

# 23<sup>rd</sup> ANNUAL REPORT



A HOLISTIC APPROACH TO COMMUNITY WELLNESS



Nisichawayasihk Cree Nation  
FAMILY AND COMMUNITY  
Wellness Centre Inc.





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*Please note: Financial Statements for the 2022-23 reporting year can be requested by contacting the NCN Family and Community Wellness Centre Inc.*



# Message from the CEO

Tansi.

I am pleased to present the 2022-23 Nisichawayasihk Cree Nation Family and Community Wellness Centre Annual Report.

These summaries present the highlights and challenges of our programs and services here at home, and at our locations in Thompson, South Indian Lake, Leaf Rapids, Brandon and Winnipeg. I'm sure you will be as amazed as I am every year as I look through this document. We have so much to be proud of, and yet, are reminded of so many urgent needs in our community.

We find ourselves picking up the pieces after COVID-19 changed the way we did everything, and moving forward in a world that continues to deal with the pandemic.

At the time of writing, NCN is dealing with a COVID outbreak. The Public Health department is hard at work, contact tracing and distributing the new vaccine. Our community continues on as normal, while we remind ourselves to wash hands often and stay home while sick to care for our most vulnerable Citizens. We are all living in the new normal.

Through it all, our employees deliver incredible programs and services that have been envisioned, developed and implemented by NCN Citizens, for NCN Citizens. For more than 20 years, the Family and Community Wellness Centre has relied on the guidance of our Elders, the support of our board of directors, the confidence of our NCN Chief and Council, and the devotion of our staff to guide families on their healing journey.

It is remarkable to realize that the FCWC provides compassionate care for NCN Citizens from the cradle to the grave, from our enthusiastic childcare programs to our empathetic end-of-life care, and all stops in between. Of course, their physical needs are a priority, but their minds and spirits are tended too as well.



When we consider the Land Base program, and the culture camps so many of our programs provide, we can be proud in knowing that we are reclaiming our traditional teachings and our inherited wisdom to deliver holistic health to all Citizens.

And when our Citizens are whole, they can determine their own futures. In turn, they can play their part in ensuring our community's wellness.

To do your part, please let us know 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.

**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 2022-23 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

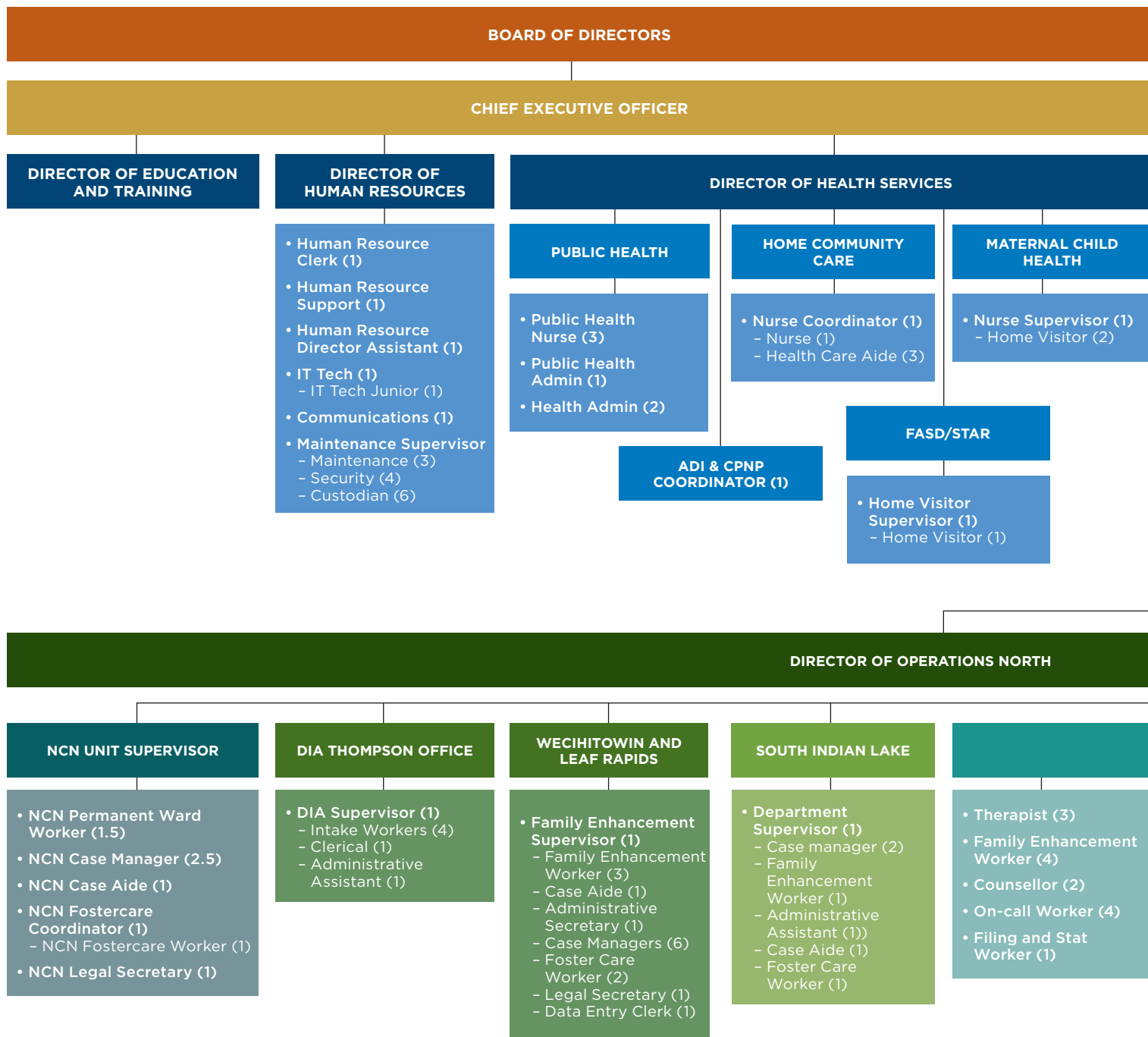
Our facility and approach is unique as it uses a strength-based approach to support children and families. Relationships between programs, individuals and families are viewed as paramount to change. The Centre has adopted a mandate to reflect this commitment by working to:

