

Tsawout Health Department



Indigenous Peoples Day 2022

The Health department would like to raise our hands to those who came out & joined us in celebrating who we are as Indigenous people, and as a community on Indigenous Peoples Day. Through collaborating with the other departments, we were able to share meals together, have face painting, baby contests, music bingo, complimentary haircuts, DIY bird houses, & so much more!



Ravensview

Treatment Center

In June 2022, the Health Department signed onto a contract with The Ravensview Treatment Center. This provides the 4 nations with reserved spots at the treatments center, & on top of that, they have psychiatrists, addiction physicians, psychologists, 24-hour nursing staff & post-treatment support.



Inside this Issue:

- Meet the Staff!
- Upcoming Events
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- Programs
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- Resources
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Meet Our Staff!

Bonnie Seward - Health Manager



**ÍY SŁÁĆEL SIÁM NE ŚWELOKE,
KELÁSTENOT TFE NE SNÁ ĆE ÁŁE ET STÁUTW.**

Good Day my family,

My name is Bonnie Seward & I am from Tsawout First Nation. I grew up in Tsawout with my parents Lillian Joe and the late Alfred Joe. My grandparents are George & Grace Horne. We come from my great - grandfather Dick Harry of Tsawout First Nation. I am happy to come to Tsawout as the Health Manager for our nation and help the community as best I can. My goal for this year is to help build our team and resources at Tsawout to best serve in all areas of health and wellness.

I can be reached at healthmanager@tsawout.ca or (250)532-0725

HÍŚWKE SIIÁM

Kristal Underwood - Executive Assistant



ÍY SÁCEL SIÁM!

My name is Kristal Underwood, I am the new Executive Assistant to the Health Manager. I grew up in the Tsawout community and on Saturna Island. I am the daughter of Amanda Carpentier and late Mike Underwood. After several years in the hospitality industry I could not be more excited to be working in my community surrounded by family.

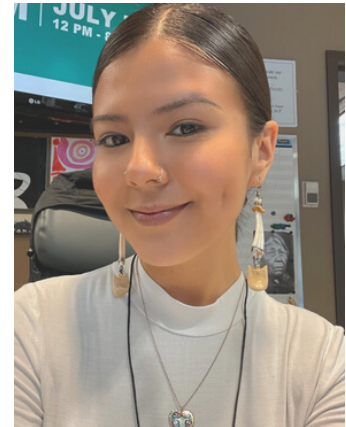
Feel free to contact me at kunderwood@tsawout.ca or (250)532-2681

Mukaday-Ginew Bird - Receptionist

Boozhoo!

My name is Mukaday-Ginew Igabow, which roughly translates to Standing Golden Eagle in Ojibwe. I am Anishinaabe & Cree originally from Treaty 1 territory, living on Lekwungen territory and working on Wasanec Territory. I feel so blessed to be able to work in the community & look forward to building friendships!

You can reach me at the health dept. 250-652-1149 or email healthreception@tsawout.ca



Stella Underwood - Community Health Representative



Intro not available at the moment

Stella is our Community Health Representative. She offers support in many ways, from medical reimbursements to advocating for quality health care. Stella can be reached best at the health dept. 250-652-1149 ext. 202.

Michelle Morris - Home Care Coordinator



I'm a community member here in Tsawout, Rose Jimmy is my mother, and my late dad was John Sampson Sr, who was from Tsartlip. I've lived in Tsartlip with my husband Bruce Morris Jr for about 8 years now. I've been fundraising and applying for grants for future Elder events and just doing my best to support our 55+ elders, and I'm also the home support supervisor.

I am best reached at the office or email elderscoordinator@tsawout.ca or on my cell 250-532-3473

Norma Bill - Medical Transportation

I am a Tsawout community member. I am the medical transportation driver, assisting the community by giving rides to medical appointments, or to pickup prescriptions for those that can't drive or don't have a vehicle. I am best reached at the office.



