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Message FROM THE CEO

Tansi.

I'm sure you will be as amazed as I am every year as I look through this document and review the highlights and challenges of programs and services we provide here at home, and at our locations in Thompson, South Indian Lake, Leaf Rapids, Brandon and Winnipeg.

Did you know that the guiding compass of the Family and Community Wellness Centre grew out of a community planning process that created the theme "A Pathway to Restoration" in 1999?

To this day, our work recognizes that a clear path forward, created by NCN Citizens for NCN Citizens, helps our clients to make their own way while receiving support from staff who truly understand them.

These supports have evolved tremendously, and many of our clients have made great progress.

For example, our ADI diabetes program provides a healthy breakfast and fellowship after bloodwork. A new bus for the Medical Transportation team provides safe passage for Citizens in wheelchairs to their appointments. More people are making the Fitness Centre a priority, and improving their energy, confidence and well-being. These Citizens are making health and wellness a clear priority.

At the same time, the stresses of our world increase, which takes its toll on our community members. Addiction and family violence continue. Teen births and alcohol use during pregnancy remain common occurrences in NCN. Many people are coming to us for financial assistance, due to rising costs of living. Our FCWC services are needed now more than ever.

I have great confidence that the FCWC board and staff will continue to develop and deliver innovative, holistic programs and services that meet our Citizens where they are and help them to continue along their paths of restoration.

And we always appreciate the ideas of our community members and Elders. In fact, there has never been a better time for you to get involved with the FCWC! No matter what your strengths are, we can put them to good use.



The FCWC provides compassionate care for NCN Citizens in every stage of life, from our enthusiastic childcare programs to our empathetic end-of-life care, and all stops in between. Whether you're an excellent driver, amazing storyteller, or the best tanner around, we have a place for you.

We are all connected. When one Citizen achieves stability and well-being, our community is a safer place to be, and we all reap the rewards.

Join us in creating healthy NCN Citizens and a stronger Nisichawayasihk Cree Nation.

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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 Wellness Centre is dedicated to an ongoing review of our programs, administration, and services, guided by community consultations. Alongside this input, we explore insights from trusted organizations with shared goals to enrich and enhance our offerings. Strategic planning remains central to our approach, as we identify objectives, set goals, and develop action plans for Wellness Centre programs. Implementing these plans allows the Centre to stay proactive and responsive in meeting the community's needs through innovative program delivery.

This 2024-25 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

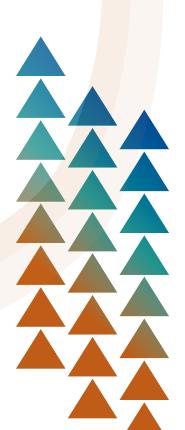
Related to child and family services and community health/wellness

Our facility and approach is unique as it uses a strengthbased 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:

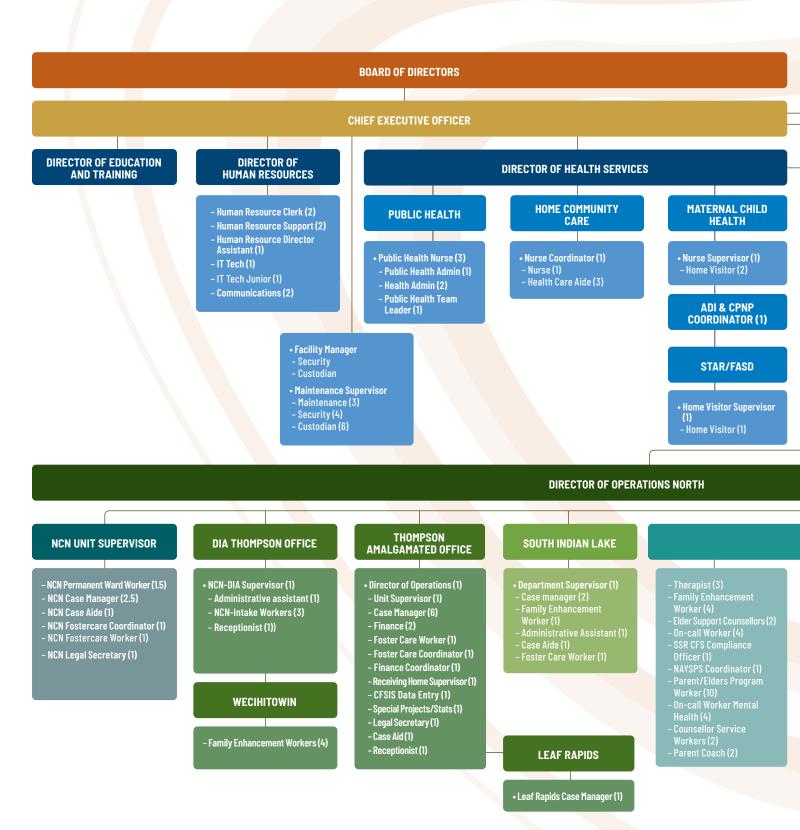
- Promote the development of new ideas and innovative measures and to bring about meaningful change for the children and families of NCN within a holistic approach to human services policy development and service delivery.
- Incorporate Indigenous traditions, culture, language, customs, and the teachings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



REDISCOVERY OF FAMILIES/LAND BASED • Language and Culture Keeper (1) - Land Based Supervisor (1) - Land Based Workers (8) **DIRECTOR OF FINANCE MEDICAL ABORIGINAL JORDAN'S PRINCIPLE ON-RESERVE OFF-RESERVE TRANSPORTATION** HEADSTART/DAYCARE HeadStart/Daycare Coordinator (1) ECE Supervisor (1) - Coordinator (1) – Finance Clerk Winnipeg (1) • Director (1) • Finance Coordinator (1) - Accounts Payable Clerk (1) - Finance Clerk Maintenance - Case Manager (1) – Payroll Benefits Clerk(1) – Payroll Benefits Maintenance (1) - Assistant Case Manager (1) - Admin Assistant (1) - Driver (5) Thompson (1) - Finance Support Thompson (1) - Driver (1) - ECE Teacher (1) - ECE (5) - Education Assistant - Finance Support (1.5) - Admin Support (0.5) - Finance Clerk (1) Supervisor (1) - Educational Assistant (4) - Child Development Worker (3) - Finance Clerk Admin (1) - Rehabilitation Assistant (1) - Intake Worker (2) - Service Coordinator - WPG (1) - Respite worker - WPG (1) - Respite worker - NCN (1) **DIRECTOR OF OPERATIONS SOUTH FAMILY ENHANCEMENT SUPERVISOR WINNIPEG BRANDON** NCNWSA Coordinator (1) Assistant Coordinator (1) • Moore's Bay Supervisor (1) - House Manager (3) - Resource Worker (1) • Director of Operations (1) SUPERVISOR (1) - Supervisor - PW (1) - Admin Support (1) - Adoptions Permanency Planning Worker (1) Support Worker (119) Maintenance Worker (1) - CFS Private Workers (1) - Foster Care/Resource Worker (1) - Case Manager (1) - Reception/File Clerk (1) - Case Aide (1) - Case Manager - PW (4) - Family Services Worker (3) - Finance Clerk (2) - Finance File Clerk (1) - Foster Care Coordinator (1) • I/Family Services Supervisor (1) • ILP Worker (2) Legal Admin & Office Manager (1)Receptionist/File Clerk (1) • Specialized Siblings Homes Worker (1)

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 2024-25 fiscal year for each program along with statistics of individuals participating and receiving care. Programs or departments with goals and objectives for the next year have indicated the plans to improve services to Citizens, while other programs have maintained an effective level of service and will be developing goals in the near future as part of the strategic planning process.

