



November 14 & 15, 2014 Kitsumkalum Community Meeting

Kitsumkalum

Health Centre

Report

November 2014

Kitsumkalum Health Centre

Staff & Programs

Aboriginal Head Start Program



Kitsumkalum Head Start Staff; Barb, Rhonda, and Millie. The Aboriginal Headstart Program promotes early childhood intervention strategies to address the learning and developmental needs of the children. The goal is to support the childhood's development and to provide supports to parents and caregivers. The program also builds relationships with the families of Kitsumkalum. The Aboriginal Head Start Programming is centered around six components: education; health promotion; culture and language; nutrition; social support; and parental/family involvement.

Brighter Future



Melodie is the Brighter Futures Worker. This is an early intervention services that provide support to children and families of Kitsumkalum. Melodie works closely with Kitsumkalum Headstart Program, Kitsumkalum Health Centre Staff and the Parents of Kitsumkalum. To strengthen knowledge on cultural, parenting and child development. By working closely with service providers that come into our community. Melodies also works with Kathy Wesley on Chronic Pain Sessions. What these session provide is support to community members to help them manage daily activities and how to better manage chronic pain.



Kitsumkalum Community Health Repetitive

Andrea is the Community Health Repetitive the focus is on a variety of programs starting with; Injury Prevention, Canadian Prenatal Nutrition Program, Diabetes and HIV/AIDS. The objective is to engage with the Community Members through awareness and education programs, while addressing health concerns such as Diabetes, Arthritis, High Blood Pressure, Chronic Illness and Heart Diseases. Promoting Flu Clinic's, and Immunization. Advocating for Kitsumkalum Community Members with Patient Travel Clerk and Health Care Service Providers.



Health Receptionist

Janice is our Receptionist & Admin Support. Janice assist's the Health Staff with data entry and recording keeping, she also maintains the office supplies, office equipment, and building. She provides us with technical support. She works on the bi-weekly newsletters. She is a link to Patient Travel by providing community members with the proper documents needed to access Patient Travel in Prince Rupert Office.



National Native Aboriginal Drug & Alcohol Counsellor

Kathy is the National Native Aboriginal Drug & Alcohol Councilor (NNADAP)/Mental Health Counsellor. This program is designed to provide support to Kitsumkalum Community Members and for those wanting to attended Treatment Centre's, supports the clients on follow up care, awareness, self- management, self-care and supporting clients and families. The goal is to increase the knowledge of the extent and nature of alcohol and Solvent abuse problems through Awareness and Education in the Community of Kitsumkalum. The mental health program is to provide a balanced of professional, cultural and family support. The mental health embraces both the mental and emotional aspects one how you think and feel.



Community/ Home Care and Nurse

Catherine is the Community/Home Care Nurse. She plays the key role in providing a comprehensive range of nursing functions and services to the community of Kitsumkalum. In areas of community and public health, through Promotion and Education. With the Canadian Parental Nutrition Program (CPNP) Catherine provides services to the expecting mothers through home visit and Prenatal Lunches. The Home Care Nurse provides in-home quality care nursing services to enable clients to remain in the community with family. Provide basic, acute, chronic and rehabilitative nursing care to clients in their homes including wound care, pain management, and medication administration and monitoring, treatments, hospital discharge and follow up care.

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Personal Care Aide

Alberta (Abby) is the Personal Care Aid, she is responsible for the in home care and support for Kitsumkalum Elders and disabled persons. She provides personal non-nursing care to clients as directed in the clients' individualized care plan. While assists clients to provide a safe, clean environment in the home, supports the clients for general mental and physical conditions. Abby works closely with the Home Care Nurse, Community Members and Health Service Providers.



Sandra Wesley is our Janitor, She enjoys working with us. She also over sees the cleaning of our Head Start/ Day Care Centre. She encourages us with the programs we are running, she is eager and willing to help us with set up of the Health Centre and Day Care Centre.

Kitsumkalum Health Centre Activities over the last year.

