

ANNUAL REPORT 2020-21

A Holistic Approach
to Community
Wellness



Nisichawayasihk Cree Nation
FAMILY AND COMMUNITY
Wellness Centre Inc.

2020-21
Annual
Report



Table of Contents

Message from the CEO	4
Executive Summary (Mission Vision, Core Values)	5
• Core Values	
• Organizational Chart	
• Key Highlights and Challenges	
Year-in-Review Reports	9
• Child, Family and Community Services	11
• Children in Care	
• Moore's Bay Receiving Homes	
• Family Therapy Services	
• Winnipeg and Brandon CFS Sub-Offices	
• Wecihitowin Project	
• South Indian Lake Sub-Offices	
• Early Childhood Training and Bachelor of Social Work Programs	
• Employment Growth Opportunity Program	
• Public Health	19
• Immunization and Vaccination Program	
• Tuberculosis Community Program	
• Strengthening Families Maternal Child Health Program	
• Aboriginal Diabetes Initiative (ADI)	
• Foot Care	
• Canadian Prenatal Nutrition Program	
• STAR FASD Prevention Program	
• Jordan's Principle Initiative	
• Medical Transportation	
• MBTelehealth	
• Home and Community Care	30
• Counselling Services and Family Enhancement	32
• Family Enhancement	
• Special Projects Program	
• Circle of Care	
• Rediscovery of Families Program	
• Child Care and Community Wellness	37
• Jean McDonald Treasures of Hope Daycare Centre	
• FCWC Fitness Centre	
• Dreamcatchers Headstart Program	

Please note: Financial Statements for the 2020-21 reporting year can be requested by contacting the NCN Family and Community Wellness Centre Inc.

MESSAGE FROM THE CEO

Tansi. It is time to reflect on the many activities of the NCN Family and Community Wellness Centre. Of course, this has been a year like no other, as the COVID-19 pandemic continues to be a long, frustrating road. While we have come to understand the virus and how it operates, the constant vigilance, lockdowns and restrictions have left many of us tired and sad.

Despite these difficulties, I urge you to see the incredible success stories all around us. Our vaccination rate in Nisichawayasihk Cree Nation is an amazing 92.3%. Our Citizens have overwhelmingly agreed to trust science, medicine and our leadership and to do what they can to protect our most vulnerable.

We had our first active case on-reserve in December 2020. Our health team sprang into action with contact tracing and strict stay-at-home orders. What an incredible sense of pride we've all had as we've been able to contain the virus and limit its spread to 55 total cases on-reserve (as of October 29, 2021). That said, at this time of writing, we have two active cases in the community. We must remain cautious.

In fact, at this point in the pandemic, the most overwhelming emotion I have is pride. Our FCWC professionals have found innovative approaches to crisis planning, operational and administrative processes. Some of our social services were

temporarily halted due to provincial mandates, and some had to continue on as they were considered essential services.

Many staff have worked incredible amounts of overtime, including weekend work and double shifts, delivering cleaning supplies and personal protective equipment to Citizens, working vaccine clinics, and ensuring the safety of all. I am so grateful to every FCWC employee, for the dedication they continue to show to our NCN community and families.

While things can change quickly during a pandemic, and they have, everyone at the FCWC is excited to be resuming regular programming, with necessary changes. We're getting ready for you and your family, because you've also had time to reflect on the importance of wellness and holistic health. Remember, all of our programs are free! Let's work together to find your best supports, so that whatever the future holds, you're mentally, spiritually and physically ready.

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.

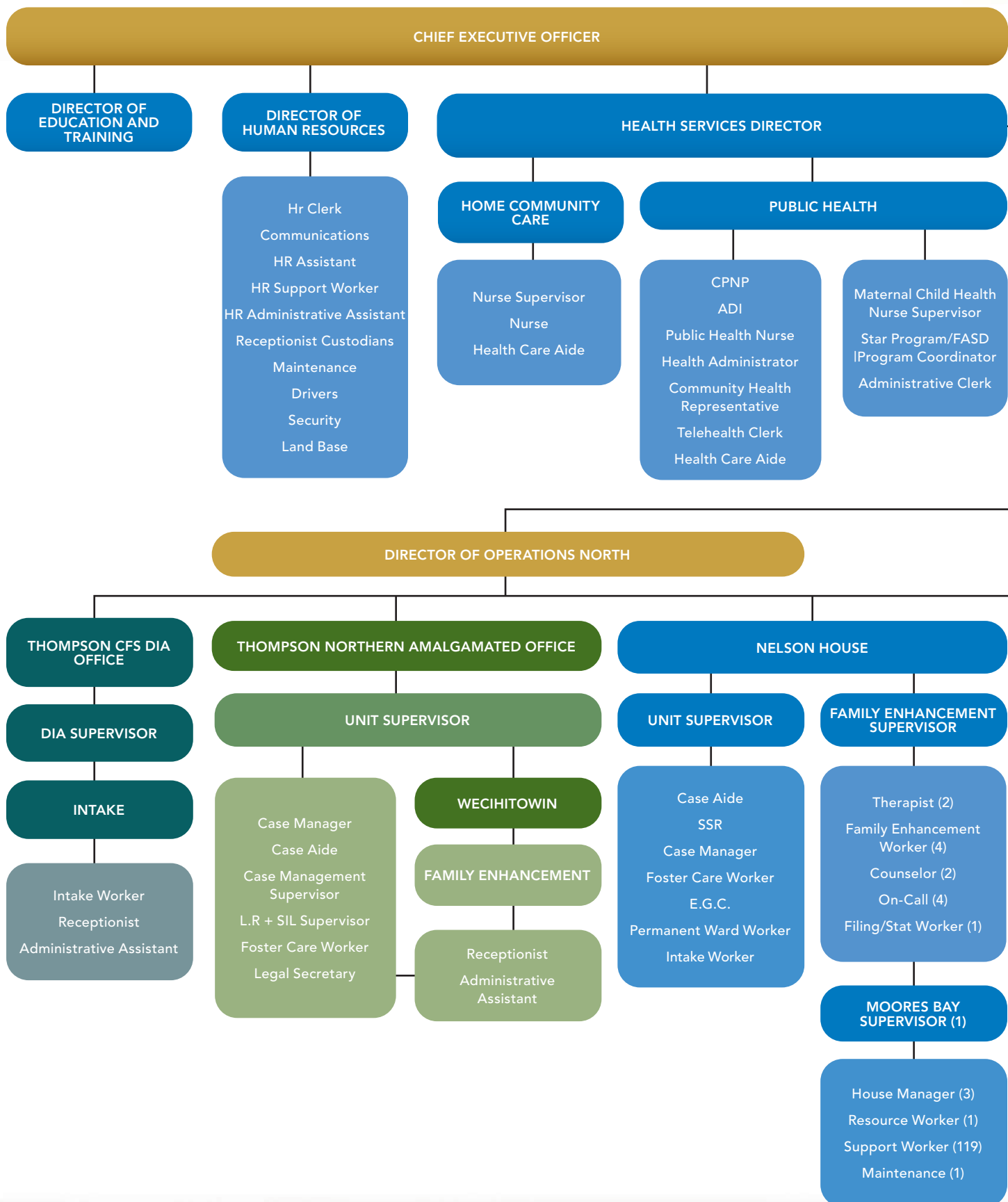
Our facility and approach is unique as it uses a strength-based approach to support children and families. Relationships between programs, individuals and families are viewed as paramount to change. The Centre has adopted a mandate to reflect this commitment by working to:

