

First Nations Health Consortium Newsletter

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E: nochild4gotten@abfnhc.com



Okki – Tansi - Welcome,

The First Nations Health Consortium's priority is to improve access to health, social, and educational services and supports for Alberta's First Nations and Inuit children, youth and families.

The First Nations Health Consortium (FNHC) came into formation in 2017 to implement Jordan's Principle Child First Initiative – Enhanced Service Coordination for First Nations and Inuit families and their children throughout Alberta. Enhanced service coordination is about helping to connect families and their children to much needed services whether it is health, social or educational.

To make a referral please feel free to call or email our office at:
Toll Free: **1-844-558-8748** Email: nochild4gotten@abfnhc.com



Ninttsi ratcho sa
February; "the big wind month"

In February, it is still winter. When someone asks you how old you are in Dene they ask how many winters you are. In northern Dene territories, the summers and warm periods are often short compared to the long winters.

What is the Residential Rehabilitation Assistance Program for Persons with Disabilities (RRAP-D) On-Reserve?

RRAP-D On-Reserve offers financial assistance to First Nations members to work to modify living spaces occupied by persons with disabilities.

Who is eligible?

First Nations members that require modifications to their homes may be eligible to apply. The total household income must be at or below the income threshold for their area and the property must meet minimum health and safety standards.

What modifications are eligible?

Modifications must be related to housing and reasonably related to the disability. For example, ramps, handrails, chair lifts, bath lifts, height adjustments to countertops and cues for doorbells/ fire alarms. All work required to bring your home up to minimum standards of health and safety must be completed in order to receive RRAP-D assistance. Therapeutic care, supportive care, and portable aid equipment, such as walkers and wheelchairs, are not eligible for funding.

What assistance is available?

The financial assistance is a [forgivable loan](#). The maximum loan is \$60,000*/unit.

**For northern or remote areas the maximum total amount may be increased by an additional 25 percent.*

IMPORTANT: Any work carried out before application is approved in writing is not eligible.

Where can I get more information?

Contact your CMHC Consultant or local CMHC office. You can also contact CMHC at 1-800-668-2642.

Other CMHC programs are available on-reserve to assist with repairs to substandard housing and adaptations for seniors.

Artwork By:

Daphne Odjig
Known for Woodland
style art

Source



Indigenous Tales: A Bird in Search of a Mate

A young lady lived alone on the riverbank. One day she thought, "I am old enough to have a husband. It is lonely here by myself."

She oiled her hair, painted her face red, put on her best clothes and picked up a bucket of water and looking in it said, "I am nice enough for any man."

Then she started off along the bank, when she came to a place where she saw signs of people living near, she seated herself on a log and sang, "I wonder if any man around here wants a wife. I wonder if any man around here wants a wife."

Soon far off in the forest a man replied, "I want a wife. I want a wife."

She sang back, "What will we live on? What will we live on when we live together?"

And he sang, "We will live on moss."

And she, singing, answered, "I can't live on moss! I couldn't eat such coarse food; plus, I'm a nice looking girl."

Again she traveled. It was near sunset when the young lady where she saw signs of people living near. She seated herself on a log and sang, "I wonder if any man around here wants a wife. I wonder if any man around here wants a wife."

Not far off someone grumbled, "I want a wife. I want a wife."

Then she sang, "What will we live on? What will live on? What will we live on when we live together?"

He answered, "We will live on hawthorn berries and roots."

She sang, "I cannot live on hawthorn berries and roots. I am too fragile for such places; plus, I'm a nice looking girl."

Frustrated she flew up into the sky and at the top of her lungs sang, "I wonder if any man around here wants a wife! I wonder if any man around here wants a wife!"

Close by replied melodically, "I want a wife. I want a wife."

And she, singing, asked, "What will we live on? What will we live on when we live together?"

And he sang back, "When we live together we will live on seeds."

Singing, she answered, "That is the food I like; seeds are nice and soft."

The singer, hearing her answer, was pleased. He came and sat on a log by her side, and, singing, asked, "Did you understand my song when you asked what we would live on when we lived together?"

She, singing, answered, "Yes, seeds. I love seeds, they are sweet and soft."

Then the two flew off along the bank of the river, and ever since have lived happily together—The first birds of spring.

The first man to answer the young woman's call was a deer—the second was a bear; the third was a bird like herself.

Source: fairytalez.com



Treaty 8 Trappers Association

The Treaty 8 trappers takes strides to address many issues impacting Treaty 8 Trappers including, Industry impacts on trap lines, consultation, and compensation issues.

This organization is focused on working to build relationships with First Nations. This will include Industry, Government and other Trapping organizations to develop a stronger understanding of Treaty Rights within Alberta. The Trappers Associations hope is to work collaboratively with Treaty 8 to strengthen Trapping traditions in Alberta and minimize the negative impacts to trapping rights to ensure that these practices can continue.



