

ANNUAL REPORT

2019-20



A Holistic Approach to
Community Wellness



Nisichawayasihk Cree Nation
FAMILY AND COMMUNITY
Wellness Centre Inc.

2019-20

Annual Report



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Please note: Financial Statements for the 2019-20 reporting year can be requested by contacting the NCN Family and Community Wellness Centre Inc.

MESSAGE FROM THE CEO

Tansi. I am pleased to present this year's 2019-20 annual report, detailing the Family and Community Wellness Centre's progress and accomplishments over the year.

To say that this has been a year of overcoming obstacles and challenges is an understatement. The COVID-19 global pandemic came to Manitoba in March 2019 and has dramatically changed our lives and the way we approach holistic health.

Through the course of the pandemic, our Family and Community Wellness Centre professionals have worked with NCN Chief and Council to find new and innovative approaches to crisis planning. Some of our social services were temporarily halted due to provincial pandemic mandates, and some had to continue on as they were considered essential services.

As we continually changed and altered course as the pandemic moved ever closer, we continued to improve our operational and administrative processes. I am very proud of the way our departments have evolved and adapted the way they provide care to our members in Nelson House, Thompson, South Indian Lake, Leaf Rapids, Brandon and Winnipeg.

Despite the stress and fear of a pandemic, we have pressed on with our large infrastructure projects. The NCN Receiving Home, near the Health Sciences Centre in Winnipeg, is providing a stress-free environment for patients and their family members so they can focus on a healthful recovery. Work continues on the plans for a new NCN Health Centre, which will house all of our services under one roof. I am so proud that our abilities and ambitions have outgrown our current space!

This year more than ever, we have become aware of the need for programming that improves the overall lifestyles and safety of our people. Culturally appropriate programming can reconnect individuals and families with traditional medicine and knowledge to remind us all that Nisichawayasihk Cree Nation is resilient and strong. We have faced terrible challenges before. This, too, we shall overcome.

It is difficult to predict what the "new normal" might look like when the majority of society has received the COVID-19 vaccination. What I do know is that our NCN Family and Community Wellness Centre staff will continue to provide excellent holistic health care services, learning, adapting and evolving as we go. Optimism, faith and an aim for excellence will be our guides.

Felix Walker
CEO, Nisichawayasihk Cree Nation Family and Community Wellness Centre



EXECUTIVE SUMMARY

The Nisichawayasihk Cree Nation (NCN) Family and Community Wellness Centre was established to support holistic wellness by providing additional opportunities for the Citizens of the NCN to build on their strengths as individuals, as members of families and as part of the community.

The Centre is continuing to undergo an extensive process of reviewing and improving our programs, administration and services, based on community consultation and will be working to include the advice and evaluations of third-parties outside of the community to further improve programs. Strategic planning will continue to be conducted to identify objectives and goals and to help further develop action plans for Wellness Centre programs. Implementing these plans will allow the Centre to continually improve and be proactive in our operation and delivery of programming.

This 2019-20 annual report has been prepared to provide an overview of programming implemented by the NCN Family and Community Wellness Centre. The Wellness Centre has expanded and redefined programming over the course of the year to support our ongoing work within the community.

The sections of this report are as follows:

1 Governance

Strategic directions, service delivery plans

2 Narrative

Program descriptions, progress, highlights and challenges

3 Statistical Data for Community Health and Wellness

Related to child and family services and community health/wellness.

Our facility and approach is unique as it uses a strength-based approach to support children and families. Relationships between programs, individuals and families are viewed as paramount to change. The Centre has adopted a mandate to reflect this commitment by working to:

- Promote the development of new ideas and innovative measures and to bring about meaningful change for the children and families of NCN within a holistic approach to human services policy development and service delivery.
- Incorporate Indigenous traditions, culture, language, customs, and the teachings of the community's Elders.
- Deliver mandated child and family services within a community capacity-building and health-promotion orientation.
- Oversee the implementation of health-related services and assume a leadership role in the transfer process of a local health authority.
- Promote community wellness and individual well-being.

The implementation of the mandate is expressed through the wide range of community-based health related and child and family services designed to support holistic wellness from conception and birth through to adulthood and Elder care.

The Centre continues to work toward this model of integrated service delivery and the development of meaningful and effective programs, which reflect our community values and beliefs.



Core Values

Social Justice: We will treat all residents of Nisichawayasihk Cree Nation equally.

Self-reliance: We will promote personal and family responsibility first.

Intrinsic Worth of People: We will think of everyone as having abilities, talents and skills that are essential to the overall health of the community.

Sustainability: We will provide services in a way that does not threaten our ability to meet basic human needs over the long term.

Cooperation: We will work together to achieve community wellness.

Community Wellness Focus: We will commit to a holistic health promotion orientation to program design and implementation.

Inclusion Policy

All members and residents of the Nisichawayasihk Cree Nation (children, youth, adults and elders) shall have the opportunity to participate in activities and enjoy health and wellness regardless of age, gender or physical condition.

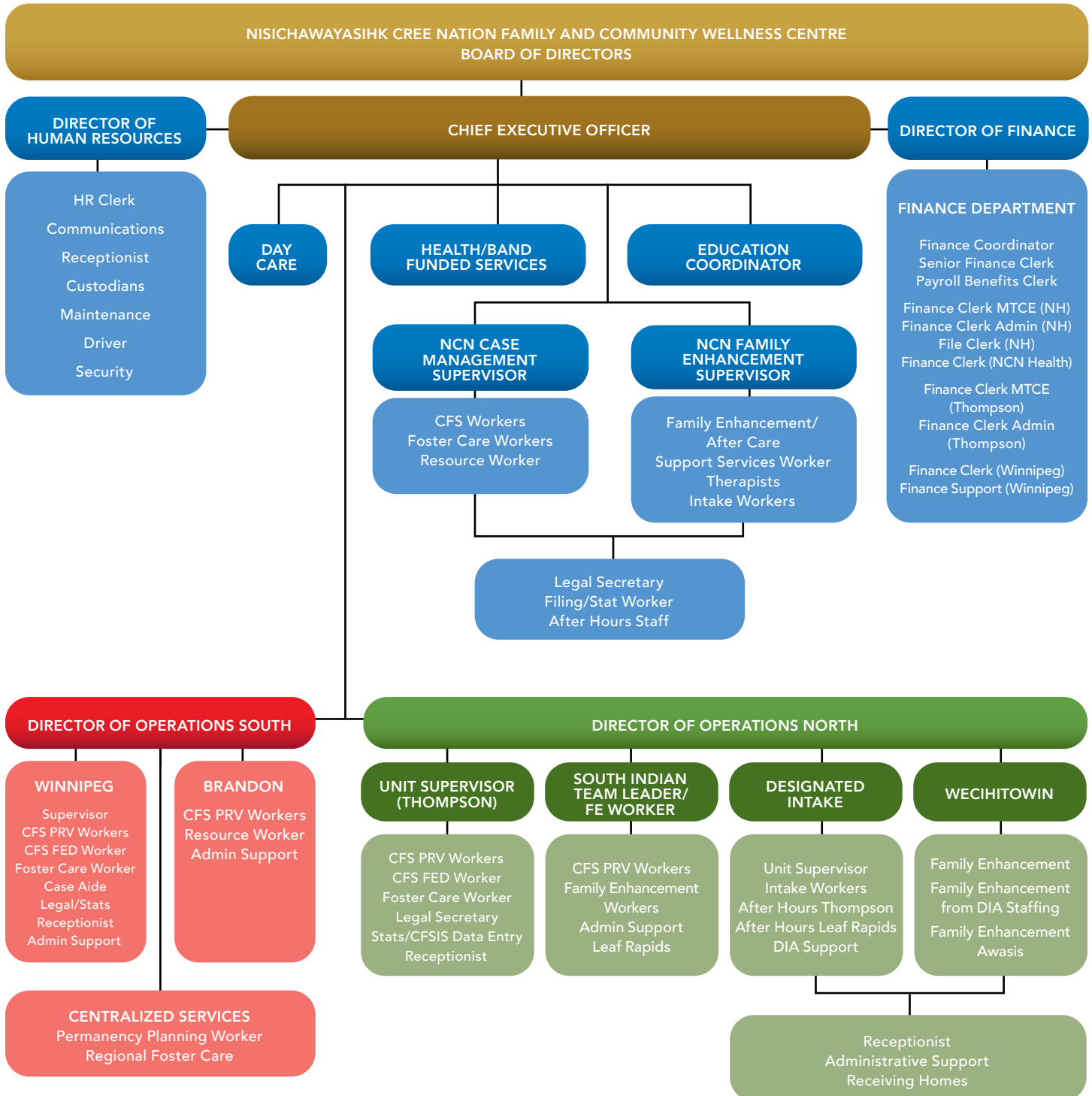
Mission

To promote, nurture and foster a sense of holistic wellness through the provision of meaningful, community-based and culturally appropriate activities in a safe, respectful, and inclusive environment.

