

ANNUAL REPORT SEPTEMBER 2019



File Hills Qu'Appelle Tribal Council HEALTH SERVICES



FHQ Health Services is respected globally for exceeding quality in the delivery of safe health care services that embrace First Nations cultures and our traditions of wholistic physical, mental, emotional and spiritual wellbeing contributing to healthy individuals, families and communities.

SEPTEMBER 2019

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FHQ HEALTH
SERVICES
*An integrated
approach
to health care
delivery.*



File Hills Qu'Appelle Tribal Council Health Services

File Hills Qu'Appelle (FHQ) Health Services is an entity of the FHQ Tribal Council in Fort Qu'Appelle, Saskatchewan and is part of Treaty 4 Territory.

The program provides services to the member communities:

Mission Statement

FHQ Health Services is a program of the FHQTC dedicated to the delivery of safe, client centred wholistic care and supportive services for and with our member First Nations that are consistent with our values and meet the needs of our communities. Our services include:

- Health Promotion and Education
- Chronic Disease and Injury Prevention
- Healthy Children and Youth
- Environmental Health
- Communicable Diseases
- Home and Community Care

FILE HILLS AGENCY	QU'APPELLE AGENCY
Carry the Kettle Nakoda Nation	Muscowpetung Saulteaux First Nation
Little Black Bear's Band of Cree & Assiniboine Nations	Nekaneet First Nation
Okanese First Nation	Pasqua First Nation
Peepeekisis Cree Nation	Piapot First Nation
Star Blanket Cree Nation	Standing Buffalo Dakota Nation
	Wood Mountain Lakota First Nation

FHQ Health Services embraces the values of Respect, Accountability, Cooperation and Integrity in respect to all aspects of health care.

- Respect
- Accountability
- Cooperation
- Integrity



File Hills Qu'Appelle Tribal Council Health Services



FHQHS PROGRAMS AT A GLANCE

Aboriginal Diabetes Initiative	Aboriginal Head Start On Reserve
Canada Prenatal Nutrition Program	Environmental Health
Health Education	Home and Community Care
Jordan's Principle	Lactation Consultant
Maternal Child Health	Traffic Safety
Youth Leadership	Jay's Care Program

COMPLEMENTARY PROGRAMS AT A GLANCE

All Nations' Healing Hospital

Miko Mahikan Red Wolf Program

Pasikow Muskwa Rising Bear Healing Centre



FHQ HEALTH SERVICES MANAGEMENT AND ADMINISTRATION

HEALTH COMMISSION CHIEFS

Marie-Ann Daywalker Pelletier, Okanese First Nation Chief
Anthony Cappo, Muscowpetung Saulteaux First Nation Chief

MANAGEMENT

Gail Boehme, Executive Director
Lorna Breitkreuz, Director of Client Services

HEALTH PLANNING

Todd Cappo, Community Health Program Coordinator

Administration Team

Cheryle Brazeau, Finance/Human Resources
Chaylah Carter, Administrative Assistant
Brooklyn Dash, Administrative Assistant



INFORMATION TECHNOLOGY

The Telehealth Department:

- provides a variety of Outreach Services, Clinical Sessions and Educational Events
- offers technical support for troubleshooting computers and peripheral devices.
- provides professional support to expansion projects
- participates in continuing competency



TELEHEALTH CLINICS

- Oncology
- Nephrology
- Neurosurgery
- Chronic Kidney Disease
- Infectious Disease
- Genetics
- Hematology
- Pain and Symptom Management
- Cardiology Transplant
- Psychiatry
- Child Psychiatry
- Metabolics
- Pelvic Floor Pathway
- Pediatric Gastroenterology
- Medical Assistance in Dying
- Televisitation
- Physiatry (Physical Medicine and Rehabilitation)
- Urology
- Rehabilitation Medicine
- Pediatric Surgery

EDUCATION SESSIONS

- Chronic Kidney Disease Group Patient Education Sessions
- Hip and Knee Group Education Sessions
- CNIB Rehabilitation Group Patient Education Sessions
- Pre-Transplant Sessions
- ADAPT Joint Replacement Surgery Support and Information
- Cardiac Rehabilitation and Stroke Prevention Classes

