



Annual Report
Heiltsuk Health
Services
2019/2020

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Appendix I – Mustimuhw Statistical Data Capture *** ***separate attachment***

Appendix II – Audited Financial Statements for the fiscal year ending March 31st, 2020 *** ***separate attachment***

Hailika'as Heiltsuk Health Centre Society
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Mission

In the spirit of unity, the Hailika'as Heiltsuk Health Centre Society will strive to promote a community that is innovative and courageous in embracing our commitment to continual growth and healing.

Vision

The Hailika'as Heiltsuk Health Centre Society has a vision for a healthy community that respects equality and diversity. Together we will seek opportunities to improve the health of our people.

Values

Manaxs: Equality: sameness

Xala: Dignity: uphold

Gvilas Laxvai: The concept that one should strive for; this means looking at the consequences before you do something

Pacua: Ambitious & working hard, being independent, being reliable; we had great pride in ourselves and that is tied with being responsible for our own welfare again.

Heiltsuk Community
Heiltsuk Tribal Council
Hailika'as Heiltsuk Health Centre Society
Health Director



Administration & Finance	Patient Transportation Program	Home & Community Care Program	Community Wellness Program (Counselling, Child-Youth, Fitness Centre)	Healthy Families Program
<p>Administration:</p> <ul style="list-style-type: none"> IT Department Manager (TEAM LEADER) Community Telemedicine Coordinator (PT) Janitor Maintenance Worker Office Assistant Office Manager/Accreditation Coordinator Receptionist <p>Finance:</p> <ul style="list-style-type: none"> Finance Manager (TEAM LEADER) Finance Assistant Payroll Clerk 	<ul style="list-style-type: none"> Program Manager (TEAM LEADER) Patient Clerk (PT) Clerk (oncall) 	<ul style="list-style-type: none"> Program Manager (TEAM LEADER) Cook Elders Advocate (PT) Elders Van Driver Home & Community Care Nurse Janitor/Equipment Manager Licensed Practical Nurse Personal Care Attendant Personal Care Attendant Personal Care Attendant 	<ul style="list-style-type: none"> Art Therapist Child/Youth Program Coordinator (TEAM LEADER) Counsellor Counsellor Fitness Centre Supervisor Fitness Centre Worker (PT) Youth Centre Janitor (PT) Youth Worker Youth Worker 	<p>Diabetes:</p> <ul style="list-style-type: none"> Diabetes/Chronic Disease Nurse Fitness Coordinator <p>-----</p> <p>Dental:</p> <ul style="list-style-type: none"> Dental Program Manager (TEAM LEADER) Dentist <p>-----</p> <p>Maternal Child Health:</p> <ul style="list-style-type: none"> CDC Community Health Nurse & MCH (TEAM LEADER) Maternal Child Health Hnis'u x 2 Maternal Child Health Nutrition Coordinator Maternal Child Health Nurse <p>-----</p> <p>Head Start/Sasum House:</p> <ul style="list-style-type: none"> Head Start Program Coordinator (TEAM LEADER) AHS ECE Assistant AHS ECE Assistant AHS ECE Assistant Sasum House Janitor (PT)

Staffing & Personnel (April 1st, 2019 to March 31st, 2020)

Aaliyah Martin	Summer Student
Aldon Reid	Summer Student
Alivia Nadrazsky	Summer Student
Allen Wilson Jr.	Summer Student
Allie Speck	ECE Assistant – Sasum House
Amelie Blanchard	Art Therapist
Andreeanne Moody	Unit Cleaner
Angeline Johnson	Summer Student
Aundrae White	Heiltsuk Language Teacher – Sasum House
Barbara Larsen	Patient Transportation Program Manager/Team Leader
Bella Brown	Outreach Worker – Maternal Child Health Program
Benita Dixon	Patient Transportation Clerk
Bo Reid	IT Department Manager, Administration Team Leader
Brenda Campbell	Licensed Practical Nurse – Home & Community Care Program
Carl Bolton	Office Assistant
Carla Brown	Receptionist & Elders Advocate
Carrie Easterbrook	Elders Advocate
Cassandra Wilson-Lewis	Receptionist
Charmae Brown	Summer Student
Charmaine Lingard	Nurse – Maternal Child Health Program
Cindy Neilson	Child/Youth Program Coordinator, Community Wellness Program Team Leader
Danielle Humchitt	Nutrition Coordinator – Maternal Child Health Program
Darian Windsor	Youth Worker
David Li	Dentist
Dora Hopkins	Connecting Communities through Traditional Values Program Coordinator
Edith Johnson	Elders Building Support Worker
Edwin Paul	Youth Worker
Fiona Blaney	Receptionist
Gary Campbell	Fitness Centre Supervisor
Gary Wilson	Janitor – Health Centre & Dental Clinic
Gene Larsen	Equipment Manager – Home & Community Care Program
Georgia Larsen	Hnis'u – Maternal Child Health Program
Georgia Lawson	Summer Student
Glenda Phillips	Nurse – Chronic Disease Management Program
Gloria Jackson	Heiltsuk Language Teacher – Sasum House
Gloria Windsor	Personal Care Attendant
Harley Larsen	Janitor – Elders Building
Howie Duncan	Youth Worker
Jack Larsen	Maintenance Worker
Jared Reid	ECE Assistant
Jefferson Brown	Fitness Coordinator
Jennifer Reandy	ECE Assistant
Keith Marshall	Health Director
Kelly McKay	Patient Transportation Program on-call clerk
Kevin Wilson	Office Manager/Accreditation Coordinator
Linda Humchitt	Receptionist

Lori Wilson	Youth Worker
Louise Dixon	Finance Assistant
Mabel Carpenter	Finance Manager/Team Leader
Maliyah Sam English	Summer Student
Mitch Savage	Nurse – Public Health & Communicable Disease, Maternal Child Health and Healthy Families Team Leader
Mona Brown	Receptionist
Nina Brown	Nurse – Home & Community Care Program
Norman Wilson	Elders Van Driver
Phillip Blaney	Janitor – Youth Centre & Sasum House
Renee White	Patient Transportation Program on-call clerk
Rhoda Bolton	Dental Program Manager
Roberta Reid	Home & Community Program Manager/Team Leader
Shawn Gladstone	Fitness Centre Worker
Shawna Bolton	Summer Student
Shelley Johnson	Personal Care Attendant
Sierra Hall	Patient Transportation Program on-call clerk
Sonia Plewa	Counsellor
Tamara Powell	Hnis'u – Maternal Child Health Program
Tamika Martin	Summer Student
Tanya Bolton	Nutrition Coordinator – Maternal Child Health Program
Trevor Good	Counsellor
Vanessa Gladstone	Licensed Practical Nurse – Maternal Child Health Program
Venita Stegman	Patient Transportation Program on-call clerk
William Humchitt	ECE Assistant
Yvonne Lawson	Sasum House Manager/Team Leader



Heiltsuk Health Board of Directors - Co-Chairs Report
April 1st, 2019 to March 31st, 2020

7 positions: 4 elected, 3 appointed (2 from HTC, & 1 from the Elders)

Community Member Seats – 5 elected positions

Marilyn Hall (co-chairperson)

Sharon Wilson(co-chairperson)

Korin Humchitt

Alida Reid

Elders Representative – 1 appointed position

Irene Brown

Heiltsuk Tribal Council Representatives – 2 appointed positions

Ayla Brown

Travis Hall

On behalf of the Board of Directors of the Heiltsuk Health Centre Society, we respectfully submit this report outlining the events that framed our year last year. The success of an organization is directly connected to the dedication and commitment the Board in guiding our organization.

Each year, as we prepare our Annual Report, we reflect on the healthcare system and how the team of healthcare professionals at the health Centre works hard to make our present system function efficiently for the Heiltsuk community.

At our last Annual General Meeting, we have had some changes in our Board of Directors. In August of 2019, Pauline Gladstone, our long-cherished member passed away. Pauline dedicated many years of service to the Board both as a member and a co-chairperson. She has been a dedicated member who brought her commitment and experience to the Board. We miss Pauline's gentle nature and kindness she brought to her position on the Board.

With Pauline's passing, Alida Reid accepted the position of co-chairperson for the remainder of Pauline's term.

One of our HTC Reps., Ayla Brown left out Board late last year. We wish to thank Ayla for her dedicated service to the Board during her short stay with the Board.

As a result of our election process at the fall AGM, Pauline Waterfall was elected to a 2-year term with the Board, we are pleased to have Pauline as a Board member. Pauline brings extensive knowledge and wisdom to our group.

The success of this organization is very dependent on the dedication the staff who provide the services to the community members. We would like to send special thanks to the director, acting directors, team leaders and all staff for all of their hard work and all of their commitment to serve each of you on a daily basis.

Our program continues to evolve to meet the needs of the community. We have expanded our MCH program which has incorporated new services to young parents and their children. Our chronic disease programs have taken on new initiatives for community access. These will be covered in more detail in their specific reports.

Congratulations are extended to the staff of the health Centre for their commitment and hard work that led to the Health Centre being accredited for the next 4 years. Under the leadership of Kevin Wilson and with the support from Corinne Visscher, the Health Centre received the best results of all the surveys conducted on the programs and services delivered.

Hailika'as Heiltsuk Health Centre Society and R.W. Large Memorial Hospital (together with Heiltsuk Nation, Kitasoo Nation, Nuxalk Nation and Wuikinuxv Nation) wish to partner with Vancouver Island University (VIU) to offer a Bachelor of Science in Nursing education program on-site in Bella Bella –with the intention that graduates from the program will be eligible to apply to BCCNP (BC College of Nursing Professionals) for provisional licensure and will be eligible to write the NCLEX exam to become registered nurses. The program will be offered to Indigenous students who will live and study in Bella Bella for most of the program. Priority admission will be for qualified applicants from the Central Coast First Nations communities including Heiltsuk, Wuikinuxv, Kitasoo and Nuxalk. Students will leave Bella Bella to complete advanced clinical practicum experiences in settings with more specialized care. The program allows the opportunity for current Licensed Practical Nurses to join into the program part way through Year 2.

This proposal has been developed by the "Community Leadership Group" which is comprised of multiple Central Coast leaders from various agencies including the Heiltsuk College, Hailika'as Heiltsuk Health Centre Society, the Bella Bella Medical Clinic (Rural Division of Family Practice), R.W. Large Memorial Hospital (Vancouver Coastal Health) and Bella Bella Community School, Kitasoo Health and Education, Wuikinuxv Health and Nuxalk Health and Wellness, and Heiltsuk Tribal Council. Three prospective students participated with the Community Leadership Group - providing realistic perspectives of

future learners. Vancouver Island University (VIU) representatives joined the meeting after they were selected as the education partner.

A new flu-like coronavirus has been reported in several cities around the world in March of 2020. The 2019 Novel Coronavirus (2019-nCoV) is a virus identified as the cause of an outbreak of respiratory illness.

What are the symptoms of coronavirus?

According to the World Health Organization (WHO), symptoms of this Coronavirus usually include:

- Feeling tired
- Difficulty breathing
- A high temperature
- A cough and/or sore throat

These symptoms are like other respiratory diseases, including flu and the common cold. Symptoms are thought to appear between two and 10 days after contracting the virus. The incubation period during which a person has the disease but is not exhibiting symptoms can be between one day and two weeks. It's possible that the virus can be passed on to others during the incubation period before the person carrying starts to exhibit symptoms.

HTC in partnership with the Health Centre and other entities implemented several processes and procedures to keep the community safe. These included self-isolation, wearing of masks, hand washing, social distancing etc. to keep the community as safe as possible. To date there are no cases of covid-19 in the community.

We now employ 55 staff at the Health Centre as our programs continue to grow to meet the needs of the community. The staff continue to evaluate their existing programs and collaborate with other entities in the community to reassess programs and services as required. have evolved to meet the challenges of new technologies and to meet the expectation of our community.

We would like to send special thanks to the health director, acting directors, team leaders and all staff for all of their hard work and all of their dedication to serve each of you on a daily basis.

