

# FRASER SALISH SNAPSHOT

The Teams of the First Nations Health Authority: Fraser Salish Region



## HEALTH EMERGENCY MANAGEMENT

Facilitates FNHA activities in response to emergencies that may impact the health of community members.

[FSHEM@FNHA.CA](mailto:FSHEM@FNHA.CA)

## WELLNESS INITIATIVES

Works with communities to promote health and wellness and health literacy through workshops with a train-the-trainer approach.

[SYSTEMS.SUPPORT@FNHA.CA](mailto:SYSTEMS.SUPPORT@FNHA.CA)

## ENVIRONMENTAL PUBLIC HEALTH SERVICES

In partnership with communities, identify and prevent environmental public health risks and make recommendations to reduce them.

[FSEPHS@FNHA.CA](mailto:FSEPHS@FNHA.CA)

## WELLNESS & SYSTEMS SUPPORT

Assists with navigating the healthcare system and connects with health, wellness and social services.

[SYSTEMS.SUPPORT@FNHA.CA](mailto:SYSTEMS.SUPPORT@FNHA.CA)

## ENGAGEMENT

Communications, collaboration and planning to support engagement with Fraser Salish communities and the Urban and Away from Home population.

[FSEVENTS@FNHA.CA](mailto:FSEVENTS@FNHA.CA)

## MATERNAL CHILD & FAMILY WELLNESS

Supports planning and design of wellness programs and services for maternal child, early years, youth and family wellness including health promotion and literacy.

[FS-MATERNALWELLNESS@FNHA.CA](mailto:FS-MATERNALWELLNESS@FNHA.CA)

## NURSING

Supports community health nurses and health programs, strives to provide comprehensive care and promote wellness at every level.

[FSNURSING@FNHA.CA](mailto:FSNURSING@FNHA.CA)

## HEALTH BENEFITS

Supports access to FNHA benefits such as vision, dental, pharmacy, medical supplies, transportation and counselling services.

[COMMUNITYRELATIONS@FNHA.CA](mailto:COMMUNITYRELATIONS@FNHA.CA)

## QUALITY CARE

Works with individuals to provide feedback about experiences in the healthcare setting and ensure connection with wraparound supports for mental, spiritual and physical health.

[QUALITYFS@FNHA.CA](mailto:QUALITYFS@FNHA.CA)

CHECK OUT  
[WWW.FNHA.CA/WHAT-WE-DO](http://WWW.FNHA.CA/WHAT-WE-DO)  
TO LEARN MORE



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First Nations Health Authority





# Pathway to Treatment

You've chosen to seek treatment...now what? The steps below can be taken with the support of a referral worker. If you're not sure who to work with, we can help with that too! Check out the back page for more resources.



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First Nations Health Authority



## Connect with a referral worker

Who can this be? Family physicians, nurses, addictions workers, counsellors, or health leads can walk this path alongside you. Or, call Fraser Health's SUSAT service (1-866-624-6478) to connect to a clinician who can help you complete a referral application to treatment or detox.

## Choose your path

There is a lot to consider when selecting an avenue of treatment. Your referral worker can help you explore your options. You may need to be stabilized at a Provincial funded centre first before attending another option.

### Provincial/Public Funded Centres

**Provincial centres:** funded by the Provincial Government and include specialized mental health and substance use beds. Applications must go through the Health Authority.

**Public centres:** The FNHA may fund a per diem for eligible applicants and centres.

### First Nations Treatment Centres

The foundation of these centres are built through a cultural lens which is embedded into the centre's programming. Cultural supports and practices are on site. Status and Non-Status First Nations are fully funded by the FNHA. They can have longer waitlists and are located throughout the Province.

[FNHA Treatment Centres in BC](#)

## Complete and submit applications

Choose multiple centres and work with your referral worker to submit applications to all of them. This will help with waitlists that you are likely to encounter.

## Focus on keeping well

Build a safety plan: talk to a friend/family member about reaching out to them during this process. You can also talk to a friend, neighbour, or health director/lead about going to them if you feel unsafe.

If you are experiencing withdrawal, reach out to the Rapid Access to Addiction Care Clinic (604-587-3755). Outside of the hours 8:30am - 4:30pm call the BC Nurse Line at 8-1-1.

Use Harm Reduction strategies: safe consumption sites, drug testing and carrying naloxone.

Consider talking with a counsellor.

**Check out the back page for  
supports and resources**



# Supports and Resources



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First Nations Health Authority

**If you're not sure how to connect with a referral worker, or someone who can help, start by calling:**

## **SUSAT**

Fraser Health's SUSAT service can connect you to a substance use clinician who can work with you to complete a referral application to treatment, or detox.  
1-866-624-MHSU (6478)

## **FNHA Virtual Substance Use & Psychiatry Service**

Provide virtual specialist support in addictions medicine and psychiatry. FNHA Virtual Doctor of the Day, or your usual medical professional, and give you a referral for this service.

<https://www.fnha.ca/what-we-do/ehealth/virtual-substance-use-and-psychiatry-service>

## **FNHA Virtual Doctor of the Day**

1-855-344-3800 (Toll free, 7 days a week 8:30am to 4:30pm)

<https://www.fnha.ca/what-we-do/ehealth/virtual-doctor-of-the-day>

**To support your mental health and wellbeing, you can reach out to:**

### **Kuu-Us Crisis Line Society**

24 Hour Crisis Line for Indigenous people across BC  
Adults/Elders Line: 250-723-4050  
Youth line: 250-723-2040  
Toll free: 1-800-8717

### **Hope for Wellness Help Line**

Immediate mental health counselling and crisis intervention  
Call toll free 1-855-242-3310 or;  
Start a confidential chat at [hopeforwellness.ca](http://hopeforwellness.ca)

### **Indian Residential School Crisis Line**

National service for anyone experiencing pain or distress as a result of their residential school experience.  
604-985-4464 or;  
Toll free crisis support (24/7)  
1-800-721-0066

### **Counselling**

Various services are available through the FNHA Health Benefits  
Before booking an appointment, call 1-855-550-5454 or visit [fnha.ca/benefits](http://fnha.ca/benefits) to ensure the service is eligible for coverage

**For assistance navigating barriers, questions, or the Pathway to Treatment, contact:**

### **Misty Cockerill**

Mental Health and Wellness Liaison  
[Misty.Cockerill@fnha.ca](mailto:Misty.Cockerill@fnha.ca)

### **Rosaline Madhavan**

Mental Health and Wellness Liaison  
[Rosaline.Madhavan@fnha.ca](mailto:Rosaline.Madhavan@fnha.ca)

# Contribute to the Future of Quality Care in the Fraser Salish Region:

## Introducing the Wellness Systems Quality Care Coordinator

The **Wellness Systems Quality Care Coordinator** (WSQCC) works closely with individuals, communities, and service providers in the Fraser Salish Region to promote culturally safe care. Together with the WSQCC you, and Indigenous clients, can help advance Indigenous health and contribute to the future of quality care.

