

# FIRST NATIONS HEALTH COUNCIL

# infobulletin



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OUR VISION *Healthy, self-determining and vibrant BC First Nations children, families and communities*



*PHOTO: On May 26, 2011, First Nations in British Columbia passed a historic resolution to assume greater control and decision-making over their health and wellness. 146 of the 167 Chiefs and representatives in attendance (87%) voted in favour of the resolution which will make BC First Nations the first in Canada to take over health service delivery from the federal government. The resolution also provides the First Nations Health Council a strong mandate to work with the Province and the Health Authorities.*

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## GW IV: A Historic Moment for BC First Nations



“I say we need to stand in unity. History is about making a commitment. The strength and courage to make change, this is what it is all about. Over the last 150 years society had taken our voice away. I see and understand what is happening today and that our voice is coming back; the voice of our people to understand where they belong. The strength you bring on behalf of your people is here today.

I heard many things today about structure and change. We cannot get to those until we get past today. We create this for our people. It is their strength and courage you walk with here today. It is our people’s history and voice. I was brought up with my culture and understand that it comes from our ancestors. It is their voice we are taking care of. If we fail our ancestors we fail our children and their children to come. We have a way of taking care of that. You take care of that strength. I have enough faith in each of you to understand that you want to be doing that or you would not be here today.”

– Chief Clem Seymour, Seabird Island Band

**There is a right way to do things.** This was the message brought forward by leaders at the fourth annual Gathering Wisdom forum.

Four years after its signing in Musqueam, the work of breathing life into the Tripartite First Nations Health Plan continues to evolve. In 2010, the Provincial government “reset the clock” on the milestones set in the Transformative Change Accord: First Nations Health Plan, an acknowledgement of the tremendous efforts undertaken by the Health Council towards coordinating an inclusive province-wide community engagement process. In resetting the clock the Province also acknowledged that it had taken time for government to prepare itself to participate

in the Health Plan implementation. This speaks to a shared commitment by First Nations and governments to a genuine partnership – to be flexible and adaptable while still keeping our vision of healthy First Nations and First Nations communities at the forefront.

Over the past four years a First Nations Health Council was created, and later restructured by First Nations seeking a model to better suit their needs. A First Nations Health Directors Association was established, with membership reaching 120 members and associate members. In the same period 32 Community Engagement Hubs were formed representing 177 First Nations communities. The First Nations

Health Society was formed to serve as the operational arm of the First Nations Health Council, and provide support services to the First Nations Health Directors Association. Five regional caucus tables have been established, providing a regular forum for First Nations leaders and health professionals to have the conversation on First Nations Health Governance and provide direction to the First Nations Health Council. The development of these First Nations networks has been to ensure that BC First Nations health reform is ‘Community Driven’ and ‘Nation Based’.

Gathering Wisdom for a Shared Journey IV presented a historic opportunity for BC First Nations leadership to verify the

work of the past 4 years in health, to renew the mandate of the First Nations Health Council moving forward, and to make a decision about taking greater control over First Nations health services and helping to transform the provincial system that serves us. At the forum, Indigenous speakers from Alaska, Hawaii and the Lower 48 provided their perspectives on leadership, health administration and why it makes sense for First Nations to govern their own affairs. For more on these perspectives please visit our special Gathering Wisdom section of this infobulletin.

178 Chiefs and designates in attendance provided the opportunity for legitimate political dialogue about health governance and health service delivery. The forum was preceded by regional caucus sessions where the North, Interior, Fraser, Vancouver Coastal and Vancouver Island Caucuses met to review the Consensus Paper- BC First Nations perspectives on a new Health Governance Arrangement (the Consensus Paper) and Resolution in advance of the forum. The Consensus Paper summarizes direction from First Nations provided over the past three years in over 120 regional and sub-regional caucus sessions and over 250 Health Partnership Workbooks, and includes the following directives for the new health governance arrangement:

- **Directive #1:** Community-Driven, Nation-Based
- **Directive #2:** Increase First Nations Decision-Making and Control
- **Directive #3:** Improve Services (Consistent with the Principle of Comparability)
- **Directive #4:** Foster Meaningful Collaboration and Partnership
- **Directive #5:** Develop Human and Economic Capacity
- **Directive #6:** Be Without Prejudice to First Nations Interests (including but not limited to Aboriginal Title and Rights, Treaty Rights, self-government agreements, court proceedings, the fiduciary duty of the Crown, and existing community health funding agreements)
- **Directive #7:** Function at a High Operational Standard

Celebrating who we are as BC First Nations and acknowledging the work of those who came before us is important. On May 24th, the First Nations Health Council hosted a cultural banquet and honouring ceremony. At the banquet, the First Nations Health Council stood up members of the First Nations Leadership Council and former

First Nations Health Council and celebrated their unity and vision. Medals designed by BC's own Corrine Hunt were presented to the honorees and National Chief Shawn A-in-chut Atleo provided a rousing and encouraging keynote speech.