INFORMATION TECHNOLOGY TEAM

Earlene Keewatin,

- Telehealth Coordinator
- E-Health Coordinator

Ken Kinequon,

- Computer Technician

Health Education Programs

- Aboriginal Head Start On Reserve (AHSOR)
- Brighter Futures (BF)
- Canada Prenatal Nutrition Program (CPNP)/ Lactation
- Health Education
- Jordan's Principle
- Maternal Child Health (MCH)
- National Aboriginal Youth Suicide Prevention Strategy (NAYSPS)
- SGI Programs—Traffic Safety



HEALTH EDUCATION

Partnerships: Representation at meetings, networking with various groups and community researchers. Partners include First Nation and Public School Divisions, Saskatchewan Health Authority, RCMP, etc.

Programs & Training: Motivational Interviewing; Mental Health First Aid-First Nations; Buffalo Riders Program; Land Based Learning and HeadStrong Youth Summit.

Career Development: Career Fairs (Parkland College Career Explorations, Stepping Stones, First Nations University of Canada Indigenous Information Day); Job Shadowing opportunities for high school, community college and post secondary students.



HEALTH EDUCATION TEAM

Curtis Delorme, Youth Leadership Coordinator

Cory Gambler, School of Tobacco Coordinator

Deanna Hoffort, Jordan's Principle Navigator

Shelley Lowenberger, Maternal Child Health Coordinator and AHSOR

Janet Muirhead, Community Nutritionist

Shane Quewezance, Health Educator and SGI Coordinator

Allison Whiteman, Community Resource Coordinator

Aboriginal Head Start On Reserve

The primary goal of AHSOR is to establish a community focused approach to provide preschool children with a positive sense of themselves, a desire for learning and opportunities to develop fully and successfully as young people. AHSOR preschool intervention supports the development of the physical, intellectual, social, spiritual and emotional well-being of our children within our FHQ communities.

Maternal Child Health

The vision of the MCH Program is to improve the health of mothers, infants and families and support the development of children in an effort to address the gap in life chances between Aboriginal and non-Aboriginal children.

The goal is that pregnant First Nations women and families with infants and young children, who live on reserve, reach their fullest developmental and lifetime potential.



ABORIGINAL HEADSTART ON RESERVE PROGRAM

The AHSOR Program provides early childhood intervention support for First Nation children up to 6 years old in 6 core areas:

- Promotion and Protection of First Nations Language and Culture
- Nutrition
- Education
- Health Promotion
- Social Support
- Parental and Family Involvement

As a second level service to community, the AHSOR Coordinator provides support through yearly program monitoring, managing funding agreements, and provides up to date principles, guidelines, inspections, regulations as well as policies. The Coordinator organizes training opportunities, offers workplan guidance and support, assists with activity and financial reporting for community Head Start staff.



MATERNAL CHILD HEALTH PROGRAM

The Maternal Child Health Program aims to develop and maintain a comprehensive, integrated and coordinated approach to MCH programs and services.

Ensure program elements are delivered including:

- Home visiting through Parent Mentors
- Case management and identification of high risk clients through screening and assessment
- Coordination of services for children with special needs

The program also provides access to a system of home visiting, screening, assessment and case management for pregnant women and families with infants/young children who live on reserve and ensures First Nations culture and traditions are supported in delivery of MCH.

SHELLEY LOWENBERGER, ABORIGINAL HEAD START ON RESERVE AND MATERNAL CHILD HEALTH PROGRAM COORDINATOR

Canada Prenatal Nutrition Program

The goal of CPNP is to improve the health of mothers and infants by providing maternal nourishment, nutrition education/counseling, and breastfeeding promotion and support.



Lactation Consultant Services

Providing Lactation Consultant services helps to ensure that mothers receive the breastfeeding education and support needed to initiate and continue breastfeeding successfully.

CANADA PRENATAL NUTRITION PROGRAM

CPNP workshops are offered monthly to communities. The dietitian prepares a meal to share with the group. Ingredients to make the meal are provided for participants to prepare at home for families. Discussion during the meal provides information on nutrition, infant feeding, and breastfeeding.