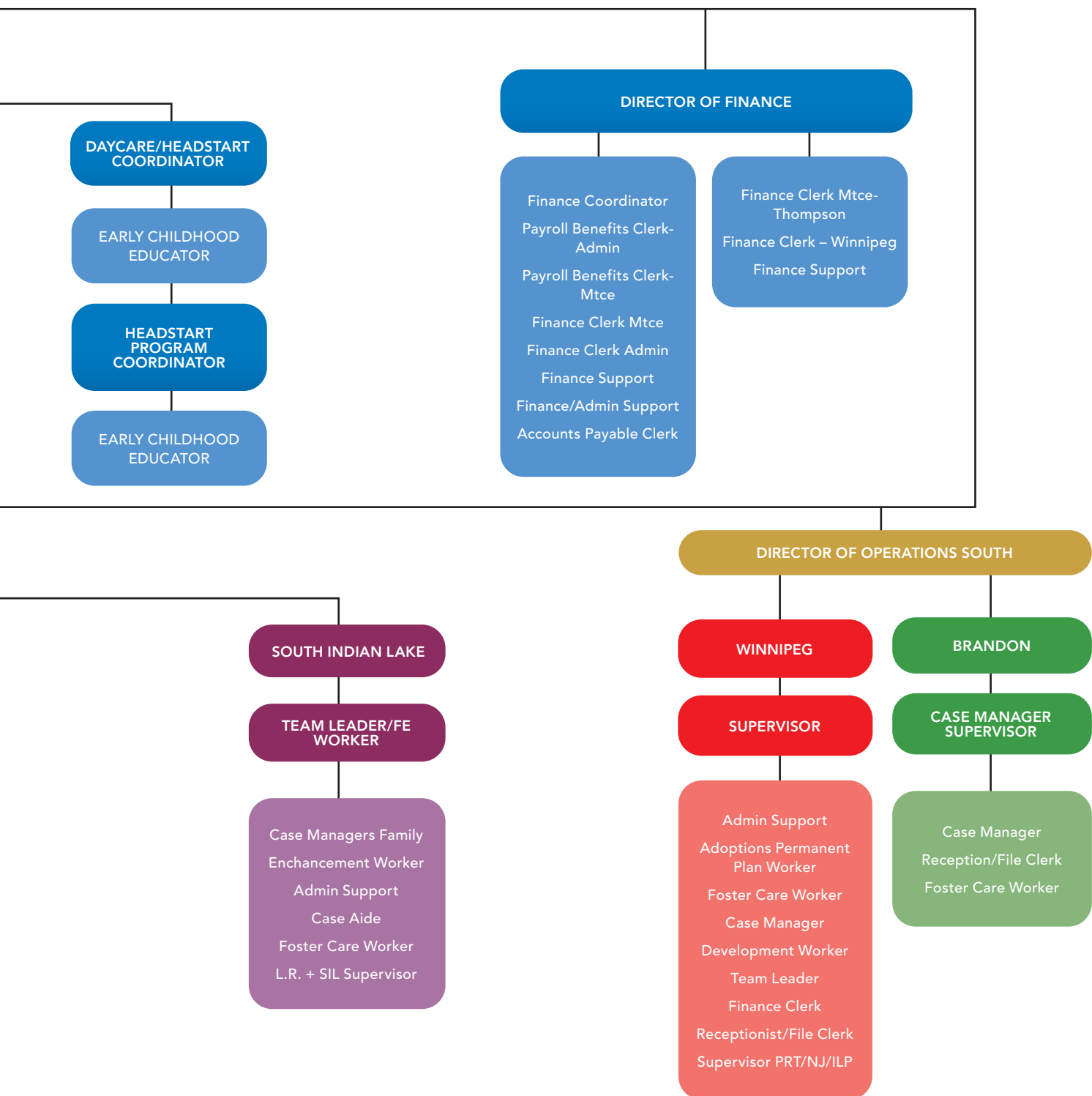
- Promote the development of new ideas and innovative measures and to bring about meaningful change for the children and families of NCN within a holistic approach to human services policy development and service delivery.
- Incorporate Indigenous traditions, culture, language, customs, and the teachings 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.

Organizational Chart





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.

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 2020-21 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

- The FCWC Nursing Department has demonstrated unwavering courage & dedication in response to the devastating COVID virus and the vaccine rollout. Their commitment was strengthened by ongoing support from FCWC employees, community leadership and the entire population of Nisichawayasihk Cree Nation.
- Due to the COVID-19 pandemic, mandates from provincial public health and NCN Chief and Council affected the way most FCWC departments were able to operate. Most programs had to shut down all in-person home visits, group activities, workshops and conferences.
- CFS services were able to continue as essential services, but staffing was decreased to 50% on a rotational basis. CFS Team Leader roles were created to fill gaps and alleviate the workload of only one supervisor.
- Of course, the pandemic created many problems for the Home & Community Care program. Home visits by staff were prioritized by need.
- Among others, Strengthening Families Maternal Child Health staff were absconded to fulfill COVID requirements, including delivering PPE and cleaning supplies, and to work vaccine clinics and isolation units.
- The Canada Emergency Response Benefit (CERB) had an impact on Family Enhancement programming, with a decrease in participation due to clients not being available.
- Mental health of clients, families and staff have been negatively impacted by the pandemic. Rates of addiction, crime, domestic violence and homelessness have been rising. As a result, the number of children in care increased substantially in Thompson. Foster homes and placements have been inadequate in number.
- As demand for Jordan's Principle program grows, infrastructure demands increase. Additional vehicles, more office space, house extensions, and sensory & land-base equipment are an urgent need.
- For the first time, a vegetable garden was planted at the Moore's Bay Receiving Homes with help from the Land-Base Program. The children harvested potatoes, carrots, onions and more, and are looking forward to next year's garden.
- While funding for the Foot Care Program has been extended for an additional year, there is not a specialized Foot Care Nurse in the community, despite repeated postings of position.
- The STAR FASD program is still hoping to hire another mentor, to meet the demands of client needs.
- There is no formal child care available in South Indian Lake, and there are not enough respite/support workers in the community.
- The Rediscovery of Families program could only deliver one camp over the course of the year due to extremely dry weather conditions.
- Throughout 2020-21, the Medical Transportation team completed more than 8,400 trips to medical appointments for NCN patients.
- The Dreamcatchers HeadStart Program purchased and delivered healthy food hampers to client families in April and again in December.
- A goal of the Jean McDonald Treasures of Hope Day Care is to have all staff in training to become certified Early Childhood Educators.
- The Brandon sub-office has no programs running out of its location, and must outsource its programming for clients. An increased budget could make Indigenous Teachings programs, including Family Enhancement, Elder relationships and culture camps possible.
- The Tuberculosis Champion Program introduced its Healthy TB Food Program, in which clients receive a food coupon after visiting Nursing Station for their medication regime. This encouragement, which included options such as milk, eggs, bread, fruit, frozen vegetables, beef and chicken, has been well received.
- FCWC continues to sponsor nine employees from the NCN, SIL, Thompson, Winnipeg & Brandon offices. Two BSW graduates are expected within the next year, with another three starting in January 2022. As post-secondary face-to-face instruction evolved to virtual classes due to the pandemic, northern sponsored students had difficulties due to the lack of consistent and reliable internet.
- Flooding has been an ongoing issue with the Fitness Centre building, but was corrected this year. Some renovations will need to be done due to existing water damage.
- MB Telehealth continued to provide invaluable support, as many patients were able to continue care throughout the pandemic.