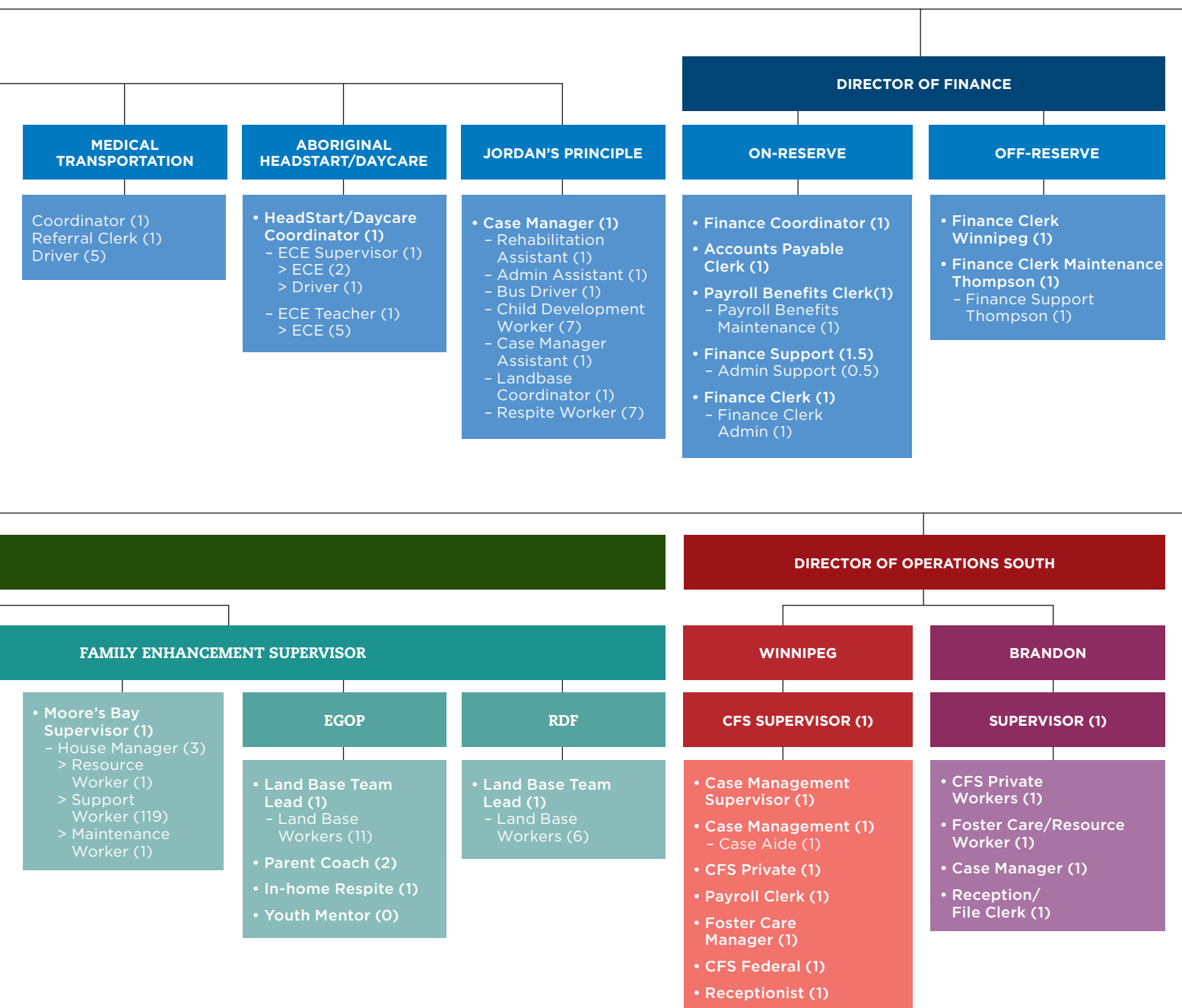
- Promote the development of new ideas and innovative measures and to bring about meaningful change for the children and families of NCN within a holistic approach to human services policy development and service delivery.
- Incorporate Indigenous traditions, culture, language, customs, and the teachings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

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 2022-23 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

- Staff retention is difficult for many FCWC program, including the Moore's Bay Receiving Homes. It is difficult to recruit qualified staff
- 5,826 patients were transported to and from residences throughout 2022-23.
- Wellness Sports Association made basketball, volleyball and ball hockey available weekly
- The Special Projects Program is enjoying its larger space at 1 Jackpine Road.
- Children in the Dreamcatchers HeadStart Program have new, healthy recipes
- Jean McDonald Treasures of Hope Day Care continues to provide support to parents who are ATEC students
- The STAR FASD program does not have its own vehicle and Staff & mentors must borrow and share transportation
- There are now 3 full-time permanent staff members in the Weciitowin program
- Home and Community Care participated in on-site visits to other programs in Norway House and Cross Lake for mentorship connections.
- Two cohorts of the Designated Intake Agency are in the Bachelor of Social Work program. One consists of 5 full-time permanent employees who have studied part-time for the last 5 years and are now in their first of two field placements. They will graduate with BSW degrees in May 2025.
- A toolkit has been created for young adults transitioning out of care to ensure they'll have the resources they need for a higher chance of success.
- The Designated Intake Agency needs more resources in all areas. It needs more support & respite workers, and transition, sibling and foster homes.
- More than 300 people attended Canadian Prenatal Nutrition Program sessions
- Alcohol use during pregnancy, gestational diabetes, and teen birth rates continue to be common occurrences.
- Diabetes continues to be a health factor in NCN. Many community members don't have access to healthy foods.
- The Brandon CFS Office successfully completed a family reunification this year
- The Winnipeg CFS office established a relationship with Rico Property Management that secures housing for families & foster homes.
- A receiving home or safe house in South Indian Lake would be beneficial due to a shortage of foster homes & caregivers.
- The On-reserve CFS office focused on self-care at its yearly gathering due to high burnout & stress of staff.
- STBBIs such as syphilis, gonorrhea & chlamydia are on the rise in NCN.
- Public health is dealing with overdue immunizations and vaccine hesitancy due to the pandemic.
- MB Telehealth continues to help Citizens connect to healthcare without having to travel to Winnipeg.
- Environmental Health staff have difficulties with home inspections & water testing due to loose dogs.
- The Rediscovery of Families program held three family camps; each was at maximum capacity.
- Family Enhancement program provided prevention services to 761 families.
- Counselling Services collaborated with NNOC for a "Be the Change" workshop, and looks for more opportunities with the school.
- Director of Training continues to expand collaborations & services, including firearm training with RCMP & opioid first aid with Canadian Red Cross.
- There were 9 graduates this year, from Financial Management; Community Management; Rehabilitation Assistant; and Aboriginal Diabetes Prevention programs.
- Jordan's Principle continues to gain visibility in the community, and more NCN kids are being seen by medical specialists. The JP department is in desperate need of more infrastructure, space, equipment, staff and training.





