



2021-22 Annual Report



A holistic approach to Community Wellness



Nisichawayasihk Cree Nation
FAMILY AND COMMUNITY
Wellness Centre Inc.

Now more than
ever, we understand
that the key to
navigating a healthy
life successfully is
staying attentive and
adaptable.



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Please note: Financial Statements for the 2021-22 reporting year can be requested by contacting the NCN Family and Community Wellness Centre Inc.



Message from the CEO

I am pleased to present the 2021-22 Nisichawayasihk Cree Nation Family and Community Wellness Centre Annual Report.

The summaries here present the successes, and challenges, of our incredible range of programs and services here at home, and at our locations in Thompson, South Indian Lake, Leaf Rapids, Brandon and Winnipeg. They also serve as a guide to propel all of us into a brighter future.

I must acknowledge that COVID-19 continues to affect our community. While vigilant lockdown measures kept our Citizens safe as the virus ravaged the planet, it did eventually gain a foothold here this summer. Thanks to our incredible community vaccine rate, our excellent public health team, and the willingness of our Citizens, we brought our numbers down again.

In fact, as we work to understand how the pandemic is affecting our Citizens, their ability to heal and our ability to help, I have realized that perhaps the most important characteristic for us to foster is a strong sense of adaptability.

Being flexible and optimistic is crucial in times of change, whether it's pandemic regulations, self-care in the face of a physical ailment, a new challenge in family life, or the stress of unemployment.

This year has been a cautious return to normal programming. No matter the focus, we teach our clients strategies so they can "go with the flow", and our employees also use this philosophy as our programs evolve to meet the needs of our community.

Now more than ever, we understand that the key to navigating a healthy life successfully is staying attentive and adaptable.

FCWC programs enhance the strength and spirit of our families, by relying on the deep compassion and expertise of our staff, the wisdom of our Elders, and the encouragement and support from NCN Chief and Council. As we move forward, I have great confidence that the Centre's board and staff will work collectively to develop innovative, integrative strategies that will continue to improve the lives of our Citizens.

Our aim for FCWC services is that they are culturally-based, holistic, and acknowledge the important roles of self-determination and community responsibility.

To achieve this, your input as a community member is always valuable. If you have ideas to improve the overall lifestyles and safety of our people, and to reconnect individuals and families with paths to healing and better living, let us know.



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 2021-22 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

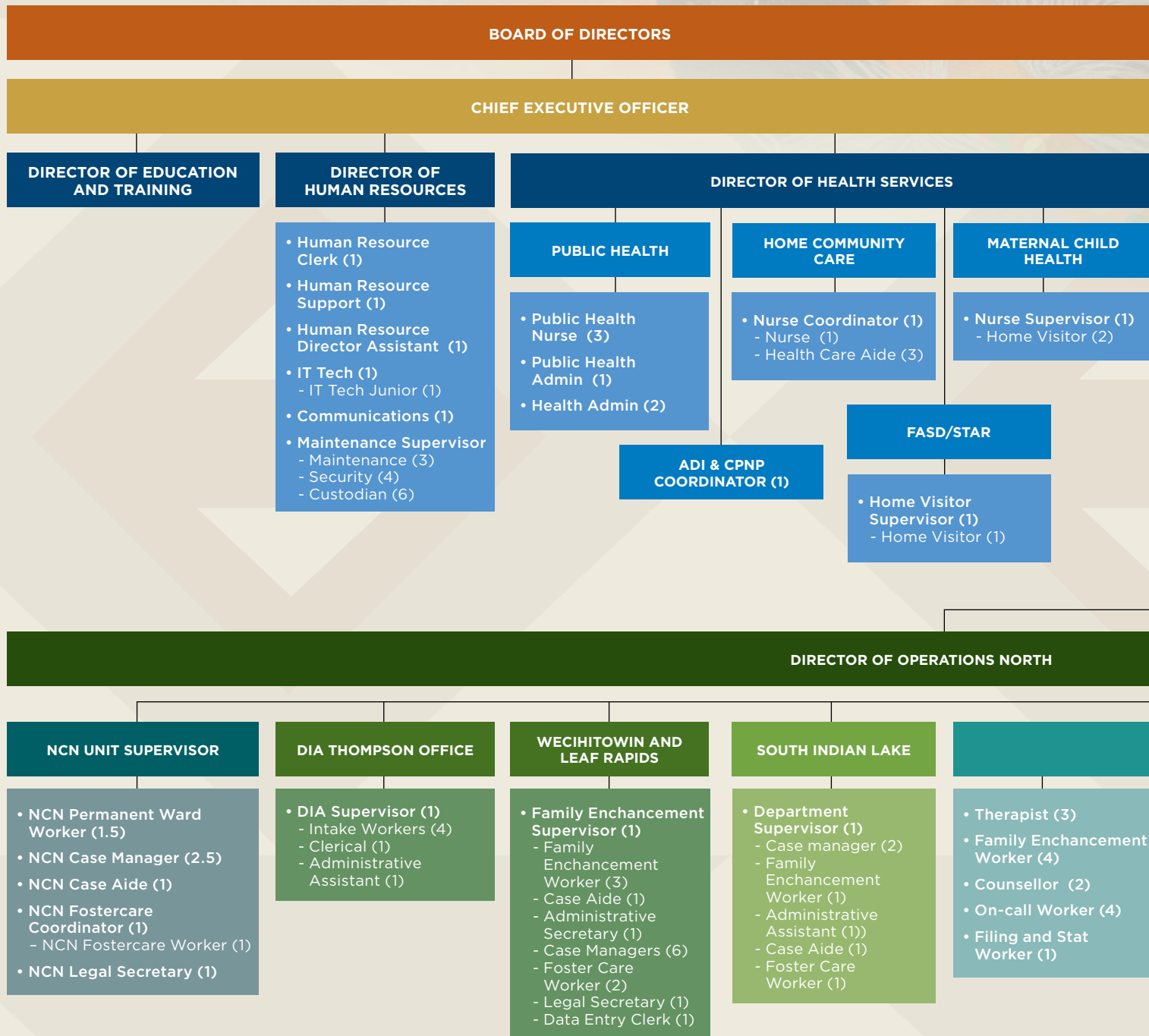
Our facility and approach is unique as it uses a strength-based approach to support children and families. Relationships between programs, individuals and families are viewed as paramount to change. The Centre has adopted a mandate to reflect this commitment by working to:

