



k^wu alá
k^wukəkníya?

"WE ARE HERE
TO LISTEN"



Okanagan Indian Band

**COMMUNITY HEALTH PROGRAMS
HANDBOOK**

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OKIB MEDICAL CLINIC

OKIB Health is pleased to announce the opening of the new OKIB Medical Clinic, a primary care clinic established in partnership with Shuswap North Okanagan Division of Family Practice and Interior Health.

TEAM-BASED CARE APPROACH

The Clinic uses a team-based care approach to health care. Team-based health care happens when different health care providers work together with you to meet your health care needs. The providers you see will depend on the nature of your condition. Through this unique partnership we aim to become your “medical home” where the majority of your health care can be provided in a culturally safe and welcoming space.



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“WE ARE HERE TO LISTEN”

OKIB HEALTH TEAM IS COMMITTED TO CARING FOR YOUR PERSONAL INFORMATION

Members accessing programs and services provided by the Health & Wellness team, can be assured that protecting your privacy is a priority, and all of your records and our interactions are kept strictly confidential.

CARE SERVICES PROVIDED

Primary care services offered through the OKIB Primary Care Clinic include:

- Medical assessments, diagnosis and treatment plans
- Physical exams for newborns including baby growth and development checks
- Frail seniors and elderly care
- Chronic disease screening and management
 - Diabetes
 - Hypertension
 - COPD and lung disease
- Sexual health counselling and management
 - Birth control options
 - Check-ups and screening
 - Teen health
- Specialist referrals
- Mental health care focusing on patient choice
- Support and treatment for alcohol and drug addictions
- Medication management and renewals
- Vaccinations

**OKIB now has a doctor on
reserve five days per week.**

CONTACT US

To talk with a doctor or nurse please call:
250-503-0877 to make an appointment.

CLINIC HOURS

Monday – Friday
8:00 am – 4:30 pm

Phone: **250-503-0877**

Fax: 250-503-0876



CLINIC LOCATION

OKIB Health Centre
76 Head of the Lake Road
Vernon, BC V1H 2A4

911

**IF YOU ARE IN AN
EMERGENCY**

COMMUNITY HEALTH PROGRAM

COMMUNITY HEALTH NURSING

- Immunizations for all ages (Elders, adults, youth, school-aged children, and infants)
- Tuberculosis Program (e.g. TB skin testing and follow up)
- Communicable Disease Management
- Prenatal and Postpartum Support and education, breastfeeding support
- Infant and Child Growth and Development
- Community Health Promotion and Injury Prevention (diabetes support, education, screening opportunities, mammogram clinics, etc.)
- Access to harm reduction supplies and Naloxone kits.

DENTAL HYGIENIST

- Oral Health check-ups and screenings, fluoride applications, oral health education, referrals
- Assistance to navigate the oral healthcare system.

FOOT CARE NURSE

- Specialized foot care assessments, treatments provided by trained Foot Care Nurse.

COMMUNITY HEALTH PROMOTION/INJURY PREVENTION: CHRONIC HEALTH CONDITIONS AND SCREENING OPPORTUNITIES/EVENTS

- Education/Teaching in an individual or group setting for a wide range of health conditions
- Screening and Education: health screening events in conjunction with health education for Community Members.

CONTACT US

Monday – Friday
8:00 am – 4:30 pm

250-542-5094OKIB Health Centre,
Community Health Nursing

250-241-5101Dental Hygienist

250-542-5094Foot Care Nurse
To book an appointment
(in on Thursdays and Fridays)



HOME CARE PROGRAMS

ADULT IN HOME CARE PROGRAM (AIHC)

AIHC Programs goal is to support eligible individuals to maintain functional independence within their home and community.

AIHC is designed to support family and friends in their care loved ones. This program offers in-person, non-medical supports such as light house cleaning, meal preparation, wellness checks and transportation for essential needs.

These services are supportive in nature and do not replace care provided by family or an individual effort to care for themselves.

New and existing clients will require an assessment or re-assessment to meet the basic eligibility guidelines set forth by Indigenous Services Canada.

Other requirements include:

- Status First Nation
- Living on reserve
- Financial assessment



CONTACT US

Home and Community Care Supervisor
Beverly Simpson
250-308-8479

HOME & COMMUNITY CARE PROGRAM (HCC)

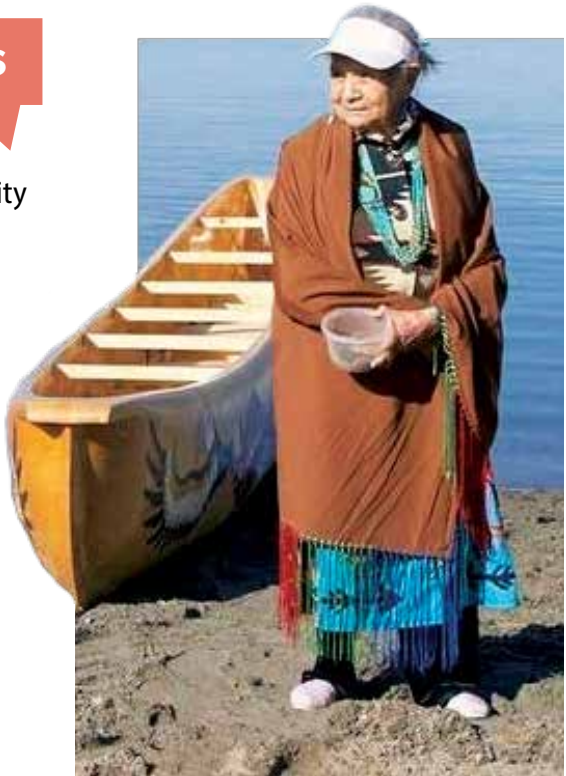
The HCC program goal is to support eligible individuals to maintain functional independence within their home and community.

