



***interim* Northern St'át'imc Health Plan:
Creating Health System Reform
in the
Northern St'át'imc Territory
2015-2017**

Prepared
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Signed by the Lillooet Tribal Council Chiefs on Friday February 6, 2015 at Sekw'el'was. Updated: March 21/16 in Xwisten.

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1.0 BACKGROUND



1.1 Why the interim Northern St'át'imc Health Plan was created

Northern St'át'imc Health Leadership, as directed by the People of the six Northern St'át'imc communities; Ts'kw'aylaxw, T'it'q'et, Xwisten, Xaxli'p, Tsal'alh and Sekw'el'was, are working towards reforming health care service delivery in the Northern St'át'imc Territory. *St'át'imc Wellness Principles will play a vital role in this new system.* The purpose of the interim Northern St'át'imc Health Plan is to outline the collective strategies that will be used to contribute towards improving the health and wellness of future generations of all St'át'imc children, families and communities in the Northern St'át'imc Territory.

1.2 How the interim Northern St'át'imc Health Plan was created

Northern St'át'imc Health Leadership are the technical and political leads of the six Northern St'át'imc communities. Since 2010, Northern St'át'imc Health Leadership has been coming together on a regular basis to work together on collective matters in health.

Two key documents outline this work in detail:

- ◇ the *Synthesis of Health Data Collected by the Northern St'át'imc Community Engagement Hub (September 2010 to December 2014)*, and
- ◇ the *Northern St'át'imc Health Governance Handbook*.

The interim Northern St'át'imc Health Plan 2015-2016 has been developed from this information. These documents can be found on the Hub website or by community Health Directors/Leads.

2.0 St'át'imc Wellness Principles

*We need to get back to our own
culture, our own medicine —
believe in our own medicine!*

- Tsal'alh Elder



2.1 St'át'imc Values and Strengths as they pertain to health

We value being respectful, sharing and helping each another, our families and extended family- *no matter where they live*, elders, youth, visiting face to face, our traditional helpers and spiritual people, our relationships with the land and the animals, harvesting from the land and river, our humour, our traditions, our teachings, our language, our ceremonies, our gatherings and celebrations, our history, our communities, our unity, and our traditional foods and medicines. All of these are cultural assets and strengths that we should protect and build upon to help achieve improved health for the future seven generations.

2.2 St'át'imc Inherent Rights as they pertain to health

We have inherent rights to revive, practice, protect and pass on our cultural practices, traditions, and knowledge in our Traditional Territory. We have the right to use our knowledge system and practices towards health without discrimination. We have the right to health as other Canadian citizens, and we invite federal, provincial, local governments and agencies to work with us as we realize and carry out our rights around health in the Northern St'at'imc Territory.

2.3 ST'ÁT'IMC HEALTH SERVICES

2.3.1 Traditional Medicines and Practices

Traditional health services should be accessible to clients who wish to use them. St'át'imc Elders and the Northern St'át'imc communities have indicated that the language, traditional medicines and teachings, medicine people and natural helpers, and protection of the environment are important for health.

2.3.2 Holistic Health

Holistic health services includes the physical, emotional, spiritual and mental elements of each individual as well as his/her environment. St'at'imc holistic health services includes working with agencies that comprise the Social Determinants of Health, ie. housing, security, literacy, justice, education and employment.

2.3.3 Relationship Model

Establish working relationships with service providers to help remove barriers to care. Health service provision is also about working with the people who deliver the services, this will improve quality of care.



WELLNESS PRINCIPLES



2.3.4 Shift Towards Health Promotion & Disease Prevention

Involves shifting the current medical/treatment and dependency model towards enhancing client knowledge and opportunities for healthy living.

2.3.5 Services Integration

Health service providers establish integrative and collaborative relationships with each other and with supporting agencies to deliver high quality, accessible primary care services to the community for the purpose of improving health.

2.3.6 Client as Health Consumer

A health services empowerment model for clients who wish to have more knowledge, ability to choose, and to be more involved in and control of their personal health care decisions.

3.0 NORTHERN ST'ÁT'IMC STRATEGIC HEALTH PRIORITIES

*If you handle ūcwalmicw medicine
wisely they are good for you.*

*The younger ones should study the
ūcwalmicw medicines,
the older ones should help them.*

- NXwisten Elder

3.1 Northern St'át'imc Health Governance and Shared Health Services Structure

Complete Northern St'át'imc Health Governance decision-making processes and a plan to establish centralized shared services in alignment with the First Nations Health Authority, Interior Region.

3.2 Traditional Wellness Framework

Complete a framework on how St'át'imc Wellness Principles will be embedded in the strategic priorities, goals and action plans of the Northern St'át'imc Health Plan.