Sarah Sam - Home care worker

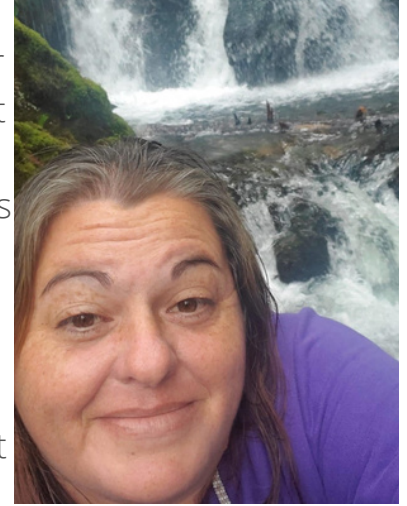
Sarah Sam is our Home care worker. She is out in community assisting those who need extra help at home. She can be best reached through Michelle Morris.

Jordan Sam - Youth Worker

The health department is very excited to introduce Jordan as our new **permanent** youth worker. Jordan has grown up in the Tsawout community and is well known to our youth through the Tsawout Learning House and the Tribal School. He is very passionate about working with youth and bringing programs back to our community!

Michelle McDormand - Community Wellness Worker

I have been in Tsawout since October 2019. I am here to support you & your family as best I can; whether it be someone to talk to, or assistance dealing with referrals and the ministry. I am a descendant from the Songhees and TS'ou'ke Nation. I come from the Nelson/Falardeau family from my late father's side & my mom's side is of settler descent. I have been with John-Bradley Williams (Tsawout member) for 7 years now, and have 4 children between us, Kelly-Beth, Sophie, Austin, and Evangelene. JB has stayed home with our kids throughout the COVID-19 outbreak, and it's allowed me to provide support to your amazing community. Much love and respect to each of you. I am best reached by cell 250-885-7095 or FB.



Talia Ingram - Mental Health & Addictions Counsellor



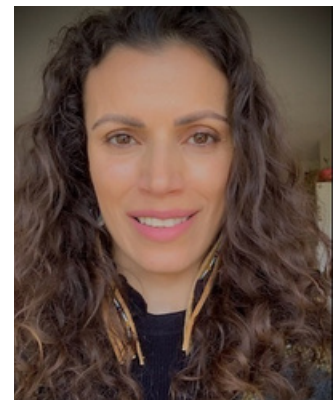
I am Hungarian/English on my Father's side and Swedish/Scottish on my Mother's side. I am very grateful to live and work in the WSANEC Territory, thank you to everyone at Tsawout for allowing me to walk alongside community members on their paths to wellness. I work part time on Tuesdays, Wednesday, and Thursday mornings. I am happy to connect with people however they feel most comfortable. Phone, zoom, in office, or out on the land.

Office: 250-652-1149, Cell: 778-743-0470, email: tingram@tsawout.ca
If you are in Crisis and would like immediate support, please call one of the following: Kuu-us Crisis: 1-800-588-8717 or Vancouver Island Crisis Line: 1-888-494-3888 or 911

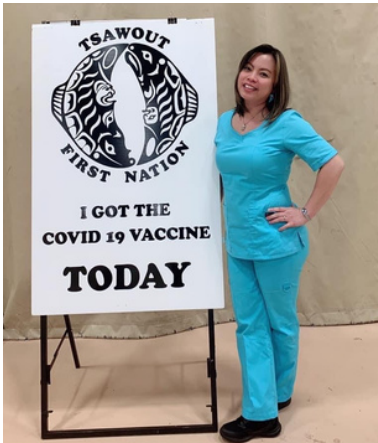
****leaves on Maternity leave in August**

Naamat Dickie - Mental Health & Addictions Counsellor

We are very excited to welcome Naamat Dickie to the Tsawout Health Team. Naamat has worked in several First Nation communities in the past and is very passionate about her work. She is very eager to meet & get out into the community! Naamat can be contacted directly at mhac@tsawout.ca or (778)533-9553



Andresa Liwagon - Medical Office Assistant



I am originally from the Philippines and migrated here to Canada. My parents are both Filipino. I work as the Medical Office Assistant (MOA) in Tsawout First Nation, & have worked here for over 3 years now. I have found much success and fulfillment in my position. I work with different providers, NP Kelly Sharp, Dr. Kate Evans, Dr. Ryan, as well as supporting the other communities. If you need to book an appointment with Kelly Sharp, Dr. Kate or Dr. Ryan, please contact me through the health department 250-652-1149.

Kelly Sharp - Nurse Practitioner

I am of Settler descent and have been working in this community for 5 years. I look forward to continue working with those who schedule with me, while also welcoming anyone new that would like to schedule with me! I am best reached by calling the health dept. and asking for Andresa, the MOA.