We're Committed to Helping Create Healthier Lifestyles

The NCN Family and Community Wellness Centre was among the first facility of its kind in Canada. It recognizes the strength of the Nisichawayasihk Cree Nation and how much we can accomplish by working together.

Organizational Chart



Year-In-Review

The NCN Family and Community Wellness Centre provides a wide range of health and wellness programs to Citizens both on- and off-reserve. Our holistic approach to care involves the collective unity of many services working together to achieve improved well-being and health for the individual, family and the entire community.

The following reports highlight some of the accomplishments from the 2018-19 fiscal year for each program along with statistics of individuals participating and receiving care. Programs or departments with goals and objectives for the next year have indicated the plans to improve services to Citizens, while other programs have maintained an effective level of service and will be developing goals in the near future as part of the strategic planning process.



Key Highlights and Challenges

- New billboards advertising the STAR FASD program were erected around the community.
- 13 FCWC employees received their BSW degrees from the University of Manitoba at a unique virtual convocation.
- 51 women participated in the Canadian Prenatal Nutrition Program, which distributed 87 milk/food vouchers.
- 85 Citizens received basic foot care services.
- 44 Citizens joined the New Year Transformation Challenge and had fun while losing weight in a healthy way.
- A new breastfeeding support group is a collaboration of the Strengthening Families Maternal Child Health Program and the Canadian Prenatal Nutrition Program.
- The Rediscovery of Families program hosted a couples retreat, two family retreats and a women's retreat.
- Home and Community Care staff continued with online training including topics such as wound care, chronic disease and palliative care.
- The Family Enhancement program hosted activities such as a family cultural camp, a youth street hockey tournament and community yoga classes.
- The Dreamcatchers HeadStart program had 6 graduates this year, who are well prepared to find success in elementary school.
- Unfortunately, almost all Citizens who have contracted TB do not complete treatment, allowing the contagious disease to remain in our community.
- Lack of communication and rescheduled home visits and pickups cause lost time and a huge inefficiency for our nurses and drivers.
- Funding shortfalls mean client-workers ratios are far too high in the Circle of Care model. This affects the success rate of the program and its participants.
- The FCWC Fitness Centre implemented many cleaning procedures and safety precautions to remain open as long as possible during COVID-19.
- Counselling Services had to cancel many activities and camps due to COVID-19 group size restrictions.
- COVID-19 pandemic mandates made it difficult for the CFS programs to operate at full capacity. Winnipeg and Brandon offices decreased staffing to 50% on a rotational basis.
- With financial support from NCN, many FCWC programs were able to distribute emergency supply packages, including food and cleaning materials, to clients ranging from Elders to infants.



CHILD, FAMILY AND COMMUNITY SERVICES

Overview

The CFS department operates in four locations: Nelson House, Thompson, Brandon and Winnipeg, and provides child protection and preventative services for on- and off-reserve Citizens.

Innovative NCN CFS programming combines empowerment, traditional wisdom and a western model of service delivery to create outstanding results. Proof of this successful model is a reduced number of children coming into care, and a smaller number of families with recurrent involvement with Child and Family Services.

When possible, the Family and Community Wellness

Centre creates a comprehensive care plan for all family members to heal holistically. It provides therapy, counselling, mentoring and other supportive services as required to families, parents, young people and children.

NCN CFS encourages its staff to learn, understand and appreciate NCN values, beliefs, customs and traditions. Staff are expected to attend learning opportunities such as medicine-picking and ceremonies, and this expectation will soon be extended to foster parents.

HIGHLIGHTS AND/OR CHALLENGES

- A new funding model has been rolled out with 5 main goals: decrease children in care; decrease days in care; increase family enhancement; increase in family reunification; and cost containment.
- Nelson House saw a substantial decrease in children in care.
- Overall case loads are decreasing.
- Voluntary Family Service numbers are up substantially this year.
- Funding and administration remains a challenge. Policy and procedure often change with little notice. Recruiting and training new CFS staff is timely and costly.
- Distance from the home NCN community makes travel prohibitive, and requires innovation from CFS staff.

GOALS AND OBJECTIVES

- Nisichawayasihk Cree Nation encourages local and off-reserve NCN Citizens to foster our community's children, rather than having them sent away. In the past, children were placed in unfamiliar households that were culturally different, which often led to depression, low self-worth and addiction.
- Keeping children within the community helps them to see they have people who care and that challenges can be overcome. The usual routine of school and friends can help a child feel normal, even when their lives are not.
- Foster families are screened with RCMP and child abuse checks. Their homes are assessed for safety and suitability. They receive financial compensation, training and support as required. Children may remain in foster homes for days, weeks, months or years, with the constant goal of reunifying the family when it is safe and beneficial to do so.

Children in Care



Removal of Parent Program

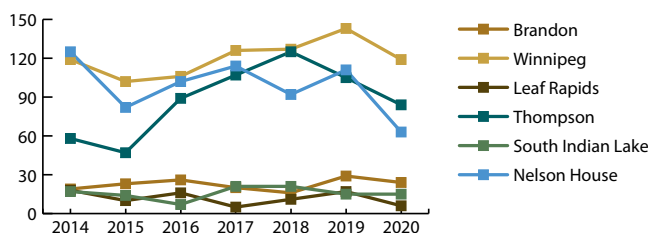
This innovative, community approach to avoiding the trauma of child apprehension is transforming NCN families.

The parent is removed from the home to take part in culturally appropriate counselling or care programs while the child is supported in-home by family or support staff. Families are then reunited after a care plan has been implemented and completed.

Prior to the Removal of Parent Program, apprehension was the only recognized approach to secure a child from an unsuitable living environment. We now know that removing a child from his or her home can result in depression, self-harm and a loss of culture and community. Allowing the child to remain in familiar surroundings and schedules takes away their feelings of responsibility and blame, and keeps the onus on the parent to improve and reunify the family.

Statistics

CIC Statistics by Location



Community Youth Cree Court Program

The Youth Cree Court uses the wisdom of our Elders and the authority of our community court system to evaluate and rehabilitate our children who are involved in minor criminal offenses. (These crimes may include graffiti, mischief, curfew violation, minor vandalism and theft.)

The goal is to reduce the number of our youth in the child welfare and criminal justice system. Once young people enter these systems, it is difficult to get out. The philosophy of the Community Youth Cree Court Program is that it is possible to show our youth the error of their ways, reduce the chance of repeat offences, and steer them onto a path of peace and productivity.

HIGHLIGHTS AND/OR CHALLENGES

- Since last year, Nisichawayasihk Cree Nation Family and Community Wellness Centre has experienced an increase in the number of child in care cases. While it has not hit the high level as when the Centre first transitioned to the new funding model, it is a significant increase over last year.

CIC BY LOCATION	2014	2015	2016	2017	2018	2019	2020
Nelson House	125	82	102	114	92	111	63
South Indian Lake	17	14	7	21	21	15	15
Thompson	58	47	89	107	125	105	84
Leaf Rapids	18	10	16	5	11	17	6
Winnipeg	119	102	106	126	127	143	119
Brandon	19	23	26	20	16	29	24
TOTAL	356	277	346	393	392	420	311

CHILD FAMILY AND COMMUNITY SERVICES (cont'd)

Aboriginal Status

ABORIGINAL STATUS	2015-16	2016-17	2017-18	2018-19	2019-20
Inuit	0	0	0	–	–
Métis	2	2	1	1	–
Non-Status	104	50	101	164	171
Not Aboriginal	2	0	0	–	–
Treaty Status	222	290	211	220	140
Unknown	0	45	10	–	–
Total	330	387	323	385	

Placement

PLACEMENT	2015-16	2016-17	2017-18	2018-19	2019-20
Foster Home	229	227	178	88	214
Residential Care	37	18	23	56	44
Independent Living	70	3	5	3	42
Own Home	11	6	4	10	9

Caseload

CASELOAD	2015-16	2016-17	2017-18	2018-19	2019-20
Children in Care	330	358	323	385	311
Extensions in Care	11	31	33	35	22
Voluntary Family Service	24	14	16	19	37
Protection	183	152	168	189	120
Expectant Parent Services	13	8	10	6	5
Family Enhancement	44	211	57	26	43
Total	605	774	607	660	538

Count of Children Under Suspension

STATUS	2015-16	2016-17	2017-18	2018-19	2019-20
Children Under Suspension	3	8	11	15	–

On Reserve and Off Reserve Foster Homes and Places of Safety

FACILITY COUNT	ON-RESERVE 2017-18	ON-RESERVE 2018-19	ON-RESERVE 2019-20	OFF-RESERVE 2017-18	OFF-RESERVE 2018-19	OFF-RESERVE 2019-20
Foster Homes	31	26	32	54	52	44
Places of Safety	10	22	3	68	57	53
Receiving Home	2	–	–	2	5	–
Removal of Parent	5	5	–	0	0	–

Moore's Bay Receiving Homes

These homes have been created to house children unable to remain at home or are in transition to new circumstances. In Moore's Bay there are 8 homes that house up to four children each, ranging in age from newborn to 17.