3.3 Mental Wellness and Substance Use

Support multi sector/ interagency mental wellness initiatives and enhance mental health and addictions services for Aboriginal clients and families in the Northern St'át'imc Territory.

3.4 Primary Health Care Integrated Services


Support an interdisciplinary primary health care organization in the Northern St'át'imc Territory with a focus on prevention and management of chronic diseases.

3.5 Families: Children and Youth

Support multi sector programs and services in the Northern St'át'imc Territory that support families and foster families.

3.6 Families: Elders & Vulnerable Adults

Support the improvement of health programs and services for elders and vulnerable adults in the Northern St'át'imc Territory.

A bald eagle is perched on a tree branch, looking to the right. The eagle has a white head and neck, a yellow beak, and dark brown feathers on its body. The tree has green needles and a few pine cones. The background is a blurred forest.

**4.0 Northern
St'át'imc
Strategic
Health
Priorities:
*Action Plan***

4.1 Northern St'át'imc Health Governance and Northern St'át'imc Health Services Structure

Overall Goal: Complete Northern St'át'imc Health Governance decision-making processes and centralized shared services in alignment with the First Nations Health Authority, Interior Region.

4.1.1 Sub-Goal: Northern St'át'imc Health Governance Handbook Updates

Objectives	Leads	Indicators of Success
Amend NS Health Governance Handbook to further align with Interior Region if needed	NS Health Leadership, Hub Coordinator, Interior Health Governance entities	Amendment to NS Health Governance Handbook to reflect decision-making of health governance entities

4.1.2 Sub-Goal: Work towards developing centralized, shared, advocacy and outreach health services in NST.

Objectives	Leads	Indicators of Success
1. Discuss best practices and funding options for NST service organization	Northern St'át'imc Health Leadership, Hub staff, FNHA, IHA	Needs assessment & analysis by FNHA
2. Discuss and decide on <i>decision making processes</i> for FNHA Regional Envelope funding and other funds	Northern St'át'imc Health Leadership, Hub staff, FNHA	Direction and planning in place

4.1.3 Sub-Goal: Support the improvement and transformation of the BC First Nations Health Benefits program.

Objectives	Leads	Indicators of Success
Continue to participate in FNHB program reviews, monitor FNHB progress, and advise St'át'imc Health Leadership and report FNHB's issues to FNHA Interior Region.	Health Directors/Leads, Hub Staff, FNHA	Regular updates from FNHB. Supports in place. Input from service providers and community members will indicate that FNHB's are improving.

4.2 Establish a Traditional

Overall Goal: Support the development of a framework as how to guide Northern St'át'imc Wellness Principles into

4.2.1 Sub-Goal: Explore the concept of establishing guidelines or protocols around traditional healers in the NST.

Objectives	Leads/Potential Partners	Indicators of Success
Have meetings to discuss and develop a plan and create cultural policy, ie. institutions.	NS Health Leadership, traditional helpers/ healers, elders	More people will have access to traditional healers and medicines in NST.

4.2.2 Sub-Goal: Support St'át'imc youth gaining more knowledge and understanding of their Inherent Rights

Objectives	Leads/ Potential Partners	Indicators of Success
1. Support St'át'imc teachings around history, Title and Rights, and responsibilities.	St'át'imc Health Leadership, Elders, families, communities, LTC, SCC, local agencies and organizations	Youth have more awareness, more pride, promotes St'át'imc self-identity, feel better about themselves. More organizations acknowledging they are in St'át'imc Territory.
2. Support teachings on the United Nations Declaration on the Rights of Indigenous People's and forms of racism.	St'át'imc Health Leadership, local agencies and organizations such as St'át'imc Restorative Justice, SD74, Lillooet Literacy, MWSU workers & others	More awareness of White Privilege, less systemic racism in the NST. Increase in St'át'imc representation in positions of authority.

4.2.3 Sub-Goal: Support St'át'imc traditional healing teachings in the Northern St'át'imc Territory

Objectives	Leads/ Partners	Indicators of Success
1. Support St'át'imc Traditional Teachings to take place in multiple programs and venues such as the work place, schools, hospital, care home, health Programs and services in NST.	Traditional teachers, elders, natural helpers, role models, families, health workers, local agencies and organizations	Programs and services become more culturally safe. Increased awareness and pride of St'át'imc culture.
2. Support caregivers, helpers, Elders, Spiritual People, front line workers, and role models.	St'át'imc Health Leadership, partners and agencies	Caregivers, helpers, Elders, spiritual people, front line workers and role models will feel valued, protected and appreciated.

Wellness Framework

the priorities and Action Plan, and to also further develop this work with the Lower Stl'atl'imx communities.

