

# Coldwater Band Newsletter

January 2019

Laura Antoine  
Administrator/ Deputy Fire Chief

Ron Aljam  
Public Works /Fire Chief

Shawn Bob  
Social Services

Val Collins  
Social Services Clerk

Barclay Smith  
Finance Supervisor

Carrie Spahan  
Finance Clerk

Julia Dick  
Finance

Donald Kraus  
Housing Coordinator

Kristopher Oppenheim  
Lands, Wills, and Estates

Jessie Aljam  
Education Coordinator  
Indian Registry Administrator

Guy Robbins  
Economic Development

Cheryl Rule  
Economic Development Assistant

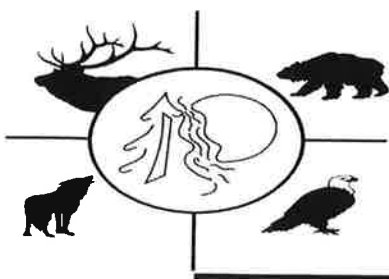
Dawn Porter  
Executive Assistant

Cheryl Aljam  
Administration Assistant

Jennifer Andrew  
Adult In Home



The Administration Office and Band Office will be closed February 18th, 2019 for Family Day. Both offices will open February 19th, 2019 at 8:30 am.



# Coldwater Indian Band

301-230<sup>th</sup> Street Coldwater Reserve

P.O. Box 4600 Stn Main Merritt, BC V1K 1B8

Phone (250) 378-6168

Fax (250) 378-6153

To:  
C&C and Band Membership  
January 25, 2019

From:  
Council M. Smithers Report and Updates

**Hello all, this is my report and updates on current projects being working on as Council Member for the Coldwater Indian Band.**

### **Background;**

For those who don't know me, my name is Mike Smithers and I am Nlaka'pamux Member. My Wife is Jackie Smithers.

I've been on Council for Coldwater Indian Band now for my third term as an elected official. I continue to attend C&C Meeting on regular basis.

My parents are Gilbert Bob and the late Virginia Bob also known as (Kookie). My Grandparents are the late Peter Bob and Ada Bob from the Coldwater Indian Band. I have numerous family and friends on and off the Reserve. I currently live on the Coldwater Indian Reserve.

I sit on a couple of Committee and Board Representative as follows:

- 1. Human Resources Committee**
- 2. Board Member for Scw'exmx Community Health**
- 3. Forestry Technical Representative**

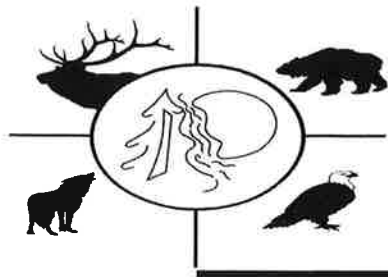
### **1. Human Resources**

Currently, I sit on the Human Resource Committee.

Since, the HR Committee has successfully filled the position for the Lands & Wills Position for the Coldwater Indian Band. Also, Coldwater Band is investing in our Membership and filled the position for the Lands Assistant Position. Kristopher Oppenheim is the successful candidate to work with our Lands & Wills Position. Other, the HR Committee continues to review and make update to the Human Resource Policy with the support from the HR Specialist. The HR Committee continues to work with the Band Administrator with recommendations in regards to the HR Policy.

### MISSION STATEMENT

**To enhance and sustain our quality of life through wellness and culture, and to utilize and preserve all our resources for now and future generations.**



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## **2. SCHSS Board of Directors,**

Also, I am a Board Member for SCHSS Board of Directors.

The Coldwater Band is looking to get a Health Building up on the reserve in the near future. The Executive Director and Board Member are reviewing feasibility study on what a health building might look on our Community. We are in the preliminary stages in the project. The Coldwater Band, Chief & Council have approved the hiring of "Iredale Architect (Peter Hilderbrand). There were up to three (3) sites that had potential for the location of our Health Building. A preliminary site visit happened January 26, 2018 and one of the sites I viewed is located near the Coldwater School Building. Since, there was a decision made by the Band and it's Membership on the location and building type. The Feasibility Study has gone to the First Nation Health Authority's for review. The next steps is to have the Committee, the Architects and First Nation Health Authorities meet and decide next steps. This project is proceeding and awaits first concepts from the architects.

## **New Stoyoma Building**

Since, the Executive Director, SCHSS, Jim Adams has brought to the Communities presentations in regards to a new building. Jim continues to work diligently and has completed the purchase of the old City Furniture Clearance Centre. Since, Styoma Dental Clinic has been moved into the new building at the old City Furniture Warehouse. Styoma Dental Clinic is currently in operations.

## **3. Forestry**

Currently, I still work in the Forest Industry and I am enjoying my career now for over 20+ years.

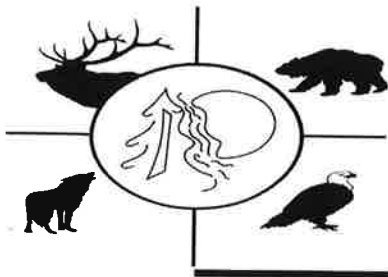
Recently, I had expressed interest in reviewing Referrals and engaging and responding to the proposal activities happening in and around our Traditional Territory.

I am working on the Forest & Range Consultation and Revenue Sharing Agreement FCRSA and the Forest Tenure Opportunity Agreement FTOA, Agreements since 2012 and currently looking to finalize the FTOA Agreement. These agreements were offered from the Province of BC to the Coldwater Indian Band.

The Regional Executive Director has offered Coldwater Indian Band an application to apply for RFL, Re-newal Forest License to cut.

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The Forest and Range Committee is ongoing meetings and the next scheduled meeting is scheduled for January 29, 2019 at the Band Office and we will be meeting with Tolko as well.

(FCRSA) is Forest & Range Consultation and Revenue Sharing Agreement, discusses how the revenue sharing is calculated and title & rights.

(FTOA) is Forest Tenure offer Agreement, is basically a tenure license for an opportunity to manage our own timber volume (m3) that is being offered and available to First Nations.

Once the Province (Regional Executive Director) offers the Replaceable Forest License to Coldwater Indian Band then, Coldwater has a "License", as per the Forestry Act.

As First Nations People we want to protect and preserve the traditional plants, animals and water. Our Cultural and Traditional Values are important and this is an opportunity for Coldwater Band to manage the land and protect our resources.

The path forward for the Coldwater Indian Band and the Province of British Columbia rests on establishing a mutually beneficial economic relationship that balances prosperity with the need to maintain and preserve Nlaka'pamux Culture and Values. Chief & Council of Coldwater Indian Band continues to building this relationship with the Province of B.C. and we encourage a respectful, principled and timely resolution to these issues.

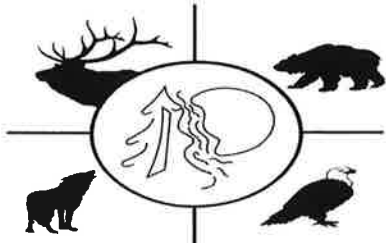
Also, I am the Technical Representative for Coldwater Indian Band and I attend technical meetings with the other Nicola Bands Representatives.

Some of the things we are looking at,

- Communities to work together to understand forest tenures, licenses.
- Forest Stewardship Plans and First Nations want to work with Licensees in a Collaborative Process and Develop Stewardship Standards/Protocols for – roads and access, wildlife, timber and range, water & soil, landscape unit, cultural and heritage values (traditional uses), cumulative effects and full fiber utilization of timber.
- Develop a plan to ensure that all parts of the territory are cared for.
- Continue to host meetings with decision makers from all Forest Licensees in the territory to outline the Nicola Five (5) First Nation's Plan in moving forward.

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This is just a small portion being discussed with the Province of BC on the Agreement. For more information and/or questions, please contact Councilor Michael Smithers and we can have further discussions.

Thank you,

Mike Smithers, Council  
Coldwater Indian Band.

## MISSION STATEMENT

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## Public Works Update

Public Works / Fire Chief Report

January 2019

*Fire Department in House Training - Pump Operation, Hose Layout & Handling, Nozzle usage, Radio Communication, and emergency and planning. There are endless jobs to do with the fire department, like checking equipment keeping them functional.*

Coldwater Members wanting to do burning 2019 spring. Please ensure you have a plan.

Inform others if you are going out Fishing or hunting and the location and estimated time for return.

Traveling Please ensure you have enough items, in case of roads are closed or your able to keep safe.

Sand your walk ways – due to the fluctuating weather conditions.  
Snow removal crews will make snow removal rounds as required.

The Band has Chimney cleaning brushes to Clean your wood stove Chimneys regularly. If you're unable to clean it please inform us sign out sheet will be required

Community Garden – it's time to start planning a garden plot(s) if you're interested in planting a garden. Also if you have material for raised garden beds or any idea's that will assist with your plot.

Garbage Pick Up – Please ensure your garbage is in Bags. Recycling plan by Recycle BC has not yet been developed yet. Recycling can be brought to Lower Nicola Land fill recycling is changed clean paper product together, can and tin together, plastic by its self, styro foam is now accepted, (SEE RECYCLE BC)

Place your Garbage bins out by the Road for Pick Up prior Friday Mornings. Pick up will occur around the same time for pick up.

Please Control your Dog(s) take ownership of them as they wander around getting into refuse, or picking on smaller dogs.