Moore's Bay has 49 full time/permanent employees including 2 full time managers and 1 full time resource staff. There are also roughly 20 casual staff at any given time.

For learning social skills as well as fun and exercise we have a play park situated in the middle of all the homes.

Two snow machines were purchased for the children and the staff to enjoy during the winter months.

Activities are often connected with the FCWC land based staff and can include sliding, skidoo sleigh rides, wiener roasts, and much more.

The staff in the homes ensure that the children have connection with other programs such as the Jordan's Principle program, NCN community activities, school activities, and similar programs.

The homes have been at 87.5% occupancy for the last 6 months.

Family Therapy Services

Family Therapy Services, while primarily offering therapy and assessments to children and parents of Child and Family Services, also offered assistance to other NCN citizens who wished to work on mental health and other family concerns. There are two staff and one contract therapist who provided therapy; parenting capacity

assessments; group interventions on a variety of topics including circle of security parenting, loss, trauma and self harm; circle of care meetings; and family circles for loss and bereavement. They also provide training to other staff on a variety of topics and supported community events.



Winnipeg and Brandon CFS Sub-Offices

Nisichawayasihk Family and Community Wellness Centre is a sub-office situated out of Winnipeg and Brandon. We provide multi-disciplinary services to our community members. The Child and Family Services department operates from four locations – Nelson House, Thompson, Brandon and Winnipeg. CFS services are provided to our off-reserve members residing in their respective communities. We are responsible for the delivery of child protection and preventative services. We strive to maintain family unity and family reunification while incorporating a strength-based approach. The Agency strives to maintain traditions, customs and cultures of our community.

GOALS AND OBJECTIVES

5 main goals are outlined with SEF.

- 1.** Decrease children in care.
 - 2.** Decrease days in care.
 - 3.** Increase in Family Service files, i.e., Family Enhancement.
 - 4.** Cost containment.
 - 5.** Increase in family reunification.
- Family enhancement will continue to operate on a daily basis.
 - Capacity building is essential in maintaining the current staff and programming.
 - It is our goal to continue to incorporate NCN traditional teachings, language and culture.

HIGHLIGHTS

- The Single Envelope funding model has presented an opportunity to conduct child welfare in a way that is congruent with NCN values, beliefs and traditions. As a result, there has been a decrease of children in care.
- Independent Living programming has been fully implemented with a series of workshops and training offered.
- Development of Foster Care orientation and screening, workshops and community connection are a greater focus. A two-step process has been developed which is geared specifically for children in NCN care.
- Of the staff completing their BSW, the Winnipeg Office have 2 graduates in the 2019/2020 year.
- The Winnipeg office restructured staff, built a cohesive team, and worked towards a solution to the ever changing demands of CFS.
- The continual AYA programming has proven to be a success.
- The introductions and delivery of Land based culture camps has proven to be a success.
- Winnipeg and Brandon created case carrying Team Leader roles to fill the gaps and alleviate the workload for the only Supervisor.
- In September 2020, staff and children in care participated in a Land Based Culture camp from September 29 to October 2, 2020. Eight young people and staff members attended. The positive feedback and evaluations resulted in a request for ongoing Land based cultural camps.

CHALLENGES

- The COVID-19 pandemic presented a major disruption in service and program delivery in addition to staffing adjustments.
- Winnipeg and Brandon offices decreased staffing to 50% on a rotational basis.
- As a result of the pandemic, programming was postponed.
- Recruiting NCN/SIL families continues to be a struggle.
- Child in care funding approvals continue to be an issue with major delays affecting our Single Envelope funding.

Wecihitowin Project

The purpose of this project is to provide family support services for First Nation families and their children. Providing support to families and involving them with positive activities such as traditional and cultural activities and other resources that will help them shift their focus to healthier living and healthier choices.

Services and program is delivered by the team of four workers which is staffed by three NCN-CFS Family Enhancement workers, and each individual worker has the shared belief and understanding that services will be delivered in accordance to the project goals and objectives.

Services Include

- Counselling
- Parent Services/Home visits
- Administrative Assistance
- Office Services
- Linkage to other community resources and program services
- Advocating
- Court Support
- Transportation Services
- Family and Case Conferencing
- Other duties as assigned with respectful agencies
- Youth Group
- Evening program

"I enjoyed the program as it gave me a lot of information. I learned a lot, each day was a different experience. It brought a lot of mixed emotions and feelings that were bottled up."

GOALS AND OBJECTIVES

- Protect children through support of families
- Apply education, skills, resources, and methods to families that will reduce stressors and conditions that may pose risks to children.
- Provide practical strategies to strengthen families.
- Shift from Intervention to Prevention.
- Teach parents Harm Reduction skills and strategies.
- Ensure that family is fully supported by using the Circle of Care model on first contact and with file closure.
- Develop a plan to ensure progress is monitored and achieved.
- Implement a Holistic Traditional practice and approach to service delivery.
- Reduce the number of children in care of agencies.
- Provide opportunities for families to connect with the culture and the land.
- Use the Medicine Wheel Teachings as a foundational tool to help families know and understand the importance of balance in their own lives, but also in the lives of their families.
- Establish and keep an open door policy with participants to ensure the continuity of support.
- Build relationships with elders, family members, and community based resources.
- Address family issues using the strengths-based perspective that exists within First Nations families.

The Bachelor of Social Work Cohort

The Bachelor of Social Work Cohort is a program available through the University of Manitoba. Classes are delivered at the Northern Faculty of Social Work Building in Thompson.

This distance delivery model allows individuals who are employed in the social services and living outside of Winnipeg to pursue professional social work education. Students attend classes one week per month, so that

they are able to continue with their work and family responsibilities. They are required to complete two work placements over the duration of their studies to obtain a Bachelor of Social Work (BSW) degree.

We are pleased to announce that another 13 of our FCWC employees received their BSW degrees during University of Manitoba's October 22, 2020 virtual convocation.

GOALS AND OBJECTIVES

- The BSW program is designed for mature students who would be unable to successfully complete a university degree due to lack of financial resources, academic qualifications, remote location, cultural barriers or other factors.
- Creating the opportunity for professionals already practicing in the North to expand their abilities creates better health care for all Citizens.
- Students are often placed in practicums that highlight their strengths and challenge their weaknesses, so they can build a well-rounded skill set.

HIGHLIGHTS

- FCWC continues to sponsor 17 employees from our NCN, SIL, Thompson, Winnipeg and Brandon offices to attain a BSW degree.
- FCWC has recently added a supervisor to the sponsorship list and she started her MSW-IK degree in September 2020 with the University of Manitoba.
- Stanley Garrioch, one of our sponsored BSW students from our Winnipeg sub-office, graduated with the BSW degree in June 2019 with the Inner City Social Work Program located in Winnipeg, Manitoba.

CHALLENGES

- COVID-19 has changed the dynamics for most of our BSW students. The transition from face-to-face instruction to online learning has been difficult. We are proud of our students for their dedication to their academics and for the commitment they have exhibited in navigating new and challenging online learning systems. We must applaud the instructors, faculty members and technical supports from the University of Manitoba for their patience, guidance, and assistance as our students acquire new modes of learning.



Employment Growth Opportunity Program

This new program is designed for Social Assistance Clients (EGOP), to support potential candidates.

The program helps clients enhance resumes, start work, and build their future working with the Nisichawayasihk Cree Nation Family and Community Wellness Centre, Respite Services for Child and Family Services and Family Enhancement while still receiving a supplement from Social Assistance.