Respectfully submitted,

Marilyn Hall Co-Chair
Sharon Wilson Co-Chair



Health Directors Report

Directors Message

I begin my message with the very sad news that the HHHCS lost a valued member of our Board in August. We celebrated the life of Pauline Gladstone on Monday, August 5th. Pauline was a valued member of our Board of Directors for over 12 years. In her role of Co-Chair, she brought her passion and wisdom to our meetings. She possessed amazing leadership and organizational skills She was dedicated to the Board and the organization and always spoke so positively of the staff when she had the opportunity. We all will miss her greatly; however, she will always be in our thoughts.

The Health Centre programs continue had another successful year delivering programs to the community. One of the main issues the organization focused were community wellness initiatives. The purpose of the Wellness Initiatives is intended to develop and strengthen community-level work and enhancements. The process for action is grounded in BC First Nations Perspective on harm reduction and Substance Use, which promotes wise practice on a number of programs and supports to slow and stop overdose.

Board and Staff Appreciation

The success of this Health Centre is predicted on the commitment and leadership of our Board of Directors as well as the dedicated staff that are responsible for delivering the programs to the community. We are fortunate to have this qualified group of people giving working in our programs that support our community. Your contributions are greatly appreciated.

Summer Students

We experienced another successful year with our summer student program this year. The Health Centre hired 11 students working in maintenance, the garden project, Sasum House, R.W. Large hospital and the youth centre. The students were hired for a 6-week period that ended on August 9th 2019. HHHCS is very pleased with the work ethic the children brought to their positions this year. We wish them all the best in their upcoming school year.

Opiate Funding Enhancement of a Sub-Regional Youth Peer Partnership

Vancouver Coastal Health Directors in partnership with FNHA have secured funds to move forward with a sub-regional youth peer pilot project in partnership and collaboration with the South Coast sub-regional family, the Canadian Mental Health Association and supported by the FNHA Vancouver Coastal Regional Team. Responding to the Overdose/Opioid Emergency for First Nations the work covered on four areas:

1. Prevent people who use from dying
2. Keep people safer when using
3. Create an accessible range of treatment options
4. Support people on their healing journey

Mental Health and Wellness Fund

The First Nation Health Council, The Government of Canada and the Province of BC thought the Tripartite Partnership to improve Mental Health and Wellness has contributed 30 Million dollars over the next two years to address mental health and wellness for First Nations people in BC.

The fund offers flexible funding arrangements that will support to align resources with First Nations' unique mental health and wellness plans and priorities.

It provides support for;

- Culture as a social determinant of health
- Mental health as a building block for nation re-building
- Integration in service design and delivery, and;
- Activities that address root causes

The funding is provided directly to Nations and communities on a proposal basis.

Seniors' Home-Assisted Living Facility

Progress is moving on accessing a facility for the community. Currently discussions are being conducted with BC housing who are responsible for the funding of the facility. Once we have some commitment from BC Housing we can move forward with discussion relating to space etc.

Interagency Committee/ Coordinator

HTC, Heiltsuk Kaxla Society and HHHCS have partnered to fund a position of Interagency Coordinator for the purposes of resurrecting the Interagency Committee. This position will be vital in bringing the entities of the communities together to address common issues that face our community. The position is funded for a three year period. Applications can be forwarded to HTC.

Hailika'as Heiltsuk Health Centre Society Bella Bella Registered Nurse Education Program Proposal Development

The Hailika'as Heiltsuk Health Centre Society, in partnership with Heiltsuk College, Bella Bella Community School, the Bella Bella Medical Clinic, R.W. Large Memorial Hospital (Vancouver Coastal Health) and the First Nations Health Authority. Is working to achieve the following work requirements:

- Work with community partners to draft a proposal to implement a registered nurse education program (nursing program) that is based primarily in the community of Bella Bella.

It is understood that the objective of the Hailika'as Heiltsuk Health Centre Society is to:

- take a leadership role within the community to facilitate the development of a proposal for a registered nurse education program that is based primary in the community of Bella Bella.
- Work in collaboration with community partners to ensure that the proposal is developed together with key community partners.

The work will include:

- Gathering the local community perspective by hosting a focus group which aims to ask about the value of offering this program in community, and to identify potential challenges and obstacles to take into consideration. (Participants will include community leaders, Elders, and persons interested in pursuing a career in nursing. Shearwater residents will be included in the consultation.)
- Working with the Heiltsuk College to canvas the community (and neighboring communities) for interest in a nursing program.
- Consulting with neighboring communities by engaging with health program leads from Klemtu, Wuikinuxv and Bella Coola.
- Meet with other key partners and potential partners to gather information, explore interest to support this initiative, explore the ability to contribute to its success and explore any foreseeable challenges or obstacles. (These may include the First Nations Health Authority nursing advisor program lead, universities and colleges that offer nursing programs, and the B.C. College of Nursing Professionals.)

Pacific Coastal Airlines

A meeting was held in early May with PCA regarding their summer schedule for Bella Bella. Initially they were planning to cut flight to Port Hardy and Campbell River. Participants attending the meeting expressed their concern and disappointment that PCA was going in this direction as it would cause undue hardship on this and other communities on the Central Coast. The elimination of these flights would eliminate essential services to the community. In addition, the alternatives offered by PCA would be of no benefit to Bella Bella. For example, PCA officials stated that Wilderness Air would be providing services to Part Hardy. However, the cost of a return flight was priced at over \$400.00.

Subsequent to the meeting, PCA officials provided the following information on the new summer schedule.

- More dedicated seat capacity between Bella Bella and Port Hardy
- More non-stop flights between Vancouver and Bella Bella and Vancouver and Port Hardy
- More cargo capacity between Bella Bella and Port Hardy
- No changes to cargo rates
- New, non-stop service from Vancouver to Bella Bella and Port Hardy means those flights may only be affected by weather conditions in one community instead of weather in both and therefore improve overall fought competition reliability.

Considering the fact, their initial plan was to eliminate all flights between Bella Bella and Campbell River and Bella Bella and Port Hardy, this appears to be somewhat of a compromise form PCA. Additional information will be provided as it is received.

High School Graduation

Congratulations were extended to Elyssa Gladstone-Housty, Gwen Chamberlain, Natalia Windsor, Kami Humchitt, Sawyer Neilson, Tracey Carpenter, Edwin Paul and Bella Brown on their upcoming graduation from BBCS. HHHCS is proud of your accomplishments. We are pleased that Bella and Edwin have taken positions with the Health Centre.

Respectfully Submitted, Keith Marshall



Administration Team Report



Hailika'as Heiltsuk Health Centre Society



Administration Department

April 1st, 2019 to March 31st, 2020

Team Leader: Bo Reid

Mandate: To be efficient and effective in providing the best possible support services to the Health Centre.

Finance

In addition to managing the financial functions (payroll/benefits, accounts payable/receivable, budgets, financial statements) of the HHC, the finance department also ensures that the conditions of the contribution agreements with Health Canada are met. The finance department consistently provides timely financial reporting and support to the Health Director, team leaders, and Board of Directors and has consistently demonstrated the ability to meet the standard of annual financial audit. Compliance to the conditions of the Health Canada contribution agreements is a mandatory requirement for HHC. Continued funding is dependent upon meeting these requirements, and special projects as required.

IT Department

All aspects of network/systems administration, troubleshooting with clear concepts, Mustimuhw systems champion, website, tele-health, security, maintaining system integrity, client privacy and information security are critical functions of the information technology department.

Maintenance/Custodial

The maintenance and custodial department ensures that the program buildings and residences are safe, sanitized and in good repair for occupation by staff, visitors and HHC clients. This also includes vehicle maintenance.

Office Manager/Accreditation Coordinator

Health board recorder, travel prep for the board, management and staff, PR and communication with community re: programs/service notices – email, posters, flyers, twitter, facebook, coordinate aspects of the accreditation project, support for recruitment, paper tiger filing/archiving.

Receptionist/Office Assistant

Front office and telephone reception, care card administration, visiting professional liaison, general inquiries from the community, inventory control, and other office duties as required

Hailika'as Heiltsuk Health Centre - Telehealth

E-HEALTH SOLUTIONS ACTIVITY REPORT (2019-2020)

Engagement Strategies

Our Telehealth Migration Specialist has been working closely with our Telehealth Coordinator in the development of Telehealth Services. In partnership with Vancouver Coastal Health Authority via the R.W. Large Hospital we are continuing with our collaboration on the Stepping Stones Initiative.

We have continued to take advantage of Educational Seminars that are being provided by the UBC Learning Circle. This has been useful for our frontline worker's in the area of healthcare, Community Engagement, youth engagement, and crisis management.

We continue to work in partnership with RW Large Hospital and Bella Bella Medical Clinic to prioritize various areas of need.

There is continued dialogue and full support from Vancouver Coastal Health Authority. This last couple of years with the absence of no Telehealth Coordinator we have joined a partnership that creates a well-structured position for our Telehealth Coordinator in gaining the skill set of a Medical Office Assistant. They are responsible for coordinating the appointments for various Specialists and continuing with the Stepping Stones appointments.

Identified risks

Continued risks of the program are the turnover in our staffing. This is an integral component of any Telehealth Program.

Community Readiness

We have the capacity and we also have support from VCHA, FNHC and our Organization to expand upon Telemedicine.

Our facilities have been upgraded to establish itself for Wound Care, Telepsychiatry, and Educational Sessions, which have always been priorities for our organization.

Our Telehealth Coordinator, Jasmine White, continues to champion the Telehealth Program for us in working in partnership with VCHA. At this time Jasmine is on a Maternity Leave which is anticipated a one-year absence. Bertha Campbell has been selected to fulfill the role in her absence. At present we are working on making amendments to the role.

They continue to promote Educational Sessions internally and externally to our community. She continues to work with our Nurses in hosting our Clinical Sessions at our location on a variety of items like, Stepping Stones, and Wound Care Management.

Conclusion

The Heiltsuk have been very active in taking the lead role in sharing information at a regional, national, and international level. We look forward to the next phases of the Telehealth in BC:

- Policy & Procedure Development
- Clinical Telehealth
- Continued networking with other First Nations & Health Care facilities

We would like thank FNHC and VCHA for supporting our needs as it relates to Telehealth. Bo is determined to solidify our relationship with VCH and continue moving forward with Telehealth.



Accreditation Update – 2019/2020

Accreditation Update

Two Accreditation Canada Surveyors were onsite November 12-15, 2019 to evaluate our programs and services in the following categories:

- Governance
- Leadership
- Aboriginal Health & Wellness
- Medical Management
- Infection Control & Prevention

We are happy to report we passed this evaluation. **We have granted "accreditation" status until 2023.** There are four (4) required organizational practices (ROP's) in the area of governance and leadership that we must complete by April 15, 2020 and October 15, 2020.

We are extremely proud of our achievements. Our goal is to provide the best possible programs and services. Quality improvement initiatives are always ongoing.

Our 3 in 1 Health & Safety Committee is instrumental in providing guidance and support to our agency occupational health & safety, client safety and risk management.

Way to go Hailika'as Heiltsuk Health Centre Society! Another job well done!

Kevin Wilson, Office Manager/Accreditation Coordinator



Community Wellness Program Report

Community Wellness Program Annual Report 2019-2020

The Community Wellness Program consists of the following three programs: Counselling, Youth (Ages 7-21), and the Fitness Centre. This report contains a description of the past year (April 2019-March 2020) for each of these programs as well as a list of general events our programs were connected to.



Counselling Program

Overview

This program currently employs three full time staff, who provide the following services to the community:

- Individual counselling
- Couples counselling
- Family counselling
- Drug and alcohol treatment referrals
- Crisis intervention
- Group programs
- Community wellness programs
- Art therapy sessions for children
- Art therapy sessions for youth
- Art therapy sessions for adults

Counselling staff see, on average, 20 clients per week and have, on average a case load of 35 clients. Counselling staff also work collaboratively with other staff and entities on a consultation basis.

