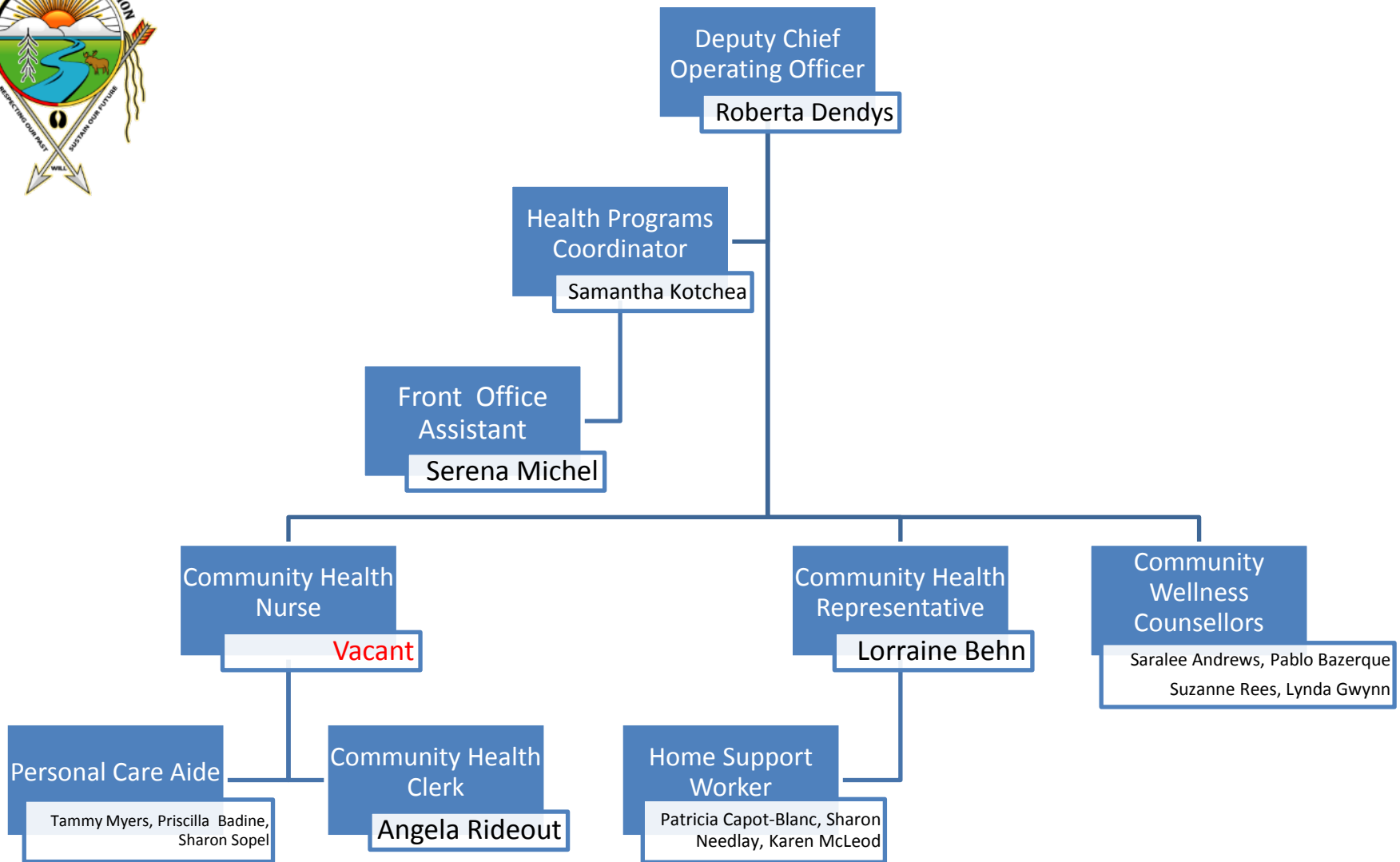




Fort Nelson First Nation

Health and Wellness

“For as long as the sun shines, the grass grows and the rivers flow”



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Health and Wellness: Programs & Services

Program Title	Description
Alcohol and Drug Abuse Program	To offer a community based approach to those individuals or families that are seeking to maintain or contain a healthy lifestyle.
Brighter Futures Program	To provide programs and services that relate to the first five years of life.
Communicable Disease Control – Nursing Program	To provide primary prevention through provision of immunization against vaccine preventable diseases; to act as a resource to other health care providers; and to provide interventions, investigations, follow up and screening in relation to communicable diseases.
Drinking Water Safety Initiative	To monitor weekly the water quality on reserve; and to promote community awareness of the necessity for safe drinking water and the protection of water sources from contamination by either domestic and/or industrial/commercial processes.
Elders/Culture Program	To plan and develop culturally appropriate programs focusing on the social, intellectual and physical aspects of Elders lives, as well as community members of all ages.