Kamloops Auto Recycling offers Towing, Scrap Car Removal, and used parts Contact Number 250-574-4679 Kelly Brendan

First Nations Market Housing Fund &  
Coldwater Indian Band Present



# HOUSING POLICY INFORMATION SESSION

Tuesday February 12, 2019  
Coldwater Band Hall

**DINNER  
TO BE  
SERVED**


**Housing Policy Review**  
**from 6 - 8pm**


*For more information contact Donald Kraus,  
Housing/Tax Administrator at (250) 378-6174  
or email; [dkraus@coldwaterband.org](mailto:dkraus@coldwaterband.org)*



First Nations  
Market Housing Fund



 (250) 378-6174 Donald Kraus

 [dkraus@coldwaterband.org](mailto:dkraus@coldwaterband.org)



# BIG THANKS

Great Big thanks to our community members that assisted in helping and making both the Annual Community Christmas Party & Elders Party a success.

To all the shoppers for gifts for children: Byron Bob, Lucy Henry, May Gilbert, Lorna Brooks, Carrie Bob, Deidre Dewolf, & Shawn Bob.

The Shoppers for Elders: Carrie Bob, Dawn Porter, Jessie Aljam.

The Candy Bags: Gina & Patrick Andrew and special thanks to Cheryl & Ron Aljam for purchasing the candy & oranges.

The Decorating of gym and table centers: Dawn Porter & Byron Bob

The Crafts Table: Cheryl Rule & Deni Daniels

The light outside of school: Tiana Collins & Mani Gothra

The little Elves: Modora Shuter & Shinayea Shuter

Big thanks to the cooks: Dion Aljam & Grace Aljam & crew.

Thank you all for volunteering your time & energy greatly appreciated!!!

From Social Development Department

Val Collins -Social Services Clerk

Shawn Bob- Social Services Coordinator





# **SOCIAL ASSISTANCE**

## **Clientele**

### **POLICY FOR INCOME ASSISTANCE FILES**

The administering authority shall establish a file for each family or individual in receipt of income assistance

**PLEASE GET YOUR TAXES DONE!!!**

**Social Development can do it bring your T-4's .**

**Important Families that receive Child Tax Credit**

**Notice of Assessment that you receive in July must be brought into the office Social Development needs a copy on your active file.**

This is Mandatory and can affect eligibility of social assistance as per policy from AANDC Aboriginal Affairs Northern Development Canada.

If you require more information please contact Shawn or Val @250-378-6168  
Or drop by the office @ 301-230<sup>th</sup> St Coldwater Reserve

**! ATTENTION!**

**Social Assistance Clientele  
Meeting Is**

**January 31 & February 1<sup>st</sup> 2019  
ONLY**

**Financial Assistance Cheque  
Will released On February 1<sup>st</sup> 2019**

Social Assistance checks will not be released if you are under the influence

**Drugs or Alcohol.**  
***YOU must be present in office***

*If you require more info please call Shawn Bob or Val  
@ 252-378-6168 or drop by the office @ 301-230th St.*

# *Exploring Self-Employment*



# Cancelled

**Date: January 28th—February 1st, 2019**

**Place: Coldwater School**

**Time: 9:00am—3:00pm**

The five day workshop series will include:

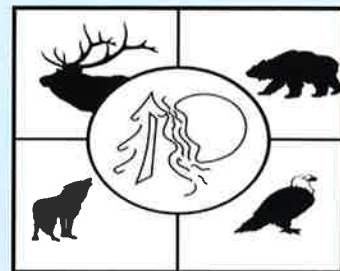
- 1) Personality Dimensions Colors Workshop > Improve communication & reduce conflict
- 2) Identify motivators for employment, education or a connection to community > Review personal goals that relate to work, school & community
- 3) Labor Market Exploration > Explore the labor market including self-employment
- 4) Life Management Strategies > Explore strategies of personal wellness
- 5) Next Step > Practical goal setting strategies & learn to develop action plans that fit with personal goals

Please register for this workshop:

Guy Robins or Cheryl Rule

Phone: 250-378-6174

Email: [guy@coldwaterband.org](mailto:guy@coldwaterband.org) or [crule@coldwaterband.org](mailto:crule@coldwaterband.org)





ZM'NM LANGUAGE NEST INVITES YOU

# *Elders' Lunch*

Please join us for a shared meal

**FEB 5, 2018 | 11AM - 1PM**  
**SCW'EXMX CHILD & FAMILY SERVICES**  
**2975 CLAPPERTON AVE**

ANY QUESTIONS CONTACT EMMA OR JUANITA AT 250-378-2771



SETTLEMENT OF SIXTIES SCOOP CLASS ACTION

# Are you a Sixties Scoop survivor?

You may be eligible for compensation. Please read this notice carefully.

The Ontario Superior Court and the Federal Court authorized this notice. This is not a solicitation from a lawyer.

- Survivors of the Sixties Scoop sued the Federal Government of Canada (“Canada”).
- The courts have now approved a settlement between the survivors and Canada that provides compensation for loss of cultural identity for certain survivors of the Sixties Scoop.

Your legal rights are affected even if you do nothing. Please read this notice carefully.

## **YOUR LEGAL RIGHTS AND OPTIONS IN THIS PROPOSED SETTLEMENT MAKE A CLAIM FOR MONEY:**

You may make a claim for money. To do so, you must complete a Claim Form and send it to the Claims Administrator by **August 30, 2019**. A copy of the Claim Form is available at [sixtiesscoopsettlement.info](http://sixtiesscoopsettlement.info).

You do not need to pay a lawyer to complete the form. The administrator will help you fill out the form and there are lawyers you can speak with free of charge.

Also, if you do not have papers from the relevant provincial or territorial child service agency documenting your placement in care or documenting your status, you should still complete the Claim Form. The administrator will make the necessary record checks for you, as needed.

## **OPT OUT:**

If you do not want to be held by the terms of the settlement, you must opt out of the class action by **October 31, 2018**.

If you opt out, you will not be entitled to any money from the settlement, and your claim against Canada in respect of the Sixties Scoop will not be released. To opt out of the settlement, you must submit an Opt Out Form to the Claims Administrator by October 31, 2018. A copy of the Opt Out Form is available at [sixtiesscoopsettlement.info](http://sixtiesscoopsettlement.info).

- These rights and options and the deadlines to exercise them are explained in this notice.

## What This Notice Contains

### **BASIC INFORMATION**

1. Why did I get this notice?
2. What was the Sixties Scoop?
3. What is a class action?
4. What do the lawsuits complain about?
5. Why is there a settlement?

### **WHO IS INCLUDED IN THE SETTLEMENT?**

6. Who is included in the settlement?
7. What if I am not sure whether I am included in the settlement?

### **SETTLEMENT BENEFITS**

8. What does the settlement provide?
9. How will the lawyers be paid?
10. When will I receive my payment?
11. What am I giving up in the settlement?
12. Can I remove myself from the settlement?

### **HOW TO RECEIVE A PAYMENT**

13. How can I receive a payment?
14. How will payments be calculated?
15. What if my claim is denied?

### **THE LAWYERS REPRESENTING YOU**

16. Who are the lawyers for the Plaintiffs?

### **GETTING MORE INFORMATION**

17. How do I get more information?

## **BASIC INFORMATION**

### **1. Why did I get this notice?**

The Ontario Superior Court and the Federal Court authorized this notice to let you know about a settlement and about all of your options. This notice explains the lawsuit, the settlement, and your legal rights.

### **2. What was the Sixties Scoop?**

Between 1951 and 1991, Indian and Inuit children were taken into care and placed with non-Indigenous parents where they were not raised in accordance with their cultural traditions nor taught their traditional languages (the “**Sixties Scoop**”).

### **3. What is a class action?**

In a class action, one or more people called “**Plaintiffs**” sue on behalf of people who have similar claims. All of these people are called a “**Class**” or “**Class Members**.” The courts resolve the issues for everyone affected, except for those who exclude themselves from the lawsuits (e.g. those who “opt out”).

The survivors of the Sixties Scoop that commenced the lawsuits are called the “**Representative Plaintiffs**.” The Federal Government of Canada is called “**Canada**”.

### **4. What do the lawsuits complain about?**

The lawsuits argue that Indian and Inuit children who were victims of the Sixties Scoop lost their cultural identity and, as a result, suffered psychologically, emotionally, spiritually and physically. They were also deprived of their status, their aboriginal and treaty rights and monetary benefits to which they were entitled pursuant to the *Indian Act*, RSC 1985, c I-5 and related legislation and policies.

### **5. Why is there a settlement?**

The Representative Plaintiffs and Canada have agreed to a settlement. By agreeing to the settlement, the parties avoid the costs and uncertainty of a trial as well as delays in obtaining judgment and compensation. Class Members receive the benefits described in this notice. In this case, it also means that the Class Members will not need to testify in court.

By settling this class action, the Representative Plaintiffs and Canada have also been able to create a foundation to enable change and reconciliation, which would not have been a possible outcome of a trial.

After hearing from those who support the settlement, as well as those who object to it, the courts found that the settlement is in the best interests of all Class Members.

## WHO IS INCLUDED IN THE SETTLEMENT?

### 6. Who is Included in the settlement?

The settlement includes people who:

- are registered Indians (as defined in the *Indian Act*) and Inuit as well as people eligible to be registered Indians; and
- were removed from their homes in Canada between January 1, 1951 and December 31, 1991 and placed in the care of non-Indigenous foster or adoptive parents.