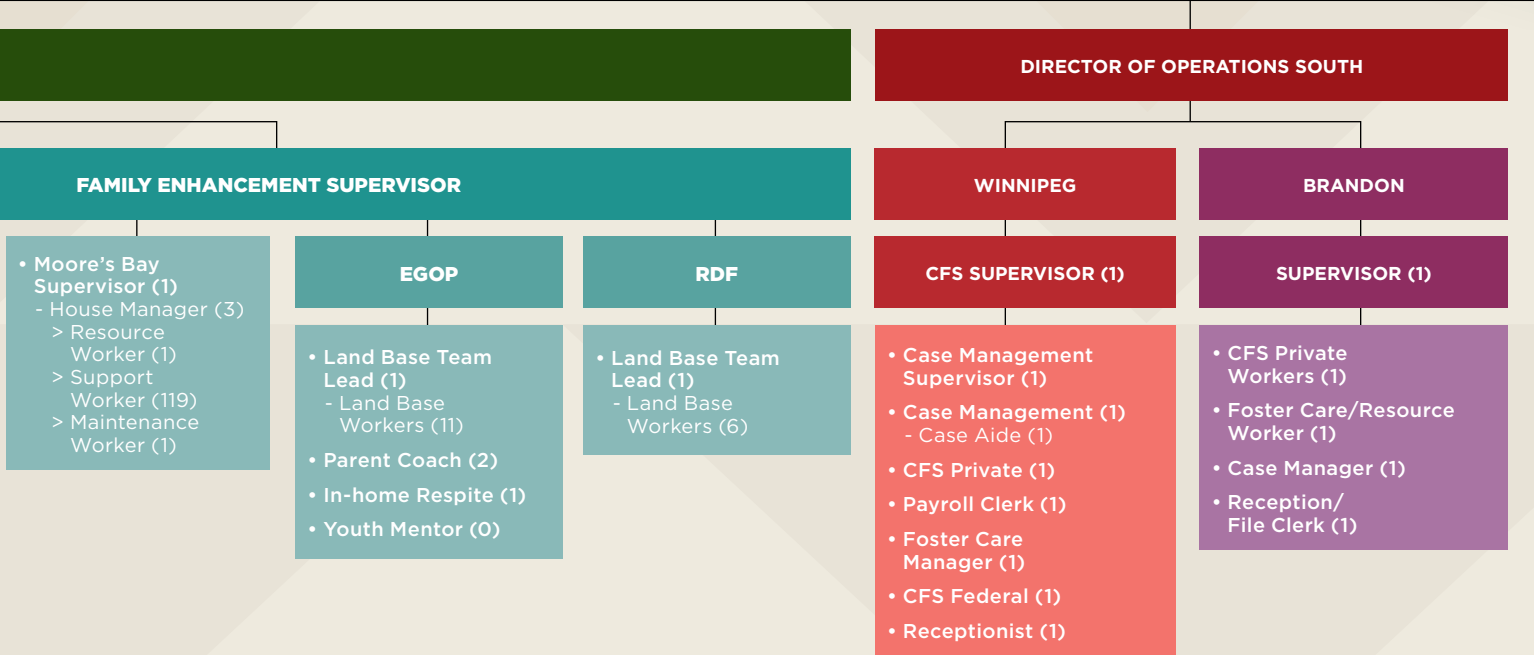
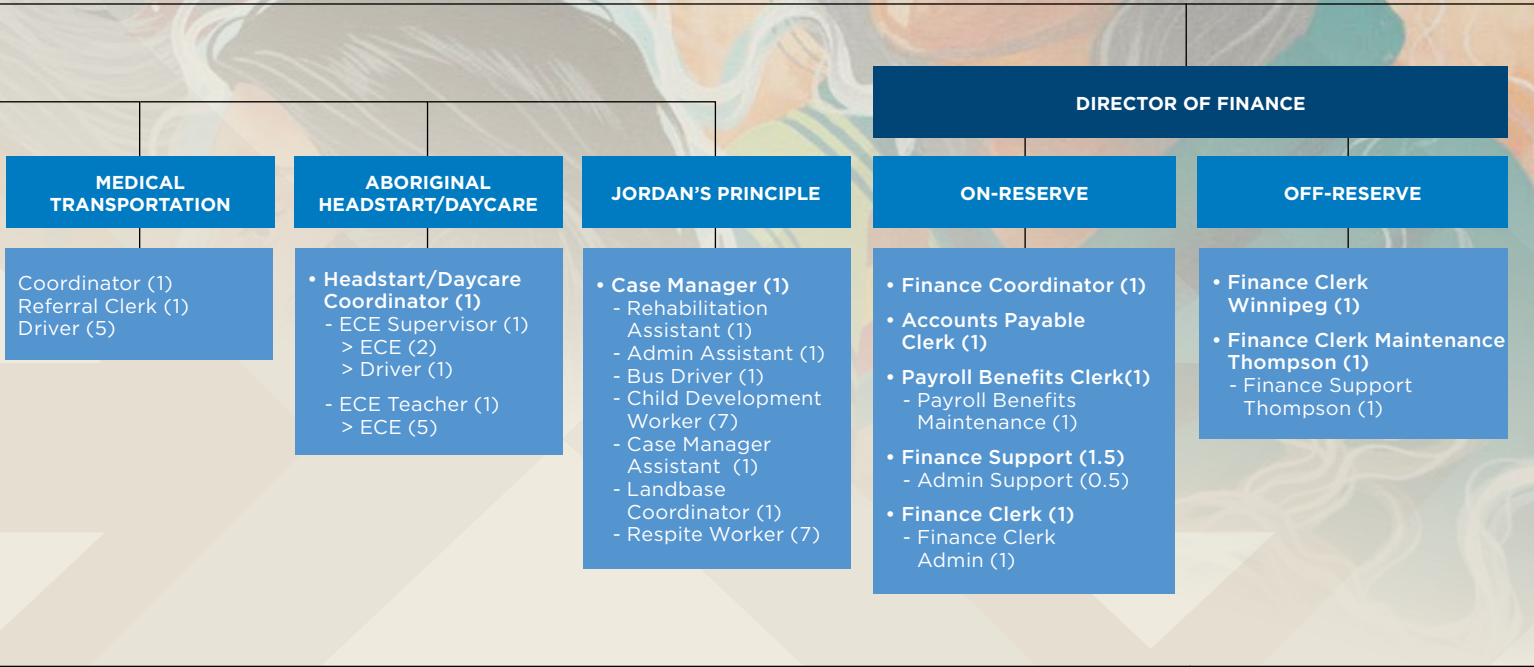
- Promote the development of new ideas and innovative measures and to bring about meaningful change for the children and families of NCN within a holistic approach to human services policy development and service delivery.
- Incorporate Indigenous traditions, culture, language, customs, and the teachings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





Our Core Values

SOCIAL JUSTICE:	SELF RELIANCE:	INTRINSIC WORTH OF PEOPLE:	SUSTAINABILITY:	COOPERATION:	COMMUNITY WELLNESS FOCUS:
We will treat all residents of Nisichawayasihk Cree Nation equally.	We will promote personal and family responsibility first.	We will think of everyone as having abilities, talents and skills that are essential to the overall health of the community.	We will provide services in a way that does not threaten our ability to meet basic human needs over the long term.	We will work together to achieve community wellness.	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.

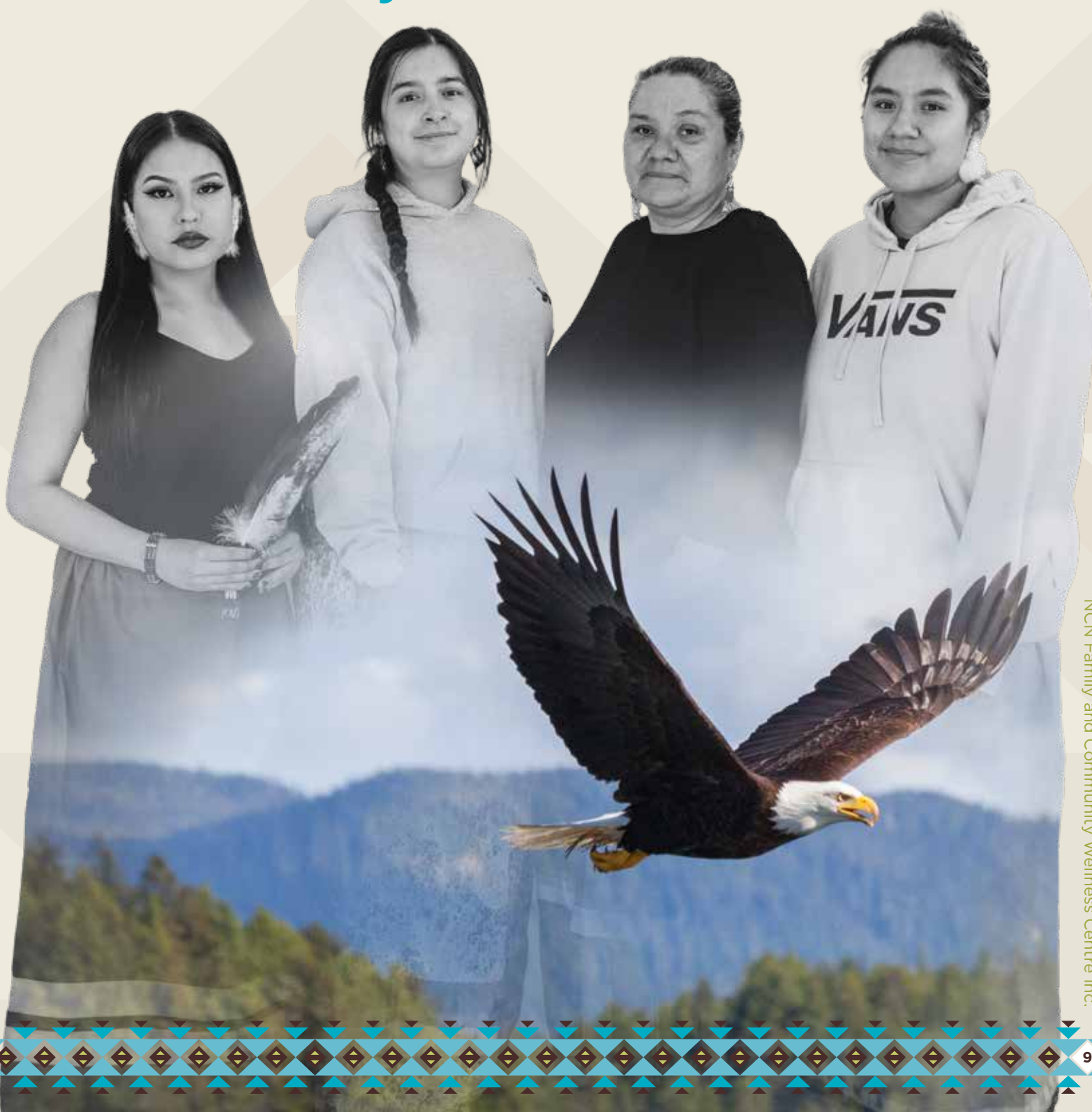
The following reports highlight some of the accomplishments from the 2021-22 fiscal year for each program along with statistics of individuals participating and receiving care. Programs or departments with goals and objectives for the next year have indicated the plans to improve services to Citizens, 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