KEY HIGHLIGHTS AND CHALLENGES

- The Dreamcatchers HeadStart Program had 20 children in its program during the school months, with 10 graduates at the end of the year.
- There were up to 24 NCN parents served by the Jean McDonald treasures of Hope Day Care. Of these, up to 19 of them were working parents, and 8 were enrolled in the Parents in Training program.
- Medical Transportation & Security Services has a new 2025 Chevy 4500 bus, a valuable asset that accommodates clients in wheelchairs comfortably and safely.
- Basic Foot Care services provided by the Foot Care program were accessed 163 times this year.
- There are 152 NCN Citizens with diagnosed diabetes. A successful component of the ADI program is the Healthy Breakfast program, which provides a meal after blood work on Mondays.
- Counselling Services hosted successful family camps for the Rediscovery of Families program at Mile 35, with a focus on addictions.
- This year, MB Telehealth accommodated 178 clinical appointments for NCN Citizens. Their medical needs were met through this program without having to leave the community.
- Environmental Health reports that there has been an increase in the number of dog bites to community members.
- The biggest challenge to the success of the STAR FASD program continues to be safety during home visits. Mentors regularly face dangerous dogs, alcohol & drug use, gang violence, and bed bugs.
- These same problems face the Home Visitors of the Strengthening Families & Maternal Child Health Program when they attempt to visit the 11 clients who are scheduled for appointments.
- There are currently four Citizens who are in touch with the TB Champion, but of these, only one successfully completed their medication regime.
- Despite annual clinics, vaccination rates for influenza and Covid-19 have decreased due to misinformation.
- Staff retention is difficult for the Moore's Bay Receiving

- Homes. It is challenging to recruit qualified staff, and the pay scale does not adequately represent the dedication and hard work of the support staff.
- Due to extreme weather and required evacuations, there was a reduced number of Rediscovery of Families camps. Spots for these camps fill very quickly as participants are eager to get out to live off the land and reconnect.
- The Canadian Prenatal Nutrition Program provides food, prizes and emergency diapers for new mothers.
- Gestational diabetes, teen births and alcohol use remain common occurrences in NCN.
- Enrolment in the Family Enhancement parenting program has decreased, and fewer parents have completed the course.
- Many children are behind on their routine childhood vaccinations. Lack of updated contact information make it difficult to inform parents & caregivers.
- Congenital syphilis is still on the rise in the community.
 Some parents are not taking their babies for follow-up serology.
- A therapist visits the Wecihitowin program in Thompson bi-weekly to provide counselling for families.
- The Christmas Parade in Thompson was a success with 800 candy bags distributed that included information about how to be a foster parent.

- The Designated Intake Agency needs more resources in all areas. High cost of living and inflation requires the agency to provide support for food, supplies, clothing, rent assistance, hydro and utilities, and more.
- The Home and Community Care program provides more than 2,000 hours of long-term care to NCN Citizens. Its main focus is diabetes and wounds and skin conditions management.
- The South Indian Lake sub-office is working with Chief and council to secure a lot and purchase a home to serve as a safe house within the community. Children at risk would be able to stay in SIL.
- The Winnipeg and Brandon CFS sub-offices have added historical and colonial awareness to the pre-screening of foster parents. Foster parents are often mandated to actively participate in cultural activities with NCN children in care.
- More people have been using the Fitness Centre and showing more interest in physical activities. Regular exercise has helped many community members improve their energy, confidence and overall well-being. The Fitness Centre remains a safe place for people to come together, work towards their goals, and support each other.
- The new Jordan's Principle off-reserve office opened in Winnipeg in August 2024. This has allowed the program to expand services and products for off-reserve clients, which now includes more than 370 families. Intakes are ongoing and NCN Citizens continue to reach out for support.
- There is an urgent need for more CFS support workers, respite workers, house parents, transition homes, sibling homes, and foster homes.
- ISC is now providing funding to provide support & services for young people up to the age of 26, as opposed to 21.



CHILD, FAMILY AND COMMUNITY Services

CHILD, FAMILY AND COMMUNITY SERVICES OVERVIEW

The Nisichawayasihk Cree Nation CFS department operates in six locations: Nelson House, Thompson, South Indian Lake, Leaf Rapids, Brandon and Winnipeg. It provides support for on- and off-reserve Citizens that include services to families and to children in care; emergency services; case management; family enhancement; placement and housing services; and support services. The Agency aims to provide holistic and culturally appropriate services to meet the needs of NCN children and young people.

The CFS department operates on single envelope funding from the Province of Manitoba and ISC. Provincial funding is based on statistical data and federal funding is based on percentage of population on-reserve.

- Emergency duty workers provide immediate support in urgent situations. They and On Call Services operate year-round, 24 hours a day.
- Case Management provides resources, counselling, and connections to culturally appropriate services. They aim to empower families, promote healthy relationships and provide practical assistance to help families stay together and thrive.
- Services for children in care include fostering, adoption and kinship & customary care. They may receive counselling, family support, support and respite care, and help with transitioning to young adulthood.
- Placement and Housing services in Thompson has three emergency placement receiving homes with 16 beds. This includes a transition home that allows children to return to their parents while they secure housing and finances; and creates space for sibling groups to stay together, and short-term emergency placements.
- The Post-Majority Support Service (PMSS) program meets the specific needs of NCN youth who are aging out of care.
- The Quality Assurance supervisor ensures Agency compliance with current standards and legislation.

Goals and Objectives

- To decrease the number of children in care, and decrease the number of days in care
- To incorporate language, traditions and culture into service delivery
- To develop harm reduction strategies and incorporate into planning
- To recruit more culturally appropriate foster homes, service providers, support workers, respite workers and house parents
- To secure more sibling group homes and workers to staff the homes
- To bring all family and child-in-care files up to provincial standard and compliant with CFSIS database
- To have all foster homes fully and currently licensed
- To create training modules for foster parents that include typical experiences
- To develop strategic plans in all units
- To provide excellence in all service delivery areas

Nisichawayasihk Cree Nation Family & Community Wellness CFS Stats

CHILDREN IN CARE (MARCH 2024 TO MARCH 2025)

LOCATION	MAR 2024	APRIL 2024	MAY 2024	JUNE 2024	JULY 2024	AUG 2024	SEPT 2024	OCT 2024	NOV 2024	DEC 2024	JAN 2025	FEB 2025	MAR 2025
Thompson	119	112	112	112	109	121	127	144	149	156	162	164	166
Nelson House	70	70	73	88	81	87	78	82	81	83	78	84	85
Leaf Rapids	24	21	21	17	17	16	13	13	8	8	8	8	8
South Indian	12	12	10	14	15	17	18	19	19	22	16	16	16
North Subtotal	225	215	216	231	222	241	236	258	257	269	264	272	275
Winnipeg	160	158	157	160	162	158	149	152	154	153	153	151	151
Brandon	18	18	18	18	18	18	18	18	18	18	18	18	18
South Subtotal	178	176	175	178	180	176	167	170	172	171	171	169	169
TOTAL	403	391	391	409	402	417	403	428	429	440	435	441	444

CHILDREN IN CARE - FUNDING BREAKDOWN (MARCH 2024 TO MARCH 2025)

LOCATION	MAR 2024	APRIL 2024	MAY 2024	JUNE 2024	JULY 2024	AUG 2024	SEPT 2024	OCT 2024	NOV 2024	DEC 2024	JAN 2025	FEB 2025	MAR 2025
Provincial	123	115	115	112	109	121	124	141	142	148	152	156	158
Federal	102	100	101	119	113	120	112	117	115	121	112	116	117
North Subtotal	225	215	216	231	222	241	236	258	257	269	264	272	275
Provincial	162	160	159	161	163	160	153	156	159	158	158	156	156
Federal	16	16	16	17	17	16	14	14	13	13	13	13	13
South Subtotal	178	176	175	178	180	176	167	170	172	171	171	169	169
TOTAL	403	391	391	409	402	417	403	428	429	440	435	441	444

TOTAL FILES BY MONTH (MARCH 2024 TO MARCH 2025)

I O I AL I ILLO DI		(11)				,							
LOCATION	MAR 2024	APRIL 2024	MAY 2024	JUNE 2024	JULY 2024	AUG 2024	SEPT 2024	OCT 2024	NOV 2024	DEC 2024	JAN 2025	FEB 2025	MAR 2025
Thompson	129	176	200	200	153	134	141	213	244	252	263	266	264
Nelson House	72	73	76	91	104	89	80	84	84	86	81	87	88
Leaf Rapids	24	37	36	33	32	16	13	29	24	25	25	23	21
South Indian	18	12	16	45	21	17	18	51	51	55	49	49	49
North Subtotal	243	298	328	369	310	256	252	377	403	418	418	425	422
Winnipeg	173	241	242	245	247	175	167	225	230	222	225	225	226
Brandon	18	27	27	30	30	20	20	27	27	27	26	26	26
South Subtotal	191	268	269	275	277	195	187	252	257	249	251	251	252
TOTAL	434	566	597	644	587	451	439	629	660	667	669	676	674

FOSTER PARENT PROGRAM

Nisichawayasihk Cree Nation encourages local and offreserve 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.

