

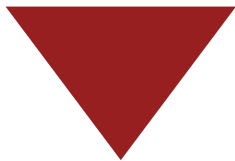


Southern Stl'at'imx
Health Society

s7át'sxem

Serving N'Quatqua, Samahquam, Skatin and Xa'xtsa

Winter 2023



Mark Your Calendars

THE SSHS WINTER BREAK

SSHS's offices will be closed from **Friday, December 22, 2023** at 5:00pm until **Monday, January 8** at 9:00am.

ECD SURVEY EXTENDED

The ECD Survey deadline has been extended to **Friday, December 22.**

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Skatin Recommits to SSHS

The following announcement was delivered by Xavier Williams (right) and Rex Grant (left), the Skatin directors on the SSHS board.

"We are pleased to announce that the Skatin Chief and Council, on behalf of their community, have agreed to suspend their disengagement process in favour of actively working for the revitalization of SSHS in the work it does for our communities.

"As members of the SSHS Board of Directors, we have witnessed the rebuilding of the administration and management and look forward to our community's active role in renewing SSHS governance in the New Year.



SSHS Board members Xavier Williams (above) and Rex Grant (left) delivered the news that Skatin has decided to



"We wish to express our ongoing confidence in the Interim Health Director, our staff and contractors.

"We wish all SSHS members the very best in 2024!"

— *Xavier Williams
& Rex Grant
Skatin*



Southern Stl'at'imx Health Society

OUR VISION

Stl'at'imx enhanced holistic health services.

OUR MISSION

Weaving traditional wellness into our health services.

OUR VALUES

**Community
Ucwalmicw**

**Respect, language
and culture**

**All Stl'at'imx people
are loved and cared for**

www.sshs.ca

About the SSHS newsletter

s7átšxem, the SSHS newsletter, is published quarterly to reflect the seasons. *s7átšxem*, which means caring, lets members know about SSHS programs, services, plans, projects, and events. It also provides valuable physical, emotional and spiritual health information.

Members can learn what every department is doing to help fulfill SSHS's Mission and Vision through regular department reports.

Southern Stl'at'imx Health Society

Mailing Address:

Southern Stl'at'imx Health Society
Box 363
Mount Currie, BC
V0N 2K0

Phone:

604-894-0151

Email:

info@sshs.ca

Message from the Interim Health Director



Eppa Gerard Peters, Interim Health Director, shares his gratitude to everyone who helped with the rebuilding of SSHS this past year.

Thank You

I had the hardest time meeting Julia's request to do a newsletter piece recapping the year and looking forward to 2024 until I realized that what I really needed to do was to say thank you.

Generalizations are dangerous, of course, but I've said in the past that, as a people, one of the hardest things for us to overcome is the difficulty we have with the simple expression of gratitude—thank you.

We take for granted the good work that others do for us. We even feel that we're entitled to the work that they do for us. Unlike our forebears, we don't often consider doing "work" without asking who's paying, and how much?

So, thank you first to my good and

loyal team who could have left when the going got tough, but stayed, and now you're the core of our rebuild. Thank you for placing your trust in me.

Thank you to our new hires, for demonstrating your confidence by accepting employment with us. I'm pleased to point out the obvious, that you are from a much younger generation than mine. It shows the organization's timelessness.

Thank you to the board of directors for serving. And thank you for giving me the room and time to rebuild the administration and management.

Thank you for supporting the rebuild of the organization's governance which will really get underway in early 2024. And, because the governance rebuild will run past March 31, 2024, thank you for asking me to consider staying to help complete it.

Thanks to Doris for advising me, particularly during the early period of my learning and for being available whenever I ask.

Thank you to Dawn and Christine of Clear Course Consulting for patiently growing my capacity to fulfill my role. I know I can count on your continued support as we monitor the rebuild and begin recruiting my replacement.

I wish to pass along the board's thanks to Sandy and the rest of the team at Humanity Financial for ably managing and administering our

finances, which instills even greater confidence in our rebuild.

Our annual general meeting was held at the new N'Quatqua Big House at the end of October. When some of us were stressing about the low membership turn out, Elder Anita Patrick pointed out, quite reasonably, that if people were concerned and upset, they'd show up. Low attendance was actually a good sign. Thank you, Anita!

And finally, thank you to the members of the N'Quatqua, Samahquam, Skatin and Xa'xtsa communities for your continued confidence. Yours is the most important role of all in the rebuilding of SSHS because the constitution and by-laws can only be changed by general membership resolution.

This means, it's not your councils, or the board that rebuilds SSHS governance, it's you. And so, we will begin in early 2024 when I, my staff, and our consultants will begin a conversation about SSHS governance with you.