- Managing the COVID-19 pandemic, through vaccines, testing, isolation, case & contact management, remain the focus of Public Health work this year. Staff members have been outstanding in their commitment and dedication.
- MB Telehealth continued to be an invaluable resource as clients were able to keep medical appointments that would have typically been cancelled due to pandemic regulations.
- Counselling Services notes that mental health issues have become more prevalent since the start of the COVID-19 pandemic.
- House visits can be frustrating and/or dangerous for FCWC staff due to dogs, addiction, gang violence and unsafe entry to homes.
- The Home & Community Care program reports that many client homes have bed bugs and cockroaches.
- Competitive wages, accommodations and retention remain a challenge in hiring a specialized Foot Care Nurse for the community. Despite several postings, the position remains unfilled.
- After several years of needing more support for clients, the STAR FASD program has hired another mentor.
- The increased cost of gas continues to put pressure on the Medical Transportation department.
- An ongoing challenge for the Wellness Sports Association is securing on-going, consistent gym time so kids and their caregivers can depend upon a certain location and time for their sports.
- It has been wonderful to welcome clients back to the Fitness Centre after COVID restrictions lifted.
- Employment Growth Opportunity Program (also known as the Land Base Program) assisted at Lefthook Camp in the building of a new cabin, provided moose hide tanning, and helped the FCWC in its community sweats.
- The Special Projects Program hosted an ID fair that provided Citizens with personal identification, treaty cards, birth certificates and health cards, which sets them up for potential employment.
- The Family Enhancement was able to conduct its eight-week parenting program for three complete cycles over the course of the year.
- Four family retreats in the Rediscovery of Families program, two in winter and two in summer, were well attended.
- The Winnipeg and Brandon sub-offices reunified a sibling group of 10 with their grandmother and aunt. Their mother is available for support and co-parenting.
- The Aboriginal Diabetes Initiative (ADI) employee has been selected to participate in a 10-week training session with Yellowquill Community College, which will benefit Citizens through improved diabetes service delivery.
- FCWC is sponsoring 14 Child and Family Service (CFS) employees who are at various stages in their four-year Bachelor of Social Work Degree Program with the University of Manitoba. These CFS employees are at the NCN, South Indian Lake, Thompson, Winnipeg and Brandon offices.



Child, Family and Community Services



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, counseling, 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 start the process of developing NCN's own treatment foster homes

HIGHLIGHTS AND/OR CHALLENGES

- The agency continued to meet the needs of children in care, foster care and family enhancement during the pandemic, thanks to the dedication and commitment of workers.
- Two children in care graduated from high school.
- One child in care will remain so until 21 years of age to access services such as the Independent Living program.
- The agency helped older children in care to prepare for their transition out of the system with resume writing, driver's licenses, and paperwork such as birth certificates, treaty cards and social insurance numbers.
- There are not enough foster homes to meet the needs of the community. The CFS department was been delivering more information about the foster program through a meet and greet supper and information sessions.
- NCN CFS staff continue to see the negative effects of the pandemic on the mental health of clients, families and staff. Addiction, crime, domestic violence and homelessness are on the rise in the community.

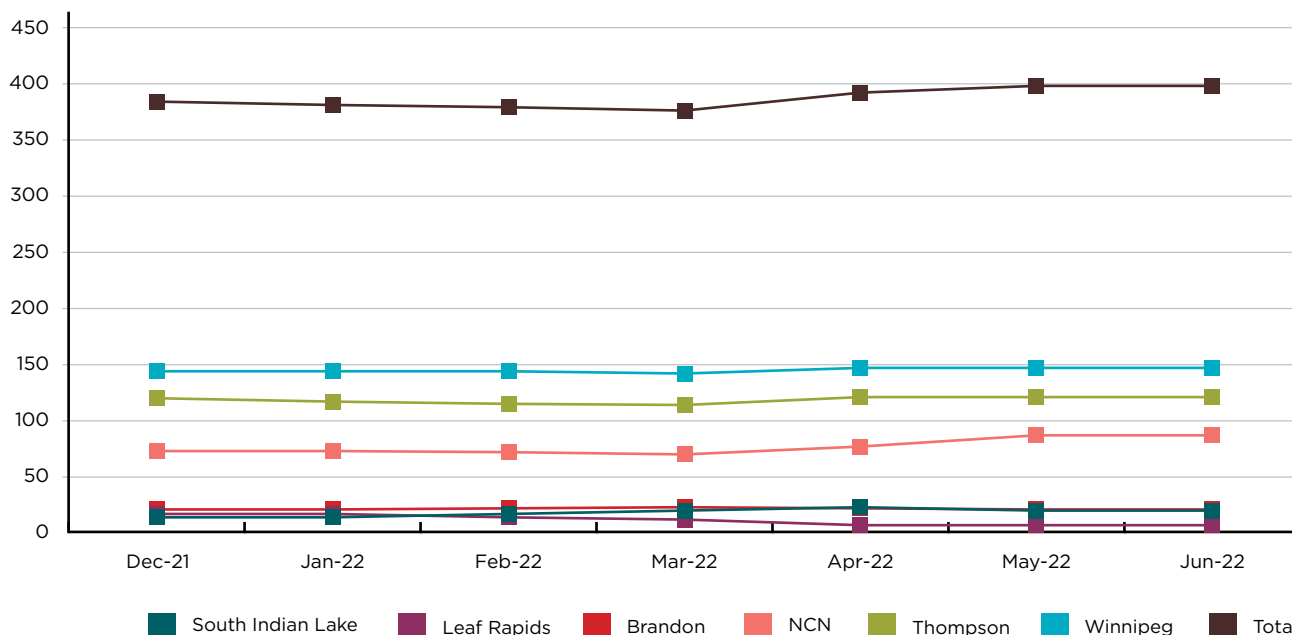


391

children in care as of April 2022. 201 are Non-Status and 190 are Treaty Status.

Children in Care

2021-22 CHILDREN IN CARE BY LOCATION



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.

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 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. Provincial funding is based on statistical data and federal funding is based on percentage of population on-reserve.

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 work towards closing family files
- To incorporate NCN traditions, teachings, language & culture as much as possible
- To build capacity to maintain current staff and programming, which will further empower our families

HIGHLIGHTS AND/OR CHALLENGES

- Single envelope funding allows for child welfare that's congruent to NCN values, beliefs and traditions. The learning curve has allowed the agency to refocus overall goals. This has resulted in a decrease in children in care, and a greater focus on reunification with supports.
- Staffing levels remain the same and Team Leaders are now permanent.
- The Winnipeg office will reassign staff (voluntary), build a skill-focused team, and work towards solutions to the ever-changing demands of CFS.
- The Brandon office structure will evolve slightly with three full-time staff and a .5 case aide.
- Introduction of land-based culture camps is a success. Land-based training budgets have been set for the year. Appropriate land has been located that is for sale, and is under consideration.
- A continued paradigm shift in family services & permanent wards, with a focus on strong familial, community and cultural connections. The onus is placed on staff and foster 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 O-Pipon-Na-Piwin Cree Nation Chief and Council and with the Community Wellbeing Jurisdiction Initiative worker.

Services include foster care, protection services, and intake and after hours.

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
- To have a regular schedule of events and a land-based camp for Family Enhancement
- To create an annual camping program for SIL families
- To have a staff retreat, and to have staff attend more training

HIGHLIGHTS AND/OR CHALLENGES

- The SIL sub-office has entered 10 family support service agreements to support families as they aim to avoid coming into care.
- O-Pipon-Na-Piwin Cree Nation Chief and Council are developing a closer relationship with the NCN CFS SIL staff.
- The CFS SIL office has three upgraded computers.
- The Agency is exploring the possibility of purchasing a home for place-of-safety purposes for children in the community.
- Two staff are currently in their fourth year of their BSW program.
- Several families have children who are engaging in self-harming behaviours. CFS SIL continues to work with these families and provides resources for youth treatment centres.
- There are not enough respite/support workers in the community. This means a schedule cannot be developed, and families do not enjoy the benefits of working with the same FSSAs.
- Job postings for support workers, family enhancement worker, and for another case manager have gone unfulfilled.
- The CFS SIL sub-office has a shortage of foster care placements, especially within the community, which would allow SIL children to remain here.