# 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.

The Child & Family Services on-reserve aims to create comprehensive care plans for all family members to heal

holistically. It uses Removal of Parent and Circle of Care, and works in collaboration with schools, counselling, and the NADAP treatment centre.

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, decrease number of days in care, and decrease days in court
- To maintain family unity & increase reunification
- To deliver services while maintaining traditions, customs & culture through family camps and family treatment
- 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 hire more staff with BSW degrees & to support staff in driver's training
- 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 through job fairs
- To develop training modules for foster parents
- To start the process of developing NCN's own treatment foster homes
- To develop independent living programs

## HIGHLIGHTS AND/OR CHALLENGES

- Children in care had a higher attendance in school this year.
- All recommendations & audits for all offices were filed.
- All staff created their training plans.
- Focused on self-care with a yearly gathering for all staff due to high burnout.
- Hosted an annual Christmas dinner for all children in care and foster parents.
- The CFS department continues to struggle to find enough foster homes to meet the needs of the community.
- COVID-19 continues to affect the way staff can deliver its mandate, due to restrictions and rising numbers.



# Children in Care

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.

## 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

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.

## CASELOAD BY TYPE

CASE TYPE	NUMBER OF CASES
CIC	342
CIC-I	1
CC-M	2
FE	13
PRT	144
PRT-M	18
SUP	3
VFS	32
VFS-FA	6
<b>TOTAL</b>	<b>561</b>

## CASELOAD BY LOCATION

LOCATION	CIC	CIC-I	CIC-M	FE	PRT	PRT-M	SUP	VFS	VFS-FA	TOTAL
Brandon	16	0	0	0	6	2	0	0	0	24
NCN Intake	0	0	0	0	0	7	0	0	0	7
Nelson House	3	0	0	0	0	1	0	0	0	4
South Indian Lake	14	0	0	0	21	0	1	3	0	39
Thompson	135	0	1	11	61	8	0	22	0	238
Winnipeg	174	1	1	2	56	0	2	7	6	248
<b>TOTAL</b>	<b>342</b>	<b>1</b>	<b>2</b>	<b>13</b>	<b>144</b>	<b>18</b>	<b>3</b>	<b>32</b>	<b>6</b>	<b>561</b>

# Foster Parent Program

## 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

## 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 out of 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 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.

## HIGHLIGHTS AND/OR CHALLENGES

### Winnipeg Office Highlights and Challenges

- A family reunification was successfully completed.
- A few parents have completed programs, and are working with the Agency more frequently. This is a huge accomplishment.
- Cultural teachings and events for families and children were successful. Positive connections to culture have been an excellent experience for our young clients.
- A restructuring of the office allowed for the hiring of a full-time Case Aide.
- Upcoming plans include welcoming an Elder to bring Indigenous teachings and activities to our families, such as ribbon skirts and shirts, and culture camps. This includes purchasing items such as a sewing machine, fabric and tobacco.
- Two staff members are expected to begin their BSW studies this year, which is exciting. However, it has been a challenge to secure their financial support.
- It is an ongoing financial challenge to offer training for foster parents, and support & respite workers, and to provide programs for families.
- It can be difficult to include Brandon office staff in training opportunities and cultural activities that happen at other office locations.

### Winnipeg Office Highlights and 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 greater focus on reunification with supports.
- The Winnipeg office has established a relationship with Rico Property Management that secures housing needs for families and foster homes, which allows opportunities for prevention and reunification services.
- NCN off-reserve Jordan's Principle staff joined the Winnipeg office in July.
- Land-based supports are available to staff and the families they work with, and land-based budgets are set for the year.
- After two and a half years of remote work during the pandemic, transitioning all staff back to full-time in-office work has been a slow process, but successful.
- CFS cannot compete with Jordan's Principle salaries, which meant 3 CFS staff members left for JP within a two-month period. Recruiting to fill these positions was difficult, and they were vacant for about 5 months.
- Now have 4 staff members

### 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

### BRANDON CFS SUB-OFFICE STATISTICS

TYPE	ENCOUNTERS
Children in Care	140
Family service files	80
Age-of-majority young people	20
Staff members (including 7 case managers & 1 foster care worker)	18

## South Indian Lake Sub-Offices

The South Indian Lake CFS sub-office provides multi-disciplinary services to NCN Citizens in this community. It works with clients in family enhancement, case planning, intake and after-hours support, foster care and 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

- Hosted camps for children at Uhlman Lake, where they participated in net setting, ice fishing, wood cutting, smoking fish, Bannock and pie baking, and camp maintenance skills.
- Purchased snowmobiles that were used through the Family Enhancement program for youth.
- Prepared hampers and meat packs for SIL households.
- Hosted a Mother's Day event with crafts, and a Father's Day event with barbeque and scavenger hunt.
- Collaborated with Jordan's Principle and the Community Wellbeing Jurisdiction Initiative to purchase bicycles for SIL children.
- Contributed fireworks to Canada Day events.
- Purchased jackets, ski-pants and boots for school-aged children in SIL.
- All staff have received child abuse training.
- The Family Enhancement position was filled.
- There is a shortage of foster homes and caregivers where children can be placed. Having a receiving home or safe house in the community would be beneficial.
- Future plans include more camping trips, the purchase of boats, and to secure a location for camping.
- The SIL agency aims to hire a case manager, and to recruit more respite and support workers.

# 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 keep children safe
- To create a continuous circle of connections that start with community
- To help families develop their own safety plans
- To focus on team building and more staff development

## HIGHLIGHTS AND/OR CHALLENGES

- There are 3 full-time permanent staff members for the program eager to revamp, develop and deliver much-needed support.
- There are 4 BSW students doing their placements with the Wecihitowin program.
- A logo for the Wecihitowin program has been developed.
- Some activities this year included: family lake trips and game nights, Halloween party, and wreath-making.
- The Wecihitowin program supported families with clothing giveaways, spring cleaning baskets, and meal hampers for Thanksgiving and Christmas.
- Emergency purchase orders were delivered to families.
- Understaffing means the program has no reception, and has a lack of emergency workers for after hours, meaning the day staff is often following through with the night shift.