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.

In this program, 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.

NELSON HOUSE CFS

Goals and Objectives

- To keep children in family & kinship placements to ensure family bond and connection is maintained
- To keep siblings together as often as possible
- To support youth beyond the age of 18

Highlights and Challenges

- The quality assurance review was completed. It provides strengths & areas of improvement for each office. Fourteen action items were included for implementation.
- Five student employees graduated from the Bachelor of Social Work Program. They enjoyed a graduation ceremony, dinner and celebration in Thompson.
- ISC is now providing funding to provide support & services for young people up to the age of 26, as opposed to 21.
- Bi-annual Northern Supervisors meetings have been implemented for all northern offices.
- The Christmas Parade in Thompson was successful again this year with 800 candy bags distributed that included information about how to be a foster parent.
- Discussions continue about how Bill C-62 will be implemented into the service delivery model.
- Mental health issues of children, youth and parents continue to increase, and current services do not meet needs that are becoming more complex. This has a huge impact on safe, healthy parenting. As a result, the agency is seeing more intakes and the level of risk is increasing.
- This year, apprehensions have significantly increased due to parental neglect, addiction, stress and lack of supports, mental health and family violence. The Agency encourages parents to attend treatment and participate in other resources, and incorporates this into their Case Plan goals.
- Financial stress, including inflation and the rising cost of living, continues to be an area of concern and a cause for distress for families. There is increased pressure that the Agency will assist families with food, supplies, clothing, rent assistance, hydro and utilities.
- Placement availability continues to be an issue. We resort to temporary places of safety with staff to maintain the zero-hotel placement policy.
- There is an urgent need for more support workers, respite workers, house parents, transition homes, sibling homes, and foster homes.

WINNIPEG & BRANDON CFS SUB-OFFICES

These NCN CFS sub-offices provide family services and preventative services to off-reserve NCN community members living in the Winnipeg and Brandon areas. They aim 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 CFS sub-offices are funded by the Province of Manitoba and Indian Service Canada (ISC). Provincial funding is based on statistical data and federal funding is based on a percentage of the number of children on-reserve.

The Winnipeg office serves about 120 children in care; 90 family service files; and 40 age-of-majority people. It has two independent living case managers.

The Brandon office has about 80 assigned files with 4 staff members. It provides services to six of the Northern agencies.

Goals and Objectives

- To decrease the number of children in care
- To decrease their number of days in care
- To increase family enhancement through Family Service Files
- To contain costs
- To increase the rates of family reunification
- To focus on larger sibling group circumstances
- To work towards closing family files
- To provide services with an Indigenous lens with Indigenous ways of knowing & being
- To reassess families with children in care for reunification

Highlights and Challenges

- Both offices provide land-based supports to staff and client families.
- Recruitment & retention of case managers is difficult given the ever-changing environment and landscape of Child and Family Services.
- After an aggressive recruitment drive, all positions are filled in the Winnipeg office, with additional relief staff in place on a temporary basis.
- The partnership with Rico Property Management has secured 4 units for NCN families and children in family preservation or reunification situations.
- Staff, family and children in care are encouraged to attend ceremony and cultural events that promote health and wellness.
- Foster parent orientation has been re-implemented and will continue twice a year.
- Historical and colonial awareness has been added to the pre-screening of foster parents. The foster care unit sometimes mandates foster parents to actively participate in cultural activities with NCN children in care.
- It is difficult to recruit NCN and SIL members to foster.
- Due to staffing shortages over the year, no in-house programs were offered. Clients were referred to external resources.

Upcoming Plans

- Restart Independent Living programming & amend its manual and support foster parents with young people
- Assess for potential reunification via use of genograms and community contact
- Continue staff training, succession planning and transfer of learning

Statistics

- 30% OF CHILDREN IN CARE ARE PLACED WITH IMMEDIATE OR EXTENDED FAMILY
- 15% OF CHILDREN IN CARE ARE PLACED IN PRESERVATION/REUNIFICATION HOMES (ESTIMATED)

SOUTH INDIAN LAKE CFS SUB-OFFICE

Program Description

The South Indian Lake CFS sub-office provides multidisciplinary services to NCN Citizens in this community. It works with clients in case planning, intake and after-hours services, foster care and protection services. Through Family Enhancement, it may provide emergency supplies, funding to collaborate with other community programs, and events.

Date (2025)	Description	Participation
March 20-21	Mini Mist Spring Festival	126 (Children)
April 17	Easter Activity	115 participants (Children & Parents)
April 18	Family Fish Derby	212 participants (Children & Parents)
May 7	Family Craft Night	26 participants (Children & Parents)
May 8	Self Care & Family Photo Booth	55 participants (Children & Parents)
May 8	Family Dance	167 participants (Children & Parents)
May 9	Mother's Day BBQ, Family Games & Bingo	205 participants (Children & Parents)
May 13-15	Client Yard Clean Up	6 Participants (6 Clients)
May 23	Community Clean Up BBQ	143 participants (Children & Parents)
May 26	Mother's Day Gift Client Distribution	30 participants (Clients)
June 6	Self Care Day	Cancelled due to wild fires
June 9	Emergency Supplies Distribution (Power Outage)	30 participants (Clients)
June 25	Garbage Bin Distribution	30 participants (Clients)
July 1	Family Day Activity	117 participants (Children & Parents)
July 14-18	Wellness Workshops	Cancelled due to evacuation & power outage
July 27	Gift Card Distribution (Evacuees in Winnipeg)	78 participants (Children)
August 11	Safety Home Kits Distribution	10 participants (Foster Home Clients)
August 27	Spin Washer Distribution (Clients during power outage)	11 participants (11 Clients)
September 30	Every Child Matters Community Gathering	140 participants (Children & Parents)
October 30	Halloween Dance Activity	125 participants (Children & Parents)

Highlights and Challenges

- The SIL sub-office has secured a full-time Family Enhancement worker, and two workers to attend child protection concerns in the community. Two staff members have successfully completed their Bachelor of Social Work.
- A local contractor has completed 17 units and has installed doors and windows for SIL clients, a one-time support to alleviate financial strain on these families.
- Collaboratively hosted a family fishing derby with OPCN programs.
- Hosted events including Easter and Mother's Day.
- Emergency food, diapers, wipes and formula are available for clients.
- Purchases made by Family Enhancement for SIL clients included garbage cans, fire extinguishers, first aid kits, car seats, generators, spin washers, propane, flashlights, and hygiene supplies.
- Upcoming workshops include trauma, grief & healing; ribbon skirts & moss bag making; addictions & effects; parenting & communication skills; family violence & healthy relationships; and Indigenous resilience and grit.
- The Family Enhancement worker aims to procure boat safety, firearms safety, First Aid & CPR for community members interested in a land base program. After proper training, the agency can assign these Citizens to take out families on boats, quads and skidoos for camping, hunting and fishing.
- A shortage of foster homes & caregivers remains in SIL.
- The sub-office is working with Chief and council to secure a lot and purchase a home to serve as a safe house in the community. Children at risk would be able to stay in SIL.
- The SIL sub-office is in need of a case manager and a foster care worker.

Goals and Objectives

- To enhance the lives of the families we work with
- To collaborate with OPCN programs to host events, share resources & build community
- To incorporate NCN traditions, teachings, language & culture as much as possible
- To provide opportunities for youth and families to enjoy land-based activities

WECIHITOWIN

This 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 & parenting classes
- parent services, Elder services & respite
- home visits
- administrative assistance
- advocating & court support
- transportation services
- cultural & land-based activities
- links to other community resources & services

Goals and Objectives

- To keep children safe
- To encourage healthy living
- To provide early intervention, prevention, education & family supports to NCN families who may be experiencing difficulties
- To focus on prevention at the Intake level
- To create a continuous circle of connections that start with community
- To help families develop their own safety plans
- To identify issues in Thompson & surrounding communities

Highlights and Challenges

- Some activities this year included: family lake trips; game nights; medicine gathering; wreath making; sewing shirts, blankets and jingle dresses; and Halloween & Christmas parties.
- The Wecihitowin program provided families with clothing giveaways, emergency purchase orders, holiday hampers, cleaning baskets, and a food pantry.
- There are two full-time permanent workers who deliver programming and support.
- A therapist comes to Wecihitowin bi-weekly to provide counselling for families.
- Staffing is an issue. The program needs a receptionist and a new intake worker. There is a lack of emergency workers for after hours, meaning the day staff are performing the night shift.
- The Wecihitowin program is focusing on team building and looking at professional development opportunities.