Family Therapy Services

Family Therapy Services offers therapy and assessments to children and parents who are dealing with Child and Family Services. The department provide parenting capacity assessments; group interventions on a variety of topics including circle of security parenting, loss, trauma and self-harm; circle of care meetings; therapy; and family circles for loss and bereavement.

Family Therapy Services also offers assistance to other NCN Citizens who wish to work on mental health and family concerns, and to other FCWC staff, and provides support at community events.

Wecihitowin Project

The Wecihitowin program offers strategies to strengthen families through Indigenous teachings and traditions. Each family is fully supported by the Circle of Care model, and is encouraged to understand the importance of balance through Medicine Wheel teachings.

It aims to shift families from intervention to prevention by teaching harm reduction skills, building relationships with Elders and community members, and providing opportunities to connect with culture and the land.

The program is delivered in a seven-week cycle based on the Seven Sacred Teachings: wisdom (orientation), truth (history), respect (personal & family wellness), courage (parenting), honesty (effects on the child of addictions & family violence), love (life skills), and humility (traditional parenting).

Services Offered

- Counselling
- Parent services, Elder services & respite
- Home visits
- Administrative assistance
- Advocating & court support
- Transportation services
- Cultural & land-based activities
- Rental & housing information
- Links to other community resources & services

GOALS AND OBJECTIVES

- To provide culturally appropriate support services to Aboriginal families to help them make healthy choices for healthy lives.
- To provide early intervention, prevention, education and family supports to First Nations families who may be experiencing difficulties.
- To connect the past to the present.
- To create a continuous circle of connections that start with community.
- To reduce the number of children in care of agencies.

HIGHLIGHTS AND/OR CHALLENGES

- The Agency has started to shift from traditional legislated Child Protective Services to culturally appropriate Family Preservation Services, with the aim of less apprehensions and keeping children in their homes and with their families whenever possible.
- The Agency is slowly implementing Bill C-92, with the aim of NCN laws and practices of community standards, culture, language and child-rearing practices replacing the mainstream model.
- A new model of case planning has started by working with both parents and/or family who are capable and able to safely parent the children.
- A Youth Transitional Planning Toolkit has been created for children exiting the system and/or entering adulthood. It will be launched in 2023 for children 12 years and older.
- Some activities this year included: culture camp, medicine picking, tee-pee teachings, family day, Halloween craft night, and wreath-making.
- The Wecihitowin program supported families with clothing giveaways, yard cleaning & hauling, and meal hampers for Thanksgiving, Christmas and Easter, which include teachings of the importance of family bonding.
- Placement availability continues to be an issue. There were about 100 incidences during which there were no temporary places of safety available, so children stayed with staff. This is a huge issue.
- With the rise in inflation, families are struggling with finances, so emergency purchase orders were delivered to families, with teachings of how to budget and organize finances.

"I would recommend this program. The instructor engaged himself in our work and shared his experiences that were relatable."

Moore's Bay Receiving Homes

The Moore's Bay Receiving Homes are provincially licensed facilities that were created to house children unable to remain at home, or for those in transition to new circumstances.

There are eight homes that provide 24-hour care for up to 4 children in each. Each home is run by at least two support workers on eight-hour shifts, and serves kids from newborn to 17 years of age.

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

Services Offered

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

HIGHLIGHTS AND/OR CHALLENGES

- Employees received some training opportunities and professional development.
- New job positions were created, which include two additional house managers, one resource worker, one maintenance worker, and a receptionist.
- At the same time, understaffing remains a problem. It is difficult to retain staff, to recruit qualified staff, and the pay scale does not adequately represent the dedication and hard work of the support staff.
- In the next year, plans include further developing professional knowledge and improving low-functioning work processes.



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homes provide 24-hour care to children who are unable to remain at home or are transitioning to new circumstances.

Director of Education & Training

Director of Education & 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 with post-secondary affiliates in designing and implementing the unique training needs of the FCWC.

Current Academic & Training Affiliates

- University College of the North
- University of Manitoba
- Yellowquill University College
- Red River College
- All Nations Coordinated Response Network (ANCR)
- TOBA Centre for Children & Youth
- YWCA: Steps to Success
- Southeast Resource Development Corp. (SERD)

Training Updates

BSW Degree Program

The FCWC is sponsoring 14 Child and Family Service (CFS) employees from the NCN, SIL, Thompson, Winnipeg and Brandon offices who are in the four-year Bachelor of Social Work Degree Program at the University of Manitoba.

Receiving Home Training Grant

NCN Receiving Homes obtained a grant to assist employees with child & youth care services. Thus far, 20 receiving home employees (10 from NCN and 10 from Thompson) have received the following training through Red River Community College:

- Observation and Documentation
- Therapeutic Activities and Groups
- Positive Guidance
- First Aid/CPR

First Nations Community Management Two-Year Diploma Program

Three program managers are moving into their final year in the part-time First Nations Community Management Diploma Program with Yellowquill University College. Their graduation date is set for June 2023.

First Nations Financial Management Two-Year Diploma Program

Three FCWC financial personnel are moving into their final year in the part-time First Nations Community Financial Management Diploma Program with Yellowquill University. This program is offered at ATEC with an on-site instructor. Their graduation date is set for July 2023.



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Bachelor of Social Work students at UofM from our community are sponsored by FCWC



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NCN Receiving Home employees have received training through RRC

Our Academic & Training Affiliates



Child & Family Services Training (Specialized): Forensic Practice

Eight CFS employees received Conducting Investigative Interviews training from ANCR in May. Two CFS Intake employees are receiving Child Abuse Investigative training from TOBA until December 2022.

Aboriginal Diabetes Worker Certificate

The FCWC ADI worker has been selected to participate in a 10-week training session with Yellowquill Community College, which will increase their knowledge of diabetes and skills in program delivery.

Leadership & Management Training

FCWC program managers from NCN and Thompson attended a workshop provided by Steps to Success (YWCA) on Leadership and Management. Twelve managers attended the one-day session.

New Internal Initiatives

Higher and Further Educational Qualification Policy

This policy has been submitted for approval. It identifies application requirements, sponsorship processes and procedures, and obligations and commitments of the employee and the FCWC.

Higher Learning Sponsorship Committee (HLSC)

This committee will ensure that the employee sponsorship application and selection process is fair and impartial. The HLSC is comprised of the Director of Human Resources and three senior managers with post-secondary education and experience. The HLSC meets quarterly to review sponsorship applications, student GPAs and academic standings, and to re-assess policy.



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FCWC staff are set to graduate from their respective training in summer 2023



10

weeks of diabetes training at Yellowquill College for one of our selected ADI workers.

Employment Growth Opportunities

This FCWC program, often referred to as the Land Base Program, is designed to assist its clients with the transition from social assistance to the work field by providing employment experience. 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. Traditional crafting, culture and Cree language activities are also available.

GOALS AND OBJECTIVES

- To keep participants inspired & motivated while they learn lost cultural customs and prepare for a successful future
- To provide the community with medicines, teachings and support
- To assist and support the FCWC

HIGHLIGHTS AND/OR CHALLENGES

- COVID created challenges in the delivery of programming, but during restrictions participants gathered and provided medicines for community members.
- Assisted at Leftrook Camp in the building of a new cabin.
- Provided moose hide tanning, and helped FCWC in its community sweats.
- Trapping licences need to be obtained, as well as driver's testing training and FAC training.



FCWC programs enhance the strength and spirit of our families, by relying on the deep compassion and expertise of our staff, the wisdom of our Elders, and the encouragement and support from NCCN Chief and Council.

Public Health



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).

