



September 14, 2017

Health Report 2017

The Acadia First Nation Health Team would like to give an oversight of what has been happening in each of our communities along with a vision of what we would like to achieve and the strategies to take us there. As your Health Director, I have formed a Health Committee who meet regularly and recently completed a Multiyear Work Plan for Acadia First Nation Health Department.

Acadia First Nation Health Committee

Vision Statement

The Acadia First Nation vision of health is to support every community and its members in achieving and maintaining optimal health and quality of life.

Mission Statement

Acadia First Nations Health mission is to provide health programs and services to:
"Assist communities and its members to achieve physical, mental, emotional and spiritual health through health promotion, traditional teachings, education, disease prevention activities, partnerships and health services."

Priorities and Health Needs

Developing and utilizing community health resources, infrastructure and positions such as a CHN, Clinicians and health professionals to promote a physically, mentally, and culturally healthy community for all of our people beginning before birth and throughout one's life.

Health Management Structure

The Health Committee at Acadia First Nation has eight members that attend quarterly meetings;

Councilor holding the Health portfolio, Health Director, Community Health Nurse, Community Enhancement Officer, Youth Program Manager, NADACA Worker, MPAL Coordinator and the Gold River Administrative Assistant

The purpose of the Health Committee is to:

Guide and implement the activities outline in the goals and objectives included in the Health multiyear work plan for the community health planning committee.

1. To support ongoing, collaborative relationship development and practices between Acadia First Nation and communities and the Acadia First Nation Health program.
2. Establish processes to share professional development opportunities that support programs and services that are culturally safe and relevant to our members.

Health Services offered within Acadia First Nation Communities;

Clinical Nurse Services

We are so pleased to announce a new **Community Health Nurse** (CHN) in the Gold River Health Centre and as part of the AFN health team. The **Community Health Nurse, Chelsea Sawyer BScN, RN**, will perform nursing duties in relation to community health education, health promotion, disease prevention, treatment and rehabilitative services for community members in Acadia First Nation.

The CHN and VON staff runs community clinics, to deliver nursing services such as wound care and education sessions for people with diabetes

VON nurses and other health professionals provide foot care for all ages from infants to seniors. Nurses provide assessment, care and advice for clients, including the elderly and people with diabetes, who have particular problems looking after their feet. Care includes clipping nails, treating corns, calluses, ingrown nails and thickened nails and preventative care as well as referral to other health professionals.

VON Wellness and Health Promotion clinics offer clients screening tests and assessment of cholesterol, blood pressure, body-mass index and other indicators of potential health problems. Individual counselling focuses on education and raising awareness on topics such as heart health, diabetes, asthma, allergies and osteoporosis.

Mental Health Services

Yarmouth Health Centre has a mental health clinician, **Kelly Breau, BSW, MSW, SWC, Clinical Therapist, and Addiction Services**. Breau will be available by appointment every second Wednesday. Breau specializes in mental health and substance abuse therapies.

Toni Campagnoni, M.A., R. Psych. is available in our Wildcat Community Centre intermittent Wednesdays, 2:30-5:00pm. Campagnoni offers high quality counselling, assessment and consulting services. Helping families and individuals achieve success in their lives, Toni Campagnoni provides families, parents, teens, children, & adults with psychological and counselling services.

A new service to the Gold River Health Centre starting in coming weeks will be a mental health clinical therapist, available every two weeks by appointment.

Maternal Child Health Services

The Community Health nurse will be promoting healthy mom/baby education workshops and visits.

Baby baskets are available for our expectant mothers/fathers who are registered band members these beautiful baskets are valued at approx. \$150.00(ea.) and are delivered promptly to new parents upon the arrival of a child.

New parents also qualify for \$200.00 towards the purchase of a car seat.

New and expectant registered parents please call your local office/Health Centre to let us know of the impending birth of your child.

Child and Youth Services

The After School Program is run in multiple communities and consists of anywhere between 10 - 25 children, aged 5 - 12. The program runs from September to June each day from 2 pm - 5 pm. Daily snacks are provided, activities, outings, and homework support.

The Drop-In Program runs from 5 pm - 9 pm, Monday through Friday and Saturdays from 12 pm - 8 pm for children and youth between the ages of 5 - 16. The centre is available as a support network, a social place, a fun, safe, and secure facility for children and youth to gather.

Aboriginal Head Start Program

Head Start is a community program, which includes the cooperation of educators, physicians, nurses, social workers, parents, and teachers, in an effort to improve the development of children from 2 ½ to 5 years old. Educators work with small groups of children enabling them to give more attention to children's individual needs.

Camps

The Day Camp Program runs during March Break with approximately 20 children between the ages of 5 – 12.

The Summer Day Camp Program consisted of 20 - 25 children between the ages of 5 – 12

NADACA Services

Kolby Mole

Counselling,

Referral, Follow-up, Aftercare and Diversion Program

Education (Community and Regional)

Alcohol and Drug Education Workshops

Programs and workshops such as;

Youth Programs:

December 6th, 2016 – Game night

December 14th, 2016 – Substance abuse information

January 23, 2017 – Game night

February 6, 2017 – Steeper Climb workshop on goal setting

February 7, 2017 – Steeper Climb workshop on impact of social media

March 14 – Workshop on sweat lodge ceremony teachings with Marilyn Francis

March 18 – Sweat lodge ceremony for those who attended teachings workshop

April 27, 2017 – Straight talk about sexting and messaging

May 23, 2017 - Dangers of edible marijuana

July 18, 2017 – Be a buddy, not a bully

August, 15, 2017 – Steeper Climb workshop on self-esteem and resilience

Substance Abuse Information Sessions:

Yarmouth - December 13, 2016 – Prescription drug abuse workshop

Gold River - January 25, 2017 – Prescription drug abuse workshop

Wild Cat, - May 24, 2017 – Information session on services offered by NADACA

Yarmouth - June 19, 2017 – Opioid Awareness workshop, focus on fentanyl. Overdose risk factors/signs and information on naloxone.

