportunity that has been so different from all the other jobs I have had. I feel supported in my work by a team fully committed to improving the health and wellness of our communities and our own staff.



Northern Indigenous Guys Gathering 2019



# FYI

## WHERE TO OBTAIN YOUR FLU SHOT THIS YEAR

Flu shots are now free for everyone in BC and you can book at the same time you book your COVID-19 booster shot.

New this year, people will receive an invitation to book their flu vaccine through the provincial government's [Get Vaccinated](#) system.

If you have already registered with [Get Vaccinated](#) for the COVID-19 vaccine, you will not need to re-register for the flu vaccine. Make sure you are registered to be invited to receive both the flu and COVID-19 booster shot.

For more information about the flu, please visit the [FNHA influenza page](#).

### Community Members

Check with your community nurse or health lead to see how vaccines will be rolled out.



## PROGRAMS AND SERVICES FOR YOU

### Pathways to Healing from Pandemic Stress and Loss

COVID-19 has been difficult and stressful on everyone. Even with the vaccines helping return life to a more "normal" way of being, it's natural to have feelings of sadness and loss. In [this resource](#), made by the BC Centre for Disease Control in collaboration with the FNHA, Métis Nation BC and the BC Association of Friendship Centres, you'll find advice on ways to help heal your mind, body and spirit.

### On the cover

Elder Mildred Martin belongs to the Lusilyoo clan from Nak'azdli. She sits patiently while preparing moose hide by smoking it. This keeps the hide supple if it gets wet. The photo was taken by Sara Sam.



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

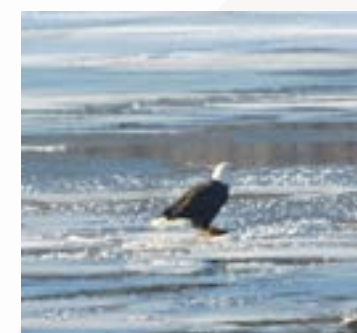
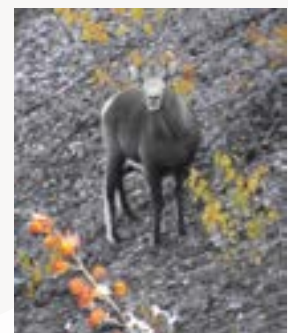
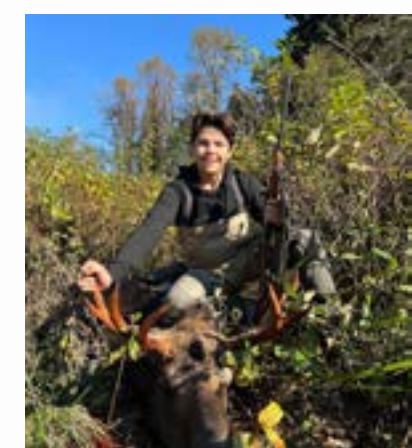
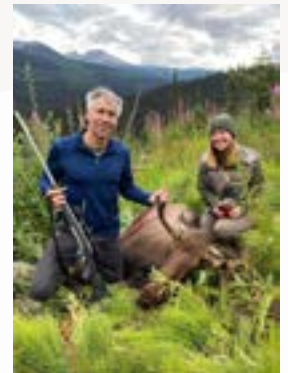
## STAFF CHANGES

- Nurses galore! And we are grateful to each new member of our team:  
**Alix Andreychuk**   **Emily Tureck**  
**Courtney Taylor**   **Myriam Parys**  
**Naomi Lapan**   **Barb Hall**
- Returning to the North permanently as our new senior specialist, communications and public relations, **John Moody!**
- Welcome back to **Verna Howard** returning as the community engagement coordinator for Gitksan and Wet'suwet'en
- Longtime community health practice consultant, **Bev Selle**, is taking a 1-year leave. Send postcards from your travels!

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

# THROUGH NORTHERN EYES

## IT'S HUNTING SEASON



**NEXT MONTH: How about a photo of your pet? Send 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**