Services Include

- Emergency preparedness & response
- Communicable disease reporting
- Residential & business inspections
- Community water monitoring
- Patient transportation
- Immunizations
- Population health

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 issues



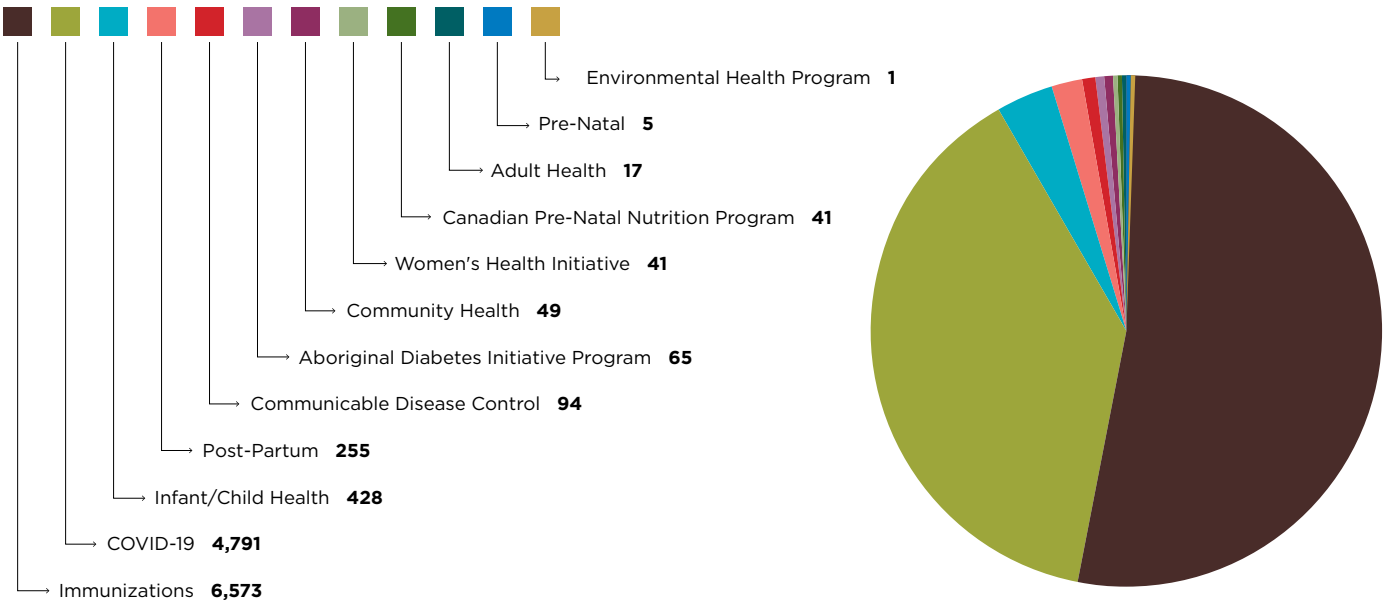
HIGHLIGHTS AND/OR CHALLENGES

- Managing the COVID-19 pandemic, through vaccines, testing, isolation, case & contact management, remain the focus of Public Health work this year. Staff members have been outstanding in their commitment and dedication.
- Health programs began a cautious return to typical programming and services, including regular school visits for immunizations and presentations, and a preschool health fair at the Multiplex.
- Well-being checks continue for people living in isolation, and COVID-19 home kits were delivered as required.
- Abbot ID NOW and GeneXpert testing devices are administered by nursing station and public health staff.
- Wellness Walk Wednesday brings Citizens together with health care providers at the Multiplex.
- Education Fun Fridays allows PHNS to educate public about a specific topic.
- Month End Day is a focus for all staff to complete month-end stats, reports, ordering, and vaccine counts.
- WeTel hub set up for staff and clients so they can communicate securely by text.
- As programs transition back to booking appointments, many are rescheduled, cancelled, or no-shows, which is an inefficient use of time and resources.
- A lot of staff sick time and difficulties in social distancing in inadequate office space.
- Network issues continue.



PUBLIC HEALTH STATISTICS

2021-22 PUBLIC HEALTH ENCOUNTERS



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, with the goal of 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

- 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.



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 who work for the immunization program. 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.

Newborns

- Bacille Calmette Guerin (BCG) Vaccine

Children Under 18 months of age

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

Children 4-6 years of age

- Tetanus, Diphtheria, Pertussis, Polio (Tdap-IPV)
- Measles, Mumps, Rubella, Varicella (MMRV)

Children in Grade 6

- Meningococcal Conjugate Quadrivalent (Men-C-ACYW-135)
- Hepatitis B (HB)
- Human Papillomavirus (HPV)

Children in Grade 8

- Tetanus, Diphtheria, Pertussis (Tdap)



IMMUNIZATION AND VACCINATION PROGRAM

ENCOUNTERS	2019-20	2020-21	2021-22
General	308	-	6,573
Vaccinations	1,034	1,322	5,605
Clients	530	-	2,755

Strengthening Families Maternal Child Health Program

The Strengthening Families Maternal Child Health Program (SFMCHP) 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 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 service

GOALS AND OBJECTIVES

- To increase confidence, knowledge & skills in parenting infants and young children
- To empower mothers & fathers to create strong, healthy First Nations families
- To nurture the community’s capacity to support families
- To promote trusting & 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

- After COVID restrictions were lifted, staff were able to reconnect with clients.
- SFMCHP has been doing outreach in the community to invite potential prenatal clients to participate, and to use other FCWC resources.
- There are currently 18 clients in the SFMCHP database, with 11 of those receiving scheduled home visits, and 7 undetermined.
- All home visitors are certified in Growing Great Kids curriculum.
- Staff have received doula training.
- SFMCHP has been recruiting for a vacant home visitor position.
- House visits can be frustrating and/or dangerous due to dogs, bedbugs, cockroaches, addiction, gang violence and unsafe entry to homes.
- Overcrowding in homes creates difficulty because there is no privacy for clients.



18

clients currently in the
SFMCHP database

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.

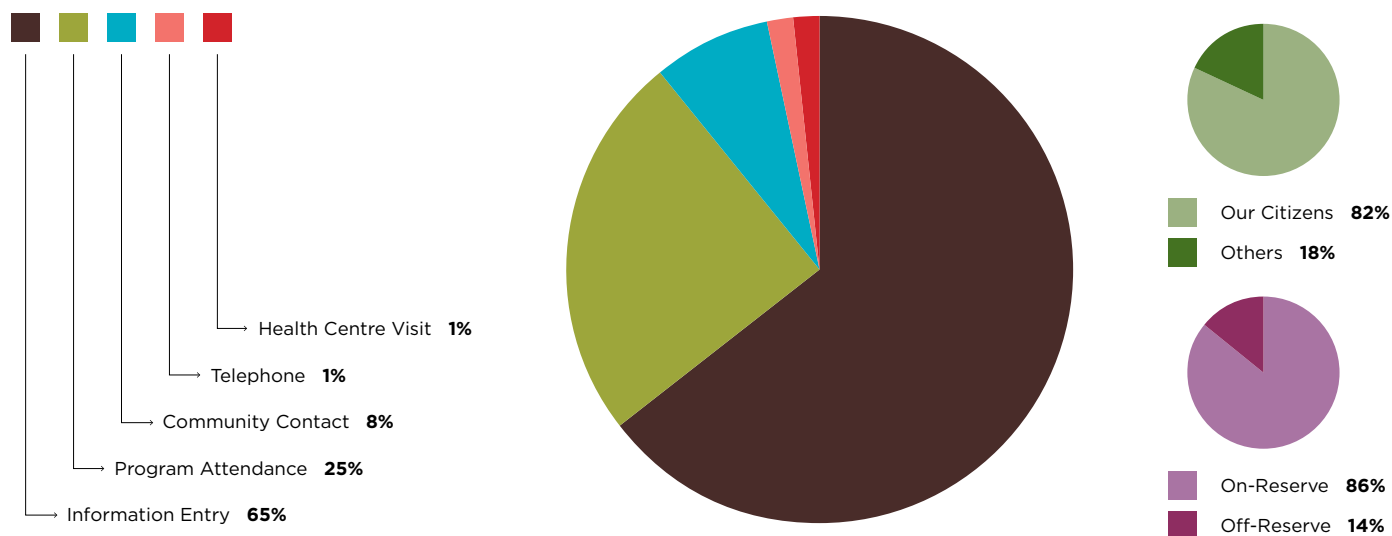
GOALS AND OBJECTIVES

- 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 encourage members to grow & make their own food

DIABETICS

DESCRIPTION	2016-17	2017-18	2018-19	2019-20	2020-21	2021-22
Total Diabetics	155	147	148	198	149	65
Type I Diabetics	Male (1) Female (1)	N/A	N/A	Male (2) Female (4)	N/A	N/A
Type II Diabetics	Male (55) Female (98)	Male (56) Female (94)	Male (55) Female (97)	Male (27) Female (31)	N/A	N/A

2021-22 ABORIGINAL DIABETES INITIATIVE ENCOUNTERS



Foot Care Services

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 specialized training in foot care, in addition to their formal training. They work along with other health care professionals such as family doctors, podiatrists, chiropractors, physiotherapists and others 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. Nurses 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 diabetes foot problems should always be evaluated by a physician or doctor.