The Centre encourages employees to achieve interpersonal growth. The available programs and resources assist with building resumes, teaching lateral kindness, and so much more.

HIGHLIGHTS

- The program coordinators and managers have been working to hire new staff and create awareness for Citizens.
- Posters and information have been circulated in the community and online.



Left to right: Joshua Moose, Mateo Moose, Darren Spence, Redsky (Felix Walker), Thomas Moore, Isaac Spence, Andrew Spence

Missing: Clinton Moore

PUBLIC HEALTH

Overview

Public Health is focused on illness prevention, health promotion and health protection across the lifespan of Citizens. Our programs aim to provide conditions in which people can be healthy and focus on the entire population, not on individual patients or diseases.

Our public health experts specialize in prevention, awareness, education and protection in areas that include pre/postnatal clinics, chronic illness, fetal alcohol spectrum disorder (FASD), immunizations, programs for high risk pregnant moms and postpartum mom and baby visits. Education, support and referrals are also provided for HIV/ AIDS education, sexually transmitted infections (STI), postpartum, flu clinics, diabetes and other health related issues as deemed necessary.

We also conduct safety and regulation tests and monitor for environmental issues such as mould, insects, water, sewage concerns and restaurant inspections.

Public Health Programs Include:

- Community health assessments
- Health surveillance – Communicable Disease reporting
- Health Promotion – community partnership
- Disease and Injury Prevention – Immunizations/vaccine preventable diseases
- Health Protection – monitoring of community water, public restaurant inspections
- Emergency Preparedness and Response
- Aboriginal Diabetes Initiative
- Maternal Child Health Program
- STAR FASD Program
- Medical Transportation
- Tuberculosis Champions

HIGHLIGHTS

- Government funding has increased and opportunities for submissions have increased for health related programs.
- Improved awareness, health promotion is evident as more Community members are taking initiatives to reduce health concerns as evident by PSA and Stats.
- Increased awareness via radio PSAs, Health Fair, immunization program, posters, letter reminders and social media.
- Recommendation to avoid appointments on social assistance and child benefit days.

CHALLENGES

- Due to lack of staff, there is an increase in overtime and longer wait times for clients.
- People are not tying up their dogs which make it difficult for us to do our water sampling.
- High demand for rescheduled home visits or pickups means lost time for nurses and drivers.
- Safety hazards around homes affect staff workplace safety (i.e., unapproachable homes due to drugs/ alcohol).

GOALS AND OBJECTIVES

- To submit proposals requesting more funding for salaries.
- To increase vaccine rates to 90% which will better protect community.
- To ensure all health programs utilize electronic charting data base.
- To enhance employee safety and increase dog control awareness.
- To correct misinformation obtained by health staff and community regarding health issues presented by others or social media.

Public/Environmental

TYPE OF SERVICE	2015-16	2016-17	2017-18	2018-19	2019-20
Distribution Sites	381	345	430	419	421
Cisterns (Holding tanks)	120	93	92	147	151
Water Treatment Plants: Raw	66	31	48	–	–
Water Trucks	20	16	25	26	26
Total Number of Samples	603	254	570	–	–
OT Gas Bar sample	–	–	9	9	12
Quality Control Sample	–	–	9	8	7
Home inspections (Mould/crawl spaces/plumbing)	42	13	8	–	–
Fumigation	33	27	54	48	–
Heat Treatments	–	–	–	16	8
Spray Treatments	–	–	–	32	62
Tank Cleaning Requests	16	11	12	36	18
School/Community Presentation	18	12	8	–	–
Contraceptive Distributions	4,550	10,000	1,550+	1,500+	1,500+
Dog Bite Reports	N/A	3	6	–	–
Rabies report	8	8	0	–	–
Pandemic Planning	N/A	N/A	5	–	–
Sewage Tanks Replaced	–	–	3	–	–
Workshops and Meetings	–	–	5	6	13

Immunization and Vaccination Program



NCN children must receive all of their immunizations for their own safety, and to increase the “herd immunity” of our community.

While immunizations and vaccines are voluntary in Manitoba, they help protect our young children and all Citizens, especially those with health conditions, from disease.

There are four staff members in the immunization program and they follow the vaccination protocol mandated by the provincial government.

In the first two months after birth, newborns are scheduled to have regular monthly immunization shots, and then again at 4, 6, 12 and 18 months.

Children Under 18 months of age

- Diphtheria, Tetanus, Pertussis, Polio, Haemophilus influenza type b (DTaP-IPV-Hib)
- Pneumococcal Conjugate 13 valent (Pneu-C-13)
- Rotavirus
- Meningococcal C Conjugate (Men-C-C) Vaccine
- Measles, Mumps, Rubella (MMR) Vaccine

Children 4-6 years of age

- Tetanus, Diphtheria, Pertussis, Polio (Tdap-IPV)
- Pneumococcal Conjugate 13 valent (Pneu-C-13)
- Measles, Mumps, Rubella (MMR) Vaccine

Children in Grade 4

- Meningococcal C Conjugate (Men-C-C) Vaccine
- Hepatitis B Vaccine

Children in Grade 6 (Girls Only)

- Human Papillomavirus (HPV)

Children in Grade 6

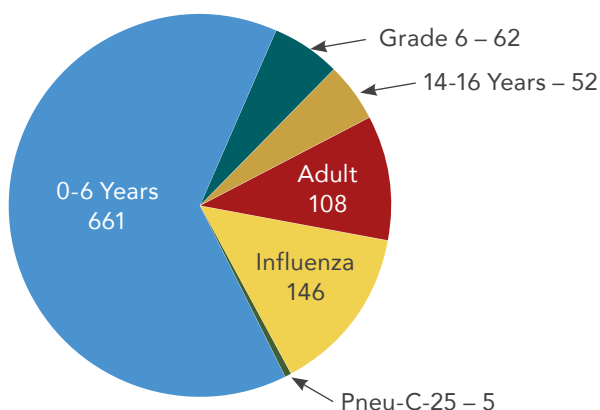
- Human Papillomavirus (HPV)

Children 14-16 years of age

- Tetanus, Diphtheria, Pertussis (Tdap)
Hepatitis B Vaccine
- Human Papillomavirus (HPV) school year

BIRTHS	2019-20
Male	50
Female	33
Infant Mortality	2

Immunization by Age – 932 total individuals



ENCOUNTERS	2019-20
General	308
Vaccinations	1,034
Clients	530

Tuberculosis Champion Program



The vision for this program is to have a healthy community and to reduce the high incidence of Tuberculosis and Latent TB infection. In order to have a healthy community, Nisichawayasihk Cree Nation needs to work together to improve conditions that influence health and well-being. Healthy eating is also the foundation for a healthy life and healthy community where everyone can access fresh nutritious and affordable food.

Tuberculosis is a contagious disease that generally affects the lungs, but can also affect the brain, kidneys and spine. It is a potentially life-threatening disease that is transmitted through the air. Those with diabetes, substance abuse issues, and others with weakened immune systems are more susceptible to tuberculosis. While tuberculosis cases have declined in the last 30 years, in 2008, the tuberculosis rate among First Nations people was almost six times greater than non-Indigenous Canadians.

When first infected with the tuberculosis germ, people do not usually feel sick or show symptoms. This is why it is a dangerous disease and difficult to contain. Tuberculosis can take hold in conditions where there is inadequate housing, malnutrition and poverty.

Screening and antibiotic treatment are crucial in containing tuberculosis numbers in our community and wiping out the disease entirely. Unfortunately almost all individuals that have contracted TB in the community still decline or do not complete treatment. However, there are good intentions in the TB program and some people remain interested in completing their treatments.

GOALS AND OBJECTIVES

- To improve the health status of NCN Citizens living with tuberculosis.
- To encourage clients to take medication regularly as instructed by health provider and to complete their regimes.
- To increase knowledge and understanding of tuberculosis and its effects within family and community members.
- To implement screening clinics to prevent the disease from spreading to more Citizens.

HIGHLIGHTS AND/OR CHALLENGES

- Introduction in March 2020 of the Healthy TB Food Program.
- A poster was created for the Tuberculosis Champion Program.
- Introduction of a medication called Rifapentine.
- Rifapentine therapy ceased by the end of August due to an impurity detected in the pill.

Statistics

TYPE OF TB	COMMUNITY MEMBERS
Latent TB Infection (LTBI)	110
Active TB	2

Strengthening Families Maternal Child Health Program



The Strengthening Families Maternal Child Health Program is based on a series of home visits for pregnant women, fathers, and families of infants and children under the age of six. The program provides support based on each family's unique needs, questions and concerns. The goal for everyone is a balanced lifestyle, grounded in First Nation culture, with access to holistic care.