Kitsumkalum Aboriginal Head Start Program has seen a lot of changes over the last year. The way the program is run is well maintained. The delivery of service have not changed. We still have service provides that come into the Head Start Centre that support the child's development.

The change that we have seen is our Head Start was Lillian Sampson our Day Care/ Head Start Manager retired. Our Head Start Cook Annie Bolton has taken on a new job with Na Aksa Gila Kyew School as their Cook and Margaret Sampson has taken on a job with Na Aksa Gila Kyew School as well.

We have hired a Head Start/ Day Care Manager and her name is Barb Nieme, Barb use to run her own Day Care here in Terrace. She is familiar with the expectations of licensing and the regulations of Day Care set out by the Province of BC. Barb comes with a wealth of knowledge about child development, management of Day Care and Partnering with Parents and Service providers.

Rhonda Duncan is our Early Childhood Education Assistant, she enjoys working with the children that comes into our centre and she is proud to say that she has watched our own children grow up and she is now working with their children in our centre. Rhonda encourages child activities and supports the parents, care giver and the support staff that work closely with our Head Start/ Day Care Centre.

We have hired a new Head Start Cook Millie Roberts, Millie, works closely with the parents, care givers and staff on the nutrition needs of the children in our centre. Millie supports and encourages the child to take an active role in meal preparation and in doing so she has supported child development. Millie appears eager and willing to further her education in Early Childhood Development.

The Aboriginal Head Start Program continues to support child development through play, instructional lead activities and encourages parent/care givers involvement. They have their leading library program up and running. They have the Child Development Centre coming in to support the children and the Head Start Staff. We also have the pleasure of our Brighter Future worker Melodie coming into the centre with her focus on cultural activities in our centre. We have the Community Nurse, Catherine working t with the staff and the children, ensuring all the students are up to date with immunization.

The Brighter Future Program

Melodie is the Brighter Future Worker this program is a community-based health promotion and ill-health prevention program. The program is made up of five components-mental health, child development, parenting, healthy babies and injury prevention.

Using a holistic approach with the five components of the program-mental health, child development, parenting, healthy babies and injury prevention-are coordinated and linked with each other, as well as with the programs and services provided by Kitsumkalum Health.

Melodie works closely with our Community Health Nurse, Community Health Rep, Head Start/Day Care and our Drug and Alcohol Counsellor. Melodie is offering a parenting sessions, parent drop in and she is running a Chronic Pain Program with our Drug and Alcohol Counsellor Kathy.

Melodie has been incorporating our language with all the programs she is involved in. Keeping our language, culture and customs is key to our community striving to keep up with this knowledge and customs that belong to Kitsumkalum Nation.

Kitsumkalum Community Health Representative

Andrea, has had a very busy year. She has offered some workshops in the community such as HIV/AIDS, Mobile Diabetes with service providers coming in from Prince George, to talk about these health concerns.

Andrea has also started the walk to run program, this program promotes healthy activities where all people of all ages can participate. The walk to run program helps community members struggling with Diabetes, Heart Disease, High Blood Pressure and Arthritis. With the good food bag this allows Andrea to promote healthy choices while helping clients manage their overall health.

We are planning a cooking class coming up in the near future, due to hall bookings we be starting this program in the New Year. Andrea plays a key role with the Canadian Prenatal Nutrition Program and encourages the parental to eat healthy and moderate exercise. If you need assistants with the Patient Travel Program please call Andrea at the office she will be happy to help you with the paper work.

National Native Aboriginal Drug & Alcohol Counsellor (NNADAP)

Katy is our NNADAP Counsellor, the NNADAP Counsellor main focus is aimed at reducing high levels of alcohol, drug, and solvent abuse within the community of Kitsumkalum. Kathy coordinates with other programs in the promotion of community health and sober lifestyles. To encourage communities members in making healthy choices.

The three main focus are as follows; Prevention, Intervention and Aftercare activities.

