

Resources for Indigenous Residents

Services in BC/ Canada

<p>Associations</p>	<p><u>Indigenous Physicians Association of Canada</u> Link: https://www.ipac-amac.ca/</p> <ul style="list-style-type: none"> • Provides resources and mentorship (mental health, well-being, connection, financial resources, etc.) for medical students, Residents and Physicians • Membership based
<p>Crisis Intervention</p>	<p><u>Hope for Wellness</u></p> <ul style="list-style-type: none"> • phone: 1-855-242-3310 • confidential echat with a counsellor at hopeforwellness.ca. • offers 24/7 counselling and crisis intervention by phone or online chat. Available in French, English, Cree, Ojibway, and Inuktitut. <p><u>The KUU-US Crisis Line Society</u></p> <ul style="list-style-type: none"> • Phone <ul style="list-style-type: none"> ○ Adults/Elders: 250-723-4050 ○ Child/Youth: 250-723-2040 ○ Toll Free Line: 1-800-588-8717 • offers 24/7 Crisis Line for Adults/Elders & Youth <p><u>Metis Crisis Line</u></p> <ul style="list-style-type: none"> • Phone: 1-833-638-4722 • Provides 24/7 mental health support, including crisis intervention and access to crisis programs. <p><u>Indian Residential School Survivors Society:</u></p> <ul style="list-style-type: none"> • Phone 1-800-721-0066 or 604-985-4464 • to access the following cultural supports: Sadie McPhee, Gertie Pierre, or Yvonne Rigby Jones. Emotional mental health and counselling services will be accessible for the IRSSS Resolution Health Support Workers. <p>UBC</p>
<p>Virtual Substance Use and Psychiatry Service</p>	<p>Website: https://www.fnha.ca/what-we-do/ehealth/virtual-substance-use-and-psychiatry-service Referral Form: https://www.dropbox.com/s/x2he29dkac2403y/FNVSUPS%20REFERRAL%20FORM.docx?dl=0</p>

<p>Addiction Counselling</p>	<p>Ravenswood Consulting (Alberta): https://ravenswoodconsulting.ca/</p>
<p>Counselling (FNHA)</p>	<p>Website: https://www.fnha.ca/benefits/mental-health</p> <ul style="list-style-type: none"> • The Mental Wellness and Counselling (MWC) program is designed to support clients who are in need of professional assistance to resolve emotional distress and enjoy greater wellness. • All Health Benefits clients are eligible for the MWC program – please see website for eligibility criteria and how to access this benefit • If the client is eligible for this benefit the plan covers counselling services from a qualified mental health provider. Mental health providers include psychologists, clinical counsellors and social workers. The plan will cover as many hours of counselling as the client and their provider determine is needed. • Not all counsellors are Indigenous by background – please let client know if this is important to them • As of March 11/22, the following counsellors identified themselves as indigenous, <p>Sandra Karlsen, Port Alberni - Accepting new clients immediately RSW (250) 735-8140 https://www.psychologytoday.com/ca/therapists/first-nations/british-columbia/885812?sid=622b82f4aa019&ref=5</p> <p>Amber Severinson, Port Alberni - Accepting new clients immediately RSW (236) 544-0464 https://huumiistuhmapt.wordpress.com/ https://www.psychologytoday.com/ca/therapists/first-nations/british-columbia/858369?sid=622b82f4aa019&ref=8</p> <p>Alanah Woodland – Lillooet - (437) 747-8274 https://www.amham.org/</p> <p>Heather Thrasher – Powell River – 778-488-9402 http://www.fullcirclecounselling.org/ https://www.psychologytoday.com/ca/therapists/first-nations/british-columbia/859392?sid=622b82f4aa019&ref=22</p>
<p>Counselling (Island Health only)</p>	<p>Island Health has opted to private pay some Indigenous counsellors (with extensive pre-vetting).</p> <ul style="list-style-type: none"> • <u>For Indigenous Employees:</u> One-on-one counselling sessions provided by two Indigenous counsellors registered with British Columbia Association for Clinical Counsellors. <p>They will provide virtual counselling support through phone, video platforms or appropriate physically distanced meetings.</p>