No Picture Available



Dr. Ryan - Health Practitioner



Dr. Ryan Mader is a health practitioner who grew up in Southwestern Ontario. Ryan has since lived in the Yukon, Thailand and Vancouver.

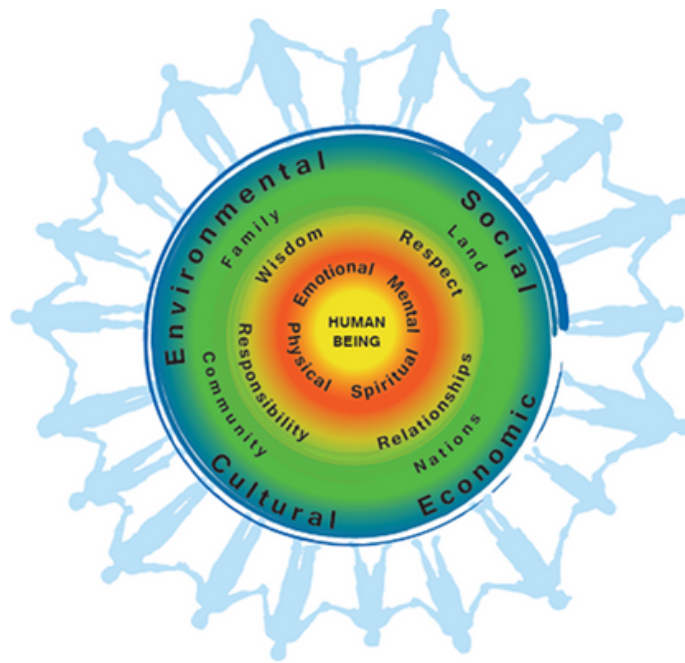
Ryan and his spouse moved to Victoria over ten years ago with the purpose of beginning training with the UBC's Aboriginal Family Medicine Program. Through this program, Ryan was first introduced and welcomed to the WSANEC Nations. Ryan feels grateful for the opportunity to work with the **WSÁNEĆ** communities and offer his service to the Salt Water People.

Announcements

NEW

WSÁNEĆ Primary Care Clinic To Provide Enhanced Health Care In Community

The communities of Tsartlip, Tseycum, Pauquachin, and Tsawout will soon benefit from a new Primary Care Clinic that will be located in Tseycum First Nation territory.



The **WSÁNEĆ** Primary Care Clinic has been in development over the last number of years in an effort to bring increased primary care access to the **WSÁNEĆ** communities.

This new clinic opens June 22, 2022 and is the result of collaborative efforts between the Ministry of Health, the South Island Division of Family Practice, **WSÁNEĆ** First Nation communities of Tseycum, Tsawout, Tsartlip, and Pauquachin, patient partners, First Nations Health Authority, Island Health, and municipalities.

The **WSÁNEĆ** Primary Care Clinic will be offering many different diagnostic services, treatments, and procedures for community members including:

- cancer screenings
- cardiovascular health screenings
- diabetes screenings
- medication prescriptions
- minor surgical procedures like suturing wounds
- birth control services
- splinting and bracing
- wound care
- health counseling
- sexual health including paps

Two physicians will be working in the clinic, Dr. Kate Evans and Dr. Ryan Mader

The clinic's location will be Tseycum First Nation 1210 Totem Lane, North Saanich, and can be reached at 250-656-0277. The hours of operation will be 8:30-4:30, Monday-Friday.

Community members are asked to please call 250-652-1149 to arrange transportation to the clinic if necessary.

Meet the Primary Care Clinic Doctors:



Dr. Ryan Mader

Dr. Ryan Mader is a health practitioner who grew up in Southwestern Ontario. Ryan has since lived in the Yukon, Thailand and Vancouver.

Ryan and his spouse moved to Victoria over ten years ago with the purpose of beginning training with the UBC's Aboriginal Family Medicine Program. Through this program, Ryan was first introduced and welcomed to the WSANEC Nations. Ryan feels grateful for the opportunity to work with the **WSÁNEĆ** communities and offer his service to the Salt Water People.



Dr. Kate Evans

As a descendant of Irish and British settlers, Kate Evans has been a family doctor for 19 years having joined the **WSÁNEĆ** Nations in the summer of 2021, of which she feels honored.