I and my dedicated staff wish you and yours the very best in 2024!

— Eppa Gerard Peters
Interim Health Director

"As a people, one of the hardest things for us to overcome is the difficulty we have with the simple expression of gratitude—thank you."

— Eppa Gerard Peters

Please check in on friends and family who may be having a hard time this Holiday Season.

SSHS OFFICE WINTER BREAK CLOSURE

**Friday, December 22
to Monday, January 8**

We are closing for the winter break, but will be continuing to coordinate Patient Travel.

During this time, we ask that you direct your Patient Travel requests to **Amanda Munnings**. She can be reached at: **+1 (604) 368-6591**. Send a text or leave a message.

Questions?

Call **604-894-0151** or
email us at: **info@sshs.ca**



Department and Program Reports

Administration

Kalhwá7alap! | Hello!

Another eventful season has gone by! It has been so great to see everyone in the communities enjoying the SSHS provided activities and programs this fall. I look forward to another year full of togetherness and activeness in the communities.

I hope everyone has a Merry Christmas and a Happy New Year!

— *Julia Schneider*
Executive Assistant

Early Childhood Development Program

The last two months have been a busy time at ECD. A priority is determining the programming needs of the four communities, so we can make sure ECD is meeting our members needs as well as we can.

Christmas Packages

For Christmas this year, the Early Childhood Development (ECD) program and Jordan's Principle will provide each household in SSHS's four communities with \$150 gift cards for the Pemberton Valley Supermarket. Please note that you must be living full-time in community to receive gift cards.

Community Engagements

ECD hosted community engagements in Skatin, Tipella and N'Quatqua to determine what services people would like to see. We plan on hosting one for Samahquam sometime before the Christmas break. In the meantime, for those who couldn't

make it out, we have a survey you can take online. For link addresses, please see survey poster on page 6.

Family Christmas Craft Nights

ECD hosted Family Christmas Craft Nights in Skatin, Tipella and N'Quatqua this December. The final Christmas Craft Night will be held in N'Quatqua on Wednesday, December 20 from 4:30pm - 6:30pm at ti xzúma tsitcw Snacks, refreshments and dinner are provided at these fun family evenings. Hope you can make it out! For event details, please see the event poster on page 8.

One-time Funding Opportunity

Through the BC Aboriginal Child Care Society (BCACCS), ECD will be receiving Indigenous Early Learning Child Care (IELCC) Quality Enhancement Funding. These funds will be used to help enhance the quality of early learning and child care programs and services. A few things we may use the funds towards are:

- Language and Culture
- Staffing supports and wellness
- Health, safety, and maintenance
- Facility and program equipment improvements

Fall Events

We have hosted some great events this fall. ECD provided a family swim and skate day for National Child's Day at Whistler's Meadow Park Sport Centre. ECD provided lunches, gas cards, bus transportation and entry fees into the swim/skate areas. We had about 75 participants—a mix of adults, youth, and children. I hope everyone had an amazing time.

We also set up a successful family shopping day for communities. This was an opportunity to get people out of community and help supply transportation for them to go shopping in Squamish. We plan on setting up more of these shopping days.

Special Occasion Kits

We will continue to provide special occasion kits for the children/youth throughout the year. In December, we delivered 163 Advent calendars to children and youth living in our four communities. The countdown is on to Christmas!

Family Fun Night Package

ECD will be delivering Family Fun Night packages to all four communities during the Christmas Break. The delivery date will be dependent on the weather and road conditions.

Upcoming Events

ECD will be planning to do something fun for Family Day (February) and will be hosting health fairs in each community in the coming months. Please watch for posters.

Food Support

Do you need extra support over the holidays? The Pemberton Food Bank can help fill the gaps Pemberton Food Bank hours and location:

Services are available on Thursdays from 10am - 2pm at the Pemberton Food Bank's **new location** at 1343 Aster Street. If you require assistance outside of those hours, please contact Lorelee at: **foodbankpemberton@sscs.ca** or **(604) 698-5521**.

(Continued on page 12)

Tell us what you'd like to see at ECD



If you're the parent of a child, from newborn to 6 years of age, living in an SSHS community, we'd like to hear from you!

Take the **online SSHS ECD Program Survey** for your community. You'll shape our program and be entered to win some great door prizes.

The survey closing date has been extended to **Friday, December 22.**

N'Quatqua Survey

<https://forms.gle/K6Z1HghYcpKjqFvg8>

Samahquam Survey

<https://forms.gle/g1eTJ6sjfMWS8Zit8>

Skatin Survey

<https://forms.gle/WfRmpEALrS918yts5>

Xa'xtsa Survey

<https://forms.gle/2Q3M3Q3YBZTdrsQ77>

About Us: The Early Childhood Development (ECD) program ensures that SSHS's youngest members get a great start in life and is based on the belief that ECD is the foundation for life-long learning. ECD provides a wide range of services to help create positive educational and social outcomes for St'at'imx children ages 0-6. This engages children so that they carry forth the enthusiasm, self-esteem, and initiative to learn in the future.

