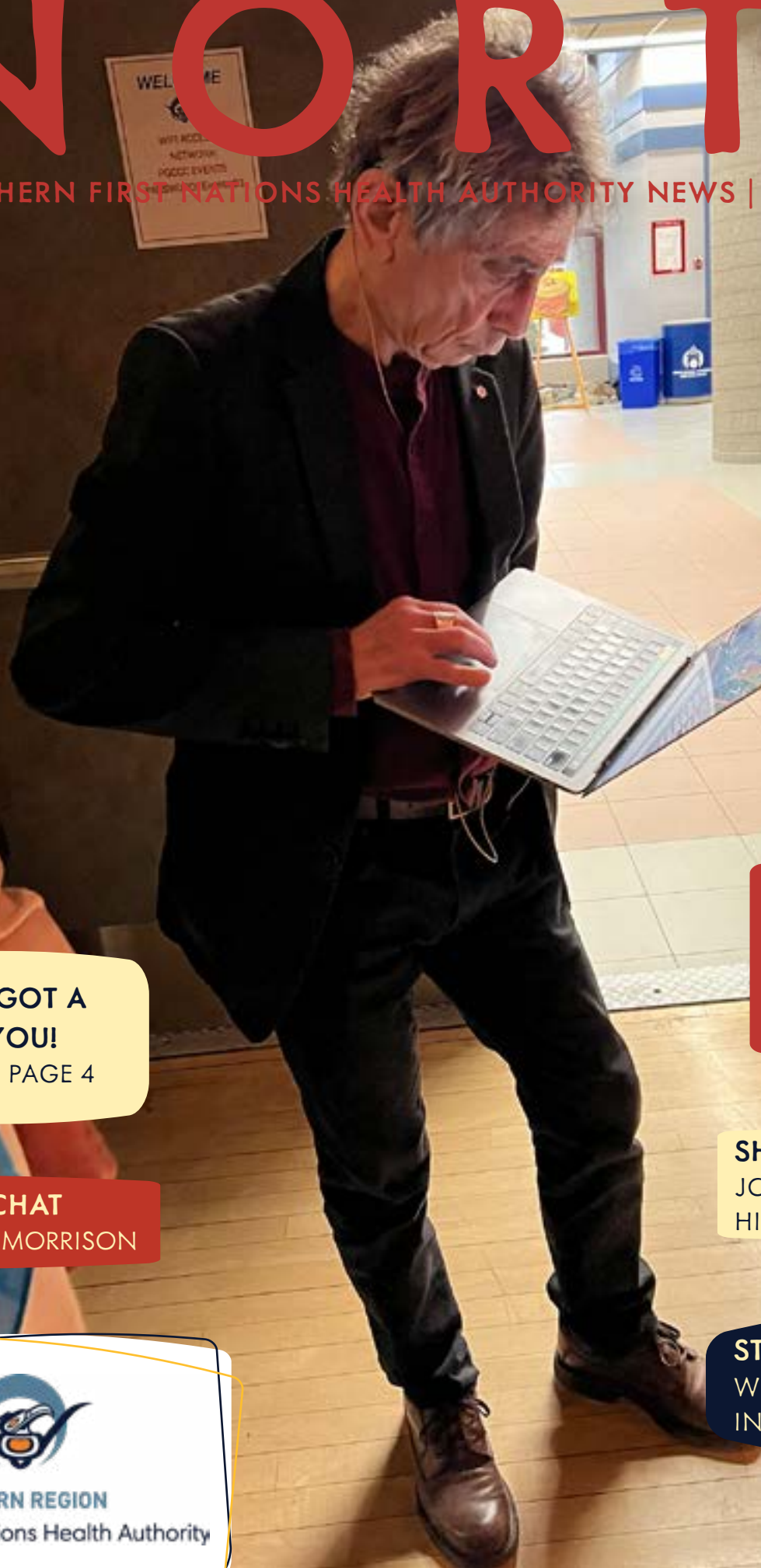


NORTH

NORTHERN FIRST NATIONS HEALTH AUTHORITY NEWS | MARCH 2023



**HAVE WE GOT A
JOB FOR YOU!**
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BONFIRE CHAT
WITH JULIE MORRISON

IN THE GALLERY

GABOR MATÉ,
JORDIN TOOTOO,
DON BURNSTICK AT
NORTHERN FORUM

SHARING STRENGTHS

JORDIN TOOTOO SHARES
HIS STORY AND HOPE

STORIES FROM THE LAND

WOMEN'S WELLNESS
IN THE NORTHEAST



NORTHERN REGION
First Nations Health Authority

STORIES FROM THE LAND

WOMEN ARE PAMPERED AT WELLNESS DAYS IN THE NORTHEAST

IN THE ROOM THE LIGHTS ARE DIMMED, THERE ARE CANDLES SET ON TABLES. You can smell the aromatherapy from the massage area and see colourful flowers.