Services Offered

- Home visitation
- Case management for families with complex needs
- Health promotion and educational activities
- Links and referrals to other programs and services

GOALS AND OBJECTIVES

- To increase confidence, knowledge and skills in regards to parenting and care of infants and young children.
- To empower mothers and fathers to create strong, healthy First Nations families.
- To nurture the community's capacity to support families.
- To promote trusting and supportive relationships between parent and child, care provider and family, and resource to resource.

HIGHLIGHTS AND/OR CHALLENGES

- Graduated one client.
- Collaborating with CPNP to facilitate a Breastfeeding Support Group.
- Working with other resources to provide care packages and support to NCN families and Citizens during COVID-19.

Statistics

Participation

ACTIVITY	TOTAL 2016-17	TOTAL 2017-18	TOTAL 2018-19	TOTAL 2019-20
Intake	46	11	–	29
Development Screens	65	11	29	98
Home Visits	158	13	137	157
Referrals to Maternal Child Health Program	14	2	7	8
Strengthening Families Screen	64	6	–	23
Decline/Discharge/Discontinue	113	23	81	31
Postpartum Screens	9	11	20	60
Family Assessments	7	2	5	6

Breastfeeding

DURATION ENGAGED	TOTAL 2019-20
Less than a month	17
Between 1-2 months	4
Between 2-3 months	6
Between 3-5 months	2
6 months or more	19

Aboriginal Diabetes Initiative (ADI)



ADI delivers education, activities and clinics to promote healthy living, to help everyone manage their diabetes, and to help reduce the prevalence of diabetes in NCN Citizens.

In delivering the mandate of this program, the focus is on healthy eating, physical fitness, risk factors, screening and diabetes management. Treatment and care is in

accordance with Manitoba Diabetes Care guidelines.

Our diabetes management is educational and fun. Clients learn how to manage diabetes through a healthy lifestyle and medication, as required. They also educate friends and family, and help them to avoid the disease through healthy living.

GOALS AND OBJECTIVES

- To improve the health status of NCN Citizens through activities designed to contribute to the promotion of healthy living and supportive environments to help reduce the prevalence and incidence of diabetes.
- To focus on addressing healthy eating, food security, physical activity and obesity, as well as increasing awareness of diabetes, its risk factors and complications and supporting diabetes screening and management.
- To build more raised beds for community members.
- To encourage members to proactively grow/raise their own food.
- To encourage Citizens to participate in traditional harvesting, such as berry/medicine picking, fishing and hunting.

HIGHLIGHTS AND/OR CHALLENGES

- “Healthy Breakfast” every Monday for fasting blood work clients.
- Weekly telehealth education sessions every Thursday.
- One-on-one education sessions.
- Basic health assessments and referrals to other health care professionals.
- Hosted weight loss New Year Transformation Challenge, open to all Citizens.

Statistics

Diabetics

Participants in Diabetes Programs and Activities

DESCRIPTION	2019-20
ADI notes	17
Healthy Breakfast	37
New Year Transformation Challenge	44

DESCRIPTION	2015-16	2016-17	2017-18	2018-19	2019-20
Total Diabetics:	154	155	147	148	198
Type I Diabetics:	Male (1) Female (1)	Male (1) Female (1)	N/A	N/A	Male (2) Female (4)
Type II Diabetics:	Male (54) Female (98)	Male (55) Female (98)	Male (56) Female (94)	Male (55) Female (97)	Male (27) Female (31)

Foot Care

When you have diabetes, foot care is an important part of treatment.

A foot care nurse is a registered nurse or a licensed practical nurse, who has taken, in addition to their formal training as a nurse, specialized training in foot care. They work along with a team of health care professionals such as family doctors, podiatrists, chiropodists, physiotherapists, and others to help keep a person mobile and decrease their risk of developing foot ulcers which can lead to amputation.

Foot care nurses can help reduce heavy calluses, corns and trim deformed or thickened nails. Nurses also assess feet for circulation, sensation, edema (swelling), and assess for the potential risk of ulcer development and falls.

Sores can take longer to heal, so any diabetes foot problems should be evaluated by a physician/doctor.

Basic Foot Care includes as a minimum the following:

- Basic Foot and Lower Limb Assessment
- Basic Wound Assessment
- Basic Footwear Assessment/Examination
- Corn and Callus Reduction
- Nail Care
- Client Education and Health Promotion (Foot Related)
- Referrals to Footwear Fittings
- Referrals to Medical Specialists

GOALS AND OBJECTIVES

- To avoid diabetes related foot complications.
- Prevention is the priority.
- Assist clients by advocating and referrals.
- Improve quality services through ongoing staff and professional development.
- Uphold the required nursing education competency as required through the College of Registered Nurse/College of Licensed Practical Nurses by completing online training seminars, tele-health video training, and attending health-related courses.

HIGHLIGHTS AND/OR CHALLENGES

- Foot Care is accessible to all community members.
- Referrals and linkages to specialists.

Basic Foot Care Services

MEMBERS	SERVICES ACCESSED
85	172



Canadian Prenatal Nutrition Program



The Canadian Prenatal Nutrition Program (CPNP) is a community-based program administered (for First Nations women on-reserve) through Health Canada. It provides support to improve the health and well-being of pregnant women, new mothers and babies facing challenging life circumstances, such as poverty, teen pregnancy, isolation, substance abuse and family violence.

HIGHLIGHTS AND/OR CHALLENGES

- Prenatal/Breastfeeding Support Group Classes every Wednesday.
- One-on-one support, education and assistance with other resources (healthy baby benefit).
- Ongoing Cooking Classes.
- Ongoing Arts and Crafts.
- Milk/Food vouchers for Three Rivers Store which includes 4L of milk, frozen veggies, and a dozen eggs.
- Decrease in participation since COVID-19.

GOALS AND OBJECTIVES

- To improve the health status of NCN women who are pregnant, and their babies in utero and through infancy, through education and activities designed to promote positive thinking and healthy living.
- To help our clients understand the importance of maternal nourishment, and to teach the skills to create a healthy diet at home.
- To provide nutrition screening, counselling and education at all stages of pregnancy and new motherhood, and to help clients adapt to new healthy lifestyles.
- To increase the rates of healthy birth weights in the NCN community.
- To encourage clients to attempt breastfeeding as a first choice of nourishment for their babies through education, promotion and support.
- To create partnerships within communities to support vulnerable pregnancy women and new mothers.

Statistics

	2017-18	2018-19	2019-20
Participation	–	–	51
Healthy child tracking tool	–	2	–
Breast feeding	–	1	–
Milk vouchers distributed	341	293	87
Prenatal Intake	23	12	–
Nurses other charting	–	1	–
CPNP notes	–	2	47

STAR FASD Prevention Program

The Success Through Advocacy and Role Modelling – Fetal Alcohol Spectrum Disorder program aims to reduce the number of babies exposed to and suffering from the effects of alcohol and/or drug exposure while in their mother’s womb. The program also assists families affected by FASD.

Vulnerable women who have used substances during their current or recent pregnancy are paired with mentors who have themselves overcome similar challenges. These positive, supportive mentoring relationships are maintained for three years in order to help these women make changes to better their own lives and their children’s.



Services Offered

- Home visitation
- Mentoring
- Case management
- Culturally safe and appropriate interventions

Active Clients and Visits

	15-16	16-17	17-18	18-19	19-20
Active Clients	30	30	25	21	22
Encounters	225	1,207	314	726	

GOALS AND OBJECTIVES

- To assist women to engage in harm reduction strategies and/or obtain alcohol and/or drug treatment.
- To support women in their efforts to provide a safe and healthy environment and improved quality of life for themselves and their children.
- To link women to community resources in order to help them reduce isolation, to improve access to needed resources, and to become more independent.
- To reduce the number of alcohol/drug exposed births through abstinence from alcohol/drugs and improved access to reliable family planning methods.
- To demonstrate to community service providers strategies for working more effectively with this population through advocating to improve the outcomes for both women and children.
- To facilitate access to FASD diagnosis and to connect clients to multidisciplinary teams and other internal/external supports and services.