### How it Works:

One call to FNHA to get in touch with Wellness Systems Quality Care Coordinator (WSQCC).

WSQCC works with the client to identify what the ideal outcome is, and coordinate next steps.

WSQCC provides connection to Systems Navigators to ensure ongoing wrap-around support.

The ideal outcome: Client feels heard and recognized in a timely fashion, and on-going support is established.

### What are the Benefits?

- ❖ One individual to work with clients and service providers to coordinate an opportunity to hear, document, and bring forward stories or experiences that require attention;
- ❖ A one-call option to help self-identifying Indigenous individuals to identify and pursue their ideal outcome/resolution;
- ❖ Provides wrap-around care and connection to resources that support healing based on the FNHA approach to quality care concerns;
- ❖ Pursues resolutions in a culturally safe way helps us to learn and provide quality care to future clients.

***We want to hear the story of the individual, no matter how small. The story of the individual, and the human, matters.***



FRASER SALISH REGION  
First Nations Health Authority

Call FNHA System Support:

**604-743-0653**, or email

[Deanna.Rabeneke@fnha.ca](mailto:Deanna.Rabeneke@fnha.ca)





# Contribute to the Future of Quality Care in the Fraser Salish Region:

## Introducing the Wellness Systems Quality Care Coordinator

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FRASER SALISH REGION  
First Nations Health Authority

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**604-743-0653**, or email

[Deanna.Rabeneck@fnha.ca](mailto:Deanna.Rabeneck@fnha.ca)





# MEDICAL SUPPLIES AND EQUIPMENT BENEFITS



First Nations Health Authority  
Health through wellness

**First Nations Health Benefits and Services (FNHBS) offers you a comprehensive Medical Supplies and Equipment (MS&E) plan to support you on your wellness journey.**

MS&E items and services are required by many people for short or long-term needs and can be essential in supporting your health and wellness.

## Did you know?

**There are over 400 MS&E items and services available to you.**

Your MS&E benefit offers you a comprehensive list of items and services based on your needs and eligibility.

## What my plan covers

Some items and services that are covered by your MS&E plan include, but are not limited to:

- > Bathing and toileting aids
- > Braces and splints
- > Cushions and protectors
- > Diabetic and heart patient devices
- > Foot orthotics and orthopedic shoes
- > General MS&E
- > Hearing aids and repairs
- > Hospital beds
- > Lifting and transfer aids
- > Limb and body orthotics
- > Low vision aids
- > Offloading boots (Air Casts)
- > Ostomy supplies
- > Oxygen, sleep and breathing Aids
- > Prosthetics and supplies
- > Surgical stockings and pressure garments
- > Urinary supplies and devices
- > Walking aids and wheelchairs
- > Wound care supplies

## What my plan does not cover

Some items and services that are not covered by your MS&E plan include, but are not limited to:

- > Household items (e.g., air conditioner)
- > Home renovations (e.g., ramps, stair lifts)
- > Sports equipment (e.g., treadmills, exercise items)



To have your MS&E plan details at your fingertips, download the Pacific Blue Cross (PBC) App by scanning the QR code, or visit [www.pac.bluecross.ca](http://www.pac.bluecross.ca), to login to your member profile.

# How do I access coverage?

There are certain steps you can take to access your coverage, avoid out-of-pocket costs and get the items you need quickly.

**1**

**If your doctor, nurse practitioner or other health care provider suggests an MS&E item, ask them for a prescription or written recommendation.**

**2**

**Ask your pharmacist or MS&E provider if they are registered with PBC for direct billing.**

**3**

**Talk to your pharmacist or MS&E provider about which items and services are fully covered by your MS&E plan.**

**4**

**Make sure any prior approval requests for items or services have been approved.**

If you have any questions about your MS&E plan or how to access coverage, please call FNHBS at **1-855-550-5454**.

NOVEMBER 2023



# MEDICAL TRANSPORTATION BENEFITS



First Nations Health Authority  
Health through wellness

**The Medical Transportation (MT) benefit is intended to supplement the cost of travel expenses to access medically necessary health services not available in your community of residence.**

If you are registered with First Nations Health Benefits & Services (FNHBS), you are eligible for MT benefits.

## What my plan covers



You can access MT benefits for travel to access health services, including the following:

- > Medical services covered by the BC Medical Services Plan (MSP) or a public health agency (e.g., cancer-related travel);
- > Services eligible under FNHBS (e.g., dental, vision, etc.);
- > Publicly funded diagnostic tests and preventative screening programs;
- > Traditional healers, if approved as an Exception;
- > Treatment Centres for Substance Use (formerly NNADAP); or
- > Opioid Agonist Treatment (OAT).

## What my plan does not cover



Some types of travel that are not covered by your MT benefits include, but are not limited to:

- > Travel back to your community of residence if you became ill during non-medical related travel; or
- > Travel where the only purpose is to pick up items that do not need to be fitted (e.g., prescriptions, glasses/contacts and various medical supplies and equipment items).

**Note: Some travel requests require additional documentation. Your Patient Travel (PT) Clerk or FNHBS can support this process.**



For additional information on current MT rates, escort eligibility, documentation or required travel forms, please scan the QR code to visit our website.



**MT benefits may provide funding towards the cost of travel, accommodation and meals for the following:**

- > A mileage rate that supplements the cost of fuel;
- > Non-commercial accommodation (i.e., Jean C. Barber Lodge or Easter Seals);
- > Commercial accommodation at the most economical medical rate;
- > Accommodation in private homes
- > Meals at a daily rate, nightly rate or weekly rate.