# 3

full-time permanent staff members for the program



# 4

BSW students doing their placements with the Wecihitowin program



# Moore's Bay Receiving Homes

The Moore's Bay Receiving Homes (MBRH) is provincially licensed facility that was 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
- To increase professional knowledge & training
- To increase earning
- To improve low-functioning work processes

## 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. MBRH staff now includes two additional house managers, one resource worker, one maintenance worker, and a receptionist.
- Staff retention is a problem. It is difficult to recruit qualified staff, and the pay scale does not adequately represent the dedication and hard work of the support staff.



2

two additional house managers, one resource worker, one maintenance worker, and a receptionist

# 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.

# Director of Education & Training

The 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)
- Royal Canadian Mounted Police (firearms safety)
- Canadian Red Cross (first aid opioid emergencies)
- NNOC



# 4

graduates from the two-year part-time Aboriginal Financial Management Diploma Program

## Training Updates

### 2023 Post-Secondary Graduates

- 4 graduates from the two-year part-time Aboriginal Financial Management Diploma Program
- 3 graduates from the two-year First Nations Community Management Diploma Program
- 1 graduate from the two-year Rehabilitation Assistant Diploma Program
- 1 graduate from the 10-month Aboriginal Diabetes Prevention Certificate Program

### Current Sponsored Post-Secondary Students

- Students in the six-year, part-time Bachelor of Social Work Degree Program: 1 in final year; 5 in fifth year; 2 in second year; and 2 in first year
- 1 student in the three-year, part-time Master of Social Work Degree Program
- 1 student in the Administration Program
- 1 student in the two-year Human Resource Management Program

### New Training Initiatives

- Proposal Writing for federal & provincial grants
- Forensic interviewing
- LPN
- First aid/CPR/Narcan
- Mental health first aid
- Succession planning
- Traditional parenting program
- Child abuse protocols

## Our Academic & Training Affiliates



# Employment Growth Opportunities

This FCWC 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

- Participants gathered and provided medicines for community members when opportunities were available.
- 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 NCN Chief and Council.



# Public Health





# Public Health Overview

The 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
- Disease & injury prevention
- Prenatal & postnatal education & support for new mothers
- School health
- Immunizations
- Animal bites & rabies exposure
- Communicable disease control
- Sexually transmitted & blood-borne infections
- Environmental health (community water monitoring, residential & business inspections, etc)
- Medical transportation
- Population health
- Client-healthcare provider communications hub (WelTel & MB Telehealth)

## GOALS AND OBJECTIVES

- To ensure all health programs use electronic charting databases
- To enhance safety dog awareness
- To keep community & health staff educated & to combat misinformation
- To assess community health
- To create community partnership to solve health issues

## HIGHLIGHTS AND/OR CHALLENGES

- Continue to update the COVID-19 dashboard
- FCWC & Assiniboine Community College partner to plan a cohort of Practical Nursing Diploma
- Working with Safer Choices Northern Network in Thompson
- Breast cancer screening clinic in July
- Every third Friday is Education Fun Fridays, which promotes good health
- Sessions to address vaping among teens & food safety for nutrition education
- Attended Kindergarten fair with a Public Health booth
- 15th annual Public Health Fair with 389 participants. Prizes included a dinette set & bedroom suite.
- Appeared at NNOC career fair
- FCWC hosted a virtual conference on harm reduction in November
- Men's wellness group began in February to promote men's well-being
- Staff receive Naloxone training & Public Health department is officially a distribution site for kits
- Hosted mass clinics, walk-in clinics, evening clinics for flu and COVID-19 boosters
- Wellness Walk & Workout Wednesdays provide exercise with a health care provider
- One new Public Health Nurse; a new clinic room in office; three new laptops for staff
- Syphilis, gonorrhea & chlamydia are on the rise in NCN
- Congenital syphilis is increasing; staff offers rides to Nursing Station to ensure screening & treatment occurs
- Pandemic has created overdue routine immunizations, vaccine hesitancy & multiple missed appointments which affects Public Health services; monthly catch-up clinics are offered



## UPCOMING PLANS

- Education on healthy behaviours, and early detection & screening for cancers, diabetes & Cardiovascular diseases
- Decreasing rates of STBBI & reducing stigma
- Regular in-class school sessions; harm reduction strategies & support; WelTel text messaging & referrals
- Address overdue immunizations & continue focus on COVID & Flu shots
- Send Circle of Care referrals within 48 hours
- Continue Parents n' Tots monthly group; offer check-ups at 24 months, 30 months & 3 years.
- Doula program; referrals to birth helpers & midwifery; breastfeeding support; family planning education

## PUBLIC HEALTH STATISTICS

TYPE	ENCOUNTERS	CLIENTS
Adult Health	18	16
Communicable Disease Control	273	111
Community Health	6	4
Covid-19	1040	836
Environmental Health	4	4
Immunizations	5067	2829
Infant/Child Health	1535	952
Post-Partum	277	134
Pre-natal	11	6
Women's Health	54	40

# Environmental Health

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

### STATISTICS (April 1, 2022 – March 31, 2023)

#### Water samples collected

Distribution Sites – 336  
Cisterns – n/a  
Water delivery trucks – 32  
O.T. Gas bar – 10  
Quality Control – 3

#### Inspections

Home Inspections – 5

#### Fumigations

Heat treatments – 1  
Spray treatments – 58  
Community condo distributions – 1000+  
  
Water tanks cleaned – 106  
(in collaboration with Public Works & Social Assistance program.)