HIGHLIGHTS

- Mentor 1 had 14 clients. Mentor 2 had 9 clients. Program maximum is 30.
- Linking and working with all programs, CPNP classes, Jordon Principle program.
- This year we had our second FASD parade, which was a success.
- Setting up displays for community events, Health Fair, National Addiction Awareness week.
- Some clients in the STAR FASD program have been attending parenting classes and treatment centres throughout the year.
- New FASD billboards around community.

CHALLENGES

- Home visits are difficult in the morning.
- Due to no staff, numbers have gone down.
- Clients moving to other towns due to no housing.

Jordan's Principle Initiative

Jordan's Principle is a federally funded child-first program that first began to support NCN families in 2016. It ensures all children and adults living with special needs and/or disabilities have access to services, equipment and supports they need in a timely, efficient manner. The aim is to remove any barriers to a "typical life," and even to enhance the client's experiences and quality of life.

Clients may come to the Wellness Centre to request assistance, or they may be referred by other social services, schools, etc.

Services Offered

Jordan's Principle assistance is available for children living on-reserve with their birth, adoptive or extended families. Some of the services offered include:

- Respite care
- Speech and occupational therapies
- Educational supports
- Medical equipment
- Mental health services
- Child-minding
- Transportation support

GOALS AND OBJECTIVES

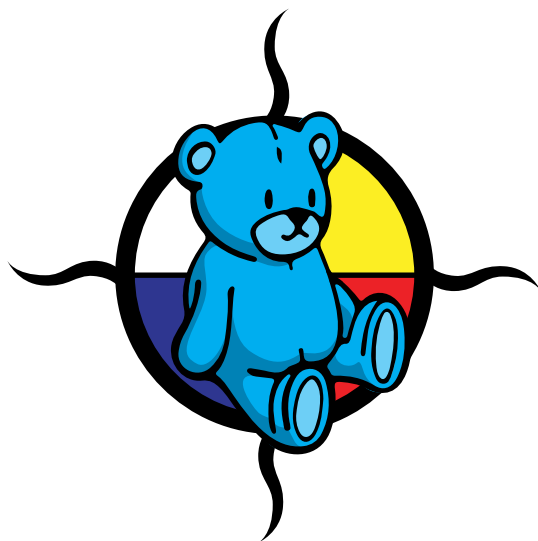
- To support clients and their families so that no service, product or resource they need will be denied, delayed or disrupted at any point in their lives.
- To collaborate with Nursing Station and visiting physicians to ensure contact is established with eligible clients in a timely manner.
- To increase awareness of the program throughout the community.

HIGHLIGHTS

- We welcomed new hire Tiffany Zettergren, Assistant Case Manager-Wellness Worker.
- Continued online courses for our Jordan's Principle staff (Free).
- Webinar series for Jordan's Principle staff through St. Elizabeth First Nations, Inuit and Metis Program.
- Secured funding for 11 children at OK School to have diagnostic testing done for dyslexia.
- Secured additional funding to support our services during lockdowns and restrictions in the community. An iPad and dedicated phone lines allowed for continued communication with families.

CHALLENGES

- We are in need of ECEs but receive no applications due to low wages.
- Office space is much too small for the number of staff and children we have.
- Transportation is becoming an issue, there is a need for an additional vehicle.
- No in-house visits due to COVID-19.



Medical Transportation

This program was created to keep paramedics in the Nelson House community in the case of an emergency, rather than using those professionals to provide non-life threatening transportation. The most popular service is the dialysis run to Thompson on Mondays, Wednesdays and Fridays.

Services Offered

- Safe return trips between Nelson House and Thompson
- Trips to Fanny Hartie Medical Centre
- Parcel pickups in Thompson for the Nursing Station and the FCWC

Vehicles in Fleet

- One 2018 Suburban for the community
- One 2017 15 passenger Chevrolet van for out of community
- One 2018 Promaster Lodge van with wheelchair for dialysis
- One 2018 Chevrolet express van for Thompson appointments

Statistics

	2018-19	2019-20
Transportation Requests/Trips	8,900	8,412



HIGHLIGHTS

- Provided local patient transportation to and from the Fanny Hartie Medical Centre and residence.
- Provided patient transportation from Nelson House to Thompson or out of community medical appointments.
- Completed 67 parcel pickups in Thompson for the Nursing Station and the NCN Wellness Centre.
- Transporting dialysis patients to Thompson every Monday, Wednesday and Friday. We leave Nelson House at 10:30 am, and then leave Thompson at 6:00 pm, returning to Nelson House at 9:00 pm.

CHALLENGES

- We must notify patients for scheduled appointments and last-minute changes by clients, which delays pickups for the other patients for their appointments.
- Increase in transporting TB patients to the Nursing Station to get their medication.
- We have begun transporting blood work, lab palls and prescriptions on Mondays and Tuesdays. Funding has not yet been allocated.
- One major factor impacting budgets is the continuous fuel increases and costly repairs/replacement for tires due to poor road conditions between Thompson and Nelson House.
- Transporting dialysis patients to Thompson is underfunded.
- 2017 Chevrolet van needs to be replaced as repairs exceeded O&M budget from last year.
- High maintenance costs for the north.

MBTelehealth

MBTelehealth provides Manitobans with access to health services through the use of technologies, to overcome the barriers of distance, time, and expense. MBTelehealth connects people to the information and services they require to manage their health closer to home.

Services Offered

Patients are able to see, hear and talk to their health-care provider on a television screen. Telehealth can be used for events such as:

- Clinical services such as consultations, follow up, case conferencing, and patient education
- Continuing education for health-care employees and providers
- Health-related education for patients, families and the public is also available via Telehealth
- Health-care administrative meetings
- Televisitation for families separated due to medical reasons when requested by a health-care provider

GOALS AND OBJECTIVES

- Create public awareness through advertising, healthcare fairs, personal communication.
- Opportunity for the staff and community members to attend specific information sessions offered through Telehealth.
- Collaborate with Travel to identify appointments that currently are travelling outside of Nelson House that could be seen by Telehealth within the community.
- Continue to support any Telehealth session at the nursing station that require use of peripherals or support during an appointment.

HIGHLIGHTS

- Telehealth can improve access to health-care services that are not available in your community.
- This will reduce the time spent away from home and work.
- It will reduce stress and costs for you because you can attend the appointment at a health facility in or near your community or region.
- Family members can attend and participate in your appointment if you choose.
- This will save you the time and expense of long distance travel for care that can be offered via Telehealth.
- Televisitation can connect family members who are unable to travel to the location of another member or friend who is on an extended stay in hospital.

CHALLENGES

- Not all specialties are available through Telehealth resulting in patient needing to travel to an in-person appointment.
- Possible language barrier in the event there are no interpretation services available at the clinical site. Possibility of technical issues, causing appointments to be canceled. Technical issues causing the quality of calls being less than adequate.
- There has been a decline in the usage of Telehealth, due to COVID-19, people are not wanting to physically come to the Health Centres.



HOME AND COMMUNITY CARE

Overview

The Home and Community Care program supports people of all ages who require care at home, at school or in the community.

When Elders and people with complex medical conditions of all ages can remain at home, levels of depression and isolation are reduced, and their emotional, mental and spiritual well-being is stronger. Home care, with the support of family and friends, can make this possible.

Home visits and assessments are conducted to address the needs of clients who require support such as continuous care, extended care and respite. Our professionals create and follow through with personal care plans based on medical background, current health, abilities and support.

Types of Services Provided:

- Structured client assessment
- Referrals and linkages within and outside the community (such as physiotherapy, dietician, foot care, respite, hearing centre and homecare)
- Managed care process, home care nursing services and personal care services (palliative care, bath/personal care, homemaking referral, home care maintenance, health promotion, program monitoring/reporting requirements, teaching of medication regime, ordering and delivery of equipment and supplies, assessment for Long Term Care, advocating)
- Record keeping and data collection

GOALS AND OBJECTIVES

- Improve safe, competent and efficient care services to clients, their families and/or support systems.
- Further enhance the services already in the community – case conference with families.
- Assist clients, family members and supports to acquire and maintain emotional, mental, physical and spiritual well-being and strive towards independent living by providing holistic care and support services.
- Improve quality services through ongoing staff and professional development.
- Demonstrate improved accountability in all areas of service management.
- Uphold the required nursing education competency as required through the College of Registered Nurse/College of Licensed Practical Nurses by completing online training seminars: Tele-health video training and attending the health related courses.