That was the atmosphere at the first of six Women's Wellness Days in the northeast in Blueberry River First Nation.

In January Health Directors in Treaty 8 communities were offered a menu of wellness services that FNHA nurses could provide. "The interest was profound," said Joanmargaret Laine, lead for this project.

With a new colposcopy machine—used to examine the cervix—nurses were able to provide pap tests on site. The number of people getting paps dropped during the pandemic and with barriers such as transportation and family responsibilities making it difficult to travel, this service is needed.

"We have to go to community to provide care."

In addition to pap tests, the nurses set up diabetes and STI (sexually transmitted infections) displays, took blood pressure, and tested blood sugars. Nurse Priya Prabakaran was very popular as she spent time chatting with women while doing their nails.

So far four communities—Blueberry River, Doig River, Halfway River and Fort Nelson—

have hosted Women's Wellness Days and two more are planned. The services offered are tailored to each. Interests vary from harm reduction, to sexual health, to crisis support so the team focuses on community priorities. The FNHA provides nurses, displays, gifts and door prizes, and the community looks after additional services.

Imagine getting a manicure, reflexology, massage, sound therapy or an ionic foot bath next time you visit a nurse in your community for a pap or blood sugar test.

In four northeast communities, that's exactly what happened!



Download a digital copy of NORTH:
<https://fnha.bmeurl.co/F3C4850>

FNHA nurses tailored services to meet community priorities.

SHARING STRENGTHS

"HAVE THE COURAGE TO BE VULNERABLE"

FORMER NATIONAL HOCKEY LEAGUE (NHL) STAR, JORDIN TOOTOO, WAS A KEYNOTE SPEAKER on the last day of the Northern Addictions Engagement and Knowledge Exchange Forum in Prince George. Tootoo's presentation, Aiming and Wellness Together, spoke openly of his trauma and what led to his recovery journey.



Tootoo began his presentation by speaking of his older brother, Terence Tootoo, who died by suicide. He described how his brother was saddled with overwhelming pressure, uncertainty, and fear: to support their family as a substitute parent, to be the main breadwinner, and to succeed in hockey. Tootoo tells of how their family didn't communicate, and how feelings and emotions were bottled up, only to be numbed by alcohol. Terence would ultimately take his own life when he was only 22 years old, after he was pulled over for driving under the influence of alcohol—thinking he ruined his only chance to support his family through hockey success.

Tootoo said he held in all his pain



Jordin shared his pain and his message of hope and healing with more than 200 northern delegates at the Northern Addictions Engagement and Knowledge Exchange Forum.
See more photos on page 7.

and anger, and despite his later NHL success and the financial reward that came with it, he still felt empty. Those emotions were buried in alcohol for years, until they couldn't be hidden anymore from himself or his team.

It was then that Tootoo was forced to confront his addiction and go into rehab, a move that he credits with saving his life. He also attributed his recovery to land-based healing. He said despite his fame and "rock star lifestyle" when he was on the land none of that mattered. The land was a place to find peace and harmony without distraction or negativity.

He ended his presentation by asking the audience to have the courage to be vulnerable. He spoke about how repressing his feelings was part of his trauma and he's now able to be open and honest to himself and with the people around him.

For Tootoo, that's his contribution to ending the cycle of intergenerational trauma. A contribution he acknowledges is difficult, but worthwhile.

Raised in Rankin Inlet, Nunavut, Tootoo played in the NHL from 2003 to 2017 and was the first person of Inuit descent drafted by an NHL team and to play in the league.

HAVE WE GOT A JOB FOR YOU!



- ✓ **POSITION:** Senior Facilities Technician
- ✓ **LOCATION:** Prince George, BC
- ✓ Inspecting health facilities and reporting findings are major components of this role

With a solid construction background you are comfortable assessing facilities

HAVE YOU SPENT THE LAST FEW YEARS IN THE BUILDING TRADES? Are you ready to get out of the rain and snow but still use your experience and skills? The senior facilities technician offers you the opportunity to plan, organize and implement maintenance programs for health facilities (and related infrastructure). No two days are alike. Between travelling into communities to perform inspections, reporting to the provincial team, and ensuring maintenance and repair work is carried out to a high standard, you'll be busy.

And the FNHA offers employee benefits from day one, a good pension plan, ample vacation plus 14 stats and 5 personal days, and a hardworking, funloving team to round things out. Interested? If so, [check out the listing here](#).

