



First Nations Health Authority  
Health through wellness

# Vancouver Coastal Region News from the First Nations Health Authority

April 2015

This regular newsletter provides a summary of the key projects and activities that have been taking place across the Vancouver Coastal Region and serves to keep community leaders informed of key developments.

## Around the Region

### Southern Stl'atl'imx – Sub-Region

The Southern Stl'atl'imx Sub-Region is made up of Xa'xtsa, N'Quatqua, Samahquam, Skatin, Lil'wat/Mt. Currie.



Through communication, collaboration and planning we are moving towards wellness and working together on improving health outcomes. Key activities and achievements include:

- St'at'imc Elders Forum: introduced Lesley (Southern Stl'atl'imx Community Engagement Coordinator) to the Elders, updated on sub-regional activities, and provided resources,
- Wrap Around Chronic Disease Management and Prevention Team: Partnered with Vancouver Coastal Health to successfully submit a Joint Project board proposal for a rehabilitation team for all of the communities,
- Medical Transportation "Let's Talk Transformation": Devi Goberdhan, Director of Operations for Health Benefits, facilitated a workshop on medical transportation focusing on challenges and possible solutions for the communities,
- St'at'imc Nation Assembly: Provided an opportunity for Northern and Southern Stl'atl'imx to learn about planning activities at the sub-regional and regional levels,
- Suicide Prevention, Intervention and Postvention: Hope, Help and Healing Forum: Attended the forum along with representatives from Xa'xtsa, Samahquam and Lil'wat.
- Quarterly Sub-Regional: Finalized the sub-regional work plan for the 2014-15 fiscal year
- Urban Vancouver Aboriginal Health Strategy: Initial review of the Discussion Document with a commitment to conduct a workshop in May.
- Community Health And Wellness Plans: Initial conversations on the development of more community-driven health and wellness plans and establishing next steps.

## FNHA VANCOUVER COASTAL UPDATE

- VCH Integrated Primary and Community Care: IPCC is a province-wide effort to coordinate doctors and community care providers (including First Nations Health Directors) to collaborate and coordinate care.

**For more information, please contact Lesley Campbell (contact info below)**

### South Sub-Region

The South Sub-Region is made up of Squamish, Tsleil-Waututh, Musqueam, Tla’Amin and Sechelt.



**tə ʔniməʔ sʔəqʷiʔtəl /  
Ta Nímalh S7ekw’í7tel  
(Squamish, Tsleil-Waututh, Musqueam  
Community Engagement Hub)**

The “tə ʔniməʔ sʔəqʷiʔtəl / Ta Nímalh S7ekw’í7tel” (Squamish, Tsleil-Waututh and Musqueam Community Engagement Hub) has been working together to make improvements in health services, program areas and health outcomes. Some key activities include:

- Development of a new name “tə ʔniməʔ sʔəqʷiʔtəl / Ta Nímalh S7ekw’í7tel” (meaning “we are all connected”) for the Community Engagement Hub project, as well as a new logo design developed as part of a community-run competition
- Developing a Protocol Agreement between Squamish Nation and Lions Gate Hospital/ HOpe Centre (VCH) to provide clear obligations and expectations for how VCH facilitates requests from Squamish Nation Community Members for access to Aboriginal Traditional, Cultural, Spiritual Healers (Healers) and the process that Squamish Nation will facilitate in creating a network of Healers for referrals.
- Supporting the development of a sacred space within the HOpe Centre facility.
- Assisting the three Nations with their community health planning processes
- Engaging the community in discussion around transformation of the Health Benefits program,
- Developing communication materials to inform community members around the Health Transition / Transformation process and key local / regional / provincial level priorities, including inserts in community newsletters, quarterly Hub newsletters, health directories, email and social media
- Gathering community input through the Advisory Committee (twelve community member representatives – four from each community) on key health service issues

**For more information, please contact Cain Kerehoma (contact info below)**

### Sunshine Coast



With clear vision, leadership, collaboration and planning, the Sunshine Coast (i.e. Tla’Amin Nation and Sechelt Indian Band), have made tremendous advancements in their journey to transform the delivery of health and wellness. In partnership with the FNHA, VCH, and health care providers, the Sunshine Coast Nations have elevated their self-determining voices in leveraging systemic changes for achieving better health outcomes for their people. Some notable activities and achievements include:

## FNHA VANCOUVER COASTAL UPDATE

- Successfully collaborated and developed local supports for advancing the Sunshine Coast “Joint Project Board” and “Health Actions” funding proposal
- Created the “Jeh Jeh (We Are All Related) - Circle of Care”: an innovative wrap-around model of care that utilizes a complex care management approach to support clients in our communities with the highest care needs and builds off already existing programs
- Advanced site readiness for an FNHA-supported Mustimuxw-EMR client-centric electronic charting and reporting tool installation in Sunshine Coast Health Centers.
- Sunshine Coast -Vancouver Coastal enrollment of **121** “FIT-BIT” –“Step up challenge” participants – from the Sechelt Indian Band.