HIGHLIGHTS AND/OR CHALLENGES

- Christmas Feast was a success.
- Health Fair had a good turn-out, and the community is more aware of the program.
- More referrals and linkages to specialists.
- Staff participated in various virtual training and improvement programs including: @ your side/St. Elizabeth, e-SDRT training, Mustimuhw training, palliative training, chronic disease, wound care.
- HCCP continues to work closely with Northern Regional Health Authority and Nursing Station to ensure NCN Citizens are receiving holistic care.
- The Palliative Care program is ongoing.



Statistics

Home Care Total Services

ACTIVITY	2015-16	2016-17	2017-18	2018-19	2019-20
Case Management	1,557	503	2,536	2,812	2,040
Wound Care	502	1,289	1,025	1,598	832
Foot Care	49	46	67	199	93
Nursing Services	2,215	2,766	1,975	1,818	1,624
Home Visits	2,052	2,565	2,565	3,251	2,152
Assisted Living	–	–	–	–	53
Total Encounters	6,682	8,034	8,900	7,350	4,311

Client Type

ACTIVITY	2015-16	2016-17	2017-18	2018-19	2019-20
End of Life	1	4	1	5	1
Maintenance	29	30	66	84	36
Long Term	49	34	42	39	47
Acute	47	25	34	23	24

Reasons for Home Care Visits

ACTIVITY	2015-16	2016-17	2017-18	2018-19	2019-20
Blindness	2	1	1	1	1
CNS, Parkinson's	7	3	5	5	3
Renal, Kidney	4	2	3	3	3
Cancer	5	3	3	6	5
Skin conditions/wound care	29	37	34	25	23
Respiratory	5	2	1	2	2
MSK, arthritis	10	1	3	4	3
CVA, stroke	3	1	–	–	–
Cardiovascular Disease/ Heart Disease	25	14	13	6	11
Diabetes	16	19	26	34	18
Auto-immune	1	3	–	–	–
Frail Elderly	–	–	2	3	2
Other	–	–	–	52	31

COUNSELLING SERVICES AND FAMILY ENHANCEMENT

Overview

Counselling Services provide holistic programming to support and empower individuals and families. This program is based on the values, beliefs, language and traditional practices of the Nisichawayasihk Cree people. It aims to introduce or re-engage individuals and families with traditional culture.

GOALS AND OBJECTIVES

- To assess, counsel and refer for treatment, after care and rehabilitation.
- To provide western and traditional concepts of therapy to support, guide and assist through individual, couple, group and family counselling.
- To instill traditional teachings that help families relate to each other and understand each other's roles and responsibilities.
- To improve links between families and community resources.
- To report any forms of child abuse, including suicide threats or self-harm, to CFS.
- Programming has slowed due to the pandemic's second wave. We aim to move forward with regular programs in the new year when restrictions are lifted.

Workshops and programs include:

- Community activities (vigils, berry picking, medicine picking, workshops)
- Bereavement support
- Hug In
- Elders emergency packages (COVID-19)
- Distributed traditional medicines to community

HIGHLIGHTS

- RDF was a huge success that was held through the month of July.
- 6th year of BSW Cohort was completed with 1 graduate and another finishing next year.
- Therapy session has gone virtual through Zoom.
- Retreats were completed.
- 1 cultural camp was completed at Mile 35.

CHALLENGES

- RDF was cut short due to limited budget.
- Elders are feeling abandoned due to COVID-19 and the lack of regular visits and activities.
- Activities became a challenge with group size restrictions.





Counselling Services Department Statistics

TYPES OF INTERVENTION	2019-20 PARTICIPANTS (APRIL 1,2019 – MARCH 31,2020)
Counselling Services	263 (Female 198, Male 65)
Domestic Violence	9 (Female 7, Male 2)
Circle of Care	36 (Groups 6)
Suicide Ideation	33 (Female 22, Male 11)
Bereavement Support	58 (Groups 4)
Grief & Loss Groups	30
Elders Abuse	7 (Reported 3)
Elders Programming	331 (Female/Male)
Family Culture Camp	200
Domestic Violence Workshop	3
Suicide Awareness Week	100
Hearing Voices Workshop	11 (Female 8, Male 3)
Harm Reduction Workshop	4 (Female 4)
RDF	66
Women's Retreat	20
CONTACT TOTAL	1,171

Family Enhancement

Family Enhancement provides support to families by using a strengths perspective and empowerment approach through the familial relationships and connections. This can be done by providing supportive solutions by incorporating the Circle of Care process to ensure that the needs of the family are met. Families experiencing various challenges and difficulties in their lives that may interfere with their ability to provide basic necessities may be eligible for support services whether voluntarily or involuntarily.

Services offered:

- Providing respite to families through a Family Services Agreement
- One-time support/bereavement donations
- Family Camps and workshops
- Community yoga classes
- Community Virtual Activities for families
- Soccer Program for children
- Youth Local Street Hockey Tournament
- Elders emergency packages (COVID-19)
- Financial support to help community with traditional medicine gathering during first wave of COVID-19

GOALS AND OBJECTIVES

- When we have reached a point with this pandemic that it is safe to move things forward, we will start up the parent program regularly along with the workshops and cultural camps that we have offered in prior years.
- We are currently recruiting for 2 family mentors to join the FE team.
- We will continue to provide families with support to enhance strengths and identify issues that have a negative impact on family functioning and to find practical solutions that can be used in every day life.

HIGHLIGHTS AND/OR CHALLENGES

- 1 staff completed 6th year Social Work program and has graduated with a Bachelor of Social Work Degree.
- Held a family cultural camp out at Mile 35.
- Families participated in the Rediscovery of Families retreat in July.
- Community Youth Street Hockey Tournament.
- Program has currently been cancelled due to the COVID-19 pandemic, staff are still providing home visits with screening and safety protocols.
- Home visits still provided with screening and safety measures due to COVID-19.
- Families participated in Rediscovery of Families.

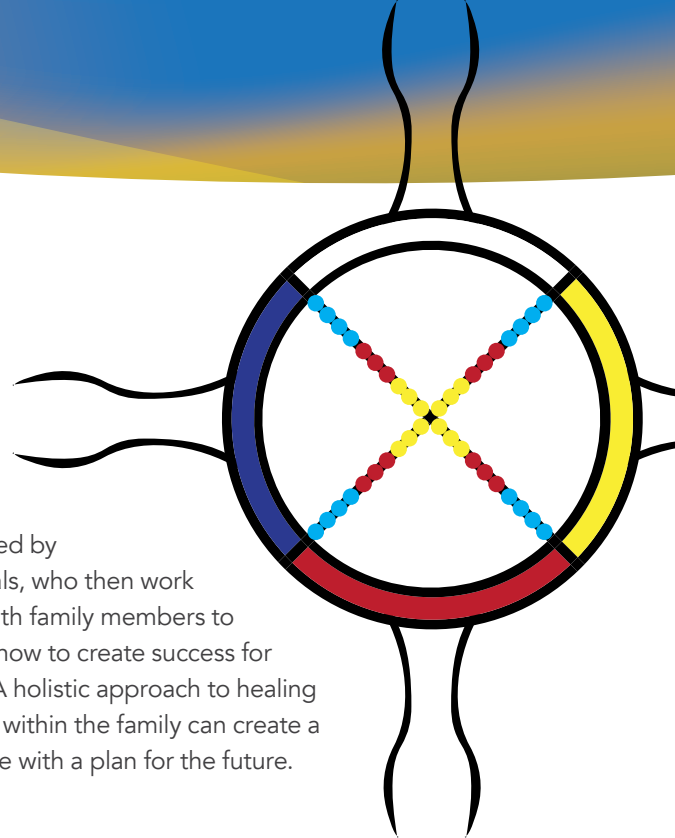


Circle of Care

This program is based on the holistic teachings of the Medicine Wheel, which serves as a guide in creating a care plan for families that require a combination of social services. Every family has a different Circle of Care plan, based on its unique challenges. Options could include counselling, daycare, fitness and nutrition education, arts and culture, and more.

Shared responsibility, shared decision-making and shared accountability are important in the Circle of Care and integral to its mandate. The mental, emotional, physical and spiritual well-being of parents, children and

extended family are evaluated by professionals, who then work together with family members to determine how to create success for everyone. A holistic approach to healing every issue within the family can create a stable home with a plan for the future.



GOALS AND OBJECTIVES

- To enable families to have a feeling of teamwork and a positive vision for their future.
- To ensure problems from the past will be resolved.
- To help each family member feel loved and appreciated.
- To ensure every individual will have effective coping strategies for dealing with stress, frustration and anger.
- To increase efficiencies within the social services.
- To acknowledge and address the mental, emotional, physical, and spiritual needs of families.