HCC is designed to support OKIB community members, family and friends in their care of loved ones. This program offers in-person, medical supports such as personal care/ incontinence care, ostomy care, medication assistance, respiratory secretion clearance, exercise assistance and basic skin care.

Medical support is offered to community members who are status First Nations, living on reserve with an identified medical need.

CONTACT US

Home and Community
Care Supervisor
Beverly Simpson
250-308-8479



MENTAL HEALTH & WELLNESS PROGRAM

- In office, online and telephone counselling
- Substance misuse treatment referrals, prevention activities and cultural supports assistance with assessing Opioid Agonist Therapy
- Peer support – opioid response and harm reduction education and resources/supplies such as Naloxone Kits and Safe Injection Supplies call 310-MHSU (6478)
- Referrals to other resources and supports as required
- All sessions are confidential and based upon client's terms.

CONTACT US

Monday – Friday
8:00 am – 4:30 pm

250-540-7416

- Please feel free to call our team members directly or
- Leave a message on the confidential referral line voicemail 8:00 am – 4:30 pm.
- We will respond to your call within 2 business days.
- Clients can also be referred by any member of the Health & Social Development Department (e.g. nurses, doctors, Home Care).

Jeunesse Pearson, RTC Practice Lead
mhwc1@okanagan.org 250-306-9927

Grant Louis, Addictions Worker
addworker@okanagan.org 250-306-7179

Lovanda Beliveau, Mental Health & Wellness Counsellor
mhwc2@okanagan.org 250-241-5998 call or text

Jessa Joles, Child & Youth Mental Health Counsellor
child-youth@okanagan.org 250-241-8433

Alexis Rocha, Addictions Worker
addworker2@okanagan.org 250-308-7991

CRISIS AND AFTER HOURS CONTACTS

HARM REDUCTION

BCCDC Harm Reduction Services

<https://towardtheheart.com/>

Call or Google: **310-MHSU (6478)**

<https://www.interiorhealth.ca/services/access-mental-health-and-substance-use-services>

1-800-588-8717

1-800-kuu-us17 **KUU-US Crisis Line**
for Adults and Youth
Indigenous 24 hour Crisis Line

1-866-925-4419 **24 Hour**
Residential School Crisis Line

1-800-721-0066 **Indian Residential School**
Survivors' Society, 24 hour Crisis Line

1-888-353-2273 **CMHA Vernon Crisis Line**

1-800-SUICIDE

1-800-784-2433 <https://www.heretohelp.bc.ca/>
if you are considering suicide
or are concerned about
someone who may be

1-855-252-3310 Toll Free. **24 Hour Hope for Wellness Helpline**
Support through online chat:
<https://hopeforwellness.ca>

1-800-668-6868 **Kid's Help Phone** to speak to a
professional counsellor, 24 hours/day

1-800-663-1441 **Alcohol & Drug Information**
and Referral Service
to find resources and support

1-877-477-0775 **FNHA Indian Residential Schools**
Resolution Health Support Program

250-260-7171 **Victim Services** RCMP available
Monday – Friday, 8:30 am – 4:30 pm

811 **HealthLink BC** non-urgent
medical related questions

HARM REDUCTION

COMMUNITY SUPPORT WORKER AND HARM REDUCTION CLINICAL SPACE

Working in conjunction with the OKIB Community Health Nurse and/or OAT Prescribing Nurse.

This clinic may be accessed by community members seeking any of the following:

- Harm Reduction education, teachings and informative literature
- Harm Reduction supplies:
 - » Naloxone
 - » safe injection supplies
 - » sharps containers
 - » safe needle exchange
 - » safe sex supplies
- Education and training to any community member who is requiring Overdose Emergency First Aid
- Referrals to Health Care Providers for further supports and resources such as:
 - » OKIB Primary Care Clinic
 - » OAT Program
- Host Community Engagement Events (Post COVID or Virtual) that increase the conversations about Opioid/Alcohol Use within the OKIB.

FURTHER SUPPORTS

- Support and refer Community Member faced with Alcohol Use Disorder and/or Opioid Used Disorder through management/treatment to ensure they are able to access necessary care in a timely manner.
- Provide guidance and direction as the Community Member navigate themselves through the health care system.
- Ensure community member has the necessary knowledge and teaching with respects to their diagnosis.
- Advocate for improved care or access to care when it comes to treatment for AUD or OUD.
- Provides transportation to necessary appointments and treatments if Community Member is unable to do so.
- Partnering and providing a safe place for Group Sessions facilitated by a trained and knowledgeable Addictions Worker to address the needs of Community Members with AUD and/or OUD.

