

## MENTAL HEALTH & WELLNESS PROGRAM



k<sup>w</sup>u,alá  
k<sup>w</sup>ukəkniya?

"WE ARE HERE  
TO LISTEN"

### WHAT DO WE DO?

- 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
- Referrals to other resources and supports as required
- All sessions are confidential and based upon clients terms.

**WHEN CAN YOU REACH US?** Monday – Friday, 8:00 am – 4:30 pm

**HOW TO CONTACT US? 250-540-7416**

- You can call us anytime, and leave a message if after hours.
- We will respond to your call / messages during work hours.
- Clients can also be referred by any member of the Health and Social Development Department (e.g. nurses, doctors, Home Care).

### CRISIS AND AFTER HOURS CONTACTS

**811** ..... non urgent medical related questions

**1-800-588-8717**

**1-800-kuu-us17** ..... **KUU-US Crisis Line** Indigenous crisis line available 24 hours per day

**1-800-SUICIDE**

**1-800-784-2433** ..... if you are considering suicide or are concerned about someone who may be

**310-6789**

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

**1-800-668-6868** ..... **Kid's Help Phone**

to speak to a professional counsellor, 24 hours a day

**1-800-663-1441** ..... **Alcohol & Drug Information and Referral Service**

to find resources and support

**250-260-7171** ..... **Victim Services**

RCMP available Monday – Friday, 8:30 – 4:30

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

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

**1-855-252-3310** Toll Free .. **24 Hour Hope for Wellness Helpline**

Support through online chat: <https://hopeforwellness.ca>

**911**  
IF YOU ARE IN AN EMERGENCY



Okanagan Indian Band

# OKIB HEALTH & SOCIAL DEVELOPMENT TEAM



## Nicole Sutherland

Peer Support Worker  
250-241-7705

E: [peersupport@okanagan.org](mailto:peersupport@okanagan.org)

I am a proud Métis woman and mother of five. I grew up in the Turtle Valley/Chase area. I am very excited to begin this journey with the OKIB. I feel my personal life experience, combined with education and previous work in treatment centres will help me to excel at the role of a Peer Support Worker in the community. I feel that no matter where we are in this journey to the red road, everybody deserves to be treated with dignity, respect and most importantly, love.

In my spare time, I enjoy ice fishing, camping & kayaking. I also love doing traditional Métis beadwork, creating beaded birch bark earrings has become my favorite thing to do at moment.



## Grant Louis

Addictions Worker  
250-306-7179

E: [addworker@okanagan.org](mailto:addworker@okanagan.org)

I am a member of the Okanagan Indian Band. My parents are Ann Marchand and Jerry Louis; Grandparents Louie Marchand and Jenny Brewer; Ned Louis and Irene McDougal. My biological father is Andy Vedan.

My education is in Human Development and Family Studies with a minor in Addictions from, the University of Idaho in Moscow Idaho. I have worked as Social Worker in with Coeur d' Alene Tribe, Nlha'7Kapmx Child and Family Services, Nlaka`pamux Nation as Mental Health counsellor.

I have been a part of my cultural ways for the past 27 years. I believe in the importance of cultural identity and knowing who you are and where you come from and the role that plays in wholeness.

I look forward to reconnecting to the community and being a support.



## Jeunesse Pearson

Mental Health Counsellor  
250-306-9927

E: [mhwc1@okanagan.org](mailto:mhwc1@okanagan.org)

Mother, therapist, ridiculous optimist and reluctant conformist. I am a deep believer in continuously doing my own inner work and am on a personal quest to be the most real, authentic version of myself. We moved to Vernon from Calgary in 2007 and have not looked back. I so appreciate this beautiful valley and feel it is a privilege to reside here.

I work with a wide variety of emotional and behavioral issues specifically grief, depression, self-esteem, love, codependency and inner child work.

Being a therapist is my passion and true calling. I get so energized when I walk with someone through a rough or dark patch and see the light come back on.

It would be an honour and a pleasure to support you so that you can feel empowered, happy and hopeful about your future.



## Lovanda Beliveau

Mental Health Counsellor  
250-241-5998

E: [mhwc2@okanagan.org](mailto:mhwc2@okanagan.org)

A mother of two teenage boys, wife and member to a large extended family. I am Métis, Plains Cree and Canadian with a deep connection to the land, language and people. Originally from north of Edmonton, moved to Vernon then to Lumby.

My ancestors are from Maskwacis, Saddle Lake, The Red River Settlement, Northern Europe and Asia.

My life experience, 14 years working with people who survived traumatic events, and a Diploma of Applied Psychology and Counselling has enabled me to support peoples healing journey through listening, being curious, bringing perspective and being resourceful.

My knowledge of the body, mind and power of connection can promote an awareness of ourselves in the present moment. This can calm the body and brain which can make it easier to think clear and find balance. I am grateful to be working within your community, with the people, and OKIB as a whole. Please do not hesitate to contact any of our team members directly or the main contact number with questions or for support.



k'w'ala  
k'w'ukəkníya?

"WE ARE HERE  
TO LISTEN"

## Charlotte Whitehead

ONA – Okanagan Nation Response Team  
Senior Coordinator  
250-869-9350

Okanagan Indian Band, 12420 Westside Road, Vernon, BC V1H 2A4

T 250.542.5094 F 250.542.3083

E [hsddirector@okanagan.org](mailto:hsddirector@okanagan.org)



Okanagan Indian Band