ECD offers a variety of family supports, early childhood education opportunities and early intervention services that nurture healthy childhood development. By delivering culturally appropriate programs and services, ECD addresses all aspects of the health and wellbeing of the children of N'Quatqua, Skatin, Samahquam and Xa'xtsa.

Health Program

The Health program continues to build its staff, adding new team members and providing professional development opportunities for staff.

Nursing Staff Grows

The Health Program has been advertising for two nursing positions. We are looking to hire a Home and Community Health Nurse and a Community/Public Health Nurse. We are ready to advertise a third position for a Clinical Nurse Manager.

Starting mid-January, Laura Ogden, RN, will be working two days a week as the Maternal Child Health/Public Health Nurse, which we are very excited about. Laura has worked at Lílwat Health & Healing and SSHS in the past.

Vaccination Clinics

Michelle Carriere, our Home Care Nurse, and Interim Health Lead/Physio therapist Anita Samuels, organized four Flu and COVID-19 Vaccine Clinics in November. These clinics took place in Q'alatku7em, Skatin, N'Quatqua, and at the SSHS office. FNHA ran the clinic in Xa'xtsa.

If people still need Flu and/or COVID-19 vaccinations, they can register at **1-833-838-2327**. These clinics take place every Friday at the Pemberton Community Centre, but appointments need to be pre-booked.

Community Foot Care

Michelle has completed her certified Foot Care training. She is in the process of looking for funding sources to obtain the equipment she needs to operate foot care clinics. Her plan is to hold clinics in the communities so that people do not need to travel to the SSHS offices in Mount Currie. Teresa Leonardo, a foot care nurse from Squamish, ran a monthly foot care clinic at the SSHS office from August to the end of November.

Diabetes Screening

As noted in the last newsletter, the Seabird Mobile Diabetes Screening Clinic hosted two successful days of screening at the end of August. Anita will contact this clinic in January to arrange another two- to three-day screening clinic in the spring. Watch SSHS Facebook for details.

Primary Care Centre

The staff at SSHS have been working very hard with FNHA and Jessica Frank, Health Director at Lílwat Health & Healing, towards the creation of the First Nations Primary Care Centre. Hopefully, there will be more community engagement with FNHA to increase the knowledge of what this Primary Care Centre will be offering in terms of culturally safe medical services.

Samahquam Health and Healing Centre

Anita continues to work with Clara Smith and the Pemberton Health Centre to obtain the necessary medical equipment needed for the new Samahquam Health and Healing Centre. Hopefully, the Centre will open their doors for service delivery early in the New Year.

Community Physiotherapy

Anita continues to work in her community Physiotherapy position, providing service to community members 19 years and older. She can also provide medical equipment as needed.

Anita also continues to offer one-to-one sessions with community members who may be interested in working on Advanced Care Planning. This involves planning for what medical care a person wishes to receive or refuse prior to an irreversible medical crisis occurring. Contact Anita at: **anita.samuels@sshs.ca** or by calling her at **(604) 698-5074** if you are interested in learning more.

A Health Reminder from Home Care Nurse Michelle Carriere

“Let’s work together to keep our communities safe. Please stay home when you feel sick. Wash your hands regularly. Always cover your mouth when you cough or sneeze,” Nurse Michelle suggests. “Avoid touching your mouth, nose, and eyes. Please remember to wipe your phone every day to keep it clean.”

Pemberton Medical Clinic Holiday Hours

The Pemberton Medical Clinic's last Fly-in Outreach clinic is scheduled for Wednesday, December 20, weather permitting. Appointments need to be pre-booked by phone.

The Pemberton Medical Clinic (PMC) front office will close at 4:30 p.m. on Friday, December 22 and will reopen Tuesday January 2 at 9 a.m. To book an appointment, please call **604-894-6454**.

On December 27, 28 and 29, several doctors at the clinic are offering “Appointments by Phone Only.” These appointments can be booked online at: **www.pembertonmedicalclinic.ca**. You can also book an appointment on the PMC Face Book page.

Refill Your Prescriptions As Soon As You Can

Please get your prescriptions refilled well before the Christmas closure. The Pemberton IDA Pharmacy is extremely busy, and request as much notice as possible to get your prescriptions filled.

Anita and Michelle wish each and every one of you a very Merry Christmas and a Happy New Year!