Staffing

Trevor Good, counselor

Sonia Plewa, clinical counselor

Amelie Blanchard, art therapist

Programming

In addition to direct counselling services, the counselling program provided (or collaborated on) the following groups, events, and outreach:

- **Boys Group-** once a week meeting with boys grades 4-7, partnering with the Youth Program staff to support healthy programs for boys.
- **Dad's group-**once a week meeting with fathers and male caregivers, partnering with the Youth Program to provide a place for men to have dinner with their children.
- **Women's wellness group-** once a week programming with women meeting and using movement and mindfulness to promote wellness.
- **Art Camp-**a weeklong art camp for the youth of the community, partnered with the Youth Program staff during the summer.
- **Women's Craft and Sewing group-** biweekly sewing classes for women working on various projects each time. Very successful and high in demand.
- **Gardening workshops-** a variety of workshops were held in partnership with QQS Society and hosted at the youth centre. This were very successful, and the topics ranged from garlic planting to making your own sprouts.
- **Mind Medicine-**a weekly group to support mindfulness in teen and tweens, done in partnership with the Youth Program Staff

Professional Development

Aboriginal Focusing Oriented Therapy and Complex Trauma (AFOT)

Congratulations to our Health Centre Clinical Counsellor, Sonia Plewa, for completing a year long training at the Justice Institute of British Columbia. Sonia started the Aboriginal Focusing Oriented Therapy and Complex Trauma (AFOT) course in February last year and now a year later, on February 1, 2020 she graduated with 20 other women who all live and work with the First Nation communities in BC and Alberta.

The course was delivered in 7 different modules including complex trauma, focusing (which is a body-centred and person-centred approach to healing), grief and depression, dream work and Indigenous spirituality.

Sonia is very grateful for having the opportunity to deepen her knowledge and understanding of Indigenous approaches to healing and wellness. She appreciates AFOT for giving clients total control of the pace and the direction of their healing journey. AFOT is particularly effective in the treatment and healing of complex trauma caused by accident, sexual, physical, emotional abuse or neglect and it reflects the core values of respect and non-interference.

Sonia would like to thank the Health Centre and the Health Centre Board Members for supporting her professional development. She looks forward to using her new set of tools in service to the Heiltsuk Nation in Bella Bella.

Narrative Therapy Training

In September 2019 the Counselling team and Cindy spent 5 full days on Granville Island where we participated in an intense Narrative Training lead by internationally known experts such as Stephen Madigan, David Nylund, and Lorraine Hedtke. Narrative therapy seeks to be a respectful, non-blaming approach to counselling and community work, which centers people as the experts in their own lives. It views problems as separate from people and assumes people have many skills, competencies, beliefs, values, commitments and abilities that will assist them to reduce the influence of problems in their lives. During our training we learned different types of therapeutic letters; we engaged in a conversation about grief and loss and how to assist clients on their bereavement journey; and also looked at how to be an ally to LGBTQIA folks.

Professional Development with Darien Thira

In October 2019 the supervisor of the Counselling team Darien Thira came to Bella Bella to deliver his 5 day intensive training in trauma and suicide assessment. The team has been introduced to the therapeutic modality of Focusing (form of Mindfulness). We also engaged in a rich case study and working with addiction.

Mind Medicine

In August, part of our CWP team had the chance to follow the “mind medicine” training by the YMCA . “Mind medicine” is a 6 weeks pilot program to teach teens (age 13-19) about mindfulness. The Heiltsuk community is one of a handful of Indigenous communities that was selected to run this program. It explores various meditative techniques, teaches how to watch our emotions without getting caught in them, highlights our values and learn to make better decision in light of what is truly important to us. This program pairs Acceptance and Commitment Therapy (ACT) and art activities, which allows the participants to experiment and have a concrete experience of what being in the present moment can be like. This program is highly valuable and accessible to youth. It’s skills can be used to manage stress of various kinds, may it be from exams, conflict with peers or difficult situation at home. In the winter, Cindy and Amelie started running the program but due to covid-19, the program had to be suspended.

YMCA Mental Health First Aid

In August, part of the CWP team and other agencies from the Heiltsuk communities came together for the Mental Health First Aid for First Nations. This course offered by the YMCA, offered a wide overview of the effects of colonization to this day, substance abuse and mental disorders. This program offered a holistic perspective to any said issue and highlighted the importance of culture, the importance support systems and self-care. We learned how to assess a wide variety of situation where an individual may require support and assistance. We were taught to recognize the signs and symptoms and how to redirect the individual towards the modality of healing of their choice.

MENTAL HEALTH FIRST AID SUMMARY

In order to take care of others, you need to take care of yourself first. Just like we need to put our oxygen mask first before helping others in the case of an emergency. Helping others on their mental health journey needs to come after you've taken care of your own.

Wellness is defined as a state of being healthy physically, mentally, emotionally and spiritually. Feeling connected in community, having a sense of purpose and actively pursuing one's goals.

Reasons to students to counselling.

- If you notice that one of your students would benefit from getting some support, talk to them about counselling. If you don't feel comfortable approaching them about counselling, find someone who does. You may want to refer one of your students if you notice one of your students acting differently than usual. These changes can vary from one student to the next. Changes may be:
 - Weight gain or loss
 - Change in general mood
 - Worry about performances
 - Decrease in school attendance
 - Socially isolating themselves
 - Conflict with peers
 - Grief and loss
 - Trauma

Remember you are not a counsellor and it is not your job to have that role for them from the side of your desk. As an integral person in your student's lives, your job is to make sure they are safe and refer them to the right services.

Steps:

1. Assessing immediate danger/safety
2. Validate their feelings in a non-judgmental way
3. Refer to the right services: counselling/art therapy, hospital, RCMP

Counseling Work plan 2019-2020

Activities	Tasks (How, by whom, with what)	Timeframe/dates	Outputs(What do you expect to produce)
Women's Wellness Group	<ul style="list-style-type: none"> Sonia The Elders Building Mindfulness, meditation and movement 	January-April, Thursdays 6:30-8:00pm	Women gaining new tools for self-care and connecting with each other
Create year over-view	HHC Counselling Team <ul style="list-style-type: none"> Create year calendar 	May 2019	Create a work plan around calendar events and staff holidays.
Aboriginal Focusing Oriented and Intense Trauma training	<ul style="list-style-type: none"> Sonia Justice Institute in New Westminster, BC 	February 21-23 April 25-27 June 13-15 August 22-24 October 24-26 December 12-14 January 30-1	Diploma in aboriginal complex trauma + share resources with the rest of the team.
The big Narrative therapy Conference	<ul style="list-style-type: none"> Trevor Vancouver, BC 	April 30 th -May 5 th	Gain knowledge in narrative therapy approach and share with the team
Darien	<ul style="list-style-type: none"> Trevor Amelie Sonia In Bella Bella 	May 21-24 th	Provide supervision, note review & trauma informed + grief and loss training
Art camp	<ul style="list-style-type: none"> Amelie At the Youth center 	July 22 nd -Aug 2 (10 to 3, lunch provided)	Providing a space for kids (age 7-11) to be creative in the summer + get to know the art therapist.
Grief and Loss Group	<ul style="list-style-type: none"> Sonia Elders Building Provide a space for people to grieve and connect with their deceased loved ones 	Starting Sept. 12- 6 sessions	Providing support for people through loss and grief.
Narrative therapy training	<ul style="list-style-type: none"> Trevor Sonia Cindy Amelie Vancouver, BC 	September 25 th -29 th	Deepening our understanding and knowledge of narrative therapy approaches + team bonding
Darien	<ul style="list-style-type: none"> Trevor Amelie Sonia Bella Bella, BC 	October 6 th -12 th	Provide supervision, note review & trauma informed training
Tom & Merle	<ul style="list-style-type: none"> Booked Nuda- done Booked flights Confirmation with Tom and Merle- done In Bella Bella Book clients through Carl Advertise 	October 21-25 th	Provide traditional healing for the community

Tom & Merle	<ul style="list-style-type: none"> • Booked Nuda- done • Booked flights • Confirmation with Tom and Merle (Tom confirmed) • In Bella Bella • Book clients through carl • Advertise 	January 14 th -17 th	Provide traditional healing for the community
Canadian Art Therapy Association's annual conference	<ul style="list-style-type: none"> • Amelie • Calgary 	October 25-27th	Stay up to date with research and the art therapy community. Connect with other professional art therapist.
Dads Group	<ul style="list-style-type: none"> • Trevor • Youth Centre • Cooking budget 	Jan-Jan.2019-20	Create a healthy environment for dads to come together and cook a meal. Also plan future meals and ideas.
Young Boys Group lunch	<ul style="list-style-type: none"> • Howie, Trevor Youth Centre talking circle and lunch grades 2,3,4 	Jan-April.2019	Create a safe, learning environment for boys.
Boys Dinner	<ul style="list-style-type: none"> • Howie Trevor Youth Centre Grades 5 and up the boys help make dinner and talk about how their week went 	Jan-April.2019	Create a safe, learning environment for boys. Make dinner together.

Fitness Centre Program

Overview

Fitness instruction and education is offered in the fitness center which hosts and array of exercise equipment for cardio and weight training. Staff consists of two FTE as well as on call workers.

Staffing

Gary Campbell
Shawn Gladstone
Dexter Johnson

Programming

The fitness centre has, with board approval, moved to a no-fee model, and in doing so seen an increase in attendance and use. This has prompted a change in the hours, and the centre is now open during the lunch hour as well. This makes mid-day work outs possible for working people. The Fitness Centre is open on weekends seasonally, as attendance drops off during the summer months.

Youth Program

Overview

This program employs one youth coordinator and two full-time youth workers. Additional youth workers are occasionally retained through honorariums based on program needs and special events.

Staffing

Cindy Neilson, Youth Coordinator
Lori Wilson, Senior Youth Leader
Darien Windsor, Youth Leader
Edwin Paul, Youth Leader

Programming

April – June 2018 Spring

Programming was successful, with programming afterschool and evenings for youth. Traditional food collection and preparations were done during this time, seaweed was harvested and dried at the youth centre with all ages.

The youth program hosted the film workshop again, with 9 youth participating in making 4 films.



We hosted the PAL and CORE courses in partnership with the SEAS program and all 12 youth successfully completed the programs.

We hosted four weekends at Kvai camp for different groups and different ages covering different topics like team building, healthy boundaries, and being good friends.



We participated in Ocean's Day, Sports Day, attended the awards and graduation ceremonies at the school

July – August 2018:

During the summer our team expanded with 2 full-time summer students. This allowed us to have longer youth center hours. Our summer programs revolved around boat trips and beach days, with fishing and swimming being the most popular activities for all the youth. These programs were open to all youth from 7 years old and up.



We hosted community Cedar Bark Weaving for several weeks during the summer as well as cedar bark harvesting trips early in the season. These events were open to all community members.



We had a great week of Kayak instruction that focused on safety and fun. This program was open to all community members 13 years of age and up.



The Youth program hosted three mental health training sessions in the last two weeks of August:

- Red Cross Mental Health First Aid for teens
- Red Cross Mental Health for Indigenous Communities
- YMCA Mind Medicine for Teens

The Red Cross programs were open to all other entities and the School, Kaxla, Restorative Justice, QQS Society and HTC sent staff to attend.

September - December 2019

Our School Year programming started up the first week of September, with our traditional programs being augmented with some new ones.

At the height of programming there were 22 different programmed events each week. These included:

- Drop-in Youth Ball
- Teen Sports
- Drop-in Sports After School (grades 2-7)
- Mini Girl Power
- Girl Power
- Heiltsuk Gnm
- Boys Lunch
- Boys Dinner Group
- Taste Buddies
- Baking for grades 5-7
- Dinner and a Movie
- Youth Cooking
- Games Night
- Teen Drop in
- Nights Alive
- LRP weekly meetings
- Drum making
- Gardening





With the opening of the Big House this fall we focused our attention on supporting programming around this historic event. During the fall leading up to the opening we hosted a number of evening events, dance practices as well as preparing all of the red cedar for the opening

ceremonies. These were service acts that the LRP program lead and we invited all of the youth in the community to participate. The LRP and Youth Program also served during the big house opening and supported the cleaning of the space.



The youth program also partnered with BBCS and the SEAS program to support 8 youth attending the Strathcona Outdoors School for a week.

The Leadership Resiliency Program began its fourth year October 2019. 8 additional youth were chosen by the LRP selection committee and participated in weekly meeting where topics such as anger management, goal setting, and mindfulness were discussed, bringing the total participants to 16 currently.

With the expansion in the number of staff, made possible by the funding from the LRP we are able to run two programs simultaneously, so most nights the youth centre is open for those youth who are not interested in playing sports in the hall. This means that on average we run 3 evening programs, 2 after school programs and one lunch program per day.



