

ʔAQAM
Health & Wellness

June 2024

Kuqukupku ʔat nukuʔni ʔaʔuku

June, when strawberries and raspberries ripen.



Follow us on Facebook to stay up to date on current and upcoming events.



ʔaʔam Community Health and Wellness

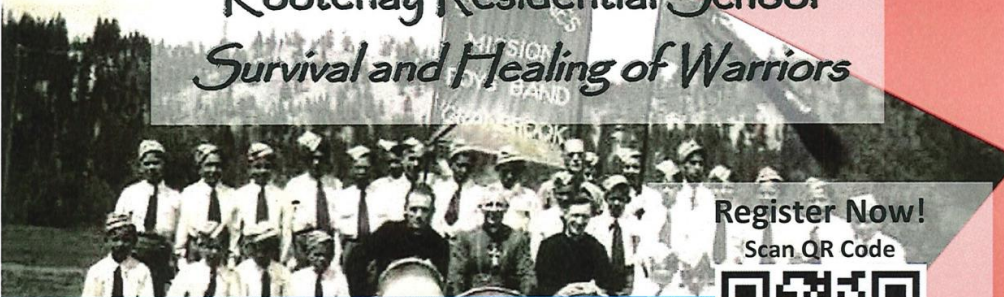
Coming in September

Calling All
Kootenay Indian Residential School Students



You are invited to the....

Kootenay Residential School
Survival and Healing of Warriors



Register Now!

Scan QR Code



September 27 & 28, 2024

Starts 11:30 am

**St. Eugene Golf Resort
Casino**

7777 Mission Wasa Road,
Cranbrook BC

*The importance of acknowledging the
atrocities of the past, seeking truth and
working towards healing through our
Cultural ways.*

Bringing pictures and memorabilia is encouraged to place on the
Memorial Wall.

Link:

https://www.eventbrite.ca/e/kootenay-residential-school-survival-and-healing-of-warriors-tickets-905215653387?aff=oddtcreator&utm_campaign=postpublish&utm_medium=sparkpost&utm_source=email

Book Your Room Now!

Contact Denise Birdstone at
dbirdstone@aqam.net or call
426 5717 ex 3835.

If you would prefer to book
outside the block rooms you can
go to [St. Eugene Golf Resort
Casino](#) or call 1 866 292 2020

For questions about the event please Contact:

Janice Alpine

Ktunaxanationdancetroupe@gmail.com

250 489 0876



DJM – Dan Joe Memorial HC – Health Centre WF- Western Financial Place
June 2024

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3 -Equine Therapy 10:30	4 -Wellbriety 6:30-7:30 -Family Outdoor Games Night @ HC. 5- 7 Dinner Provided	5 -Walking Wednesdays 10:30 @ DJM	6 -Elders Stretching and Mobility 2:30 @ HC	7 -Wellbriety 12-1 @ HC	8
9	10 -Equine Therapy 10:30	11 -Wellbriety 6:30-7:30 -Food Bank Delivery -Virtual Not just Naloxone Workshop 9- 3:30 (see poster)	12 -Walking Wednesdays 10:30 @ DJM -Virtual Not just Naloxone Workshop 9- 3:30 (see poster)	13 -Elders Stretching and Mobility 2:30 @ HC	14 -Wellbriety 12-1 @ HC -World Elder Abuse Awareness Day 11-2 @ HC Lunch Provided	15
16	17 -Equine Therapy 10:30	18 -Wellbriety 6:30-7:30	19 -Walking Wednesdays 10:30 @ DJM (Last Day)	20 -Elders Stretching and Mobility 2:30 @ HC	21 -Wellbriety 12-1 @ HC	22
23	24 -Equine Therapy 10:30	25 -Wellbriety 6:30-7:30 -Food Bank Delivery	26	27 -Elders Stretching and Mobility 2:30 @ HC (Last Day)	28 -Wellbriety 12-1 @ HC	29

