



April 15, 2020

COVID-19 Update:

Another big thank you to first responders and essential service workers for all the hard work put in over the last week to keep us safe and healthy.

Our office remains closed to the public, but we are working with our staff and community health workers to maintain as many services as possible without jeopardizing client or staff health. Some of our programs are moving to online delivery. Matilda Brown will be conducting Sharing Healing Circles online via Zoom. Contact Matilda at mbrown@statimhealth.net if you'd like to participate or if you have any questions.

Our office is watching the actions of provincial, federal, and international agencies to make sure that we stay up-to-date on the latest efforts to prevent the spread of COVID-19. We have followed the lead of First Nations Health Authority and shifted into Level 3 of our preparedness strategy. That means that we are dedicating roughly 80% of our resources to responding to the pandemic. Our staff is focusing their efforts on reaching out to each of the communities to ensure that they have the necessary resources, support, and information to respond to the outbreak.

Make sure to stay updated on your community's preparedness level and response. Follow your community's guidelines and those suggested by the province. For more resources you can visit our website statimhealth.net or [click here](#) for information from First Nations Health Authority. As always, we have a list of useful links and contact information at the bottom of this newsletter.



ST'ÁT'IMC OUTREACH HEALTH SERVICES

Advice from our Counselors

Coping With Uncertainty:

During this unprecedented time, people may be feeling worried, stressed, or anxious. This is to be expected, but sometimes these feelings can be overwhelming and impact our mental health and well-being. If this is the case, there are some strategies you can use to help yourself:

Name it + Tame it - Exactly what is it that is worrying you right now? Write down a list, to get the thoughts from your head out and onto some paper. Give them some structure. How likely is it that these threats will actually impact you? Some worries may be so unlikely that you can cross them right off your list, freeing up space for the concerns you need to take more seriously.

Choosing News Carefully - There is a lot of misinformation and conflicting news circulating, which just compounds confusion and stress for many people. News outlets take advantage of our threat responses by triggering our sympathetic nervous system. When they do this, they get more clicks and more views, leading to more advertisements and more money. If you are looking for a break from distressing news - Search: “John Krasinski - The Good News Channel.”

Bridge Back to Strengths + Successes - Think back to another time when you faced adversity or uncertainty. How did you make it through? What were your strengths at that time? What does your resiliency look like? You can make a list of your strengths, or things that are currently going well in your life, training your brain to direct focus away from the uncertainty and onto the definite positives, strengths, and successes in your life.

Land Based Healing

Message from our Land Based Healing Team:

Good day friends and family of the St’at’imc Nation. In order to stay connected while still maintaining physical distancing, we are doing drumming and singing sessions “live” on Facebook. We go live on Darrell Bob’s Facebook almost every evening around 7. Please tune in and sing along. We also have cedar and juniper available in the office for smudging or boiling. If you would like some, please contact us, and we’ll work out a way to get it to you safely. Please don’t hesitate to call or email us if you need anything.

Darrell Bob (Land Based Healing Coordinator) Cell: 778-209-0497

Email: dbob@statimchealth.net

Fabian Peters (Land Based Healing Assistant) Cell: 778-209-7320

Email: fpeters@statimchealth.net

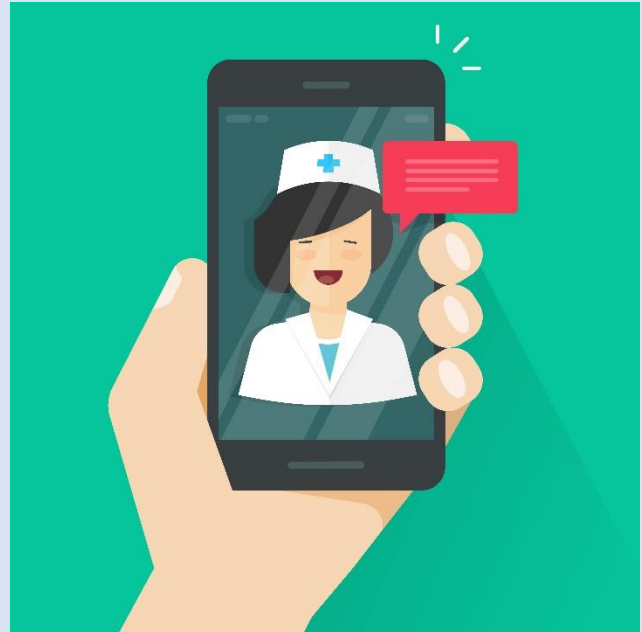
Virtual Doctor of the Day Program

To ensure health care is accessible to all First Nations people & communities, the First Nations Health Authority (FNHA) has created the “**First Nations Virtual Doctor of the Day**” **Program**. You can schedule a virtual visit with a physician from your own home with your laptop, tablet, smartphone or with a phone call.

The virtual call service is available 7 days per week from 08:30am-4:30pm for people currently impacted by COVID-19 who are unable to reach their regular primary care provider or do not have one.

The virtual visit is hosted by an application called Zoom. Zoom for Healthcare is endorsed by the Ministry of Health and the Provincial Health Services Authority. They are committed to protecting the security & privacy of customer’s data. To learn more about Zoom for Healthcare [click here](#).

Please [click here](#) for information on how to access the service & for answers to all your frequently asked questions! To book an appointment, call **1-855-344-3800**.



ST'ÁT'IMC OUTREACH HEALTH SERVICES

Useful Links/Resources

First Nations Health Authority: [click here](#) or visit the FNHA website for helpful tips on stopping the spread of Covid-19 and for more information on what to do if you get sick.

BC Government: [click here](#) for information from the province.

BC Public Health Officer: [click here](#) for all the latest updates and notices from the BC Public Health Office.

Provincial Supports: [click here](#) to find out what supports are available for child care, education, employment, bills, transportation, etc.

Interior Health: [click here](#) for information and resources from Interior Health.

AgriService BC: [click here](#) for information on essential services and resources for agricultural businesses.

Important Contact Information

BC Medical Hotline: call **811** if you are experiencing the symptoms of COVID-19.

BC COVID-19 Hotline: call **1-888-268-4319** if you have non-medical related questions about the provincial disease response.

Indian Residential School Survivors Society: Survivors of residential school can call **604-985-4465** or **1-800-721-0066** toll free for telephone-based cultural and health support.

First Nations and Inuit Help Line: call **1-855-242-3310** toll free for immediate mental health counseling and crisis intervention.

KUU-US Crisis Services: call **1-250-723-4050** for 24/7 adult crisis management or **1-250-723-2040** for youth services.