Those who meet the criteria above will be included in the settlement as "Class Members". All Class Members, except those who validly opt out, are eligible for compensation. In addition, all Class Members, except those who validly opt out, will be held to the terms of the settlement and covered by the releases in the settlement.

### 7. What if I am not sure whether I am included in the settlement?

If you are not sure whether you are included in the settlement, you may call 1-(844)-287-4270 with questions or visit [sixtiesscoopsettlement.info](http://sixtiesscoopsettlement.info) or email [sixtiesscoop@collectiva.ca](mailto:sixtiesscoop@collectiva.ca).

## SETTLEMENT BENEFITS

### 8. What does the settlement provide?

**(a) Individual Compensation:** The settlement provides compensation to all Class Members who were adopted or made permanent wards and who were alive on February 20, 2009 ("**Eligible Class Members**").

Canada has agreed to make payments to Eligible Class Members as follows:

- If fewer than 20,000 Eligible Class Members submit claims, each Eligible Class Member will receive an amount equal to \$500 million divided by the number of Eligible Class Members who submit claims, **to a maximum for \$50,000 per person.**
- If between 20,000 and 30,000 Eligible Class Members submit claims, each Eligible Class Member **will receive \$25,000.**
- If more than 30,000 Eligible Class Members submit claims, each Eligible Class Member will receive an amount equal to \$750 million divided by the number of Eligible Class Members who submit claims.
- If there are fewer than 20,000 claims by Eligible Class Members and the total amount paid to Eligible Class Members is less than \$500 million, the difference between the total amount paid to Eligible Class Members and \$500 million shall be paid to the Foundation.

More details are in a document called the Settlement Agreement, which is available at [sixtiesscoopsettlement.info](http://sixtiesscoopsettlement.info).



**(b) Foundation:** The settlement will also establish a foundation (the “**Foundation**”) to enable change and reconciliation. The mandate and governance of the foundation will be defined through a consultation process with survivors across the country. The work of the Foundation may focus on access to education, healing/wellness and commemoration activities for communities and individuals. The Foundation is intended to bridge the generations and give meaning to suffering as well as to provide healing and reconciliation for all of those impacted by the Sixties Scoop – including those outside of the defined “Class.”

Canada has agreed to fund the Foundation in the amount of at least \$50 million to enable change and reconciliation.

### **9. How will the lawyers be paid?**

The courts approve the amount of fees payable to Class Counsel.

The lawyers’ fees do not come out of the compensation fund for Class Members, but will be paid separately by the government.

### **10. When will I receive my payment?**

Eligible Class Members whose claims are approved will receive their payments after their claims are assessed. We estimate that Eligible Class Members will receive compensation by the spring of 2020, although it could take longer.

### **11. What am I giving up in the settlement?**

If you do not opt out of the settlement, you will give up your right to sue Canada for the claims being resolved by this settlement. You will be “releasing” Canada as described in the Settlement Agreement, which means you cannot sue Canada for anything at all related to the Sixties Scoop.

The Settlement Agreement describes the released claims with specific descriptions, so read it carefully. If you have any questions, you can talk to the law firms listed in Question 16 (for free) or you can, of course, talk to your own lawyer if you have questions about what this means.

**Important Note:** The settlement does not interfere with any Class Member’s ability to pursue legal proceedings against provinces or territories or their agencies for physical, sexual, or psychological abuse suffered as a result of the Sixties Scoop.

### **12. Can I remove myself from the settlement?**

You can only remove yourself from the settlement (“opt out”) if you belong to the following group:

All Indian (as defined in the *Indian Act*) and Inuit persons who were removed from their homes in Canada between January 1, 1951 and December 31, 1991 and placed in the care of non-Indigenous foster or adoptive parents, other than Indian children who were taken from their homes on reserves in Ontario between December 1, 1965 and December 31, 1984 and were placed in the care of non-aboriginal foster or adoptive parents who did not

raise the children in accordance with the aboriginal person's customs, traditions and practices. Individuals who fall within this group may exclude themselves by filling out and submitting an Opt Out Form.

Opting out means you will not be held to any order made in this class action and will not be eligible for compensation. You will be able to hire and pay for your own lawyer and commence your own lawsuit against the Government of Canada if you wish. If you want to commence your own lawsuit against the Government of Canada, you must Opt Out. If you Opt Out, you must abide by all applicable limitation periods and should consult a lawyer.

To opt out of the settlement, you must submit an Opt Out Form to the Claims Administrator by **October 31, 2018**. A copy of the Opt Out Form is available at [sixtiesscoopsettlement.info](http://sixtiesscoopsettlement.info).

Indian children who were taken from their homes on reserves in Ontario between December 1, 1965 and December 31, 1984 and were placed in the care of non-aboriginal foster or adoptive parents who did not raise the children in accordance with the aboriginal person's customs, traditions and practices have already had an opportunity to remove themselves from the class action.

## **HOW TO RECEIVE A PAYMENT**

### **13. How can I receive a payment?**

To ask for a payment you will need to complete and submit a Claim Form by **August 30, 2019**. All Claim Forms will be assessed by the Claims Administrator. Eligible Class Members will not need to testify in court.

You do not need to pay a lawyer to complete the form. The administrator will help you fill out the form and there are lawyers you can speak with free of charge. You do need papers from the relevant provincial or territorial child service agency documenting your placement in care or documenting your status to apply.

Claim forms will be available at [sixtiesscoopsettlement.info](http://sixtiesscoopsettlement.info) or by calling 1-(844)-287-4270 after the settlement is approved by the courts.

### **14. How will payments be calculated?**

The Claims Administrator will review your Claim Form and determine if you qualify for a payment. If you do, the Claims Administrator will determine the amount of your payment based on the total number of approved Claim Forms.

### **15. What if my claim is denied?**

If your claim is denied, you will receive notice and may request a reconsideration of your claim before the Reconsideration Officer. The Reconsideration Officer's decision is final.

## THE LAWYERS REPRESENTING YOU

**16. Who are the lawyers for the Plaintiffs?** The lawyers for the Plaintiffs are:

- Wilson Christen LLP and Morris Cooper of Toronto, Ontario  
<https://sixtiesscoopclaim.com/>
- Koskie Minsky LLP of Toronto, Ontario <https://kmlaw.ca/cases/federal-court-sixties-scoop-class-action/>
- Merchant Law Group of Regina, Saskatchewan <https://www.merchantlaw.com/class-actions/current-class-actions/indian-metis-scoop-class-action>
- Klein Lawyers of Vancouver, British Columbia

<https://www.callkleinlawyers.com/class-actions/current/aboriginal-sixties-scoop/>  
These lawyers will provide advice and support to you for free.

## GETTING MORE INFORMATION

**17. How do I get more information?**

This notice summarizes the proposed settlement. More details are in the Settlement Agreement. You can get a copy of the Settlement Agreement at [sixtiesscoopsettlement.info](http://sixtiesscoopsettlement.info). You can send your questions to **Sixties Scoop Class Action**, c/o Collectiva Class Action Services Inc.; 1176 Bishop Street, suite 208, Montreal, Quebec, H3G 2E3 or by email at [sixtiesscoop@collectiva.ca](mailto:sixtiesscoop@collectiva.ca). You may also call the toll-free number 1-(844)-287-4270.



**OPT OUT FORM**

To: **Sixties Scoop Class Action**  
c/o Collectiva Class Action Services Inc.  
1176 Bishop Street, suite 208  
Montreal, Quebec, H3G 2E3  
[sixtiesscoop@collectiva.ca](mailto:sixtiesscoop@collectiva.ca)

This is **NOT** a claim form. If you submit this form, you will not receive any money from the Sixties Scoop settlement.

I understand that by opting out of this class proceeding, I am confirming that I do not wish to participate in this class proceeding. I understand this means I will not receive any money from the settlement.

I confirm that by signing this form, and answering "yes" to the below box, I am forever waiving my right to collect up to \$50,000.00 in this settlement for being removed from my home and placed into the care of non-indigenous parents.

I decline payment from the settlement for being scooped from my home:

\_\_\_\_\_ [Yes or No]

To opt out, this coupon must be properly completed and received at the above-address no later than August 9, 2018.

**Choose one of the below:**

I am a Registered Indian and my status number is: \_\_\_\_\_

I am not a Registered Indian but I am entitled to be a Registered Indian for the following reason: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

I am a non-Status Indian: \_\_\_\_\_

I am Inuit: \_\_\_\_\_

I am Innu: \_\_\_\_\_

I am Metis: \_\_\_\_\_

I understand that any lawsuit I have against Canada for the Sixties Scoop must be commenced within a specified time period or it might be legally barred. I understand that the time period will resume running against me if I opt out of this class proceeding. I understand that by opting out, I take full responsibility for the resumption of the running of any relevant time periods and for taking all necessary legal steps to protect any claim I may have.

Date: \_\_\_\_\_

Name of Class Member: \_\_\_\_\_

Signature of Class Member: \_\_\_\_\_

Name of Witness: \_\_\_\_\_

Signature of Witness: \_\_\_\_\_

If Class Member is Deceased or Disabled, Name of Estate Administrator or Guardian of Property: \_\_\_\_\_

If Class Member is Deceased or Disabled, Signature of Estate Administrator or Guardian of Property: \_\_\_\_\_

Telephone Number: \_\_\_\_\_

Email: \_\_\_\_\_

**If the class member is deceased or disabled, you must enclose a copy of the document appointing you as guardian of property or estate administrator.**



# REQUEST FOR ACCESS TO PERSONAL INFORMATION

*Freedom of Information and Protection of Privacy Act*

Personal information contained on this form is collected under the *Freedom of Information and Protection of Privacy Act* and will be used only for the purpose of responding to your request. If you have any question about the collection, use or disclosure of this information, please call Information Access Operations at 250 387-1321.