On the afternoon of May 26th, the final version of the resolution, with amendments gathered over the course of the forum was read to delegates and the floor opened for debate. Key points raised during the resolution debate included:

- Let us take up this responsibility for ourselves – as First Nations people, as parents, as grandparents – for the benefit of our children and grandchildren.
- We cannot do this as individual Nations – we must come together in unity and strength while still respecting each other's Nationhood
- The work of the community engagement hubs is an early demonstration of what we can do, we look at the needs of our community, at the shared values that we have and we stand together
- We need more detailed information on specifics such as business plans, flowcharts, human resources and the structures

- History is about making a commitment, and having the strength and courage to make change. We cannot get into the details of this work until we make the decision here today to create this opportunity for our people – it is our ancestors' strength and courage and voice we are taking care of here today; if we fail our ancestors, we fail our

- children and their children to come
- We must focus on the partnership with the Provincial government – this is the larger component of this work, this opportunity will allow First Nations to be on a level playing field with Federal and Provincial governments
- Leadership and health technicians need to work together to make this a success
- If we say “no” here today, we have to go home and tell our community members the same thing – that there will be no policy change, no change in programs
- The level of consultation and engagement, and work and effort by all BC First Nations to get us to this point is astonishing. We must give a strong mandate to the leaders we have asked to work on our behalf on this important issue so that they can breathe life into this Framework Agreement

Question was called at 2:28pm and of those leaders in attendance 146 voted in favor of the resolution, 12 voted against, and 8 abstained. (*cont'd on page 4*)...



# Governance

(cont'd from Page 3)

## Next Steps

British Columbia First Nations' support and approval of the consensus paper at Gathering Wisdom has set the wheels in motion for the FNHC to move forward in the development and finalization of the documents necessary to develop a new health governance structure, including the legally-binding Framework Agreement and a Health Partnership Accord with Federal and Provincial governments. These and any agreements or structures relating to the new First Nations health governance arrangement must be consistent with the 7 directives set out in this consensus paper.

In addition, the Chiefs in Assembly at Gathering Wisdom directed the First Nations Health Council to develop a workplan in consultation with Regional Caucuses for the next steps outlined above and provide to the Regional Caucuses for review by September 1, 2011. The workplan will be consistent with the Consensus Paper and the Framework Agreement and will include:

Finally, the Resolution calls upon the First Nations Health Council to bring First Nations Chiefs, leaders and health professionals back together again in one year's time to consider further political decisions with respect to health governance.

Through this agreement a new First Nations Health Authority will serve all Status Indians in BC, including those living at home and away from home. The First Nations Health Council is in the process of developing an

urban engagement strategy to ensure that urban service agencies are involved as the work moves forward.

Thank you for taking the time to read our update, and for your ongoing participation and input into the Health Governance process. Please stay tuned for the next round of regional caucus sessions. We look forward to your advice as we continue to implement this process of health reform.

- A. Milestones:** Key deliverables, including but not limited to the development of the structure of a First Nations Health Authority, the further development of Regional Caucuses and Regional Tables, and the process and plan for further negotiations of sub-agreements, the implementation plan, and the Health Partnership Accord.
- B. Timeframes:** Targeted dates for the completion of the milestones.
- C. Key decision points:** Key decision points and the process for approval.
- D. Indicators:** A process to identify the key indicators and benchmarks to measure progress.
- E.** The Regional Caucuses will review and provide feedback by December 1, 2011.

With respect,



Doug Kelly, FNHC Chair



Warner Adam, Deputy Chair



# Health Minister Leona Aglukkaq

## “I would not be here if I did not think this is doable”

*Gathering Wisdom IV May 24-26, 2011 –*

Canada's Health Minister Leona Aglukkaq stressed her strong support for changes that will give BC First Nations control of health care in her address at Gathering Wisdom IV on May 24.

Stating clearly that Health Canada's position is that First Nations should have greater control over their health care, the Minister said: “I believe this is the best way and the only way to improve health outcomes of Aboriginal people, including BC First Nations.”

The Minister made a special trip to BC to speak at Gathering Wisdom and show her belief in greater self-determination for First Nations in the health area: “I would not be here if I did not think this is doable, if I did not believe in this,” she told delegates.

Though a signing of the Framework Agreement on First Nations Health Governance by the three parties would shift control of the design and delivery of health care to First Nations, Minister Aglukkaq made it clear her department would continue to lend support to First Nations. The department will continue to fund First Nations health services in BC and also be a partner in the transition to a new governance model.

“Health Canada will be actively involved in the implementation of a new governance structure to help make it a success,” she said, adding that the department's experts would be available to support their counterparts in a First Nations Health Authority.

Minister Aglukkaq also noted that the Framework Agreement contains important commitments by the provincial government, including improved access to health services, improved collaboration between provincial health authorities and First Nations health providers and adapting provincially-funded services to better meet the needs of First Nations.

“What we are doing is building a better, more integrated and responsive health system for First Nations in British Columbia,” said the Minister. “It will ensure First Nations have equitable access to quality services. It will create a continuum of care without creating a parallel system.”

While the federal and provincial governments will support a new First Nations Health Authority, the Minister emphasized that First Nations will decide how the Health Authority will work for them and meet their needs.

“By being at the table, you will make the how-to decisions,” she told delegates.