**Note:** If you need someone to accompany you for medical travel, you may be eligible to travel with an Escort.

## How do I access coverage?

Where you access the program depends on what Nation and/or community you are from and where you live.

**If you live in community,** please contact your community's Patient Travel (PT) Clerk to access your MT benefits.

**If you live outside your community,** or are unsure who to contact for your travel, please call us at **1-855-550-5454.**

**1**

**Submit your travel request and your written confirmation of appointment at least five days before your trip to get prior approval.**

**2**

**You receive your travel arrangements from your PT Clerk or FNHBS.**

**3**

**Attend your appointment as scheduled and get a signed confirmation of attendance slip from your provider.**

**4**

**Submit your Confirmation of Attendance slip to your PT Clerk or to FNHBS.**

**If you have any questions about your MT benefits or how to access coverage, please call FNHBS at 1-855-550-5454.**



# DENTAL BENEFITS



First Nations Health Authority  
Health through wellness

## First Nations Health Benefits & Services (FNHBS) offers you a comprehensive dental plan to support you on your wellness journey.

Oral health is directly linked to general health and wellness. Seeing an oral health care provider regularly can help you catch dental problems before they get too serious and require more extensive procedures.

## Did you know?

Oral health can affect more than just your mouth? Dental infections can complicate certain health conditions, such as diabetes, heart disease and pregnancy.

With your comprehensive dental benefits, you have regular access to essential preventative dental services, such as exams and cleanings, to take care of your oral and overall health.

## What my plan covers



Your plan covers certain dental items and services under the following categories:

- > Exams and X-Rays
- > Fillings
- > Bridges
- > Crowns, inlays, onlays, veneers
- > Dental surgery
- > Dentures
- > Night guards
- > Orthodontic services (coverage has age restrictions and medical criteria)
- > Periodontal services (e.g., cleanings, scaling or root planing)
- > Preventive services
- > Root canals and related services

## What my plan does not cover



Some items and services that are not covered by your dental plan include, but are not limited to:

- > Cosmetic treatments
- > Implants
- > Ridge augmentation



To have your dental care details at your fingertips, download the Pacific Blue Cross (PBC) App by scanning the QR code, or visit [www.pac.bluecross.ca](http://www.pac.bluecross.ca), to login to your member profile.

# How do I access coverage?

When you make an appointment, the best way to access your coverage and avoid out-of-pocket costs is to discuss your treatment plan and billing details with your oral health care provider.

**1**

**Ask your dental provider if they are registered with PBC so they can bill PBC directly.**

**2**

**Talk to your dental provider about which items and services are fully covered by your plan.**

**3**

**Make sure any prior approval requests for items or services have been approved.**

**4**

**Check if your dental provider requires payment up front.**

If you have any questions about your dental plan, about how to access coverage, or need travel assistance to access your dental care, please call FNHBS at **1-855-550-5454**.

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# PHARMACY BENEFITS



First Nations Health Authority  
Health through wellness

**First Nations Health Benefits & Services (FNHBS) has partnered with BC PharmaCare and Pacific Blue Cross (PBC) to offer a pharmacy plan to support you on your wellness journey.**

Your pharmacy benefits provide coverage for medications to take care of your health.

## Did you know?

**Approximately 55% of adults in Canada require at least one prescription medication each month.**

Medications and other benefits dispensed by a pharmacy are important to cure or prevent disease and manage chronic conditions.

**NOTE: You must be enrolled with FNHBS to access pharmacy benefits. To register, please contact FNHBS at 1-855-550-5454.**

## What my plan covers



PharmaCare Plan W (for Wellness) is the plan for First Nations people living in BC. Your plan covers the following pharmacy items:

- > Prescription drugs
- > Over-the-counter (OTC) drugs (e.g. Tylenol)
- > Non-drug OTC items

## What my plan does not cover



Some items and services that are not covered by your pharmacy plan include, but are not limited to:

- > Cannabis
- > Most vaccines

The First Nations Health Authority (FNHA) and PBC **Pharmacy Fee Supplement** contains other pharmacy benefits, including coverage of select Medical Supplies & Equipment as well as the FNHA Supplementary Formulary which covers items for wellness initiatives (e.g., the Shingrix® vaccine).



For more information about pharmacy coverage, please visit our website by scanning the QR code or <https://www.fnha.ca/benefits/pharmacy>.

# How do I access coverage?

When you need medication or pharmacy items, the best way to avoid out-of-pocket costs is to talk to your pharmacist about which items are fully covered by your plan.

**1**

**See your provider to determine if there is an appropriate medication or pharmacy item for your condition or symptoms.**

**2**

**Ask your provider if your medication requires Special Authority.**

**3**

**Talk to your pharmacist about which medications and items are fully covered by your plan.**

**4**

**The pharmacist will dispense your medication and bill Plan W or PBC directly.**

**If you plan to travel outside of BC, make sure to plan ahead and talk to your pharmacist to ensure you have enough medication to last your whole trip.**

If you have any questions about your pharmacy plan or how to access coverage, please call FNHBS at **1-855-550-5454**.

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# VISION BENEFITS



First Nations Health Authority  
Health through wellness

## First Nations Health Benefits & Services (FNHBS) offers you a comprehensive vision care plan to support you on your wellness journey.

Getting a regular eye exam is necessary to maintain good eye health and to check the eyes and brain for diseases. If you wear prescription contacts or eye glasses it is important to update your prescription regularly.

## Did you know?

**Approximately 80% of visual impairment is either preventable or curable with treatment.**

Your vision care plan offers you access to regular preventative services, such as eye exams, to protect and maintain your eye health.

## What my plan covers

Your plan covers certain vision care services and items under the following categories:

- > Sight tests and eye exams; and
- > Prescription eyewear and repairs.

## What my plan does not cover

Some items and services that are not covered by your vision plan include, but are not limited to:

- > Prescription eyewear accessories or supplies (e.g., contact lens solution, glasses cases)
- > Surgical procedures (e.g. laser eye surgery)



To have your vision care details at your fingertips, download the Pacific Blue Cross (PBC) App by scanning the QR code, or visit [www.pac.bluecross.ca](http://www.pac.bluecross.ca), to login to your member profile.