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

[Clinical Counsellor, Mental Health & Wellness](#)

[Community Engagement Coordinators:](#)

- [Burns Lake](#)
- [Prince Rupert](#)
- [Terrace](#)

[Crisis Response Community Coordinator \(2\)](#)

[Environmental Health Officer](#)

[Executive Director, Regions](#)

[Indigenous Educator, Harm Reduction](#)

[Indigenous Student Program](#)

[Project Manager Land Based Healing](#)

[Regional Addictions Specialist](#)

[Regional Planner \(2\)](#)

[Senior Administrative Coordinator](#)

[Senior Facilities Technician](#)

[eHealth Trainer](#)

Check out all our jobs at
fnha.ca/careers

NURSING

[Community Health Nurse, Health Centres](#)

[Community Health Nurse, Health Centres \(casual\)](#)

BONFIRE CHAT

WITH JULIE MORRISON, VICE PRESIDENT REGIONAL OPERATIONS



ONE OF THE IMPORTANT THINGS WE NEED TO TALK ABOUT AGAIN IS ANTI-STIGMA.

When we look at the number of people we are losing to the toxic drug crisis it's important for those who are using substances to be able to say to someone: "This is what I'm doing" and for the person they are speaking with to have compassion, respect and understanding.

Then when they are ready we may be able to help them.

Another thing we overlook is alcohol. It is a gateway to other toxic substances. Some start off drinking socially, then it gets worse and they may make the decision to try something new that they haven't tried before and they get hooked. We have to look at alcoholism in our communities, not just the drugs being used.

The billboards are meant to bring the awareness that we have to look at the person and try to find ways to help them where they are at. Many people who have come through addiction have shared how that was a

"YOU NEVER KNOW WHAT SOMEONE IS GOING THROUGH. THEY MAY BE SMILING BUT HAVE A LOT OF STUFF GOING ON."

At the recent addictions forum we received lots of information about sites for various types of treatment, which ones are covered by the FNHA and how we can better support individuals dealing with substance misuse.

We've just put up billboards in the North that you may see on your travels. They repeat the message: "See the person, not the addiction." We sometimes look at addiction through our own mindset and don't realize that there is so much more to the person who is struggling. What's happened in their life to get them to this point? People don't wake up and say "I'm going to start today and I'm going to become an addict."

priority for them. When they are ready, they will come, and until then we have to remain open minded.

You never know what someone is going through. They may be smiling but have a lot of stuff going on. So we have to learn how to be kind and compassionate to everyone we meet.

A handwritten signature in black ink, likely belonging to Julie Morrison, the Vice President of Regional Operations.

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

FYI

COMPASSIONATE INQUIRY is a trauma-informed psychotherapeutic approach created and directed by Dr. Gabor Maté. Sat Dharam Kaur ND is the co-director and oversees the training. It is an international program that has trained over 3000 participants from more than 84 countries, who continue to make a positive difference in the lives of individuals, families and communities.

[Links to home site and all courses](#)

**Deadline for 1-year Professional
Online training is Apr. 10.**

Dr. Gabor Maté
Compassionate Inquiry
Trauma-Informed
Psychotherapeutic
Program



COMPASSIONATE INQUIRY PROGRAMS ARE FOR:

- Psychotherapists
- Mental health professionals
- Health care professionals
- Allied health professionals
- Medical doctors
- Naturopathic physicians
- Fitness coaches
- Addiction counsellors
- Social workers
- Yoga therapists
- Meditation teachers
- Educators
- First Nations counsellors and Elders
- Psychedelic therapists
- Lay people interested to learn the CI approach



ARE YOU LIVING WITH DIABETES?

We would like to hear from you

The First Nations Health Authority's Office of Chief Medical Officer is developing a report on diabetes among First Nations living in British Columbia (BC). This report will highlight First Nations stories and lived experience related to diabetes.

If you are a First Nations person with diabetes, we invite you to share your stories about living with diabetes.

Your story will help us better understand the needs of First Nations people in BC who live with diabetes and plan for the improvement of wholistic diabetes services.

If you would like to participate in the study, or have any questions, please contact Kathy Riyazi at Kathy.Riyazi@fnha.ca or call 778-879-2263 to book a phone interview. A gesture of appreciation will be sent to you to honour your sharing. Interviews will be held between February and June 2023.

On the cover

Dr. Gabor Maté looks over his notes as he prepares to give one of the keynote talks at the Northern Addictions Engagement & Knowledge Exchange Forum. Gabor ("Drop the doctor," he said) focused on healing trauma to address addiction.



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

DATES FOR SUB-REGIONAL CAUCUSES

North Central

Apr. 12-14

Ramada Hotel

Prince George, BC

REGISTRATION:

<https://cvent.me/0XdkMq>

Northwest

May 2-4

Venue: TBD

Smithers, BC

Northeast

May 16-18

Venue: TBD

Fort St. John, BC

THROUGH NORTHERN EYES

THE NORTHERN REGION ADDICTIONS ENGAGEMENT & KNOWLEDGE EXCHANGE FORUM



HAVE A GREAT SNAPSHOT?
Send your photo 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