**“I believe this is the best way and the only way to improve health outcomes of Aboriginal people, including BC First Nations.”**

**- Health Minister Leona Aglukkaq**



# Governance

## GW IV: Standing Up Leadership, Celebrating Unity.

“As First Nation leaders, we know the challenges our communities face every day, yet very few Canadians are aware of our reality. In 2011, in a country as rich as Canada, we should not have to fight for what most Canadians take for granted.”

These were the powerful words delivered by keynote speaker National Chief Shawn A-in-chut Atleo to a packed house of over 400 delegates at the FNHC hosted Honouring Banquet and Ceremony. The honouring was a night of remembering; of remembering why we are here, why this work is necessary, and the cost of inaction.

“We are working to overcome decades of divisions that were imposed on us through the Indian Act, residential schools, discriminatory status and membership provisions and many other obstacles that have been placed in our path,” continued A-in-chut, “We must begin to drive these conversations forward rather than waiting to react to discussions and actions



“We are working to overcome decades of divisions that were imposed on us through the Indian Act, residential schools, discriminatory status and membership provisions and many other obstacles that have been placed in our path,” continued A-in-chut, “We must begin to drive these conversations forward rather than waiting to react to discussions and actions taken by others. We will take control of our destiny as First Nations.”

– National Chief Shawn A-in-chut Atleo

taken by others. We will take control of our destiny as First Nations.”

The evening began with a vibrant song and performance by Squamish Nation’s Spakwuus Slolem, who welcomed all attendees to this special occasion. This was followed by a feast song, offered by the Nuu-chah-nulth nation. The evening was emceed by BC’s own Dr. Evan Adams.

National Chief Shawn A-in-chut Atleo, who was instrumental in creating a unified political climate in BC which lead to the achievement of the Health Plans provided words of guidance to banquet attendees: “Now is our time to work in a new way by being proactive in our approaches to wellness,” he stated “We cannot be passive observers in our own lives and the lives of our families and communities. It is time for us to take back responsibility for our own lives and our own communities and nations.”

FNHC members, Grand Chief Doug Kelly and Chief Willie Charlie lead the honouring ceremony with helpers from the Sto:lo Nation. First to be recognized and stood up were Health Plan signatories and former co-chairs of First Nations interim Health Governance Committee. These individuals were honoured for creating the necessary political unity in BC which lead to the Transformative Change Accord First Nations Health Plan and the Tripartite First Nations Health Plan. Honorees included:

- **National Chief Shawn A-in-chut Atleo:** Former BCAFN Regional Chief - Signed the TCA, Health Plan MoU, TCA: FNHP and TFNHP
- **Lynda Price:** Signed the TCA, Health Plan MoU, TCA: FNHP and TFNHP
- **Chief Bob Chamberlin:** Current Vice-President and former Secretary-Treasurer of the UBCIC
- **Robert Shintah:** Former Vice-President

of the UBCIC - Signed the TCA, Health Plan MoU, TCA: FNHP and TFNHP

- **Mike Retasket:** Former Secretary-Treasurer of the UBCIC, Signed the TCA
- **Doug White:** Current FNS Task Group member
- **Judith Sayers:** Signed the TCA, Health Plan MoU, TCA: FNHP and TFNHP
- **Dave Porter:** Former FNS Task Group Member- Signed the TCA, Health Plan MoU, TCA: FNHP and TFNHP
- **Chief Wayne Christian:** Former Co-Chair of the FNIHGC

Unable to Attend- honoured at a later date.

- **Chief Stewart Phillip:** President of the UBCIC - Signed the TCA, Health Plan MoU, TCA: FNHP and TFNHP
- **Chief Marilyn Baptiste:** Current Secretary-Treasurer of the UBCIC



- **Grand Chief Edward John:** played a lead role in the negotiation of the Transformative Change Accord and the Health Plans. Current FNS Task Group Member

- **Debbie Abbott:** Former UBCIC appointee to the FNHC
- **Lydia Hwitsum:** Former FNS appointee to the FNHC
- **Chief Wayne Christian:** Former UBCIC appointee to the FNIHGC
- **Allan Claxton:** Former BCAFN appointee to the FNHC

Following the first round of honorees, Dancers of Damelahamid took the stage and brought a performance rich in Gitksan culture; their narrative dances utilized masks and traditional dress to tell the captivating stories of legends and beings from their respective territory.

Unable to attend- honoured at a later date

The next round of honouring saw FNHC Shana Manson, support by Doug Kelly and Willie Charlie stand up former members of the First Nations Health Council and co-chairs of the First Nations Interim Governance Committee. These honorees not only helped to establish a First Nations Health Council, one of the key agreements of the Transformative Change Accord: First Nations Health Plan, they also established the First Nations Health Society to act as the business arm of the Council. Additionally, The First Nations Interim Health Governance Committee co-chairs were honoured for their work on health governance commitments in the Tripartite First Nations Health Plan and the creation of a regionally representative committee that oversaw the negotiations of a Basis for a Framework Agreement on First Nations Health Governance.