	<p>Nancy Kinyewakan (McFarland), Counsellor, Med. RCC Website: https://kccshome.wixsite.com/kinyewakanindigenous Email: kccshome@gmail.com Phone: 250-661-5552</p> <p>Louie, Counsellor, MA. RCC Website: https://www.uvic.ca/services/counselling/home/meetteam/staff/louie-marcey.php Email: marceylouie@gmail.com Phone: 250-857-9134</p>
<p>Elder Support through RWO (UBC Residents only)</p>	<ul style="list-style-type: none"> • Elder Jean Wasegijig to offer Elder Support including Counselling sessions and Elder Teachings. • Elder Jean is available on Mondays and Fridays both in person at Diamond Health Care Centre or virtually through Zoom. • Elder Support is available to all residents with a priority to support the Indigenous Family Medicine Program and resident identifying as Indigenous. • please email resident.wellness@ubc.ca
<p>First Nations Virtual Doctor of the Day through FNHA</p>	<p>Website: https://www.fnha.ca/what-we-do/ehealth/virtual-doctor-of-the-day</p> <p>Phone (toll-free, 7 days a week, 8:30 am to 4:30 pm): 1-855-344-3800</p> <p>Email: fndod@fnha.ca (providers /PHP only)</p> <ul style="list-style-type: none"> • Eligibility: Any First Nations person in BC and their family members, even if those family members are not Indigenous regardless of location in BC as long as they have a BC MSP # • The program includes doctors of Indigenous ancestry, and all doctors are trained to follow the principles and practices of cultural safety and humility. • If you do not have a doctor of your own, or have lost access due to the COVID-19 pandemic, call 1-855-344-3800 to book an appointment. Medical Office Assistants are available to help you seven days per week from 8:30 a.m. to 4:30 p.m.
<p>BC Indigenous Physicians</p>	<p>Check CIVI under D4D and notes section</p>
<p>Culturally Specific Primary Care Referrals</p>	<p><u>Kilala Lelum</u></p> <ul style="list-style-type: none"> • Website: https://kilalalelum.ca/ • Urban Indigenous Health and Healing Cooperative. • Provide GP's that will follow up on care, prioritize based on need (otherwise 2–3-month waitlist, as of March 2022). • Have elders on site, and on-site counselling (all completely funded, length of counselling depends on need of client). <p><u>Lu'ma Medical Centre:</u></p> <ul style="list-style-type: none"> • Website: http://lnhs.ca/luma-medical-centre/ • Medical practitioners – GP waitlist is 6-7 months (as of March 2022) they do not prioritize based on clinical need, just sign up date.

	<ul style="list-style-type: none"> • Also have Traditional Elders and counsellors - length of counselling depends on need
FNHA Mental Health and Wellness Supports	<p>Website: https://www.fnha.ca/what-we-do/mental-wellness-and-substance-use/mental-health-and-wellness-supports</p> <ul style="list-style-type: none"> • Culturally Safe and Trauma-Informed Services • Support Available 24 Hours a Day • Other Culturally-Safe Supports • Services Covered by First Nations Health Benefits • Suicide Prevention Toolkit
UBC Medical Students - Long House/First Nations House	<p>Website: https://students.ubc.ca/health/counselling-services</p> <ul style="list-style-type: none"> • Resources for Indigenous Medical Students (who self-identify as First Nations): • Can access counselling in the UBC Longhouse/First Nations House of Learning; book directly with UBC Counselling Services for the apt; choice of 3 counsellors; with one counsellor/registered social worker (Rene Avitan; 604-822-5135) who is First Nations herself; typically access short-term counselling. • If you're an Indigenous student within British Columbia, and you would like to self-identify as Indigenous, we can offer you more support options, like arranging for a virtual appointment with an Indigenous counsellor.