4.2.4 Sub-Goal: Support the protection, learning , and use of traditional medicines (and their St'át'imc names)

Objectives	Leads/ Partners	Indicators of Success
Support projects that contribute to learning the traditional medicines; protocols, St'át'imc names, teachings, preparation and protection, of St'át'imc traditional knowledge	St'át'imc Elders, St'át'imc Health Leadership, SCC, USLCES, youth, families	St'át'imc youth and families will have greater knowledge and use of traditional medicines that will contribute towards wellness.

4.2.5 Sub-Goal: Support Community-Based Traditional Wellness Initiatives

Objectives	Leads	Indicators of Success
Support the autonomy of the communities in their health and wellness initiatives.	St'át'imc Health Leadership, community staff, community families	Each community will work towards community wellness in their own way.

4.2.6 Sub-Goal: Support the inclusion and unity of urban members in community wellness initiatives and services.

Objectives	Leads	Indicators of Success
Support health projects and services that are inclusive of urban membership.	St'át'imc Health Leadership, community health staff	Urban membership will feel more welcome and included in community services and activities which will help unity and healing.

4.3 Mental Wellness, Substance Use:

Overall Goal: Support multisector, collaborative mental wellness initiatives and enhance mental health and addictions services for Aboriginal clients and families in the Northern St'át'imc Territory on and off reserve.

4.3.1 Sub-Goal: Support individuals and families to stay well in mind, emotion and spirit:

Objectives	Leads/ Potential Partners	Indicators of Success
1. Support wellness training, advocacy, employment, education and organizational development in NST	St'át'imc Health Leadership, Hub, Multisector agencies (employment, education, other)	Workshops, gatherings, training opportunities, professional development, employment equity.
2. Support a Human Health Resource Strategy in the NST	Tripartite Partners, SD74, post secondary institutions	Partners come to the table for meetings and develop a plan. HHR needs assessment.
3. Develop and implement a one-year St'át'imc 'Walk Your Moccs' Fit Bit Challenge	St'át'imc communities, Hub Website/staff, Fitbit Website Administrator, FNHA	Launch during St'át'imc Gathering 2015, with final results and winners at 2016 gathering.

4.3.2 Sub-Goal: Support those living with mental illness and/or substance use issues:

Objectives	Leads/ Potential Partners	Indicators of Success
1. Enhance MWSU awareness, issues and services in the NST	Tripartite Partners, Hub, Wellness Committee members (MWSU front line workers and multi sector partners) and Lillooet Community Partners Resource Group members	Strategy to help those with long-term grieving, workshops on healthy living and relationships, more celebratory events, more face to face events
2. Work towards creating pre & post treatment services in the NST	Tripartite Partners, Hub, MWSU front line workers,	Research carried out and plan in place
3. Create a FASD Support and Prevention Strategy in the NST.	Tripartite Partners, Hub, Lillooet Community Partners Resource Group members	Plan in place

4.3.3 Sub-Goal: Support those living with complex mental illness:

Objectives	Leads/Partners	Indicators of Success
1. Work towards assessing and establishing a living facility with programs & services in the NST.	MWSU front line workers, Health Directors/Leads, IHA, Province of BC, FNHA	Research carried out and plan in place
2. Assess community needs around the need for programs and services in this area.	Community health service providers, families	Assessment completed, link with urban assessment and planning

4.4 Primary Health Care Services

Overall Goal: Support an interdisciplinary primary health care organization in the Northern St'át'imc Territory with a focus on prevention and management of chronic diseases such as diabetes, arthritis, cardiovascular disease or cancer.

4.4.1 Sub-Goal: Take steps towards establishing a practice in NST

Objectives	Leads	Indicators of Success
1. Explore best practice or models	Health Directors/Leads, Hub Staff, FNHA	Research carried out
2. Discuss with interested partners	St'át'imc Health Leadership, Hub Staff, IHA, FNHA, Lillooet Physicians	Discussion
3. Begin planning	Technical Committee	Plan developed

*K'ül'tsam- put your food away –instead of from the stores...
to fish, to hunt, pick plants and medicines.*

-Xaxli'p Elder

4.5 Families: Children and Youth

Overall Goal: Support programs and services that support families and foster families and youth at risk in the Northern St'át'imc Territory.