—Anita Samuels
Physiotherapist
Interim Health Lead

Útszan ti Smáwala

It's been a very busy year at the Útszan ti Smáwala supporting community members and families throughout the southern Stl'atl'imx communities. The following are highlights from 2023.

Healing Ceremonies

Community members had the opportunity to take part in Healing Ceremonies in group settings or individually.

You could find us at Sloquet soaking in the tubs focusing on self-care or out on the land exploring Stl'atl'imx Territory.

Youth Outreach

I am fortunate to work with a group of wonderful women who also support anti-violence work in the Sea to Sky Corridor. We went into schools and spoke on consent and sexual assault, as education and prevention are key to keeping each other safe.

Supporting our youth is so important to me. Útszan ti Smáwala programming helps give youth a strong voice to stand up to violence.

Educating youth on what consent means and what defines sexual assault will help them to use their voice to keep themselves, and those around them, safe. And they'll know who the trusted adults are that they can reach out to for support.

For Sexual Assault Awareness Month in April, we produced pop sockets for cellphones that featured a Salish heart design by Dr. Peter Eppington and the words "Consent is Respect."

Pemberton Secondary School has supported a community member in using her voice to spread awareness around consent. There is now a beautiful bench at the school painted with Consent is Respect and hand prints that represent all those who have helped her on her healing journey.



Getting community members out onto the land was an essential part of Útszan ti Smáwala's healing work.

Phones for Safety

This year, I was able to provide 16 safe, working phones to women and girls. The phones come with plans that are paid for one year and have data coverage. This program ensures that women and girls have access to emergency services, support workers, crisis lines, family members, doctors' appointments, and access to job banks and the housing market. If you need a safe, working phone, please reach out anytime.

Conference Participation

This past September, I was one of three people chosen to speak on a panel on behalf of all anti-violence workers in the province to share our experiences supporting survivors of sexual violence. A key topic was the barriers to accessing health services. Having to travel such long distances to receive basic medical care is what I spoke about.

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Survivors who require a forensic exam (also known as a Rape Kit) are required to travel to Squamish or even Vancouver. Reducing barriers for survivors is important to their healing and ending violence all together.

These types of training opportunities and conferences are important to attend because the government doesn't understand the geography we have to deal with here. Explaining to them where we are, the dangers to travelling on active FSRs, and the length of time it takes to get medical attention, is important for them to understand.



"Consent is Respect" was a theme Útszan ti Smáwala adopted for Sexual Assault Awareness Month in April 2023..This bench (back detail inset) was created Pemberton Secondary School.

Support During the Holidays

As we go into the holidays, please remember if you or anyone you know needs some support around sexual violence, consent, sexual assault, sexual

harassment, third-party reporting, or you are just looking for information on what is available in the Sea to Sky Corridor, please reach out. Please feel free to call or text any time at: **604-905-9629**.

Below is a chart on reporting options available to all community members.

— Alana Desorcy
Sexual Assault Response Program
Coordinator



Sexual Assault Response Program

Reporting Options

Full Police Report	Information Only Report	Third Party Report	No Report
↓	↓	↓	↓
<p>Make a statement to the police. The police forward a report to Crown Counsel.</p> <p>Based on the evidence, the Crown Counsel decides to proceed with the case or not.</p>	<p>If survivors decide that they do not want to be directly involved in the legal process, the police may still be advised that a crime has occurred.</p>	<p>Survivors report details of a sexual assault anonymously to police, through a third party agency such as Útszan ti Smáwala or Howe Sound Women's Centre.</p>	<p>No report is made.</p>

Contact:

Contact **Útszan ti Smáwala** coordinator **Alana Desorcy** for any further information or assistance you require at 604-894-0151 or:

Alana Desorcy
 Cell: 604-905-9629
 Text: 604-905-9629
 FB: Alana Desorcy Sshs
 E: alana.desorcy@sshs.ca

Alana can support you through all of Reporting Options. Reach out anytime.

There is no statute of limitations for reporting sexual assault in Canada. Even if an incident occurred years or decades ago, it can still be reported.

Útszan ti Smáwala: To straighten or repair the Soul or Life Spirit



ECD Family Christmas Craft Nights!

ECD is hosting
Christmas Craft
Nights for SSHS
families with children
0 – 18 years old in
each community.

- Each child will receive a Christmas Craft Package*.
 - Dinner, refreshments and snacks will be provided.
 - Parents/guardians must participate.
 - We'll drop off a Christmas Craft Package for your child if you can't make it.
- * Please note that Christmas Craft Packages are available only to children living in the communities.