CHILD, FAMILY AND COMMUNITY SERVICES

Overview

The CFS department operates in four locations: Nelson House, Thompson, Brandon and Winnipeg, and provides services for on- and off-reserve Citizens that include: protection services; services to families and to children in care; case management; family enhancement; and support 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.

GOALS AND OBJECTIVES

- To decrease number of children in care, and decrease number of days in care
- To maintain family unity & increase reunification
- To deliver services while maintaining traditions, customs & culture
- To shift the philosophy of all involved with CFS from intervention to prevention
- To empower staff through capacity building, transfer of learning & succession planning
- To have all homes fully licensed or re-licensed, and all case management files to meet provincial standards
- To recruit more culturally appropriate foster homes, service providers, support & respite workers
- To develop training modules for foster parents, to capture skills, education & experience inventory
- To develop guidelines for the Child in Care Youth Transitioning program, which will launch next year and help foster parents who are preparing youth for adulthood and independence
- To start the process of developing NCN's own treatment foster homes

HIGHLIGHTS AND/OR CHALLENGES

- Extremely low numbers of children in care, foster parents, and families on open files who contracted COVID-19. All have recovered and there have been no deaths among our clients.
- The agency continued to meet provincial laws and legislation and upheld case management, foster care and family enhancement standards throughout the pandemic, largely due to the dedication and commitment of workers.
- The agency supplied electronics to many children to provide support when school went remote and online due to the pandemic, and also purchased upgrades and software for CFS workers to do their work electronically.
- The Thompson sub-office is running at a full staff complement, with almost all staff having their Bachelor of Social Work degrees, or in the process of obtaining them.
- The Family Enhancement program switched to zero-contact, with modules created by workers and completed by participants in their own homes.
- Mental health of clients, families and staff have been negatively impacted by the pandemic. Rates of addiction, crime, domestic violence and homelessness have been rising. As a result, the number of children in care increased substantially in Thompson. Foster homes and placements have been inadequate in number.

Children in Care



Foster Parent Program

Nisichawayasihk Cree Nation encourages local and off-reserve NCN Citizens to foster our community's children, rather than having them sent away. 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.

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.

CIC BY LOCATION	2015	2016	2017	2018	2019	2020	2021
Nelson House	82	102	114	92	111	63	62
South Indian Lake	14	7	21	21	15	15	3
Thompson	47	89	107	125	105	84	119
Leaf Rapids	10	16	5	11	17	6	19
Winnipeg	102	106	126	127	143	119	138
Brandon	23	26	20	16	29	24	24
TOTAL	277	346	393	392	420	311	365

CIC TOTAL FILES	2020	2021
Nelson House	116	121
South Indian Lake	36	38
Thompson	138	182
Leaf Rapids	14	32
Winnipeg	184	205
Brandon	39	40
TOTAL	311	618

Moore's Bay Receiving Homes

The Moore's Bay Receiving Homes were created to house children unable to remain at home, or for those in transition to new circumstances. There are eight homes that house up to 32 children, and serves those ranging in ages from newborn to 17.

The Receiving Homes are staffed by more than 40 staff members in full- and part-time and weekend capacities. These include three house managers, one resource

worker, one clerical staff and one maintenance worker.

Services Offered

- Collaboration with other community social services such as Jordan's Principle
- Connecting to culture and traditions through community events

GOALS AND OBJECTIVES

- To provide a feeling of safety and security for vulnerable children
- To use culture and community to provide a sense of connection and belonging
- To strengthen relationships with other NCN services and programs

HIGHLIGHTS AND/OR CHALLENGES

- For the first time, a vegetable garden was planted with help from the Land-Base Program. The children harvested potatoes, carrots, onions and more.
- The children enjoy scooters and bicycles in the summer, and snow machines in the winter.
- Under-staffing continues to be a challenge. The Receiving Homes have recently switched to 12-hour shifts, which seems to be working.

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

Sub-offices of the Nisichawayasihk Family and Community Wellness Centre in Winnipeg and Brandon provide multi-disciplinary services to off-reserve NCN community members.

The Child and Family Services department operates from four locations: Nelson House, Thompson, Brandon and Winnipeg. It is responsible for the delivery of child protection and preventative services. It aims to maintain family unity through prevention strategies and to complete family reunification with a strengths-based approach. The Agency strives to maintain traditions, customs and cultures of the NCN community.

The FCWC CFS department falls under the auspices of the Province of Manitoba with respect to funding and legislation, and operates on Single Envelope Funding.

GOALS AND OBJECTIVES

- To lower the number of children in care
- To lower the number of days in care
- To increase family enhancement through Family Service Files
- To contain costs
- To increase the rates of family reunification
- To incorporate NCN traditions, teachings, language & culture as much as possible
- To network with other services to continue to learn about & integrate prevention strategies
- To develop internal resources so outsourced programming is minimal

HIGHLIGHTS AND/OR CHALLENGES

- Child in Care funding approvals continue to be an issue with major delays.
- Winnipeg & Brandon created case-carrying Team Leader roles to fill gaps & alleviate workload of only one supervisor.
- Introduction of land-based culture camps is a success.
- Continual AYA programming is a success, with additional supports, positive relationships & extensive preparation for adulthood.
- A continued paradigm shift in family services & permanent wards, with a focus on strong familial, community and cultural connections.
- Lateral violence education & awareness videos are in production.
- Independent Living programming and Foster Care orientation & screening, workshops and community connection have become a larger focus. A two-step process has been developed that is geared specifically to children in NCN care.
- Capacity building remains an essential priority to maintain current staffing & programming.
- Efforts to deliver objectives of the program were difficult within the restrictions required for the pandemic.
- Winnipeg & Brandon offices continued to operate as essential services, though staffing was decreased to 50% on a rotational basis due to public health mandates.
- Recruiting NCN/SIL families for foster care continues to be a challenge. Winnipeg office has focused on keeping family groups together, including opening a fourth home, in which large sibling groups and cousins are placed together with a house parent.
- The Brandon sub-office has no programs running out of its location, but does see the benefits that could come from Indigenous Teachings programs, including Family Enhancement, Elder relationships and culture camps. An increased budget could make these things possible.

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.

South Indian Lake Sub-Offices

The South Indian Lake sub-office provides multi-disciplinary services to NCN Citizens in this community. It works in partnership with Chief and Council and with the CWJI worker.

Services

- Family Enhancement
- Foster Care
- Intake and After Hours
- Protection Services

GOALS AND OBJECTIVES

- To enhance the lives of the families we work with
- To make strong connections with existing services in the community
- To incorporate NCN traditions, teachings, language & culture as much as possible

HIGHLIGHTS AND/OR CHALLENGES

- South Indian Lake increased the use of Family Support Agreements to prevent children from coming into care. This is reflected in the low apprehension rates for the community.
- Increased transparency with Chief and Council.
- Hosted a workshop with Elders to hear their vision of child welfare in this community.
- Increased the involvement of Elders and community members, by implementing the Circle of Care and Removal of Parent models.
- Three South Indian Lake staff are enrolled in the BSW program: one in her last year and two in their third year. A worker from Leaf Rapids office, who also has his BSW, joined SIL staff.
- The agency is exploring the possibility of purchasing a home in the community to be used as an office space, program meetings, and an emergency placement resource.
- There is no formal child care in South Indian Lake, and there are not enough respite/support workers in the community.
- Several families have children who are engaging in self-harming behaviours.
- The pandemic affected the way the department was able to deliver services, but staff did check-ins by phone and performed drop-bys with care packages to help with family connections.