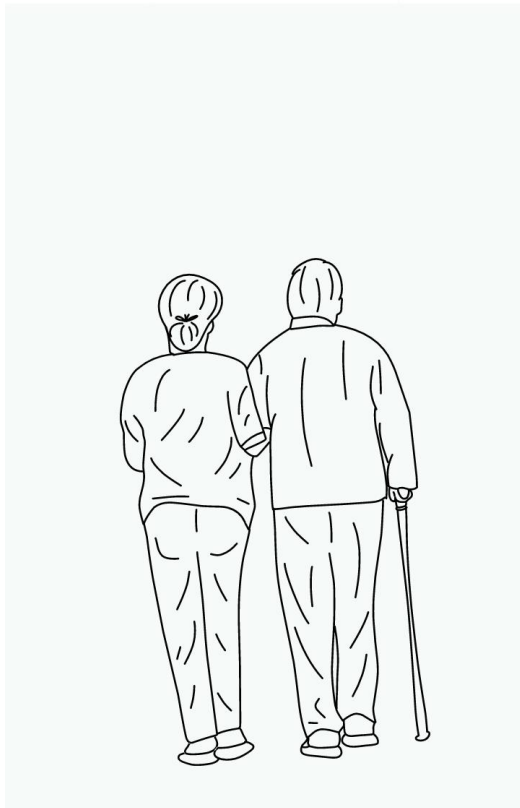
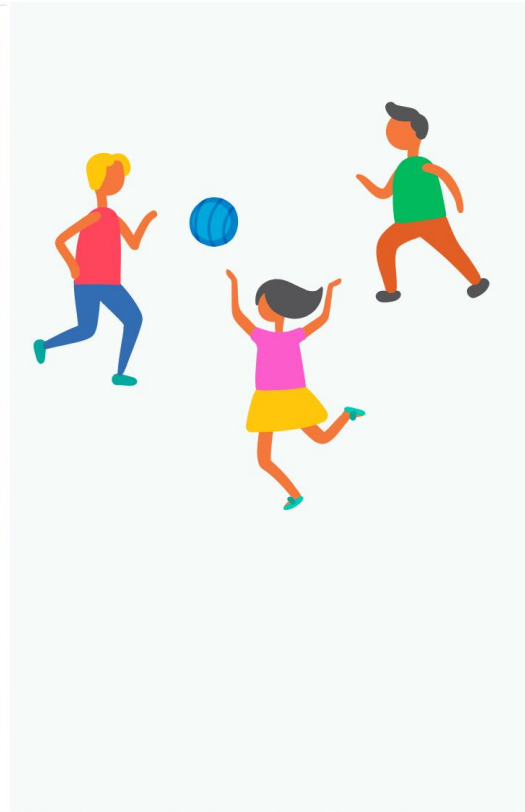


**FAMILY
OUTDOOR
GAMES NIGHT**

JUNE 4th
Let's get outside and
have fun together
Dinner Provided

Health and Wellness Centre
5pm-7pm

For more information contact
Tara 236-302-1626 or Autumn 778-761-0896



June 14th
**World Elder Abuse
Awareness Day**



Join us on June 14th
to honor Elders and learn
how to prevent Elder Abuse

Lunch provided
11am-2pm
Health and Wellness Centre





First Nations Health Authority
Health through wellness

NOT JUST NALOXONE VIRTUAL WORKSHOP: Talking about substance use in Indigenous communities

Not Just Naloxone (NJN) is a workshop hosted by the First Nations Health Authority and is delivered in partnership by the Four Directions Team, Regional Team, and community harm reduction champions.

This training was developed in response to the toxic drug emergency in British Columbia, which continues to disproportionately impact Indigenous people.

While Naloxone is an effective life-saving medicine to reverse an overdose, it is not our only response. The NJN workshops teach participants to facilitate community-based discussions about:

- > Public Health Emergency update
- > Racism and prohibition in Canada
- > Decolonizing substance use
- > Indigenous harm reduction practices
- > Trauma- and resiliency-informed practice
- > Anti-stigma work
- > Naloxone training (nasal/injection)



Date: June 11-12, 2024

Time: 9:00 A.M. - 3:30 P.M.

Location: Virtual/Zoom



**REGISTRATION FORM:
Click Here**



**MORE INFORMATION:
Please contact: njn@fnha.ca**



Decolonizing Substance Use: Allow participants to uncover the root causes of addiction and identify societal beliefs that perpetuate harm against people who use substances and obstruct good substance use programs and services.

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|---|---|
| <ol style="list-style-type: none"> 1. Identify root causes of addiction and root causes of connection 2. Evaluate beliefs around supporting people with addiction | <ol style="list-style-type: none"> 3. Dismantle stigmatizing language and misinformation about substance use |
|---|---|

Indigenous Harm Reduction: Provide participants with a cultural lens to the work of harm reduction in First Nations communities. Harm Reduction is often seen under the lens of politics or population/public health. Indigenous Harm Reduction offers a chance to re-centre a human lens to the good work of harm reduction.

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| <ol style="list-style-type: none"> 1. Formulate linkages between culture and harm reduction | <ol style="list-style-type: none"> 2. Assemble community strategies for delivering harm reduction services |
|--|---|

Naloxone Training: Provide participants with the knowledge and practice on how to confidently administer both intramuscular (IM) and nasal naloxone.