4.5.1 Sub-Goal: Support Families and Foster Families

Objectives	Leads/ Potential Partners	Indicators of Success
Identify, promote and support family and foster family programs and services initiatives in the NST and work with them.	Tripartite health partners, MCFD, Interior Community Services, Lillooet Friendship Centre, Infant Development Program, Children First, Joint Project Boards positions	Program outcomes are enhanced, more St'át'imc Foster Families, more families staying together, foster children know their heritage, foster parents feel supported

4.5.2 Sub-Goal: Support Youth at Risk

Objectives	Leads/ Potential Partners	Indicators of Success
1. Explore options, and support the establishment of a Youth Safe House and supportive youth programs/services in the NST.	Tripartite health partners, Wellness Committee, MCFD/ Interior Community Services, MWSU front line workers, Joint Project Board positions	Youth in care staying closer to home. Less couch surfing, youth in less risky situations. Youth are supported. Youth not in local jail.
2. Support initiatives, programs and services that provide supports to families who have children with behavioural and learning disabilities, and that address the issue of teen suicide.	Tripartite health partners, Ministry of Child and Family, Interior Community Services, Lillooet Friendship Centre, JPB positions	Families are better supported and the service providers also feel better supported, ie. less burnout

4.6 Families: Elders and Vulnerable Adults

Overall Goal: Support the improvement of health programs and services for elders and vulnerable adults in the Northern St'át'imc Territory.

4.6.1 Sub-Goal: Work towards enhancing Residential Care Services and establishing Assisted Living Services in NST

Objectives	Leads/ Potential Partners	Indicators of Success
Explore options, best practices	St'át'imc Health Leadership, FNHA, IHA, Province of BC, Hub Staff	Report generated. Advocacy work to change policy.
Meet to discuss	Tripartite Health Partners	Report and planning for elders to live at home or as close to home as possible

4.6.2 Sub-Goal: Work towards enhancing Nursing and Home Care Services in NST.

Objectives	Leads/ Potential Partners	Indicators of Success
Support the creation of a nursing model of service delivery that meets the needs of the communities in the NST.	Community Health Directors/Leads, Community Health Nurses, Nurse Practitioner, IHA, FNHA	FNHA review and assessment, discussion, and plan developed

Say a prayer for all those who are sick with any sickness they may have.

My life has no price and I know it is like that for everybody.

Listen understand and hear what our elders are trying to teach you. Learn and listen from elders.

- Tsal'alh Elder

5.0 Communications Strategy

Overall Goal: To further develop a communications strategy and carry out communications to Northern St'át'imc community members in a way that ensures that they are kept up to date on matters related to health in the Northern St'át'imc Territory, and as well to share relevant health information with neighbours and partners/agencies in health

5.1 Communication Principles:

- ◇ **Cultural**– listen well, communication is respectful, kind, patient, questions are encouraged and answered, concerns are followed up
- ◇ **Transparent**- communication is open and decision-making is traceable
- ◇ **Reciprocal** - communication is shared to all of those who will benefit (not just certain people)
- ◇ **Easy to read and understand** - communication can be read and understood by a lay audience
- ◇ **Timely** - communication is received in a timely fashion (not out of date)



5.2 Communication Framework:

Audience	Who is providing the information	Tools, medium and types of information
Community Members On and Off-Reserve	Health Directors/Leads and Community Health Staff & Community Leadership	Community Newsletters, Health Department notices, events, reports, policies, minutes Community website, Community Facebook page, verbal communication Hard copy of information to those without computers
Northern St'át'imc Communities and Neighbours	Hub Coordinator http://hub.statimc.net/contact-us	Available in person, by phone, by email or in community Monthly reports to LTC Chiefs and Health Directors/Leads Hub Newsletter bi-annual to communities and agencies in the NST. Hub Website: health governance tables, their functions, roles and responsibilities, contact information, health activities, collective health events or initiatives
	FNHA Regional Office & Central Office www.fnha.ca	FNHA Website, E-Blasts, Spirit Magazine, Reports, Bulletins, Resource Material
	Interior Health Authority www.interiorhealth.ca	Health & Wellness Plan, information bulletins, IHA website

Don't discourage people when they speak, if what they say is wrong add to it your opinion and open your ideas together.

- Tsal'alh Elder

CONCLUSION



*Our future is in our hands.
It is hard to walk with love and respect like our ancestors did.
We need to find balance between sama7ūl and our ways.
Break the cycle to walk a happier healthier life.*

-Skatin Elder

This plan offers a road map that supports improved and holistic health care services in the Northern St'át'imc Territory, and supports the health care needs of all membership living on or off reserve.

This plan is embedded in St'át'imc Wellness Principles that are based upon ancient ways of knowing and contemporary concepts of wellness. This plan is a 'living document' that will be revisited and updated on a regular basis.

Creating health care system reform in the Northern St'át'imc Territory will be a large shift that will require all of us working together better and in the same direction.

It is the vision of Northern St'át'imc Health Leadership to work towards improving the health and wellness of the next seven generations.

Kukwstum'úlhkalap