# How do I access coverage?

When you make an appointment, the best way to access your coverage and avoid out-of-pocket costs is to discuss your exam, eyewear options and billing details with your provider.

**1**

**Ask your provider if they are registered with PBC so they can bill PBC directly.**

**2**

**Check if your vision care provider requires payment up front.**

**3**

**Talk to your vision care provider about which items and services are fully covered by your vision care plan.**

**4**

**If you purchase your glasses or contact lenses online, request reimbursement through PBC.**

If you have any questions about your vision plan, about how to access coverage, or need travel assistance to access your vision care, please call FNHBS at **1-855-550-5454**.

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# MENTAL HEALTH BENEFITS



First Nations Health Authority  
Health through wellness

**The First Nations Health Benefits & Services (FNHBS) program partners with Indigenous Services Canada to offer you comprehensive mental health services.**

Mental health services can enhance greater well-being and offers guidance and tools to navigate challenges and support mental health.

## Did you know?

There are over 1500 registered FNHBS mental health providers available to you, all of whom have completed cultural safety and humility training.

## What my plan covers

Your plan covers counselling services from providers that are registered with FNHBS, including:

- > Psychologists
- > Clinical counsellors
- > Social workers

**Note:** Telehealth options are available.

## What my plan does not cover

Some services that are not covered by your mental health plan include, but are not limited to:

- > Psychiatric emergencies
- > Services for the purpose of a third party (e.g., school application, employment assessment, etc.).



To have your mental health plan details at your fingertips, download the Pacific Blue Cross (PBC) App by scanning the QR code, or visit [www.pac.bluecross.ca](http://www.pac.bluecross.ca), to login to your member profile.

# Programs:

## **Mental Wellness and Counselling (MWC)**

is designed to help clients who need support to alleviate emotional distress and enhance wellness.

## **Missing and Murdered Indigenous Women and Girls (MMIWG) Health Support Services (HSS)**

provides cultural support services and counselling for anyone impacted by MMIWG, including survivors and family members.

## **Indian Residential School (IRS) Resolution Health Support (RHS) Program**

provides cultural and emotional support, and mental health counselling services to survivors of Indian Residential Schools and the families of former students.

## **Indian Day Schools (IDS) Health Support Services (HSS)**

provides cultural and emotional support, and mental health counselling services to survivors of Indian Day Schools and the families of former students.

# How do I access coverage?

1

### **Contact a local or virtual provider from the FNHA Provider List/Map.**



The mental health provider you select will make a program recommendation and will work with the FNHA for funding. Scan the QR code to find an FNHBS registered provider and to learn more about the programs.

2

### **Your provider makes a program recommendation and submits the appropriate documentation.**

3

### **Have your first appointment under your assigned program.**

Please give your provider as much notice as possible if you need to cancel/change your appointment, as FNHBS will not cover the cost of missed appointments.

**HELP  
LINES**

### **If you need to talk to someone now or while you are waiting to talk to a mental health provider, the following resources are available to you:**

Tsow-Tun-Le Lum: 1-888-403-3123  
IRSSS Line: 1-800-721-0066

KUU-US Crisis Line: 1-800-588-8717  
24-Hour Crisis Line: 1-866-925-4419

**If you have any questions about your mental health plan, about how to access coverage, or need travel assistance to access counselling, please call FNHBS at **1-855-550-5454**.**

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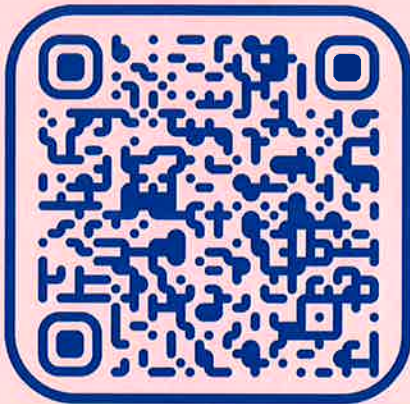


# YOUTH MENTAL HEALTH SUPPORTS

LIFE PROMOTION THROUGH SELF CARE :  
SCAN THE QR CODES FOR SUPPORT



## FIRST NATIONS VIRTUAL DOCTOR OF THE DAY



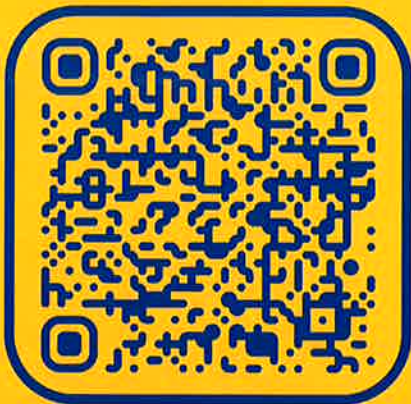
## VIRTUAL SUBSTANCE USE AND PSYCHIATRY SERVICE

ASK YOUR HEALTH AND  
WELLNESS PROVIDER FOR A  
REFERRAL OR CALL THE FIRST  
NATIONS VIRTUAL DOCTOR  
OF THE DAY.

SUBSTANCE USE: AGES 12+  
PSYCHIATRY: AGES 16+

## ALL NATIONS YOUTH SAFE HOUSE

(AGES 16-18)



## NATIVE YOUTH CRISIS HOTLINE



IF YOU HAVE ANY FURTHER QUESTIONS, FEEL FREE TO CONTACT  
FIRST NATIONS HEALTH AUTHORITY SYSTEMS SUPPORT LINE:  
SYSTEMS.SUPPORT@FNHA.CA OR CALL 604-743-0635







FRASER SALISH REGION  
First Nations Health Authority

# The Winter Blues



Many people's moods change with the seasons. Maybe it's the weather, family, or financial pressures.

**You might feel guilty that you're sad...shouldn't you feel "happy" and "festive" over the holidays?**

There is no right or wrong way to feel and we all struggle with our feelings sometimes. What matters is that you know you don't have to cope alone.