- **Elmer Moody:** former FNHC member
- **Harvey Alphonse:** former FNHC member
- **Regional Chief Jody Wilson Raybould** – former First Nations Interim Health Governance Committee member
- **Gwaans Beverley Clifton Percival:** Former Co-Chair of the FNIHGC

The evening came to a close following an open mic session that saw many attendees share powerful words of encouragement about the collective future of BC First Nations. A common message throughout the evening was that First Nations must keep working together, having dialogue and finding unity for the benefit of all.



- **Fabian Alexis:** Former UBCIC appointee to the FNHC
- **William Starr:** Former FNS appointee to the FNHC
- **Jennifer Bobb:** Former UBCIC appointee to the FNHC
- **Willard Martin:** Former FNS appointee to the FNHC

## ...I would like to know more!

Would you like to read the “Transformative Change Accord: First Nations Health Plan” or the “Health Plan Memorandum of Understanding”? Check out our website, under Documents & Tools or scan the following QR code to get the link on your smart phone! Read Page 16 for more information on QR Codes.



## Governance

# “Health is not so much about medical care, but being well inside.”

**Nai’noa Thompson, Hawaiian navigator and Program Director of the Polynesian Voyaging Society**



On the surface, there might not appear to be a connection between an epic 2,400-mile canoe voyage across the Pacific Ocean and a decision by First Nations to take control of their own health care. But speaking to delegates at Gathering Wisdom IV, Nai’noa Thompson made the connection with force and clarity.

A native Hawaiian, Thompson has achieved international notoriety by making the voyage between Hawaii and Tahiti (both part of the Polynesian nation) in a traditional double-hulled canoe called Hokule’a. What is particularly remarkable about this feat is that Thompson and his fellow voyagers did this using wayfinding, or non-instrument navigation. Thompson is the first Hawaiian and the first Polynesian to practise the art of wayfinding on long-distance ocean voyages since such voyaging ended in Hawaii around the 14th century.

As Thompson described the preparations required for the voyages – supreme mental and emotional tests as much as a physical one – he made it clear that the voyages were first and foremost about reclaiming the place and pride of native Hawaiians as First Peoples. “There has been so much forgetting,” Thompson said at several points in his riveting presentation.

Thompson told delegates that he felt “humbled” to be at Gathering Wisdom and that native Hawaiians don’t have this kind of table and a chance to make history like this in their own home. He said that native Hawaiians know what it’s like to feel “second rate” in their own homeland. Due to the impacts of colonization, they make less money, are less educated and are less confident than other inhabitants of the islands.

Like First Peoples in Canada, native Hawaiians were decimated by diseases brought to the islands by the colonizers. When Captain James Cook first arrived in Hawaii in 1778, the 800,000 native Hawaiians were strong, productive and self-sustaining. A hundred years later they were dying at an alarming rate, and by 1920 the population had been reduced to 24,000.

The native Hawaiians who survived the brutal impact of colonization were made to feel that their culture and language were inferior. Thompson noted that when his father, who was born in 1924, was a student, public schools in Hawaii didn’t allow the teaching of Hawaiian culture. He learned from his grandmother that in her time native Hawaiians could be beaten at school for speaking their language.

As he learned more about what had happened to his people, Thompson said he grew up getting increasingly angry and enraged from this painful realization: “The identity that defines you is not something that is valued.”

What lifted Thompson out of darkness and despair were leaders, teachers and mentors who helped shape his life and define his values. In the early 1970s, he was certain that he loved to paddle and play on the ocean. But it was a coach – who dreamed of Hawaiians making a voyage that hadn’t been made in 600 years – who stirred a courage and vision inside Thompson.

“The power of the mentor re-navigates your whole personal journey,” said Thompson.

Through that first voyage and others that followed, Thompson was forced to face deep fears, a sense of inferiority and a desire to quit. It was coaches and mentors who gave him strength to go on by reinforcing core values.

Before a voyage in 1980, the crew found themselves disheartened, uncertain and without a leader. Thompson’s father, a Second World War veteran and social worker who had dedicated his life to helping native Hawaiians, stepped in as leader. After months of gruelling training, Thompson said there was a fundamental question facing the crew: is the voyage worth the risk?

“My dad saw the statistics not getting better for native Hawaiians and the issue of feeling inferior was still there for them,” said Thompson.

So why sail? Why set out to meet gale-force winds that had capsized the canoe two years earlier and claimed the life of Hawaii’s most famous lifeguard, Eddie Aikau, who had set out on a surfboard to save his crewmates?

“Sail for your children,” was the simple response from Thompson’s father.

# First Nations Health Directors Association

## FNHDA Update – Health Directors Association Regional Sessions a Success!

The FNHDA hosted five Regional Sessions in April and May. The purpose of the Sessions was to:

- Provide an overview of the FNHDA and recruit members
- Provide a “high level” overview of the FNHDA Strategic Plan and get feedback
- Help “connect the dots” between the Hubs, the Health Actions strategy councils & the FNHDA
- Share information, network and build relationships
- Gather information on regional health issues and concerns
- Discuss the upcoming Gathering Wisdom conference
- Identify strategic priorities and issues
- Discuss the September FNHDA AGM

Over 120 people attended the sessions. The participants included Health Directors, Hub Coordinators, Chiefs, Band Councillors, Program Facilitators, Health Authority staff and others interested in health services.