As a minimum, basic Foot Care includes:

- Foot & lower limb assessment
- Wound assessment
- Corn & callous reduction
- Nail care
- Client education & foot-health promotion
- Footwear assessment & 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, Telehealth video training, and attending health-related courses

HIGHLIGHTS AND/OR CHALLENGES

- Foot care, and referrals to specialists, are accessible for all NCN community members.
- Unfortunately, despite repeated postings of position, there is not a specialized Foot Care Nurse in the community. Competitive wages, accommodations and retention remain a challenge.



172

people accessed basic footcare services in 2021-2022

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.

GOALS AND OBJECTIVES

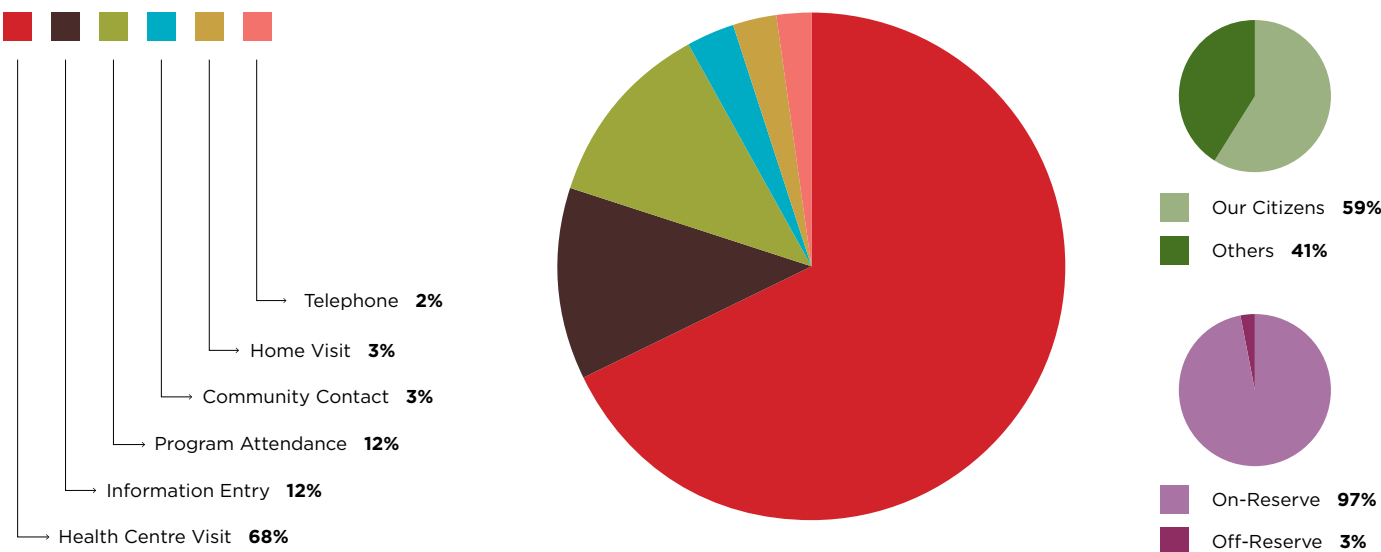
- To improve the health status of NCN women who are pregnant, and their babies in utero & through infancy
- To promote positive thinking & healthy living
- To help clients understand the importance of maternal nourishment
- To provide nutrition screening, counselling & education to help clients adapt 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

CPNP STATISTICS

Canadian Prenatal Nutrition Program

	2019-20	2020-21	2021-22
Participation	51	40	29

2021-22 CANADIAN PRE-NATAL PROGRAM ENCOUNTERS



STAR FASD Prevention Program

The vision of the STAR 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. It is a voluntary, harm-reduction model based on developing positive, supportive, mentoring relationships with women who have used substances during their own current or recent pregnancy. These relationships are maintained for three years, long enough to allow these women to make changes that will make a difference in their lives.

The STAR program values the lives of these women who are at risk of giving birth to alcohol/drug affected

children; women who are typically from families characterized by substance abuse, neglect, poverty, and domestic violence. At times, these women have been labeled "hopeless", and they mistrust the professionals, systems and resources designed to help them.

The STAR Program believes that through relationships with women who have overcome the challenges they themselves face, these women can make important changes that will positively impact their own health and that of their families, and that will reduce the number of children at risk of suffering the harmful consequences of alcohol and/or drug exposure during pregnancy.

GOALS AND OBJECTIVES

- To deliver culturally safe and appropriate interventions & support services to high-risk women and their target child through home visitation, mentoring & case management
- To prevent prenatal exposure to alcohol and/or drugs in future children born to women at high risk of using substances during pregnancy
- 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, healthy environment and improved quality of life for themselves and their children
- To link women to community resources to help them reduce isolation 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 women & children
- To improve access to needed resources, to facilitate access to FASD diagnosis, and to connect clients to multidisciplinary teams and other internal/external supports & services

HIGHLIGHTS AND/OR CHALLENGES

- The STAR FASD Program has resumed programming, including connecting with former clients, and conducting home visits.
- Five new clients have started the program.
- A new mentor has joined the program.
- Planning is underway to celebrate clients who have completed the program.
- There are insufficient funds to purchase a vehicle for home visits.
- It is difficult to connect with women who are transient, do not have stable homes, or are living in overcrowded homes.
- Aggressive dogs prevent us from entering many homes.
- Many clients moved to another town during COVID.



5

new clients have started the STAR FASD Program.

Medical Transportation

This program serves the medical needs of Citizens by providing safe, reliable and courteous transportation to both NCN members and non-treaty residents.

This program transports dialysis patients and bloodwork to Thompson and back 3 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.

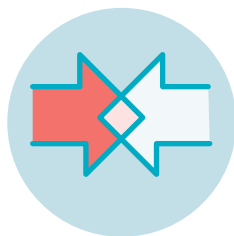
There are 4 full-time medical drivers employed by this department.

The medical transportation fleet includes:

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

GOALS AND OBJECTIVES

- To keep paramedics in the Nelson House community in the case of an emergency, rather than using those professionals for non-life threatening travel.



3x

Transports to Thompson three times per week.

HIGHLIGHTS AND/OR CHALLENGES

- Throughout 2021-2022, 7,231 patients were transported to and from residences.
- Rising cost of fuel and repairs, tire replacement, safeties and insurance continue to impact 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.



7,231

patients were transported throughout 2021-22.



4

full-time passenger vehicles in the NCN medical fleet.

Manitoba Telehealth Program

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
- MB TeleHealth 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
<ul style="list-style-type: none">• 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
<ul style="list-style-type: none">• 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.• 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.

STATISTICS

MB TeleHealth

SITE	CLINICAL	EDUCATION	ADMIN	TELE-VISIT	OTHER	TOTAL
Nelson House – Medicine Lodge	5	0	0	0	0	5
Nelson House – Nursing Station – Wellness Centre	271	4	3	0	0	278

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.

Jordan's Principle assistance is available for children living on-reserve with their birth, adoptive or extended families, and 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

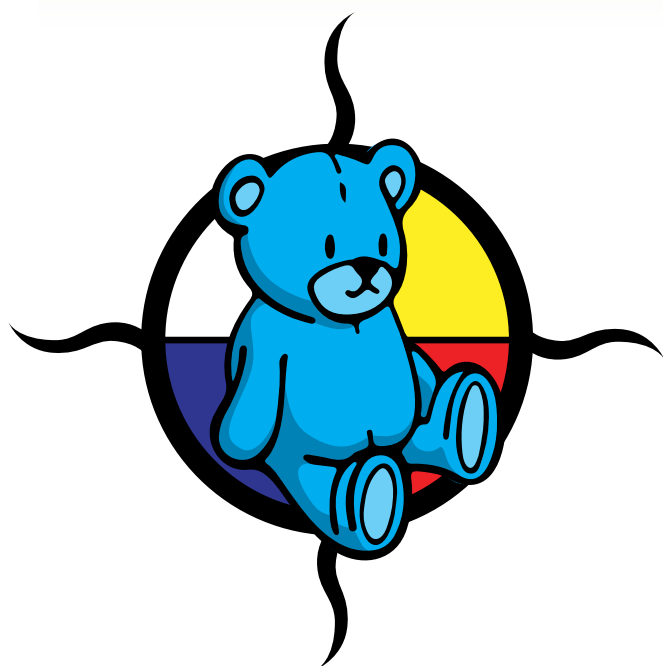
- Respite care & child-minding
- Speech & occupational therapies
- Educational supports
- Medical equipment
- Mental health services
- Telehealth sessions
- Cultural activities
- Transportation support

GOALS AND OBJECTIVES

- To support clients & their families so that no service, product or resource will be denied, delayed or disrupted
- To provide more infrastructure, resources & support
- To better serve clients through more education for JP staff
- To increase awareness of the program throughout community

HIGHLIGHTS AND/OR CHALLENGES

- Wellness checks were conducted by staff during pandemic, and programming resumed after COVID restrictions were lifted.
- Jordan's Principle staff attended professional development workshops and a webinar series through St. Elizabeth First Nations, Inuit & Metis Program and finished their FASDE education sessions and received certificates.
- A JP case manager finished their first year of First Nations Management Course at Yellowquill University College.
- It is difficult to secure ECEs for school year; program has been told the pay is too low.
- Child Development Workers need further education, including the online Family Support Worker course, to better serve JP clients.
- A telehealth unit specifically for JP clients would better serve these families.
- A new home for respite services would alleviate stress and barriers to care.
- As demand for the JP program grows, infrastructure demands increase. Additional vehicles, more office space, outside space, house extension, and sensory & land-base equipment are required.