HIGHLIGHTS AND/OR CHALLENGES

- There is increased communication and cooperation between social service programs within the Wellness Centre, and between families and social services.
- Families feel empowered by choosing which programs they believe will be helpful.
- CFS workers are currently overwhelmed by their workloads, due to funding shortfalls.
- Client-worker ratios remain high. This makes the development and overseeing of services required for the Circle of Care model difficult to achieve.



Rediscovery of Families Program

This program is based on the values, beliefs, languages and traditional practices of the Nisichawayasihk Cree peoples. It aims to introduce or re-engage individuals and families with traditional culture.

Along with counsellors, therapists and Elders, families enjoy on-the-land exercises and other activities that help them learn (and remember) how to be loving, supportive parents. Activities can include fishing and berry picking, Cree ceremonies and spiritual practices, and exploration of community histories and significant sites. This program promotes a “return to the family” through culture, as it is the strength of families that has sustained our community through difficult times.

NCN Kehtiyatisak (Elders) Project

Another Counselling Services Program is the NCN Kehtiyatisak (Elders) Project. It provides cultural and advocacy services to our Elders with weekly peer-to-peer gatherings and periodic outdoor outings for medicine and berry picking, nature walks, and ceremonial camps.

GOALS AND OBJECTIVES

- To help families implement healthy traditional practices into their daily lives.
- To teach individuals the tools they need to create a strong, loyal family unit.
- To provide long-term supports to families, such as parenting programs, language classes and Elder teachings, after they’ve completed the camp component.

HIGHLIGHTS

- This year we had 145 participants.
- We completed a couples retreat, two family retreats (in winter and summer), and a women’s retreat.
- Most families report a stronger sense of identity and connection, an increased feeling of responsibility for their family and community, and improved family functioning while in camp settings.
- Elders have reported a greater sense of purpose in guiding families and in teaching cultural values and knowledge to younger generations.

CHALLENGES

- Funding is lower each year, which means crucial components of the program are not completed, such as follow-up meetings, leadership training, and monthly family programming.
- Water pollution within the community means further travel to set up camp and therefore increased program costs.



CHILD CARE AND COMMUNITY WELLNESS

Overview

Child care in the early development years is important to prepare young learners for their school years. The Centre offers daycare services and plenty of activities for preschool children to assist them in early childhood development.

Child Care and Community Wellness Programs Include:

- Dreamcatchers HeadStart Program
- Jean McDonald Treasures of Hope Daycare Centre
- Fitness Centre

Dreamcatchers HeadStart Program

This is an early intervention children development enrichment program for children, from birth to six years of age, and their families living on-reserve. We recognize parents, guardians and caregivers as each child's first and best teacher, and require them to participate, through attendance, fundraising, etc. Our staff advocate for children and families in any way possible, including issuing milk coupons, escorting families for medical appointments, and writing support letters.

The program provides learning opportunities that acknowledge each child's learning style and developmental stage. Every day includes a strong focus on healthy hygiene and nutrition. We inspire our children to be proud of their First Nations culture and language. Traditional teachings occur in the classroom, on the land and at cultural cabins.

NCN Family and Wellness Centre highly recommends this program for all NCN children. There are no registration fees. Transportation and nutritious snacks are provided daily free of charge.

HIGHLIGHTS

- New play structure was purchased and installed.
- Purchased and delivered food hampers to all Head Start families in April 2020.
- NCN hired 3 elders to teach the Cree language in both Daycare and Head Start daily. Parents noticed that their child or children were adding more and more Cree words to their vocabulary.
- Graduation was a success; we had 6 graduates in 2019.
- Our Mini Winter Festival was a great success.

GOALS AND OBJECTIVES

- We hope to have a cultural camp so that we can have traditional teachings.
- We also hope to have a larger classroom so that we can include all preschool children of Nisichawayasihk Cree Nation.

CHALLENGES

- Mould issues in the classroom – we cleaned and repaired.
- Graduation class was smaller this year due to all day kindergarten at OK School.
- Classes were cancelled early because of COVID-19.

Jean McDonald Treasures of Hope Daycare Centre



The Jean McDonald Treasures of Hope Daycare was established in 1998 in order to provide students in training and working parents with affordable and quality child care. As a result, the Nisichawayasihk Cree Nation Family and Community Wellness Centre incorporated have continued to provide such a program.

Our daycare is a place of Early Childhood Learning. The staff at our centre are truly proud of having the ability and opportunity to teach our children many skills that will prepare them for higher learning. We absolutely take special care in ensuring we provide a safe, happy and fun learning environment.

Our rates are as follows:

- Students in training (ATEC) full days, fee is waived if they provide their child's food and snacks for the day, other students, \$10.00 per day
- Working parents full days – \$25.00
- Working parents half days – \$15.00

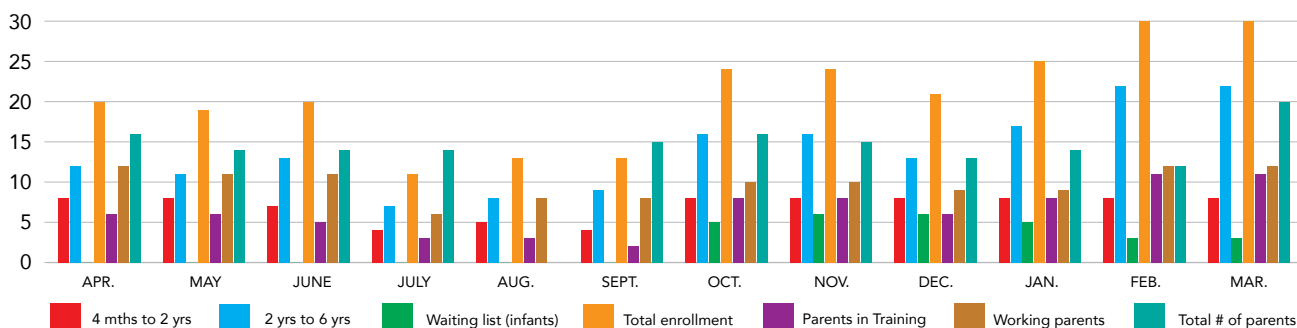
HIGHLIGHTS AND/OR CHALLENGES

- We purchased a new play structure and program supplies.
- 2 new staff were hired.
- Washroom stalls were breaking and so they were replaced.
- The yard still needs work (sod and landscaping).

GOALS AND OBJECTIVES

- To have a new facility that would provide affordable quality care for all Nisichawayasihk infants and toddlers.
- Have all staff in training be certified as early childhood educators.
- We hope to expand our cultural camp and teachings.
- We would like to build our own cabin to be used as a classroom at the FCWC camp site.
- Share more stories of the old NCN settlement areas (history).
- Parents and children to learn the Cree language and speak fluently.

Enrollment 2019-20



FCWC Fitness Centre

The local Gym and Fitness Centre is a community favourite amongst those who regularly attend. The gym is a great place to train in either strength or cardiovascular training. The gym contains a lot of specialty equipment as well as some conventional equipment. Some of the equipment you'll find at the gym includes many different free weights, dumbbells, long bars and plate weights. The facility also has four stationary bikes, two elliptical trainers, a treadmill, and a row machine. For the beginner boxing enthusiast there's also a speed bag, heavy bag, and hand targets. There are many specialty machines for training specific muscles as well as an assortment of different exercise equipment for weight training, cross training or endurance training.



It's commonly known that there are numerous health benefits to having a healthy diet and getting regular daily exercise. Daily exercise can help in the battle against many ailments; addiction, anxiety, depression, heart and cardiovascular disease as well as diabetes, to name a few. Regularly attending the gym will not only make you healthier, it'll also make you look and feel better too.

GOALS AND OBJECTIVES

- Connecting the Gym and Fitness Centre to all of the NCN staff, Wellness Centre, band employees, government, school staff as well as all the community members.
- To provide a safe environment to improve the health and fitness of the whole community.

HIGHLIGHTS AND/OR CHALLENGES

- The gym is a spacious temperature-controlled environment for safe comfortable exercise.
- The gym has been receiving some new equipment lately.
- Flooding is an ongoing issue. Some renovations will need to be done due to water damage.
- Not having a budget is a problem. The gym is always in need of some upgrades.
- New heater and air conditioner needs to be installed
- COVID-19 has been challenging. These challenges have been met with social distancing, sanitizing stations, improved cleaning and disinfecting procedures as well as temporary closures.





Nisichawayasihk Cree Nation
FAMILY AND COMMUNITY
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