

ʔAQʔAM

Health & Wellness

June 2023

Kuqukupku ʔat nukuʔni ʔaʔuku

June, when strawberries and raspberries ripen.



Events This Month

June 14/15: Not Just Naloxone Training. Two-day event 9:00 – 3:30 (See posters below)

June 6 and June 20: Nurse Practitioner 1-4:30. Contact KNC Health Centre to make an appointment (250) 420-2700.

Foot Clinic: June 26,20,23



INTERIOR REGION
First Nations Health Authority

NOT JUST NALOXONE WORKSHOP:

Talking about substance use in
Indigenous communities

Aqam Health and Wellness Center | June 14 & 15th | 9:00am to 3:30pm | Breakfast and Lunch Provided

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 crisis in BC, 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:

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



To Register Please Contact:
Jenny Damstrom at JDamstrom@aqam.net or (778)761-0743

Open to all Ktunaxa Nation Members



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

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.

1. Identify root causes of addiction and root causes of connection
2. Evaluate beliefs around supporting people with addiction
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.

1. Formulate linkages between culture and harm reduction
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.

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
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.

1. Apply trauma and resiliency informed practice
2. Understand principles of adult education
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.





Tea Time Talks

Starting on Thursday June 8 from 12-2:00 Join Jenny and Pina for some tea, snacks and friendly conversation.

Open to everyone.

Will occur Every Thursday in June.



AQAM
COMMUNITY



30 MINUTES FOR 30 DAYS CHALLENGE

Join this June movement
challenge and get a chance to
win prizes !

**Every day you move for 30 minutes
is an entry in the grand prize draw**

sign up email: tdelaire@aqam.net



AQAM
COMMUNITY



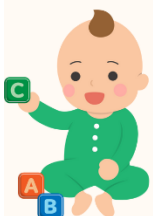
YOU'RE INVITED TO JOIN THE

AQAM HEAD START



At Dan Joe Memorial Gym
10am - 12 pm every Tuesday
Contact Autumn (778) 761 - 0896
apatrick@aqam.net

- AQAM WANTS TO HELP SUPPORT AND EMPOWER PARENTS TO GIVE THEIR CHILD THE BEST POSSIBLE START IN THEIR LIFE BY STIMULATING YOUR CHILD'S COGNITIVE, EMOTIONAL, SOCIAL AND DEVELOPMENTAL SKILLS.
- HELP BUILD A STRONGER BOND WITH YOUR CHILD
- AGES FROM 0 - 5 YEARS OLD
- COME INTERACT WITH OTHER PARENTS



Health Center Info

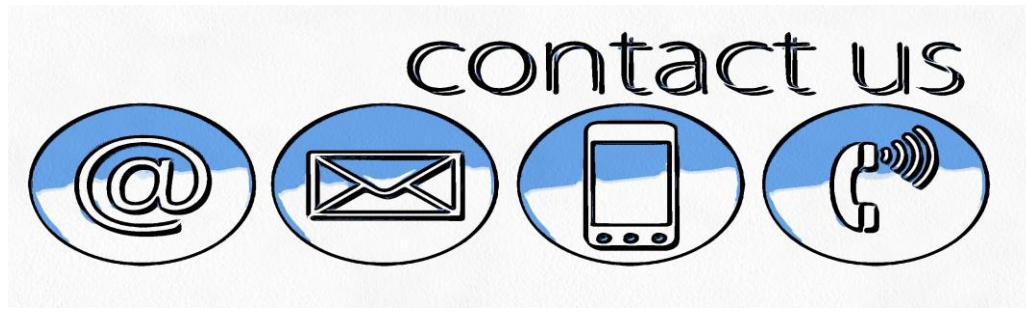
- Jenny, our Community Health Nurse, is available by appointment for clinic visits for health-related issues. This includes physical assessments, blood pressure, vitals, blood sugars or referrals to other providers.
- FREE Shingrix Vaccines available to Indigenous community members ages 65 and older (50+ with documented medical conditions)
Contact Jenny for more information (778) 761-0743
- Flu and Covid Vaccines available by appointment. Call Jenny or Jessica to book an appointment.
Jessica (778) 761-0917
Jenny (778) 761-0743
- Harm reduction items available. Call or come to the Health Center. No name or info needed. Confidential.

Period Poverty packages are still available! Just contact Jessica or Jenny at the Health Centre.

Jessica (778) 761-0917

Jenny (778) 761-0743





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

Team Contact Information:

- Jessica Cashen, Administrative Assistant jcashen@aqam.net ext. 3811 (778) 761-0917
- Jennifer Damstrom, Community Nurse jdamstrom@aqam.net ext. 3527 (778) 761-0743
- Shelby Aquila, Wellness Coordinator saquila@aqam.net ext. 3582 (778) 761-0747
- Cody Atwood, Life Skills Worker catwood@aqam.net ext. 3836 (778) 761-0966
- Autumn Patrick, Life Skills Worker apatrick@aqam.net ext. 3837 (778) 761-0896
- Tara Delaire, Wellness Liaison tdelaire@aqam.net ext 3838 (236) 302-1626
- Richard Leesman, Addictions Counsellor 250-919-4606
- Pina Zilli, Registered Care Aide pzilli@aqam.net ext. 3824 (778) 761-1057
- Michelle Shortridge, Director of Operations & Community Services mshortridge@aqam.net ext. 3523 (778) 761-1040