

# NORTH

NORTHERN FIRST NATIONS HEALTH AUTHORITY NEWS | APRIL 2023



**HAVE WE GOT A  
JOB FOR YOU!**  
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YOUTH COME TO PLAY  
AT THE ANNUAL PRINCE  
GEORGE ABORIGINAL  
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CHAMPIONSHIPS

## **SHARING STRENGTHS**

URBAN FIRST NATIONS  
TALK WITH US

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WITH NORTHERN DIRECTOR  
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BECKY ROW

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RECOVERING IN A  
THERAPEUTIC COMMUNITY



**NORTHERN REGION**  
First Nations Health Authority

## STORIES FROM THE LAND

# HOW AN AIRBASE BECAME A TREATMENT CENTRE WHERE MEN COULD START AGAIN

**BALDY HUGHES THERAPEUTIC COMMUNITY AND FARM HAS PROVIDED MUCH-NEEDED TREATMENT TO MORE THAN 1,200 MEN SUFFERING FROM ADDICTIONS,** helping many to restart their lives. It is also just half an hour by car from Prince George.

The days start at 6 am with coffee and chores, and a precise timetable leads the community members through a day of meditation, therapy, work and play.

“Residents of Baldy Hughes become positive citizens. They get their life back, and become stronger than they’ve ever been. They reintegrate with their family and reconnect with their children,” said Kevin England, Chairman of the BC New Hope Recovery Society, who runs the centre.

Costs are kept low, with most clients completely funded through provincial social assistance programs.

Treatment here is based on a combination of working on the farm, group therapy and 12-step meetings.

“Working in the greenhouse is a wonderful experience, especially when I see the plants grow. Therapeutic work here at Baldy Hughes is a blessing for an addict on the road to recovery,” said Mark, one of the program’s graduates.

Clients can also get support completing grade 12 from a teacher who comes in twice a week, preparing them for acceptance into college or university. Others prefer to work in the kitchen or on the farm, honing skills that will help them find work at the end of their stay.

The centre opened its doors in 2007 as a therapeutic community where men can recover far from their usual networks and make new connections with their peers in recovery.

The intake process is swift; many clients can begin their stay with just 48 hours’ notice, which can make all the difference to someone’s future.

“I felt welcomed right away. The clients and staff made me feel part of something. Through my months here, I never made so much progress to improve myself like I have here. I felt like part of a community, and connected to everyone around me. My life has changed because of Baldy Hughes,” said Ryan, a former client.



Download a digital copy of NORTH:  
<https://fnha.bmeurl.co/F5A547E>

Farming, group therapy and 12-step programs are the foundation of Baldy Hughes’ programming.

## SHARING STRENGTHS

# FINDING OUT WHAT URBAN FIRST NATIONS MEMBERS NEED



Urban and Away from Home engagement sessions are being hosted across the North by (from left): Irv David, Max Kittner, Ruhee Mardhani, Rasha Syed and Brandon Prince.

**FNHA ENGAGEMENT SQUADS ARE FANNING OUT ACROSS THE NORTH** searching for First Nations living away from home, to bring them closer to the healthcare they deserve.

A majority of community members live in cities like Prince George, and we know many are not connecting into the wellness services they need.

“We won’t really know how many there are, what services they access and what they need, until we undertake this important engagement work to find better pathways to connect with the urban and away from home (UAH) population,” said Brandon Prince, northern coordinator for the UAH program. “Lack of understanding of this demographic is leading to many UAH individuals falling through the cracks and living an unhealthy lifestyle.”

The information gleaned from the sessions will inform a new Urban and Away from Home Framework and ultimately connect people to doctors, nurses, traditional healers and more to help reduce the gap in health outcomes between Indigenous and non-Indigenous populations.

Twenty-four engagement sessions are taking place in northern towns. They’ll be happening until July across the North.

Those attending in person are asked to give their input on topics including information and health benefits, principles and outcomes, pathways, health and wellness services, and organizations and partners.

A survey is also available (<https://interceptum.com/s/en/uahengagement>) for all First Nations people who live in urban areas in BC. If this is you, please take the time to complete it. Your input will steer the strategic direction for the future.

A schedule of engagement events will be posted to the UAH website: (<https://www.fnha.ca/what-we-do/health-system/urban-and-away-from-home-health-and-wellness>) in the near future.

For more information or to connect, contact:

[Brandon.Prince@fnha.ca](mailto:Brandon.Prince@fnha.ca)

# HAVE WE GOT A JOB FOR YOU!



- ✓ **POSITION:** Senior Administrative Coordinator
- ✓ **LOCATION:** Prince George, BC
- ✓ Provide quality admin to senior staff, supervise and coach a strong team, and experienced with operations

You work at a senior level providing quality admin services and leadership.

**ARE YOU AN EXECUTIVE LEVEL ADMINISTRATOR LOOKING FOR A NEW CHALLENGE?** The northern regional office is growing, so there is an opportunity for you to use your skills in finance, operations, team building and project admin for both day-to-day work and to support senior executives. We have a “can do” attitude and pride ourselves in serving our 55 First Nations communities by organizing events, providing extensive shipping and receiving, and overseeing several office locations. We work with our central FNHA team in Vancouver to bring programs and services to the region in a way that is culturally safe and to a high professional standard.

