



St'at'imc Outreach Health Services

Newsletter



May 6, 2020

St'at'imc Outreach Health Services

650 Industrial Place, Lillooet, BC Canada V0K 1V0

Phone: 1-250-256-7530 **Fax:** 1-250-256-7535 **Toll Free:** 1-866-256-7530

[Click here](#) for a full staff directory.

Hours: 8:30 am to 4:00 pm (Monday to Friday)

Note: Our office is closed to the public until further notice due to COVID-19.

COVID-19 Update:

Narcotics Anonymous (NA) meetings will now be held digitally or on the phone through Zoom. Our Peer Support Worker Rocker Brady will lead the meetings every Wednesday at 1 pm. To join, please email Rocker at rbrady@statimhealth.net or call him at 250-256-3662

These are anxious times for all of us. For those that already experience elevated levels of anxiety, the current circumstances can worsen their symptoms and make it challenging to navigate everyday life. In an interview with CBC, FNHA's Senior Medical Officer Dr. Nel Wiman provides some tips for everyone on how to address underlying anxiety as you go through your day to day. You can access the interview by [clicking here](#).



Physical distancing and isolation measures can also leave those at risk of being abused in an even more vulnerable situation. FNHA provides the following guidelines to help manage and prevent abuse during these times:

Abuse or Violence Safety Planning Tips During COVID-19 :

Anyone who is already concerned with their safety or the safety of someone else due to an abusive or violent relationship of any kind may be struggling with increased vulnerability and isolation to supports or help.

Situations can become escalated very quickly during this Covid 19 Pandemic where stress, isolation, lack of resources and supports in communities are more impacted.

Safety Planning Tips:

- Talk with trusted family members, friends or neighbors know of your situation and develop a plan and **visual signal** for when you need help.
- Evaluate the abusers use and level of force to **prepare for the risk** for physical danger to you and your children before it occurs.
- If possible, have a phone accessible at all times and know what numbers to call for help your life is in danger, **call 911**
- Teach your children how to call 911 and give your home address number and street name. Then to go get help. Plan a code word to signal to them that they should get help or leave the house.
- Help them make a list of people that they are comfortable talking with and expressing themselves to.
- **Practice how to get out safely.** Practice with your children. Teach them that although they want to protect their parent, they should never intervene
- Store important **personal documents** in a safe easy to grab place. Driver's License, Birth Certificates, Status Cards etc. Make copies if needed.
- Make a habit of backing the car into the driveway and **keeping it fueled.** Keep the driver's door unlocked and others locked — for a quick escape.
- If there is a potential for violence, identify a safe space with no weapons and alternative exits. **Keep children in separate room to decrease risk of harm to them.**
- Try not to wear scarves or long jewelry that could be used to strangle you.
- If violence is unavoidable, **make yourself a small target.** Dive into a corner and curl up into a ball with your face protected and arms around each side of your head, fingers entwined.

If you are in immediate danger call 911

Domestic Violence Help Line at 1-800-563-0808
(free, confidential, 24/7, service in multiple languages)

VictimLinkBC at 1-800-563-0808 toll-free, confidential, multilingual telephone service available across B.C. and the Yukon 24 hours a day, 7 days a week

KUU-US Crisis Line Society at 1-800-588- 8717 Toll Free Aboriginal provincial crisis line operates 24 hour

Hope for Wellness Helpline: 1-855-242-3310 Help Line offers 24 hour immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada.

Kids Help Phone: 1-800-668-6868

Helpline for Children in BC: 310-1234

What are some ways to control and work towards eliminating abusive behaviour at home in our communities?

AS FRIENDS AND FAMILY

- Reinforce that seeking care for mental health challenges is a sign of strength
- Emphasize that there is no wellness without mental wellness
- Model positive behaviors such as self-care (e.g. taking care of ourselves during times of stress through calming techniques, such as deep breathing, exercise, healthy eating, and talking about our problems with others)
- Frame the conversation around our mental health as “taking care of ourselves”
- Support positive mental health behaviors, such as someone making time to see an Elder or counsellor, just as much as you would support a positive physical health change such as exercise
- Validate people when they express their emotions. Instead of saying “You’ll feel better tomorrow”, try “That sounds really tough. I’m here for you”
- Recognize friends, family, and community members who are on their journey towards mental wellness by saying something like: “George really cares about his mental health – that takes a lot of courage and strength. I’m so happy for him”
- Avoid using stigmatizing language, such as “crazy”, and use person-centered language instead, such as “people living with mental health challenges”
- Exercise, eat healthy foods, sleep and rest plenty and please do not resort to alcohol and substances as coping mechanisms, they do not help as it has been proven so many times before!