LACTATION CONSULTANT SERVICES

The Community Dietitian achieved International Board Certified Lactation Consultant qualifications. Individual Lactation Services are promoted at CPNP classes with the offer to provide phone consultations, home visits, or meetings at health clinics as requested. There is collaboration with the Community Health Nurses to promote and utilize the Lactation Services.

JANET MUIRHEAD, CPNP PROGRAM COORDINATOR AND LACTATION CONSULTANT

JORDAN'S PRINCIPLE PROGRAM

FHQTC community members are able to access many supports and services through Jordan's Principle. Some services include:

Cognitive Disability Strategy	Medical Appointments
Autism Support	Community Living Service Delivery
Occupational Therapy	Non-Insured Health Benefits
Counselling/Mental Health Therapy	Ministry of Social Services
Equine Therapy	Status Card Registration
Elder/Traditional Services	Disability / Child Tax Credits
Early Childhood Intervention Program	Sask. Wheelchair Sports

CLIENT EXPERIENCES

"My family and I have been with Jordan's principle for a year now. They have helped my family out so much when we didn't have anywhere else to turn. They have given our family so much information and help to my boys. Our worker is always working with us also when I don't understand something. I am happy Jordan's principle is there to help when nobody else would. My family thank you for what you do for families and our children."

"Thanks for your help with the long process of getting my grandsons surgery approved by Jordan's principle. This has been a challenge over the past year. Your knowledge of what papers are needed to be submitted, the proper way. The help telling doctors what the process is that we are using. Your communication between NHIB was a great help, I couldn't have done it without you. Without your help and guidance, I would have given up the process a year ago. With you being able to come and help me out at the reserve and in my home. The challenges about what original receipts are needed, what can be faxed or emailed has been challenging at times. I hope this helps make changes for the future better for other families. We use our ECIP worker regular for services with our grandsons. The unique situation of our family, we could not meet the needs of the boys without your service. Even if the process has changed our financial situation because of long decision making to reimbursement."

DEANNA HOFFORT, JORDAN'S PRINCIPLE COORDINATOR

Jordan's Principle

Objectives:

1. To assist families in accessing needed services through Jordan's Principle through application and case management with regional focal points.
2. To case plan and coordinate services for children approved for services or supports through Jordan's Principle and/or other provincial or federal services.
3. To manage fund provided through Jordan's Principle for services and supports approved for families.
4. To build relationships with service providers and federal or provincial programs and services.

Purpose:

- To assist First Nation families with children with special needs by connecting them to services and resources that children require both on and off reserve.
- To ensure First Nation children receive quality appropriate health, social and educational services.



Health Education & Traffic Safety



SHANE QUEWEZANCE, HEALTH EDUCATOR

The Health Educator works closely with the Youth Leadership Team to deliver youth related programs and services such as:

- Participation in a Land Based Learning research project with Johnson Shoyama Graduate School of Public Policy and participating FHQTC schools
- The first HeadStrong Youth Summit to be held in Saskatchewan, a partnership with the Mental Health Commission of Canada
- Attending Career Fairs and promoting careers with High School and Post Secondary Students
- Organizing and hosting Inter-Agency Committee meetings with local partners such as Prairie Valley School Division, Saskatchewan Health Authority, RCMP, etc.
- Participation on the Indigenous Advisory Committee with Saskatchewan Centre for Patient Oriented Research
- Training opportunities: Motivational Interviewing, Mental Health First Aid—First Nations, Buffalo Riders Program
- Hosting group tours for the All Nations' Healing Hospital and FHQ Health Services

SHANE QUEWEZANCE, TRAFFIC SAFETY PROGRAM COORDINATOR

Saskatchewan Government Insurance partnered with FHQ Health Services to deliver the Traffic Safety Program. The Program Coordinator is responsible for the following activities :

- Traffic Safety: Speeding, Seatbelts, Impaired, Distracted, Bike, Bus
- Car Seat Safety: Certified Children's Restraint System Technician
- Contests: Seat Belt Challenge, Video Challenge, Good Wingman Campaign
- SGI Grants: Community Grant, Car Seat Grant, Provincial Traffic Safety Fund Grant
- Driver Education Training for FHQTC High Schools
- MADD Canada, School Assembly Program
- Smudge Walk & Safe Grad Walk
- Events: FSIN Youth Assembly, FNUC Powwow, Tony Cote First Nations Winter Games, Treaty 4 Gathering
- Miscellaneous: RID Signs, Photo Radar on Reserve, Bus Inspections