Early Childhood Training and Bachelor of Social Work Programs

The Director of Training is responsible for developing, planning and scheduling employee training plans, budgets, higher learning and professional development, in consultation with FCWC program managers. The Director also acts as the liaison between FCWC and post-secondary affiliates.

Early Childhood Education: Positive Guidance 1

Dreamcatchers HeadStart, Jordan's Principle and Receiving Homes joined forces and funding to contract the University College of the North (UCN) to offer a 40-hour child care assistant certificate for their staff.

The course ran for eight weeks and graduated 8 NCN Citizens who are now Child Care Assistants.

FCWC will maintain this partnership with UCN and plans to offer another course in the Early Childhood Education Diploma Program in 2022.

Bachelor of Social Work

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.

The BSW program is designed for mature students who would be unable to successfully complete a university degree due to remote location, cultural barriers, inadequate financial resources, academic qualifications, or other factors. It creates the opportunity for local professionals who are already practicing to expand their abilities, which creates better health care for all Citizens.

HIGHLIGHTS AND/OR CHALLENGES

- A BSW sponsored employee from the Winnipeg sub-office graduated in Spring from the University of Manitoba's Inner City Social Work Program. She is the second graduate from the Winnipeg sub-office, and now serves as Supervisor of Protection, Non-Jurisdiction & the Independent Living Program.
- FCWC continues to sponsor nine employees from the NCN, SIL, Thompson, Winnipeg & Brandon offices. Two more BSW graduates are expected within the next year, with another three starting in January 2022.
- As post-secondary face-to-face instruction evolved to virtual classes due to the pandemic, northern sponsored students had difficulties due to the lack of consistent and reliable internet.

Employment Growth Opportunity Program

This FCWC program is designed to assist its clients with the transition from social assistance to the work field. Participants work in the Land Base Department, where tasks include trapping, fishing, hunting, medicine picking, outdoor safety, and search and rescue.

They spend time at Leftrook, Mile 35 and Baldock, where they learn to live off the land. Some traditional crafting, culture and Cree language activities are also available.

GOALS AND OBJECTIVES

- To support clients & teach them essential life skills as they transition from social assistance to the work field
- To keep participants inspired & motivated while they learn lost cultural customs and prepare for a successful future

HIGHLIGHTS AND/OR CHALLENGES

- This year participants harvested medicine and traditional food.
- Participants crafted cradleboards for babies and made snowshoes and birch bark arts & crafts.
- Personal protective gear for extreme weather was purchased for participants.



PUBLIC HEALTH



Overview

The FCWC Public Health department oversees all organized measures to prevent disease, promote health and prolong life among the NCN population as a whole. Its activities aim to provide conditions in which people can be healthy, and focuses on the entire, holistic health of the community, not just on the individual client or disease.

Public Health is a mandatory program. Public Health nurses and Community Health Representatives (CHRs) fall under the program funding. The entire Health team contributes to Public Health as a whole (ADI, CPNP, Nurses, CHR Health Director, Leadership, etc).

COVID-19 hit an unprepared world by storm in late 2019, and has tested the ability of the NCN Public Health Department to plan, prepare and respond to a public health threat of global proportion.

Services Include:

- Emergency preparedness & response
- Communicable disease reporting
- Public restaurant inspections
- Community water monitoring
- Patient transportation

GOALS AND OBJECTIVES

- To increase community vaccine rates to 90% which will better protect NCN
- To ensure all health programs use electronic charting databases
- To enhance safety dog awareness
- To keep community & health staff educated and to combat misinformation
- To assess community health
- To create community partnership to solve health problems

HIGHLIGHTS AND/OR CHALLENGES

- The global COVID-19 pandemic & its consequences in NCN have been the main focus of Public Health work this year.
- All Health programs scaled back, providing minimal support to the community, though none were shut down entirely, as they are all considered essential services.
- The FCWC Nursing Department has played a significant role in the vaccine rollout, and demonstrated unwavering courage & dedication to response to the devastating COVID virus.
- 3,000 family safety kits delivered to clients' homes, including food hampers & cleaning supplies.
- Well-being checks for clients and people living in isolation.
- In addition to pandemic work, training has included personal protection equipment (PPE), infection control measures, isolation processes, and online courses such as Workplace Safety Manitoba, and Abbot ID NOW testing device training.
- GeneXpert testing device received and administered by the nursing station staff.
- Many staff members were seconded & reassigned to support the Nursing Department, leaving other programs short-staffed.
- Staff are retiring, which creates vacant positions, which are difficult to fill.
- Many home visits are difficult to complete for safety reasons, due to drugs and alcohol.
- Other hazards, such as workplace and environmental concerns, make it difficult for FCWC staff.

TYPE OF PROGRAM	STAFF ENCOUNTERS	NUMBER OF CLIENTS
Aboriginal Diabetes Initiative Program	207	149
Adult Health	374	255
CPNP	77	40
Communicable Disease Control	95	79
Community Health	6	5
Covid-19	648	497
Environmental health Program	6	6
Immunizations	3,124	1,322
Infant/Child Health	139	92
Post Partum	277	172
Pre-natal	4	4
Women's Health	51	35

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

ENCOUNTERS	2019-20	2020-21
General	308	–
Vaccinations	1,034	1,322
Clients	530	–

Tuberculosis Community Program

Nisichawayasihk Cree Nation has a Tuberculosis Community Champion, who tracks the disease within the community and oversees the care of Citizens with TB.

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 TB.

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

Screening and antibiotic treatment are crucial in containing TB numbers in our community and wiping out the disease entirely.

GOALS AND OBJECTIVES

- To reduce the high incidence of tuberculosis and latent TB infection
- To work with community & other social services to improve conditions that influence health & well-being
- To increase knowledge & understanding of tuberculosis and its effects within family and NCN
- To encourage clients to take medication regularly as instructed by health provider & to complete their regimes
- To improve the health status of NCN Citizens living with tuberculosis

HIGHLIGHTS AND/OR CHALLENGES

- Introduction of Healthy TB Food Program, in which clients receive a food coupon after visiting Nursing Station for their medication regime.
- A new medication called Rifapentine, which called for one pill weekly for 12 weeks, had high success rate in NCN, until an impurity was detected and it was pulled from shelves.
- Tuberculosis remains a threat in the NCN community. Not enough NCN Citizens are educated about tuberculosis, the factors that increase its prevalence, and its effects.
- There are currently 110 NCN Citizens who have Latent TB Infection. They are encouraged to do therapy twice a week for 9 months. This therapy aims to decrease the probability of progressing to active TB.
- There are 2 individuals being treated for active TB.



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.
- To remain engaged with community & clients and aware of their well-being & mental wellness

HIGHLIGHTS AND/OR CHALLENGES

- SFMCH supervisors took part in a conference called Sacred Life Teachings: Traditional Roles and Responsibilities, Rites of Passage, Tipi Teaching.
- An acknowledgement that more cultural teachings, knowledge & activities must be instilled in the program.
- The pandemic shut down all in-person home visits and group activities, leaving our clients feeling isolated. The SFMCH team pivoted to phone calls and drive by connections.
- Many SFMCH staff were redeployed to fulfill COVID requirements, such as delivering cleaning and PPE supplies, working vaccine clinics and isolation units. This often required on call shifts and weekend work.