Kate's great grand parents were the first in her family to settle on WJOLELP traditional territory. Her parents live in Sidney and help her raise her three children who attend Stelly's Bayside and Deep Cove schools. Outside of work they enjoy camping, hiking and playing on the beautiful Saanich Inlet beaches with their dog Rosie.

One of the reasons why she loves her job is that she can care for entire families – from babies to teenagers to elders.

Kate has a special interest in mental health and substance use, and as a cancer survivor herself she understands what it is like to live with serious health conditions. Kate also tries to work using a trauma-informed lens- which means that she is constantly learning how the impacts of racism, residential schools and other injustices have had an inter-generational impact on the health of First Nations people.

Kate feels privileged to work in the wonderful environment of the health centers, which are a true example of "team based care" – from health directors, medical drivers, RNs, adult care and nurse practitioners-. She strongly believes that **WSÁNEĆ** is a model that the rest of society can learn from.

FEDERAL INDIAN DAY SCHOOL CLASS ACTION SETTLEMENT REMINDER

**The deadline for claims is approaching:
July 13th 2022**

Michelle McDormand, our Community Wellness Worker, is available to assist in completing forms, as well as providing support.

Michelle can be reached at the office, 250-652-1149 ext.206, via Facebook, or her cell, 250-885-7095 text/call

Programs

Start the walk to Sobriety!

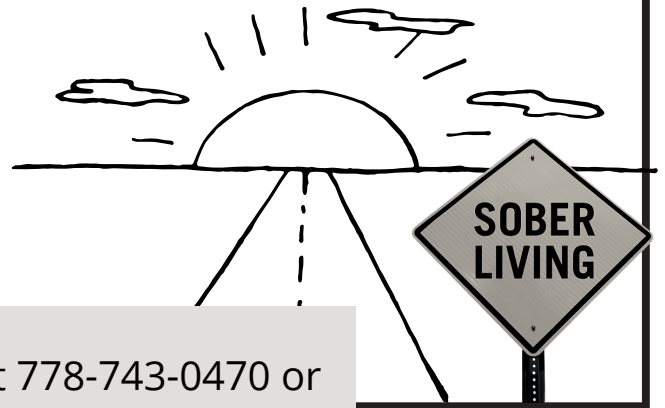
Thinking of quitting?

Want to slow down?

Sober & want support?

Come & Join us!

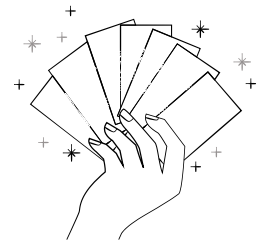
Every Thursday from 2-3 PM
in the multipurpose room



Contact Talia on FB, text 778-743-0470 or
contact the health dept.

Spiritualism & Card reading

Every 2nd Tuesday from 9:30 AM - 4 PM



Acupuncture & Footcare

Thursdays from 9 AM - 4 PM with Jacqui Paul

Reflexology

Every 2nd Friday from 10 AM - 2 PM



Call the health dept. @ 250-652-1149
to schedule a appointment!

Children's Oral Health Initiative (COHI)

COHI is an early childhood tooth decay prevention program that's aimed at children aged 0 to 7, their caregivers and pregnant women living on-reserve or accessing on-reserve resources.

Joanne Sedgwick - Hygienist

Every Wednesday

from 10 AM to 3:30 PM



Please Contact the Health dept. @ 250-652-1149
to schedule with Joanne.



Come Work With Us!

POSITION:	LIFE COACH
HOURS:	35 HOURS/WEEK (MONDAY TO FRIDAY)
TERM:	FULL-TIME, PERMANENT
REPORTS TO:	HEALTH MANAGER

POSITION SUMMARY:

The Life Coach is a member of the Mental Health Team, within the Health Department, and provides prevention, assessment, referral, clinical counselling and follow-up services to support community individuals, families and groups affected by mental health and substance use issues.