Skatin

December 6 | 4:30pm–6:30pm
Skatin Community School

N'Quatqua

December 20 | 4:30pm–6:30pm
Ti xzúma tsitcw

Samahquam

Date TBA/Watch Facebook
Administration Building

Xa'xtsa

December 12
3:00pm–5:00pm
Multiplex



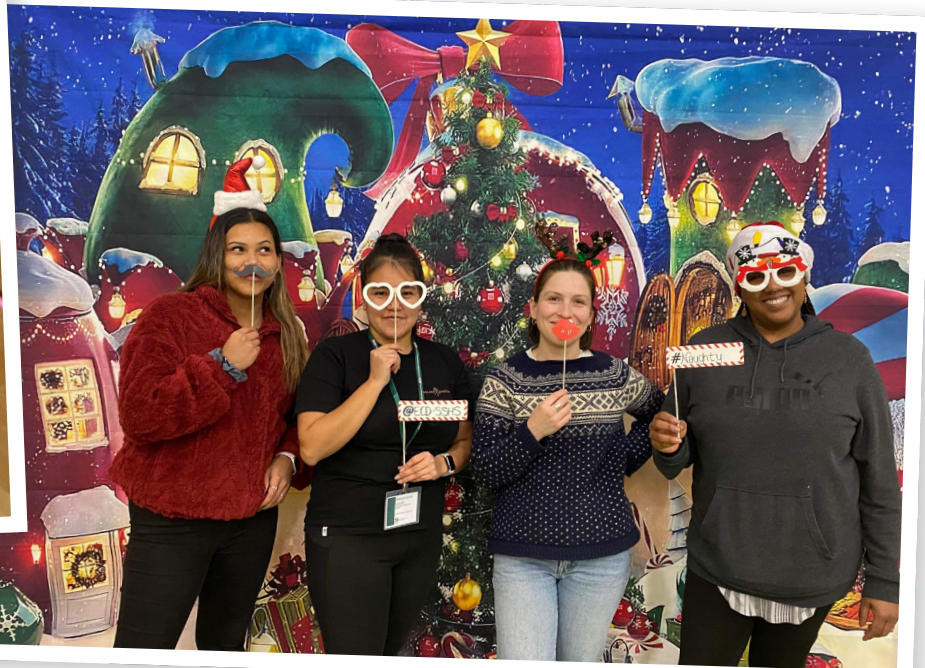
Snapshot from ECD

Family Christmas Craft Nights

in Xa'xtsa, Skatin & Samahquam



Presley is ready to get his Christmas on at the Xa'xtsa Christmas Craft Night in Tipella.



Jordana, Alexandria, Nicki and Jesokah get into the festive swing of things at Skatin's Christmas Craft Night.



Jordana, Alexandria, Valkyrie and Remi survey the spread for Samahquam's Craft Night.



Julia, Alexandria and Jordana, cleverly disguised by their seasonal headgear, chowing down in Tipella.



Alex and Jordy whipping up some delicious cupcakes for Christmas Craft Night in Tipella.

More Snapshots from ECD Family Christmas Craft Nights in Xa'xtsa, Skatin & Samahquam



Remi and Valkyrie, ready for an evening of family fun at the Samahquam crafting night.



Some of the families that enjoyed the Samahquam Christmas Craft Night.



It was a full house in Tipella for Xa'xtsa's Christmas Craft Night.



Christmas Craft bags packed up and ready to go at the SSHS office.

Thank you to all the SSHS families that came out and made ECD's Family Christmas Craft Nights a success!

Mental Wellness

'Tis the Season. There is no other like it: Colourful light displays; delicious food; sentimental movies, beautiful songs. If we could live inside one of those Christmas songs, our lives would be filled with laughter, love, joy, and goodwill 365 days a year. But of course, no one's life is actually like that, at least not all the time. In fact, Christmas for many is difficult and painful.

"If you are having a hard time, take heart.

It's OK not to like Christmas. You are not alone.

— Brett Peterson

I am grateful that Christmas was never traumatic for me. But for many of the people I meet with in counselling, the Holiday Season brings painful memories—perhaps of drunken violence, poverty, or loneliness.

If you are someone who feels down at Christmas and think that everyone but you is having a grand ol' time, it might help to know that the modern notion of Christmas—that it has always been a magical time in which friends and family gather, sing songs, roast chestnuts and go for sleigh rides—never really existed. By and large, this idealized version of Christmas was invented by songwriters from about 1935-1980. But somehow their version of Christmas stuck and worked its way into our collective psyches. Lots who are hurting feel worse because they think they should feel happy.

So, if you are having a hard time, take heart. It's OK not to like Christmas. You are not alone. Focus on what genuinely is positive and brings you

even small amounts of joy. Take it in. Enjoy nature. Be kind to yourself and others. Know that here, and in other parts of the world, many people are feeling just as you are right now. And it will pass.