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 promote healthy living & supportive environments
- To focus on healthy eating, food security, physical activity & obesity
- To increase awareness of diabetes, its risk factors & complications
- To encourage diabetes screening & management
- To build more raised beds for community members
- To encourage members to proactively grow their own food
- To encourage Citizens to participate in traditional harvesting, such as berry/medicine picking, fishing & hunting
- To educate members on the benefits of greenhouses
- To work toward more greenhouses within the community & more individual family gardens

Statistics

Diabetics

DESCRIPTION	2016-17	2017-18	2018-19	2019-20	2020-21
Total Diabetics:	155	147	148	198	149
Type I Diabetics:	Male (1) Female (1)	N/A	N/A	Male (2) Female (4)	N/A
Type II Diabetics:	Male (55) Female (98)	Male (56) Female (94)	Male (55) Female (97)	Male (27) Female (31)	N/A

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 additional, specialized training in foot care. They work along with other health care professionals such as family doctors, podiatrists, chiropodists, and physiotherapists to help keep a person mobile and to decrease their risk of developing foot ulcers, which can lead to amputation.

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

Diabetes can cause sores to take longer to heal, so complex foot problems should be evaluated by a doctor.

Basic Foot Care includes:

- Foot & lower limb assessment
- Wound assessment
- Corn & callous reduction
- Nail care
- Client education
- Footwear examination
- Referrals for footwear fittings
- Referrals to medical specialists

GOALS AND OBJECTIVES

- To avoid diabetes-related foot complications
- To educate the public that prevention is the priority
- To assist clients through advocating and referrals
- To improve quality services through ongoing professional development
- To uphold the required nursing education competency as required by the College of Registered Nurse/College of Licensed Practical Nurses by completing online training seminars

HIGHLIGHTS AND/OR CHALLENGES

- Foot care is accessible to all NCN community members.
- Purchased new equipment including foot care chair, ankle brachial index reading and autoclave.
- Services were on hold due to pandemic.
- Funding for this program ended, but was extended for one year.
- Despite repeated postings of position, there is not a specialized Foot Care Nurse in the community.

Canadian Prenatal Nutrition Program

The Canadian Prenatal Nutrition Program (CPNP) is a community-based program administered through Health Canada for First Nations women on-reserve. 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.

Past activities have included prenatal, gardening, shopping, cooking and sewing classes. Clients can receive help with breastfeeding and nutrition, and may receive food vouchers.

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GOALS AND OBJECTIVES

- To improve the health status of NCN women who are pregnant, and their babies in utero & through infancy
- To promote positive thinking & healthy living
- To help clients understand the importance of maternal nourishment
- To provide nutrition screening, counselling & education 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
- To create partnerships with other social services to support vulnerable pregnant women & new mothers

Statistics

	2019-20	2020-21
Participation	51	40

STAR FASD Prevention Program

The vision of this voluntary harm-reduction program is to reduce the number of babies exposed to and suffering the effects of alcohol and/or drug exposure while in their mother's womb.

The STAR program values the lives of these women who are at risk of giving birth to alcohol/drug affected children and/or who are from families typically characterized by substance abuse, neglect, poverty, and domestic violence. These women have often been

labelled "hopeless," and mistrust the professionals, systems and resources designed to help them.

The STAR Program is based on supportive, positive mentoring long-term relationships of up to three years, with women who have overcome some of the challenges they themselves face. These women can then make important changes that will positively impact the health of themselves and their families.

GOALS AND OBJECTIVES

- To prevent prenatal exposure to alcohol/drugs in future children born to women at high risk of substance use during pregnancy
- To assist women in harm reduction strategies and receive alcohol and/or drug treatment as required
- To support women in their efforts to provide a safe, healthy environment and improved quality of life for themselves & 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 & other internal/external supports and services

HIGHLIGHTS AND/OR CHALLENGES

- The STAR FASD remains in need of a mentor.
- COVID-19 restrictions and lockdowns cancelled the program's visits. Staff pivoted to drive-bys to deliver cleaning supplies, and also assisted with community pandemic efforts.





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.

Awareness of the program is increasing every year. Most clients become involved with Jordan's Principle through a referral from school, JP staff, family or friends, or another health program in the community.

Services Offered

Jordan's Principle assistance is available for children living on-reserve with their birth, adoptive or extended families. They may receive:

- Respite care & child-minding
- Speech & occupational therapies
- Educational supports
- Medical equipment
- Mental health services
- Telehealth sessions
- Cultural activities: hunting, fishing, dress making, medicine picking, etc.
- Family safety packages & food hampers
- Transportation support

GOALS AND OBJECTIVES

- To support clients & their families so that no service, product or resource they need will be denied, delayed or disrupted at any point in their lives
- To provide more infrastructure, resources & support, such as accessible park, new home for respite services, and secure telehealth for client privacy
- To better serve clients through more education for JP child development workers
- To increase awareness of the program throughout community

Statistics

- 117 urgent clients have been served to date.
- 795 non-urgent clients who are eligible for care and need various products & services.
- 150 children have attended day camps.
- 2,736 family members are included in activities & services.

HIGHLIGHTS AND/OR CHALLENGES

- Hosted Bear Witness Day & Autism Awareness Walk.
- New land base wellness coordinator hired.
- Continued online training for JP staff.
- Secured funding for diagnostic testing for 11 children at OK School, and initiated dyslexia program.
- Purchased iPads for client use during community lockdowns and restrictions.
- An inability to hire ECEs for JP clients in school because of low wage.
- As demand for program grows, infrastructure demands increase. Additional vehicles, more office space, house extension, and sensory & land-base equipment are an urgent need!
- All in-house visits were cancelled due to COVID-19.

Medical Transportation

This program serves the medical needs of NCN Citizens by providing safe, reliable and courteous transportation. It is hoped that this program will keep paramedics in the Nelson House community in the case of an emergency, rather than using those professionals for non-life threatening travel.

This program transports dialysis patients to Thompson 4 times a week. It also brings Citizens to Thompson for medical appointments, or to be connected to further transportation to Winnipeg, by bus or plane.

There are 4 full-time medical drivers employed by this department.

Vehicles in Fleet

- 2021 Ford Transit cargo van
- 2021 Chevy Suburban
- 2021 Chevy Express van
- 2018 Dodge ProMaster cargo van

HIGHLIGHTS AND/OR CHALLENGES

- Throughout 2020-2021, more than 8,400 patients were transported to and from residences.
- Purchase of medical vehicles was funded by Health Canada.
- Clients who cancel at the last minute cause delays in others' pickups.
- Rising cost of fuel and repairs, tire replacement, safeties and insurance put pressure on budget.
- The department is in need of a garage for its fleet, so that staff will be able to complete minor work, such as oil changes and tire repairs. A proposal will be submitted to Health Canada.
- The department will be requesting additional funding for dialysis and blood work transportation. These services are currently not funded.



MBTelehealth



Telehealth is the use of secure information technology to connect patients to health-care services at a distance. Patients are able to see, hear and talk to their health-care provider on a television screen.

Telehealth can be used for:

- Clinical services such as consultations, follow up & case conferencing
- Continuing education for health-care employees & providers
- Health-related education for patients, families & the

public

- Health-care administrative meetings
- Televisitation for families separated for medical reasons, when requested by health-care provider

MBTelehealth maintains strict privacy of client health information. All information collected, recorded, stored, used or disclosed follows the protocol of the Winnipeg Regional Health Authority and The Personal Health Information Act.

GOALS AND OBJECTIVES

- To provide quality information & knowledge without the stress, time and cost of travel
- To create public awareness through advertising, healthcare fairs & personal communication
- To provide opportunity for staff & community members to attend information sessions offered through MB Telehealth
- To collaborate with Travel to identify appointments for which NCN Citizens are currently travelling that could be completed by Telehealth instead
- To support any Telehealth clinical at the nursing station that requires peripherals or support

HIGHLIGHTS AND/OR CHALLENGES

- Telehealth improves access to health-care services not typically available in our community.
- This technology reduces time away from home & work, and reduces stress & costs.
- Allows family & friends to more easily participate.
- Unfortunately, not all specialties are available through Telehealth. This leaves many Citizens still having to travel to in-person appointments, which have been interrupted by the pandemic.
- Interpretation services are not always available at the clinical site, resulting in language barriers.
- Technical issues can cause appointments to be cancelled, or can interfere with the quality of communication.