National Aboriginal Youth Suicide Prevention Strategy (NAYSPS)

Goals:

- Increase awareness and understanding of preventing suicide among Aboriginal youth
- Strengthen key protective factors
- Strengthen and facilitate collaborative approaches and linkages within and across government, agencies, and organizations
- Develop and carry out locally-driven community plans for preventing suicide in First Nations and Inuit communities
- Improve and increase crisis response efforts to intervene more effectively in preventing suicide and suicide clusters following a suicide-related crisis in First Nations communities south of 60
- Enhance the development of knowledge about what we know about what works in preventing suicide among Aboriginal youth

Brighter Futures Program, Building Healthy Communities and Mental Health and Solvent Abuse Programs

The Brighter Futures program is a community-based health promotion and ill-health prevention program for First Nations and Inuit communities. The program typically, promotes health and prevents ill-health through learning-related activities that strive to increase awareness, change attitudes, build knowledge and enhance skills.

YOUTH LEADERSHIP

The Youth Action Plan is based on the spirit and intent of the Treaties. The team is committed to being a leader and advocate for the delivery of quality youth services for the sustainability, self-sufficiency and autonomy of FHQTC First Nation membership.

The Youth Leadership Team is able to assist, enhance and promote File Hills Qu'Appelle Tribal Council entities to communities by administering the YAP Program, NAYSPS and Brighter Futures Program.

The team is available to provide:

- speaking engagements on a variety of youth health and empowerment topics
- arts based workshops
- classroom presentations
- community youth programming
- hosting events
- attending career fairs and information booths at community events such as Wellness Days, Treaty Days, and Health Fairs



YOUTH LEADERSHIP TEAM

Curtis Delorme, National Aboriginal Suicide Prevention Program

Allison Whiteman, Brighter Futures

Jays Care

“At Jays Care we believe in on-going collaboration and reconciliation with Indigenous peoples. This means working with Indigenous communities to create inclusive programs that promote the health and well-being of children, youth and families. We use baseball to engage hard to reach children and youth through inter-generational events and tournaments that involve elders, partners and community leadership. “

From: <https://www.mlb.com/bluejays/community/jays-care/our-approach>



YOUTH LEADERSHIP PROGRAM: JAYS CARE PROGRAM

Rookie League is Jays Care's most wide-reaching baseball for development program, specially designed to use the power of baseball and the appeal of the Toronto Blue Jays to foster lasting social change and create leaders beyond the ballpark. Jays Care works with partner organizations across the country to develop Rookie League programs that train local youth & adult staff to facilitate and measure the impact of high quality programs for children in their communities. Rookie League works to enhance the life skills, physical health and positive self-identity of participating children and increase the confidence and employment skills of staff.

Children involved in Rookie League increase:

- Important life skills
- Self-esteem and self-awareness
- Relationships to peers
- Connection to positive role model
- Likelihood of living a physically active life
- Baseball and physical literacy skills



School of Tobacco

The goal of the School of Tobacco is to provide smoking cessation and education for youth of the FHJQTD communities.

Activities include:

- reducing youth access to tobacco products
- enhancing no-smoking policies and by-laws
- promoting smoke-free homes, public spaces and workplaces through community and partner collaboration
- promoting awareness of the dangers of smoking and second hand smoke
- engaging and encouraging youth to adopt healthy Indigenous lifestyles
- offering tobacco cessation training for community workers
- delivering cessation programs to pregnant women and young mothers
- tracking success through indicators and share best practices



TOBACCO CESSATION

The Tobacco Cessation Program at FHQ Health Services began with a grant to develop and deliver a smoking cessation curriculum to the FHQTC communities. The program included teaching modules supported by local elder teaching about traditional tobacco use versus the commercial uses of today. The Catching Your Second Wind Curriculum also included a smoking cessation challenge between FHQTC communities and has evolved into the School of Tobacco with a youth focused challenge.