DESIGNATED INTAKE AGENCY

The Designated Intake Agency provides intake services and emergency on-call services. It works with 7 different agencies (Nikan [Cross Lake], Cree Nation Child and Family Caring Agency, KSMA [Norway House] Kinosao Sipi Minisowin Agency, Awasis, OCN [The Pas] Opaskwayak, General Authority and Michif) and 13 surrounding communities in the North, and aims to ensure the safety of children.

It serves as the supervising department for the Family Enhancement program, Sibling Group Homes, Short-Term Holding, Foster Care, Emergency Placement, Receiving Homes, and Transition Homes.

Designated Intake services are delivered at the initial point of contact and serve as evaluation for individuals seeking support from NCN CFS or another agency. An interview with an intake worker determines eligibility and needs, reviews existing records and gathers information. A plan is created to match the client with appropriate resources or services or they are assigned to a case manager.

Services Offered

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

Goals and Objectives

- To lower the apprehension rate & decrease the number of children in care
- To incorporate language & culture into service delivery
- To create harm reduction strategies & incorporate into planning
- To continue to deliver services in accordance with legislation & standards
- To bring all family files & child-in-care files up to provincial standard & in full compliance with CFSIS database
- To develop training modules for foster parents
- To have all foster care homes fully licensed & up to provincial standard
- To help families understand that change begins with them
- To encourage families to see themselves as the key to achieving their goals
- To hire & retain more staff, and to provide them with training, education & professional development

Highlights and Challenges

- A focus on abuse investigations in Thompson and providing support during active investigations.
- The Designated Intake Agency needs more resources in all areas. High cost of living and inflation requires the agency to provide support for food, supplies, clothing, rent assistance, hydro and utilities, and more.

MOORE'S BAY RECEIVING HOMES (MBRH)

Program Description

The Moore's Bay Receiving Homes (MBRH) is provincially licensed facility that was created to house children who are unable to remain at home, or for those in transition to new circumstances.

This facility provides 24-hour care for children from newborn to 17 years of age. Each home is run by at least two support workers on eight-hour shifts. They care for up to four children at a time.

Highlights and Challenges

- Management and support workers received training to gain skills and knowledge to provide safe, quality care for the children and to improve working conditions in the Receiving Homes.
- 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.

Goals and Objectives

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

 Next year, some goals include increased professional training, increased earning, and improved lowfunctioning work processes.

FAMILY THERAPY SERVICES

Family Therapy Services offers therapy and assessments to children and parents who are dealing with Child and Family Services.

The department provides:

- Parenting capacity assessments
- Group interventions on topics such as circle of security parenting, loss, trauma & self-harm
- Circle of Care meetings
- Therapy
- 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.

Highlights:

- Jacqueline Walker (degree in First Nation and Aboriginal Counselling, master's in Marriage and Family Therapy U of W and training for doctorate in Indigenous Knowledge at Blue Quills University) provides therapeutic supports to NCN with community, culture, and parenting through Cree values and practices.
- Sam Whelan, Family Therapist (psychology degree U of M and Master's degree in Marriage and Family Therapy U of W), provides therapy knowledge for addictions, attachment theory/therapy, emotionally focused couples therapy, systems-centered therapy loss & grief, PTSD and Narrative Therapy. In the future, therapeutic service offered bi-weekly 3 days in NCN and 2 days at Wecihitowin Thompson.
- Linda Cantelon, Family Therapist and U of M instructor is "a guest therapist" conducting "Beading Indigenous Ways of Healing"
- Shirley Ida Moore (BSW, M. Ed, ipk Doctorate) provides NCN citizens supports understanding psychology of Cree ways through Individual Therapy, Crisis Intervention, Family Assessments, Professional Development Workshops, and Program Development.
- Therapy can be accessed by contacting Charlene Kobliski at 204-484-2341.



PUBLIC HEALTH OVERVIEW

The FCWC Public Health Department is dedicated to safeguarding and enhancing the well-being of the NCN population through comprehensive health initiatives. Focused on disease prevention, health promotion and longevity, Public Health efforts create an environment where individuals and communities can thrive. The department takes a holistic approach, addressing the collective health of the community rather than focusing solely on individual clients or specific illnesses.

The Public Health team, including nurses, Community Health Representatives (CHRs), and professionals across various health programs such as ADI, CPNP, Telehealth, Health Director and leadership, works collaboratively to support public health initiatives. These efforts are made possible through program funding, ensuring a unified approach to community wellness.

Services Include

- Disease Prevention & Control: immunizations, outbreak response, animal bites/possible rabies exposures, and monitoring for infectious diseases
- Health Promotion & Education: programs focused on nutrition, exercise, mental health, good oral health, and substance use prevention
- Maternal & Child Health: prenatal education, postpartum home visits, breastfeeding support, childhood vaccinations, parenting resources, and early childhood development programs
- Environmental Health: water & food safety and recalls, managing pest risks, ensuring safe living conditions, mold prevention, and reducing health risks in homes
- Medical Transportation: essential travel services for individuals who need access to healthcare but may face barriers due to distance, mobility challenges, or financial constraints
- Emergency Preparedness: planning & response for public health emergencies and natural disasters

Goals and Objectives

- To improve overall community wellbeing through prevention, education & policy development
- To keep community & health staff educated to combat misinformation
- To reduce the spread of infectious diseases through vaccinations, screenings & outbreak response
- To encourage healthy behaviors such as proper nutrition, physical activity, good oral hygiene & mental wellness
- To address disparities to ensure all individuals have access to healthcare & resources
- To develop strategies to respond to health crises, natural disasters
 & pandemics
- To ensure clean water & food safety while minimizing exposure to harmful substances
- To support individuals with conditions like diabetes, heart disease and respiratory illnesses through education & intervention programs

Highlights and Challenges

- Public Health continues to provide education and support using social media platforms.
- One of the nurses completed the Foot Care certification course.
- Public Health distributed 60 bags of fruit and vegetables and information for Diabetes Awareness month.
- The Public Health Nurses visited OK School and NNOC in October to provide immunizations to students in grades 6, 8 and 9.
- The 17th Annual Health Fair was hosted in November.
- Public Health Nurses made a presentation during the Women's Symposium in November.
- Family Literacy Day was held in February with story time, craft table, free books, Teddy Bear Clinic, and snacks.
- Public Health Nurses attended a three-day harm reduction conference in February.
- Public Health Nurses made a sexual health presentation at NNOC and played a Jeopardy game with the students.
- Many children are behind on their routine vaccinations.
 Lack of updated contact information make it difficult to inform parents & caregivers.
- Congenital syphilis is still on the rise. Some parents are not taking their babies for follow-up serology. Ongoing reminders and education are provided to parents.
- Despite annual clinics, vaccination rates for influenza and Covid-19 have decreased due to misinformation.
- All dog bites are not being reported to Public Health.

Upcoming Plans

- Enhance oral health awareness & prevention efforts.
- Encourage early detection and screening for cancers, diabetes & cardiovascular diseases.
- Implement a kidney screening initiative to assess chronic kidney disease risks & develop treatment plans.
- Establish a formal process for rabies exposure and collaborate with Animal Control for response measures.
 Provide education & promote awareness in the community.
- Expand STBBI testing opportunities to promptly identify & support affected individuals.
- Improve accessibility to Public Health services through school & community events.
- Continue to collaborate with the schools to plan & deliver educational sessions, provide immunizations, and to link with other FCWC programs.
- Increase education & access to QDoc for streamlined healthcare services.
- Promote safe & healthy home environments to support overall well-being.
- Strengthen harm reduction efforts by providing safer drug-use supplies and naloxone kits with proper guidance.
- Continue vaccine education & availability to improve immunization rates.
- Offer outreach immunization programs to meet our 2026 vaccination goal of 95% to achieve herd immunity.
- Boost breastfeeding rates through encouragement & support initiatives.
- Facilitate Circle of Care meetings for clients when appropriate, using FCWC programs to enhance care coordination.