Site	Clinical	Education	Admin	Tele-Visit	Other	Total
Nelson House – Medicine Lodge	15	0	0	0	0	15
Nelson House – Nursing Station – Wellness Centre	290	23	23	0	0	330

HOME AND COMMUNITY CARE

Overview

The Home and Community Care program supports NCN Citizens of all ages who require care and planning to live in their home as independently as possible, rather than in a hospital or long-term care facility.

Elders and others with complex medical conditions can often stay in their own homes, as long as they have support. Care for someone choosing to live at home requires not only home care support, but also a circle of family, friends and other community members.

Home visits and assessments address the needs of clients who require support such as continuous care, extended care and palliative care.

Types of Services Provided:

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

GOALS AND OBJECTIVES

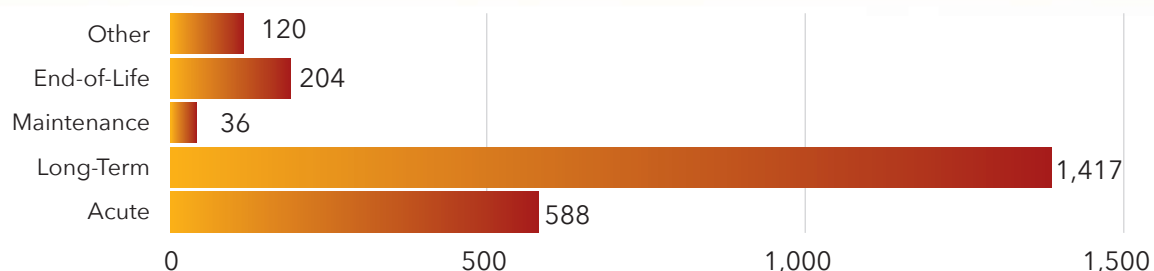
- To improve safe, competent and efficient care services for clients, their families and support system
- To further enhance the services already in the community—case conference with families
- To improve quality services through ongoing professional development for staff
- To assist clients, family members and supports to acquire and maintain emotional, mental, physical and spiritual wellbeing
- To help clients strive toward independent living by providing holistic care & support services
- To demonstrate improved accountability in all areas of service management
- To uphold the required nursing education competency as required by completing online training seminars, telehealth video training and attending health-related courses

HIGHLIGHTS AND/OR CHALLENGES

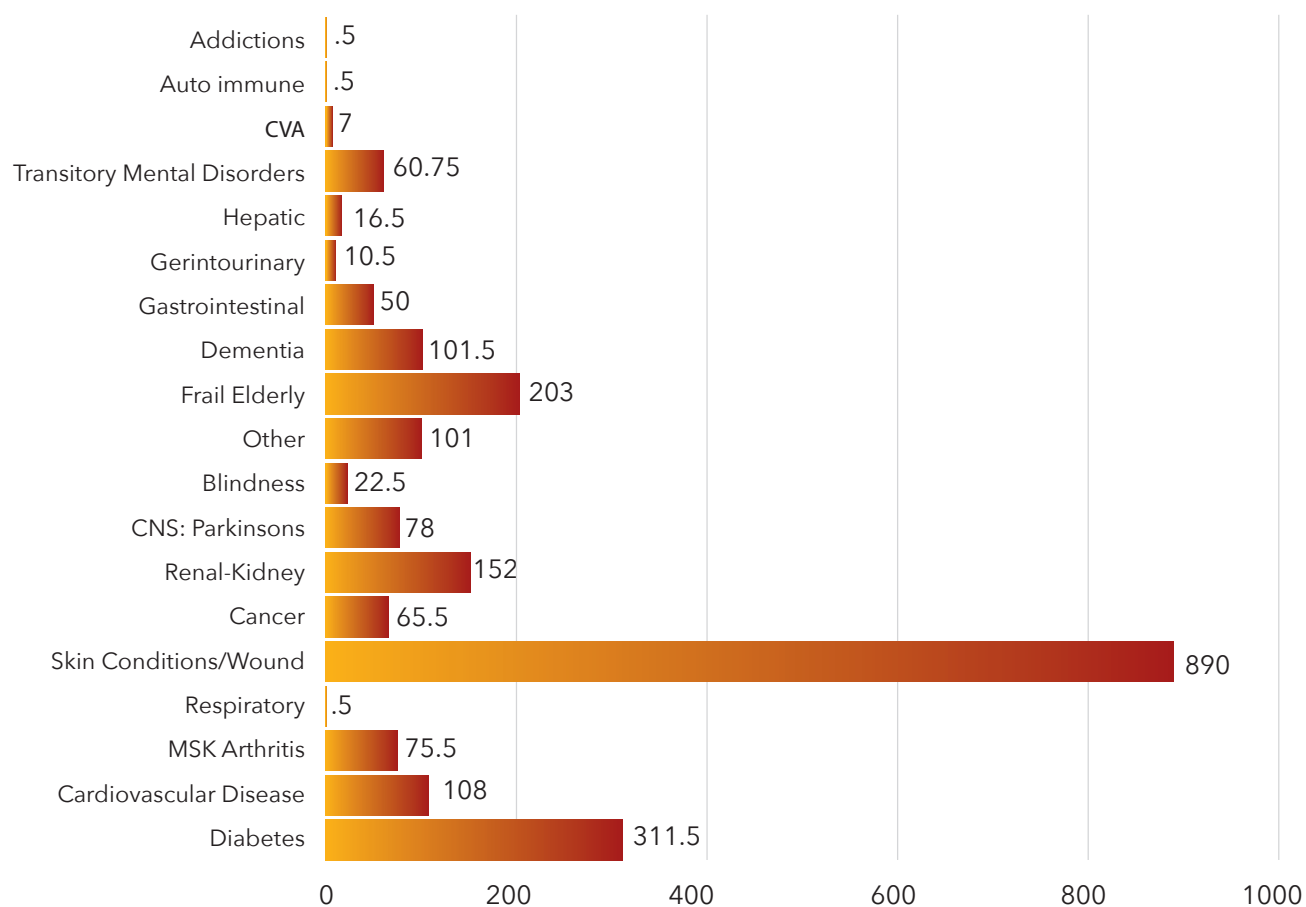
- The HCCP program hired two nurses (LPNs) and two Health Care Aides (HCAs), which brings staff up to 4 nurses and 4 health care aides.
- The HCCP program received increased funding.
- More referrals and linkages to specialists.
- Staff participated in various virtual trainings and improvement programs, including eSDRT, @your side/St. Elizabeth, Mustimuhw, palliative, chronic disease, and PPE.
- The program continues to work closely with Northern Regional Health Authority and Nursing Station to ensure NCN Citizens are receiving holistic care.
- Palliative Care program is ongoing, with support & supplies readily available.
- Of course, the pandemic created many problems for the Home & Community Care program. Home visits by staff were prioritized by need.