You may make a request for access to records without using this form, provided you do so in writing. Including the information requested on this form will enable us to respond to your request more quickly.

Select only the specific Ministry or Agency that you believe has custody or control of the record(s) you are requesting.

### MINISTRIES:

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> Advanced Education, Skills and Training | <input type="checkbox"/> Environment and Climate Change Strategy                           | <input type="checkbox"/> Mental Health and Addictions             |
| <input type="checkbox"/> Agriculture                             | <input type="checkbox"/> Finance   | <input type="checkbox"/> Municipal Affairs and Housing            |
| <input type="checkbox"/> Attorney General                        | <input type="checkbox"/> Forests, Lands, Natural Resource Operations and Rural Development | <input type="checkbox"/> Public Safety and Solicitor General      |
| <input type="checkbox"/> Children and Family Development         | <input type="checkbox"/> Health  | <input type="checkbox"/> Social Development and Poverty Reduction |
| <input type="checkbox"/> Citizens' Services                      | <input type="checkbox"/> Indigenous Relations and Reconciliation                           | <input type="checkbox"/> Tourism, Arts and Culture                |
| <input type="checkbox"/> Education                               | <input type="checkbox"/> Jobs, Trade and Technology  | <input type="checkbox"/> Transportation and Infrastructure        |
| <input type="checkbox"/> Energy, Mines and Petroleum Resources   | <input type="checkbox"/> Labour  |   |

### AGENCIES:

- |  |  |  |
|--|--|--|
| <input type="checkbox"/> BC Public Service Agency        | <input type="checkbox"/> Government Communications and Public Engagement | <input type="checkbox"/> Office of the Premier |
| <input type="checkbox"/> Environmental Assessment Office |  |  |

\*Requests for records belonging to public bodies not listed above should be sent directly to those public bodies.

### YOUR CONTACT INFORMATION:

<input type="checkbox"/> MISS <input type="checkbox"/> MS <input type="checkbox"/> MRS <input type="checkbox"/> MR <input type="checkbox"/> OTHER		LAST NAME	FIRST NAME
MIDDLE NAME	Any other name(s) you are also known as:		
ADDRESS (Street, Apartment No, P.O. Box)			
CITY/TOWN		PROVINCE	POSTAL CODE
DAY PHONE NUMBER		ALTERNATE PHONE NUMBER	

**INFORMATION REQUESTED**

Describe the records you are requesting. Be as specific as possible. Attach a separate sheet if you need more space.

**TIME FRAME for RECORDS**

**FROM** (YYYY/MM/DD)

**TO** (YYYY/MM/DD)

A request for access to records must provide sufficient detail to enable identification of the records sought. In order to identify the personal records being sought, it is often necessary to match unique identifiers provided by an applicant with information in their file(s). Please provide:

Are you requesting personal information regarding (Check all that apply):

<b>YOURSELF?</b>	DATE OF BIRTH (YYYY/MM/DD)	CORRECTIONAL SERVICE NUMBER (IF APPLICABLE)
	OTHER UNIQUE IDENTIFIER (IF APPLICABLE)	EMPLOYEE ID NUMBER (IF APPLICABLE)
<b>A CHILD?*</b>	DATE OF BIRTH (YYYY/MM/DD)	CHILD'S FULL LEGAL NAME
<p><small>*Who is <u>under</u> 12 years of age in your legal care OR Who is over 12 years of age in your legal care and determined to be unable to give their own consent</small></p> <p style="text-align: center;"><b>Provide proof of custody such as a court order</b></p>		
<b>ANOTHER PERSON?</b> <small>(Or child 12 years of age or older)</small>	OTHER PERSON'S FULL NAME	DATE OF BIRTH (YYYY/MM/DD)
<p>Attach the other person's signed Consent for Disclosure or your Proof of Authority to act on that person's behalf.</p>		

**Once completed, submit to Information Access Operations**

**Mailing Address:**

Freedom of Information Request  
PO Box 9569 Stn Prov Govt  
Victoria BC, V8W 9K1

**Fax Number:** (250) 387-9843  
**Phone Number:** (250) 387-1321  
**Email:** FOI.Requests@gov.bc.ca



Oregon Jack Creek

Ashcroft Indian Band



ASHCROFT  
INDIAN BAND

Coldwater Indian Band



Cook's Ferry Indian Band



Kanaka Bar Indian Band



Lower Nicola Indian Band



Lytton First Nation



Nicomen Indian Band



Nooaitch Indian Band



Shackan Indian Band



Siska Indian Band



Skuppah Indian Band



# Nlaka'pamux Health Newsletter

January 2019

## New Beginning Celebration hosted by : C.N.A. & Nlaka'pamux Health Thanks everyone for coming!



2nd Annual NYE New Beginnings Celebrations hosted in Lytton BC, was a huge success . With over 300 attendees to the event, everyone was laughing, visiting and dancing the night away with Ritchie and The Fendermen. C.N.A. and Nlaka'pamux Health Services collaborated together to plan the event over the entire year to make sure the event was going to be a family based evening full of games, dancing, vendors and great food. The community came with hungry bellies and bingo dabbers in hand, kids were even enjoying themselves in the kids corner doing arts and crafts and they had a blast playing one of the largest games of Indian Bingo I have seen to date. On behalf of C.N.A. and Nlaka'pamux Health Services We thank you all for another GREAT evening! Don't forget to mark your calendars for the 3rd Annual NYE New Beginnings Celebrations December 31, 2019, location Merritt Civic Centre.



### Inside this issue:

- ⇒ CEC Activities of 2019 2
- ⇒ Mental Health Services 3
- ⇒ Health Benefits 4
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- ⇒ Community Engagements 7
- ⇒ P'esk'e Ladies 8
- ⇒ Career Fair 9
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- ⇒ Job Posting/ Mental Health and Addictions Counsellor 16
- ⇒ Newsletter Submission 18

- Stoyoma Dental Clinic
- Lytton Dental Clinic
- Conayt Youth Centre
- Feel the Beat

## Nlaka’pamux Activities for 2019

- ⇒ Ribbon Skirt Making—Cooks Ferry in Collaboration with Women’s Group Citxw Nlaka’pamux Assembly and Nation . January 19—20 2019
- ⇒ Coyote Brotherhood Fishing Derby—Buck Lake in Collaboration with Citxw Nlaka’pamux Assembly and Nlaka’pamux Health. January 19. 2019
- ⇒ NLX Health Community Engagements on “Mental Health and Wellness” - held in each community from January to March 2019
- ⇒ Women’s Group Dinner & Guest Speaker—Lytton Memorial Hall. February 13, 2019
- ⇒ Women’s Group Luncheon for International Women’s Day—Merritt Civic Centre. March 9/19
- ⇒ Gathering Our Voices Youth Conference— Port Alberni. March 18-22, 2019
- ⇒ Drum Making & Drum Bag making—Cooks Ferry Gym. April 7, 2019
- ⇒ Women’s Wellness Day—Cooks Ferry Gym. Date TBA
- ⇒ Health & Wellness Conference based on the Medicine Wheel—Merritt Civic Centre, May 4&5
- ⇒ Elder & Youth Gathering—Boston Bar First Nation. May 25 & 26, 2019
- ⇒ BC Elders Gathering—Vancouver BC. July 22-25, 2019
- ⇒ Nlaka’pamux Family Hunt Camp—Pimainus Lake. October 5 & 6, 2019
- ⇒ Nlaka’pamux Days— Stein Valley School Lytton. October 12 & 13, 2019
- ⇒ NYE New Beginning Celebration—Merritt Civic Centre. December 31, 2019

***“Moving  
forward in  
Health and  
Wellness  
Together”***



Women’s Group Christmas Crafts



Taking It Back—Girls Day



Siska Community Engagement



New Beginnings Celebration

## Nlaka'pamux Mental Health Services



### Healing Through Traditional Practice, Knowledge and Awareness

#### Service Delivery:

- ⇒ Self-Referral
- ⇒ Agency Referral
- ⇒ By appointment
- ⇒ At home, in community offices
- ⇒ Family, couples and individual counselling support

Our Services are inclusive and collaborative with the (9) communities we serve:

- ◇ Lower Nicola Indian Band
- ◇ Cooks Ferry Indian Band
- ◇ Nicomen Indian Band
- ◇ Lytton First Nation
- ◇ Skuppah Indian Band
- ◇ Siska Indian Band
- ◇ Kanaka Bar Indian Band
- ◇ Ashcroft Indian Band
- ◇ Oregon Jack Creek Indian Band

#### Our Vision:

To provide support to the Nlaka'pamux Nation through the traditional values held by the communities we serve

#### Guiding Principles

- ◆ Honouring the voice of Elders
- ◆ Promoting holistic health and balance through Medi-

- ◆ cine Wheel teachings
- ◆ Raising awareness of life choices and goals through understanding that all of creation is in constant motion or flux
- ◆ Rebuilding family and community connections through healing our Intergenerational trauma
- ◆ Creating collaboration within communities

Our Program strives to provide the highest quality of services to our communities. We are dedicated professionals who are committed to providing consistent service to the communities we serve.