Special events

Our special events for this period were varied and numerous.



We hosted VCH addictions team in the community and they provided workshops to youth, staff, front line workers and other community entities around decolonizing addiction.

We partnered with the school for Salmon Festival and had jarring and BBQing at the youth Centre.





We hosted two additional Kvai weekends, one for LRP and one for older youth. We partnered with Kaxla, Sasum House, and HTC to host a Halloween Party and Carnival for the entire community, with games and activities. The Youth Program hosted the eighth annual Christmas Dinner for the youth and had our traditional Christmas.

Parties for the grades 2-4 and a very special Dinner and a Movie for the grade 5-7s.



The LRP group served at the elders dinner, worked with youth at the Halloween Party and Christmas Party and helped to give the gifts that Social Development provided at the Halloween party.

January – March 31 2020

All of our regular programs from the Fall continued into the Spring season. We remained open during the All Native and while programs slowed down they were still well attended for the most part.

We partnered with SEAS during the schools “Super Course” week and brought in Wilderness First Aid for the youth who were interested in attending.

Youth Center Program Work plan 2019-2020

Activities	Tasks (How, by whom, with what)	Timeframe/dates	Outputs(What do you expect to produce)
Create year over-view	HHHC Youth Team <ul style="list-style-type: none"> Create year calendar and plot all big events 	End of May 2019	Create a work plan around calendar events and staff holidays.
Create monthly calendar	HHHC Youth Team <ul style="list-style-type: none"> Create calendar for the month of April Include all community events that impact the program Include all personal events that impact the program 	Mid-month for the following month April	Have a calendar of all upcoming events and programs and are aware of scheduled conflicts.
Kvai weekend	LRP/Young girls weekend at Kvai <ul style="list-style-type: none"> 12 youth attend Kvai camp and have a weekend of workshops and bonding. 	May 3-7	Provide safe space for learning around sexual health and boundaries
Kvai Weekend	Girl Power Girls <ul style="list-style-type: none"> End of the year weekend for the girls who have participated in Girl Power this year. 	May 10-12	Provide a weekend of fun for girls who have participated in the program all year. Teach about friendships and boundaries.
Knowledge exchange	HHHC Youth Team <ul style="list-style-type: none"> Three day trip to Bella Coola to meet with youth team. Training around teaching sexual health to trainers. 	May 14-17	All Youth Leaders learn new facilitation skills and are trained to present sexual health.
Inventory	HHHC Youth Team <ul style="list-style-type: none"> Compare physical inventory with written. Note all missing items Note condition 	May 15 2016	Have current inventory available Knowledge of needs for coming fiscal year.

Youth Center Program Work plan 2019-2020

Activities	Tasks (How, by whom, with what)	Timeframe/dates	Outputs(What do you expect to produce)
	<ul style="list-style-type: none"> Create list of new equipment needed for 2019-2020 		
Create monthly calendar	HHHC Youth Team <ul style="list-style-type: none"> Create calendar for the month of April Include all community events that impact the program Include all personal events that impact the program 	Mid-month for the following month May	Have a calendar of all upcoming events and programs and are aware of scheduled conflicts.
Site Visit by Darien Thira, consulting Psychologist	HHHC counseling team <ul style="list-style-type: none"> Meet with counselors as a team with specific topics. Meet with counselors one on one for supervision. Review files and policy Specifically work with staff around suicide 	May 21-25	Review practice, professional development, review files and create work plans for fall.
Kvai Weekend	Coordinator/ Counselling staff <ul style="list-style-type: none"> Weekend retreat for women from the community. Lead by counselling staff content will be mindfulness and wellness based. 	May 31 June1	Provide a weekend of wellness for women from the community. This is a pilot weekend lead by counselling staff. If successful weekends during the summer would be possible.
Kvai Weekend	HHHC youth team. <ul style="list-style-type: none"> Boys weekend lead by male staff at Kvai Weekend of activities centred around bonding and wellness. 	June 7-9	Boys will experience a weekend of Heiltsuk male role models and an open discussion of what it means to be a health Heiltsuk man.
Create monthly calendar	HHHC Youth Team <ul style="list-style-type: none"> Create calendar for the month of April Include all community events that impact the program Include all personal events that impact the program 	Mid-month for the following month June	Have a calendar of all upcoming events and programs and are aware of scheduled conflicts.
Garden Plan	Coordinator/ QQYS, BBCS <ul style="list-style-type: none"> Hire garden supervisor Create summer work plan Budget for supplies and equipment. 	May 31	Bella Bella Community Garden, Bella Bella School Garden and Elders Gardens will have a plan for the summer

Youth Center Program Work plan 2019-2020

Activities	Tasks (How, by whom, with what)	Timeframe/dates	Outputs(What do you expect to produce)
	<ul style="list-style-type: none"> Have supervisor hired and present. 		months. Community member gardens will also be tended,
Summer Programming	All Staff all entities <ul style="list-style-type: none"> Meet and discuss programs for summer Create a work plan for July and August Have posting ready for summer students Prepare summer student schedule 	May 31	Create a community wide calendar for youth. Establish schedule for youth centre
Hire summer staff	Coordinator <ul style="list-style-type: none"> Post for summer students Interview, hire and train. Establish mentorship program with full time staff and summer students. 	June 15	Students will be hired into meaningful jobs and have mentor relationships established prior to starting summer programs.
Kayak Instruction	Kayak instructor, Coordinator, one youth staff. <ul style="list-style-type: none"> Kayak instructor comes to community for set days to teach basic skills. This takes place over evenings, days and weekends so all community members who are interested may attend. Staff are also trained in Kayak safety. 	June	Community members will be trained in how to use kayaks safely and staff will gain experience and confidence in kayak use.
4 th annual Teen Camping weekend	HHHC youth Team <ul style="list-style-type: none"> All teens in the community that want to participate may come for a weekend of camping Summer staff will participate in this first event of the year. 	June 28-July 1	Youth have a start of summer send-off event out in traditional territory. New staff have a bonding experience.
Cedar weaving	HHHC youth team and Expert weaver, Shirley Brown. <ul style="list-style-type: none"> Cedar bark is provided as is space and our Heiltsuk Weaver is in attendance on set days during the summer. Youth and community members are encouraged to drop in and meet with 	June-August	Heiltsuk weaving is available for all community members, from beginners to experts, as well as supplies and equipment.

Youth Center Program Work plan 2019-2020

Activities	Tasks (How, by whom, with what)	Timeframe/dates	Outputs(What do you expect to produce)
	the weaver, as well as work in the space.		
Summer Programs	All Staff all entities <ul style="list-style-type: none"> Boat trips, camping, day trips, day events at the youth centre 	July 1 to August 17	Collaborative summer programs for entire community
Cleaning and Year Plan	HHHC Youth Team + Janitor <ul style="list-style-type: none"> Deep Clean space, check materials Create a shopping list for supplies needed Spend one day creating schedule of programs for the 2019-2020 school year 	August 19-30	Youth centre cleaned and prepped for the coming school year, supplies ordered and ready.
Inventory	HHHC Youth Team <ul style="list-style-type: none"> Compare physical inventory with written. Note all missing items Note condition Create list of new equipment needed for 2016-2017 Store all summer equipment until next year, repair and replace as necessary. 	August 17	Have current inventory available Knowledge of needs for coming fiscal year.
Create monthly calendar	HHHC Youth Team <ul style="list-style-type: none"> Create calendar for the month of April Include all community events that impact the program Include all personal events that impact the program 	Mid-month for the following month September	Have a calendar of all upcoming events and programs and are aware of scheduled conflicts.
Supply Purchase	Coordinator <ul style="list-style-type: none"> Purchase and ship all supplies need for the year of programming as per budget. This will include art supplies, gift and kitchen supplies that can be stored over time. 	August 19-August 30	Purchase supplies in most economical method and in preparation for school year programming.

Youth Center Program Work plan 2019-2020

Activities	Tasks (How, by whom, with what)	Timeframe/dates	Outputs(What do you expect to produce)
Meet new school staff	HHHC Youth team <ul style="list-style-type: none"> Attend school orientation meeting and introduce program and staff to new school staff. Introduce program schedule to staff. 	Beginning of September	School staff will be informed of programs and services available to the school through the HHHC Youth Program
Open House	HHHC youth team and Wellness team <ul style="list-style-type: none"> Host an open house for all community members. Invite staff to meet new parents and explain programs and schedule. Promote groups that are open to families/parents as well as children and youth. 	September 4	Parents will be given information about programs and have a chance to meet staff. New programs can be introduced. Permission slips and waivers can be signed.
Kvai Weekend	HHHC staff LRP youth <ul style="list-style-type: none"> Start of the year bonding and planning weekend with LRP and Staff Create year plan with LRP youth and get to know the groups. 	September 6-8	Year plan will be created in the youth driven manner. LRP youth will have a chance to bond and discuss rules, regulations and upcoming events.
Salmon Fest	HHHC youth team/SEAS/BBCS <ul style="list-style-type: none"> Co-host event with the school and seas around jarring, bbq, and smoking fish. Host a feast at the end of the three day event. 	September 11-13	Youth will engage in traditional food preservation. Youth service will be showcased to community through a feast.
Kvai weekend	HHHC staff, young women <ul style="list-style-type: none"> Young women's retreat for grades 10 and up. Meet and discuss issues around female health and safety. Drive home female wellness issues. 	September 13-15	Young women will have time and space to discuss female wellness in a meaningful manner. Health, wellness and safety will be taught in a respectful environment.
Site Visit by Darien Thira, consulting Psychologist	HHHC counseling team <ul style="list-style-type: none"> Meet with counselors as a team with specific topics. Meet with counselors one on one for supervision. Review files and policy Specifically work with staff around suicide 	October	Review practice, professional development, review files and review work plans.

Youth Center Program Work plan 2019-2020

Activities	Tasks (How, by whom, with what)	Timeframe/dates	Outputs(What do you expect to produce)
Create monthly calendar	HHHC Youth Team <ul style="list-style-type: none"> • Create calendar for the month of April • Include all community events that impact the program • Include all personal events that impact the program 	Mid-month for the following month October	Have a calendar of all upcoming events and programs and are aware of scheduled conflicts.
Training for Mental Health	HHHC youth team and other staff <ul style="list-style-type: none"> • Attend Red Cross Mental Wellness workshops either in the community or in Vancouver • Successfully complete training. 	September to October	Staff will be trained around mental health issues and how to address youth about mental health.
Seasonal event	HHHC Youth Team and Entities <ul style="list-style-type: none"> • Plan, create and host a seasonal event for the youth of the community • Work and costs will be shared by all entities involved. 	Halloween	Community Halloween Party for the youth and families of the community.
Create monthly calendar	HHHC Youth Team <ul style="list-style-type: none"> • Create calendar for the month of April • Include all community events that impact the program • Include all personal events that impact the program 	Mid-month for the following month November	Have a calendar of all upcoming events and programs and are aware of scheduled conflicts.
Film Workshop	HHHC Youth Team <ul style="list-style-type: none"> • Host a two week long film making event at the youth centre. • Create and then view student films in the centre. • Have a mini film festival with prizes and viewings. 	November 6-20	Youth will have an opportunity to create and critique films made by Heiltsuk for Heiltsuk.
Create monthly calendar	HHHC Youth Team <ul style="list-style-type: none"> • Create calendar for the month of April • Include all community events that impact the program • Include all personal events that impact the program 	Mid-month for the following month December	Have a calendar of all upcoming events and programs and are aware of scheduled conflicts.