Type of Program	Staff Encounters	Number of clients
Adult Health	15	14
Communicable Disease Control	107	95
Community Health	78	64
Environmental Health	96	63
Immunizations	1451	717
Infant/Child Health	850	532
Postpartum	223	140
Prenatal	10	8
Women's Health	52	37

ENVIRONMENTAL HEALTH

This department plays a vital role in protecting the wellbeing of citizens in Nisichawayasihk Cree Nation by monitoring and addressing environmental factors that directly impact public health.

This includes ensuring safe water quality through regular testing and treatment, conducting thorough inspections of homes and businesses for health hazards such as mould, bed bugs, and cockroach infestations, and promoting proper sanitation practices to prevent disease.

Environmental Health also oversees food safety by managing recalls and ensuring that food handling standards are upheld in local establishments.

Goals and Objectives

to ensure NCN Citizens are living & working in safe conditions

Highlights and Challenges

- There has been an increase in the number of dog bites to community members.
- In cases of dog bites, Environmental Health conducts follow-up observations of the animal to monitor for signs of illness or aggression.
- The department encourages citizens to be responsible dog owners by ensuring vaccinations are up to date and preventing dogs from roaming freely. This keeps Citizens safe and allows Environmental Health workers to complete their inspections and duties safely.

	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Total
Transportation	20	26	15	9	10	29	34	71	36	21	30	24	325
Water samples	26	9	3	9	39	3	15	17	23	24	32	33	233
Food recalls	0	0	0	0	0	3	4	2	10	3	7	9	38
Housing	0	0	1	0	2	2	2	9	1	1	5	5	28
Inspections													
Pest control	1	0	0	1	5	4	4	2	1	1	1	3	23

TUBERCULOSIS COMMUNITY PROGRAM

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.

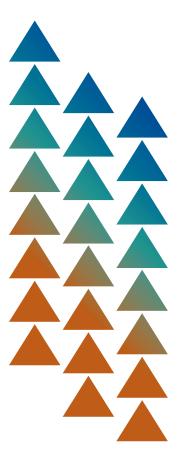
TB can be completely cured if the medication regime is followed to completion.

Highlights and 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.
- It continues to be difficult to hire a TB nurse.
- There are currently 4 Citizens who are in touch with the TB Champion. One has finished their medication regime. Two are not taking their meds, and one person is difficult to track as they stay in various households in the community.

Goals and Objectives

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



STRENGTHENING FAMILIES MATERNAL CHILD HEALTH PROGRAM

The SFMCHP is 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 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. SFMCH collaborates with all health programs to implement the NCN Child and Young Person Wellbeing Strategy, which puts them at the very centre of policy, service design and delivery to provide seamless support.

Services Offered:

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

Goals and Objectives

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

Highlights and Challenges

- Reconnecting with clients.
- Making connections with new prenatal clients and inviting them to participate in the SFMCH Program, and to participate in other resources at the FCWC.
- Doula training
- All Home Visitors are now certified in the Growing Great Kids curriculum
- 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.
- Completing the home visits remains a challenge. Often, visits are scheduled but then Home Visitors are unable to connect because the client is not home, or decide they are not up for visits.
- Overcrowding in homes means there is no privacy during visits.
- Dogs, bedbugs, cockroaches, alcohol & drugs, gang violence and unsafe entry to homes are typical problems with home visits.

Statistics

- 15 CLIENTS IN THE SFMCH DATABASE
- 11 HAVE SCHEDULED TIME FOR HOME VISITS
- 4 CREATIVE ENGAGEMENT CLIENTS (WHO MAY BECOME ACTIVE ONCE THEY CHOOSE TO PARTICIPATE)
- 32 PRENATAL WOMEN IN NCN (CURRENTLY)

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 are in accordance with Manitoba Diabetes Care guidelines.

Our diabetes management is educational and fun.

Community members 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 Challenges

- Healthy breakfasts are provided after blood work on Mondays.
- Gift cards are available for retinal screening, dietitian, foot care and kidney health appointments.
- Citizens booking appointments but not showing up 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.

Statistics

- 152 COMMUNITY MEMBERS HAVE DIAGNOSED DIABETES
- 294 VISITS TO HEALTHY BREAKFASTS
 - 72 ATTENDED RETINAL SCREENINGS
 - 95 ATTENDED DIABETES INTEGRATION PROJECT VIRTUAL VISITS
 - **26** DIETICIAN VISITS
 - **24** COMMUNITY VISITS
 - 2 PRESENTATIONS AT NNOC

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 members to grow & make their own food

FOOT CARE SERVICES

Foot care is crucial for individuals with diabetes to prevent complications like ulcer and amputations.

A foot care nurse with specialized training works with other health care professionals, such as family doctors, podiatrists, chiropodists, and physiotherapists, to maintain mobility and reduce risks.

Diabetes is a complex metabolic condition that inhibits the body's ability to manage glucose (sugar) in the blood. Over time, prolonged high blood sugar levels can damage both large and small blood vessels. Damaged small vessels in the legs and feet can lead to a condition called peripheral neuropathy. Diabetes can also cause sores to take longer to heal, so diabetes foot problems should always be evaluated by someone with specialized training.

Basic foot care services can include:

- Foot & lower limb assessment
- Wound assessment
- Corn & callous reduction
- Nail care
- Client education
- Footwear assessment & referrals for fittings
- Referrals to medical specialists
- Reflexology that increases circulation, provides relaxation & blocks pain receptors
- Bio-magnetic therapy that increases circulation, restores balance to the body, relieves pain & changes pH in the body from acidic to alkaline

e to the body, relieves pain & changes pH in the rom acidic to alkaline

Goals and Objectives

- To prevent diabetes-related foot complications
- To advocate for clients
- To improve quality services through ongoing professional development
- To maintain the required nursing education competencies 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 Challenges

Foot care and referrals to specialists are accessible for all NCN community members.

The FCWC is currently the Manitoba First Nation Diabetes Leadership Council Northern co-chair.

The challenge for this department is to maintain a full-time foot care nurse.

Basic Foot Care Services

163 ACCESSED CARE

CANADIAN PRENATAL NUTRITION PROGRAM (CPNP)

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.

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, and education to help clients adapt to new healthy lifestyles
- To increase the rate of healthy birth weights in 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 Challenges

- There was an increased focus on counselling and education programs. Information sessions included topics such as maternal nourishment, postpartum care, challenges of caring for a baby, nutrition for healthyterm 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 & teen birth rates continue to be common occurrences.
- An improvement in office space is required, to provide privacy for confidential conversations.

Statistics

455 ATTENDEES AT CPNP PRESENTATIONS

31 CPNP PRESENTATIONS

STAR FASD PREVENTION PROGRAM

(STAR: SUCCESS THROUGH ADVOCACY & ROLE MODELLING)

The STAR program aims 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.

The STAR program values the lives of women who are at risk of giving birth to alcohol/drug affected children; women who are often 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.



- 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
- To assist women to engage in harm reduction strategies and/or obtain alcohol and/or drug treatment
- To support women as they create a safe, healthy environment and improved quality of life for themselves and their children
- To link women to community resources to reduce isolation and to become more independent
- To reduce the number of alcohol/drug exposed births through abstinence from alcohol/drugs and better access to contraception
- To demonstrate to other service providers strategies for working more effectively with this population to improve the outcomes for women & children
- To improve access to resources, to facilitate access to FASD diagnosis, and to connect clients to other internal/external supports & services



- The STAR FASD Program currently has 16 participants, with 105 successful visits.
- An FASD information session is well attended every year, with up to 100 people learning more about this disorder and its effects.
- The program also hosts an event at NNOC to create awareness, and does an information blitz during National Addiction Awareness Week in November.
- Collaborations with the CPNP and MCH programs have been well received.
- Home visits were fewer this year due to staffing issues.
- The biggest challenge to the success of this program continues to be safety during home visits. Some problems that mentors regularly face include dangerous dogs, alcohol & drug use, gang violence, and bed bugs.



