



**Cowessess First Nation Health
& Social Development**

Box 100 Cowessess, Sask., S0G 5L0
Tel: (306) 696-2263 Fax: (306) 696-2374

***Cowessess First Nation Health &
Social Development Department***

***Semi- Annual Report
to Community Members
October 2018***

Submitted by:

***Angie Tanner, B.Admin., CAFM
Director of Health & Social Development***

*****Statement of Values*****

As a Health & Social Development Department, we value;

- ❖ *Our people, culture, tradition, language and land*
- ❖ *The diversity and resiliency of our community*
- ❖ *The need to empower our community through education*
- ❖ *The need to provide safe, quality and credible services*
- ❖ *Healthy relationships*
- ❖ *Compassion and respect*
- ❖ *Accountability and transparency*

*****Vision Statement*****

Continue striving for a balanced, holistic, community through the provision of safe, quality services for our future generations.

*****Mission Statement*****

To provide safe, effective, quality services to meet current community needs and be responsive to needs that arise.

Cowessess First Nation Health & Social Development Committee

The Cowessess First Nation Health & Social Development Committee consists of the following Portfolio Councilors and Members at Large:

Councilor Jonathan Lerat
Councilor Carol Lavallee
Councilor Malcolm Delorme
Deanna Lerat
Courtney Sparvier
Marvin Aisaican
Kelly Lerat

The Committee, who is chaired by a Portfolio Councilor, meet monthly to provide support, input, guidance and recommendations to the Health & Social Development Department by way of Motions of Recommendations. The Motions are shared with the Chief & Council, who in turn, provides the necessary support when needed. At each meeting, reports are provided by each of the programs areas within health to ensure that all are updated and informed of all health activities. It is important that the necessary channels are accessed to ensure full transparency when decisions are made. Minutes and motions are officially recorded for auditing purposes.

CFN Structure

As you will note attached, all employees of the Health & Social Development department report directly to their supervisor and/or the Director of Health & Social Development. The Director is responsible for working and communicating with outside funding agencies and/or resources. The Director is supervised by the Executive Director who is responsible for all the Directors of the First Nation. The Executive Director reports to the Chief & Council on all activities of the First Nation. The Chief & Council, who represent all members of Cowessess First Nations, oversee all the activities of the Cowessess First Nation Organization and provides reports to all members of Cowessess First Nation.

CFN Health & Social Development

Programs & Services

Health Planning & Quality Management Cluster

The Director of Health & Social Development is required to monitor the day-to-day activities and ensure that the work plans, budgets and relevant policies & procedures are being adhered to. This includes, but not limited to, having an open-door policy to community members/fellow staff, conducting necessary

financial activities, collaborating with other departments and local communities on joint ventures, human resource activities, new administrative initiatives and staying informed on all pertinent issues facing First Nations communities as it is related to health both at the federal and regional levels. Participating at the federal and regional levels ensures that Cowessess First Nation has voice as an independent First Nation. In addition to the day-to-day activities, the following is a list of a few other initiatives and projects that are being addressed:

- ✓ Annual Programming/Work Plan
- ✓ Health Transformation
- ✓ Jordan's Principle
- ✓ Emergency Management
- ✓ Community Wellness Program
- ✓ Health Centre Renovations
- ✓ Occupational Health & Safety Program
- ✓ 4 Band Health Directors
- ✓ Multi Year Work Plan 2020-2025
- ✓ Accreditation
- ✓ Needs Assessment
- ✓ Indian Residential School/Day Scholars/60's Scoop

Director of Health & Social Development sits on the following Committees/Boards:

- ✓ YTCCFS CFN Child First Committee
- ✓ FSIN Senior Technical Advisory Group (STAG)
- ✓ Saskatchewan First Nations Women Commission - Alternate
- ✓ Thunderbird Partnership Foundation – Saskatchewan Alternate

In the area of Medical Transportation, over 300 medical travel reimbursements were provided to community and arrangements were made for meals and/or accommodations for those who qualified. Our Medical Transportation Clerk is presently on maternity leave but will return in March 2019. Tanya Delorme has been hired as the Term Medical Transportation Clerk. However, it is always noted that this program does not meet the needs of our community members and we are presently discussing other options to assist our many clients.

Chronic Disease Management & Control Cluster

The Community Health Representative ensures that information and contacts are readily available to address all the many chronic disease areas. It is our intention to ensure that if a community member is the need of assistance, that we are ready to provide them that assistance in a moments notice.

In times of high demands for information for a specific area, a workshop/seminar/education session is conducted by the necessary professionals to ensure the

accurate information is provided and questions can be answered accordingly. Every opportunity to bring professionals to the community is capitalized on to ensure the community members are well informed on all the many different chronic diseases that exist; including areas such as HIV/AIDS.

In addition to chronic disease information, information is also provided on the importance of the many areas of immunization as a form of prevention for many chronic diseases.

Healthy Child Development Cluster

The Healthy Child Development Program works with parents and their children who are between the ages of 0 - 6. Programming offered are in the areas of Fetal Alcohol Spectrum Disorder (FASD), Maternal Child Health (MCH), Canadian Prenatal Nutrition Program (CPNP), Community Oral Health Initiative (COHI) and Immunization.