## You deserve support.

### **KUU-US Crisis Line Society:**

Adults/Elders: 250-723-4050;  
Children/Youth: 250-723-2040;  
Toll-free: 1-800-588-8717

### **Tsow-Tun-Le-Lum Society:**

1-888-403-3123

### **Indian Residential School Survivors Society:**

1-800-721-0066 or 604-985-4464

### **Missing & Murdered Indigenous Women & Girls Health Support Services**

Phone: 604-256-5850  
Crisis Line: 1-844-413-6649

#### **Misty Cockerill**

Mental Health and Wellness Liaison  
Misty.Cockerill@fnha.ca

#### **Rosaline Madhavan**

Mental Health and Wellness Liaison  
Rosaline.Madhavan@fnha.ca

**Additional Supports  
and Information**



**FNHA Systems Support**

Systems.Support@fnha.ca

604-743-0635





**FRASER SALISH REGION**  
First Nations Health Authority

# WELLNESS SUPPORTS

## WELLNESS SYSTEMS NAVIGATORS

*Assists with navigating the healthcare system and connects with health, wellness and social services.*

**Nardia Brown**

Senior Wellness & Systems Navigation Team Lead  
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**Marlana Peters**

Wellness Systems Navigator  
[Marlana.Peters@fnha.ca](mailto:Marlana.Peters@fnha.ca)

**Helena Visona**

Substance Use Wellness Systems Navigator  
[Helena.Visona@fnha.ca](mailto:Helena.Visona@fnha.ca)

**Jennifer Kazun**

Family Wellness Systems Navigator  
[Jennifer.Kazun@fnha.ca](mailto:Jennifer.Kazun@fnha.ca)

**Misty Cockerill**

Mental Health & Wellness Liaison  
[Misty.Cockerill@fnha.ca](mailto:Misty.Cockerill@fnha.ca)

**Rosaline Madhavan**

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**K'mai Johnson**

Traditional Wellness Systems Navigator  
[K'mai.Johnson@fnha.ca](mailto:K'mai.Johnson@fnha.ca)

## COMMUNITY WELLNESS INITIATIVES

*Healthy living activities to support the health and wellness of individuals, families and communities.*

**Nadine Mross**

Regional Wellness Initiatives Lead  
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**Tracey Jirak**

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**Mehrdad Ghafouri**

Harm Reduction Educator  
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**Megan McLaughlin**

Tobacco & Cannabis Coordinator  
[Megan.McLaughlin@fnha.ca](mailto:Megan.McLaughlin@fnha.ca)

**Elizabeth (Beth) Julian**

Traditional Wellness Coordinator  
[Elizabeth.Julian@fnha.ca](mailto:Elizabeth.Julian@fnha.ca)

## HEALTH BENEFITS

*Access to FNHA benefits such as vision, dental, pharmacy, medical supplies, transportation, and counseling services.*

**Sandra (Sandie) Martins-Toner**

Team Lead, Community Relations  
[Sandra.Martins-Toner@fnha.ca](mailto:Sandra.Martins-Toner@fnha.ca)

**FNHA Systems Support Line:**

[Systems.Support@fnha.ca](mailto:Systems.Support@fnha.ca) or Call: 604-743-0635





**FRASER SALISH REGION**  
First Nations Health Authority

# WELLNESS SUPPORTS

## NURSING

*Supporting community health nurses and health programs, the nursing team strives to provide comprehensive care and promote wellness at every level.*

### **Sam Noizadan**

Regional Nurse Manager  
[Sam.Noizadan@fnha.ca](mailto:Sam.Noizadan@fnha.ca)

### **Vashti Garcia**

Nursing Practice Consultant,  
Harm Reduction & Substance Use  
[Vashti.Garcia@fnha.ca](mailto:Vashti.Garcia@fnha.ca)

### **Jaspreet Shokar**

Community Health Practice Consultant  
[Jaspreet.Shokar@fnha.ca](mailto:Jaspreet.Shokar@fnha.ca)

## HEALTH EMERGENCY MANAGEMENT

*Facilitates FNHA activities in response to emergencies that may impact the health of community members.*

### **Charles Dixon**

Regional Director, Health Emergency Management  
[Charles.Dixon@fnha.ca](mailto:Charles.Dixon@fnha.ca)

### **Amber Stewart**

Regional Addictions Specialist  
[Amber.Stewart@fnha.ca](mailto:Amber.Stewart@fnha.ca)

### **Ian Tait**

Regional Addictions Specialist  
[Ian.Tait@fnha.ca](mailto:Ian.Tait@fnha.ca)

## ENVIRONMENTAL PUBLIC HEALTH

*Works in partnership with communities to identify and prevent environmental public health risks and provide recommendations to reduce them.*

### **Amber Lee**

Manager, EPHS  
[Amber.Lee@fnha.ca](mailto:Amber.Lee@fnha.ca)

### **After hours emergencies:**

1-844-666-0711  
[Ephs.afterhours@fnha.ca](mailto:Ephs.afterhours@fnha.ca)

## SUPPORT & CONTACT LINES

### **Hope for Wellness Line**

1-855-242-3310 or; online chat at:  
[chat.fn-i-hopeforwellness.ca](http://chat.fn-i-hopeforwellness.ca)

### **FNHA Doctor of the Day**

1-855-344-3800

## MATERNAL CHILD & FAMILY WELLNESS

*Supports pregnant First Nations women to have healthy pregnancies, and supports parents of infants and young children to develop into adulthood.*

### **Tara McLaughlin**

Maternal Child & Family Wellness Lead  
[Tara.McLaughlin@fnha.ca](mailto:Tara.McLaughlin@fnha.ca)

### **Ashley Crey**

Aboriginal Headstart Program Advisor  
[Ashley.Crey@fnha.ca](mailto:Ashley.Crey@fnha.ca)

### **Robyn Mertin**

Specialist, Family Wellness  
[Robyn.Mertin@fnha.ca](mailto:Robyn.Mertin@fnha.ca)

### **Jody Jones**

Traditional Wellness Coordinator  
[Jody.Jones@fnha.ca](mailto:Jody.Jones@fnha.ca)

**FNHA Systems Support Line:**

[Systems.Support@fnha.ca](mailto:Systems.Support@fnha.ca) or Call: 604-743-0635

# Tobacco: Traditional Uses of the Sacred Plant

For thousands of years, traditional tobacco has been one of the four sacred plants, alongside sage, cedar and sweetgrass. As traditional tobacco is a sacred plant, with healing and spiritual benefits, it is an important part of ceremony, ritual and prayer.