MEDICAL TRANSPORTATION & SECURITY SERVICES

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 locals to and from the Fanny Hartie Medical Centre and dialysis patients and bloodwork to Thompson and back. It also brings Citizens to Thompson for medical appointments, and helps to connect them to further transportation to Winnipeg as required, by bus or plane.

Security services at the Fanny Hartie Medical Centre are also the responsibility of the Medical Transportation department. It provides 24/7 security for FCWC staff and NCN Citizens.

This department relies on its dedicated drivers, security guards and program coordinators. The FCWC is grateful for their professionalism and commitment.

The medical transportation fleet includes:

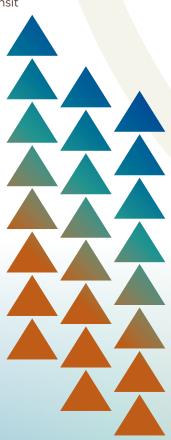
- 2025 Chevy 4500 bus
- 2021 GMC Savanna
- 2021 Chevy Suburban
- 2021 Ford Transit

Goals and Objectives

- To ensure no NCN Citizen misses medical care due to logistical challenges
- To keep paramedics in the community in the case of an emergency, rather than using those professionals for travel that is not life-threatening
- To expand capacity with new transportation & security resources
- To improve coordination with health authorities
- To ensure patient safety as they access medical care
- To ensure staff security as they serve the community

Highlights and Challenges

- Transportation was provided for 3,705 patient visits throughout 2024-25
 - Daily transport to & from the Fanny Hartie Medical Centre
 - Dialysis transportation for 7 patients three days a week, from 5 am-9 pm
 - Trips to Thompson Sunday to Friday, from 9 am-5 pm and 5 pm-1 am
 - Long-distance travel support for specialized treatment in Winnipeg
- 9 full-time security guards work at the Fanny Hartie Medical Centre to ensure safety of patients, staff
- these security guards collectively provide comprehensive security 24 hours a day, 7 days a week



MANITOBA TELEHEALTH PROGRAM

Telehealth connects patients to health-care services at a distance, providing remote healthcare services to underserved areas. 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
- Appointments for dermatology, infectious diseases, orthopedics, plastic surgery & otolaryngology by using the patient camera
- 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

- To provide quality information & knowledge without the stress, time & 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 Medical Transportation 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 Challenges

- Telehealth improves access to health-care services not typically available in our community.
- This technology reduces time away from home & work, and reduces stress & costs.
- Allows family & friends to participate more easily.
- 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

178 CLINICAL APPOINTMENTS THROUGH TELEHEALTH

17 EDUCATIONAL APPOINTMENTS
THROUGH TELEHEALTH

Site	Clinical	Education	Total
Medicine Lodge	1	1	2
Nisichawayasihk Personal	3	0	3
Care Home			
Family and Community	45	16	61
Wellness Centre			
Nursing Station	129	0	129

JORDAN'S PRINCIPLE INITIATIVE

This is a federally funded program that aims to ensure all children, youth and families living with special needs and/ or disabilities have access to services, equipment and supports they need in a timely, efficient manner. The goal is to remove any barriers to a "typical life," and to attend to the holistic needs of the children through physical, mental, spiritual and emotional support.

Jordan's Principle works closely with agencies and organizations to provide specialized services, therapies and medical care to NCN children, such as the SCCY Centre, St. Amant, Keewatinohk Inniniw Minoayawin (KIM) Inc., medical, dental, mental health and rehabilitation clinics.

More than 1,000 NCN children and families are being supported through the JP program. It is available for children living on-reserve or off with their birth, adoptive or extended families.

Referrals & Supports Provided For

- Medical pediatric care
- Psychological assessments & treatments
- Medical & dental products
- Medical transportation
- Physical/rehabilitation therapies
- Behavioral therapies
- Occupational therapies
- Speech & language therapies
- Audiology
- Mental wellbeing & addictions support
- Medical respite
- Elder/land-based therapies

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 Challenges

- The new off-reserve office opened in Winnipeg in August 2024. This has allowed the program to expand services and products for off-reserve clients, which now includes more than 370 families. Intakes are ongoing and NCN Citizens continue to reach out for support.
- Assessments continue to ensure appropriate diagnoses and supports.
- Forest fires cancelled JP summer camps.
- The NCN office needs more space with rooms dedicated to specific activities.
- There is insufficient funding for all aspects of the JP program. Clients request support for hydro and water bills; rent & deposits for appropriate housing; school fees & supplies; baby packages; winter gear; household items; hygiene packages and more.
- The program has a lack of autonomy for decision making, in regard to ISC.



Celebrations & Remembrances

- World Down Syndrome Day March 21
- World Autism Month April
- NCN Annual Health Fair
- NCN Powwow & Manito Ahbee
- Disney on Ice
- Soccer camp
- Annual RCMP Fishing Derby for Children & Youth
- NCN Annual General Meeting
- Annual Bear Witness Day May 10
- Summer Solstice Aboriginal Day June 21
- International FASD Day September 9
- National Day for Truth and Reconciliation/ Orange T-Shirt Day - September 30
- Global Invisible Disability Week October
 19 25
- International Day of Persons with Disabilities
 December 3
- End of Year Celebration December

JP Activities

- Nature walks to explore local ecosystems, species & medicines
- Traditional medicine gatherings with Elders & healers
- Storytelling circles with Elders
- Community gatherings & play therapies
- Drum making, drumming & sounds making
- Traditional singing & dancing
- Arts & crafts and regalia workshops
- Harvesting & preparing traditional foods
- Sweat lodge & healing ceremonies

Program Profile

523 ON-RESERVE CLIENTS

- Family Files 355
- Children 235 (individual clients)
- 403 intakes completed

371 OFF-RESERVE CLIENTS

- Family Files 116
- Children 260 (individual clients)
- 178 intakes completed in Thompson
- 50 intakes completed in Winnipeg
- 85 intakes in progress in Winnipeg, Brandon, Winkler, Dauphin, Pinawa, etc



On- And Off-Reserve Visits

950	SCHOOL VISITS
330	SCHOOL VISHS

376 HOME VISITS

326 OFFICE VISITS

110 HOSPITAL VISITS

FACILITY VISITS INCLUDING WOMEN'S SHELTERS; YOUTH CENTRES; MENTAL HEALTH & ADDICTIONS TREATMENT

Service Provider Meetings Attended With Clients

199	SSCY
136	PEDS
32	ST. AMANT
12	PSYCHOLOGY

Items Requested	On-Reserve	Off-Reserve
Food Security	3,007 provided	1,392 provided
Winter Gear	400 provided	110 provided
Seasonal clothing support	550 provided	75 provided
Household items/furniture	150 provided	47 provided
Baby Packages	124 provided	61 provided
Cleaning/Hygiene packages	200 provided	75 provided

HOMEAND Corre

HOME AND COMMUNITY CARE

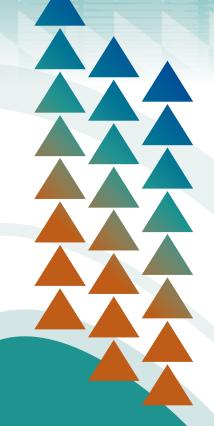
The HCCP program supports Citizens of all ages, and those with disabilities, and chronic or acute illnesses, who require care in their home, at school, or in the community.

Elders and people with medical conditions can often stay in their own homes if they have some support. This program is designed to help individuals to receive care at home rather than in hospitals or long-term care facilities, which promotes independence and community integration.

Care delivery is based on assessed need. Home visits and assessments are conducted to determine what is required, such as continuous care, extended care, respite, and palliative care.