We received excellent feedback on the sessions. Participants said:

*“We’ve been heard and are now taking action to make positive changes”*

*“The best part was networking, sharing stories and ideas; not feeling alone”*

The participants identified several key strategic priorities which included:

- Establish the FNHDA as a reliable and credible professional organization that is viewed as the “go to” organization for excellent advice, support and resources
- Develop the FNHDA website as a true resource for Health Directors- a virtual “Tool Kit” and “How-to Kit” for Health Directors. Post templates for job descriptions, program proposals, evaluations, articles, stories, highlight Directors and much more.
- Provide support, professional development and training opportunities –“be there” for Health Directors
- Advocate for improvements now—identify clear and practical steps toward “system transformation”—there are things we can do right now to make things better
- Establish the FNHDA as a “strong pillar” in the new governance structure—develop policy papers and briefing notes that inform our communities, our leadership and the Provincial and Federal Governments— use our voice effectively
- Use our skills and experience to ensure the Tripartite First Nations Health Plan is implemented in a way that really works at the community level
- Be a true partner in establishing the new First Nations Health Authority—Health Directors have a lot to offer and are very passionate about improving health services—we’re excited about these changes and ready to work alongside our partners to make things better!



*“The vote for our own First Nations Health Authority was not without due process and that was great and monumental in itself. Ultimately, it provided us with a path to follow and assured myself as a Health Director that we are ready and able to improve the current health system for First Nation people in British Columbia. We have formally approved a First Nation Health Authority! This is a vision many health directors have held since we first started to work in Health Transfer in the 1980s.”*

– D. Laurette Bloomquist, Vice-President of the FNHDA

# First Nations Health Directors Association

## Meet D. Laurette Bloomquist, Vice-President of the FNHDA



Photo Caption - Back Row (left to right): (FNHC/FNHS staff) Mara Andrews, Health Actions Coordination Team Leader; Tanja Dyck, Executive Director of Partnerships and transition. Bottom Row (left to right): Deborah Schwartz, Executive Director of FNHDA Secretariat and Community Engagement; Judith Gohn, FNHDA President; D. Laurette Bloomquist, FNHDA Vice-President.

The latter two being constructed on-reserve. She was involved in the recruitment of staff and procurement of resources to start up and implement the programs and services.

Laurette is pleased to have worked with the Tla'Amin Community Health Board Society (TCHBS) for over 18 years starting with a staff of 4 to over 40 today. She believes in being involved with research projects; and has participated in TCHBS projects such as Occupational & Environmental Exposure to Organochlorine Compounds; Indigenous Child Project; Aboriginal Adolescent Girls and Smoking and others. She maintained an active participatory relationship with many local committees and sat

on Provincial Health Authority boards and Vancouver Coast Aboriginal Planning Committees as well as national committees.

Laurette is Plains Cree from Muskoday First Nation, Muskoday, Saskatchewan and is married with 2 children and 7 grandchildren and 2 great grandchildren. Her background is Health Administration. She moved to the Coast Salish Territory as a young child and continues to live in Powell River, B.C. on Sliammon lease land. Laurette takes great pride in her work and enjoys her family, gardening, boating and traveling.

Over the years Laurette worked in Saskatchewan as an Executive Director for two provincially funded long-term facilities for seniors, a 30-bed facility and 38-bed unionized facility. She also worked as a Health Transfer Coordinator for the Prince Albert Grand Chiefs in 1988 for three years and later worked with Northern InterTribal Health Authority (NITHA) rolling out the Home & Community Care Program for Northern Saskatchewan. She has always returned to the coast where she has always maintained her residence.

Her capital work has included design and management of the construction of a 30-bed senior's facility; Child Development Centre, and Health Centre.

She owns her own limited company through which she provides the administration for her specialized residential care homes for people with developmental delays.

Laurette has the skills, knowledge and passion to promote independence in health and social programs and to work towards the health and well-being of First Nation peoples. Her willingness to work with other people promoting community development, creating linkages with other professional health agencies and to be actively involved in many committees and boards throughout the years have led to her enjoyment of her work and having the opportunity to meet new people both in First Nation and non First Nation communities and throughout Canada.

Currently, Laurette sits on the founding boards of the National First Nation Health Managers Association and the BC First Nations Health Directors Association. She is in the process setting up a consulting business to work with First Nations agencies.

**!** We'll be providing bio's of the FNHDA Board members and President in future issues of the infobulletin so that you may meet the Health Directors involved with guiding this association forward!

### Health Directors Association Welcomes Two New Board Members:

The FNHDA Board of Directors filled its two vacancies at its Regional Sessions in Kamloops and Prince George.

The FNHDA welcomes Interior FNHDA member Franny Alec, Human Services Manager/CHR for T'it'q'et Administration and Mabel Louie, Northern Health Director for Carrier Sekani Family Services.

### Upcoming Annual General Meeting September 21st & 22nd will Honour Health Workers

The FNHDA will host a two day Annual General Meeting and training session this fall September 21st and 22nd in Vancouver.

The AGM will be held in downtown Vancouver followed by a one day training session (topics to be confirmed). The evening of the 21st we will host a ceremony to Honour the work of our Health Workers.