DUTIES AND RESPONSIBILITIES:

- Conducts confidential individual, family or group counselling about the causes and effects of mental health disorders and/or addictions, support for families dealing with mental health disorders and/or addictions and/or referrals for additional treatment;
- Maintains a comprehensive understanding of crisis management and the impact of trauma on mental health and addiction issues;
- Provides outreach counselling in the community;
- Creates and/or modifies strategies and intervention techniques based on the individual needs of clients;
- Coordinates and facilitates educational workshops to individuals and groups in the community with a focus on mental health and addiction related topics, such as suicide prevention, substance use, anxiety and depression, etc.;
- Collaborates with other departments to develop promotional materials and information for health promotion initiatives;
- Advocates on behalf of clients and demonstrates effective listening, observation and facilitation skills to effectively assess clients and provide appropriate treatment and consultation;
- Manages service delivery in conjunction with case managers, clients, their family members/caregivers/other departments and health care professionals;
- Mediates, negotiates and resolves conflict resolution when responding or assisting in emergency situations;
- Builds and/or enhances relationships between the TFN community members and external service providers;
- Accepts and makes treatment referrals to outside agencies, liaises with treatment programs; and evaluates the effectiveness of treatment programs;
- Assist clients to identify their need for treatment programs;
- Completes Admission and Discharge Criteria and Assessment Tools (ADAT);
- Arrange transportation for clients to and from treatment centres;
- Develops and facilitates mental health and addiction-related individual and group counselling programs;
- Conducts Needs Assessments/SWOT Analysis for proposed programs;
- Collaborates with community partners when developing programs;
- Prepare program evaluations and analyze results;

QUALIFICATIONS:

Education and Experience

- Registered Social Worker in good standing with the BC College of Social Workers, or Registered Psychotherapist in good standing with the Canadian Counselling and Psychotherapy Association, or Clinical Counsellor in good standing with the BC Association of Clinical Counsellors;
- Minimum of 2 years experience working with people struggling with mental health and/or addiction problems, or
- An equivalent combination of education and experience;

LIFE COACH JOB POSTING (CON'T)

- Experience entering and extracting data using the Mustimuhw Information Solutions software an asset;
- Experience creating documents, spreadsheets, memos, messages etc. with Microsoft programs;
- Experience maintaining records, filing and correspondence tracking;

OTHER REQUIREMENTS:

- Valid Class 5 driver's license and reliable vehicle is required;
- Vulnerable sector criminal record check required.

DEADLINE: FRI., JULY 8, 2022 (4:00 pm)

Programs & Events

July 2022

Monday	Tuesday	Wednesday	Thursday	Friday
				1
4	5	6 COHI 10 AM-3:30 PM	7 Footcare w/ Jacqui Start the walk to Sobriety	8
11	12	13 <u>Federal Day</u> <u>School</u> <u>Deadline</u>	14 Acu + Footcare w/ Jacqui Start the walk to Sobriety Tsawout - Canoe Races	15
18	19	20 COHI 10 AM-3:30 PM	21 Footcare w/ Jacqui Start the walk to Sobriety Yellow wolf Powwow-Tsartlip	22 23rd & 24th
25 Tribal Journeys - Arrive	26 Tribal Journeys - Leave	27 COHI 10 AM-3:30 PM	28 Start the walk to Sobriety	29

Resources

Mental Health & Addiction:

Talia Ingram - In office Tuesdays + Thursdays

Contact: FB - Talia Ingram

call/text (778)-743-0470 OR

call the health dept. EXT.206

Naamat Dickie - In office 5 days a week

Contact: call/text 778-533-9553, OR

call the health dept. EXT.201

Primary Care Clinic

The clinic's location will be Tseycum First Nation 1210 Totem Lane, North Saanich, and can be reached at 250-656-0277. The hours of operation will be 8:30-4:30, Monday-Friday.

Community members are asked to please call 250-652-1149 to arrange transportation to the clinic if necessary.



Nurse Practitioner Schedule



Monday

Tuesday

Wednesday

Thursday

Friday

				1 NP Kelly Sharp 8:30-6 PM Walk in clinic 4:30-6 PM
4 NP Kelly Sharp - AWAY 4-15TH Dr. Ryan 9:30 AM-12 PM	5	6	7	8
11 Dr. Ryan 9:30 AM-12 PM	12	13	14	15
18 NP Kelly Sharp 8:30-4:30 Dr. Ryan 9:30 AM-12 PM	19	20	21 NP Kelly Sharp 8:30-4:30	22 NP Kelly Sharp 8:30-6 PM Walk in clinic 4:30-6 PM
25 NP Kelly Sharp 8:30-4:30 Dr. Ryan 9:30 AM-12 PM	26	27	28 NP Kelly Sharp 8:30-4:30	29 Walk in clinic 4:30-6 PM

HÍSWKE