Services Provided

- In-home nursing care
- Personal care assistance, such as bath/personal care & home care maintenance
- Case management
- Referrals & linkages within and outside the community, such as NRHA, physiotherapy, dietitian, foot care, respite, hearing centre, homecare, homemaking services
- Palliative care
- Health promotion
- Teaching medication regime
- Ordering and delivery of equipment & supplies
- Long-term assessments & advocacy
- Record keeping & data collection



- To enhance safe, competent and efficient care services for clients, their families & support systems
- To strengthen existing services through case conferencing with families
- To support clients and families in achieving emotional, mental, physical & spiritual well-being through holistic care
- To improve service quality through ongoing staff development and training
- To demonstrate improved accountability in all areas of service management
- To maintain nursing education competencies as required by the College of Registered Nurses & College of Licensed Practical Nurses
- To continue participation in healthrelated courses, such as PALS/ALS/BLS

Highlights and Challenges

- The Health Fair was successful with strong community engagement & increased awareness of HCCP services.
- HCCP provided more referrals & linkages to specialists and external services.
- HCCP hosted an ADI conference in June 2024 and also provided kidney screening.
- Staff participated in various virtual training and improvement programs including @YourSide/ St. Elizabeth; diabetes conference in Halifax; HCCP educational gathering in November 2024; palliative training; chronic disease; and Wound Care Level I and II certification.
- HCCP staff visited other homecare communities for networking and educational purposes.
- HCCP continues to collaborate with Northern Regional Health Authority and the Nursing Station to ensure holistic care for NCN Citizens.
- The HCCP Palliative Care program continues to be developed.
- Staffing shortages remain a significant issue, particularly in recruiting and retaining qualified nurses.

Hours of Homecare by Category

2,162 LONG-TERM CARE

785	ACUTE
314	MAINTENANCE
97	END-OF-LIFE
231	OTHER

Hours of Home Care Visits

957	DIABETES
792	WOUNDS & SKIN CONDITIONS
285	MSK ARTHRITIS
148	CANCER
137	FRAIL ELDERLY
131	RENAL-KIDNEY
103	DEMENTIA
79	AUTO-IMMUNE LUPUS
59	BLINDNESS
40	HEPATIC, BILIARY & PANCREATIC
21	LACK OF DIAGNOSIS INFORMATION
21	CARDIOVASCULAR DISEASE
19	RESPIRATORY
8	GENITOURINARY
8	CNS (PARKINSONS, MS, MD, CP)
7	ADDICTIONS
2	TRANSITORY MENTAL DISORDERS
633	OTHER



Employee Task Hours

913	CHARTING
176	INTAKE
97	REVIEWS & ASSESSMENTS
84	INITIAL ASSESSMENTS
51	ESTABLISHING LINKAGES & LIAISON SERVICES
39	CONSULTATION WITH FAMILY
28	CASE CONFERENCE

5 CONSULTATION WITH PHYSICIANS

Services Provided Hours

1,193	MONITORING FOR THERAPEUTIC INTERVENTION
352	WOUND MANAGEMENT
230	MEDICATION ADMINISTRATION & MANAGEMENT
163	FOOT CARE
41	THERAPEUTIC CARE
24	NURSING PROCEDURES & TREATMENTS
3	EDUCATION FOR CLIENTS/CAREGIVERS

COUNSELLING SERVICES AND FAMILY Enhancement

COUNSELLING SERVICES

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

Services Include

- Community activities (vigils, family camps, berry & medicine picking)
- Bereavement support
- Debriefing sessions at family discretion
- Advocacy
- Individual, couples & family counselling

Goals and Objectives

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

Highlights/Challenges

- RDF family camps and Mile 35 camp were successful with the help of Counselling/FE/Special Projects and Land Base programs. The RDF winter camps had an increased focus on addictions.
- Therapy sessions continue to be offered in the community and at the Thompson office.
- NAYSPS worker has provided online activities for families and youth.
- Staff participated in Harm Reduction and Mental Health First Aide training.
- There are clients who refuse to come to the Wellness Centre due to trust issues. There are male clients who refuse to speak with female counsellors.
- Counselling Services sees a high demand for Anger Management.
- There are plans to partner with Family Enhancement for the next Youth Conference.
- A NYASPS worker will visit schools to provide more awareness on suicide prevention.

FAMILY ENHANCEMENT

This 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 760 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, bereavement help, 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
- Family Mediation
- **Goal Setting**



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 & to find practical solutions that can be used every day ■ To collaborate & strengthen relationships with other NCN services & programs

- Many participants enrolled in the Rediscovery of Families camp & the Mile 35 camp.
- FE hosted a Women & Girls workshop and a Men & Boys workshop. Both were very successful.
- More activities, workshops & programs are being planned with an emphasis on culture.
- FE staff helped Citizens with re-location and transportation.
- Enrolment for the parenting program has decreased, and fewer parents completed the course.

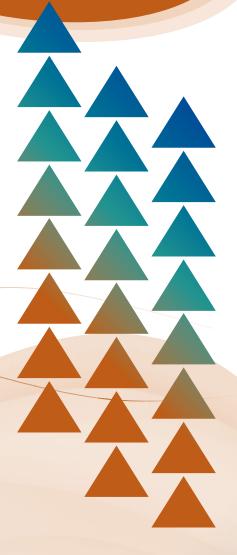
CIRCLE OF CARE

This program is based on the holistic teachings of the Medicine Wheel, which serves as a guide in creating care plans 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.

- 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 clientworker ratio



REDISCOVERY OF 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.

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.

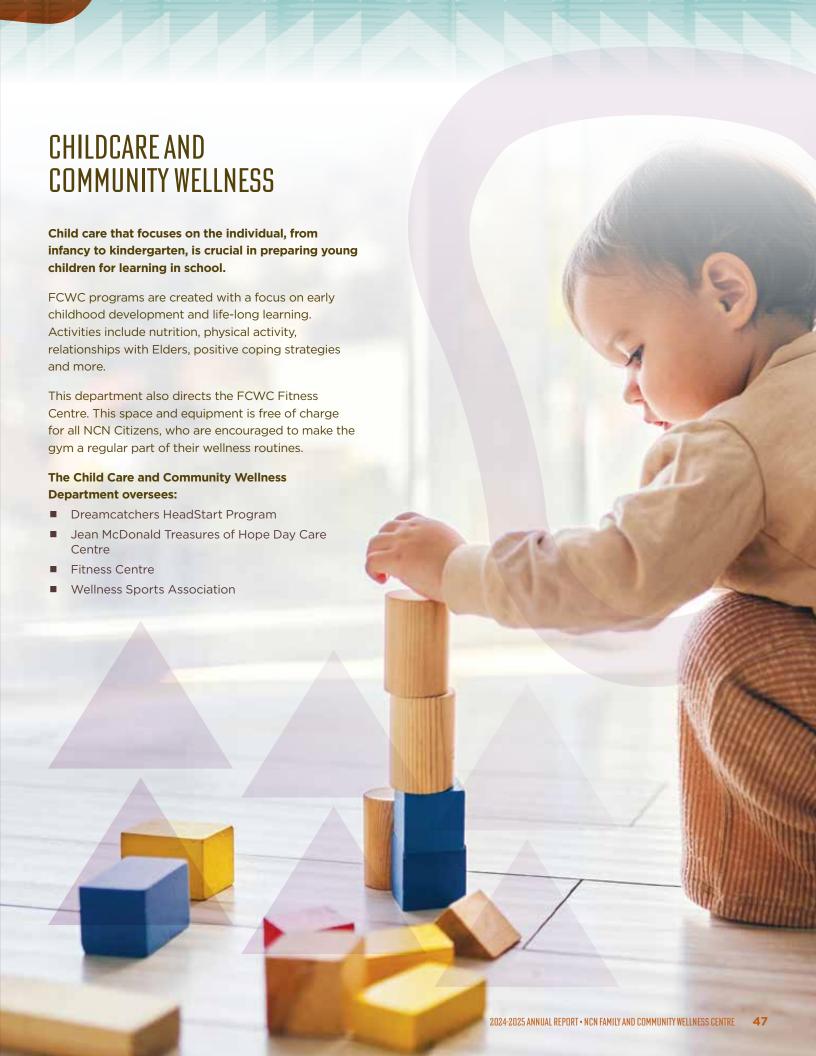
This program works in partnership with Employment Growth Opportunity (EGOP). Both programs carry out their mandate through the Land Base Department, which guides participants in traditional teachings and activities.