Please note we are unable to respond to crisis situations. We will however, follow up on any referrals related to a crisis situation. We ask that you inform individuals that we are there to support them with ongoing counselling support.

#### Services Provided

##### Addictions Services

- Assessment
- Counselling
- Education
- Referral Services
- Wellbriety Drop-in Program

##### Mental Health Services

- \* Assessment & Intervention
- \* Trauma informed Practice
- \* Counselling
- \* Education
- \* Referral Services

- \* Aboriginal Oriented Focusing Therapy—Healing Intergenerational Trauma
- \* Eye Movement Desensitization and Reprocessing Trauma Therapy
- \* Complex Care Intervention

#### Community Support

- ◆ Liaison with communities to fill in the gaps in services
- ◆ Provide workshops by community request
- ◆ Presentations to community on Mental Health and Addiction
- ◆ Access to resources and information

#### Contact info

Elizabeth Perdok-Waboose  
Program Manager/Clinical Supe. 250-378-9772 email: [perdok-waboose.e@nlxfn.com](mailto:perdok-waboose.e@nlxfn.com)  
Wanda Dixel/ Mental Health & Addictions  
[Dixel.w@nlxfn.com](mailto:Dixel.w@nlxfn.com)  
Stacey Hebner/ Child&Youth MH Coun.  
[Hebner.s@nlxfn.com](mailto:Hebner.s@nlxfn.com)  
Kelleigh Myers/ Child&Youth MH Coun.  
[Myers.k@nlxfn.com](mailto:Myers.k@nlxfn.com)

#### Crisis Line Phone Numbers

Kuu-us Crisis Line  
1-800-588-8717  
Native Youth Crisis Hotline, 24/7  
1-877-209-1266  
Interior Crisis Line  
1-888-353-2273  
Crisis Intervention & Suicide Prevention  
1-800-784-2433  
Adult & Youth Distress Line  
1-866-661-3311  
Alcohol & Drug options for treatment  
1-800-663-1441  
Kids Help Line, for children & youth  
1-800-668-6868  
BC Nurses Line, Health Questions  
811  
Indian Residential School Crisis Line  
1-866-925-4419  
VictimLINK 24hr Help Line & Information  
1-800-563-0808  
Kamloops Sexual Assault Counselling  
250-372-0179 [ksacc@ksacc.c](mailto:ksacc@ksacc.c)  
Women's Emergency Shelter  
1800-318-4455 or 250-455-2284



First Nations Health Authority  
Health through wellness

## Health Benefits: Dental, Vision Care, Medical Transportation, Mental Health, Medical Supplies & Equipment, Pharmacy

### Dental

What is covered? \* [www.fnha.ca/benefits/dental](http://www.fnha.ca/benefits/dental)

- Diagnostic services—e.g. examinations or x-rays
- Preventive services—e.g. cleaning
- Restorative services—e.g. fillings
- Endodontic services—root canals
- Periodontal services—deep cleanings
- Oral surgery services—removal of teeth
- Orthodontic services—braces
- Adjunctive services—general anesthetic or sedation

How do I access dental benefits? And how does payment work?

1. Make a dental appointment with a provider of your choice. \*\*  
*Providers not registered with FNHA require clients to pay up front.*
2. At your appointment, your dental provider will examine your teeth and establish a treatment plan. s/he will identify: - *The services that do not need prior approval as a benefit that is covered, and—The services that will need pre-approval as a benefit that is covered*
3. *Your dental provider forwards the request for services that need prior approval. Prior approval requests and supporting documents must be mailed out to FNHA*

### Vision Care

Eye Examinations \* [www.fnha.ca/benefits/vision-care](http://www.fnha.ca/benefits/vision-care)

- The FNHA health Benefits program funds routine eye exams once every 24 months for adults 19-64 years
- BC Medical Services Plan (MSP) funds routine eye exams once every 12 months for children under the age of 19 and adults 65 and older .

#### Eyeglasses

Eyeglasses are provided to eligible BC First Nations under the FNHA Health Benefits when the following conditions are met:

- Prior approval had been provided by the FNHA Benefits program, as the request for initial or replacement eye wear or repairs meets the benefit criteria.

- The item is not available to the individual in question under a provincial, third party agency or other health plan.
- The prescription meets the criteria for initial or replacement eye wear prescribed within the 12 months by an optometrist.

#### Eyeglass Repairs

The FNHA Health Benefits program assists in the repair of eye glasses if:

- The total cost of the repair does not exceeds the cost for replacement glasses; and
- The repair will render the glasses in an acceptable and serviceable condition,

### Medical Transportation

\* [www.fnha.ca/benefits/medical-transportation](http://www.fnha.ca/benefits/medical-transportation)

In order to qualify, you must meet the FNHA eligibility requirements. You must be:

1. A registered 'Indian' according to the Indian Act or the infant (up to one-year old) of an eligible parent, and
2. A resident of British Columbia within the meaning of Medical Service Plan, and
3. Not funded or insured under any other benefit system or benefit plans provided by: \* Federal legislation, a federal policy or under agreements entered into By Canada, and/or \* A first Nations Organization pursuant to self-government agreements, land claim agreements, contribution arrangements or internal policies or plans.

In order to receive medical transportation benefits, you will be asked to provide the following documents:

- A referral from a General Practitioner or family Dr
- Confirmation of appointment from the health care provider or facility.
- Confirmation of attendance at your appointment from your health care provider or facility (once travel has been completed)

### MT Responsibilities for BC First Nations:

If you are using medical transportation benefits provided by the FNHA Health Benefits program (either through the community or regional office), here is your check list

- ✓ Get prior approval for all non-emergency trips. The only exception is a medical emergency.
- ✓ Give 5-10 days notice before leaving the community (or more depending on the community's policy). This avoids last minute confusion and provides enough time to make arrangements
- ✓ Obtain all necessary paperwork for your trip before leaving the community (i.e. referral from GP or confirmation of appointment with specialist).
- ✓ Attending your medical appoint as scheduled.
- ✓ Get a signed/stamped Confirmation of Attendance (COA) from your Dr or nurse confirming that you attended your medical appointment. The signed COA must be returned to the Transportation Coordinator after medical appointment.
- ✓ Protect all of the original vouchers/warrants/receipts issued to you for your medical trip. Please note that vouchers, warrants, and receipts will not be reissued if lost or stolen.
- ✓ Give notification when cancelling an appointment. Be sure to provide 24 hours' notice to cancel hotel arrangements.
- ✓ Collect and forwarding all required receipts.

## Health Benefits Cont.

### Mental Health

First Nation Health Benefits (FNHB) provides coverage to access mental health providers, including counselors, social workers, psychologists. FNHB covers three mental health programs: Short term crisis intervention, Indian Residential School Resolution Health Support Program, and the Missing and Murdered Indigenous Women and Girls—Health Support Services.

#### Accessing Mental Health Benefits

1. **Finding a counselor and making an appointment:** Make an initial appointment with a mental health provider such as a counsellor, social worker, or psychologist registered with FNHB. Here is a link for service providers [www.fnha.ca/documents/FNHA-First-Nation-Health-Provider-List.pdf](http://www.fnha.ca/documents/FNHA-First-Nation-Health-Provider-List.pdf)

2. **Prior to your first appointment:** once you have booked your first appointment, the mental health provider will complete the first portion of the 'prior approval' form and send it to FNHB team.
3. **At your first appointment/ initial assessment:** During your initial assessment, the mental health provider will evaluate how you are doing and develop a treatment plan with you. The provider then completes the remainder of the 'Prior Approval form', which you will sign, and send this form to the FNHB team. FNHB informs the mental health provider how many sessions are approved as a part of your treatment plan.
4. **Signing Invoices:** You will need to sign the invoice forms created by the mental health provider, who then forwards the forms to FNHB for payment. This is an important part of FNHB's quality assurance process.

\* [www.fnha.ca/benefits/mental-health](http://www.fnha.ca/benefits/mental-health)

### Medical Supplies & Equipment

**What is covered:** Medical Supplies & Equipment provided through the FNHA Health Benefits program include the following:

- Audiology (Hearing Aids and Supplies)
- Bathing and Toileting Aids
- Cushions and Protectors
- Environmental Aids (Dressing and Feeding)
- Lifting and Transfer Aids
- Low Vision Aids
- Miscellaneous Supplies and Equipment
- Mobility Aids (walking aids & wheelchairs)
- Orthotics and Custom Footwear
- Ostomy Supplies and Devices
- Oxygen Supplies and Equipment
- Pressure Garments and Pressure Orthotics
- Prosthetics Benefits (Breast, Eye, Limbs)
- Respirator Supplies and Equipment
- Urinary Supplies and Devices (Catheter supplies and devices, Incontinence Supplies)
- Wound Dressing Supplies

**Note:** Some medical supplies & all equipment require prior approval

\* [www.fnha.ca/benefits/medical-supplies-and-equipment](http://www.fnha.ca/benefits/medical-supplies-and-equipment)

The following items are **exclusions** under the program:

- Assistive listening devices (excluding eligible hearing aids)
- Assistive speech devices (keyboards speech systems)
- Cochlear implants
- Custom-made mask for ventilation
- Electric/myoelectric limb prosthetics
- Exercise devices
- Experimental equipment
- Foot products manufactured only from laser/optical scanning
- Grab bars permanently fixed
- Hospital beds and mattresses
- Implants
- Items for cosmetic purposes
- Items used exclusively for sports, work or education
- Incentive spirometer
- Orthopedic footwear
- Part of surgical procedure
- Providing oxygen for indication which do not meet medical criteria
- Respiratory equipment for in-patient of an institution
- scooters
- Short-term compression stockings/garments
- Temporary prosthetics required as a part of a surgical procedure

### Pharmacy

**What is covered:** The majority of FNHA pharmacy benefits are administered through the BC PharmaCare Program. All drugs approved for coverage by PharmaCare Plan W are available on their formulary search at this link/address

<https://pharmacareformularysearch.gov.bc.ca/>

Drugs that are not on the PharmaCare plan W formulary may be approved for coverage as a Special Authority, when exceptional need is demonstrated. Special Authority requests must be initiated by a Doctor or Nurse Practitioner.