If you need help, please reach out. I am available by Zoom or telephone. I welcome your call or email. I can be reached by email at: **brett.peterson@sshs.ca** or by phone at **778-991-9450**.

You can also call the KUU-US Crisis Line Society at **1-800-588-8717**. Remember, Solstice, the darkest time of the year, is also the beginning of the light.

May we all find peace this Holiday Season.

— *Brett Peterson*
Mental Wellness Lead

Nxweziltems: Child and Family Services

Reforming First Nations Child and Family Services

On November 2, I attended a conference and information sharing session in Ottawa presented by Dr. Cindy Blackstock (the Caring Society). Over the past year, the Institute of Fiscal Studies and Democracy worked alongside the Assembly of First Nations, the Caring Society, and the National Advisory Committee, evaluating information gathered from Indigenous communities across the country.

The goal of the research is to help support the long-term reform of the First Nations Child and Family Services (FNCFS). Many of the collective issues raised amongst First Nation communities when it comes to their own services were recruiting and maintaining staff, housing for staff and narrow funding agreements just to name a few. These can be especially hard for rural and remote communities which I know is something everyone reading this is well aware of.

Child Compensation

With the above being stated, a large topic of conversation and information sharing focused on what is to come. A class action lawsuit was filed seeking compensation for First Nations children and families that were discriminated against through the underfunding of FNCFS programs and narrow application of Jordan's Principle. A total of \$20 billion compensation package for children and families who were impacted by the discriminatory funding practices of the federal FNCFS program, and its narrow implementation of Jordan's Principle, has been recently approved. Alongside this, an additional \$23 billion has been approved for the reform of the FNCFS program and for full implementation of Jordan's Principle.

While the application process is not open yet, there is a website that has all of the information pertaining to the matters of compensation such as how much, who will be eligible and other answers to questions you might have. The website is: **www.fnchildcompensation.ca/updates/**

Moving forward, it will be important for each community to consider how they want to utilize the funding available for their own child and family services and how the communities can support the individuals and families that may be receiving funding directly.

I have begun contacting each community's appropriate representative so that I can share this information more thoroughly and so that I may be of further assistance if needed.

This does not affect SSHS's Child and Family Service team or the funding we currently receive to continue supporting in the ways that we do. Please do not hesitate to reach out to me if you have any questions at all. I can be reached at: **nicki.paul@sshs.ca** or **(604) 938-3813**.

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Key Contacts

Hope for Wellness Helpline: 1-855-242-3310

The Hope for wellness Helpline offers free, anonymous counselling and crisis intervention 24 hours a day, 7 days a week by telephone for anyone affected by the compensation and long-term reform process. Telephone services offered on a scheduled basis in Cree, Ojibway, and Inuktitut.

Kids Help Phone: 1-800-668-6868

24/7 support for children and youth.

Deloitte Class Action Administrators

Phone: 1-833-852-0755

For general questions related to the class action, eligibility, the claims process, or to be connected to class counsel, please contact the Class Action Administrator, Deloitte, by telephone or visit www.fnchildclaims.ca.

Hours of Operation: Monday-Friday 8am-8pm ET (closed on Statutory Holidays)

AFN FNCFS and Jordan's Principle Compensation Information Desk

Phone: 1-888-718-6496
Email: fnchildcompensation@afn.ca

For general questions about the class action or long-term reform of the FNCFS program and Jordan's Principle, or to be connected to class counsel, please contact the AFN Information Desk

Hours of Operation: Monday-Friday 8:30am-5pm ET (closed on Statutory Holidays)

— Nicki Paul
Family Preservation and
Reunification Worker

New Members of SSHS Staff

As SSHS rebuilds, it is creating a team of positive and professional individuals that are committed to ensuring the health and wellness in the communities we serve.

Please join us in welcoming Jordana Abraham, Alexandra Smith and Michelle Carriere to the SSHS team.



In Her Own Words

Jordana Abraham Aboriginal Supported Child Development Worker

Áma sqit,

Hello everyone, my name is Jordana Abraham, also known as Jordy. I am 21 years old. I live in Mount Currie, BC, part of the Státýmec Territory. I am part of the Lílwat Nation. My hobbies include painting, being outdoors, and spending time

with family and friends. I am going to school at Nicola Valley Institute of Technology to take the next step in my education journey by pursuing further studies in Indigenous Early Childhood Education.

I am very excited to expand my knowledge and skills in this field. I am proud to announce that I'll be taking on the role of the Aboriginal Supported Child Development Worker at the SSHS. I am looking forward to getting to know all of you.