Resources

Wellbriety	<p>Website: https://wellbriety.com/</p> <p>Vision: A sustainable grassroots Wellbriety Movement that provides culturally based healing for the next seven generations of Indigenous people.</p> <p>Mission: Disseminate culturally based principles, values, and teachings to support healthy community development and servant leadership, and to support healing from alcohol, substance abuse, co-occurring disorders, and intergenerational trauma.</p>
EHN Webinar	<p>EHN Canada Webinar: <i>Indigenous Communities, Healthcare and Trust with the Current System</i></p> <p>Video: Here</p> <p>Slides: Here</p>
Health Authority Specific Resources	<p>First Nations Health Authority: https://www.fnha.ca/Pages/PageNotFoundError.aspx?requestUrl=https://www.fnha.ca/wellness/cultural-humility</p> <p>Fraser Health: https://www.fraserhealth.ca/health-topics-a-to-z/aboriginal-health#.Ynsf9-jMKUk</p> <p>Interior Health: https://www.interiorhealth.ca/YourHealth/AboriginalHealth/Pages/default.aspx</p>

	<p>Island Health: https://www.islandhealth.ca/learn-about-health/aboriginal-health</p> <p>Northern Health: https://www.indigenoushealthnh.ca/resources/local-cultural-resources</p> <p>Vancouver Coastal Health: http://www.vch.ca/your-care/indigenous-health</p>
National Collaborating Centre for Indigenous Health	<p>Website: https://www.nccih.ca/en/</p> <p>Note: provides a number of resources across Canada for Indigenous peoples</p>

<h2>Reading Material and Research</h2>	
Truth and Reconciliation Commission of Canada: Calls to Action	<p>Call to Action Website: https://www2.gov.bc.ca/assets/gov/british-columbians-our-governments/indigenous-people/aboriginal-peoples-documents/calls_to_action_english2.pdf</p> <p>Government Agency Website: https://www.rcaanc-cirnac.gc.ca/eng/1450124405592/1529106060525</p>
Addictions Treatment Research	<p>Title: <i>Abstinence Versus Harm Reduction: Considering Follow-up and Aftercare in First Nations Addictions Treatment</i></p> <p>Link: here</p>
Article on Social Constructionism	<p>Title: <i>Social Constructionism: The SAGE Encyclopedia of Communication Research Methods</i></p> <p>Link: Here</p>
Book	<p>Title: <i>Suffer the Little Children: Genocide, Indigenous Nations and the Canadian State</i></p> <p>Author: <u>Tamara Starblanket</u></p> <p>Amazon Link: here</p>
Book	<p>Title: <i>The Colonial Problem: An Indigenous Perspective on Crime and Injustice in Canada</i> Paperback</p> <p>Author: <u>Lisa Monchalin</u></p> <p>Amazon Link: here</p>
Book	<p>Title: <i>Honest Broker</i></p> <p>Author: Pielke, Roger A, Jr, Cambridge University Press, Quality</p>
Article	<p>Title: <i>The Mental Health of Aboriginal Peoples: Transformations of Identity and Community</i></p> <p>Author: Laurence J Kirmayer, MDI, Gregory M Brass, MA2, Caroline L Tait, MA3</p> <p>Link: here</p>
Research Article	<p>Title: <i>Two-Eyed Seeing: A Framework for Understanding Indigenous and Non-Indigenous Approaches to Indigenous Health Research</i></p> <p>Author: Debbie H. Martin</p>

	<p>CJNR 2012, Vol. 44 No 2, 20–42 Link: here</p>
Research Article	<p>Title: <i>Unmet health needs and discrimination by healthcare providers among an Indigenous population in Toronto, Canada</i> Author: George Tjensvoll Kitching & Michelle Firestone & Berit Schei1 & Sara Wolfe & Cherylee Bourgeois & Patricia O’Campo & Michael Rotondi & Rosane Nisenbaum & Raglan Maddox & Janet Smylie, Canadian Journal of Public Health (2020) 111:40–49 Link: here</p>