Youth Center Program Work plan 2019-2020

Activities	Tasks (How, by whom, with what)	Timeframe/dates	Outputs(What do you expect to produce)
Seasonal event	HHHC Youth Team and Entities <ul style="list-style-type: none"> Plan, create and host a seasonal event for the youth of the community Work and costs will be shared by all entities involved. 	Christmas	Community Christmas Party for the youth and families of the community.
Special Events	HHHC Youth Team <ul style="list-style-type: none"> Create and Host Special Christmas youth events Organise the gifts and the parties for each age group 	Christmas	Smaller parties for the youth of the community, traditional youth Christmas Dinner.
Create monthly calendar	HHHC Youth Team <ul style="list-style-type: none"> Create calendar for the month of April Include all community events that impact the program Include all personal events that impact the program 	Mid-month for the following month January	Have a calendar of all upcoming events and programs and are aware of scheduled conflicts.
Create monthly calendar	HHHC Youth Team <ul style="list-style-type: none"> Create calendar for the month of April Include all community events that impact the program Include all personal events that impact the program 	Mid-month for the following month February	Have a calendar of all upcoming events and programs and are aware of scheduled conflicts.
Special Event	HHHC Youth Team <ul style="list-style-type: none"> Create and provide week long programming during the school break Programs will happen all day during the week. 	Week of all Native if school is closed.	Students who do not attend the ANT will have programming in place all week.
Create monthly calendar	HHHC Youth Team <ul style="list-style-type: none"> Create calendar for the month of April Include all community events that impact the program Include all personal events that impact the program 	Mid-month for the following month March	Have a calendar of all upcoming events and programs and are aware of scheduled conflicts.

Youth Center Program Work plan 2019-2020

Activities	Tasks (How, by whom, with what)	Timeframe/dates	Outputs(What do you expect to produce)
Gathering Our Voices	HHHC Youth team <ul style="list-style-type: none"> Select group of youth will be escorted to Gathering our Voices Youth workshop. Chaperones will attend specific workshops. 	March	Youth will experience the largest indigenous youth conference on the West Coast. Youth team will be able to participate in multiple workshops.
Special Event	HHHC Youth Team <ul style="list-style-type: none"> Create and provide week long programming during the school break Programs will happen all day during the week. 	Spring Break.	Students who are in the village will have programming during the school break.

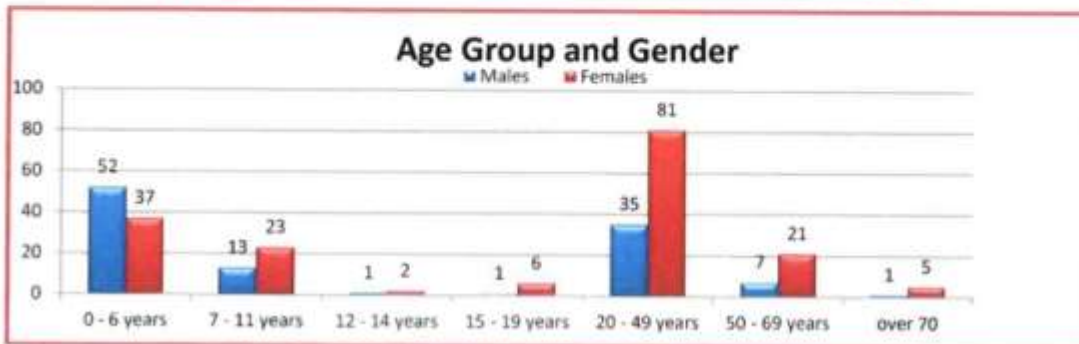
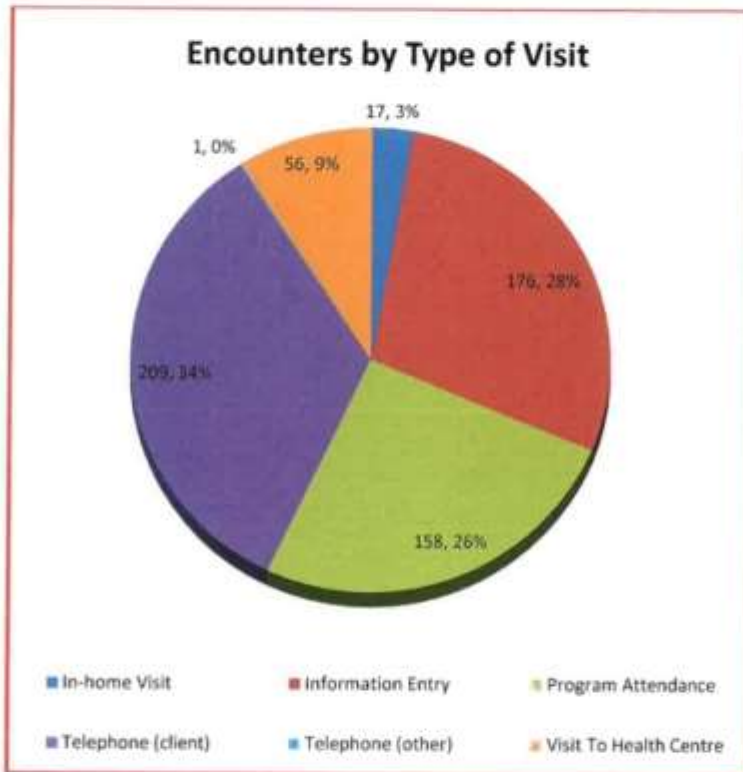


Healthy Families Program Report

Healthy Family Program Annual Report
 April 1, 2019 – March 31, 2020

All essential Service Health Center HFP Programs continued through the COVID 19 lock-down which began March 20, 2020.

Charmaine and Mitch Client Encounters During COVID 19
February 1 – march 31st, 2020



Healthy Family Program (HFP)

The Healthy Family Program includes Maternal Child Health (MCH), Chronic Disease Management & Aboriginal Diabetes Initiative (ADI), Communicable Disease and Immunization Programs (CDC).

Program Team Lead: Mitch Savage, Community Health Nurse.

Maternal Child Health Program

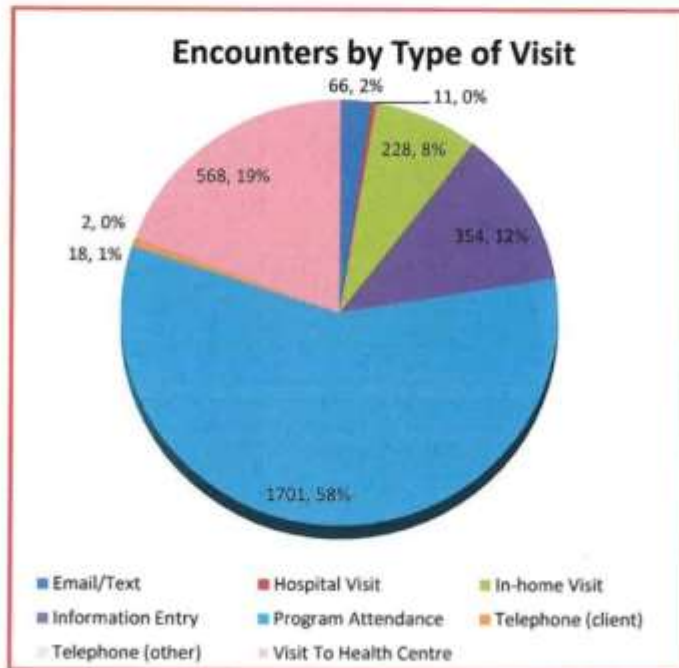
MCH underwent some restructuring regarding staff and programming. Additions to the MCH Team include:

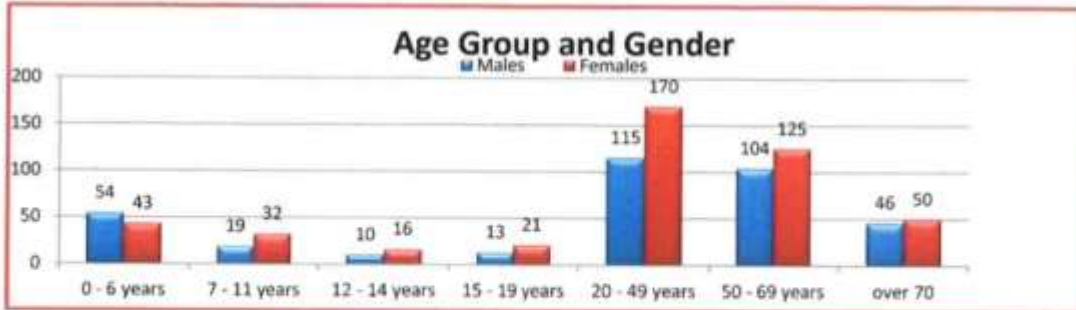
- Bella Brown: Literacy and early development assistant.
- Jefferson Brown: Fitness coordinator (August 2019)
- Tanya Bolton, Danielle Humchitt: Nutrition and early childhood play supervisor (August 2019)
- Vanessa Gladstone LPN: Training to be team charge for Charmaine absences

Current Staff includes:

- Charmaine Lingard: Maternal Child Health Nurse.
- Vanessa Gladstone: Nurse in Charge
- Georgia Larsen: Hnis'u
- Tamara Powell: Hnis'u
- Tanya Bolton: Nutrition Coordinator

A Big Thank you to the regular participants of our programs who filled in when we needed extra support!





Baby Massage

Baby massage is offered to families every Tuesday and Thursday by appointment only due to COVID19 regulations. Babies find the gentle contact soothing and relaxing, even therapeutic because, of the five senses, touch is the one that is most developed at birth. There's research to suggest that infant massage has enormous benefits for helping babies grow and thrive. It can help ease your baby's tummy troubles and teething pains, boost their muscle development and circulation, calm them when they are fussy, and soothe them to sleep. But the advantages don't stop there, all that stroking and touching make it easier for you to bond with your newborn. Giving your baby a massage can help you find your own inner Zen, too (and who can argue with that?).



Staff development



Charmaine Lingard, being trained as both a Midwife and a nurse, focused on orientating and assisting Vanessa to gain confidence with client assessments and develop her skill set. The two areas targeted were as a manager and a maternity nurse. Specifically focusing on prenatal/early postnatal care.

Tamara and Georgia, both have their doula training, were similarly educated in house by Charmaine. A lot of time also went into sending all the staff out for, and supporting them with, training this year.



Specific new programs as determined by Community Direction and Input

- Expand and increase regular home visits for returning families.
- Expand using family drop in volunteers as number of program participants has increased.
 - 9 new staff were orientated by MCH nurse for 2019.
- Nutrition awareness within the young families with extended support personnel.

- Family groups/dinner discussions, with a few of our families. These individualized meetings engage family members with concerns they have identified as wanting guidance and/or assistance with.
- Follow up care with children with Chronic care concerns.
- Early literacy Program was increased with the assistance of Bella within the Sasum and day care environment. Julie Anderson was also brought in to assist with this 5 times a year, as well as FIVE Behavioural Consultants who came to Bella Bella every month.
- New "Rumble in the Jungle" program activity's focus on early physical development milestones, specifically on fine and gross motor development. All within the Ages and Stages (ASQ) and Pathways guidelines.
- Vanessa Gladstone took the lead for the BC Early Hearing and Vision Programs which focus on early hearing and vision development within the first 12 months of life.
- Traditional sharing and compiling of Stories: (ante natal and delivery) Vanessa, Tamara, Sarah Pyke and Sarah Munroe.
- Community driven request for pelvic floor education. Under Tamara Powell's lead, she expanded the women's health/PAP outreach.
- Cultural outreaches were incorporated into Georgia Larsen's portfolio. This included language and drumming within the two-Family time drop ins.



Vancouver Inter-Agency Connections

MCH staff travelled to Vancouver where they met with Vancouver Coastal Health physiotherapists and pelvic floor specialists, pre/post natal nutrition specialists, as well as FNHA Clinical Nurse Specialists for women's health. The Main goal of these meetings is to build a solid link between Vancouver based professionals and staff in Bella Bella. Our plan is to bring these professionals up to Bella Bella as they are currently available for regular phone consultations.

Going forward, these Vancouver professionals will support current front-line workers when visiting professionals are not in the community.

These professionals have agreed to be available to the team for phone consultation as needed:

- Jennifer Kriempien: BC Women's perinatal nutrition coordinator.
- Marcello Paloetti/Carolyn Cassenas: Pelvic floor physiotherapy, VCH, BC Women's Hospital.

- Barb Webster: FNHA, Women 's Health and Breast-Feeding Clinical Nurse Specialist.
- Sue Bolton: Incontinence Clinical Nurse Specialist, FNHA Pelvic Health.
- Sarah Pyke: Consultant, Women's health strategies. Project officer.
- Sarah Munroe: Associate Professor Women's health, St Paul's, consultant.
 - Jordan's Principle.
 - Home support equipment.