As a consequence of an increase in youth experimenting with vaping, the Coordinator has been providing presentations to area schools.

Important partnerships were created with Grade 8/9 students at Payepot High School at Piapot First Nation and the Canadian Cancer Society and Saskatchewan Lung Association. The group presented information on vaping and the concern over its use to MLAs at the Saskatchewan Legislation Building in Regina.



COREY GAMBLER, SCHOOL OF TOBACCO COORDINATOR

Aboriginal Diabetes Initiative

Goal:

The overall goal of the Aboriginal Diabetes Initiative (ADI) is to improve the health status of individuals, families and communities through actions aimed at reducing prevalence and incidence of diabetes and its risk factors.

Objectives:

- Increase awareness of diabetes, diabetes risk factors and complications as well as ways to prevent diabetes and diabetes complications in communities.
- Support activities targeted at healthy eating and food security.
- Increase physical activity as a healthy living practice.
- Increase the early detection and screening for complications of diabetes in communities.
- Increase capacity to prevent and manage diabetes.
- Increase knowledge development and information-sharing to inform community-led evidence-based activities.
- Increase supportive environments for healthy living.
- Support the implementation of healthy guidelines and policies in key settings (e.g. schools, early childhood development centres, recreation centres, long term care facilities, workplaces and local food premises).
- Develop partnerships and linkages to maximize community health planning and the reach and impact of health promotion and primary prevention activities.

DIABETES EDUCATION

The ADI team develops and delivers health promotion and prevention activities with the aim of reducing Type 2 Diabetes. The team works to promote healthy lifestyles to reduce obesity, encourage healthy eating and increase physical activity by attending monthly Wellness Clinics in collaboration with the Home Care team.

The ADI program staff offer the following services:

1. Community wellness clinics
2. Individual diabetes and nutrition counselling
3. Cooking classes
4. Health education presentations
5. Dietitian services for Pasikow Muskwa Healing Center
6. Menu planning support
7. Information and health screening at community health fairs
8. Dietitian service/support to Lakeview Lodge, Leading Thunderbird Lodge, Miko-Mahikan Outreach Program and ANHH

ADI professional staff also provide preceptorship to nursing and nutrition students through community placements with FHQTC.



DIABETES TEAM

Kristal Dickie, Registered Dietitian, Certified Diabetes Educator – Team Lead

Emily Gloade, Registered Nurse, Certified Diabetes Educator

Maggie Bellefontaine, Registered Dietitian, Certified Diabetes Educator

Taletha Bennett, Registered Dietitian

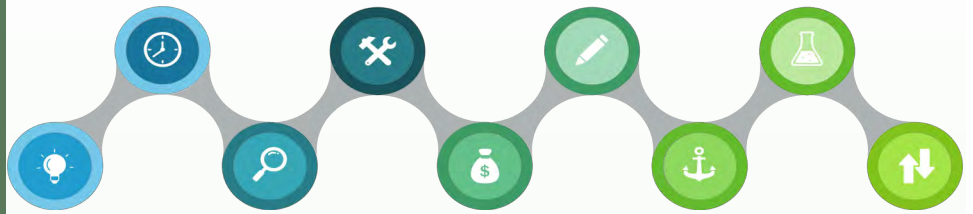
Environmental Health Program

The Environmental Public Health Program in the File Hills Qu'Appelle Tribal Council works to identify and prevent environmental public health risks that could impact the health of community residents.



ENVIRONMENTAL HEALTH PROGRAM

The Environmental Health Officers (EHOs) provide advice, guidance, education, public health inspections and recommendations to communities, tribal council entities and their leadership to help them manage public health risks associated with the environment. EHOs visit communities to do inspections, investigations and provide education and training sessions.



Program areas include activities in the areas of water quality, sewage disposal, solid waste disposal, food quality, communicable disease control, community facilities, special events, housing, pest control and occupational health and safety. EHOs identify potential public health risks in communities and provide recommendations on how to correct them.

WATER QUALITY PROGRAM

Under the direction of the EHOs the Water Quality Technicians and Community Based Water Monitors conduct sampling of water systems in the communities. This sampling ensures the safety of drinking water by testing for bacteria in the water as well as chlorine residuals which prevents the growth of bacteria.