Please hold these dates and stay tuned for details.

# Health Actions

## Health Actions at Gathering Wisdom IV



While the activity of this year's Gathering Wisdom forum largely played out in the main assembly, a number of partners collaborated on setting up various Health Actions tables and booths. All of the tables this year reported a very good interaction and discussion with delegates, whom were able to visit the displays between sessions and during breaks.

Health Actions efforts are organized across seven cluster groupings:

1. Primary and Public Health (9 health actions)
2. Mental Wellness & Substance Misuse (3 health actions)
3. Maternal and Child Health (4 health actions)
4. Health Human Resources (6 health actions)
5. eHealth (1 health action)
6. Health Planning & Capital (4 health actions)
7. Research and Surveillance (4 health actions)

For the display area for this year's Gathering Wisdom Forum, the Tripartite Management Team identified key three themes for the Health Actions display area to emphasize:

- ✓ **Succeeding as Partners**
- ✓ **Tangible Outcomes for Community**
- ✓ **Listening to Community Voices.**

There were a total of ten program areas from amongst the Health Actions Clusters, who came together and did a great job putting together their display areas. This included:

- Patient Navigators program;
- the BC Patients & Partners;
- the PHSA Cultural Competency training initiative;
- Health and Human Resources and the Aboriginal Health Human Resources Initiative;
- BC First Nations eHealth
- Maternal Child Health programming;
- Research planning and development.

A number of Nations who were involved in the Best or Better Practices initiative, collaborated with the FNHC to put together a display highlighting some of the innovative work occurring.

We would like to thank and acknowledge the efforts of partners and Health Actions areas that put together the Health Actions Display area this year, and making possible the positive discussions and information sharing that took place.

Health Actions

Succeeding as Partners

Tangible Outcomes for Community

Listening to Community Voices

www.fnhc.ca

# Holistic Health and Wellness

## The winners of the “Active Spirit, Active History” video contest!

Building on the success and momentum of the Active Spirit, Active History book which profiled BC First Nations stories of inspiration and determination, the Active Spirit Active History Video contest was launched in January of 2011. The purpose of the contest was to encourage the development of First Nations specific health and wellness messaging around physical activity. Through this contest, First Nations were asked to develop a video on the theme, “what would you say to First Nations people to encourage them to be more active and honour our active spirit?” The contest closed on May 5th, 2011 and the finalists were screened at this year’s Gathering Wisdom IV. Meet the winning film-makers and hear what they have to say about getting physically active!

### **TREVOR MACK** 1st place “Get up, Move up”

#### What is your video about?

My video is about a young man who is glued to his couch and Xbox. He doesn’t realize there is an actual world out there, with the potential for anything. So he does one thing; get’s up. He then experiences the world around him and realizes he can do something, and he feels a sense of belonging.

#### What inspired you to make a video for this contest?

What inspired me to create this video was the fact that there is an immense amount teenage boys out there, who are uninspired and don’t know whether they belong ‘out there’, so they stay inside and ignore the huge amount of potential they have to change the world. I wanted to let people know they it takes one little thing to start your life, and it could be getting up off the couch, getting up off your bed, or just ‘getting out’.

#### What would you like to say to BC First Nations about getting physically active?

What I would like to say to BC First Nations about getting active would be that it literally just takes 1 THING: getting up! Once you take that first step, to have that mindset, everything will come together. Doubting yourself is the most useless thing you could ever do to yourself. You have to be confident in yourself, and realize that you CAN make a difference and become successful at whatever you want to do in your life.



### **BUCK NELSON** 2nd place “Snowboarding with Pala Kovacs”

#### What is your video about?

My video is about snowboarding at Whistler, Blackcomb. It features Pala Kovacs, a member of the junior elite first nations snowboard team. With my video, I wanted to get the viewer to take an interest in snowboarding.

#### How did you meet Pala Kovacs?

I met Pala about 2 years ago, doing equestrian barrel racing. Pala is a very strong young woman that is insanely intelligent. She is determined in becoming a vet when she graduates high-school. She is just an all around awesome kid! And I can’t wait to see what happens next in her life!

#### What inspired you to make a video for this contest?

I was riding with the First Nations snowboarding team already and I made a documentary last year, which was for a class. After school was over, I decided to keep following the team.

#### What would you like to say to BC First Nations about getting physically active?

Take little steps, and keep going and pretty soon you’ll be able to excel and exceed at whatever you’re trying to pursue. You’ve got to keep moving forward and don’t give up. And remember, If you see an opportunity act on it right away, don’t hesitate... something good will come out of it if you act on it right away.

### **Layla Rorick** 3rd place “Active Spirit, Active History”

#### What is your video about?

Our ancestors have left us with a cultural legacy that is based on a deep understanding of the natural world and our place within it. Our ancestors lived a very active lifestyle. If we integrate lessons from the lifestyles of our ancestors into our daily lives, we can give ourselves, and those yet to come into this world, the opportunity to live an active, meaningful lifestyle.

#### What inspired you to make a video for this contest?

I was excited to make a video when I read the guidelines and saw that one of the focuses was on promoting the virtues of our ancestor’s lifestyles. I’m a huge fan of our ancestors, and I always look to them for guidance in my personal life.