Nutrition Voucher Program

Maternal Child Health Program gifts our local new and expectant mothers with a \$75.00 gift voucher for our local grocery store. This monthly nutrition voucher is provided to help offset increased costs on the family grocery bill. This is a popular program and most moms who access it also attend our weekly programs where we offer a space for them to bring their child/ren to play and engage with other children. Parents are also offered a space to weigh their baby and to see the MCH Nurse. This program was expanded this year from 40 to 50 vouchers.



Crash and Bump/Parents and Tots

Successful and well attended until the hall experienced water damage and became unsuitable for the inflatable equipment. Parents & Tots continued at available locations until the shutdown.

Crash N Bump

For Ages 7 & under Has the biggest bouncy castle!

Can have up to 120 kids!

All Toys are out!

Runs from 10am-12pm & 1-3pm.

Created for families to come enjoy a space to play and interact with their children in an environment that promotes the children's growth and development by using their fine and gross motor skills, problem solving, and expanding their social skills. The Crash and bump and Parents and Tots programs hire 4-8 community members each week to move and setup the equipment. There are two bouncy castles, one larger than the other. The biggest bouncy castle is out for crash and bump days only but the smaller one is out for both programs. Crash and Bump is a great place to watch our community children have fun and learn to adapt to the equipment provided for play one day a week throughout the months of September to June.



Thursday Summer Program

Maternal Child Health team assisted every Thursday at the local daycare and invited the Sasum house facilities in outings to the park/beach/trail walks. Help the children explore our local area's with extra hands and eyes. Together we held a summer end BBQ.

Parents & Tots

For Ages 4 & Under

No BIG bouncy castle

Can have up to 60 kids

Runs from 10am-12pm & 1pm-3pm

Interagency Collaboration continues between MCH and:

- Kaxia,
- Sasum house and Daycare
- Home support program
- Clinic, Divisions of family practice, K4 and facilities.

Cooking Classes

Several group and one individual cooking class held throughout the year. Positive feedback from the attendees.

Family drop in

Collaboration between Sasum House, Kaxla, daycare, and HHHC continues.

Self Care Crafting

Amelie and Georgia facilitated 3 crafting sessions in December 2019 for parents. Childcare was provided.

Goal: To provide support for parents to during the busy holiday season.

Beading nights

6 additional sessions added in January and February by popular demand. Parents were encouraged to work on alternative crafts if beading was not their choice. Georgia facilitated the crafts and guided conversation around child development.

Barbra Webster from First Nations Health Authority is our Breastfeeding consultant

Family Meetings

A family would be invited to the Health Center to share a meal prepared by the MCH Nutritional Coordinator and, after the meal, have a discussion guided by traditional Heiltsuk mediation techniques. The family would be encourage to discuss concerns they had which may have been too intense for them to have in their home. This concept allowed for their home to remain a sacred and safe place. They could process their concerns with input from the MCH team which could have included treatment plans, healing, and support plans for a child or children.

Home visiting program

The home visit program is a voluntary program. Home visits are offered to pre and postnatal moms returning to the community with their new baby. The first in-home assessment is performed by the MCH Nurse within 24 hours of the family returning to the community. MCH Hnisu's offer help in the house to help the mom as requested or help the mom settle and adapt to the new baby stage. All assistance is based on the requests of the individual family's needs and preferences.

Rumble in the Jungle

New to MCH "Rumble in the jungle," was created by Julie Anderson to encourage children 0-5 years and the workers in a childcare setting, to move and play in song. The program started August 2018 and runs once a month at Sasum house and Daycare with our visiting professional.

Summer Programs

Summer boating trips chosen by the families who regularly attend the MCH programs were Sager Lake and Kvai River. All participants enjoyed a picnic lunch and outdoor activities.

Designed as a "thank you" to Sasum House and the Daycare for their support of the Crash-and-bump program. MCH staff collaborated with the Sasum House and Daycare Staff to support summer activities for children 3-6 years of age. Some of the activities were nature walks, beach days, a bar-B-Q, and other community-based events.

Dental Hygiene

Maternal Child Health offers several dental teaching events to children zero months to six years of age. The dental varnish program happens twice a year, "bring your Sasum to the Dentist Days" which was created to have children under the age 6 to get familiar with the Dentist and dental office, runs 2 times a year. All in attendance to these programs are offered a "smile bag" to take home.

Future MCH programs proposed for 2020

- Expand women's health to community fairs see TP report.
- Expand education to MCH staff for Substance abuse during Prenatal.
- Include story telling for birthing experiences.
- Include gynaecologist outreach.
- B.C Early hearing program.
- Breast feeding education program through Barb Webster for Douulas and Vanessa.
- Eider bi-monthly lunches facilitated by Vanessa and Tamara.
- Cultural expansion to include Ian Reid, Jen and Wil Brown. All parents who attend MCH outreaches.
- Child traditional medicine gathering and making.
- Drum making.

Program Support

Bella Rayne Brown

In my position at the Health Centre, I support many programs including Healthy Start Breakfast and Family Drop In. Plus, I work with the behaviour therapist, Dr. Elizabeth Sparling, with the literacy program at Sasum House and the Daycare. This rewarding work engages with children one-on-one and in groups and promotes developing social skills, reading, and helping the participants learn how to socially engage and play with the other children, slowly, at their individual comfort level.

When not engaged with children, I would help with the organisation of ongoing and future activity planning, look for crafts and activities to do with the families and children, plus help keep the flow of paperwork organised and up to date.

Hikanakvla (To rise higher) Fitness



Jefferson Brown: Program Lead.

I am a Heiltsuk man with a passion to improve lives through three closely related topics, physical activity, exercise, and fitness. Each of these topics represent different things and hold different meanings for everyone, based on their life experience and physical ability. I want to help people achieve their goals and aspirations through learning and understanding about who they are and what their definition is for the different activity topics.

Hikanakvla Fitness promotes a new physical activity wellness curriculum in which participants are encouraged to join individual and group programs that are designed to improve their overall health. The program is meant to provide community members of all activity levels, a place to feel safe and confident enough to participate in activities that can enhance their lives.



One example of the activities recently promoted is the 30 minutes of activity for 30 days (30 X 30) physical activity challenge. This was very popular with more than 50 people signing up for the challenge September 2019. Eleven individuals completed the activity and had their names entered into a prize draw.

During the Months of February and March 2020 I worked extensively with the Junior girls & Junior boys basketball teams on strength training and conditioning as part of their preparation for the provincial Jr all native tournament. Since then, groups of two to five teens have choosing to come into the gym to continue the training.

The Individual (personal) training sessions have included community members ranging in age from 14 to 60+ years. Their fitness routines are as varied as their ages so custom routines are developed based on their individual abilities and desired outcomes. This customized approach encourages the clients to choose activities that they enjoy and gives them options on the design of their routine. They may enjoy working in the weight room with a more traditional program or a functional fitness program in which they focus on activities they would do on a more daily basis. Program participants include those who have chronic health challenges such as diabetes, arthritis, hypertension, obesity, and knee replacement rehabilitation. My goal for the program is to have the participants realize that the program promotes overall holistic life changes, not just the physical changes they experience. Once people begin to feel good about themselves what they look like (body image) becomes far less important.

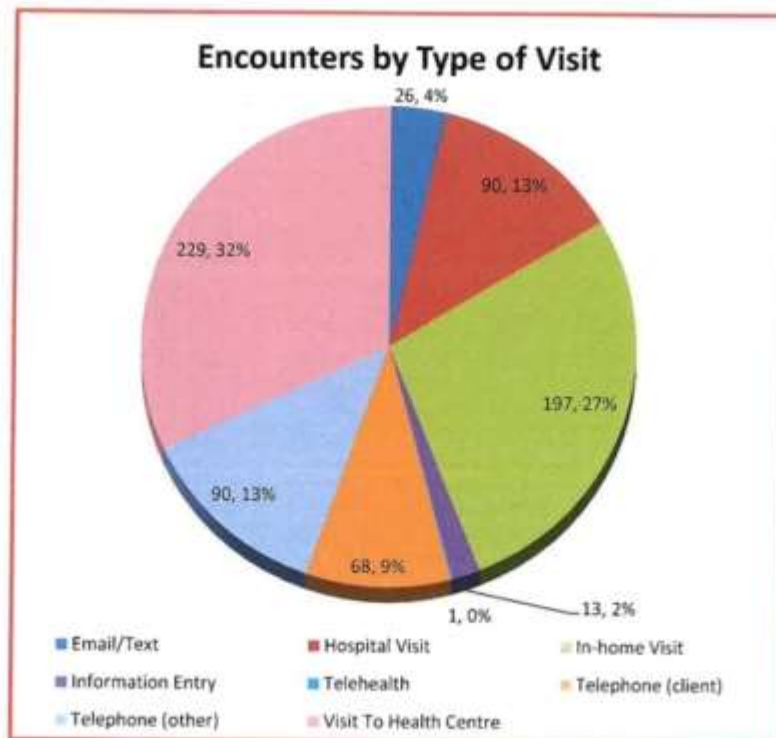


The program experienced many interruptions since its inception August 15, 2019 beginning with the burst pipes in the ceiling to the ongoing COVID19 Pandemic. The current social distancing restrictions that are in place to keep people safe have made group work very challenging and virtually impossible unless held outside. As a result, most of my work is with individuals. Despite the limitations, there are plans to start "bubble group" sessions, and "boot camp" training. Plus, activities such as food gathering, long line fishing for elders, hunting, hiking groups on Saturdays and a youth biking group in collaboration with Tanya who will provide a healthy drink and snack at the end of each ride.

I want to thank my team leaders for believing in me and supporting me in something I am feel so passionately about. I am extremely grateful for the support they have shown me during the challenging process of building a program from the foundation up and for the sponsorship they have provided for me to complete several certificates to further my knowledge in personal training and building programs for individuals of all ages and abilities.

Chronic Disease & Aboriginal Diabetes Initiative

Glenda Phillips: Nurse in Charge: Total Encounters 714



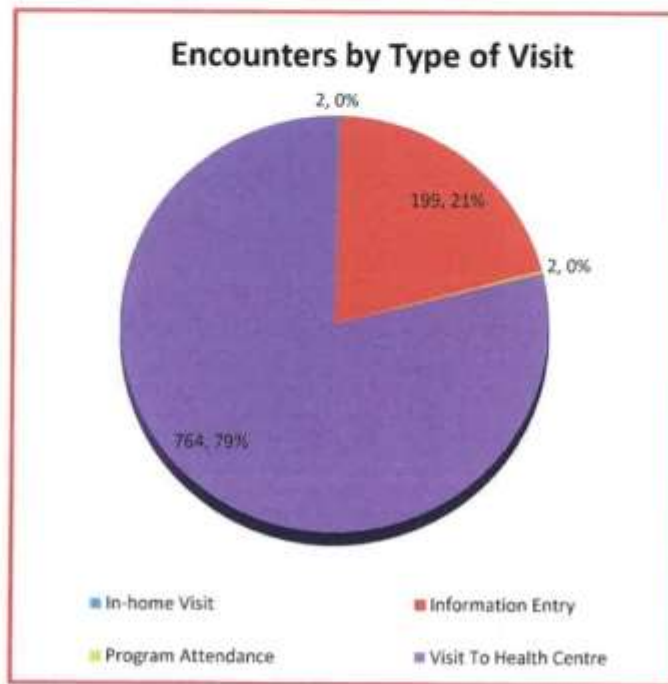
Communicable Disease Program (CDC)

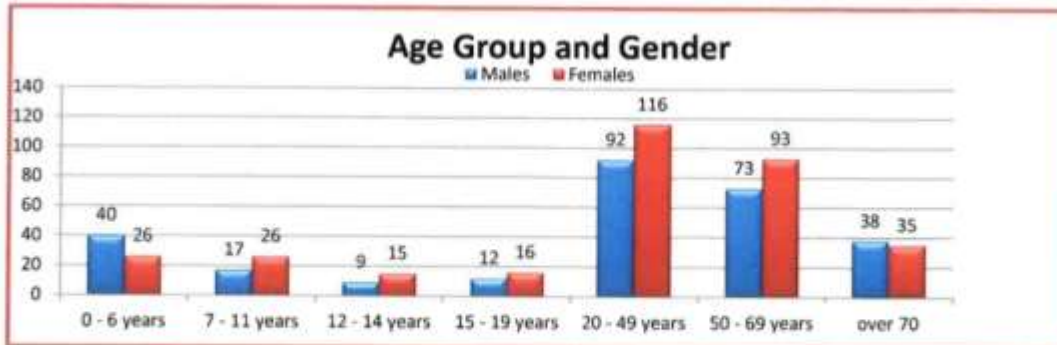
Total encounters: 980 (up from 779)
Mitch Savage, CHN.