AS A COMMUNITY

- Continue to celebrate cultural events online, connect Elders with youth, and pass on traditional skills and language to younger generations
- Reinforce mental wellness through traditional teachings
- Meet as an online community to promote mental wellness counsellors and workers in your community
- Meet with groups of women, men and boys to identify what keeps them well, what to do to support their mental wellness, and what could improve access to local services
- Develop programming tailored to the mental health needs in your community

Forms of Abusive Behavior

Physical	<ul style="list-style-type: none"> • Pulling hair, punching, slapping, kicking, biting or choking • Forbidding eating or sleeping • Using weapons to threaten to hurt • Preventing calling the police or seeking medical attention 	<ul style="list-style-type: none"> • Harming children • Abandoning the victim in unfamiliar places • Driving recklessly or dangerously with the victim in the car • Forcing use of drugs or alcohol
Psychological	<ul style="list-style-type: none"> • Constant name calling, insulting or criticizing • Isolating the victim from friends and family • Monitoring all phone calls, actions and whereabouts • Threatening to hurt the victim, his/her children, family or pets • Blaming the victim for the abuse • Humiliation 	<ul style="list-style-type: none"> • Gaslighting – manipulating the victim to question his/her own sanity • Acting jealous or possessive • Refusing to trust the victim • Cheating or accusing the victim of cheating • Attempting to control the victim's appearance • Sabotaging the victim's relationship with his/her children
Sexual	<ul style="list-style-type: none"> • Forcing sex by manipulation • Engaging in violent sex – using weapons or dangerous objects • Using insulting, unwanted sexual names 	<ul style="list-style-type: none"> • Involving other people in sexual activities • Forcing the victim to watch pornography • Purposefully trying to pass on a sexually transmitted disease
Reproductive	<ul style="list-style-type: none"> • Refusing to use a condom or other type of birth control • Forbidding, removing or sabotaging birth control methods 	<ul style="list-style-type: none"> • Monitoring menstrual cycles • Forcing or preventing pregnancy or abortions
Economic	<ul style="list-style-type: none"> • Controlling how all resources are spent • Preventing access to bank accounts • Forbidding or monitoring work or education • Maxing out credit cards in the victim's name without permission • Using funds from children's savings accounts 	<ul style="list-style-type: none"> • Ruining credit score • Stealing money • Refusing to look for or contribute to the household • Refusing to pay for necessities or shared expenses like food, clothing, transportation, medical care or medicine
Technological	<ul style="list-style-type: none"> • Manipulating social networks and violating information privacy • Hacking into the victim's email and personal accounts • Sending threatening emails or other online messages • Using sites like Facebook, Twitter and foursquare to keep constant tabs on the victim 	<ul style="list-style-type: none"> • Sending or pressuring the victim into sending unwanted, explicit pictures or videos • Frequently looking through a victim's phone to monitor pictures, texts and calls • Putting tracking devices into a victim's email or personal accounts
Legal	<ul style="list-style-type: none"> • Falsely reporting the victim to law enforcement • Threatening deportation • Threatening reports to social service agencies who might cut benefits • Instituting legal procedures that the victim cannot afford to fight 	<ul style="list-style-type: none"> • Threatening to report drug use • Threatening to have the victim declared incompetent • Filing orders of protection against the victim to make him/her look like the violent one
Spiritual/Religious	<ul style="list-style-type: none"> • Socialized understanding of male dominance is sometimes reinforced by religious doctrines • Fearing being shamed by one's spiritual community 	<ul style="list-style-type: none"> • Denying participation in the victim's religious or spiritual community • Fearing spiritual loss or punishment if the victim leaves • Forcing the victim to participate in the offender's religious practices

 Sanctuary for Families

Information adapted from The National Domestic Violence Hotline
<http://www.thehotline.org/is-this-abuse/abuse-defined/#tab-id-6>

First Nations Health Authority
Interior Region Mental Health and Wellness:
Quick Reference Support Lines



Mental Health and Crisis Support Lines

Hope for Wellness Helpline: 1-855-242-3310

Help Line offers 24 hour immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada.

**Indian Residential School Survivors Society
1-604-985-4464/toll-free: 1-800-721-0066**

KUU-US Crisis Line Society at 1-800-588-8717
Toll Free Aboriginal provincial crisis line operates 24 hour

Tsow-Tun Le Lum Society: 1-250-268-2463
24 hour support line supporting those struggling with addiction substance misuse, supports for trauma, and /or residential school survivors

Addictions and Substance Misuse Supports

Kids Help Line – 1-800-668-6868

Adults Help Line – 1-800-663-1441
Health Link BC 811

MHSU Interior Health 1-888-353-2283

Domestic Violence or Abuse

If you are in immediate danger call 911

Domestic Violence Help Line at 1-800-563-0808
(free, confidential, 24/7, service in multiple languages)

VictimLinkBC at 1-800-563-0808 toll-free, confidential, multilingual telephone service available across B.C. and the Yukon 24 hours a day, 7 days a week

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Hope for Wellness Helpline: 1-855-242-3310 Help Line offers 24 hour immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada.

Support for Children and Youth

Kids Help Phone: 1-800-668-6868

Helpline for Children in BC: 310-1234

**KUU-US Crisis Line Society Child and Youth
Crisis 1-250-723-2040 or toll free
1-800-588-8717** crisis line operates 24 hour

For online resources for Mental Health:

First Nation Health Authority Mental Health and Substance Use:
<https://www.fnha.ca/what-we-do/mental-wellness-and-substance-use>

Canadian Mental Health Association
<https://cmha.ca/>

First Nation Health Authority /novel coronavirus (COVID-19)
<https://www.fnha.ca/what-we-do/communicable-disease-control/coronavirus>

If you or someone you know is struggling to maintain Mental Wellness you can reach out for support to either to a hotline, a Mental Health Counsellor Clinician, a Doctor, Health Care Provider or Nurse Practitioner in your area.

Useful Links/Resources for COVID-19

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.

Virtual Doctor of the Day: [click here](#) to learn more about FNHA's Virtual Doctor of the Day program.

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.

310-Mental Health: Call [310-6789](#) (no area code needed) toll-free anywhere in B.C. to access emotional support, information, and resources specific to mental health and substance use issues. Available 24 hours a day.



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