149

urgent clients have
been served to date



814

non-urgent clients
who are eligible
for care and need
various products
& services



150

children attended
day camps



3,852

family members
are included in
activities & services

Some 2021-2022 activities:

- Food hamper delivery
- Partnership with RCMP fish derby
- Lego building at NCN festival
- Book dispensing machine at OK school
- Spring break activities
- Gave away school supplies at NCN Powwow
- Partnership with medicine lodge at youth wellness gathering
- Field trips: hockey, movies, splash pad, bowling, Pisew Falls, Paint Lake
- Participated in annual NCN Health Fair
- Traditional activities: beadwork, smudging, hunting, fishing, berry & medicine picking, drum and snowshoe making
- Family photos
- Cooking classes
- Every Child Matters & Bear Witness activities



Home and Community Care

Home and Community Care Overview

The Home and Community Care program supports Citizens of all ages who require care in their home, rather than in a hospital or long-term care facility. The HCCP aims to maintain and/or improve clients' health status and quality of life, and to allow them to remain independent and at home as long as possible.

Elders and others with complex medical conditions can often stay in their own homes, if they have support. Care for someone at home and in the community often involves a circle of family, friends and others.

Home visits and assessments are directed to address the needs of clients requiring care 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)

GOALS AND OBJECTIVES

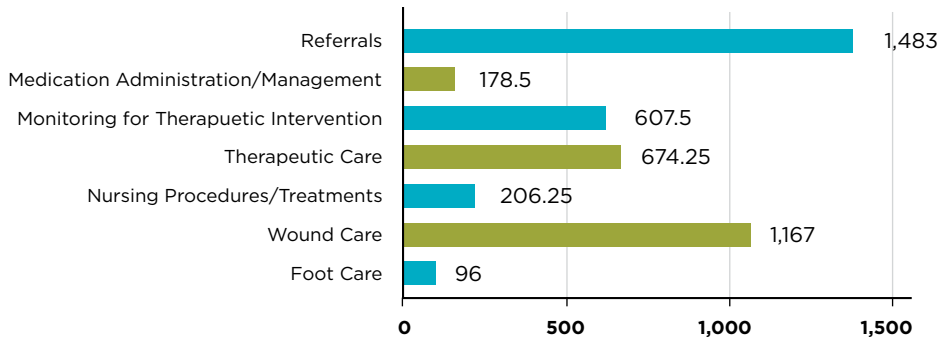
- To improve safe, competent and efficient care services for clients, their families and support system
- To further enhance the services already in the community—case conference with families
- To improve quality services through ongoing professional development for staff
- To assist clients, family 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, tele-health video training and attending health-related courses

- Managed care process, home care nursing services & 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, and palliative care)

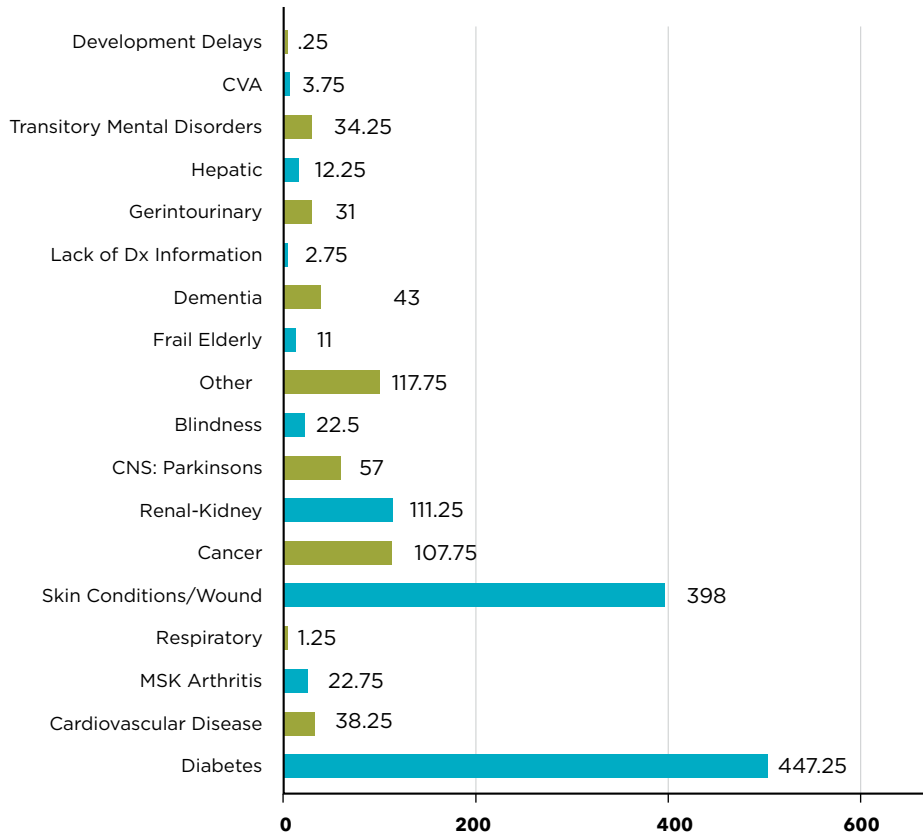
HIGHLIGHTS AND/OR CHALLENGES

- HCCP nurses enjoy positive relationships with clients.
- Home visits continued through COVID-19.
- 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.
- HCCP continues to work closely with Northern Regional Health Authority and Nursing Station to ensure NCN Citizens are receiving holistic care.
- Budget items include: staff salaries & benefits; operating costs (travel & commuting, capital equipment, insurance, training & professional development; professional fees, communications, etc); programming; vehicles; Mustimuhw; and administration fees.
- Palliative Care program is ongoing, with support & supplies readily available.
- Homemakers are coming to home care when their hours are cut or decreased.
- Misunderstandings with community members who expect to be paid for caring for their loved ones.
- HCCP continues to deal with a shortage of nurses, and difficulty in retaining nurses.
- Clients have to find their own homemakers (band/assisted living).
- Many clients are dealing with bed bugs and cockroaches.

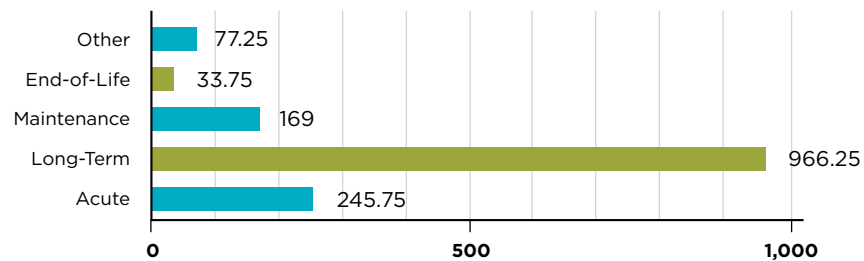
2021-22 HOURS BY CLIENT TYPE



2021-22 HOURS BY REASON FOR HOMECARE VISITS




2021-22 HOMECARE TOTAL SERVICE DELIVERY



We have a holistic approach. We consider the whole person, not just their mental health needs.

Our support also considers the physical, emotional, social and spiritual wellbeing of each community member.





Counselling Services and Family Enhancement

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.

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

Services include:

- Rediscovery of Families Project
- Individual, couples & family counselling
- Critical incident stress debriefing
- Advocacy
- Bereavement support
- Community activities

HIGHLIGHTS AND/OR CHALLENGES

- Hosted several community activities, including vigils, berry and medicine picking, and workshops.
- Hosted Rediscovery of Families retreats and a family camp at Mile 35.
- The Elders Christmas feast was wonderful.
- Therapy sessions are being held virtually and in person.
- Mental health issues have become more prevalent since the start of the COVID-19 pandemic.