Happy Valentine's Day!

FNHC staff would like to wish the readers a valentine's day filled with love and laughter!





Southern Team:

Krista Tailfeather, FNHC, Access Worker.

Located in the Kainai area, Krista demonstrates her compassionate and empathetic work ethic. As an Access Worker, she ensures each child's story is heard and told in accurate, respectable manner. Her favorite responsibility is going into community and raising awareness about FNHC and Jordan's Principle, meeting community members face-to-face.

Krista explained that in her role her greatest challenge is witnessing Elders and Grandparents face their socioeconomic conditions while raising young children/grandchildren. However, with this experience she said it has opened her eyes to indigenous reality.

Advocating for, and giving a voice to First Nations children is a humbling duty that allows Krista to grow with each shift.

Psychological Causes of Drug Addiction

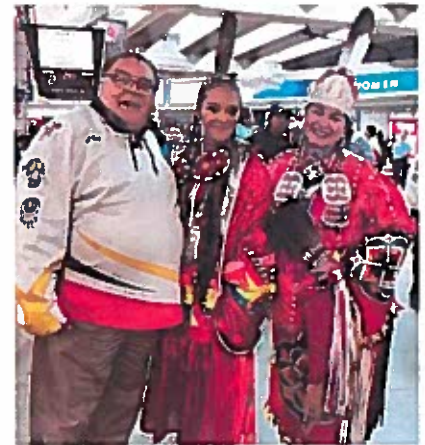
An example of a psychological cause of addiction is people's thoughts and beliefs. This is because behavior originates from thoughts and beliefs, including addictive behaviors. Psychologists have developed techniques to help people change their thoughts and beliefs.

Another psychological cause of addiction is a one's developmental maturity. The ability to align actions with beliefs and values is what separates mature, from immature. Drug addiction can occur because someone lacks this developmental maturity. Therapy can be considered a form of accelerated development, it can be helpful for people who are recovering from alcoholism or other addictions.

People may find recovery difficult because they lack sufficient motivation or as a means of coping with uncomfortable feelings or stress.

Therapy can help to strengthen motivation and to improve problem-solving skills, stress reduction skills, and coping skills.

Source: cascadementalhealth.org



BARRY PHILLIPS, E.D.
HEATHER WOLF EAR,
COMMUNICATIONS,
SHIRLEY HILL, SIKSIKA
NATION MEMBER

SUPPORTING THE HITMAN
HOCKEY GAME, FNHC
PROMOTING INDIGENOUS
WAYS OF LIFE.

A Word From FNHC Team Leads:

Lorinda Patterson, Southern Team Lead, Calgary.

The FNHC Southern Alberta Team is comprised of dedicated people with working knowledge in the areas of Social Work, Education, Health, Psychology and Child Services. Through Enhanced Service Coordination we continue to support families with connections to services, navigating systems in such areas as allied and mental health services and education, as well as Jordan's Principle applications to meet their child's needs.

South Team

Team Lead, Lorinda Patterson, Regional Service Coordinators Michele Edwards and Peggy Minde and Access Worker Rebecca Rochon are located in the SE *Calgary*.

Regional Service Coordinator, Beatrice Little Mustache and Access Worker, Krista Tailfeathers are located within the Blood Tribe Department of Health, *Kainai*.

Regional Service Coordinator, Leonda Solway is located within the Siksika Health Centre, *Siksika*.

Dyan Harke, Northern Team Lead, Edmonton.

The FNHC Northern Alberta Team is comprised of dedicated people with working knowledge in the areas of Social Work, Education, Health, and Child Services. Many Northern communities have large geographical distances with little to no services often making it easier to identify gaps in services, but challenging to find the appropriate service to meet the need. Through Enhanced Service Coordination we continue to support families with connections to services, navigating systems in such areas as allied and mental health services and education, as well as Jordan's Principle applications, individual and group to meet their child's needs.

North Team

Team Lead, Dyan Harke, Regional Service Coordinators Jaspreet Atwal, Jen Hilditch and Jerica Nykolyshyn and Access Worker Lisa Badger are located in the *Edmonton* office.

Regional Service Coordinator, Josephine Laboucan and Joyce Peecheemow are located in the *High Level, Fort Vermillion* area

Regional Service Coordinator, Lisa Golosky is located in *Fort McMurray* area.

Regional Service Coordinator, Sam Laboucan is located in *High Prairie* serving the Lesser Slave Lake area.

Access Worker, Tammy Island is located in *Sturgeon Lake Cree Nation*.

Regional Service Coordinator, Tina Littlechild and Access Worker, Verna White in *Maskwacis* Health Center.

Regional Service Coordinator, Tracy Yuzicapi is located in *Bonnyville* area.

Regional Service Coordinator, Freda Alook is located in *Bigstone Cree Nation* area.

Regional Service Coordinator, Wendy Henshaw is located in *Grande Prairie* area.