Through out the fiscal year, there was approximately 101 children, and/or their parents, were involved in the programming. Programming offered included the following:

- Milk Voucher program
- Good Food Box Program
- Prenatal/Post Natal Programming
- COHI Services
- Education/Awareness Sessions
- Parenting Classes
- Sewing Classes
- Cultural Presentations; moss bag making, etc
- Home Visiting Program
- Healthy Eating; baby food making, etc
- Immunization - Assisting CHN in ensuring babies receive their immunizations

Healthy Living Cluster

The Aboriginal Diabetes Initiative activities that are being conducted by our Dietitian include the following:

- one-on-one dietitian counseling (35 clients)
- Healthy Eating presentations at the elementary/high school students on reserve
- Healthy Eating presentations at prenatal/postnatal sessions and to those dealing with chronic diseases
- Education/Awareness sessions on diabetes; prevention/intervention
- Cooking Classes

- Menu development at local elementary/high school (CCEC/Day Care)
- Good Food Box Program
- Initiated gardening projects
- Creation of a Community Garden

Home & Community Care Cluster

Our Home & Community Care program offers case management, nursing services, health teachings, home management and home care maintenance. Through out the year, the client numbers fluctuated between 40 - 50 clients receiving services. These services varied from temporary services for hospital discharges to long term clients. With four employees now in this department, all aspects of client care are being taken care of. Services that are offered are, but not limited to, as follows:

- nursing services
- wound management
- foot care
- home management
- healthy eating
- education/awareness sessions
- wellness clinics
- training for family members (if required)
- home maintenance (basic)

All clients receiving services are services that have been doctor ordered and they have been assessed by the Home Care Nurse. As much as our workers would like to be at every clients' home to check up on them every day, this is not doable due to the high case load that they presently have. It is expected that family members (if applicable), who live within the community, do assist in areas such as attending doctor appointments, house cleaning and visiting.

Mental Health Cluster

The mental health programming and services included provisions for all ages. Mental health issues range from learning how to help others to how to help yourself mental, emotionally, spiritually and physically.

Some of the issues that our community deal with on a daily basis range from addictions to alcohol to opioids, from depression to suicide ideation, and to dealing with medically born issues to self destruction. These issues are not only being dealt with by individuals but the as a community.

As it relates to our youth in the community, an average of 15 youth participates in the biweekly Youth Group Meetings. For those who participated in the meetings,

they qualified to participate in 4 different Youth Group Outings that were coordinated. The Youth Outreach Program includes the following:

- biweekly youth meetings that discuss youth issues
- biweekly youth outings
- youth empowerment guest speakers
- education and awareness sessions
- taking youth to youth empowerment sessions
- training youth to be able to help other youth who may need help

For our adults and families, some of the programming and services are as follows:

- AA/NA/GA weekly meetings
- one-on-one counselling sessions
- education/awareness sessions
- cultural enhancements to programming
- womens/mens/elders/girls/boys support groups
- group outings
- information sessions
- NAAAW Week
- Round Ups
- trainings ie. Naloxone Training, safeTALK

In addition to the programming and services being offered in the mental health area, we are also working on being prepared for crisis' that may occur. We are currently updating our Emergency Management Plan which will include natural disasters, man made disasters and in times of sudden death. This will include the necessary training required to meet the needs of the emergency taking place.

A Mental Health Therapist is Contracted and works out of our community school 2 days a week. He is accessible by all members in the community.

Social Development Program

Our Social Development Program is governed by the *Social Programs Policy Manual, Department of Indigenous Services Canada*. This policy is very detailed and as part of our funding requirements, we must ensure that it is being fully implemented and enforced. We are aware of the hardships and obstacles that our clients face on a daily basis, but please know that we try our best to assist where allowed. When policy does not allow, other areas of assistance are sought either through health or from other programs. Sometimes we are successful; sometimes not.

On a monthly average, there approximately 120 IS clients are receiving assistance.

Under the Social Development Program, there were many different types of training opportunities are going to be made available to those receiving IS benefits. Some of the trainings that are being sought include the following:

Basics of Budgeting
Computer Training
Safety Ticket Training
Short Order Cook Program

Career Fairs area also coordinated to entice interest in the different work fields out there and possible school or work opportunities.

Income Support will seek to obtain training to assist all IS Clients in skills development to become fully employed.

Upcoming/Present Community Events

2018 Cowessess AA Round Up – October 20/18 @ CCEC
2018 NAAW Celebrations – November @ CCEC
2018 2nd Annual Youth Conference @ CCEC
2018 Christmas Food Hamper Project
2018 Christmas Adopt a Family Project
2019 Family Fun Fest – February
Weekly AA Meetings – Thursdays at Health Centre
Bi-weekly Youth Group Meetings – every 2nd Wednesday
Weekly Healthy Relationship Sessions
Weekly Dental Services – Monday & Thursday at CCEC
Weekly Physician Services – Thursday at Health Centre
Monthly Pediatrician Services – Monthly
Semi Annual Optometrist Services – 1st Session October 22-24/18 at CCEC
Bi-monthly COHI Services for the youth @ CCEC
Weekly Child Health Clinics
Prenatal/Post Natal Programming - monthly

Conclusion

The Health & Social Development has been very busy trying to set in daily, weekly, monthly routines to ensure consistency so that the community members know the who and what is happening in Health. The future of the Health & Social Development consists of Accreditation, Needs Assessment, Multi Year Work Plan, Health & Social Development Policy & Procedures Manual, enhanced programming, new health initiatives, and much more. This is truly a time to grow and try new things.