### GOALS AND OBJECTIVES

- To ensure NCN Citizens are living & working in safe conditions

### HIGHLIGHTS AND/OR CHALLENGES

- Staff attended 4 workshops and 1 training session
- Inspections & water testing at residences are difficult due to loose dogs
- Intoxicated community members are not respectful as staff complete their duties
- Will work more closely with Housing Authority in regard to housing inspections
- Aiming to eliminate appointments on social assistance days & child tax benefit days

# 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)

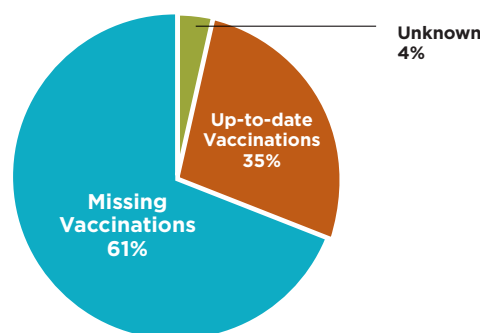
## Children in Grade 6

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

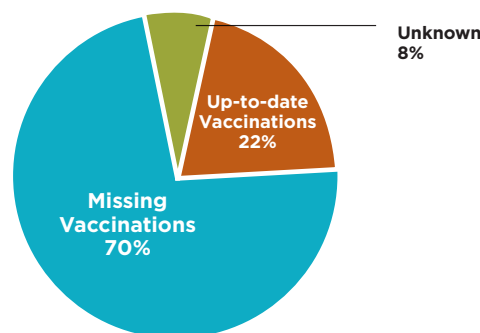
## Children in Grade 8

- Tetanus, Diphtheria, Pertussis (Tdap)

### GRADE 8 IMMUNIZATIONS STATUS



### GRADE 9 IMMUNIZATIONS STATUS



### IMMUNIZATION AND VACCINATION PROGRAM

ENCOUNTERS	2019-20	2020-21	2021-22	2022-23
Vaccinations	1,034	1,322	5,605	5,067
Clients	530	-	2,755	2,829



# Strengthening Families Maternal Child Health Program

The Strengthening Families Maternal Child Health Program (SFMCHP) is a family-focused home visiting program for prenatal women, fathers, and families of infants and children under the age of six. The program provides support based on each family's unique strengths, and addresses the family's 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 service

## GOALS AND OBJECTIVES

- To increase confidence, knowledge & skills in parenting infants and young children
- To empower mothers, fathers & families
- To nurture the community's capacity to support families
- To promote trusting & supportive relationships
- To remain engaged with community & clients and to be aware of their well-being & mental wellness

## HIGHLIGHTS AND/OR CHALLENGES

- Staff received training in Towards Flourishing, and in a new curriculum called Growing Great Kids
- A vacant home visitor position remains open.
- Safety issues for clients and staff such as dogs, bedbugs, cockroaches, unsafe entry to homes, drugs & alcohol.
- Future plans include hiring a doula to work with clients, and gaining access to an Elder or knowledge keeper to participate in our programs and activities.



15

clients currently in the  
SFMCHP database

18

creative engagement  
clients

35

Prenatal women  
in NCN

# 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.

## GOALS AND OBJECTIVES

- To reduce Type 2 Diabetes among NCN Citizens
- 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

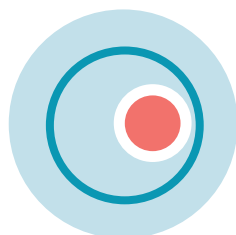
Our diabetes management is educational and fun. Clients learn how to manage diabetes through a healthy lifestyle and medication, as required. They also educate friends and family, and help them to avoid the disease through healthy living.

## HIGHLIGHTS AND/OR CHALLENGES

- Healthy breakfasts are provided after blood work on Mondays.
- Gift cards are available for retinal screening, dietitian, foot care, and kidney health appointments.
- A new program called Kidney Health was rolled out.
- Citizens booking but not showing for appointments affects efficiency of the program.
- It is difficult to make healthy lifestyle modifications with a lack of family support.
- Many community members don't have access to healthy foods.

200+

people attended  
healthy breakfasts



150+

people attended  
retinal screenings



100+

Diabetes Integration  
Project virtual and live  
sessions

## DIABETICS (2016-2023)

DESCRIPTION	2016-17	2017-18	2018-19	2019-20	2020-21	2021-22	2022-23
<b>Total Diabetics</b>	155	147	148	198	149	65	N/A
<b>Type I Diabetics</b>	Male (1) Female (1)	N/A	N/A	Male (2) Female (4)	N/A	N/A	N/A
<b>Type II Diabetics</b>	Male (55) Female (98)	Male (56) Female (94)	Male (55) Female (97)	Male (27) Female (31)	N/A	N/A	N/A

# 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, chiropodists, 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

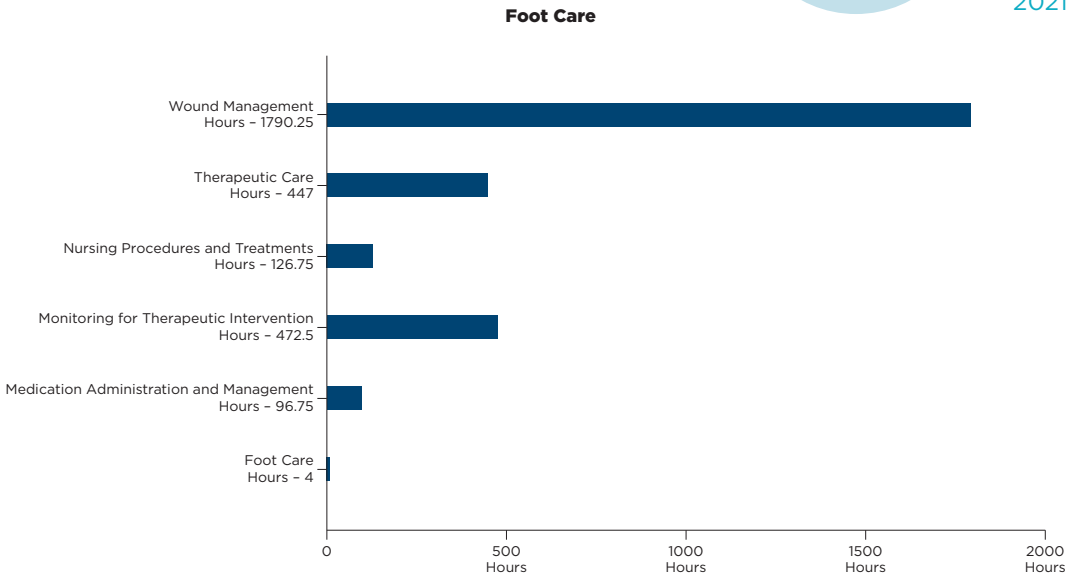
- To avoid diabetes-related foot complications
- To educate the public that prevention is the priority
- To assist clients through advocating and referrals
- To improve quality services through ongoing professional development
- To uphold the required nursing education competency as required by the College 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

## 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

## HIGHLIGHTS AND/OR CHALLENGES

- There was an increased focus on counselling and education programs. More than 300 people attended information sessions on topics such as maternal nourishment, postpartum care, challenges of caring for a baby, nutrition for healthy-term babies, and increasing milk supply.
- Food, prizes and emergency diapers are available for new mothers.
- There is no lactation support program available for breastfeeding, so new mothers are referred to nurses.
- Alcohol use during pregnancy and after birth continues to be a problem. These mothers are referred to counselling.
- Gestational diabetes and teen birth rates continue to be common occurrences.
- An improvement in office space is required, to provide privacy for confidential conversations.