Sunshine Coast Nations are looking forward to a year of continued *Innovation and Collaboration*.

**For more information, please contact Naomi Williams (contact info below)**

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### Central Coast Sub-Region



The Central Coast Sub-Region is made up of Nuxalk, Heiltsuk, Wuikinuxw [Oweekeno] and Kitasoo.

The Central Coast Sub Region is geographically separated by the ocean. Travel between the communities isn't as easy as jumping in a car and driving, however requires either a boat or float plane.

One of the key focus areas of our subregion is keeping communities connected. Much of the work on the Central Coast has been focused on moving communities forward in health. Much of the planning, communicating and collaborating within this region is focused on ensuring that each initiative is community-driven and nation based which can mean something a little different for each community.

Together as Central Coast communities we are always seeking ways to support and enhance each other through collaboration and sharing best practices. Dependent on the unique needs or desires of each community our day to day focus can vary. Since the official transfer of FNHA the Central Coast has focused on the unpacking of the “old system” and the rebuilding from a values based approach. The journey to date has been both challenging and exciting as we continue to move forward at such a historical time for our people.

**For more information, please contact Pam Wilson (contact info below)**

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### Interim Regional Health and Wellness Plan

- The Interim Regional Health and Wellness Plan (iRHWP) was presented and approved at the Vancouver Coastal Caucus meeting on October 23, 2014.
- The iRHWP is a planning tool to assist in determining priorities at the regional level and to inform the work plans of the First Nations Health Authority (FNHA) and Vancouver Coastal Health (VCH) as health partners to First Nations in the region. It is intended to be a living document which guides investments through the FNHA Regional Envelope and VCH funding
- FNHA and VCH will continue working with communities to develop an implementation plan that will guide the work and priorities for Vancouver Coastal region over the next three to five years.

### Regional Envelope

To support and enable decision-making at a regional level, the FNHA has deployed Regional Envelopes to pair investment with planning; providing regions with the ability to make decisions around the investment in their key priority areas identified in their Regional Health and Wellness Plans (RHWPs) and Regional Partnership Accords. Decision making process around Envelope use begins with a collaborative planning day with Health Directors, and then Regional Table review and endorsement, along with Caucus approval.

### Project Board Funding

- The FNHA leveraged a \$15 million multi-year commitment from the BC Ministry of Health through an agreement to initiate primary care projects across the province that will be sustained in future years
- In addition to projects funded through this envelope, an additional \$4 million will be invested directly by the Joint Project Board (JPB) to support flagship innovation projects in each region. Within Vancouver Coastal, the flagship project is an innovative Mental Wellness project that involves a senior Mental Health and Wellness professional from each VCH and FNHA partner, along with 5 Psychologists to be working across the 14 First Nations Communities in Vancouver Coastal. This project is at Phase 1 implementation.
- Vancouver Coastal Regional Office and the VCH Aboriginal Health Strategic Initiatives teams have worked closely with First Nations communities towards the design of four Joint Project Board proposals in primary care- leading to innovative, sustainable, and partnered practices.
  - The Sunshine Coast “Jeh Jeh Circle of Care” proposal was approved by the Joint Project Board, and is proceeding towards implementation. This innovative family centred program aims to prevent and treat higher risk chronic disease clients.
  - Three other subregional JPB primary care proposals are currently being prepared for submission by the May deadline. These projects will work with the Central Coast, the Southern Stl’atl’imx, and the Squamish, Tseil-Waututh, and Musqueam Nations.

### Mental Wellness and Substance Use

- Mental Wellness and Substance Use has been identified as the top priority for Vancouver Coastal region’s First Nations communities
- In February 2014, a Regional Mental Wellness and Substance Use forum was held involving community representatives from across VC region as well as representatives from First Nations Health Authority, Vancouver Coastal Health and the Ministry of Health.
- This work led to the development of the Mental Wellness and Substance Use Flagship Proposal – a region-wide initiative to increase mental health staff capacity across all Vancouver Coastal communities. This project involves a senior Mental Health and Wellness professional from both VCH and FNHA, along with five Psychologists to work across the 14 First Nations Communities in Vancouver Coastal. This project is at Phase 1 implementation.