The following drug products are **exclusions** under the program:

- Household products (soap & shampoo)
- Anti-obesity drugs
- Cosmetics
- Alternative therapies (glucosamine and evening primrose oil)
- Megavitamins

- Drugs with investigational/ experimental status
- Vaccinations for travel
- Hair-growth stimulants
- Fertility agents and impotence drugs
- Select over-the-counter products
- Cough preparations containing codeine

**For more information contact FNHA Health Benefits at:**

Email: [healthbenefits@fnha.ca](mailto:healthbenefits@fnha.ca)

Or call

1-855-550-5454

Medical claims: 1-800-317-7878

Dental Claims: 1-888-321-5003

Mental Health: FAX 1-604-666-6458

IRSSS support line: 1-866-925-4419

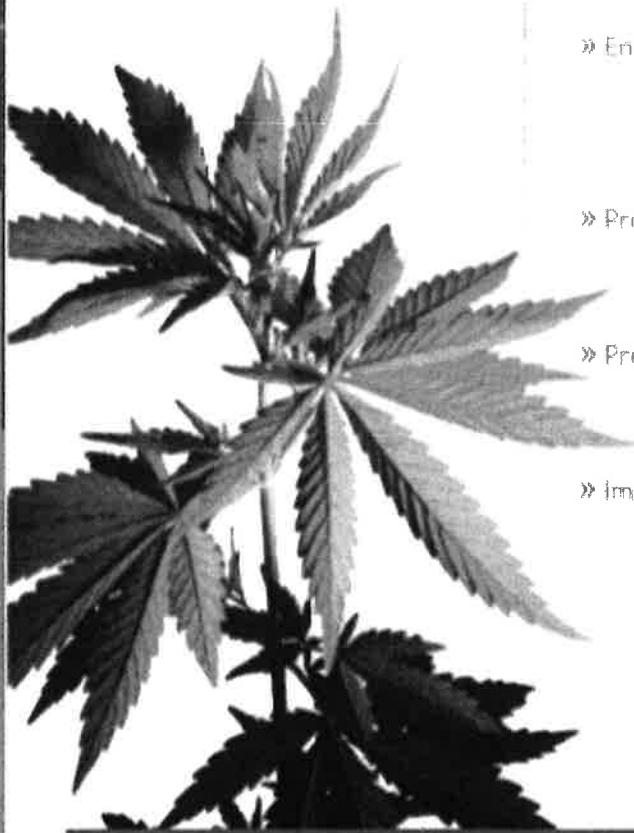
IRSSS MH Support Program: 1-877-477-0775



First Nations Health Authority  
Health through wellness

# Non-medical Cannabis Legalization

## Health Considerations for First Nations in BC



### » Harm Reduction

- Respecting individual and community self-determination on their health and wellness journeys
- Reducing dependency on associated harmful substances
- Adopting low-risk cannabis use guidelines
- Emphasis on family and relationships

### » Mental Health and Wellness

- Schizophrenia, anxiety and depression
- Intergenerational trauma
- Most significant risk for younger users

### » Environmental Health and Home Safety

- Growing and processing cannabis at home
- Air quality, contamination and hazards
- Safe storage of cannabis in the home

### » Protecting Our Youth Who Are Most at Risk

- Brain development and high levels of use
- Addressing myths around cannabis use

### » Pregnant and Breastfeeding Women

- Risks for fetus and newborn children
- Low birth weight and developmental issues

### » Impaired Driving

- Motor vehicle incidents
- Impairment, tolerance and potency

We want to hear from you.  
*What are your top health and  
community considerations?*

Visit [www.fnha.ca/cannabis](http://www.fnha.ca/cannabis) for information or email [info@fnha.ca](mailto:info@fnha.ca) with your questions.



# NLAKA'PAMUX HEALTH SERVICES

## MENTAL HEALTH AND WELLNESS COMMUNITY ENGAGEMENTS

### AGENDA

5:00PM - 8:00PM

- \* Welcome and Prayer
- \* Dinner
- \* Open discussion on current Mental Health Services
- \* Questions and Interactive Discussion
- \* Closing
- \* Door Prizes

**Skuppah Band Hall** Jan 28

**Coldwater Band Hall** Jan 31

**LN/Shulus Band Hall** Feb 4

**Nicomem Band Hall** Feb 6

**Lytton Memorial Hall** Feb 7

**Shackan Band Hall** Feb 14

**Kanaka Bar Health Centre** Feb 11

**Nooaltch Band Hall** Feb 21

**Ashcroft Band Office basement** Mar 4

**Siska Band Hall** Mar 6

**Cook's Ferry** Mar 7

**OJC - St.Alban's Church** Mar 11



For More Info Contact:  
Nlaka'pamux Health  
Services 250-378-9772

**P'ƏSK'E? LADIES**



**UPCOMING  
EVENTS**



**January 19th - 20th 2019**

**Ribbon Skirt Making Weekend**

**@Cooks Ferry Indian Band Gym 9:00 AM - 4:00 PM**

**February 13th 2019**

**Dinner, Drumming, & Special Guest Speaker**

**@ Lytton Memorial Hall 5:00 PM - 8:00 PM**

**March 8th 2019**

**International Womans Day Luncheon**

**@ Merritt Civic Centre 12:00 PM - 2:00 PM**

**April 7th 2019**

**Drum Making & Drum Bag Making**

**@ Cooks Ferry Indian Band Gym 9:00 AM - 4:00 PM**

**\*Women's Wellness Day In April TBA**

**May 2019**

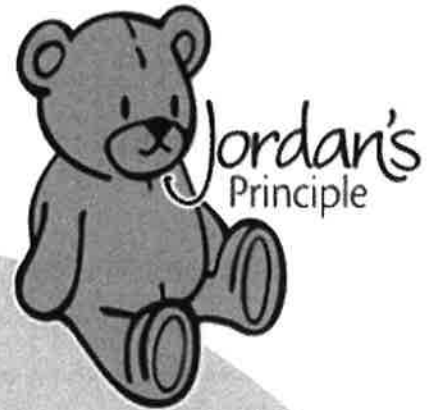
**Harvesting Bitterroot, Sage, Lightning Mushrooms,  
& Asparagus**





## Child and Youth Navigators

Deidra De Wolfe &  
Gerome Garcia



## Parents/Guardians

Have you heard what Jordan's Principle is all about, and how it may support your children by providing funds to pay for services they may need

Would you like to know more information?

We can help! Come see us or call us!

### Contact Info

WE ARE LOCATED AT 2088 QUILCHENA AVE. REAR ENTRANCE

Office # 250-378-9772 Or Call /text and or email us at:

Deidra De Wolfe - [jordan2@nlxfn.com](mailto:jordan2@nlxfn.com) Work Cell - 250-315-7975  
Gerome Garcia [jordan1@nlxfn.com](mailto:jordan1@nlxfn.com) Work Cell - 250-315-7995

# WHAT IS JORDAN'S PRINCIPLE?

**Jordan's Principle is about making sure First Nations receive the services they need, when they need them.**

Jordan's Principle:

- Jordan's Principle is available to all First Nations children in Canada that live ON AND OFF reserve.
- Applies to all public services, even services that are not covered normally.
- First Nations Health Authority (FNHA) pays for needed services.

To bring about Jordan's Principle, the Government of Canada has committed to:

1. Clear up situations where governments and departments cannot agree about who should pay for services and supports to meet the needs of a First Nations child.
2. Cover the costs of public services and ensure real fairness for all First Nations children and youth.
3. Help get access to all services and supports for all First Nations children without delay or disruption

## WHAT IS COVERED?

Jordan's Principle applies to all public services, including services that are beyond the regular standard of care to make sure everyone is treated the same.

Some examples of what has been funded under Jordan's Principle include:

### Health

- mobility aids
- wheelchair ramps
- addiction services
- services from Elders
- mental health services
- specialized hearing aids
- traditional healing services
- services for children in care
- assessments and screenings
- transportation to appointments
- medical supplies and equipment
- long-term care for children with specialized needs
- therapeutic services for individuals or groups (speech therapy, physiotherapy, occupational therapy)

### Social

- social worker
- land-based activities
- personal support worker
- specialized summer camps
- respite care (individual or group)
- specialized programs based on cultural beliefs and practices

### Education

- school supplies
- tutoring services
- teaching assistants
- specialized school transportation
- psycho-educational assessments
- assistive technologies and electronics

## HOW IS JORDAN'S PRINCIPLE BEING APPLIED IN BC?

The First Nations Health Authority (FNHA) is responsible for administering Jordan's Principle resources in BC.