STATISTICS Home and Community Care Clients Type 2020/2021 – Category of Care Service

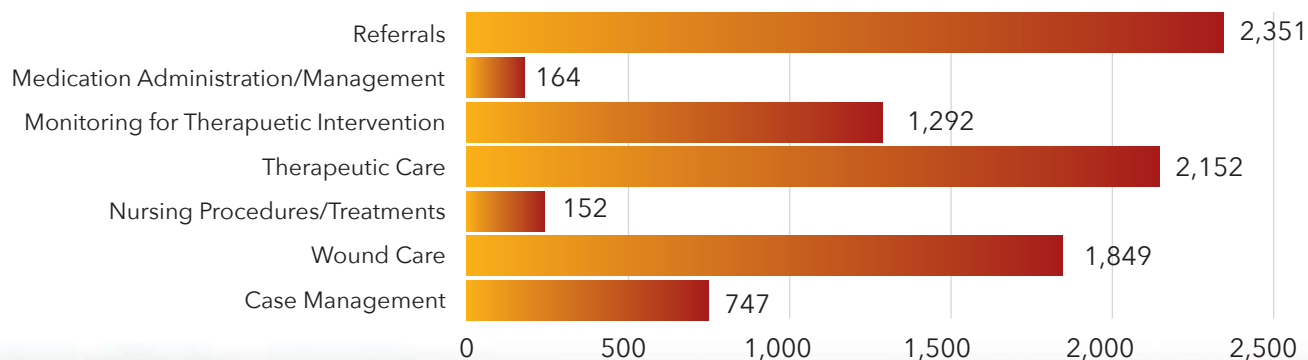
Hours by Client Type



Hours by Reason for Home Care Visits



Home Care Total Services Delivery



COUNSELLING SERVICES AND FAMILY ENHANCEMENT

Overview

Counselling Services provides 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.

Services include:

- Rediscovery of Families Project
- individual, couples & family counselling
- Critical incident stress debriefing
- Advocacy
- Bereavement support
- Community activities (vigils, berry & medicine picking, workshops, etc.)

GOALS AND OBJECTIVES

- To enhance safety and support for all community members and their families
- To provide crisis intervention, aftercare and training for community members and caregivers
- To provide ongoing assessments & referrals for treatment, after care and rehabilitation
- To include Western & traditional concepts of therapy in individual, couple, group and family counselling
- To offer traditional teachings that help family members relate to each other and create an understanding of each others' roles & responsibilities
- To create improved links between families & community resources

HIGHLIGHTS AND/OR CHALLENGES

- One cultural camp at Mile 35 was successfully completed.
- The Elders Christmas feast was wonderful.
- Rediscovery of Families program could only deliver one camp over the course of the year due to the extremely dry weather conditions.
- Due to the pandemic, all therapy and counselling switched to virtual online sessions.
- A reduced staff schedule was difficult for everyone.
- The Counselling Services department plans to purchase a new vehicle for the program.



Family Enhancement

The Family Enhancement Program provides children and families of Nisichawayasihk Cree Nation with ongoing support by involving them in positive activities and connecting them to other resources within the community. The program empowers families to make positive change through early intervention, prevention, education and family supports.

Family Enhancement has assisted 150 families (and counting) with prevention services such as one-time assistance for families in need, respite services for

caregivers that require extra support, community donations towards memorial feasts and bereavement, and opportunities to participate in the Rediscovery of Family camps.

Services offered:

- Culture camps
- Children & youth tournaments
- Respite & support services
- Evening activities and groups for children & youth

GOALS AND OBJECTIVES

- To demonstrate how traditional values, beliefs and culture can improve relationships in NCN families
- To help participants identify issues that have a negative impact on family functioning and to find practical solutions that can be used every day
- To collaborate & strengthen relationships with other NCN services and programs

HIGHLIGHTS AND/OR CHALLENGES

- The typical eight-week program was cancelled because of COVID-19.
- The Canada Emergency Response Benefit (CERB) has an impact on programming, with a decrease in participation due to clients not being available.
- Family Enhancement continued to support clients through respite and support services, and pivoted to home-based programming, due to pandemic requirements.



Special Projects Program

This new department came into existence in October 2020, and was created to support NCN families and young adults. It currently offers support in three areas:

- The Parent Coach Program provides one-on-one assistance and guidance to new parents, or to parents who have been referred from the Family Enhancement Program or CFS for additional support. There is a special focus on reconnecting with culture and traditional teachings.
- In-Home Respite Services works in tandem with it. These workers care for children and provide play therapy while parent coaches work with the client.
- Youth Mentor Program assists young adults in preparing for adulthood and the transition to the workforce. Services include resume and cover letter writing, obtaining legal identification paperwork, and work experience guidance.

HIGHLIGHTS AND/OR CHALLENGES

- The Special Projects Program made its first appearance in October 2020 at the FCWC Clothing Sale, and again at the Christmas Toy Sale in December.
- Community lockdown and COVID-19 protocols limited the abilities of the Special Projects Program. This time was used to have discussion with other social services and clients to determine what services would best serve NCN's young people and families.

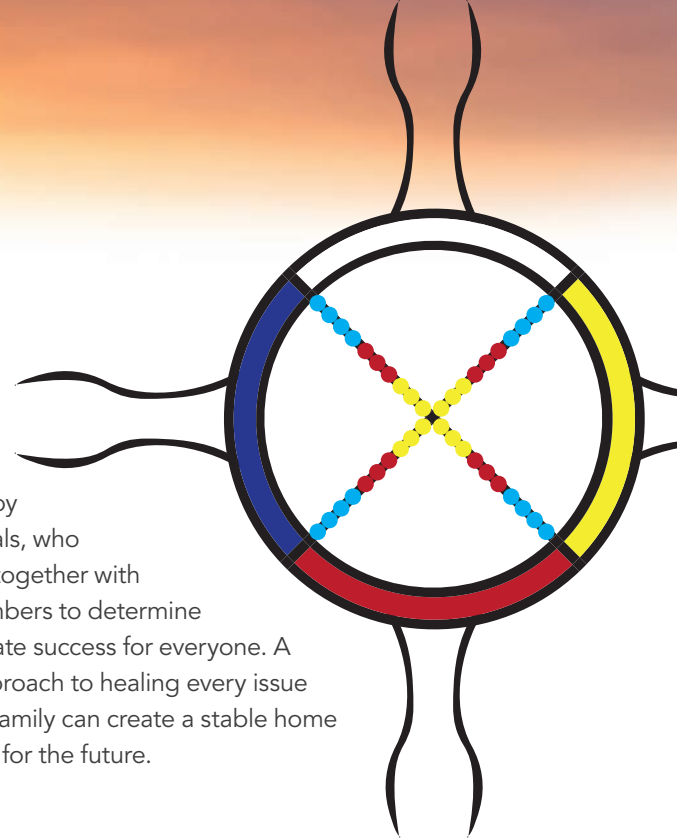


Circle of Care

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 wellbeing 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 create for each family a feeling of teamwork & a positive vision for their future
- To resolve the problems of the past
- To ensure each family member feels loved & appreciated
- To teach effective coping strategies for stress, frustration & anger
- To increase efficiencies within the social services
- To acknowledge and address the mental, emotional, physical & spiritual needs of families
- To receive additional funding to lower the client-worker ratio



Rediscovery of Families Program

This program gives families the opportunity to reconnect with each other through learning the values, beliefs and traditional roles of the family. With guidance and teachings from Elders and support workers, families learn practical and valued ways to care for each other.

This includes opportunities to reconnect with the land through retreats for couples, families and women. Traditional activities such as hunting, fishing, picking berries and medicine plants & learning about them are encouraged. Participants enjoy ceremonies, such as pipe and sweat lodge, and exploring historical sites like the dancing circles.