### Urban Vancouver Aboriginal Health Strategy

- Purpose of the strategy is to ensure health service needs of off-reserve First Nations / urban Aboriginal populations are met through a range of culturally appropriate public health, primary care and secondary care services
- Work began in December 2012, as it is a key deliverable of the Partnership Accord
- Many prior reports on Urban Aboriginal health had identified gaps and opportunities for improvement including consistent advocacy by the urban Aboriginal population for a dedicated urban Aboriginal Health Centre
- A working group comprised of the Vancouver Coastal Caucus, FNHA and VCH representatives is leading the work, supported by an Advisory Committee made up of key stakeholders in urban Aboriginal health in Vancouver.
- The Working Group will present a draft “Discussion Document” at the upcoming Sub-Regional Caucus sessions for community guidance and validation of potential focus areas. This document is meant to drive discussion on the Urban Strategy, and prepare for community engagement.

### Cultural Competency

- The development and implementation of VCH First Nations & Aboriginal Culturally Competent & Responsive Strategic Framework is a deliverable of the FNHA-VCH Partnership Accord.
- The Framework aims to facilitate organizational change across VCH that will enhance staff capability and experience; strengthen Aboriginal and First Nations patients’ and clients’ experiences as partners in their own care, and improve service delivery and health and wellness outcomes.
- FNHA and VCH staff worked together to develop the first draft framework. Staff reviewed other culturally competent frameworks from within Canada, Australia, New Zealand and the United States.
- A Working Group that includes FNHA and VCH staff members have developed a draft set of indicators and goals which the implementation of the Framework aims to achieve

### Upcoming Events

#### **South sub-Regional Caucus (Musqueam, Sechelt, Tla’amin, Tseil-Waututh, Squamish)**

April 21 2015, 9:00AM – 5:00PM

Contacts: Cain Kerehoma [cain@kahuitautoko.ca](mailto:cain@kahuitautoko.ca), or Naomi Williams, [Naomi.Williams@fnha.ca](mailto:Naomi.Williams@fnha.ca)

#### **Central Coast sub-Regional Caucus**

April 22-23, 9:00AM – 5:00PM both days

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### Our Vision

Healthy, self-determining and vibrant, BC First Nations children, families and communities

### Our Mission

The FNHA supports BC First Nations individuals, families and communities to achieve and enjoy the highest level of health and wellness by: working with them on their health and wellness journeys; honouring traditions and cultures; and championing First Nations health and wellness within the FNHA organization and with all of our partners.

### Our Values

#### Respect

We believe that maintaining respectful relationships is fundamental to the achievement of our shared vision. Respectful relationships are built upon the recognition that we all have something to contribute as individuals, and participants in the First Nations health governance structure. Therefore, we commit to treating each other with dignity and generosity, being responsive to one another, and acknowledging that each entity has their own respective processes and practices. We are also committed to respectful interactions with First Nations, tripartite partners, and other collaborators.

#### Discipline

We have the historic opportunity to achieve transformative change in First Nations health and wellness, and an obligation to make the most of this opportunity. This will require discipline amongst us, including through: loyalty to one another and our shared vision; upholding and supporting our roles, responsibilities, decisions, and processes; maintaining and nurturing unity and a united front; integrity and reliability in fulfilling our commitments, and accountability to one another for these commitments and contributions; and, solutions-oriented and active participation.

#### Relationships

We believe that effective working relationships with First Nations, tripartite partners, and with one another are the foundation for achieving our vision and implementing our health plans and agreements. We commit to fostering effective working relationships and camaraderie underpinned by: trust; honesty; understanding; teamwork; and mutual support. We also acknowledge that humour and laughter are both good medicine, and a good way to build relationships.

#### Culture

We are here because of those that came before us, and to work on behalf of First Nations. We

draw upon the diverse and unique cultures, ceremonies, customs, and teachings of First Nations for strength, wisdom, and guidance. We uphold traditional and holistic approaches to health and self-care and strive to achieve a balance in our mental, spiritual, emotional, and physical wellness.

### **Excellence**

We are humbled and honoured to have been asked by First Nations to work on their behalf to improve health and wellness, and have a moral and personal responsibility to strive for excellence. Excellence means that our outcomes are sustainable, that our processes are professional and transparent, and that we commit to learn continuously – through capacity development opportunities, from each other and from new, different and innovative models worldwide.

### **Fairness**

We work to improve the health and wellness of all First Nations in BC. Our decision making reflects the best interests of all First Nations, and leads to just and equitable treatment amongst all First Nations communities, First Nations organizations, and across all regions of British Columbia. We are committed to make room for everyone, and are inclusive in our communications, information-sharing, and discussions.

## **Our Directives**

- 1. Community Driven, Nation Based**
- 2. Increase First Nations Decision-Making**
- 3. Improve Services**
- 4. Foster Meaningful Collaboration and Partnerships**
- 5. Develop Human and Economic Capacity**
- 6. Be without Prejudice to First Nations Interests**
- 7. Function at a High Operational Standard**