## Tobacco Tie

Tobacco ties are small bundles of tobacco, sometimes mixed with sage, sweetgrass, cedar or other plants. Ties are used for various reasons, such as in prayer, or offering.



## Smudging

With other plants, such as sage, tobacco is burned in a shell and brushed over the body with a feather to cleanse negative energies from our body and spirit.

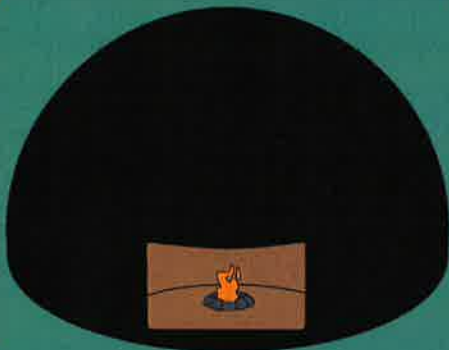
## Burning

Burning dry tobacco leaves, or a tobacco tie, in a fire is a way to send a request or prayer to Creator and the Ancestors.





# Tobacco: Traditional Uses of the Sacred Medicine

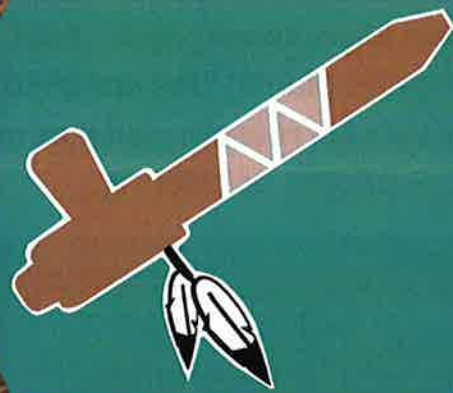


## Sweat Lodge

In the sweat lodge, tobacco is another form of cleansing and purification. Here, tobacco is often used as an offering for prayers and blessings.

## Sacred Pipe

Only those who have earned the right can carry and use a sacred pipe. The pipe is often used in ceremony to connect with Creator.



## Thank You

Tobacco is sprinkled on the ground or in water as a way to give thanks after other plants, or fish are taken from the earth.

*Not every community uses tobacco in their personal practice, however, it is commonly recognized as a sacred plant and should be treated with great respect.*

If you have any further questions, feel free to contact Megan McLaughlin, Tobacco and Cannabis Coordinator, at [megan.mclaughlin@fnha.ca](mailto:megan.mclaughlin@fnha.ca)

# ORDERING NALOXONE: STEP-BY-STEP GUIDE

How to order **NASAL** naloxone for your community:

## STEP 1:

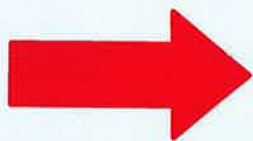
Email

[harmreduction@fnha.ca](mailto:harmreduction@fnha.ca)  
and request the “FNHA  
Bulk Supply Nasal  
Naloxone Eligibility  
Criteria and Order Form”

## STEP 2:

Fill out the order form  
and send it back to  
[harmreduction@fnha.ca](mailto:harmreduction@fnha.ca)

**CHECK THESE BOXES  
ACCORDING TO YOUR  
COMMUNITY  
QUALIFICATIONS:**



FNHA Bulk Supply Nasal Naloxone Eligibility Criteria and Order Form

\*\*Please email completed form to [harmreduction@fnha.ca](mailto:harmreduction@fnha.ca) \*\*

Supplies not intended for use in the workplace

SITE INFORMATION	
DATE (DD/MM/YYYY)	<b>ADD DATE HERE</b>
NAME OF HEALTH CENTRE OR ORGANIZATION	<b>ADD NAME OF YOUR ORGANIZATION HERE</b>
SITE CATEGORY	<input type="checkbox"/> FNHA HEALTH CENTRE <input type="checkbox"/> FNHA NURSING STATION <input checked="" type="checkbox"/> FIRST NATIONS HEALTH SERVICE ORGANIZATION (FUNDING ARRANGEMENT/CONTRIBUTION AGREEMENT WITH FNHA) <b>CHECK YOUR SITE CATEGORY</b> <input type="checkbox"/> OTHER: Click or tap here to enter text.
REGION	<input type="checkbox"/> NORTH <input type="checkbox"/> INTERIOR <input type="checkbox"/> COASTAL <input type="checkbox"/> ISLAND <input checked="" type="checkbox"/> FRASER SALISH <b>SELECT YOUR REGION</b>
CONTACT NAME/ROLE CONTACT PHONE NUMBER CONTACT EMAIL ADDRESS	<b>ADD YOUR RELEVANT COMMUNITY CONTACT INFORMATION HERE:</b> Ex. Firstname Lastname xxx-xxx-xxxx name@email.com
SITE NAME SHIPPING ADDRESS (NO PO BOXES) CITY POSTAL CODE	<b>ADD YOUR COMMUNITY SHIPPING ADDRESS INFORMATION HERE:</b> Ex. 1234 Long Road City, BC A1B 2C3
SITE CONSIDERATIONS IE CLOSED AT LUNCH	
PROGRAM GUIDELINES FOR DISTRIBUTION	<ul style="list-style-type: none"> <li>To be distributed to individuals at risk for experiencing or responding to a toxic drug poisoning who are trained in the SAVE ME steps and are unable due to physical limitations (missing fingers, disabilities, arthritis) to administer IM naloxone. Nasal naloxone is not for distribution for staff use.</li> <li>It is a requirement to be registered with BCCDC Towards <u>The Heart</u> Program as an injectable Take Home Naloxone site. If you are not already set up someone from our team will guide you through this. It is a straight forward process and we are happy to help.</li> </ul>
NASAL NALOXONE	
QUANTITY REQUESTED Max 50 for 3 month period *Supplies not intended for use in the workplace or mass distribution (health fairs)*	<input type="checkbox"/> 10 <input type="checkbox"/> 20 <input type="checkbox"/> 30 <input checked="" type="checkbox"/> 40 <input type="checkbox"/> 50 <b>SELECT YOUR REQUESTED QUANTITY OF THE NASAL NALOXONE UNITS HERE</b>