**This approach does not limit or relieve the federal government of its fiduciary responsibilities to First Nations in BC.**

Key elements of the FNHA's approach to case coordination will include:

- FNHA will serve all First Nations, whether they live ON OR OFF reserve.
- Case coordinators will assess needs; aid early intervention; develop integrated care plans; connect the child and family to needed services; remove the stress of navigating service systems; support families as they manage their needs; and involve relevant partners in each case, as necessary, to address immediate service gaps.
- FNHA will coordinate with other programs like child family services, education, early childhood to ensure proper implementation of Jordan's Principle.

### WHAT IS DIFFERENT ABOUT JORDAN'S PRINCIPLE IN BC?

Through high-level agreements and many years of working closely with federal and provincial governments, the FNHA has built a strong foundation to address systemic barriers and health inequities that impact First Nations peoples in BC. Jordan's Principle applies in BC. This arrangement does not change its definition or use.

Many governmental barriers that persist elsewhere across Canada are being addressed in BC. In 2006, the Province of BC confirmed that it has responsibility for providing health services to all residents of BC, including First Nations. Additionally, committees, such as the Tripartite Committee on First Nations Health and the Implementation Committee, work in direct partnership with FNHA to advance progress on issues like Jordan's Principle here in BC.

### WHO IS ELIGIBLE IN BC?

All First Nations children 0-19 with an identified need for a publicly funded service or support are eligible, regardless of their health or social status, or place of residency (on or off reserve).

If you have any questions or would like to apply, please contact the Child & Youth Navigators at Nlaka'pamux Health Services:



Gerome Garcia *email:* [jordan1@nlxfn.com](mailto:jordan1@nlxfn.com)

*Cell:* [250-315-7995](tel:250-315-7995)

Deidra De Wolfe *email:* [jordan2@nlxfn.com](mailto:jordan2@nlxfn.com)

*Cell:* [250-315-4805](tel:250-315-4805)

Their phone number is 250-378-9772

Their office is in Merritt at 2088 "B" Quilchena Ave at the rear entrance

# January

Reaching Out Drop-In Centre  
Han Knakst Tsitxw Society

Drop-In Centre: 250-455-2240  
HKTS Phone: 250-455-2284

2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Co-ed Day 10-3	1 Women's Day 10-3	2 Co-ed Day 10-3	3 Co-ed Day 10-3	4 Co-ed Day 10-3
6	Men's Day 10-3	7 Co-ed Day 10-3	8 Women's Day 10-3	9 Co-ed Day 10-3	10 Co-ed Day 10-3	11 Rented ALL DAY
13 Rented HALF DAY	14 Men's Day 10-3	15 Co-ed Day 10-3	16 Women's Day 10-3 TREASURE DAY "weather permitting"	17 Co-ed Day 10-3	18 Co-ed Day 10-3	19
20 Rented 1-7	21 Men's Day 10-3	22 Co-ed Day 10-3	23 Women's Day 10-3	24 Co-ed Day 10-3	25 Rented (BOO) 10-1	26 Rented 1:30-5:30
27	28 Men's Day 10-3	29 Co-ed Day 10-3	30 Women's Day 10-3	31 Co-ed Day 10-3		

Reaching Out Drop-In Centre will no longer be available for rental from Monday – Friday; unless approved by the HKTS Manager, or Drop-In Facilitator. *Sorry for the inconvenience.*

# February

2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Co-ed Day 10-3	2
3	4 Men's Day 10-3	5 Co-ed Day 10-3	6 Women's Day 10-3	7 Co-ed Day 10-3	8 Rented 9:30-1:30	9 Rented 1-6
10	11 Men's Day 10-3	12 Co-ed Day 10-3	13 Women's Day 10-3	14 Co-ed Day 10-3	15 Co-ed Day 10-3	16
17	18 Men's Day 10-3	19 Co-ed Day 10-3	20 Women's Day 10-3	21 Co-ed Day 10-3	22 Rented (BOO) 10-1	23
24	25 Men's Day 10-3	26 Co-ed Day 10-3	27 Women's Day 10-3	28 Co-ed Day 10-3		

Reaching Out Drop-In Centre will no longer be available for rental from Monday – Friday; unless approved by the HKTS Manager, or Drop-In Facilitator. *Sorry for the inconvenience.*

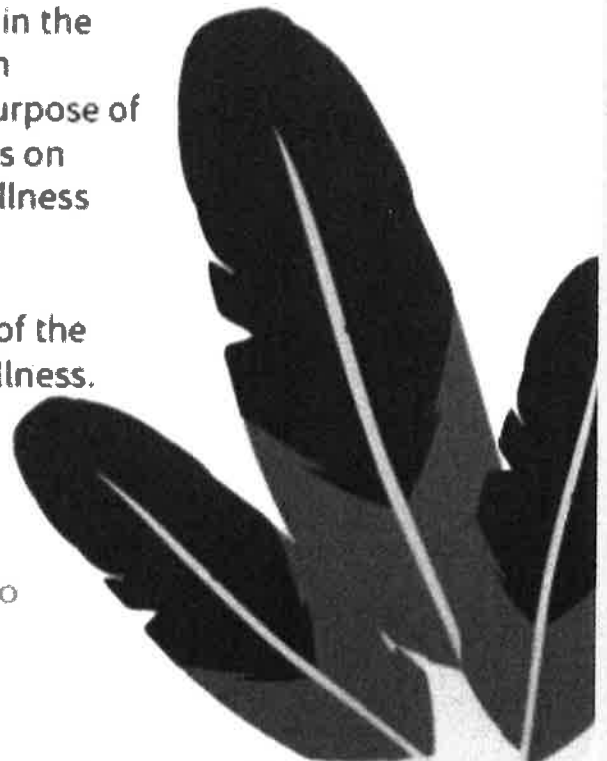
"To support and advocate for Nlaka'pamux  
Traditional Medicines and Practices."

# Nlaka'pamux Traditional Wellness Framework

We will be reaching out to Nlaka'pamux Nation Elders and Knowledge Keepers to assist in the development of the Nlaka'pamux Nation Traditional Wellness Framework. The purpose of this document is to outline key strategies on Traditional Teachings that promotes Wellness within families and communities.

This document will explain the benefits of the Traditional Teachings for Traditional Wellness.

For More Information contact the  
Nlaka'pamux Nation - Wellness  
Engagement Coordinator - Ko'waintco  
Michel @ 250-378-9772 or  
nlxwec@nlxfn.com





## JOB POSTING

### **Mental Health and Addiction Counsellor - Nlaka'pamux Nation Objective:**

As part of the Nlaka'pamux Nation Mental Health Team, the Mental Health and Addiction Counsellor is responsible for providing confidential mental health and addiction counselling, education and support to individuals and families within the Nlaka'pamux Nation. This position operates from a holistic and trauma-informed perspective, is sensitive to the Nlaka'pamux tradition and culture, and provides services required to assist community members in attaining and maintaining the highest level of wellness possible. This is a demographic-specific posting, priority will be given to Indigenous applicants with a master's degree in counselling psychology or human services related field. Salary to commensurate with experience; benefit package offered.

### **Key Accountabilities:**

- Provides direct counselling services such as intake, assessment, and holistic treatment planning as appropriate; consultation/liason with community agencies, schools, hospitals, and other community services within the Nation.
- Conducts individual counselling from a trauma-informed perspective.
- Maintains basic knowledge of psycho-tropic medications as prescribed by a physician, maintaining and awareness of the effects of such medications.
- Maintains appropriate client documentation.
- Promotes and maintains effective working relationships with clients and families, physicians, schools and hospitals to coordinate services, secure input, cooperation, improve client outcomes and provide community support.

### **Qualifications:**

- Minimum Bachelor's Degree in Psychology, Social Work, or other Human Services related field. Preference will be given to applicants with a Master's Degree in Clinical Counselling, Psychology or Human Services field from an accredited university and registered with a professional licensing body.
- 2 years (recent) direct counselling experience; experience in community development, family support work, group facilitation and/or advocacy is an asset.
- Proficient knowledge of, and demonstrated working experience in, the comprehensive issues relating to colonization, intergenerational and residential school trauma, substance and process addictions, mental health issues, concurrent disorders, grief/loss, suicide ideation/intent, family violence and FN specific issues.
- Demonstrated capacity to develop, implement and evaluate programs and psychoeducational information.

### **Knowledge, Skills and Abilities Required:**

- Strong assessment skills relevant to the context of local Indigenous history, beliefs and practices.
- Knowledge of or willingness to learn Nlaka'pamux tradition and culture.
- Recent experience working with First Nation clients in rural, remote and on-reserve communities.
- Familiarity with both abstinence and harm reduction model.
- Ability to promote healthy lifestyles and healthy choices through personal role-modelling with resources/agencies and other stakeholders.
- Ensure provision of services to clients is completed in a safe environment regardless of location (i.e., home visit, band hall, satellite stations or main offices).
- Strong written and verbal communications skills, which includes correspondence, case notes and report writing.
- Ability to work independently and in a multi-disciplinary team.
- Demonstrates strong interpersonal, organizational and time management skills.
- Functional in Microsoft Office: MSWord, Excel, PowerPoint, Outlook, Publisher.
- Ability to work flexible hours that may include some evenings/weekends. All travel is within a 50 km of main office.
- Hold a valid drivers' license with a clean drivers' abstract.
- This is a designated position of trust working directly with vulnerable persons. Consent to a comprehensive criminal record check with clearance is required. **Personal and professional references are required.**

Please note travel is involved to communities

Application Submission Process must include the following:

**Resume:** providing detailed information about your education and employment history that clearly demonstrates your ability to the required job qualifications.