# 300+

People attended information sessions (maternal nourishment, postpartum care, challenges of caring for a baby, nutrition for healthy-term babies, and increasing milk supply)

## CPNP STATISTICS

### Canadian Prenatal Nutrition Program

	2019-20	2020-21	2021-22	2022-23
Participation	51	40	29	11

# STAR FASD Prevention Program

The vision of the STAR program (STAR: Success Through Advocacy & Role Modelling) 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.

## 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

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 labelled "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.

## HIGHLIGHTS AND/OR CHALLENGES

- The STAR FASD Program currently has 15 clients for home visits.
- The program is in need of another mentor.
- The program does not have a vehicle, meaning staff and mentors have to borrow and share transportation with other programs.



# 15

clients currently  
enrolled in STAR  
FASD Program  
home visits.

# 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 4 times a week. It also brings Citizens to Thompson for medical appointments, or to be connected to further transportation to Winnipeg, by Thompson Bus Lines or Calm Air.

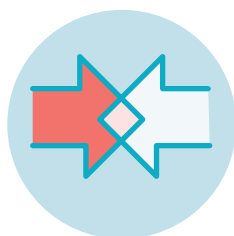
There are 5 full-time medical drivers employed by this department.

## 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.



# 5,826

patients were transported throughout 2022-23. Down from last year's 7,231 patients.



# 5

full-time medical drivers employed by this department

### HIGHLIGHTS AND/OR CHALLENGES

- 5,826 patients were transported to and from residences throughout 2022-23.
- Patients who do not cancel their rides with the department cause inefficiencies to scheduling.
- Rising cost of fuel and repairs, tire replacement, annual 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.
- Transportation services for dialysis and blood work are currently not funded, which has a significant impact on the department's budget.





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

HIGHLIGHTS AND/OR CHALLENGES
<ul style="list-style-type: none"><li>• Telehealth improves access to health-care services not typically available in our community.</li><li>• This technology reduces time away from home &amp; work, and reduces stress &amp; costs.</li><li>• Allows family &amp; friends to more easily participate.</li><li>• Unfortunately, not all specialties are available through Telehealth.</li><li>• Interpretation services are not always available at the clinical site, resulting in language barriers.</li><li>• Technical issues can cause appointments to be cancelled, or can interfere with the quality of communication.</li></ul>

## STATISTICS

MB Telehealth 2022-23

SITE	CLINICAL	EDUCATION	ADMIN	TELE-VISIT	OTHER	TOTAL
Nelson House – Medicine Lodge	-	-	-	-	-	-
Nelson House – Nursing Station – Wellness Centre	170	0	0	0	32	202

Telehealth in 2023 has seen a decrease of over 45 sessions this year compared to last year.

# 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

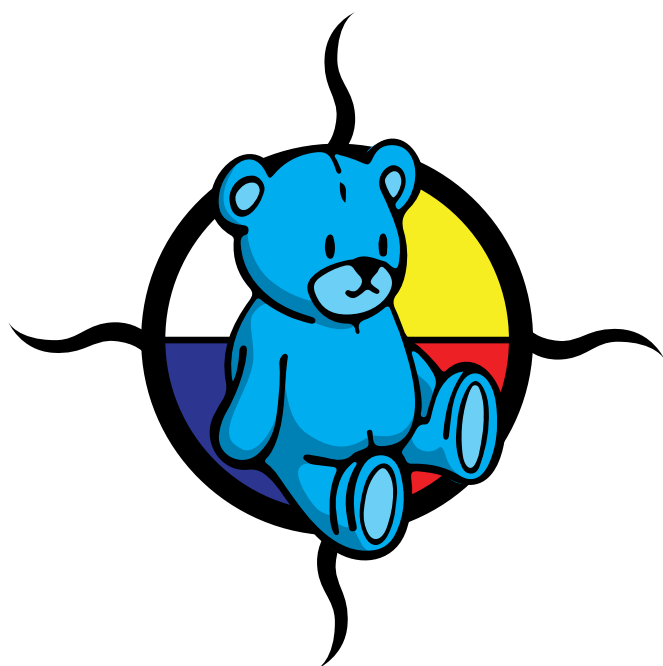
- Respite care & child-minding
- Speech & occupational therapies
- Educational supports
- Medical equipment
- Mental health services
- Telehealth sessions
- Cultural activities
- Transportation support
- Advocacy services

## 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

- Awareness about JP has increased, resulting in more children seen by services providers, pediatricians, and psychologists & receiving respite; speech & language; physio & occupational therapy; and more
- Continuing work on the application for a capital building grant
- Networked with other programs to secure funds for Skate Park
- Ongoing training for JP staff including CPR, first aid, online sessions, webinars
- A JP case manager graduated with honours from the two-year First Nations Management Course at Yellowquill University College
- No ECEs were hired for school: no one applied because of the low pay
- Recruiting staff on- and off-reserve is difficult
- Office space is far too small for the number of children we serve
- Jordan's Principle is in need of more infrastructure, space, employees, and education. A new JP building is currently in the designing stage. A new respite home, accessible park, and land-base cabin are also on the wish list.