#### What would you like to say to BC First Nations about getting physically active?

There are many ways that one can carry on the legacy of our esteemed ancestors through action, including but not limited to: dancing, singing, sports, gardening, harvesting, hunting, art etc. By initiating or including yourself in these activities that embody the ideals of cultural revival, you can help to create a sense of renewed pride in the cultural values passed down from your ancestors.



# Holistic Health and Wellness

## MELODY CHARLIE Honorable Mention “Evan Touchie Legacy”

### What is your video about?

It's about health, it's about fitness, it's about spirit. Overall, it's about not taking your health for granted. In hopes of inspiring health in whatever shape & form that looks like to you!

### What inspired you to make a video for this contest & has this video made an impact on your family or community?

The clip that I entered is a shortened version of a 14-minute video that I made. Every year, we host an, “Evan Touchie Legacy ~ A Tournament of Health” so the longer version of this video is shown up and down the island.

We've been asked to present this video up and down the island, every time we show it, someone asks us to come to our event. People love it, people feel and

hear the message and the importance of health and staying active and putting good things in your body and mind.

### What would you like to say to BC First Nations about getting physically active?

If you can envision it, you can do it. Really.

*The “Evan Touchie Legacy – A tournament of Health” occurs every year in November, on Vancouver Island. Email Melody for more information about this event:*

Melody Charlie  
<melodycharlie@me.com>



## Chelsea Charlie – Audience Choice Award “You Can Make a Difference, too!”

### Video Description:

Living a healthy lifestyle comes from your family upbringing, being active, participation in community activities, giving of yourself through volunteering and being a positive role model. My DVD Shows experiences through believing, having faith, having the courage to take chances and the love of family and friends that guide, support and encourage us as we venture through life.



**“[I] was moved by the Active Spirit video contest - ‘By our people, for our people.’”**

*– GW IV conference attendee*

The Judging Panel provided their final vote and critique at Gathering Wisdom IV. The screening took place on May 26th with an audience of over 350 people.

- Dr. Evan Adams, Aboriginal Physician Advisor, Office of the Provincial Health Officer
- Dr. Rosalin Miles, Executive Director, Aboriginal Sports Circle
- Matt Pasco, Board member, First Nations Health Society.



Watch all of these videos off our website!

[www.fnhc.ca](http://www.fnhc.ca)

### What's this?

It's a QR code, check out the Social Media update on page 16 to learn more about it!



## Holistic Health and Wellness

# Traditional Healers' Gathering

OCTOBER 12<sup>th</sup> & 13<sup>th</sup>, 2011

The First Nations Health Society and the Vancouver Coastal Health Aboriginal Health Team, are hosting a First Nations Traditional Healers' Gathering.

The Gathering will be held at  
**UBC First Nations House of Learning**  
(1985 West Mall, Vancouver, BC)

Our focus is to bring together First Nations Traditional Healers & Knowledge Keepers in B.C. to:

- Strategize on how to incorporate traditional healing practices within communities and multiple health systems; and,
- To learn how to support cultural practices of healing.
- Build awareness; and,
- Network

Would you like to read the "Traditional Models of Wellness Environmental Scan Summary", created by Dr. Georgia Kyba? Scan this QR Code with your smart phone, or find it on our website under 'Documents & Tools'.



\* Registration Details will be available on the [www.fnhc.ca](http://www.fnhc.ca) website by the end of July/Early August 2011.



For more information please contact:  
Jean Allbeury [jallbeury@fnhc.ca](mailto:jallbeury@fnhc.ca)  
Tonya Gomes [tonya.gomes@vch.ca](mailto:tonya.gomes@vch.ca)

# Research & Performance Measurement

## Research and Surveillance Cluster Update

“This report highlights new collaborative processes between First Nations, Friendship Centres, Métis Nation BC, the Provincial Health Officer, First Nations Inuit Health Branch, BC Region and the BC Government’s Ministry of Health.”

- The first ‘Joint’ Report on Aboriginal Women’s Health is continuing to progress. This report highlights new collaborative processes between First Nations, Friendship Centres, Métis Nation BC, the Provincial Health Officer, First Nations Inuit Health Branch, BC Region and the BC Government’s Ministry of Health. An urban Aboriginal Women’s Health workshop took place in Vancouver in March. During this one-day gathering, valuable information was collected from Aboriginal women from an urban population perspective. This information will be used in the report which is currently beginning to be drafted. Data requests for the report are also being drafted.
- The Tripartite Data Quality and Sharing Agreement, signed in April 2010, is nearing its full implementation. The first data set, matching new Indian

and Northern Affairs Canada data against Provincial databases has now been created. Using this new data set, internal parties to the Agreement will soon be able to access new First Nations data to do research. It is expected that the new dataset will be available for internal use by Summer 2011. This is timely, since new First Nations data will be needed for the Women’s Report as discussed above. Through this data matching process, reports such as these will improve in timeliness and overall quality.

- The Research and Surveillance cluster has approved three key strategic documents to guide the development of First Nations research and surveillance support: the Research and Surveillance Strategy, The Surveillance Strategy and the First Nations Epicentre Business case. At Gathering Wisdom 2011,

many communities indicated an interest in being consulted regarding research and planning support needed in their communities. The FNHC is currently planning with the FNHDA its community engagement strategies.