HIGHLIGHTS AND/OR CHALLENGES

- After community lockdown in the spring, Citizens were excited to participate in our camps, resulting in high numbers during three full-week sessions.
- The program receives less funding each year, which creates a challenge in staffing and planning.

GOALS AND OBJECTIVES

- To raise awareness of our values, beliefs & traditions and to use them to create better relationships
- To help families identify strengths, and issues that have had a negative impact, and find practical solutions for everyday life
- To reconnect more families with the land as a source of food, medicine & spirituality
- To improve community support when families return from retreats



CHILD CARE AND COMMUNITY WELLNESS

Overview

Child care that focuses on the individual, from infancy to kindergarten, is crucial in preparing young children for learning in school.

FCWC programs are created with a focus on early childhood development and life-long learning. Activities include nutrition, physical activity, relationships with Elders, positive coping strategies and more.

This department also directs the FCWC Fitness Centre.

This space and equipment is free of charge for all NCN Citizens, who are encouraged to make the gym a regular part of their wellness routines.

Child Care and Community Wellness Programs Oversees:

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

Jean McDonald Treasures of Hope Daycare Centre

The Jean McDonald Treasures of Hope Daycare was established in 1998 to provide working parents and students in training with affordable quality child care. It now carries on as part of the FCWC. The daycare is a place of Early Childhood Learning, and gives children the opportunity to gain skills that will prepare them for higher learning.

The daycare operates from 7:45 am to 5:00 pm. We provide care for infants and toddlers ages 4 months to 2 years of age, and preschoolers ages 2 to 5 years of age. Daily day care fees are \$25 per full day and \$15 per half-day for working parents. Full days of care are provided to ATEC students at no cost (beyond providing their child's meals and snacks), and other students at \$10 per day.

GOALS AND OBJECTIVES

- To provide meaningful opportunities to learn in a structured, safe & nurturing learning environment
- To guide activities that promote the social, emotional, mental & physical growth of each child
- To enhance partnerships with other child and health programs to support & promote healthy living, positive choices and the wellbeing of families
- To demonstrate integrity, care & dignity in all aspects of practice
- To manage fees so that our program is financially available to working parents or those needing income assistance
- To encourage staff to pursue knowledge, skills & self-awareness for professional competence

HIGHLIGHTS AND/OR CHALLENGES

- New flooring was installed.
- New boat and motor purchased for cultural program.
- A goal for the Daycare program is to expand its cultural camp and teachings. The daycare would like its own cabin at the FCWC camp site. It would like to share more stories of the old NCN settlement areas, and give children and caregivers the opportunity to learn the Cree language.

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.

It is the goal of the Gym and Fitness Centre to connect all of the NCN staff, Wellness Centre, band employees, government, school staff as well as all the community members.

It is also our goal to provide a safe environment to improve the health and fitness of the whole community.

In closing, the gym has come along way in the last year. We look forward to always upgrading and moving forward with providing the community with a safe welcoming environment to exercise in.

We encourage anyone who might be interested in utilizing the gym, just to come in and take a look around, I'm sure you'll be impressed with some of the recent upgrades.

We look forward to another successful year at the gym.

GOALS AND OBJECTIVES

- To improve the health & fitness of the entire NCN community
- To provide effective programming from qualified staff
- To provide stimulating equipment & facilities
- To engage public influencers to improve future prospects

HIGHLIGHTS AND/OR CHALLENGES

- The gym is a spacious temperature-controlled environment for safe comfortable exercise.
- The gym has been received a lot of new equipment lately that is worth the trip, just to come check it out.
- Flooding has been an ongoing issue with the building, but was corrected this summer. Some renovations will need to be done due to existing water damage.
- 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.

Dreamcatchers HeadStart Program

This is an enrichment program for children, from birth to six years of age, and their families living on-reserve. It provides learning opportunities that acknowledge each child's learning style and developmental stage. Every day includes a strong focus on health, hygiene and nutrition. Children are encouraged to be proud of their First Nations culture and language. Traditional teachings, including Cree language, culture, dance and music, occur in the classroom, on the land and at cultural cabins.

The HeadStart Program recognizes parents, guardians and caregivers as each child's first and best teacher, and requires 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.

This is a free program, which includes transportation and nutritious snacks free of charge.

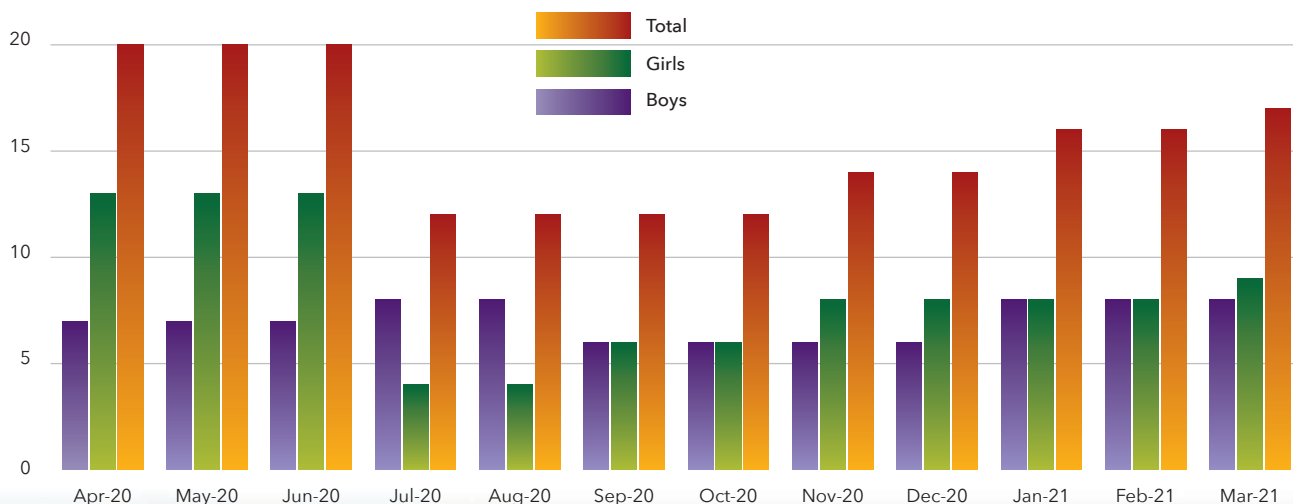
GOALS AND OBJECTIVES

- To provide First Nations children with a positive sense of themselves.
- To encourage children to enjoy lifelong learning.
- To support the spiritual, emotional, intellectual and physical growth of each child.
- To guide, support and encourage parents, guardians and caregivers to become active participants in their child's life.
- To provide various life skills & child development support for First Nation parents, guardians and caregivers.
- To build partnerships and coordinate with other community programs & services to enhance the effectiveness of the program and the families that we serve.

HIGHLIGHTS AND/OR CHALLENGES

- Three young NCN Citizens graduated from the HeadStart program this year. This was a smaller class because of the all-day kindergarten program at OK School.
- The summer program ran for three weeks in July and August.
- The Infant & Toddler program had 5 children and 3 parents registered.
- The program purchased & delivered food hampers to HeadStart families in April and again in December.
- Mould issues in the classroom were cleaned and repaired.
- New flooring was installed in both the HeadStart and Daycare spaces.
- Hosted an online New Year's family portrait competition in honour of National Children's Day.

Dream Catchers Preschool Gender Enrollment





Nisichawayasihk Cree Nation
FAMILY AND COMMUNITY
Wellness Centre^{Inc.}

Box 451
14 Bay Drive
Nelson House, Manitoba
R0B 1A0
Phone: (204) 484-2341