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Health and Wellness: Programs & Services

<p>Health Prevention and Promotion Program</p>	<p>To promote healthy lifestyles, and to provide information, resources and referral services related to Prenatal health, immunization, dental care, nutrition, chronic conditions etc. The goal of the program is to prevent further sickness and to increase clients' quality of health.</p>
<p>Home and Community Care Program</p>	<p>To assist clients with activities of daily living and to promote maximum independence. This program helps protect and restore individuals and family functioning to prevent the placement of clients away from their homes.</p>
<p>Mental Health Crisis Management – Building Healthy Communities</p>	<p>To provide and/or develop culturally sensitive accredited training for community members and care givers; to provide community education and awareness of the nature of mental health; and to provide assessment, counseling programs, referrals fro treatment and follow-up treatment, after care and rehabilitation to community members</p>
<p>Non-Insured Health Benefits (NIHB) Program</p>	<p>To administer the (NIHB) program duties (i.e., travel arrangements and expenses for all status First Nations living on the reserve) and to provide support for all health department activities.</p>
<p>Solvent Abuse Program – Building Healthy Communities</p>	<p>To enhance existing programs that are connected with the solvent abuse issue, facilitate the co-ordination of educational workshops, purchase services as required to develop solvent abuse program and to conduct needs assessment around solvent abuse issues</p>

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Five Main Goals for Supporting Elders Needs (As per Reaching For Our Vision)

1. Increase Priority of elders' programs, supports and services
2. Develop structures to learn from elders' experiences
3. Increase physical and emotional supports for elders
4. Prepare and plan for elders' housing needs
5. Build and elders' complex

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Eight Main Goals to address Health & Wellness (As per Reaching For Our Vision)

1. Utilize new wellness centre to engage community
2. Improve access for western, traditional and alternative health supports
3. Support members in developing an implementing their wellness plans
4. Schedule specialists and publicize their visits
5. Increase mental health support
6. Provide patient travel information and support for families
7. Improve prenatal and delivery options for families
8. Address the over-prescribing of pharmaceutical drugs

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Eleven Main Goals to address Community Healing (As per Reaching For Our Vision)

1. Further community's use of traditional healing approaches
2. Residential School healing and understanding
3. Promote families' use of their own family support circles
4. Provide aftercare plan for those returning from treatment
5. Develop a "Back-to-the-Land" treatment program
6. Support members in accessing recovery services

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Eleven Main Goals to address Community Healing (As per Reaching For Our Vision)

7. Enhance the counselling team's community connections
8. Hire and/or utilize an Aboriginal Counsellor
9. Address the most sensitive issues in the community
10. Use community approach to stand up to drug dealers and bootleggers
11. Provide joint services from wellness and justice departments

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Community Programs and Events

Weekly: Healing Picnic, Language Bingo, Elders Lunch, MOW, Beading, Bumps and Babes, School Breakfast/Lunch Program

January: Quit Smoking Month, Influenza Vaccine

February: Diabetic Nutrition, Food Safe, Heart Awareness

March: Mending the Circle, Spring Fest

April: Open House/AGM, Spring fest, Path Circles, Infant Massage

May: TB Testing, Child Health Clinic, Influenza and Pneumomax Vaccine, Mammogram screening, Walk for reconciliation

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Community Programs and Events

June: Mental Health and First Aid Training, Stroke Awareness Month, TB Testing, National Aboriginal Day, Path Circles, Chalo Sports Day, Substance Abuse Management

July: Canada Day Parade, Wellness on the Land

August: Annual Celebration, Wellness on the Land

September: Oral Health, Health Fair, Orange Shirt Day

October: Eye Clinic, Old Fort Cup, Path Circles, Wellness on the Land, Ending the Violence, Culture Fest

November: National Addictions Awareness Week, Art Exhibits

December: Food Hampers Distribution, Path Circles, Art Exhibits

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