**Cover Letter:** outlining your understanding of the position and how your education/experience would contribute to the success of the position, the organization and to the communities served.

This is a demographic-specific posting where preference will be given to qualified First Nation applicants.

### **Want to know more about our agency?**

Scw'exmx Community Health Services Society

<http://schss.com/>

<https://www.facebook.com/schsswellness/>

Apply by Mail or email to:

Nlaka'pamux Health Services

Tamara George, Manager

Box 3090

Merritt, BC V1K 1B8

Email: [George.t@nlxfn.com](mailto:George.t@nlxfn.com)

Application Deadline: until Position is filled.



## NEWSLETTER SUBMISSIONS

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**The Nlaka'pamux Nation Health Newsletter will be distributed quarterly.**

**We are now taking submissions for our Spring Issue. Please send your submissions for this issue by**

**March 8th, 2019**

The deadline for all submissions is Friday the week before the issue you are submitting for. Late content will be considered for our following issue.

- ◆ Did you know? Articles accompanied by images receive significantly more readership! Please send an original image with each submission. We love humor and we love photos of our Nlaka'pamux family – so get creative!
- ◆ Insert your headlines and content into the Submission Guidelines form that can be requested from and returned to the following: [nlxnationhealth@gmail.com](mailto:nlxnationhealth@gmail.com)

Thank you for your important contributions to Nlaka'pamux Health!

Kind regards,

Bernadette & Gracie

Webpage coming soon!

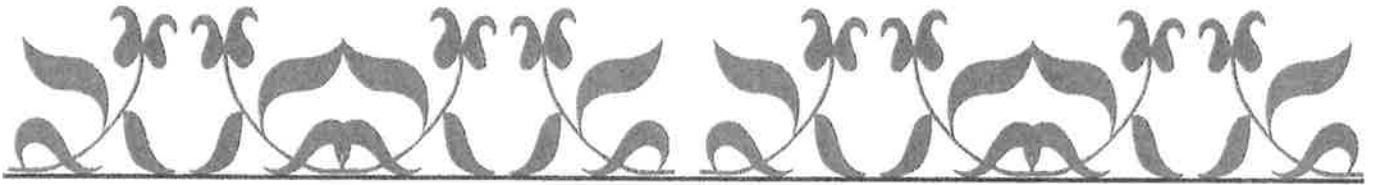
**Accepting NLX News Submissions  
for upcoming Newsletter  
Spring 2019, email submissions to  
[nlxnationhealth@gmail.com](mailto:nlxnationhealth@gmail.com)**

**NLAKA'AMUX  
NATION HEALTH**

2088 Quilchena Ave  
Merritt BC  
V1K 1B8

Phone: 250-378-9772 Ext: 102  
E-mail:  
[Nlxnationhealth@gmail.com](mailto:Nlxnationhealth@gmail.com)





## Nlaka'pamux Health News Items

Thank you for submitting your news item for inclusion in the Nlaka'pamux Health Newsletter. To make sure we have all of the information we need to include your news item, please take the guidelines below in consideration when preparing your content.

### Headlines

A headline should be included with your submission. A headline is a phrase, statement or brief statement which describes what your article is about. Please keep headlines brief and to the point. Be creative. Make your headline stand out and appealing to the reader. If you're not feeling creative, we can help – request assistance with headlines in the space below if you require it.

Headline
Sub-headline

### Body

The length of your submission can vary. The length should not be too short or too long. Try to keep your item short and to the point. Lengthy articles may not be read and articles that are too short may not contain all of the information the reader needs. Use your discretion. Try to keep your content between 2-5 paragraphs ideally at your discretion (100 - 300 words). For articles over 5 paragraphs, use headings to divide sections. This is an effective way to organize your content and allow readers to scan your content quickly to find pertinent information.

Body

### Relevant Links

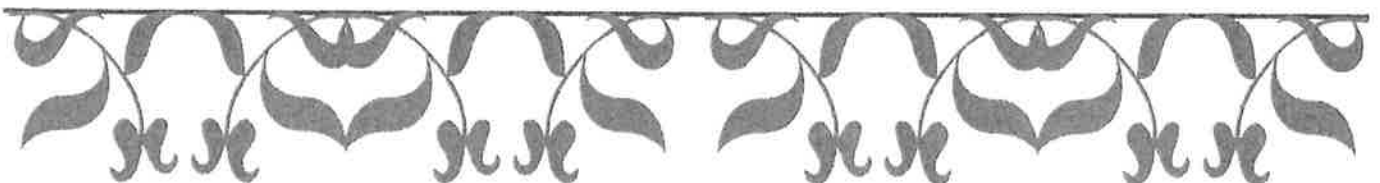
You may wish to include relevant links at the end of your articles. Types of relevant links may include links to resources, articles you cited, YouTube links or link to website(s).

Relevant Links

### Image(s)

Images can make your story more appealing to the eye. It is quite important to include an image with your item. If you have multiple images, we can create a collage of images for you – so don't hesitate to send more than one image. Try not to use stock images. Be original. If you are struggling to find an image, we can arrange a custom photo for your news item. We can work together to get creative and create your image.

Attach your completed form and any images to an email and send your news items to [nlxnationhealth@gmail.com](mailto:nlxnationhealth@gmail.com) for inclusion in the next Nlaka'pamux Health Newsletter! Thank you!





**Culture Events—2975 Clapperton Avenue—Everyone Wel-**  
**come—4:30-8:30pm—Potluck Dinner 5pm**  
*Every Tuesday we have space available for crafting groups to use*  
*the come together from 4:30-8:00pm \*Bring your own supplies*  
 \* Guidelines and Values \*  
 Drug/Alcohol Fee Zone  
 Be RESPECTFUL to self and others  
 No Lateral Violence Tolerated  
 Advised that you must be 12 years and over to be left unsu-  
 pervised  
**For more info Contact Cultural Program Coordinator**  
**Charlene Joe Merritt at 250 378 2771 ext 241 or email**  
**feelthebeat@scwexmx.com**

**CONAYTYOUTH CENTRE**

**OPENING SOON!!**

**2164 Quilchena Ave Merritt BC**

**Contact: Tiffany**  
**Pop—new Youth**  
**Worker @ 250-**  
**378-5107 or**  
**yafs@conayt.com**



**TL'KEMTSIN DENTAL**  
**CLINIC**  
 PHONE: 250-256-8573  
 EMAIL: [lfm-dental@lfnhealth.com](mailto:lfm-dental@lfnhealth.com)  
 1535 St. Georges Rd., Lytton BC



phone: 250-378-5877

email: [stoyomadental@schss.com](mailto:stoyomadental@schss.com)

Our friendly team at Stoyoma Dental always accepts new patients. Open to all residents of the Nicola Valley and Surrounding Areas. Our office is open Monday to Friday, 8:00am – 4:30pm to service all of your dental needs.

2088 Quilchena Ave, Merritt, BC V1K 1B8

<b>Nlaka'pamux Health Staff/Rep</b>	<b>Title</b>	<b>Phone Number</b>	<b>Email</b>
Tamara George	Nlaka'pamux Health Services Manager	250-378-9772	George.t@nlxfn.com
Joanne Trosky	Administrative Assistant	250-378-9772	mhreception@nlxfn.com
Elizabeth Perdok-Waboose	Program Manager/ Clinical Supervisor	250-378-9772	perdok-waboose.e@nlxfn.com
Wanda Dixel (Shackelly)	Mental Health Counsellor	250-378-9772	dixel.w@nlxfn.com
Kelleigh Myers	Child and Youth Mental Health Counsellor	250-378-9772	myers.k@nlxfn.com
Stacey Hebner	Child and Youth Mental Health Counsellor	250-378-9772	hebner.s@nlxfn.com
Diana Lepine-Thomas	Program Manager/Facilitator	250-315-7345 TF 1-888-667-2477	and@nlxfn.com
Kowaintco Michel	CEC—Wellness Engagement Coordinator	250-378-9772	nlxwec@nlxfn.com
Lepika Saddleman	Wellness Coordinator	250-378-7045	wellnesscoordinator2@nlxfn.com
Bernadette Collins	Community Engagement Coordinator	250-378-9772	bernadette.collins@fnha.ca
Gracie Henry	CEC—Assistant	250-378-9772	nlxnationhealth@gmail.com
William Sandy	Wellness Counsellor/Harm Reduction	250-378-9772	Sandy.w@nlxfn.com
Gerome Garcia	Jordan's Principal Navigator	250-378-9772	jordan1@nlxfn.com
Deidra DeWolf	Jordan's Principal Navigator	250-378-9772	jordan2@nlxfn.com



## **Mental Health and Addiction Counsellor - Nlaka'pamux Nation**

### **Objective:**

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Email: [George.t@nlxfn.com](mailto:George.t@nlxfn.com)

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Citxw Nlaka'pamux Assembly

EMPLOYMENT

&

TRAINING

Coldwater Administration Office

Thursday January 31st &  
Friday February 1st, 2019

9:00 am - 4:00pm

**Find out what opportunities are available to you!**

For further information:

Contact Cheryl Rule 250-378-6174  
or email [crule@coldwaterband.org](mailto:crule@coldwaterband.org)