ENVIRONMENTAL HEALTH TEAM

Carla Patterson, Environmental Health Officer and Team Lead
Brad Hudy, Environmental Health Officer
Delvin Bitternose, Water Quality Technician
Darren Stanley, Water Quality Technician

Home and Community Care

Home Health services are provided to deliver safe client-centered care and supportive services to FHQTC communities.



HOME AND COMMUNITY CARE

The Home and Community Care team includes Registered Nurses (RN's), Licensed Practical Nurses (LPN'S), and Home Health Aides (HHA). Staff participate in continuing educational opportunities such as Medical Device Reprocessing, Care of Patient/Kidney Disease, Inoculist Certification, Wound Care Treatment and Advanced Foot Care Courses.

Nursing Team:

Nursing Staff complete assessments with the client and/or family to determine care needs. They provide referrals to other professionals such as Occupational Therapist/Physical Therapist, Podiatrist, Women's Health, etc. The team attend monthly Wellness Clinics in collaboration with the Diabetes Team and conduct Annual Flu Clinics. The nurses offer Foot Care Clinics to residents of Lakeview Lodge Personal Care Home and Home Care clients as required and provide on-site wound care to clients of Pasikow Muskwa Rising Bear Healing Centre.

Home Health Aides:

Donna Kahnpace and Marlene Peigan provide supportive home visits to clients, including personal care in the clients' home, at the community health clinic or at the All Nations' Healing Hospital.



HOME AND COMMUNITY CARE TEAM

Joanne Graham, Registered Nurse and Team Lead

Charlene Horseman, Registered Nurse

Karen McGregor, Registered Nurse

Angie Favel, Licensed Practical Nurse

Marlene Wolfe, Licensed Practical Nurse

Donna Kahnpace, Home Health Aide

Marlene Peigan, Home Health Aide

Community Health Nursing

Goal:

To improve health outcomes and support community members in all aspects of holistic health through programs and service delivery and partnerships.

Principles:

- Client Focused Care
- Relationship Building
- Advocacy
- Health Promotion
- Prevention
- Capacity Building

Programs:

1. Immunization Program
2. Communicable Disease Program
3. Maternal Child Health Program
4. School Health Program
5. Chronic Disease Program



COMMUNITY HEALTH NURSES

Key outcomes of the Community Health Nursing Program are:

- Improved relevance of the Community Health Nursing Program
- More effective and coordinated health services that will improve patient outcomes
- Expanded ability for innovation in the delivery of health care services
- More timely and effective approach to staff turnover and recruitment
- Improved services for off-reserve members
- A health service that is sustainable, culturally focused, innovative, advocacy based, crosssectoral, stable
- Access for the funded programs to FHQTC Health Services' cultural expertise and advice, and coordinated traditional healing and cultural services

The Community Health Nurses scope of practice includes:

1. Health Promotion
2. Prevention and Health Protection
3. Health Maintenance, Restoration and Palliation
4. Professional Relationships
5. Capacity Building
6. Access and Equity
7. Professional Responsibility and Accountability

COMMUNITY HEALTH NURSES

Joanne Bryant, Registered Nurse and Team Lead

Lisa Cook, Registered Nurse

Cara Bear, Registered Nurse

Karli Bigknife, Registered Nurse

Kendie Bowyer, Registered Nurse



**Pasikow Muskwa Rising
Bear Healing Centre**

**Miko Mahikan Red Wolf
Program**

**Women's Health Centre
and Birthing Unit**

COMPLEMENTARY SERVICES



Complementary Programs

Pasikow Muskwa Rising Bear Healing Centre

Program Goals

- To improve access to culturally safe care for individuals, families and communities that is innovative, diverse and respectful of various ways of knowing
- To enhance community engagement, provide early screening/detection, and active self-management across the continuum of care for Kidney Wellness
- To support, strengthen, and facilitate cultural healing through Traditional and Spiritual Institutes



Pasikow Muskwa Rising Bear Healing Centre is a culturally enhanced Chronic Kidney Wellness Initiative. The centre provides holistic services for individuals, families and communities and includes traditional healing practices and/or clinical health services. Health care professionals address all aspects of health and well-being for Physical, Emotional, Spiritual and Cultural Health.