Immunizations

- No Cold Chain Breaks since the acquisition of the Chest Fridge to store vaccine in January 2019
- Continue with Hgb A1C and HIV point of care testing.
- TB skin testing continues from the Health Center and community locations as permitted.
- Immunization program continues to be well attended, 484 clients, at the Health Center and in the community.
- Flu shot participation at the Health Center, in homes and offices participation was up again this year to 485 (8.1% increase from previous year), despite no Flu-mist being available.
- Pneumonia Vaccine given in higher numbers, 22, this year.
- Shingrix, the vaccine for shingles, was given as requested in homes and at the Health Center.
- Mustimuhw Data Base and Provincial Panorama Data Base continue to have all contacts entered so data is available to outside communities that are linked to Panorama.
- Nasal Spray Naloxone available free from Pharmacy for Community Members





Visiting Professional Services

Collaboration between Vancouver Coastal Health (VCH) R. W. Large Memorial Hospital, Heiltsuk Kaxla Society, and Hailika'as Heiltsuk Health Center Society (HHCS), to host a variety of visiting professionals and services that enhance the health of Bella Bella community and decrease the amount of out of town appointments.

Services include:

Occupational Therapy for adults and youth

Cris Rowan: Adult clients

Jennifer DeVries: Pediatric Occupational Therapist.

Comes into town 5 times a year and works with children aged zero months to six years. She works closely with parents and their children focusing on area's where the child may need assistance, to build developmental strategies, and respond to questions and concerns the parent may have regarding milestone development.

Speech and Language

Speech and Language Pathologist Patricia Smith resigned this year. She had previously visited Bella Bella three times a year and assess children aged eighteen months to six years. The visits were based out of Kaxla Society. Kaxla Society and the Maternal Child Health Program work closely together to help our Heiltsuk Sasum strengthen their speech and language skills.

Behavioural Therapist/Intervention

Dr. Elizabeth Sparling: Behaviour Analysis.

- Provides early intervention and school age supports to children with Autism Spectrum Disorder and other diverse abilities to develop adaptive behaviours including communication, daily living, and social skills.
- Provides behaviour consultation services for youth and their families to reduce behaviours that are interfering with skill development and limiting opportunities.

- We provide tutoring & school support services to any students who need a little bit of extra help to be successful at school or to complete distributed learning courses.
- We provide counselling for individuals that need support with anxiety, depression, & major life transitions.

Pediatrician

Dr. Alisa Lipson: Comes to Bella Bella 2 times a year and works from the Bella Bella Medical Clinic.

Fitness Guidance & Motivational Movement and Literacy Coordinator

Julie Anderson

Physiotherapist

Rik Rafuse

Acupuncturist

Andrew Kerr

Chiropractor

Jeremy Buhay

Massage Therapist

Karmyn Humchitt & Leah Moody

Pharmacist

Larry Leung for community medication review and education.

Ophthalmologist/Optomtrist

Heather O'Donnell

Eyes, Ears, Nose, Throat (EENT):

Dr Kozac.

Audiology:

Chris Snavely

Dreena Davies: pediatric

Heiltsuk Dental Program Report – April 1, 2019 to March 31, 2020

Dr. David Li was onsite:

- April 1st to May 3rd
- June 3rd to 21st
- August 6th to 30th
- September 30th to October 18th
- January 20th to 24th
- February 24th to 28th

With Dr. David Li being out of town so often, we contracted Dr. Mona Makortoff to come in to fill the gaps. Her style of work schedule was very different, as she chose to have one client booked in the morning and one in the afternoon. All work was completed so that they client would not have to come back for six months (unless we did not finish the treatment in one sitting). The client we saw, were satisfied with this way of treatment.

Dr. Mona Makortoff was onsite:

- February 3rd to 8th
- February 16th to 22nd
- March 16th to 18th – this visit was cut short due her needing to get home to be with her family

February 24th to 28th we had the services of Ambryn Ethier from Nanaimo who is a Dental Hygienist. She was to return in March but with the shutdown due to Covid-19 this is on hold until further notice.

March 9th to 12th we had two denturists come into service our clients. Jeremy Duprat and Gino where their names. They saw over 40 clients. Their next visit is on hold due to Covid-19.

In February we hired a new dentist – Dr. Puneet Brar, she was supposed to start in March but due to the shut down her start date has changed.

Dr. David Li has decided to go back to university in Hong Kong. We wish him well on his new learning and hope to see him again. He spent 8 years working in our community and our clinic.

Respectfully submitted,

Rhoda Bolton, Dental Program Manager

Sasum House/Aboriginal Head Start On Reserve (AHSOR)

Pre-school & After School Programs

Annual Report – April 1st, 2019 to March 31st, 2020

Our program has been up and running for 11 years, since November of 2009 both our morning Pre-school and our After School Programs have been completely full, usually with a wait list of 5 to 8 sasum registered at the beginning of every school year. We've had a total of 200 Morning and After School sasum in total, who have gone through the program up to date. We have 20 After school sasum registered in the program every year, which is our limit, and these sasum are 5- and 6-year old's, and 15 Morning sasum that are 3 and 4 year old's. We run both our programs from September to the end of June every year from 8:a.m. to 2:p.m., for morning program, except on Wednesday's, as the sasum go home half hour early, due to the fact that our After School Program starts early on this day. We only take 15, three- and four-year old's in our morning program, which is our required amount.

Our sasum become our family and I love watching the bond between all our staff and our sasum. Every sasum that's signed up to our program, starts at age 3, from there they are with us to the age six, as soon they turn seven, they graduate and move on over to the youth programs. "It's bittersweet," when we say our final goodbyes to them, as we've had them with us for 3 full years. Usually by this time they are ready to spread their wings and enter the Youth programs.

Our summer program runs from the first week of July 2019 to the second last week of August 2019, as we take one week without any sasum, to prepare for our upcoming school year, and all staff take one week holiday before we start up again.

Because we run two programs, our morning program goes from 8:a.m. to 2:p.m. four days a week, with Wednesday's the sasum are off a half hour early, due to the fact that we have to pick up our After school sasum a half hour early every Wednesday, as the school has early dismissal on this day. The After school sasum otherwise attend our program from 3:15 to 4:30 pm, staff with driver's license take turns picking the After school sasum up from school everyday.

We do have a van for pick ups and drop offs, however, we request parents to come pick up their sasum at the end of the day if they own their own vehicle.

Thank you to all our parents that share their sasum with us throughout the years, it's great getting to know each individual child and to watch them as they start blossoming and open to all the teachings going on at our programs.

Sasum House Staff: Yvonne Lawson: Supervisor – Sasum House Pre-school and After School program.

Elders – Language teachers: Gloria Jackson

Aundrae Newman

ECE Assistants Jen Reandy is the only one with her Early Childhood Educator Assistant Certificate and only has 2 more courses to take then she will be doing her practicum.

Allie Speck: is in the midst of taking her courses, both Allie and I are taking our courses through (VIU) Vancouver Island University, not considered on-line courses and, we got lucky, the head (AHSOR) office is paying for our courses. It's called the (PLAR) program, this program started up in June 2019 and is run through the (VIU) Vancouver Island University, in Nanaimo, B.C.

William Humchitt: will start his in mid or late September 2020.

Yvonne Lawson – taking recertification courses.

Sasum House Janitor – Phil Blaney

Sub worker: Barb Thompson

During the months of April 1st, 2019 to March 31st, 2020 we were busy and running full tilt with our 4 themes a months with each of my staff taking turns teaching a weekly theme. Our themes include literacy activities including alphabet, oral language, and emergent reading, plus math activities including counting, number recognition, and creating sets. They learn about patterning, memory games, shapes and color recognition and many coloring pages that are related to each theme. These themes help engage children in the learning process by offering lessons and activities surrounding a common theme that is integrated into all content areas. From art and music to math and pre-reading skills our sasum are learning every day and having fun with their friends and our staff. Staff keep in mind that each child continues to develop

in many ways, physically, socially, emotionally, in language and literacy and in thinking (cognitive) skills.

Physical development skills includes: the way your child moves his/her arms and legs (large motor skills) and her fingers and hands (small motor skills). These skills are taught by offering different physical activities and equipment. Children run, jump, climb, throw and catch. Using their hands to explore materials like paint, playdough, puzzles, sand and things to write with. By using their bodies actively both indoors and outdoors, we want our children to build healthy bones and muscles.

Social Development Skills: helps your sasum get along with one another. Staff work with children on respecting one another and working together. By playing and learning together, children build their social skills, language skills, and self-control. With the support of staff, our sasum learn to resolve conflicts that may come up during play.

Emotional development skills: lets your sasum understand his/her feelings and the feelings of others. Our staff help children recognize and manage their own feelings and behaviour. To build your child's self-esteem, staff encourage them to try new things and to keep working on tasks even if they are hard at first.

Language and Literacy development skills: helps your child understand and communicate through listening, talking, reading and writing. Our staff help each sasum to use their communication skills to learn new concepts.

Thinking, or cognitive, skills: develop as our sasum learn to think more complexly, make decisions, and solve problems. As our young sasum explore, ask questions and create, they improve their thinking skills. Everyday we, help develop their thinking skills by; providing interesting materials to use and plenty of time to explore then, offering suggestions that encourage more complex play and thinking and ask questions that stretch your sasums' thinking. All of these are taken into consideration when putting together our weekly themes.

We work toward preparing our sasum for Nursery school and beyond. We are grateful to have our two Elders that teach our Heiltsuk Language 4 days a week, which gives our sasum the opportunity these days to be an expert in their own language and learn from peer role models.

September Themes: - Welcome Week

- All About Me
- Leaves Week
- Apple Week

October Themes: - Tree Week

- Fall Week
- Pumpkin Week
- Halloween Week

November Themes: - Farm Animal Week

- Fruit & Veggie Week
- Heiltsuk Cultural Week
- Pirate Week

December Themes: - Snow Week

- Winter Week
- Christmas Week
- Alphabet Week

January Themes: - New Year Week

- Hybernation Week
- Colour Week
- Teddy Bear Week

February Themes: - Valentines Week

- Dental Health Week
- Five Senses
- Dr. Suess Week

March Themes: - Forest Animal Week

- Transportation Week
- St. Patrick's Day
- Heiltsuk Week

April Themes: - Weather Week

- Bunny, Lamb & Chicks Week
- Spring Week

-Community Workers

May Themes:

- Caterpillars & Butterflies Week

-Mother's Day Week

-Bug Week

-May Heiltsuk Harvesting Foods

June Themes:

- Ocean Week

-Father's Day Week

-Frog Week

All staff are busy from the time we get to work until we leave at the end of the day. We take turns preparing healthy snacks twice a day, and we also take turns cooking healthy lunches, everyday. We introduce every vegetable and fruit to our sasum, we at least get them to taste something to find out if they like it or not.

We spend around \$2,000.00 a month on food alone, and we make sure none of the food is wasted. I'm so pleased to see that every sasum loves our fish that we feed them, we've prepared, halibut, spring salmon, Coho, sockeye etc. and they love it all.

Jen and Yvonne take turns baking birthday cakes once a month, it's such a pleasure celebrating their birthdays We look forward to celebrating their birthdays with them and do our best to make this a very special day of celebrating everyone of them.



Some of our very happy snack eating sasum, in the morning program.



It's always such a pleasure when we are fortunate enough to get Beth up to our building to sing and dance with our sasum. Our plans are to get her up here more often.

When Beth is here her voice magically gets all our sasum drawn to her and they have an hour of traditional songs and their dancing.



Pre-school morning sasum in Native Language, playing games with Aundrae and Gloria.