Kathy works with the Health Staff on awareness and prevention, she has had two six week sessions on Chronic Pain. What this program has to offer to the community it how to better manage chronic pain, how to move forward and the tools they learn in living with Chronic Pain.

The ultimate goal of an intervention is to break the addict's wall of denial, and have they come to terms with the consequences of their use. The hope of every intervention is that the addicted person will get the help and treatment that has been arranged for them.

Aftercare provides the vital connection that many graduate clients need in order to continue to maintain the new life skills and healthy behaviours they established while in treatment.

Aftercare is another tool that will support the client's choices and it is client driven aftercare

Home and Community Care Nurse Catherine is our home and community care nurse. The goal of the home care program is to help people to receive care in their home, rather than in a hospital or long-term care facility, and to live as independently as possible in the community.

Home and Community Care services are provided to people based on needs identified through a client assessment. Services are provided in a holistic manner that looks at the person's physical, social, spiritual and emotional need because each person is different and unique.

As the Community Health Nurse Catherine is responsible for building relationships and partnerships throughout the community, in order to improve the health of individuals and families. The nurse acts as an advocate as well. Acts as a teacher and counselor, but also plays an important role in preventing widespread illness and disease in the community.

Catherine, has been very busy over the last year. She continues to lead the good food bag program, she works with our Head Start/ Day Care Program, Na Aksa Gila Kyew School. She has invited other agencies to come into the community to provide a service such as the Mobile Mammogram Clinic, Red Cross and Partnering with BC Cancer Agencies and not to forget ALL the volunteering Catherine has done in our community and the community of Terrace.

Personal Care Aide

Abby is our Personal Care Aide. She provides personal assistance and support services for elderly, disabled, acute or chronically ill community members. Who requires short-term assistance and or ongoing support? Abby works with our Home Care Nurse, together they work on the client's needs assessment. Abby is a strong advocate for her clients' needs, she encourages her clients to continue with their rehabilitation. She also assist with bathing, grooming, dressing, toileting and other personal hygiene activities. Abby has had two 6 week Yoga Session's and in the New Year she will be starting "Elders Yoga" please watch for the posters.

First Nation Health Authority Patient Travel Program

Kitsumkalum Health Centre is funding by First Nation Health Authority (FNHA). The objective of FNHA is to delivery health programs in a culturally sensitive manner while supporting the service providers through a holistic approach to the health care system. The programs are focused on Injury Prevention, Health Promotion, Awareness and Education Programs that supports the community's health needs.

FNHA have supported these programs and have encouraged more of a holistic approach on the service we provide to the community. We still have the Community-based programming focuses on improving health by promoting health and preventing disease.

Healthy Child Development, Community Mental wellness, Addictions Prevention & Treatment
 Healthy Nutrition and Health Promotion, Disease/Injury Prevention, Primary Health Care & Safe Drinking Water.

First Nation Health Authority strives to Improving First Nations Health Benefit Program. They are currently reviewing the health benefits and the health policies. They encouraging input and guidance's from BC First Nations Communities and Service Providers. On how to improve the Health Benefit Program.

We have received the following **changes from FNHA**. Starting on **October 1**, the new meal and mileage rates are as follows:

For trips that are up to seven (7) nights in duration:

\$48 per night's stay (increased from \$40 per night's stay)

\$25 per night's stay for children under 9

For trips that are seven (7) or more nights in duration, a weekly rate will apply

A maximum weekly rate of \$163 per week, inclusive of the escort

The same-day travel rate of \$10 for trips that are 6 hours or more in duration has not changed.

The kilometre allowance for private vehicles will be \$0.22.5/kilometre (increased from \$0.20).

For communities experiencing higher travel cost they will be looking at a \$0.29/kilometre.

This is just one of the changes we have seen over the last year. As stated in my last report to the community. FNHA Health Benefits will be a two year transition. We have made reconditions

over the last year with how to move forward with the Health Benefits Programs and the suggestions were from community members and the service providers.

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