### Some 2022-23 Activities:

- Christmas food hampers & family breakfast packages
- Partnership with RCMP annual fish derby for young people
- NCN Treaty & Festival Days; hosted Barbie floats
- Spring Break & Every Child Matters activities
- NCN Powwow giveaway & prizes
- Movie theatre rental; hockey trips; splash pad; bowling; Paint Lake; Pisew Falls
- Medical appointment assistance in Thompson & Winnipeg
- Parental/client workshops
- Cree language teachings through song & reading
- Land-based education (beadwork, smudging, hunting, fishing, berry & medicine picking etc)
- Autism Awareness walk
- Bear Witness Day prizes
- Celebration of Life for Jordan River Anderson
- FCWC Annual Health Fair
- Year-end barbeque with families
- Family photos

### Jordan's Principle Initiative Statistics:

#### General

- 208 urgent clients
- 800 non-urgent clients who are also eligible for care
- 2,800 involved family members

#### Client Care

- 18 ASD clients
- 53 seen by pediatricians
- 44 seen by speech & language
- 37 seen by occupational therapy
- 24 seen by physiotherapy
- 7 seen by St. Amant
- 8 seen by psychologist



# 208

urgent clients served. Up from 149 last year.



# 800

non-urgent clients who are eligible for care. Slightly down from 814 last year.



# 191+

children seen by specialists (pediatricians, therapists, psychologists)



# 3,852

family members. Down from 3,852 last year.



# Home and Community Care

# Home and Community Care Overview

The Home and Community Care program is a coordinated system of services that enables NCN community members of all ages with disabilities, and chronic and acute illnesses to receive needed nursing care in their homes.

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. 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
- Non-emergency support with medical issues such as chronic disease management, post-hospital care, self-care teaching, and monitoring of vital signs
- Referrals & linkages within and outside the community (such as NRHA physiotherapy, dietician, foot care, respite, hearing centre, homecare, homemaking services, etc)
- Palliative care
- Nursing care, such as treatments, wound management, catheter care (that requires a referral from the doctor)
- Equipment & medical supplies to support care in the home
- Personal care services (which could include bath/personal care, homemaking referral, home care



# 42

active clients  
enrolled in the  
Home and  
Community Care  
program

## GOALS AND OBJECTIVES

- To improve safe, competent and efficient care services for clients, their families and support system
- To improve quality services through ongoing professional development for staff
- To demonstrate improved accountability in all areas of service management
- To uphold the required nursing education competency as required

## HIGHLIGHTS AND/OR CHALLENGES

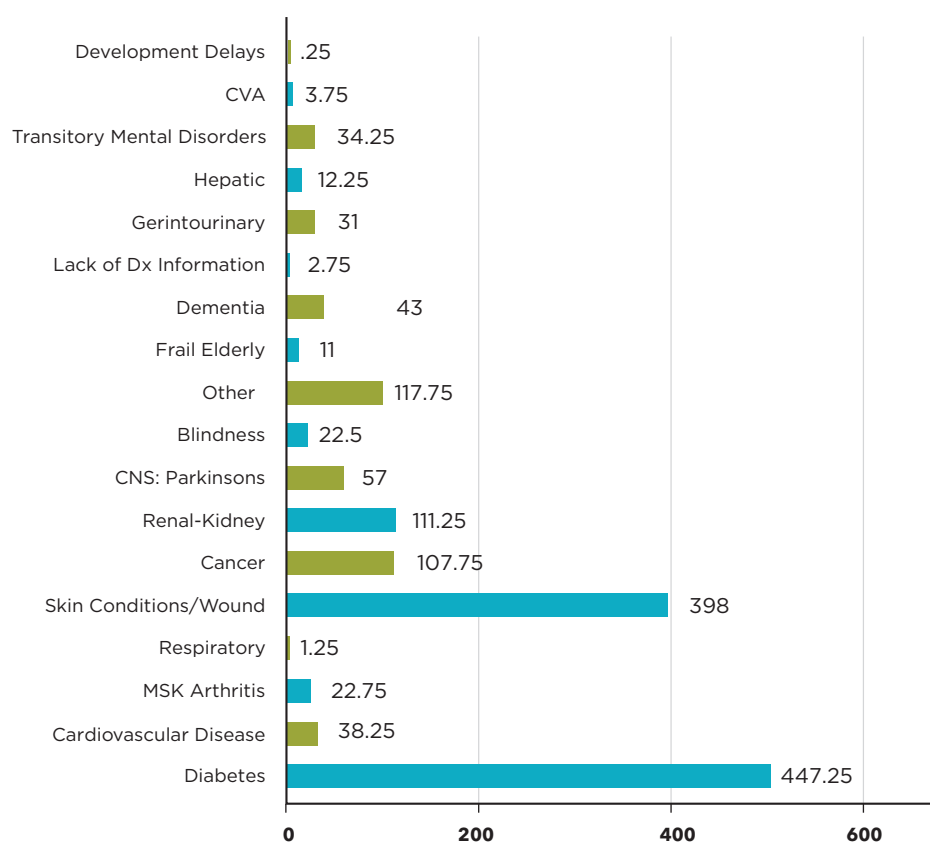
- Home care hired a maintenance worker, whose duties include delivery and installation in the home of medical supplies.
- Staff participated in various workshops, including a palliative care conference; Power Point and Excel training; phlebotomy training; health care provider first aid training.
- On-site visit to other Home Care and Community Care Programs in Norway House and Cross Lake for mentorship connections.
- Staff participated in self-care and team-building outdoor wilderness activities.
- Environmental hazards such as sanitation, poor conditions of homes, bed bugs, cockroaches, and physical layout of homes cause concern about client safety.
- Violence and unsafe situations, such as ETOH in homes.
- HCCP continues to build productive, cooperative and positive collaboration with the NRHA and the Fanny Hartie Nursing Station to ensure Citizens receive holistic care.
- HCCP continues to deal with a shortage of staff, and difficulty in retaining staff.
- HCCP began creating a transition process with the Assisted Living Program to make access easier. An information pamphlet will be developed to distinguish both programs.

## HOME AND COMMUNITY CARE STATISTICS

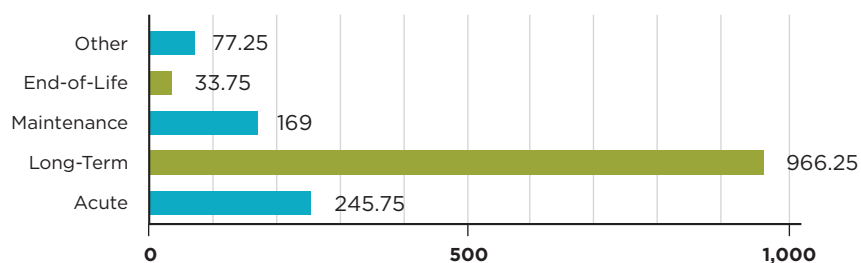
### Summary of Active Clients

DESCRIPTION	TOTAL
Active Clients	42
Unique Home Care Clients	34
Male clients	44%
Female Clients	56%

### 2022-23 HOURS BY REASON FOR HOMECARE VISITS



### 2022-23 HOMECARE TOTAL SERVICE DELIVERY





A bald eagle with its wings spread, perched on a nest of sticks, with a teal overlay and a geometric pattern at the bottom.