The FNHA offers employee benefits from day one, a good pension plan, ample vacation plus 14 stats and 5 personal days, and a hardworking, fun-loving 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](#)
- [Truth North/Tahltan](#)

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

[Environmental Health Officer](#)

[Executive Director, North](#)

[Indigenous Educator, Harm Reduction](#)

[Project Manager Land Based Healing](#)

[Regional Addictions Specialist](#)

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

[Senior Administrative Coordinator](#)

[Senior Facilities Technician](#)

### NURSING

[Community Health Nurse, Health Centres](#)

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

Community Health Nurse:

- [Gitga'at](#)
- [Kitkatla](#)
- [Lax Kw'alaams](#)

Nurse in Charge:

- [Telegraph Creek](#)
- [Tsay Keh Dene](#)

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

# BONFIRE CHAT

WITH BECKY ROW, REGIONAL DIRECTOR OF ENGAGEMENT



**FNHA NORTH'S COMMUNITY ENGAGEMENT TEAM ARE OUR NETWORK OF INFORMATION GATHERERS** and support providers who are listening to communities' concerns and needs every day of the year.

Our office in Prince George runs on the input and guidance this team provides, pushing us to focus on what matters most to the 55 First Nations communities in our region.

Delegates shared their own success stories along with the difficulties. They spoke of limited supports for treatment and delays accessing these facilities. They also brought forward solutions that are working such as land-based healing and treating those suffering with the love, empathy and compassion they deserve.

Perhaps, most touching of all, was the reminder that when we heal ourselves we are healing our bloodline.

And we were there listening. The engagement team received 1018 comments and suggestions that are being collated, analyzed and fed into a comprehensive report that will be presented at an upcoming Caucus.

**"IT IS THE ENGAGEMENT TEAM THAT WILL WORK WITH YOU TO MOVE THE IDEAS AND REQUESTS FORWARD..."**

That's what drove the recent Addictions Engagement and Knowledge Exchange Forum in Prince George. Communities were warning the toxic drug crisis was getting worse long before the latest government statistics showed it, so we put together this forum in just eight weeks.

A total of 210 elected and hereditary leaders, health leads, knowledge keepers, Elders, individuals in recovery and peers heard from experts like Dr. Gabor Maté who explained how intergenerational trauma is a key driver of mental health and wellness challenges, and that healing can only come by addressing this. Jordin Tootoo also attended to lift heavy hearts by telling his story of recovery.

It is the engagement team that will work with you to move the ideas and requests forward, ensuring that the energy and ideas do not fade away but get translated into new programs, new funding and new ways of tackling old problems.

We look forward to seeing you at the many exciting events we have planned this year.

*Becky*

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

# FYI

## FNHA QUALITY CARE AND SAFETY OFFICE

First Nations and Indigenous people have a right to access a health care system that is free of racism and discrimination and to feel safe when accessing health care. Individuals, families and communities are able to voice their perspectives, ask questions and be respected by health care professionals on their beliefs, behaviours and values.

Clients and families have the right to raise concerns and receive a timely response to their concerns, without fear of retribution or an impact on their health services and care. We will do our best to support your cultural and psychological safety throughout the process. Clients and families may also choose to remain anonymous.



quality@fnha.ca



1-844-935-1044 (toll free)  
250-319-3187 Braelyn (in the North)



FNHA.CA/compliments-and-complaints



## EXTENSION OF TEMPORARY MILEAGE RATE

As gas prices across British Columbia continue to change, First Nations Health Benefits and Services is actively monitoring prices to ensure that changes do not impact clients' ability to access medically-necessary appointments when using their private vehicles.

The temporary Medical Transportation mileage rate of \$0.29/km will be extended September 30, 2023. [Learn more.](#)

## On the cover

Fifty teams competed in the Prince George Aboriginal Youth Hockey Championships this year, including the young net minder on our cover. Who knows where he'll end up? One famous ex-player at the tourney is Carey Price. Is this goalie another future NHLer?



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

## UPCOMING SUB-REGIONAL CAUCUSES

### Northwest

May 2-4

Prestige Hudson Bay Lodge  
3251 E Highway 16  
Smithers, BC

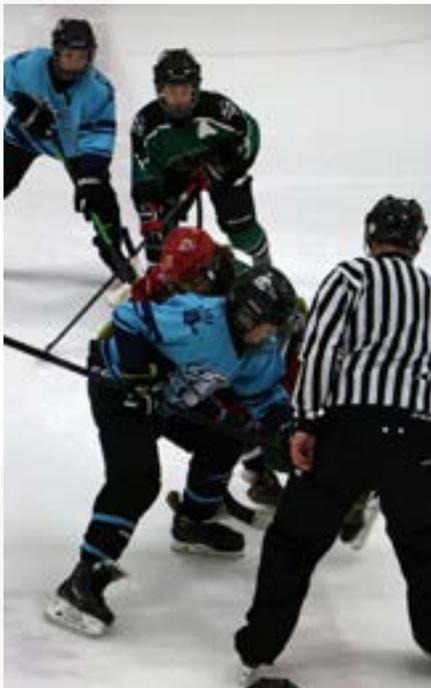
### Northeast

May 16-18

Northern Grand Hotel & Conference  
Centre  
9830 - 100 Avenue  
Fort St. John, BC

# THROUGH NORTHERN EYES

## PRINCE GEORGE ABORIGINAL YOUTH HOCKEY CHAMPIONSHIPS



HAVE A GREAT SNAPSHOT?  
Send your photo 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**