Goals and Objectives

- To raise awareness of our values, beliefs & traditions and to use them to create better relationships
- To provide opportunities for participants to restore healthy traditional practices into their daily lives
- To reconnect more families with the land as a source of food, medicine & spirituality
- To provide long-term supports to families, such as parent programs & Elder teachings
- To teach all participants basic Cree language with Elder support

- The Winter Camp this year was focused on couples' relationship with addiction, which was delivered by Jacqueline Walker and James Shuttleworth.
- Spots for the camps fill very quickly as participants are eager to get out to live off the land and reconnect.
- Due to extreme weather and required evacuations, there were a reduced number of camps.
- This program aims to create contractual positions for support workers and Elders to ensure successful programming.

CHILD CARE AND COMMUNITY Delivers



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.

Highlights and Challenges

- Ten 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.
- The program location has had many building issues, such as heating problems.
- The program hopes to have a cultural camp for traditional teachings and access to camp year-round.

- To provide First Nations children with a positive sense of themselves, using traditional & cultural lessons
- To encourage children to enjoy lifelong learning while acknowledging developmental stages and learning styles
- To provide a nutritious lunch & opportunities to learn about healthy living, including trying new recipes
- To promote healthy hygiene habits with in-class presentations and daily hands-on practice
- To support the spiritual, emotional, intellectual and physical growth of each child
- To guide, support & 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



JEAN MCDONALD TREASURES OF HOPE DAYCARE

This local daycare was established in 1998 to provide working parents and students in training with affordable quality child care, and the FCWC has continued to direct its program. The daycare is a place of Early Childhood Learning, and gives children the opportunity to gain skills that will prepare them for higher learning. Staff take special care to ensure a safe, happy, fun learning environment.

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.

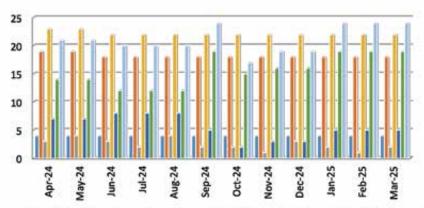
Highlights and Challenges

- New program supplies were purchased.
- The daycare aims 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.
- A new facility would be beneficial to provide quality care for all Nisichawayasihk infants and toddlers.

- To provide meaningful opportunities to learn in a structured, safe & supportive learning environment
- To guide activities that promote the social, emotional, mental & physical growth of each child
- To give children the right to express their individuality
 & develop their personal skills and talent
- 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 use developmentally appropriate practices when working
- To encourage staff to pursue knowledge, skills & selfawareness for professional competence



Jean McDonald Treasures of Hope Day Care Enrollment 2024-25



	Apr- 24	May- 24	Jun- 24	Jul-24	Aug- 24	Sep- 24	Oct- 24	Nov- 24	Dec- 24	Jan- 25	Feb- 25	Mar- 25
4mths to 2yrs	4	4	4	4	4	4	4	4	4	4	4	4
2yrs to 6yrs	19	19	18	18	18	18	18	18	18	18	18	18
waiting list(infants)	3	4	3	2	4	2	2	1	3	2	1	2
Total enrollment	23	23	22	22	22	22	22	22	22	22	22	22
Parents in Training	7	7	8	8	8	5	2	3	3	5	5	5
■ Working Parents	14	14	12	12	12	19	15	16	16	19	19	19
Total # of Parents	21	21	20	20	20	24	17	19	19	24	24	24

4mths to 2yrs

2yrs to 6yrs

waiting list(infants) Total enrollment

■ Parents in Training ■ Working Parents ■ Total # of Parents

FCWC FITNESS CENTRE

The FCWC Fitness Centre is a welcoming and positive space for all NCN Citizens. Its goal is to help everyone stay active, and to achieve healthy motivating lifestyles through physical activities. All NCN Citizens are invited to enjoy the benefits of exercise.

The NCN Fitness Centre is becoming more popular among Citizens! Regular exercise has helped many community members improve their energy, confidence, and overall well-being. This is a safe place for people to come together, work towards their goals, and support each other.

Regular exercise can help fight conditions like addiction, anxiety, depression, heart disease, and diabetes. Working out will make you healthier and help you feel good inside and out.

People of all fitness levels come to the Fitness Centre daily. Come with your family and enjoy!

Services Offered

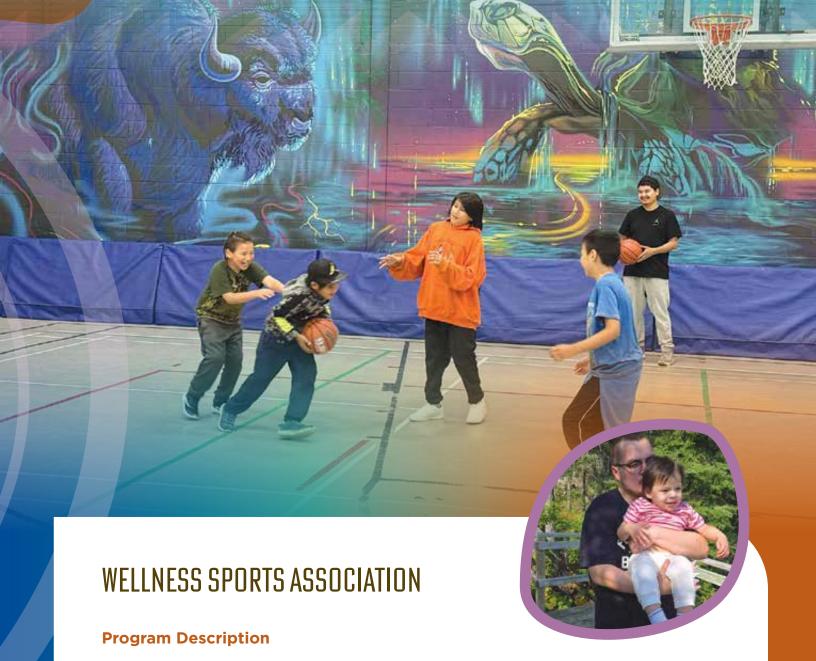
- Free fitness facility
- Support for weight training, cardio & endurance exercise
- Guidance on proper form and workout safety
- One-on-one help with workouts and exercise routines
- Friendly staff support to answer questions & assist with exercise
- Safe, clean & welcoming space for gym-goers



Goals and Objectives

- To create more group activities that bring the community together through fitness
- To introduce new training opportunities such as beginner weightlifting and cardio workshops
- To continue to improve and maintain gym equipment to ensure safety and quality
- To create a welcoming environment where everyone feels supported and encouraged
- To work with different departments and fitness trainers to strengthen community wellness.

- Working with Purposeful Movement to bring workshops focused on fitness, mindset and healthy habits to the community.
- Continued support from FCWC and other community staff in promoting physical health.
- Increased gym attendance and participation throughout this year.
- Weather and transportation issues affect attendance during colder months.
- Equipment requiring more frequent maintenance & replacements.
- Limited gym space during busy hours.



The Wellness Sports Association (WSA) has a mission to strengthen NCN Citizens physically, mentally, emotionally, and socially through sport and recreation. Our programs provide opportunities for youth and community members to grow, connect, and lead healthy, active lifestyles. The WSA offers a wide range of sports initiatives designed to engage all ages and skill levels.

The Association's focus extends beyond sports and uses athletics to promote wellness, leadership, and positive youth development. Structured programs, coaching opportunities and volunteer roles encourage youth to take on responsibility, build confidence, and pursue their potential on and off the court.

The Wellness Sports Association continues to grow each year with strong community partnerships, dedicated staff and an increasing number of youth participants.



Activities Include

- weekly basketball, volleyball & ball hockey
- seasonal sports such as softball & running club
- home and away tournaments

- To build unity, holistic wellness & opportunity through sport
- To create healthy lifestyles & physical wellness
- To promote teamwork, discipline & community pride
- To build lasting relationships among participants
- To provide a variety of sports opportunities so there is something for everyone



- Running club participated in the Manitoba Marathon.
- Hosted 3v3 and 5v5 basketball tournaments, 4v4 beach volleyball, and 6v6 volleyball tournaments, and ball hockey tournaments.
- Travel basketball team attended the Battle of Turtle Island, a competition for Indigenous athletes. Our team represented NCN well with respect, honour and resilience.