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 need additional support after completing the Family Enhancement Program. 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.
- The 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, and work experience guidance

GOALS AND OBJECTIVES

- To give community members the support they need to raise strong families
- To help youth prepare to be hired and employed

HIGHLIGHTS AND/OR CHALLENGES

- Training was completed by parent coaches and in-home respite workers.
- Served about 400 community members through the Family Enhancement program and activities in the community.
- Provided community events such as youth ball hockey, activity nights and colouring contests.
- ID fairs provided Citizens with personal identification, treaty cards, birth certificates and health cards. This sets people up for potential employment.
- Sufficient staffing continues to be an issue. The Program delivers as best it can with limited staff.
- The Program aims to gain more office and storage space.
- More funding would allow the Program to fund more activities.



Family Enhancement Program

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 more than 380 families (and counting) with prevention services such as one-time assistance for families in need, assistance

with respite services for caregivers that require extra support, community donations towards memorial feasts and bereavement, culture family camps, 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

- Family Enhancement was able to provide home-based programming.
- Once COVID restrictions were lifted, the eight-week parent program was able to complete three cycles.
- Family Camp was a success at Mile 35.
- Plans to organize a four-day conference for community youth to educate and empower them for success in living in two worlds: Indigenous and non-Indigenous.



380+

families so far
have been assisted
through the Family
Enhancement Program.



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. During attendance at camp, families re-learn their roles within the family structure, with guidance and teachings from Elders and support workers.

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.

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

HIGHLIGHTS AND/OR CHALLENGES

- Four family retreats, two in winter and two in summer, were well attended.
- The program receives less funding each year, which creates a challenge in staffing and planning.



4

family retreats were held, two in summer and two in winter.



Child Care and Community Wellness

Childcare and Community Wellness Overview

FCWC child care programs are created with a focus on early childhood development and life-long learning. Focus on the individual, from infancy to kindergarten, is crucial in preparing young children for learning in school.

Activities are fun and educational with topics that 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.

The Child Care and Community Wellness Department oversees:

- Dreamcatchers HeadStart Program
- Jean McDonald Treasures of Hope Day Care Centre
- Fitness Centre
- Wellness Sports Association

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.

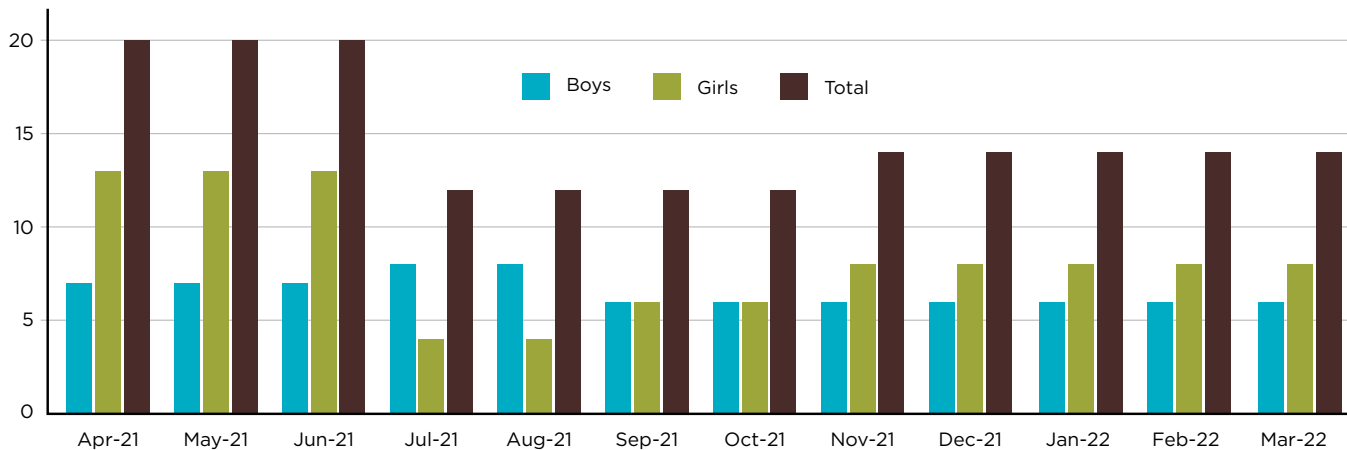
GOALS AND OBJECTIVES

- 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

- Two young NCN Citizens graduated from the HeadStart program this year. This is a smaller class because of the all-day kindergarten program at OK School.
- The summer program ran for two weeks in August.
- The Infant & Toddler program had 5 children and 3 parents registered.
- Mould issues in the classroom were cleaned and repaired.
- Some goals for the future include a cultural camp for traditional teachings, and the development of a new building.

2021-22 DREAM CATCHERS PRESCHOOL ENROLLMENT



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. 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 4:30 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.
- 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.
- Planning has begun to share a new building with Jordan's Principle.

2021-2022 JEAN MCDONALD TREASURES OF HOPE DAYCARE ENROLLMENT

PROGRAM	APR-21	MAY-21	JUN-21	JUL-21	AUG-21	SEP-21	OCT-21	NOV-21	DEC-21	JAN-22	FEB-22	MAR-22
4mths to 2yrs	3	3	3	3	3	4	3	5	3	3	3	3
2yrs to 6yrs	16	16	16	14	16	15	12	14	16	16	16	16
Waiting List (infants)	0	0	0	4	4	0	0	0	0	0	0	0
Total Enrollment	19	19	19	17	17	19	15	19	19	19	19	19
Parents in Training	3	3	3	3	3	3	0	3	3	3	3	3
Working Parents	11	11	11	11	11	13	12	10	11	11	11	11
Total Parents	14	14	14	14	14	16	12	13	14	14	14	14

FCWC Fitness Centre

The FCWC Fitness Centre is a welcoming space for safe, comfortable exercise, and is free for all NCN Citizens. The gym has strength and cardiovascular fitness equipment, with a focus on weight training, cross training and endurance training.

Daily exercise can help in the battle against many ailments, including addiction, anxiety, depression, heart and cardiovascular disease, and diabetes. Regular workout at the gym will make you healthier, and help you to look and feel better, too.

Citizens of all levels of health and experience are at the Fitness Centre every day! Check it out with your family.

Services Offered

- Advice on fitness & weight tracking, water intake and meal plans
- Workout routines & exercise support
- Nutrition advice
- Equipment includes: stationary bikes, elliptical trainers, treadmill, row machine, free weights, dumbbells, long bars & plate weights, speed bag, heavy bag & hand targets
- Clean, safe changerooms

GOALS AND OBJECTIVES

- To improve the health & fitness of the entire NCN community
- To provide effective programming from qualified staff
- To provide safe facilities and challenging equipment

HIGHLIGHTS AND/OR CHALLENGES

- The gym has purchased a lot of new equipment over the past year.
- It was wonderful to welcome Citizens back to the gym after COVID restrictions lifted.
- There are structural flaws in the building, which creates temperature fluctuations. Clients can be uncomfortably cold in winter, so the Fitness Centre runs extra heaters.
- Personal Trainers available for coaching is a focus for next year.



Wellness Sports Association

The Wellness Sports Association (WSA) is dedicated to creating athletic programs to get youth active and engaged in recreational activity.

GOALS AND OBJECTIVES

- To lift up the entire community by giving youth the opportunity to improve themselves through sports
- To remove financial barriers to sports
- To create healthy lifestyles
- To develop dynamic athletes
- To improve skills such as leadership & collaboration
- To highlight & celebrate top performers
- To maintain official protocols & standards
- To attend tournaments outside of NCN so kids experience a competitive environment



Through high-quality sports training, NCN youth also work on soft skills such as discipline, sportsmanship and kindness.

Sports include basketball, soccer, ball hockey and baseball.

HIGHLIGHTS AND/OR CHALLENGES

- NCN athletes competed in 3 x 3 basketball and floor hockey tournaments.
- The inaugural MKO Cup was a big success.
- A few NCN athletes have been registered to compete in Thompson this upcoming hockey season.
- A new fitness program that introduces young people to fitness training has been successful this year.
- An ongoing challenge is securing on-going, consistent gym time for activities so that kids and their caregivers can depend upon a certain location and time for their sports. The WSA is hopeful time and space may be available in the new school.
- Plans for travel teams to play other reserves, more consistent camps, and a league for kids.





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