Kúkwstum'ckacw



In Her Own Words

Alexandra Smith Early Childhood Development Assistant

My name is Alexandra Smith, I was recently hired as the Early Childhood Development Assistant for SSHS. I am currently in school with NVIT at Tszil Learning Centre taking my Early Childhood Education certificate. I've been going to school since November 2022, and I will be graduating in Spring 2024.

Here is a little bit more about myself: I am Charlotte and Malcolm's oldest daughter, my grandparents are Charlie and Velma Peters, and Debra and Howard Smith Sr.

In the summer I like camping, going outdoors, and traveling. During winter, I like to watch hockey, go snowboarding, and enjoy the snow before it gets too cold out from the northern winds. My goals for the upcoming year are to get to know the families and children in each community, continue my studies for ECE certification, and become more comfortable and familiar in the field.

I am so happy and excited to be working with SSHS to continue supporting the families in our communities.

Kúkwstum'ckacw

(Continued on page 11)

(Continued from page 10)



Michelle Carriere
Home Care Nurse

Better late than never...

We've been remiss in welcoming back RN Michelle Carriere, who joined the health program this summer. She was recently certified in foot care, and will be offering those services in the New Year. We are pleased to have her back at SSHS.

(Continued from page 5)

Early Years Outreach

The ECD department is wanting to start an Early Years Outreach Program. This program promotes healthy development for pregnant women, infants and toddlers (ages 0-6) through home and community visits. We would like to offer:

- Strength-based parenting skill development
- Infant and child development screening
- Support for families whose children may be at risk for developmental delays
- Support and advocacy for families to access services
- Consultation support to childcare programs and caregivers to meet children's individual needs including one-on-one support in daycare settings.
- Health promotion and support for women who are pregnant

If you have any questions, always feel free to reach out to me:

FB: **Jesokah SSHS Peart**
Phone or Text: **(604) 830-6236**
SSHs: **(604) 894-0151**

—*Jesokah Peart*
Early Childhood Development
Coordinator



Do you have a will? Need to update your will? Do you know what a will is?

SSHs wants to know if community members would be interested in an information session on wills.

We want to make sure your wishes for any future health care treatment are followed and your voice is heard because your care is your choice!

Be prepared for the unexpected.

If you're interested in learning about wills, making a will or updating an existing will, please complete the very short form online at:

<https://forms.gle/A9uFFQSjaBVMqCQBA>

Weaving traditional wellness
into our health services



Southern St'atl'imx
Health Society

Do You Want to Make a Difference? Come Work with Us.

At SSHS, we're passionate about delivering quality health care and empowering our members to take active roles in their own health and healing. We're growing our team to help realize this overarching goal.

Current career opportunities:

Jordan's Principle

- Jordan's Principle Service Coordinator (\$50,000 - \$56,000)
- Jordan's Principle Administrative Assistant (\$52,000 - \$55,000)

Funding jurisdiction can make it hard to get services for First Nations children. Jordan's Principle puts the needs of the child first. The principle's philosophy is simple: supply the service, and then figure out who will pay for it.

NxweziItems Child and Family Services

- Youth and Family Support Worker (\$50,000 - \$60,000)

NxweziItems, SSHS's Child and Family Services Program, supports families throughout difficult parts of their journey. The program helps SSHS members navigate health systems, educational systems, and the Ministry of Children and Family Development.

Health Program

- Community Health Nurse (\$90,000 - \$110,000)
- Home and Community Care Nurse (\$90,000 - \$110,000)

The Health Program delivers a wide range of health and wellness services, and health practitioners, to SSHS communities through its links to Vancouver Coastal Health and the First Nations Health Authority.

Job descriptions for these positions can be viewed online at sshs.ca/careers/
Closing date to apply for these positions is **Monday, January 22, 2024.**

Weaving traditional wellness
into our health services



Southern S'tat'imx
Health Society

SSHS Staff Contacts



Interim Health Director

Eppa Gerard Peters
E: gerard.peters@sshs.ca

Interim Health Director Eppa and SSHS staff can be reached by email or by contacting reception at **604-894-0151**. Feel free to get in touch with any of them to answer your questions or concerns at anytime.