Learn more about the Tripartite Data Quality and Sharing Agreement by scanning this QR code. If you’d like to learn how to use QR codes, go to page 16.

## Important Notice From Census Canada to Canadian Residents

In addition to the 2011 Census, every household on reserve will be asked to participate in the new National Household Survey (NHS). Off reserve, one-in-three households will be randomly selected to participate in the NHS.

### Why is it important for Aboriginal people to participate?

Your participation in the 2011 Census and National Household Survey (NHS) makes for better data. The NHS is designed to inform federal and provincial programs and policies, and provide information for your community or organization to help identify economic development opportunities and assist program and policy makers to make informed decisions.

Data from the Census and NHS is important for your community and is vital for planning such services as schools, daycare and housing. Data from the Census and NHS

could also be used for proposal writing, economic development projects, and many other community initiatives that could be strengthened by having good data.

#### Data such as:

- demography
- activity limitations
- citizenship and immigration
- language, language of work
- ethnic origin, population group, place of birth of parents
- Aboriginal group, Registered or Treaty Indian status, member of a First Nation/ Indian band
- religion
- mobility
- education
- labour market activities
- place of work
- Mode of transportation, car-pooling
- child care and support payments
- income
- housing

As an individual, you can assist in encouraging Census and NHS participation by helping to increase awareness of the surveys in your community, by informing family, friends and neighbours. By participating in the 2011 Census and the NHS, respondents play a key role in shaping Canada’s future.



For more information about the NHS, visit [www.nhs.statcan.gc.ca](http://www.nhs.statcan.gc.ca).



Or, follow StatsCan on Twitter: [www.twitter.com/statcan\\_eng](https://www.twitter.com/statcan_eng)

# First Nations Health Society Update

## Social Media Update: QR Codes and you!

**Have you seen a QR code?** QR Codes can be found on posters, websites, advertisements, business cards and even t-shirts! QR is an abbreviation for Quick Response; these square barcodes can be read on smart phones if you download a QR reader/scanner app (most of these apps are free!). Scan the code with your smart phone and it will lead you to a website, a video, a message, or it might even dial a number for you.

Why use a QR code? Convenient and quick access to information is the most beneficial reason to use them. Let's say, you see a QR code on a poster that you happen to walk

by, a quick scan with your smart phone and you can browse whatever information they've linked their QR code to! Your Scanner app will also save the QR codes you've scanned, so that you can archive them and look at them later. That's a lot easier than typing in a URL code that's this long:

[http://www.fnhc.ca/index.php/community\\_engagement/documents\\_tools/](http://www.fnhc.ca/index.php/community_engagement/documents_tools/)

And it's much easier to direct viewers to specific portions of your website! Throughout this infobulletin there are QR codes placed to help direct you to articles and resources located on our website! Be sure to try it out and let us know what you think! Questions or comments about the FNHC social media? Email: [Karlene.Harvey@fnhc.ca](mailto:Karlene.Harvey@fnhc.ca)



**Download an app for your smart phone by searching: QR Scanner**  
**Make your own QR code by searching: QR Code Generator**

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**Watch our YouTube Channel!**  
[www.youtube.com/fnhealthcouncil](http://www.youtube.com/fnhealthcouncil)

*Have questions regarding social media?  
 Email [Karlene.Harvey@fnhc.ca](mailto:Karlene.Harvey@fnhc.ca)*

### Implementing the Vision: BC First Nations Health Governance Booklet



This book is meant to provide the reader with an overview of where we have come from and where we are going in terms of the collective goal of the Tripartite First Nations Health Plan: to ensure First Nations are involved as equal

partners in the planning and management of health services for our people.

### Moving Forward Together – Community Engagement Hubs & First Nations Health Council: Communications Strategy and Toolkit

The First Nations Health Council Communications Advisory Committee and Communications Department are pleased to present 'Moving Forward Together', a communications strategy and Toolkit document.

'Moving Forward Together' is meant to support Community Hubs in their communications efforts by providing practical advice and tools proven to work at the grassroots level. The strategy aims to clarify the communications relationship between the FNHC and Hubs and to outline existing communications challenges, future goals and strategies.

## New Resources!

### Regional Summary of Governance Discussions

The First Nations Health Council (FNHC) launched a "Health Partnership Workbook" in January 2011, and made the Workbook available online and as the focus of a series of First Nations regional caucus sessions across the province. The Health Partnership Workbook summarized the discussions about health governance held at more than 100 First Nations regional caucus meetings over the past three years and asked First Nations Chiefs, leaders and senior health professionals

in BC to confirm this summary of feedback gathered and share new thoughts and perspectives. The results will inform further discussions, negotiations and relationship building towards the establishment of a new health governance arrangement of First Nations health services in BC.

**Resources are available for download off of our website:**

[www.fnhc.ca](http://www.fnhc.ca)

*(under Documents & Tools).*

*Email [info@fnhc.ca](mailto:info@fnhc.ca) to request hard-copies.*



## CONTACT US

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