- | | |
|---|--|
| <ol style="list-style-type: none"> 1. Recognize the purpose of all items in naloxone kits 2. Understand the difference between the IM and nasal naloxone and how they both work | <ol style="list-style-type: none"> 3. Memorize and be able to use the “save me” steps in practice 4. Understand the good Samaritan act 5. Develop an understanding of after-care following administration of naloxone |
|---|--|

Facilitation 101: Provide participants with a guide on the best practices for facilitating courageous conversations about substance use, harm reduction, and overdose prevention in First Nations communities.

- | | |
|---|---|
| <ol style="list-style-type: none"> 1. Apply trauma and resiliency informed practice 2. Understand principles of adult education | <ol style="list-style-type: none"> 3. Understanding power and privilege in the learning environment 4. Apply anti-stigmatizing language |
|---|---|

CONTACT US

If you are interested to learn about future training dates, have any questions, or would like to learn more about the program please email njn@fnha.ca.





First Nations Health Authority
Health through wellness

NOT JUST NALOXONE

Course Outline

Not Just Naloxone (NJN) is a two-day virtual or in-person train-the-trainer program aimed at teaching people how to have safe conversations about substance use in First Nations communities.

NJN aims to transform harm reduction services, programs, and interventions so that they are culturally informed, culturally relevant, and culturally safe. The core concepts in NJN (described in more detail below) is intended to destigmatize people who use substances and bring about meaningful change for community wellness.

The NJN workshops and highlighted curriculum topics are delivered collaboratively by the Four Directions Team, FNHA regional teams and community harm reduction champions.

NOT JUST NALOXONE CORE CONCEPTS

Definitions: Learn about key clinical and non-clinical definitions in relation to the toxic drug crisis. Understand how opioids work and about the various harm reduction strategies and resources available.

1. Understand the different forms of opioids and other substances including stimulants and benzodiazepines
2. Learn about the impact of fentanyl and carfentanil on the toxic drug crisis
3. Learn about safe supply and how people can access it
4. Understand the importance of and best practices around engaging with people with lived and living experience

Public Health Emergency Update: Examine the statistics and trends of the toxic drug crisis, particularly as they relate to First Nations and other Indigenous peoples and demographics.

1. Understand the timeline and history of the toxic drug crisis from 2016 to present day
2. Understand how to interpret graphs, maps, and other forms of data
3. Demonstrate an understanding of the different data sources that are available in British Columbia
4. Recognize the limitations of Indigenous-specific data that is available

Racism and Prohibition: Examine the origins of prohibition laws in the context of colonial Canada. Why are some substances legal and some illegal? Who creates these policies? Can they be unmade?

1. Distinguish the harms associated with substance use and prohibition policies throughout history
2. Formulate linkages between racism and prohibition laws in Canada

Health Center Info

- Jenny, our Community Health Nurse, is available by appointment for clinic visits for health-related issues. This includes physical assessments, blood pressure, vitals, blood sugars or referrals to other providers.
- FREE Shingrix Vaccines available to Indigenous community members ages 65 and older (50+ with documented medical conditions)
Contact Jenny for more information (778) 761-0743
- Harm reduction items available. Call or come to the Health Center. No name or info needed. Confidential.
- Community Driven Harm Reduction Project is in progress. Please contact Jenny or the Health and wellness team for more information on the Public Vending Machine and the Community Cupboard. We need your input on what items you want in these and where you want the community cupboard.





Our Team is Available Monday - Friday 8:30-4:30. Excluding Statutory Holidays.

- Jessica Cashen, Administrative Assistant jcashen@aqam.net (778) 761-0917
- Jennifer Damstrom, Community Nurse jdamstrom@aqam.net (778) 761-0743
- Pina Zilli, Registered Care Aide pzilli@aqam.net (778) 761-1057
- Frankie Hunt, Registered Care Aide fhunt@aqam.net (778) 761-0833
- Jackie Brown, Intake and Case Manager jbrown@aqam.net (778) 761-1039
- Kim Halvorson, Social Development and Indian Registration Administrator khalvorson@aqam.net (778) 761-0913
- Counsellor – Coming soon...
- Autumn Patrick, Life Skills Worker apatrick@aqam.net (778) 761-0896
- Tara Delaire, Wellness Liaison tdelaire@aqam.net (236) 302-1626
- Richard Leesman, Addictions Counsellor 250-919-4606
- Monica Lloyd, Director of Health and Wellness mlloyd@aqam.net (778) 761-0920