Men's Health Lead

Daniel "Dan Dan" Peters
E: daniel.peters@sshs.ca



Interim Health Lead
/Physiotherapist

Anita Samuels
E: anita.samuels@sshs.ca



Executive Assistant/
Patient Travel

Julia Schneider
E: julia.schneider@sshs.ca



Program and
Contracts Manager

Amanda Munnings
E: amanda.munnings@sshs.ca



Front Desk/Admin Assistant

Sally Peters
E: sally.peters@sshs.ca



Home Care Nurse

Michelle Carriere
E: michelle.carriere@sshs.ca



Mental Wellness Lead

Brett Peterson
E: brett.peterson@sshs.ca



Fleet Manager/Carpenter

Justin Thevarge
E: justin.thevarge@sshs.ca



Aboriginal Supported Child
Development Worker

Jordana Abraham
E: jordana.abraham@sshs.ca



Early Childhood
Development Assistant

Alexandra Smith
E: alexandra.smith@sshs.ca



Family Preservation &
Reunification Worker

Nicki (Nichelle) Paul
E: nicki.paul@sshs.ca



Early Childhood
Development Coordinator

Jesokah Peart
E: jesokah.peart@sshs.ca



Útszan ti Smáwaia
SARP Coordinator

Alana Desorcy
E: alana.desorcy@sshs.ca

SSHS Board Contacts

SSHS is governed by an eight-member board of directors that works closely with the health director to ensure the organization meets the goals of its strategic plan. Each community appoints two members to the board.

N'Quatqua Representatives

Doris Peters
Chair
E: doris.peters@nquatqua.ca

Nicole Patrick
Board Member
E: nicole.patrick@nquatqua.ca

Samahquam Representatives

Dustin French
Vice-Chair
E: dustin.french@samahquam.ca

Eppa Gerard Peters
Board Member
E: gerard.peters@sshs.ca

Skatin Representatives

Rex Grant
Board Member
E: rex@tyheefinancial.ca
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Xavier Williams
Treasurer
E: xaviersrdw@gmail.com

Xa'xtsa Representatives

Colin Linger
Board Member
E: colin.linger@xaxtsa.ca

Andrianna Peters
Secretary
E: andrianna.peters@xaxtsa.ca

*Sometimes
the best
gift you
can give
is your
time.*

This Holiday Season,
reach out to the
Elders in your life.
It will make a world
of difference in their
lives and yours.

Give them a call,
invite them over, or
drop by for a visit.

You'll be glad that
you did.

**From all of us at
SSHS, we wish you
and your loved ones
a Happy and Healthy
Holiday Season!**

**We look forward to serving
you and your families in 2024.**





Refill your prescriptions as soon as possible.

The IDA Pharmacy is very busy this time of year and appreciates extra time.

The pharmacy will be closed December 25 & 26.

Holiday Reminders



The Pemberton Health Clinic will be closed from December 22 – January 2.

Phone appointments available December 27, 28 & 29. Book through PHC's Facebook page or pembertonmedicalclinic.ca

Emergency Health Contact Information

Please save and post this information in an easily accessible place, such as the side of your refrigerator, on the inside a cupboard door, by your landline, or where you charge your cell phone.

Ensuring that you have this information close at hand can save valuable time in the face of a health emergency.

Fire, Police or Ambulance

911 is now available in all SSHS communities.

Mental Health Crisis

Pemberton Health Centre
(Emergency/Urgent Care)
604-894-6633

Pemberton Mental Health Intake
604-698-5861

KUU-US Crisis Response Services
24-hour, culturally safe help for First Nations and Aboriginal Peoples

Child/Youth line:
1-250-723-2040
1-800-588-8717 (toll free)

Adult/Elder line:
1-250-723-4050
1-800-588-8717 (toll free)

24 Hour Crisis Support
Crisis support and Suicide Prevention
1-800-784-2433 (toll free)

24 Hour Crisis Line
Crisis Support and Suicide Prevention
310-6789 (toll free)

Drug and Poison Information

British Columbia Drug and Poison Information Centre
Information available 24 hours a day
1-604-682-5050
1-800-567-8911 (toll free)

Domestic Violence

National Domestic Violence Hotline
Open to everyone
1-800-799-7233 (toll free)

PearlSpace (formerly Howe Sound Women's Centre)
Crisis line: 1-877-890-5711 (toll free)

VICTIMLINK BC
1-800-563-0808 (toll free)

Seniors Abuse and Information Line
Toll free: 1-866-437-1940

Crisis Line Telephone
604-872-3311

Mental Health After Hours Line
604-874-7307

Family Services

Ministry of Children and Families Development Services
Emergency After Hours Line:
1-800-663-9122 (toll free)

National Indian Residential School Crisis Line
Toll free: 1-866-925-4419

Children's Services

Kids Help Phone
1-800-668-6868 (toll free)

Helpline for Children (MCFD) Howe Sound & Sunshine Coast
1-866-661-3311 (toll free)

Sexual Assault Services

Útszan ti Smáwała Sexual Assault Response Program

Program contact:
Alana Desorcy
Cell: 604-905-9629
Text: 604-905-9629
FB: Alana Desorcy Sshs

Rape Crisis Centre
Crisis line: 1-877-392-7583 (toll free)

Community Services

Xa'xtsa Nation Office (Tipella)
1-778-947-1227