They get Native Language class Monday to Thursday and have come a long way. Our sasum love these ladies and call Gloria nana. Aundrae will be providing a craft day once a week, they will be working on whatever is being harvested at the time. Our sasum, "thank goodness," eat jarred salmon every week, while we have some on hand. They eat, herring eggs, seaweed, halibut and salmon however we cook it.

Every now and then we ask our parents to donate a salmon or two, to the program and they always pull through with this request. We're very

lucky to have parents that love to go out trolling.



Pre-school sasum enjoying a science project. Ocean in a Bottle a fairly quick and simple to make. This can entertain sasum for up to 20 minutes

We continue to work on ways to deal with our feelings and talk about how our friends feel when we hurt their feelings.



Our After School Sasum enjoying the planting theme. They were learning how to plant from seed, how the plants needed water and the sun to grow

‘Let’s Start Gardening!’ They learned that growing plants is magical how a tiny seed can grow into a giant flower or a shoot can be clipped from a plant and grown into a whole new plant! They were all enjoying how to have a green thumb. They learned that they didn’t need an outdoor garden and plants grew fine sitting on a windowsill.

They learned what soil to use and also learned about compost and how it’s used for growing both seeds and big plants called “multi-purpose compost.” They enjoyed looking after their own plants, watering and feeding them. We gave them liquid plant food that was added to water so they can be fed when they watered them. They were happy to hear that plants need two things to help them grow, water

and light. We got them to grow magical beans but had to let them know that they are not edible, and NOT to try eat them. All in all, everyone enjoyed learning about planting, was a fun week for all.



You can see how much they were enjoying themselves. Looking forward to doing again next year.

Our Sasum are kept quite busy during the summer months, especially when we get great weather, everyone including staff get out for physical exercises during the spring and summer months, so look forward to getting out of the building to do other things throughout the community, as we’re usually couped up during the Fall and Winter months.



Our morning program sasum also, enjoying the gardening time, our older sasum helping the younger sasum.



Afternoon snack with friends



2019 to 2020 – After school Sasum with 12 of them Graduating in June 2020. All 12 of these sasum have been with us since they were 3 years old. This will be the first year ever, that only 4 morning sasum are moving up to the After School Program, which means we'll only have a total of 12 in the program. We'll actually, for the first time open up with 8 spaces available. Every other year, we've had a full house just by the number of sasum moving on up from the morning program.



February Preschool News

happy day!



Sasumhouse February Themes

Themes

Our Sasum will

be doing; Week 1: Valentines Theme

Week 2: Dental Health

Week 3: Five Senses

Week 4: Dr. Seuss

Stories

"Happy



Valentines Day Mouse."

Love Bug Story

Where is Love Biscuit?

The Day it Rained Hearts.

Activities

Science projects, Physical Activities, Gross Motor

Language Arts & Literacy Song/ Rhymes Arts & Crafts



We are open 12 months out of the year, and we take and will continue to take our last Friday of the month for staff only, "NO Sasum, the last Friday of every month."

Once again, "on behalf of our staff, "Thanks a Million for sharing and trusting us with your sasum."

**Home
&
Community
Care
Program
Report**

Home and Community Care Program Annual Report 2019-2020

Elders Building Team:

Roberta Reid, Team Leader	Norman Wilson, Elders Van Driver/ Equipment
Nina Brown, Elders Nurse	Edith Johnson, Home Maker
Brenda Campbell, LPN	Harley Larsen, Janitor
Gloria Windsor, PCA	Carrie Easterbrook, Elders Advocate
Shelley Johnson, PCA	Carla Brown, Elders Advocate (term position)

Home and Community Care Services:

Bathing Program	Meal Programs: Meals on Wheels (Monday to Friday)
Equipment loan cupboard	Meal Programs: Breakfast Program (Monday to Friday)
Elders Advocacy	Meal Programs: Weekly Tuesday Luncheon
Foot Care Services	Meal Programs: Weekly Friday Drop in
Ladies Group	Hand Wax Therapy
Clinic Services: Home assessments, Home visits, Home support & personal care needs.	Others: Elders Garden, Elders Trip, Annual Elders Christmas Dinner

Visiting professionals that work out of the Elders building:

Rik Rafuse (Physiotherapist)	Andrew Kerr (Acupuncturist)
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Program Mandate: Services will promote independence and respect by providing a safe environment, which reflects the Heiltsuk culture, which is to maintain holistic health and well-being for all.

Program overview: The Home and Community Care Program continues to have a dedicated staff to oversee the needs of our clientele. Our programs and services continue to be in high demand throughout the year, which we are pleased to say that the workload keeps us all extremely busy. The loan cupboard services the entire community and there has been a significant increase in equipment needs/ loans to the community, therefore our services continue to help all community members in need.

Our open-door policy has established a very consistent flow of clientele within our Home and community care programs, supports and services. The staff remains diligent to their work and committed to servicing the community, this year has gone by quiet quickly. We look forward to the continuation of servicing and assisting our elder's and community members in the upcoming year.

Program success: With the increased numbers at the breakfast club, weekly luncheon, and weekly drop in – this gives the elders and others community members time to congregate to socialize, laugh, share stories. This gives us great joy to see the building alive with safe and healthy activity.

Staff highlight: from Carla Brown, interim Elders Advocate

When I stepped in the elder's advocate roll September 25/2019, I was pure excited. I like the multi-tasking involved. The interaction daily with the elders is so precious. Working with a team of amazing people makes a difference and having people believe in me is an amazing feeling. I have an open-door policy and I continue to look forward to working as the Elders Advocate and working with our precious Elders.

Highlights from the year: in line with accreditation Canada standards of practice our falls prevention and medications management policy and procedure were reviewed and updated.

Respectfully Submitted,
Roberta Reid, Team Lead
on behalf of the Home and Community Care Program





Patient Transportation Program Report

Patient Travel Report – April 1, 2019 to March 31, 2020

The program continues to be very busy with the number of trips increasing to over the past year. However, with COVID-19 there has been a significant decrease the number of specialist appointments being booked on the mainland. PCA has cancelled all scheduled flights in and out of Bella Bella, effective in March. Travel was restricted to the most serious cases who were sent out either by charter or by medivac.

Annual Budget

The program has been working diligently on addressing the huge deficit in the Patient Travel program that has been affecting our program in a very negative way. We were able to meet with the MT officials to resolve this issue.

In terms of Heiltsuk's MT budget going forward, expenditures have consistently exceeded the budget year over year. In the current fiscal year, travel has decreased significantly due to the COVID-19 pandemic. As the year progresses and as services return toward normal, the MT committed to reviewing the expenditures in order forecast future costs and anticipate any shortfalls. If budget challenges arise in relation to MT, they will be discussed to create options to provide support through a cash advance on the future deficit repayment.





First Nations Health Authority
Health through wellness

Heiltsuk Medical Transportation Budget & Expenditures Review

June 8, 2020

First Nations Health Authority

www.fnha.ca



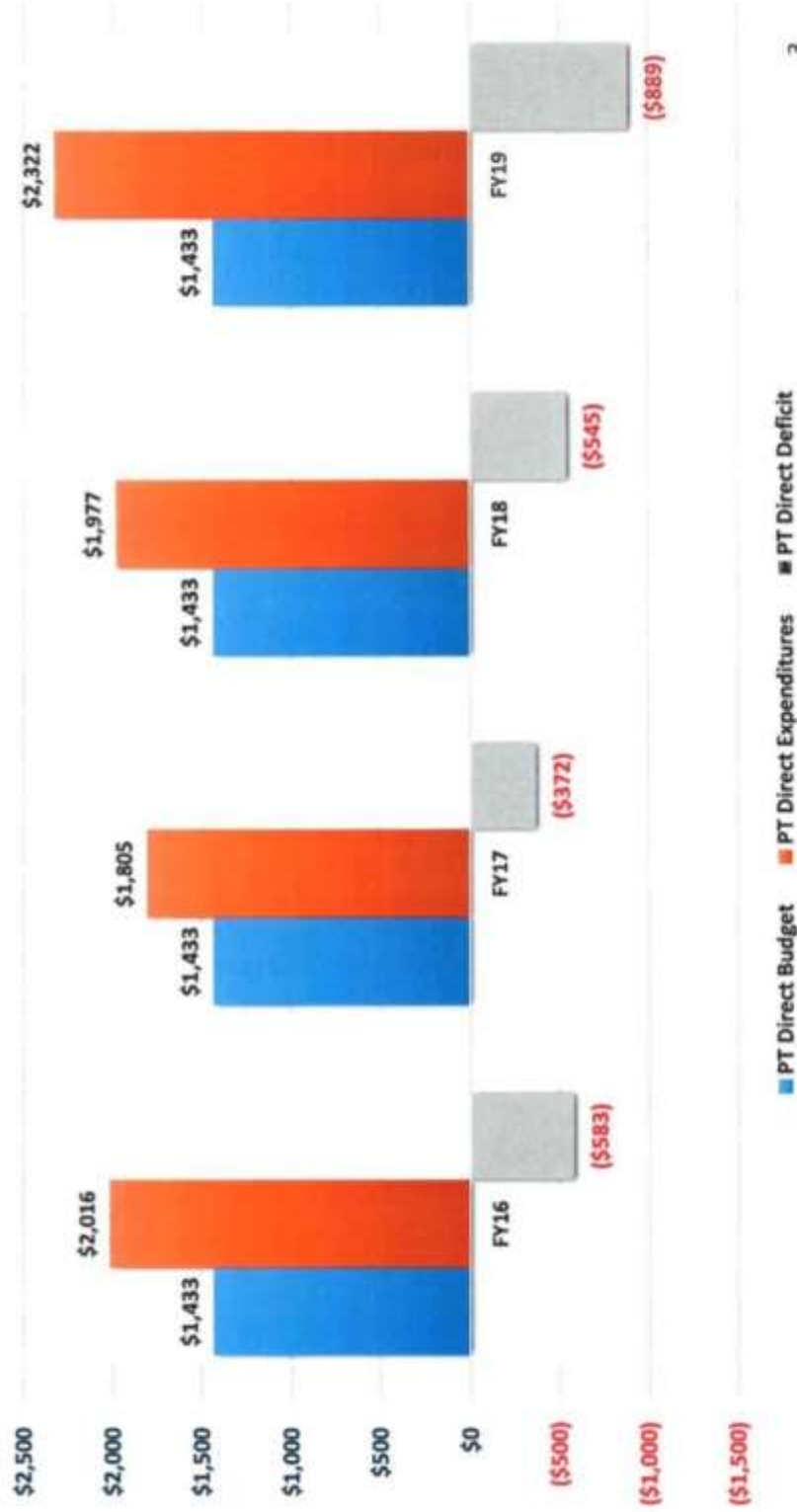
Agenda

1. Review Heiltsuk multiyear budget and expenditures for the Medical Transportation program
2. Review program compliance review process
3. Discuss rebasing request



Heiltsuk MT Budget-Expenditure Review

FY2016 - 2019 Budget vs. Expenditures (Thousands)





Heiltsuk MT Log Reporting Review

FY	Amount (\$) and Trips (#)	Unspecified Reason for Travel	% of Total
2018/19	\$2,360,207 (1,419 Trips)	\$396,172 (245 Trips)	17%
2019/20	\$2,515,739 (1,492 Trips)	\$144,702 (82 Trips)	5.5%

Heiltsuk continues to work closely with the FNHA MT Operations team to improve their reporting and identifying reasons for travel



MT Rebasing Criteria

Adherence to Reporting Requirements *(applies to 3 most recent fiscal years)*

- Financial Statements received by due date? ✓ / ✗
- Schedules included and indicate clear breakdown between PT Direct and Admin? ✓ / ✗
- MT Logs have been received by due date? ✓ / ✗
- MT Logs are in correct format? ✓ / ✗
- MT Logs are within +/- 10% of financial statement PT Direct expenditures? ✓ / ✗

Adherence to Policy *(applies to 3 most recent fiscal years)*

- Use of Escorts adheres to policy? **Yes** ✓ / ✗
- Use of Reason Specialty "Other" <= 10% of all Specialties? **Approx. 5.5%** ✓ / ✗
- Meals and mileage adheres to policy? **Some averages** ✓ / ✗
- Benefit Exception Log adheres to policy? **10% of spend missing Benefit Exception** ✓ / ✗