QUESTIONS		YES	NO
1.	Organization is registered with BCCDC Toward The Heart Program as an injectable Take Home naloxone Site? <a href="#">TAKE HOME NALOXONE SITE FINDER</a> If YES, site registration number: Click or tap here to enter text. Are you a primary site or satellite site: Click or tap here to enter text. If you are a satellite site, where do you receive supplies from: Click or tap here to enter text.	<input type="checkbox"/>	<input type="checkbox"/>
2.	Are staff trained in administering and distributing: injectable naloxone?	<input type="checkbox"/>	<input type="checkbox"/>
3.	Are staff trained in administering and distributing: nasal naloxone?	<input type="checkbox"/>	<input type="checkbox"/>
4.	Are harm reduction principles, philosophies, and protocols supported by the requesting First Nations Organization?	<input type="checkbox"/>	<input type="checkbox"/>
5.	If no to any of the above question, would you like someone from our team to connect with you?	<input type="checkbox"/>	<input type="checkbox"/>
6.	Organization is registered with BCCDC Toward The Heart Program as a Harm Reduction Site for supply distribution? (E.g. condoms, safer injection supplies, safer inhalation supplies etc.)	<input type="checkbox"/>	<input type="checkbox"/>

\*This form may be different from what harmreduction@fnha.ca sends you



FRASER SALISH REGION  
First Nations Health Authority

**FOR GUIDANCE IN ORDERING NALOXONE  
FOR YOUR COMMUNITY, REACH OUT TO  
[HARMREDUCTION@FNHA.CA](mailto:HARMREDUCTION@FNHA.CA)**



# ORDERING NALOXONE: STEP-BY-STEP GUIDE

How to order **INTRAMUSCULAR** naloxone for your community:

## STEP 1:


Determine whether your community is a “Take Home Naloxone Site” by finding a list of registered sites at [towardtheheart.com](http://towardtheheart.com)

## STEP 2:

If your community IS a Take Home Naloxone Site, then you can email this order form to [naloxone@bccdc.ca](mailto:naloxone@bccdc.ca)

## STEP 3:

If your community IS NOT a Take Home Naloxone Site, then you can pick up free IM naloxone kits at any pharmacy or a Take Home Naloxone Site.

TAKE HOME NALOXONE (THN) : SUPPLY ORDER FORM			
This form is only for primary sites that have been approved and registered with the Take Home Naloxone program. If you are a registered satellite site, please connect with your primary site directly to obtain supplies.			
E-mail form to <a href="mailto:naloxone@bccdc.ca">naloxone@bccdc.ca</a> or fax to 604-707-2516		 <small>BCCDC HARM REDUCTION SERVICES</small>	
For queries, follow-ups or changes to orders E-mail <a href="mailto:naloxone@bccdc.ca">naloxone@bccdc.ca</a>			
Please allow <b>10 working days for delivery</b> . Plan ahead to avoid shortages at your site. Please fill in your site information in full to ensure there are no delays in processing.			
INVENTORY COUNT (NUMBER OF THN KITS ON SITE): <b>30 Kits</b>		<input checked="" type="checkbox"/> Please indicate if this order is an URGENT request	
<input type="checkbox"/> These supplies are not intended for staff/occupational use		<input type="checkbox"/> There has been a recent site or contact change	
Full Site Name: <b>SITE NAME HERE</b>			
Site ID #: <b>SITE ID NUMBER HERE</b>		Date Submitted: <b>DATE REQUEST SUBMITTED</b>	
Primary Contact Name: <b>COMMUNITY CONTACT HERE</b>		Delivery Days: <b>DELIVERY DATES HERE</b>	
Shipping Address (street number, street name, street type, direction, unit, floor, city, postal code):		Delivery Times: <b>DELIVERY TIMES HERE</b>	
		Email: <b>EMAIL OF COMMUNITY CONTACT</b>	
		Phone Number: <b>PHONE NUMBER OF COMMUNITY CONTACT</b>	
Products	Contents	Unit of issue	Quantity Ordered
Completely Assembled THN Kit (for distribution to clients only not for staff use)	1 x Black case 3 x Naloxone, 0.4 mg/mL, 1 mL ampoule 3 x Vanish Point® 3 mL syringe 1 x Amber medication bottle with label 3 x Plastic ampoule breakers 1 x Pair of non-latex gloves 1 x Individual breathing mask	1 kit	<b>43</b> Kits (minimum order 25 kits)
Naloxone Replacement Bottles (to refill used or expired THN kits)	3 x Naloxone, 0.4 mg/mL, 1 mL ampoule 1 x Amber medication bottle with label 3 x Plastic ampoule breakers Naloxone expiry is located on the ampoule	1 bottle	<b>12</b> Bottles (THN kit refills only. Not for staff use or FORB refills)
Mock Kit (For demonstration purposes only. Not for distribution or hands on training)	1 x Black Case 3 x Water ampoules, 1 mL 3 x Vanish Point® 3 mL syringe 1 x Amber medication bottle with label 1 x Pair of non-latex gloves 3 x Alcohol swabs 1 x Individual breathing mask	1 kit	<b>3</b> Kits (maximum order 5 kits)
		Available Quantities	Quantities Ordered
Loose Supplies (Replacement supplies for used THN kits or for hands on training purposes)	Vanish Point® 3 mL syringe	100 200 300	<b>100</b>
	Plastic ampoule breakers	100 200 300	<b>300</b>
	Water ampoules, 1 mL	100 200 300	<b>200</b>
	Individual breathing mask in pouch (Available for THN kit refills ONLY, quantity ordered should match quantity of 'Naloxone Replacement Bottles' ordered)	1 Mask	<b>12</b> Masks (Quantity should match replacement bottle quantity)
	Responding to a Drug Poisoning Brochure - English	50 100 150 200 250 300	<b>300</b>
	Bag non-latex gloves (50 pairs)	1 Bag	<b>2</b>
Good Samaritan Drug Overdose Act Wallet Cards - English	50 100 150 200 250 300	<b>150</b>	



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FOR GUIDANCE IN ORDERING NALOXONE  
FOR YOUR COMMUNITY, REACH OUT TO  
[HARMREDUCTION@FNHA.CA](mailto:HARMREDUCTION@FNHA.CA)

# Decriminalization

## What Is It?

Decriminalization means those over 18 years old can carry some substances **without being fined, arrested, or having them taken away**



## What Is Legalization?

Legalization means something that was illegal is then made legal, like cannabis.