# 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
- Debriefing sessions
- Advocacy
- Bereavement support
- Community activities (vigils, family camps, berry & medicine picking)

## HIGHLIGHTS AND/OR CHALLENGES

- Hosted RDF & Mile 35 camps with Family Enhancement, Special Projects & Land Base departments.
- Collaborated with NNOC for "Be The Change" workshop.
- Therapy sessions continue.
- After-hours mental health requirements are overwhelming staff; staff specific to this need is required.
- Vehicle needed for Counselling Services as staff are currently using personal vehicles.



# Designated Intake Agency

The Designated Intake Agency provides intake services and emergency duty worker (on-call) services in NCN, Thompson, South Indian Lake, and Leaf Rapids.

It also serves as the supervising department for the Family Enhancement program, Foster Care Departments, Emergency Placement Receiving Homes, and Transition Homes.

## Services include:

- Protection services
- Services to families
- Services to children in care
- Case management
- Support & respite services

## GOALS AND OBJECTIVES

- To decrease the number of children in care
- To incorporate language and culture into service delivery
- To create harm reduction strategies & incorporate into planning
- To continue to deliver services in accordance with legislation & standards
- To provide training, education & professional development to staff
- To bring all family files & child in care files up to provincial standard & in full compliance with CFSIS database
- To have all foster care units fully licenced, and all files to be up to provincial standard
- To recruit more culturally appropriate foster homes, service providers, support & respite workers
- To develop training modules for foster parents

## HIGHLIGHTS AND/OR CHALLENGES

- The agency continues to shift from traditional legislated Child Protective Services to Culturally Appropriate Family Preservation Services.
- Keeping siblings together has become a larger focus when children must be removed from parents' care. Kinship placements are preferred as "less trauma and best practice".
- Discussions continue for Bill C-92 planning purposes. The goal is a model in which NCN practices and family laws replace the current, mainstream model.
- Toolkit was created for young adults transitioning out of care to ensure they'll have the resources they need for a higher chance of success. It will be launched for all children 12 years and older.
- Quality Assurance review was completed with office strengths and recommendations.
- Two cohorts are in the Bachelor of Social Work program. One cohort consists of 5 full-time permanent employees who have studied part-time for the last 5 years and are now in their first of two field placements. They will graduate with BSW degrees in May 2025.
- Mental Health is a huge area of concern, for children, youth, and parents, with more cases that are more complex. The current services are by no means meeting the needs of the population.
- Apprehensions of children have slightly increased over the past year due to parental neglect, addiction, stress, lack of supports, mental health, and family violence.
- The Designated Intake Agency needs more resources in all areas. There is a need for more support workers, respite workers, transition homes, sibling homes, and foster homes. High cost of living and inflation requires the agency to provide support for food, supplies, clothing, rent assistance, hydro and utilities, and more.



# 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



# 400

community members served through the Family Enhancement program and activities in the community

## HIGHLIGHTS AND/OR CHALLENGES

- Training was completed by parent coaches and in-home respite workers.
- Serving 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 gained more office and storage space with the move to the new location at 1 Jackpine Road.
- More funding would allow the Program to fund more activities.



# Family Enhancement Program

The Family Enhancement Program provides NCN children and families 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

- Family camps
- Cultural activities (ribbon skirts, drum making, medicine picking, beading)
- Respite & support services
- Children's soccer program & other activities

## 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 has provided prevention services in various areas to 761 families.
- Many participants enrolled in the Rediscovery of Families camp & the Mile 35 camp.
- Attendance in 8-week parent program has declined, perhaps because of relocation to the Special Projects trailer on Westwood Dr.



# 761

families this year  
have had services  
provided 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

- Three family camps were at maximum capacity, with more children in attendance this year.
- More staff attended the camps, thanks to the Special Projects department.
- Transportation is a challenge.



3 family camps were at maximum capacity, with more children in attendance this year.





# 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

- Three young NCN Citizens graduated from the HeadStart program this year.
- The summer program ran for 3 weeks in July and August.
- The Infant & Toddler program had 5 children and 3 parents registered.
- Children receive opportunities to prepare and taste new, exciting recipes.
- Some goals for the future include a cultural camp for traditional teachings.





# 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

- We aim to have all staff in training to become certified early childhood educators (ECEs).
- 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.
- The planning stage of the goal of sharing a new building with Jordan’s Principle has been completed.

2022-2023 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	4	4	4	5	6	5	5	6	6	6
2yrs to 6yrs	18	16	14	14	14	17	14	10	11	12	12	12
Waiting List (infants)	3	4	3	2	4	2	2	1	3	2	1	2
Total Enrollment	21	19	18	18	18	22	20	15	16	18	18	18
Parents in Training	2	3	3	3	3	5	6	6	5	5	5	5
Working Parents	13	11	12	12	12	13	13	13	9	9	9	9
Total Parents	15	14	15	15	15	18	19	19	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

- 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 give youth the opportunity to improve themselves through sports
- To remove financial barriers to sports
- To create healthy lifestyles
- To improve social skills, such as leadership & collaboration, that will help them to be engaged in community development
- To maintain official protocols & standards
- To expose our youth to competition throughout Canada

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

- Basketball was available consistently twice a week (Tuesdays & Thursdays) for 14+.
- Volleyball was available every Wednesday for 14+.
- Ball hockey was a popular sport throughout the summer for 12+.
- NCN teams competed in Winnipeg for ball hockey, basketball and baseball.
- Physical training at the FCWC Fitness Centre develops our athletes and their physicality for sports.
- Maintaining consistent youth teams has been a challenge.
- Running a house league is difficult.



# 2x

Basketball was available consistently twice a week for ages 14+



2023



Nisichawayasihk Cree Nation  
FAMILY AND COMMUNITY  
Wellness Centre Inc.