PRIVACY AND CONFIDENTIALITY

- Privacy and confidentiality are the utmost importance to our Harm Reduction team.
- To ensure this, Community Members can call to arrange pick up with our Harm Reduction worker ahead of time.
- Or call for our mobile clinic to come to you for your Harm Reduction needs.

HEALTH & WELLNESS ACTIVITIES

CHILD & YOUTH ACTIVITIES PROGRAM

The youth programs are targeted towards youth, ages 7-18, and provide cultural, physical activities, and life skill programs. The youth programs are used to encourage the OKIB Youth to become involved in their community and to help build self-esteem.



CONTACT US

Monday – Friday
8:00 am – 4:30 pm

Taiwo Penner
activities@okanagan.org
250-241-6946

Dwayne Lawrence
youthrecreation@okanagan.org
250-241-4741

ELDERS PROGRAM

- Provide physical, mental, spiritual, and cultural nourishment to Elders.
- Provides activities and programming for 65+ membership to participate in.
- Elders Lunch – Provide lunch to Elders, weekly on Thursdays from 11:00 am – 3:00 pm
- Cultural and recreational activities
- Promote healthy living through a variety of group sessions and drop-in sessions.

CONTACT US

Monday – Friday
8:00 am – 4:30 pm

Sharmaine Gregoire
eaw1@okanagan.org
250-241-4934

Candace Gregoire
eaw2@okanagan.org
250-309-0137



TRANSPORTATION PROGRAM

- Transportation to support program delivery.
- Reduce barriers to Health and Wellness programs.
- * An assessment is required for this program.

CONTACT US

Monday – Friday
8:00 am – 4:30 pm

Rayne Goodwater, Driver
tworker@okanagan.org
250-241-0234

Shawn Louis, Driver
shawn.louis@okanagan.org
250-307-1109

Rosalie Saddleman, Scheduler
Rosalie.saddleman@okanagan.org
250-306-1756

PUBLIC SAFETY

The Public Safety section is responsible for providing promotions and services to enhance community safety. The section's services include Youth Recreation and Youth Justice Workers.

CONTACT US

Monday – Friday
8:00 am – 4:30 pm

Jami Tonasket
Coordinator
publicsafety@okanagan.org

Michael Ochoa
Youth Justice Worker
youthjustice@okanagan.org

FOOD SECURITY PROGRAM

- Creating a space where the community can grow fresh and local vegetables together.
- Helping feed the community with local and nutritious food.
- Educating and creating new ways to ensure food sovereignty and security.

CONTACT US

Monday – Friday
8:00 am – 4:30 pm

Nikki Lorentz, Coordinator
fsi@okanagan.org
250-241-9790

Rylie Marchand, Gardener



CHILD & FAMILY SERVICES PROGRAM

- Supporting OKIB (on and off reserve) children, youth and families in office, home or in community.
- Assist and support families that are involved with the Ministry of Children and Family Development (MCFD), including assessment and investigation, court processes, family circles, family planning, etc.
- Advocating for supports with outside agencies and services and system navigation.
- Mentorship, referrals, skill development
- Assist families with parenting challenges.

CONTACT US

Monday – Friday
8:00 am – 4:30 pm

Given the nature of our work, it is always best to reach the Child and Family Service Team on their cellphones or by email. The Child and Family Service Team works out of the OKIB Health Building, at the Head of the Lake Road and are now also working out of the Duck Lake Center.

Jennifer Jack

CFSPHWH@okanagan.org

C: 250-306-6158

Mikayla Balon

mikaylabalon@noyffs.org

C: 250-540-9688

Nkmaplqs 1967



Marguerite Marchand, Alice Jack, Mary Gregoire, Mary Paul, Mary Louise Power, Annie Swailwell, Pierre Jack, Josephine Edwards, Ella Bonneau, Edward Bonneau, Caroline Bonneau, Sarah Bonneau, Jimmy Bonneau, Ceceilia Gottfredson, Janie Marchand, Louie Marchand, Martin Louie

photo courtesy Vernon Museum & Archives

CRISIS AND AFTER HOURS CONTACTS

1-800-663-9122 Centralized Screening
is a direct line to the **Ministry of Child and Family Development** to report child abuse/neglect. **24 hours a day.**
The Ministry of Children and Family Development will call OKIB to attend when they need to come to your home/community.

1-800-668-6868 Kid's Help Phone to speak to a professional counsellor **24 hours a day.**

1-855-474-9777 Grandparents Raising Grandchildren Support Line is a resource to support grandparents raising their grandchildren by offering assistance to deal with complex service systems and learn about benefits that will support your whole family.

811 HealthLink BCnon-urgent medical related questions

310-6789 (no area code) **310 Mental Health Support**
for emotional support, information and resources specific to mental health



Okanagan Indian Band

OKIB Health & Wellness Team

76 Head of the Lake Road, Vernon, BC V1H 2A4

T 250.542.5094 F 250.542.5001