Satellite Dialysis Services opened September 26th, 2018 operating Monday, Wednesday, Friday to accommodate 12 patients.

Additional services for patients include; Traditional Medicine, Traditional and Spiritual counseling, smudging, prayer, feasts, Traditional Healer services, psychologist counseling, Home care and wound management, PT/OT services, diabetes education and follow-up, dietitian and pharmacist counseling and primary care services with support from Nurse Practitioner specialized in renal care.



Access to an Independent Dialysis Suite 7 days a week is available allowing patients the ability to self-manage their own hemodialysis treatments.

Services include; primary care services for conditions such as diabetes, hypertension, kidney disease, cholesterol management; counseling and education, dietitian and diabetes educator services, Traditional & Cultural services, Tele-health support for specialist appointments, 24 hour ambulatory blood pressure monitoring, outreach services.

Pasikow Muskwa Rising Bear Healing Centre Staff:

Unit Coordinator/Head Dialysis Nurse	Nurse Practitioner
Traditional Knowledge Keeper	Health Navigator
Primary Care Chronic Disease Nurse	Pharmacist
Dietitian	Medical Office Assistant
Diabetes Nurse Educator	Visiting Specialists

Complementary Programs

Miko Mahikan Red Wolf Program

The four pillars that guide the rights-based approach to this harm reduction program includes:

1. Traditional Knowledge Keeper Oversight and elder availability to offer direction, guidance and support
2. Educational component tailored to community requirements
3. Harm reduction services to provide a safe space for clients
4. Treatment of HIV, Hepatitis C and Opiate Use Disorder, Case Management Practices and Outreach Services



The Miko-Mahikan Red Wolf Program is a progressive new program featuring a respectful and confidential approach to care. The goal of the Miko-Mahikan Program is to reduce the incidence and prevalence of HIV (Human Immunodeficiency Virus) and HCV (Hepatitis C Virus) by expanding public access to information, harm reduction approaches, treatment options and follow-up services. Harm Reduction is regarded as a method to promote the reduction of potential risks associated with prescription or recreational drug use or misuse.

Currently, Miko-Mahikan Red Wolf Program employs two Nurse Practitioners, as well as a Health Navigator, HIV/HCV Educator and Medical Office Assistant. An HIV/HCV Outreach Nurse will soon join the team. Services provided at the centre include Opioid Replacement Therapy and Harm Reduction Best Practices such as a needle exchange program and supply kit availability. The supportive services provided to clients are confidential and anonymous. In addition, if a member of the public finds a used needle, call the office and staff will arrange for safe retrieval and appropriate disposal.



Miko Mahikan Red Wolf Program Staff:

- Stella DeVenney, Nurse Practitioner and Program Director
- Nurse Practitioner
- HIV/HCV Outreach Nurse
- Health Navigator
- Shannon Arnason, HIV/HCV Educator
- Jessica Pelletier, Administrative Assistant

Complementary Programs

Women's Health Centre and Birthing Unit



Women's Health Centre provides well women care to women of all ages through a variety of services

Nurse Practitioner Services	
Well Women Exams	Prenatal Care
Breast Exams	Contraceptive Counselling and Management
Pap Smears	STI Testing & Treatment
Outreach clinics in First Nation communities	Depression and Anxiety Assessment and Management
Menopause Care	Medical Care and Support for Lakeview Lodge Residents

The Midwifery Program includes two Midwives to attend births in the Birthing Unit at the All Nations' Healing Hospital and the Regina General Hospital Maternity Unit. The Midwives provide pre and post natal care and support to women and their families. They offer Outreach Clinics in the FHQTC communities and weekly Parent Cafes, Mother and Baby Sessions.



Women's Health Centre Staff:

- Stella DeVenney, Nurse Practitioner and Team Lead
- Diana Ashfield, Nurse Practitioner
- Joelynn Radbourne, Nurse Practitioner
- Debbie Vey, Midwife
- Jacky Nduru, Midwife
- Tonia Saulteaux, Medical Office Assistant
- Chelsea Poitras, Medical Office Assistant



September 2019

FHQ HEALTH SERVICES

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