**Decriminalization is not legalization**

## What To Know

**In BC**, decriminalization **removes criminal penalties** for those who carry drugs of a **combined weight of 2.5g**

The substances included are:

- Opioids (Heroin and Fentanyl)
- Cocaine (Powder or Crack)
- Methamphetamines (Meth)
- MDMA (Ecstasy)

## What To Remember

Selling and/or trafficking more than the limit is illegal and use is still illegal in:



Schools



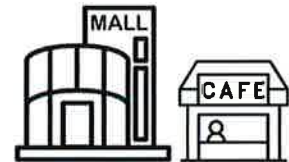
Airports



Child Care Facilities



While Operating a Motor Vehicle



Private Properties (Malls, Cafes, etc.)

Or For More Information:

For Questions Contact:

FNHA Systems Support:  
Systems.Support@fnha.ca or  
Call 604-743-0635



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# STORE CANNABIS SAFELY

## STORAGE AND LOCATION

- Use a secure container or location such as a medicine cabinet, box or drawer
- Airtight containers are recommended. Edibles can be appealing to children and pets as they look similar to food or treats
  - Keep out of the kitchen, away from regular food or treats
  - If a child or pet can't see it or smell it, they are less likely to access it



## CHILDREN AND PETS

- Children are at higher risk of side effects based on their weight and size
- The effects of cannabis are stronger and likely more toxic for dogs and cats

**If you think your child accidentally ate or drank cannabis and is feeling unwell, seek immediate assistance:**

- Call BC Poison Control Centre: 1-800-567-8911 or 604-682-5050 or,
- If symptoms are severe call 911 or go to the hospital

If you suspect your pet accidentally ate or drank cannabis, seek immediate assistance by calling or going to your nearest animal hospital.



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For further questions, contact  
**Megan McLaughlin, Tobacco and Cannabis Coordinator**, at  
[megan.mclaughlin@fnha.ca](mailto:megan.mclaughlin@fnha.ca)



# CANNABIS

## WHAT IS IT?

- Products derived from the *cannabis plant family*
- *Comes in various forms* including the dried flower, extracts, oils and edibles
- Can either be *smoked, vaped, baked, or brewed*



## THC (Tetrahydrocannabinol)

- THC is the compound that *makes you high*
- The potency of cannabis *depends on the level* of THC



## CBD (Cannabidiol)

- CBD is the compound being *tested for its medical and therapeutic benefits*
- Does not produce a high

## GUIDELINES FOR USAGE

- When smoking, *avoid inhaling deeply* as this increases the toxins in your lungs
- When using edibles, *start with low THC levels and go slow* as edibles take around 30 minutes to 2 hours to take effect





# CANNABIS

## THE EFFECTS OF CANNABIS

- Depends on *many factors*, like how much you used, level of THC, and what form you took
- Can make you feel relaxed, talkative and giggly
- Can also make you feel *tense, anxious and confused*



In BC you must be **19 years or older** to buy, use, possess, or grow cannabis

## STAY STRONG AGAINST CANNABIS

- Do a *traditional activity* to clear the mind, such as beading, carving, and drumming
- Participate in a *sweat to heal* the mind, body and spirit
- Be gentle with yourself as *wellness takes time*
- Spend time with traditional medicines to *connect with your spirit and Creator*

If you have any further questions, feel free to contact **Megan McLaughlin, Tobacco and Cannabis Coordinator**, at [megan.mclaughlin@fnha.ca](mailto:megan.mclaughlin@fnha.ca)





# VAPING

## What Is It?

Using a handheld device (“vape” or “e-cigarette”) that heats up an e-liquid to produce a harmful vapour that is inhaled



## What Is E-liquid?

- A substance that is heated to create a vapour
- Can contain nicotine, cannabis, flavourings and other harmful substances



## Health Effects

Lung  
Damage



Weakened  
Immune System



Addiction



Harmful to  
Growing Little  
Warriors



## Ways to Traditionally Reduce Use

- Ask Creator for strength
- Drink traditional teas and water
- Go out on the land
- Speak with an Elder or loved ones



If you have any further questions, feel free to contact **Megan McLaughlin, Tobacco and Cannabis Coordinator**, at [megan.mclaughlin@fnha.ca](mailto:megan.mclaughlin@fnha.ca)





# VAPING TRUE OR FALSE



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**TRUE FALSE**

Vape clouds have harmful metals in them

Vapes aren't addictive and **TRUE FALSE**  
have no health risks

**TRUE FALSE**

E-juice is just flavoured water

It's illegal to sell or give **TRUE FALSE**  
vapes to anyone under 19

**TRUE FALSE**

Vapes contain nicotine

Second-hand vapour is **TRUE FALSE**  
nontoxic

**TRUE FALSE**

Vaping is safer than smoking cigarettes





# TRUE OR FALSE ANSWER KEY



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**True**, the “clouds” vapes produce have cancer-causing particles, metals and more in them

**False**, vaping is connected to health issues like asthma and lung injuries

**False**, e-juices typically contains nicotine, cannabis oils (THC and CBD), flavorings, harmful chemicals, and heavy metals

**True**, a person caught supplying or selling vapes to a person under 19 years old will be fined

**True**, vapes can contain nicotine. Your brain is still developing until you’re 25. Inhaling nicotine while you’re young can make it easier to get addicted

**False**, second-hand vaping exposes others to the same chemicals as the person vaping

**False**, vaping is not safer. If you’re vaping to quit smoking cigarettes it may be a less harmful option

If you have any questions contact:

Megan McLaughlin, Tobacco and Cannabis Coordinator, at  
[megan.mclaughlin@fnha.ca](mailto:megan.mclaughlin@fnha.ca)





# VAPING TRUE OR FALSE



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If you have any questions contact:

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