Gold River - June 20, 2017 – Opioid Awareness workshop, focus on fentanyl. Overdose risk factors/signs and information on naloxone.

Wild Cat - June 28, 2017– Opioid Awareness workshop, focus on fentanyl. Overdose risk factors/signs and information on naloxone.

Yarmouth – July 20, 2017 – “Film on Fentanyl”

Yarmouth – August 22, 2017 – “Film on Fentanyl”

Programs at the Yarmouth Youth Centre:

November 16, 2016- Poster Contest

January 18, 2017 - Coloring activity, topic: How to Deal with Bullies

January 31, 2017- Groundhog Day Craft

March 13, 2017 – Talking stick craft
March 13, 2017 – Mi'kmaq bingo
March 16, 2017 – RCMP visit
April 6, 2017- Easter craft
April 12, 2017- Staying in school discussion
May 1, 2017- Spring craft for Mothers
August 29, 2017- 7 sacred teachings craft

Other programs:

Yarmouth - March 13, 2017 - Painting with Tootsie
Yarmouth – May 15, 2017 – Self- care and mindfulness workshop
Yarmouth – April 22, 2017 – Earth Day community clean up
Gold River – Be a buddy, not a bully

Workshops with the Diabetes initiative professionals, Ann Gottschell(UNSI) and Diabetes Prevention for AFN, Melanie Purdy, were held in Yarmouth, Shelburne and Gold River. These educational sessions consist of Diabetes education managing/prevention as well as providing glucose and blood pressure testing.

The dietitian with the Union of Nova Scotia Indians, Angela MacDonald hosts nutritional workshops within our communities. Nutrition events are planned by networking with health Centre staff in each community.

Water testing is taking place within AFN by certified water monitors delegated in the Gold River, Wildcat and Yarmouth areas. Certified monitors along with Environmental Health Officials with Health Canada are working closely with one another to ensure healthy and safe drinking water in our homes. Total coliform and bacteria levels are tested regularly in each of our communities.

Mi'kmaw Family and Children's Services of Nova Scotia

Family and Community Healing Program

Through this program we work together to present information sessions on a variety of topics and issues affecting our families. Most importantly it is done while embracing our traditional teachings and methods of Mi'kmaw culture

Some of the Programs offered in Yarmouth, Wildcat, and Gold River are:

Sacred Teaching – Aboriginal Parenting

First Nations Parenting

“Nobody's Perfect”

“No More Misbehavin”

Fatherhood: Indigenous Men’s Journeys

Basic Shelf Cooking and Nutrition

Parental Self Care

Stress/Anger Management

Self Esteem

Community Parent Support Groups

Programs specific to Youth:

Girl Power

2BBoys

Partnerships

Nova Scotia Health Authority (Western Zone)

Enhancing First Nations mental wellness goes beyond the mandate of the First Nations and Inuit Health Branch. It involves other Federal government departments, provincial and territorial governments, and First Nation communities and requires supports and services that cross the health service sectors. These partners work collaboratively and cooperatively to ensure that a coordinated, comprehensive continuum of mental wellness service is available to those who require it. Quarterly meeting held with NSHA identified gaps in Mental Health services to people living on Reserves and now we are able to have two mental health clinicians come to our communities from the province.

Mi'kmaw Physical Activity Leadership Program

Khayla Laing

The Department of Health and Wellness partners with Mi'kmaw Communities in this cost-share program to implement comprehensive local plans intended to increase participation in health enhancing physical activity. Funding is provided to increase the number of physical activity practitioners in local governments.

Non-Insured Health Benefits Program (NIHB)

NIHB provides a range of medically necessary health-related goods and services that are not otherwise provided by other government programs or private plans. Eligible recipients do not need to register but can become eligible once they have received their registration date and number as a Status Indian. More information on the services and eligibility for coverage can be

accessed at: <http://www.hc-sc.gc.ca/fniah-spnia/nihb-ssna/index-eng.php>, or by calling 1-800-565-3294.

Confederacy of Mainland Mikmaq

National Aboriginal Youth Suicide Prevention Strategy

Nova Scotia Mental Health and Addictions Strategy

Health Services Integration Fund – Province wide – Give us Wings: Integrating Provincial Mental Health and Addictions Services into First Nations Community-Based Services

Mi'kmaq Maliseet Atlantic Health Board. The CMM representatives: i) Non Insured Health Benefits, , ii) Mental Wellness, iii) Public Health and Primary Care.

Community Early Intervention Screening Clinics

Atlantic Policy Congress

The Atlantic First Nations Health Partnership exists to improve the health and wellbeing of Atlantic First Nations through participation of First Nations in the planning, management and delivery of programs and services funded or delivered by FNIHB Atlantic.

This is an overall summary of what your health team has and continues to work towards. We work together towards a happier, healthier future for all of our people living on or off Reserve and their families. As your Health Director, I can always be made available for any health related concerns, questions or assistance you may need.

Marla Robinson-Pyne
Health Director Acadia First Nation
Yarmouth Health Centre
15234 Hwy 3
Yarmouth NS
B5A4A8
Phone: (902)742-4337
Fax: (902)742-4824
marlarobinson-pyne@acadiaband.com

